

CP 活力跑 2024

Date : 8 Dec 2024

3KM Individual Female Aged 10-11

Category Position	BIB	Name	Official Time
1	4501	Yu Hei wai 余晞維	0:13:18
2	4502	Choi Tsz Kiu Edna 蔡紫蕎	0:14:46
3	4503	Kwan Hoi ching 關愷澄	0:15:03

3KM Individual Female Aged 12-15

Category Position	BIB	Name	Official Time
1	4507	CHONG HIRAM 莊晞霖	0:16:27
2	4510	Leung Gianna 梁沛銘	0:17:52
3	4508	Yeung Sum Yiu Denise	0:19:01

3KM Individual Female Aged 16-29

Category Position	BIB	Name	Official Time
1	4009	Yeung Yat Fong	0:12:58
2	4002	Ngai Hei 危喜	0:14:46
3	4005	Wong Wing Yan 黃詠欣	0:15:01

CP 活力跑 2024

Date : 8 Dec 2024

3KM Individual Female Aged 30-39

Category Position	BIB	Name	Official Time
1	4037	mok ka yee	0:13:12
2	4041	Yau Julianna	0:15:03
3	4089	TO YI MING	0:16:11

3KM Individual Female Aged 40-49

Category Position	BIB	Name	Official Time
1	4093	CHAN Mei Fung Olivia 陳美鳳	0:12:18
2	4064	Wong Lai chun rachel	0:13:36
3	4097	Wong Fung yan 黃鳳茵	0:14:32

3KM Individual Female Aged 50 or above

Category Position	BIB	Name	Official Time
1	4521	TANG Xue Mei 唐雪梅	0:21:37
2	4520	Kwok Suet Fan 郭雪芬	0:22:34
3	4515	CHAN Yuk Han Emily 陳玉嫻	0:22:48

CP 活力跑 2024

Date : 8 Dec 2024

3KM Individual Male Aged 10-11

Category Position	BIB	Name	Official Time
1	3509	Leung Cheuk Him Marcus 梁卓謙	0:11:44
2	3551	Sham Kwan Lok 沈鈞諾	0:11:53
3	3502	CHAN Chun Yu 陳俊宇	0:13:24

3KM Individual Male Aged 12-15

Category Position	BIB	Name	Official Time
1	3519	Chum Tsz ho 覃子皓	0:10:11
2	3540	Lee Ming Hei 李名希	0:10:13
3	3553	Cheng Tsz Leong louie 鄭梓亮	0:10:20

3KM Individual Male Aged 16-29

Category Position	BIB	Name	Official Time
1	3005	Lee Sing Hung	0:10:20
2	3099	Lau Chun Yin	0:10:22
3	3003	Tong Chi Ngai 唐智毅	0:10:22

CP 活力跑 2024

Date : 8 Dec 2024

3KM Individual Male Aged 30-39

Category Position	BIB	Name	Official Time
1	3033	Lai Shengwen 賴勝文	0:09:52
2	3034	Chan Ho Hin Henry 陳昊軒	0:10:04
3	3030	LAU KWONG MAN 劉廣文	0:10:19

3KM Individual Male Aged 40-49

Category Position	BIB	Name	Official Time
1	3115	WONG Tin Yau 王天佑	0:10:12
2	3059	Alam Robin	0:10:22
3	3053	Lai Kat 賴吉	0:10:36

3KM Individual Male Aged 50-59

Category Position	BIB	Name	Official Time
1	3080	HO WAI MING ANDY 何偉明	0:12:51
2	3087	Lam Kai Piu	0:16:54
3	3081	Lau Cheung	0:20:00

3KM Individual Male Aged 60 or above

Category Position	BIB	Name	Official Time
1	3535	TAM LAWRENCE	0:12:54
2	3531	Wong Tai Chun Mark 王大鈞	0:13:02
3	3528	Graham Alan	0:13:05