

2019年度年終排名成績 中長距離

Middle Long Distance Events Ranking Results 2019

更新 Updated On: 2019/12/11

		ME			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill					
1	2543	YU TSZ WAI	1000	3000	956	1:53:08	1000	0:58:42	1000	0:33:47	995	0:46:19	1000	1:13:20
2	1732	POON BRIAN WING YOUNG	987	2960	1000	1:48:08	960	1:01:06		DNS	1000	0:46:06	689	1:46:23
3	3507	YIP CHAK LUN GERALD	953	2860	988	1:49:26	927	1:03:20	945	OFFICIAL	717	1:04:17	919	1:19:46
4	3162	KWOK KIN KWAN	940	2821	970	1:51:31	887	1:06:09	767	0:44:03	964	0:47:48		
5	3040	LEE KIN WAI	903	2709	961	1:52:33	789	1:14:21	958	0:35:15				
6	3883	LI CHUN HO	895	2686	842	2:08:28	802	1:13:09	829	0:40:45	966	0:47:44	879	OFFICIAL
7	3822	LI SING WAI	885	2656	899	2:00:18	876	1:07:01	871	0:38:47	854	0:53:59	882	OFFICIAL
8	3423	SHIU CHIT HEI	878	2634	919	1:57:42	746	1:18:43	870	OFFICIAL	845	0:54:33	845	1:26:45
9	4993	LEUNG CHI HANG	855	2564	901	1:59:59	774	1:15:52		DNS	828	0:55:42	835	1:27:51
10	3144	MA LOK HIN	849	2548	834	OFFICIAL	901	1:05:07	813	0:41:34		DNS	788	1:33:04
11	3760	CHOW MAN LONG	842	2527	842	2:08:24	791	1:14:15		DNS	895	0:51:32	727	1:40:50
12	40	HUI SIU TUNG	825	2475		DISQ	818	1:11:43	860	0:39:17	796	0:57:54	732	1:40:07
13	3049	YU TSZ FUNG	822	2467	910	1:58:52	770	1:16:11	787	OFFICIAL		DNS	679	1:47:56
14	1733	MAN CHI KIN	816	2449	898	2:00:25			856	0:39:28	695	1:06:18		
15	232	TAM WING CHUNG	815	2445	909	1:59:00	754	1:17:50	754	0:44:49	741	1:02:15	782	1:33:48
16	788	LAM SAM CHOI ABY	809	2426					797	0:42:23	703	1:05:35	926	1:19:10
17	3866	CHUNG AUSTIN	801	2403	847	2:07:42	777	1:15:30	765	0:44:11	779	0:59:10	753	1:37:22
18	3952	CHU YAU MAN	791	2373		DISQ	735	1:19:50			783	0:58:52	855	1:25:48
19	589	CHOY KWOK WAI	771	2314			726	1:20:52	761	0:44:24	827	0:55:43		DNS
20	3152	CHAN TIN MONG	769	2307	764	2:21:32	752	1:18:02	726	0:46:32	791	0:58:18		
21	416	CHIU YAU CHUNG	697	2091			672	1:27:17	714	0:47:20	705	1:05:24		DNS
		M12			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill					
1	5289	WOO ALOK	982	2947	816	0:49:26	1000	0:18:23	947	0:18:10	1000	0:26:35	860	0:32:34
2	5290	WOO BONO	978	2934	310	2:10:07	472	0:38:59	989	0:17:23	974	0:27:17	971	0:28:51
3	5409	AU CHEUK YIU JANOS	961	2884	1000	0:40:19	807	0:22:47		DNS	939	0:28:18	944	0:29:39
4	4737	CHEN KA HEI	948	2844	589	1:08:28	844	0:21:47	1000	0:17:12			1000	0:28:00
5	5159	SIU PUI LOK	890	2669			860	0:21:23	707	0:24:20	986	0:26:58	823	0:34:01
6	4736	CHEN KA HANG	841	2523	624	1:04:37	661	0:27:49	586	0:29:21	965	0:27:33	897	0:31:13
7	4840	HO CHUN YUEN	805	2414	598	1:07:28	758	0:24:15	801	0:21:29	856	0:31:04	267	1:45:02
8	5515	YAN HO HEI	660	1979			526	0:34:56			749	0:29:18	704	0:31:42
9	5402	KWONG TSZ CHUN	651	1953	346	1:56:31	715	0:25:43		DNS	893	0:29:47	288	1:37:09
10	4824	FU CHUN YAN ALISTAIR	648	1945		DISQ	818	0:22:28	768	0:22:24		DNS	359	1:18:00
11	5458	HAU PAK KEI RYAN	429	1287			598	0:30:46	689	0:24:57		DNS		
12	4688	CHAN DANIEL CHEUK HIM	388	1163	306	2:11:33	856	0:21:28		DNS				
13	6095	HONG HAOCHENG	357	1070							530	0:50:08	540	0:51:50
14	5401	LEE HOI CHUN	307	921			598	0:30:44	323	0:53:20		DNS		
15	5569	TO KING TO	273	820			820	0:22:25						

16	5580	LAM YIN LOK	235	704								704	0:39:48	
17	4930	LAM KING HIM	216	649	649	1:02:09				DISQ				
18	4940	LAM YAT HEI	184	552							552	0:48:08		
19	4700	CHAN KWUN CHUNG	159	477								477	0:58:42	
20	5178	TAM EDWARD	137	411			411	0:44:45						
21	5520	LIU KING LONG DANIEL	135	405			405	0:45:26						
	5641	LIN KING LONG											DNS	
	5659	CHENG YU SAN									DISQ		DNS	
	6028	LIN KING TO								DISQ				
	5506	FU CHUN HO ANDRE				DISQ								
	5545	KONG CHAM SHUN JENSEN				DISQ								
		<b>M14</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5				
						13/1/2019	24/2/2019	31/3/2019	10/11/2019	8/12/2019				
						Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill				
Rank	No.	Name	Average	Total										
1	4225	FONG CHEUK LONG ETHAN	1000	3000	790	0:40:53	1000	0:16:17	1000	0:12:38	1000	0:21:57	948	0:23:32
2	5410	FUNG HONG CHING	975	2925	656	0:49:15	856	0:19:01	996	0:12:41	929	0:23:38	1000	0:22:19
3	4228	SHUM SIU LONG	970	2909	1000	0:32:18	970	0:16:47	878	0:14:23	899	0:24:25	939	0:23:46
4	4944	LAU CHEUK NAM	920	2759	746	0:43:17	891	0:18:16	929	0:13:36		DNS	939	0:23:46
5	4373	YAU MAN KIT BOSCO	757	2272	820	0:39:24	753	0:21:37	699	0:18:04		DISQ		DNS
6	6015	LEUNG RUPERT	622	1867					538	0:23:30	618	0:35:30	711	0:31:22
7	4511	MAN TSAN SHUN	575	1725			675	0:24:07			378	0:58:00	671	0:33:15
8	4683	CHAN CHEUNG MAN	513	1540				DISQ			940	0:23:21	600	0:37:12
9	5547	LEE YIN LUNG MAX	482	1446			616	0:26:25	311	0:40:37	519	0:42:20		DNS
10	4197	LO CHUN HEI	329	987			632	0:25:46	355	0:35:35				
11	5138	POON TSZ MING	239	716							402	0:54:40	315	1:10:55
12	5516	YAN HO LONG	233	699			699	0:23:17						
13	5563	FOO WANG CHING JAN	162	486			486	0:33:31						DNS
14	5564	TAM WISTAN YEUNG HIN	159	478			478	0:34:06						DNS
15	5562	CHO SZE CHIT	158	475			475	0:34:15						DNS
16	5622	TAI KA CHUN	150	451							451	0:48:42		
17	4927	LAM HON FAI ADRIAN	129	386	386	1:23:37								
18	5549	MAK KA HIN	100	300	300	1:47:39								
	5544	HO LOK CHI INIGO												DNS
	5639	LEE MING KIU												DNS
	5642	LEONG KA LOK												DNS
	5673	PANG TSZ YIN												DNS
	5640	WONG TSZ CHUN												DNS
	4717	CHAN TSZ YEUNG						DISQ				DNS		
	4532	CHAN KING WO								DNS				
	5550	XU ZEHAN				DNS								
		<b>M16</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5				
						13/1/2019	24/2/2019	31/3/2019	10/11/2019	8/12/2019				
						Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill				
Rank	No.	Name	Average	Total										
1	4050	LUM CHEUK HEI	989	2968	1000	0:42:01	968	0:33:54	1000	0:23:41			864	0:59:28
2	4035	AU JOSHUA HO KIU	975	2924	946	0:44:26	890	0:36:54	967	OFFICIAL	1000	0:29:06	957	0:53:43
3	5201	TO CHUNG YIN	934	2803	912	0:46:04	931	0:35:16	959	0:24:41	827	0:35:12	666	1:17:08

4	4027	LEE SZE LUT NAZIRITE	911	2732	781	0:53:49	951	0:34:32	634	0:37:21			1000	0:51:23
5	5026	LEUNG YIU TIN	882	2647	865	0:48:34	1000	0:32:50	770	0:30:45	782	0:37:14		DNS
6	4895	KWOK JUSTIN Y YAN	881	2643	809	0:51:56	971	0:33:49	842	0:28:07	830	0:35:04		DNS
7	5263	WONG KWAN	858	2573	684	1:01:27	784	0:41:54	902	0:26:15	702	0:41:28	887	0:57:57
8	4998	LEUNG HO CHUN	821	2464	718	0:58:29	766	0:42:52	774	0:30:35	814	0:35:45	876	0:58:40
9	5341	YUM KA CHUN	325	974		DISQ			974	0:24:19		DNS		DNS
10	5190	TANG TSUN LEUNG	311	933		DNS	509	1:04:28	424	0:55:55				DNS
11	4509	LAW SING YU SEAN	255	764			764	0:42:59		DNS				
12	5137	POON LAP HANG	250	750			750	0:43:47				DISQ		
13	2703	LEUNG CHUN HEI	228	683			683	0:48:05						DNS
14	5491	HAU SHU TING	224	673			673	0:48:47				DNS		DNS
15	4801	CHU CHEUK YIU	219	657			657	0:49:57		DNS		DNS		DNS
16	5566	WONG LAP HANG ANDREW	211	632			632	0:51:58						
17	5561	CHIANG CHALFON	205	616			361	1:30:51			255	1:54:13		DNS
18	5074	MA CHUN MAN	195	586	586	1:11:40								
19	4399	LAM WANG HONG NERIO	189	567					567	0:41:44				
20	5542	AU WAI HIM	163	489			489	1:07:05		DISQ				DNS
21	4699	CHAN KING SAN	127	381			381	1:26:17						
22	5543	CHAN CHEUK HIN ANDREW	109	326			326	1:40:35						
	4905	KWONG HO YIN												DNS
	5380	HO YIN TO										DNS		
	5570	NG HO YIN						OT						
	4533	CHAN KING YU								DNS				
	4097	CHAN CHUN ON				DISQ								
		<b>M18</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5				
						13/1/2019	24/2/2019	31/3/2019	10/11/2019	8/12/2019				
						Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill				
Rank	No.	Name	Average	Total										
1	4972	LEE HONG PUI	984	2951	1000	0:41:33	927	0:56:43		DISQ	1000	0:37:32	951	1:59:09
2	5229	TSUI KOON WAI	946	2837	837	0:49:40	679	1:17:30	1000	0:32:39			1000	1:53:17
3	5301	YAM KAI YUI HUBERT	898	2693	822	0:50:32	1000	0:52:36	871	0:37:29	756	0:49:37		
4	5248	WONG CHIN HOI	731	2193	624	1:06:36	805	1:05:19	764	0:42:44				
5	5175	TAI SUNG CHIT	584	1753	542	1:16:41	749	1:10:13			463	1:21:09		DISQ
6	4582	TONG SHEE YIU	543	1628	784	0:53:00	845	1:02:17						
7	4565	CHENG KAI MAN	381	1143	576	1:12:10	568	1:32:41						
8	4974	LEE KA WAI	301	903			903	0:58:15						
9	4628	CHAN CHEUK KAI	289	867	436	1:35:12					431	1:27:06		
10	5546	LAU JAMES KAR FUNG	246	738			443	1:58:37	294	1:50:53				DNS
11	5571	WEI JUNCHEN	213	638			638	1:22:28		DNS				
12	5338	YUEN WAI KIT	209	628	628	1:06:07								
13	4682	CHAN CHEUK KI	198	594	594	1:10:00				DNS				
14	4572	CHAN KA YIU	146	437							437	1:25:58		
15	4557	WONG WANG HON	143	429	429	1:36:47								
16	6088	LI WING HONG	139	416						DISQ	416	1:30:13		
	5647	CHU CHEUK KIN												DISQ
	4358	NG KOK WING												DNS
		<b>M20</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5				

Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	3855	WONG CHEUK WANG	992	2976	1000	0:38:21	976	0:45:11	1000	0:28:51	764	0:40:26	868	1:16:14
2	4196	LEUNG CHUNG WAI	971	2912	978	0:39:13		DNF	934	0:30:53	1000	0:30:53	861	1:16:53
3	5330	YOU YI	968	2904	975	0:39:20	761	0:57:59	929	0:31:03	848	0:36:25	1000	1:06:12
4	3948	WONG TSZ CHUN JASON	937	2811	875	0:43:49	1000	0:44:07			893	0:34:36	918	1:12:06
5	1641	CHUNG HO YIN	905	2714	860	0:44:35			953	0:30:16			900	1:13:31
6	3818	CHAN CHUN HEI	817	2450	932	0:41:10	736	0:59:56	782	0:36:54		DNS		DNS
7	4361	SO KA WANG	812	2436	777	0:49:23		DNF		DISQ	687	0:44:56	972	1:08:05
8	5220	TSE LOK HIN	681	2043	678	0:56:34			722	0:39:58	600	0:51:29	643	1:42:53
9	5000	LEUNG KA CHAI	361	1082	547	1:10:06			535	0:53:57				
10	4715	CHAN TSUN LAP	105	316	316	2:01:17								
11	5460	LAM YEUNG SHUN	82	247					247	1:56:57				
	5462	LUI SIU HIN ALVIN										DNS		
	4442	NG KI FUNG JASON				DNS								
<b>M21</b>														
					RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	929	CHEUNG CHI KO ABDON	989	2966	1000	1:17:48	982	1:02:40	946	0:34:03	984	OFFICIAL	970	1:32:11
2	101	YEUNG KWOK KEUNG	985	2956	719	1:48:14	1000	1:01:31	1000	0:32:13	827	0:51:52	956	1:33:32
3	3347	LAM KA CHING	969	2906	942	1:22:38	965	1:03:45	800	0:40:17	1000	0:42:53		DISQ
4	82	CHAU PO LOK	950	2850	953	1:21:36	765	1:20:27	896	0:35:57	876	0:48:57	1000	1:29:25
5	4427	CHAN CHUN KIT	868	2605	910	1:25:30	818	1:15:10	876	0:36:46				DISQ
6	3814	YUEN WANG KI	865	2596			836	1:13:34	812	0:39:40	948	0:45:15		DNS
7	4670	WONG YU HONG BRYAN	849	2547	829	1:33:49	732	1:24:05					987	1:30:38
8	981	LEE YEUNG CHI	834	2501	788	1:38:42	591	1:44:02			851	0:50:23	862	1:43:45
9	336	CHEUNG KANG KAI	827	2482		DISQ	822	1:14:48	806	0:39:58		DNS	854	1:44:45
10	305	CHUNG WAI NANG	826	2479	743	1:44:44	759	1:21:02	710	0:45:22	868	0:49:24	852	1:45:00
11	104	CHENG YUK TUNG	823	2469	877	1:28:42	774	1:19:28	818	0:39:24	720	0:59:32		OT
12	5133	PEREIRA DANIEL ANTONIO	819	2456	742	1:44:50	814	1:15:32	835	0:38:34	806	0:53:11		
13	1875	KWONG MAN FAI TIMOTHY	754	2261	565	OFFICIAL					842	0:50:55	853	1:44:47
14	679	MAN YIU FUNG	739	2218		OT	657	1:33:39	683	0:47:12	878	0:48:49		OT
15	2570	LAU KWOK SANG	737	2212	794	1:37:56	710	1:26:42	620	0:51:56	708	OFFICIAL		OT
16	3	YU SAI HONG	735	2205	717	1:48:35	627	1:38:08	657	0:49:03	716	0:59:55	773	1:55:42
17	4372	CHEUNG KWOK PUI	722	2166	812	1:35:47	522	1:57:56	832	0:38:43				
18	3683	NG KOK HEI JASON	719	2158	644	2:00:53	617	1:39:41	755	0:42:41	759	0:56:28		DNS
19	4444	NG KA SING	635	1906	641	2:01:27	591	1:44:07	624	OFFICIAL	641	1:06:55		DISQ
20	3820	LEE TING HO GILBERT	634	1902	730	1:46:35	548	1:52:15	624	0:51:37				OT
21	112	LIANG CHI HANG	631	1893	594	2:11:00	592	1:44:00	638	0:50:30	661	1:04:52		DISQ
22	5448	WONG WAI MING	618	1855	644	2:00:53	584	1:45:18	627	0:51:21				DNS
23	3954	CHU HING SHING	609	1827	634	2:02:40	528	1:56:29	548	0:58:46	644	1:06:33		DNS
24	238	LI FUK LUNG BRUCE	595	1786	637	2:02:10	558	1:50:18	592	0:54:27		DNS		OT
25	5553	LIU WING YEUNG	536	1608			599	1:42:40	492	1:05:29	517	1:22:54		
26	4005	CHEUNG CHI SHING	529	1587	550	2:21:21		OT	545	0:59:07	492	1:27:14		DISQ
27	103	CHOI WAI KIT	505	1514	786	1:39:01			728	0:44:16				
28	4041	CHAU CHI KIN	499	1496			710	1:26:38	786	0:40:59				DNS
29	4400	LAM MING YIU	493	1478	620	2:05:26		OT	427	1:15:24	431	1:39:35		DISQ

30	976	TAM CHUNG YIN DICKSON	468	1404	727	1:47:01			677	0:47:36				OT
31	4282	CHUI TSZ HO	457	1371	557	2:19:45	343	OFFICIAL	471	1:08:22				OT
32	86	CHAN CHI SING CLEMENT	447	1342	611	2:07:19		OT	731	0:44:05				
33	4766	CHIANG WAI MING	437	1310	722	1:47:44	588	1:44:38						
34	2840	LEUNG YAT YIN	434	1301			607	1:41:20	694	0:46:27				OT
35	551	CHAN PING KIN	355	1066		OT	546	1:52:39	520	1:01:56				
36	636	LEUNG CHI YAN	427	1282	608	2:08:01			674	0:47:48				
37	987	CHAN ON LAP	427	1281	626	2:04:14	655	1:33:53		DNS				
38	293	YUEN TUNG NAM	416	1247					568	0:56:43	679	1:03:07		OT
39	3422	MUI HO LAM	367	1100	586	2:12:42			513	1:02:45		DNS		DNS
40	5337	YUEN WAI HEI	346	1038	533	2:26:03			506	1:03:42				DNS
41	4255	TSANG MICHAEL CHUN CHI	343	1029	624	2:04:43			406	1:19:25				
42	3321	CHAN YIP SANG	341	1024			768	1:20:07			256	OFFICIAL		DNS
43	5038	LI KONG FUNG	309	926			542	1:53:26	384	1:23:57				
44	1630	LAW KWOK KUEN	294	883		DISQ			883	0:36:30				
45	263	WONG KIN IP	290	871				DNF	466	1:09:06	405	1:46:00		DNS
46	3369	LO SAMUEL	252	757	189	OFFICIAL	568	1:48:18						
47	26	NG KWAN SHING	245	734			734	1:23:52						
48	464	LUK CHI HIN SOLOMON	239	717		DNS					717	0:59:47		
49	3448	CHAN CHUN FUNG	238	714	714	1:49:02		OT						
50	98	TANG YEUNG-CHIU DENNIS	230	691			691	1:29:00						
51	3320	LAI KA PAK	229	688			516	1:59:18		DNS	172	OFFICIAL		DNS
52	5192	TANG YU HIN	215	644	644	2:00:50								
53	4296	CHENG TSZ FUNG	213	640	640	2:01:32								
54	4554	WONG TSZ FUNG	212	635			635	1:36:53						
55	3796	NIEDERBERGER JURG	199	596		DNS			596	0:54:01				
56	6017	WAN OSBERT	193	580					580	0:55:31				
57	3669	CHEUNG YAN WAI	192	576		DISQ	576	1:46:46						
58	1290	CHAN CHI KEUNG	165	495		OT		OT	495	1:05:06				
59	4249	NG KWOK FUNG	138	414		DISQ			414	1:17:45				DNS
60	5395	YEUNG RONALD MAN HO	163	488					488	1:06:01				
61	4217	HO HUI NAM	155	465		OT		OT	465	1:09:15				
62	177	LUI TSZ HIN	144	433							433	1:39:00		
63	4542	YIM CHUN WAI	107	321		OT		OT	321	1:40:13				
	2985	LEUNG CHUNG MAN												DNS
	3849	CHUNG TSZ KIN												OT
	709	TANG CHUN KIT												DNS
	4734	CHEN GUOBIN								OT				
	5182	TSZ HONG TAM								DNS		DNS		
	5581	SZETO CHI YUEN						OT						
	1782	HO HO YU						OT						
	5554	LEE CHUN MAN ADRIAN						OT						
	5113	NG SHING CHI				DNS								
	5530	HUI WUN LAP				DNS								DISQ
	5115	NG SIU KEI				DISQ		DNF						
	1911	HUI YAN TING						DNF						
	2518	LEUNG KIN LAM						DNF		OT				
	4466	FONG TSZ LO				DISQ								

		<b>M35</b>			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
					1	4261	LI MING CHI	946	2839	915	1:47:02	860	1:27:49	822
2	4451	WONG WAI NGAI ERIC	929	2786		DISQ	996	1:15:48	886	0:36:29		DISQ	905	1:29:21
3	3048	CHENG PING KUEN	907	2721			1000	1:15:29	834	0:38:45	887	0:48:44		
4	3336	WONG CHI YIN	895	2684	1000	1:37:53	832	1:30:44	814	0:39:42	584	1:13:59	852	1:34:53
5	125	CHEONG KUNG PAN	854	2561		DNS	973	1:17:34	750	0:43:04	837	0:51:38		DNS
6	3676	FUNG CHUN PAN	794	2381	790	2:03:58		OT			787	0:54:55	804	1:40:32
7	249	LEE MAN WAI	788	2365	786	2:04:34	803	1:34:02	775	0:41:41	619	1:09:50	777	1:44:07
8	107	LEUNG YAT LAI ADRIAN	736	2207	811	2:00:44	845	1:29:22	552	OFFICIAL				
9	3464	WONG PUI KEUNG	728	2183			629	1:59:59	765	0:42:13			789	1:42:31
10	3862	WONG MAN WA	663	1988	845	1:55:47	635	1:58:49	506	1:03:49	508	1:25:07		
11	17	TAM SHU FUN	559	1678					760	0:42:32			918	1:28:04
12	3491	CHEUNG KWOK WAI	530	1589			866	1:27:09	723	0:44:42				OT
13	3651	CHAN TSZ CHUNG	526	1578		DISQ	808	1:33:28	770	0:41:58				
14	4193	YUE PUI CHUNG	515	1546	872	1:52:16	674	1:51:57		DNS				
15	5469	TANG HIU SHAN	447	1342				OT	641	0:50:24			701	1:55:24
16	267	CHOI YUEN HANG	333	1000					1000	0:32:19				
16	5652	CHENG HOI MAN	333	1000								DNS	1000	1:20:51
18	61	LEE SIU KONG	324	973	730	2:14:10	243	OFFICIAL		DISQ				
19	4971	LEE HOK WUN	229	686		DNS	686	1:50:03						
20	5008	LEUNG KWOK SHING	188	564		DISQ		DNF	564	0:57:15		OT		DNS
	5644	MAN CHUNG HO												DNS
	71	TSE YEE LUT												DNS
	5468	LAI KIN CHUNG										DNS		
	3494	CHAN SIU CHUNG				DISQ								
	5572	YEUNG SUEN YU						DISQ						
	5400	CHAN CHUN KIT								DNS				
		<b>M40</b>			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
					1	96	LO WING SHIU	1000	3000	1000	1:05:36	1000	1:27:59	1000
2	225	WONG CHI CHUNG ISAAC	855	2565	749	1:27:36		DNF	816	0:49:13	1000	1:01:40		OT
3	335	LAU CHI CHUEN	808	2423	806	1:21:21			693	0:57:58	924	1:06:43		OT
4	5473	CHEN FUK LAI	482	1445	632	1:43:51		OT	813	0:49:22				OT
5	4697	CHAN KAI WING DICKY	481	1443	704	1:33:09		OT	739	0:54:22				
6	6018	AU BING WING	425	1274		DISQ	754	1:56:39	520	1:17:17		DISQ		DISQ
7	5057	LO KWOK KAY	380	1140	655	1:40:07		DNF	485	1:22:49		DNS		DNS
8	5551	KAM PIU LO	264	793			793	1:50:53		DNS				
9	42	CHAN KWOK WAI KEVIN	245	735						DISQ	735	1:23:55		OT
10	6092	HONG XIANG	234	701							701	1:27:55		OT
11	2838	CHAN CHIT HUNG ISAAC	227	680	680	1:36:31		OT						
12	5158	SIU MAN KWONG ERIC	220	660		DNS		DNF	660	1:00:50		DNS		DISQ
13	5279	WONG SIU TONG	186	558							558	1:50:28		
14	5328	YOU GOUFENG	184	553	553	1:58:43		OT		DNS		DISQ		

15	3899	LAU CHUN FAN	184	552	552	1:58:45								
16	5122	NG WAI MING	165	495					495	1:21:03				
17	5579	WOO WILSON YUEN KWONG	153	459	459	2:22:53		DNF		DISQ		DNS		
18	4188	LEUNG WAI KIN	145	435				OT	435	1:32:24		DISQ		
	526	CHAN YIN CHUN												OT
	5066	LUI YUEN MING				OT				DISQ		OT		DNS
	5277	NG WAI MING										DISQ		
	4733	CHEN FUK HOI				DNS								
	5457	HAU WAI MAN						DNF		DISQ		DNS		
		<b>M45</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5				
						13/1/2019	24/2/2019	31/3/2019	10/11/2019	8/12/2019				
Rank	No.	Name	Average	Total		Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill				
1	737	HUI NGAI SANG	1000	3000			1000	0:56:44	1000	0:32:20	1000	OFFICIAL	1000	1:12:12
2	90	CHAN KA SHING RICKY	939	2817	1000	1:13:09	925	1:01:20	892	0:36:14				
3	5326	YIU VOR	909	2727	857	1:25:23	870	1:05:13	695	0:46:33	1000	0:53:19		
4	226	YAN CHI HANG HENRY	786	2359			786	1:12:10	648	0:49:56	926	0:57:36	614	1:57:30
5	563	CHEUNG KWOK FUNG EDWIN	738	2214			629	1:30:13	740	0:43:42	845	1:03:06		OT
6	64	KO MAN FUNG FRANCIS	727	2182		DISQ		OT	672	0:48:05	818	1:05:10	691	1:44:25
7	51	LAU YAT CHOR	691	2073	767	1:35:23	664	OFFICIAL	642	0:50:24	584	1:31:14		DISQ
8	9	NG KAM FU PATRICK	664	1993	879	1:23:11		OT	636	0:50:52	478	1:51:32		DISQ
9	4440	FU MAN FAI	620	1859	713	1:42:36	574	1:38:52	572	0:56:33				DISQ
10	5411	FUNG MAN HIN	576	1729	690	1:46:04		DISQ	474	1:08:16	566	1:34:13		DISQ
11	504	YEUNG WAI YIN ALEXIS	493	1480	758	1:36:29						DNS	722	1:39:59
12	4230	WONG KIN LOK	411	1234			777	1:13:01	457	1:10:47				
13	5177	TAM CHI HO	327	981	653	1:52:00		OT	327	1:38:44		OT		DISQ
14	4932	LAM MING PAN	322	965			241	OFFICIAL			724	1:13:40		
15	5531	林安博	295	886	540	2:15:32		DNF	347	1:33:15		OT		
16	4347	WONG HO MAN	245	735	735	1:39:29				DNS				DNS
17	1124	CHEUNG WAI KEE	174	521			521	1:48:49						
18	5517	CHAN KING CHUNG	159	478							478	1:51:27		OT
19	4942	LAM YIU HONG	131	393		DISQ			393	1:22:17				
	287	KWONG KWOK WAH				DNS								
	5568	LEUNG HO WOON						DNF						
		<b>M50</b>												
						RL-1	RL-2	RL-3	RL-4	RL-5				
						13/1/2019	24/2/2019	31/3/2019	10/11/2019	8/12/2019				
Rank	No.	Name	Average	Total		Ngong Ping	Duckling Hill	Luk Chau Au	Wan Tsai	Braemar Hill				
1	2141	LEUNG LAP ON	1000	3000	1000	1:13:15	1000	0:59:35	896	0:43:52	1000	0:44:10	1000	1:30:06
2	20	MAN WAI TIN	930	2789	970	1:15:29	726	1:22:07		DISQ	940	0:46:59	879	OFFICIAL
3	3459	WONG HUNG ON WALLIS	875	2625	864	1:24:44			920	0:42:42	816	0:54:08	840	1:47:16
4	21	CHAN KWOK WAI AARON	818	2455	773	1:34:47	502	1:58:39	790	0:49:44	836	0:52:48	828	1:48:46

5	7	POON KA HANG	792	2375			682	1:27:20	912	0:43:05	780	0:56:37		
6	5016	LEUNG SAI FONG	725	2174	662	1:50:42	572	1:44:13	939	0:41:52	573	1:17:03		DNS
7	550	LEE CHUNG MING	546	1638			805	1:14:03	833	0:47:10				
8	295	WONG WAI MING	402	1206					622	1:03:10	584	1:15:38		OT
9	4497	SHIU CHI SHING	374	1123			536	1:51:05	586	1:07:01				DISQ
10	45	LI TAK KUN	333	1000					1000	0:39:18				
11	361	CHOW KWOK MING	286	859					859	0:45:46				
12	496	YUEN KWOK ON	258	774					774	0:50:47				
13	4710	CHAN SAN WAH	208	625			625	1:35:19						
14	2984	SIU KWONG WAI	178	535			535	1:51:19						
15	2112	CHAN WING CHONG	178	533				DNF	533	1:13:43				
16	4535	WONG MAN WAI	148	444							444	1:39:28		
	5573	YIU TAK WONG						DISQ		DNS				
	3678	YU HON MING				DISQ								
		<b>M55</b>												
						RL-1		RL-2		RL-3		RL-4		RL-5
						13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019
Rank	No.	Name	Average	Total		Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill
1	3015	YU SHIN HO	1000	3000	1000	1:08:48	1000	1:00:27	1000	0:23:23	965	0:43:26	1000	1:15:10
2	2977	LAW WAI KAY	941	2824	827	1:23:14	872	1:09:20	952	0:24:34	1000	0:41:56	649	1:55:48
3	47	LEUNG LAM	836	2508	832	1:22:39	830	OFFICIAL	810	0:28:52			846	1:28:50
4	33	SHAM WING MING	788	2364			989	1:01:09	784	0:29:49	591	OFFICIAL		
5	37	PANG KA CHOI	781	2343	762	1:30:17	822	1:13:33	695	0:33:40	759	OFFICIAL		
6	495	CHAN PO MING	720	2161	774	1:28:50		OT	703	0:33:15	600	1:09:50	683	1:50:05
7	3137	HU SIU FUN	664	1993	620	1:51:01	594	1:41:46	671	0:34:52	546	1:16:52	703	1:46:58
8	4374	HUI TUNG YING	627	1881		DISQ	516	1:57:13	588	0:39:47	778	0:53:56		
9	4393	TANG YUK CHEONG	542	1627	509	2:15:08	607	1:39:31	510	0:45:50				OT
10	2	LEE CHI KIN	293	880					880	0:26:35				
11	2487	TONG KWAN YUEN	220	660				OT	660	0:35:25				
		<b>M60</b>												
						RL-1		RL-2		RL-3		RL-4		RL-5
						13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019
Rank	No.	Name	Average	Total		Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill
1	315	TSE YIK WAH	1000	3000	1000	1:40:06	536	1:16:32	1000	0:25:02	1000	0:56:27	1000	1:17:57
2	404	LEUNG KWOK KEUNG	976	2929			1000	0:41:03	977	0:25:38		DISQ	952	1:21:52
3	187	WONG KAM FEI	883	2649	669	2:29:40	871	0:47:08	832	0:30:06	946	0:59:40	730	1:46:44
4	432	YIU CHI SING	839	2518	894	1:52:01	679	1:00:28	453	0:55:13	945	0:59:43		
5	359	CHAN CHUNG WING STANLEY	797	2391	914	1:49:31	373	1:49:59	605	0:41:21		DNS	871	1:29:27
6	513	TSUI WING SING	563	1689		DISQ		DNF	811	0:30:52			878	1:28:49
7	10	YUE TING WANG	450	1350	893	1:52:04	457	1:29:49						OT
8	644	MOK TO	115	344					344	1:12:50		DISQ		OT
		<b>WE</b>												
						RL-1		RL-2		RL-3		RL-4		RL-5
						13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019
Rank	No.	Name	Average	Total		Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill
1	2470	CHAN HAU WAH BRENDA	1000	3000	1000	1:19:24	1000	1:09:20	1000	0:34:28			895	1:39:40
2	4156	LAM CHO YU	995	2986	986	OFFICIAL	920	1:15:21	958	0:35:59	1000	0:49:33	1000	1:29:13
3	230	LUI WAI LAN IRIS	970	2911	915	1:26:47	972	1:11:22			964	0:51:23	975	1:31:29



4	1265	CHAN PUI FUNG	920	2759	914	1:26:52	884	1:18:28	858	0:40:09	962	0:51:32	817	1:49:15
5	2826	LEUNG KA KI	833	2499	816	1:37:18	824	1:24:06	717	0:48:03	858	0:57:44	760	1:57:28
6	3538	YEE SZE WING	807	2422	766	1:43:38	708	1:37:59	765	0:45:05	873	0:56:44	782	1:54:02
7	106	CHENG YUEN KI HILDA	800	2400	677	1:57:18	754	1:31:57	768	0:44:53	801	1:01:51	831	1:47:25
8	779	FUNG CHARMAINE KAI WING	734	2201	766	1:43:36	659	1:45:17		DNS	776	1:03:51		
<b>W12</b>														
					RL-1		RL-2		RL-3		RL-4		RL-5	
					13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
Rank	No.	Name	Average	Total	Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	5327	YIU YIU	1000	3000	1000	0:45:14	1000	0:20:52	1000	0:17:43	919	0:31:22	1000	0:25:23
2	5376	LEUNG LOK CHING	977	2931	983	0:46:01	822	0:25:23	948	0:18:41	1000	0:28:49	928	0:27:21
3	5413	YAU MAN HEI MERI	858	2575	723	1:02:33	713	0:29:15	653	0:27:09	890	0:32:22	961	0:26:24
4	5529	YIK FEI WONG	645	1936	556	1:21:23	697	0:29:56	454	0:39:02	683	0:42:13	509	0:49:55
5	4716	CHAN TSZ LING	613	1839	650	1:09:34	724	0:28:50	465	0:38:06				
6	5205	TSANG CHUNG KIU	264	793	315	2:23:33			478	0:37:04				
7	5418	IP CHEUK LING	179	536	536	1:24:24								
8	5381	LUN YAT YIU	128	385			385	0:54:08		DISQ		DNS		DNS
	5024	LEUNG YAN TUNG				DNS								
<b>W14</b>														
					RL-1		RL-2		RL-3		RL-4		RL-5	
					13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
Rank	No.	Name	Average	Total	Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	5160	SIU PUI YUET	1000	3000	860	0:47:00	1000	0:19:46	1000	0:17:28	1000	0:25:53	913	0:33:57
2	5329	YOU ROU	958	2873	1000	0:40:24	933	0:21:11	847	0:20:37			940	0:32:58
3	4441	FU HOI KI	919	2758			806	0:24:31	952	0:18:21			1000	0:31:00
4	4307	LEUNG HIU YUET	882	2647	950	0:42:31	814	0:24:17	883	0:19:47	654	0:39:34		
5	4303	KO HIU MAN SOPHIE	807	2422	902	0:44:46	846	0:23:22	640	0:27:18	674	0:38:25		DISQ
6	5576	CHAN LOK MAN JANICE	206	619					619	0:28:12				
7	5502	CHAN SUM YI	169	506	506	1:19:51						DNS		
8	5574	YU YAN SHUEN	83	248			248	1:19:40						
	5575	LI HO CHING						DNF						
<b>W16</b>														
					RL-1		RL-2		RL-3		RL-4		RL-5	
					13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
Rank	No.	Name	Average	Total	Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	5085	MAN WING	1000	3000	848	0:58:25	921	0:44:40	1000	0:26:25	1000	0:40:11	1000	1:14:24
2	4633	LO HOI YAN	991	2973	1000	0:49:32	1000	0:41:09	807	0:32:44	973	0:41:19	749	1:39:23
3	4906	KWONG TSZ WING	961	2883	974	0:50:52	610	1:07:26	789	0:33:30	917	0:43:49	992	1:15:01
4	4680	CHAN AMANDA CHUN YI	808	2425	730	1:07:52	866	0:47:30	820	0:32:14			739	1:40:43
5	4612	WONG WING YIN	775	2325	700	1:10:43	761	0:54:07	701	0:37:42	809	0:49:42	756	1:38:28
6	4049	LAU HIN YI	248	744	438	1:53:03		DNF	306	1:26:14				DISQ
7	4092	LEUNG HIU CHING	175	525					525	0:50:19				
8	4443	WONG YI YAN	144	433			433	1:35:03		DNS				
9	4900	KWOK SELINA	116	348					348	1:15:49				
10	5534	FONG HOLLY	106	318					318	1:23:12				
	4714	CHAN SUM YIN SONIA										DISQ		
	4808	CHUNG LILLIAN										DNS		
	5632	CHIU JANICE TSZ YU										DISQ		



26	6041	WONG SZE LAI	207	622							622	1:16:22		
27	2017	LO KA MAN	202	606			606	1:50:57						
28	4038	LAM OI SZE	179	537	537	1:55:27								
29	290	CHUNG WAI FAN VIVIAN	177	531				DNF	531	1:34:20				DNS
30	5526	TSZ YING TSANG	155	465					465	1:47:44				DNS
	5656	HAU KA YAN												DNS
	4357	CHAN HO CHING										OT		DISQ
	2025	TSE LUI										DNS		
	5646	YUEN LAI SHAN										DNS		OT
	6063	HU CATHY								OT				
	1973	WONG WING YAN JOSEPHINE								DNS				DNS
	3824	SUEN YUEN TUNG STEPHANIE								DNS				
	5455	CHOW KA WAI				DNS		DNF						
	5207	TSANG HIU NGAI				DNS					OT			DNS
		<b>W35</b>												
						RL-1		RL-2		RL-3		RL-4		RL-5
						13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019
Rank	No.	Name	Average	Total		Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill
1	761	CHEUNG LAI KUEN MONA	999	2997	1000	1:18:35	997	1:18:46	877	0:52:51	934	0:59:11	1000	1:58:32
2	83	WONG WAI CHING VICKIE	946	2839	945	1:23:10	894	1:27:53	1000	0:46:20				
3	1918	MOK WAI YEE	862	2587		DNS	914	1:25:59	789	0:58:42	884	1:02:31		DNS
4	5002	LEUNG KA LAI	847	2540	640	2:02:51	900	1:27:17	635	1:12:57	1000	0:55:16		DISQ
5	247	FUNG YUK CHING WINSOME	834	2501	912	1:26:12			990	0:46:49	600	1:32:06		DISQ
6	4016	CHEUNG BO LING PAULINE	804	2412	925	1:25:00			828	0:55:56	659	1:23:51		DNS
7	3058	AU MAN CHONG MARIANA	754	2263	765	1:42:46	743	1:45:43	755	1:01:21	548	1:40:56		OT
8	2113	TANG PUI YI	333	1000			1000	1:18:33						DNS
9	2453	FUNG KIT LING	188	565					565	1:21:59				
10	3878	HANIFA ISMAIL	167	501			OT				OT	501	1:50:23	DNS
	4941	LAM YIM YAN					DISQ							
	4837	HAU YING YING							DNF			DNS		DISQ
	5310	YAU YUK FONG					DISQ							
		<b>W40</b>												
						RL-1		RL-2		RL-3		RL-4		RL-5
						13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019
Rank	No.	Name	Average	Total		Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill
1	292	CHAN SIU MUI	975	2925	928	1:28:46	1000	1:34:49	997	0:55:11				DISQ
2	1720	LO WAN YEE	864	2591			903	1:45:01	823	1:06:50	835	1:17:44	854	OFFICIAL
3	4615	CHAU HOI SZE	855	2564	1000	1:22:25			773	1:11:10	791	1:22:02		DISQ
4	355	WONG PATRICIA	649	1947			947	1:40:10	1000	0:55:01				DNS
5	5444	CHEUNG KA SIN	261	784					OT	784	1:10:08			
6	5231	TSUI YING SHAN	549	1647			842	1:52:36			805	1:20:36		
7	5415	WONG WAI MAN	520	1559					OT	599	1:31:52	961	1:07:33	OT
8	5670	CHAN KA MAN	333	1000							1000	1:04:53		
9	4709	CHAN PUI YING	225	676							676	1:35:59		
	4782	CHOI KA PO JASEPHINE												DNS
	2490	HO SO HAN												DNS
	6093	MA NINGWEN										DNS		DNS
	2749	YU HOI YAN							DNF		DISQ			

		<b>W45</b>			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	3337	HO HING LING SHELLEY	993	2980	980	1:25:04	1000	1:52:08	716	1:26:11	1000	1:07:40		DISQ
2	1770	YEUNG YUN FOONG CANDY	969	2908			987	1:53:34	1000	1:01:45	920	1:13:32		DNS
3	4616	CHAN SZE LAI	919	2756	1000	1:23:22	939	1:59:24	816	1:15:38	657	1:43:04		DISQ
4	4023	LAU PIK YI	827	2482	856	1:37:24	975	1:54:57			651	1:43:58		
5	446	KO SIN YU	570	1709					919	1:07:13	790	1:25:37		DISQ
6	5317	YEUNG SUN YAU	469	1408	732	1:53:56			676	1:31:18				
7	5567	LO YUEN MEI AMY	332	996			996	1:52:38						DISQ
8	303	LI WAI YING	327	981			981	1:54:20						
9	6052	LUI LAI HAN DENNEX	277	832					832	1:14:12				
	5489	POON CHING MEI CLARA												DNS
	5645	LI HEIDI										OT		DISQ
	5132	PANG SHUET LAI										DNS		
	3679	WONG YEE WAH EVA				OT								
	4353	LI MANG WAH LOUISE				DNS				DISQ				
	4983	LEE SZE MAN CECILIA				DNS		DNF						
		<b>W50</b>			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	4674	AU WING SEE	1000	3000	1000	1:27:02	1000	1:48:45	1000	0:41:35	1000	1:18:17	1000	1:52:51
2	5069	LUK LAI LAI	975	2924	991	1:27:48	975	1:51:35	933	0:44:35	959	1:21:40		DISQ
3	4263	CHOY LAI HEUNG SALLY	429	1287	965	1:30:12		DISQ				DISQ	322	OFFICIAL
4	517	HO SHUI CHUN	277	830					830	0:50:05				
	2111	LEUNG YEE MAN						OT		DNS				
		<b>W55</b>			RL-1		RL-2		RL-3		RL-4		RL-5	
Rank	No.	Name	Average	Total	13/1/2019		24/2/2019		31/3/2019		10/11/2019		8/12/2019	
					Ngong Ping		Duckling Hill		Luk Chau Au		Wan Tsai		Braemar Hill	
1	186	WONG YUK HING	1000	3000	1000	1:10:31	1000	1:02:30	1000	0:35:28	1000	1:07:59		DISQ
2	3016	CHUI LAI KUEN CANDY	867	2602	932	1:15:40	961	1:05:02	709	0:50:03	709	1:35:51		OT
3	4727	CHAN YIN WAN	440	1320			911	1:08:35	409	1:26:43		DISQ		DISQ
4	2991	NG MIU LAN	227	680							680	1:39:55		OT
5	4375	CHAN LAI CHU	175	526	526	2:14:01								
	341	CHAN SIU LIN												DISQ
	3668	WONG YUK CHING LAM				OT		DNS						

Time Limit: 02:30:00/03:00:00      2:00:00      2:00:00      2:00:00      2:00:00