

# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
1	10KM Individual Female Aged 16-19	2002	Wu Tsz Tung 胡梓桐	0:53:58	0:53:55
2	10KM Individual Female Aged 16-19	2001	Kan Cammy 簡樂晴	0:55:27	0:55:17
1	10KM Individual Female Aged 20-29	2142	Zeto Suet Ching	0:50:55	0:50:51
2	10KM Individual Female Aged 20-29	2018	Jayet Margaux	0:54:07	0:54:03
3	10KM Individual Female Aged 20-29	2020	Cheung Hoi Yin 張凱然	0:56:37	0:56:18
4	10KM Individual Female Aged 20-29	2007	Fong Pui Kwan 方佩君	1:00:18	1:00:09
5	10KM Individual Female Aged 20-29	2125	Wong Shi Yuan Chevonne 王詩媛	1:01:51	1:01:34
6	10KM Individual Female Aged 20-29	2143	Wong Ka Wai 汪嘉蔚	1:06:24	1:06:07
7	10KM Individual Female Aged 20-29	2019	Chan Tsz Ying	1:06:29	1:06:01
8	10KM Individual Female Aged 20-29	2139	Yuen Natalie	1:06:40	1:06:20
9	10KM Individual Female Aged 20-29	2013	Cheng Sze Man 鄭思敏	1:06:54	1:06:37
10	10KM Individual Female Aged 20-29	2014	Xiao Sherry	1:07:34	1:07:14
11	10KM Individual Female Aged 20-29	2012	Wong Cheuk Lam 黃卓琳	1:07:52	1:07:43
12	10KM Individual Female Aged 20-29	2003	Cheung Sin Yee Phyllis 張蓓怡	1:09:14	1:08:52
13	10KM Individual Female Aged 20-29	2008	Tsui Pui Ching 徐蓓菁	1:10:09	1:09:47
14	10KM Individual Female Aged 20-29	2010	wong sze ching 黃思澄	1:11:45	1:11:22
15	10KM Individual Female Aged 20-29	2140	Chan Cho kwan	1:12:50	1:12:26
16	10KM Individual Female Aged 20-29	2017	Tse Wan Ka Rachel	1:12:50	1:12:26
17	10KM Individual Female Aged 20-29	2004	Lai Bo Sam 黎寶心	1:17:42	1:17:21
18	10KM Individual Female Aged 20-29	2016	FONG Man Wing 方文穎	1:19:03	1:18:48
19	10KM Individual Female Aged 20-29	2128	Lam Tsui Wun 林翠媛	1:23:20	1:23:13
20	10KM Individual Female Aged 20-29	2126	Tang Wing Yan 鄧穎茵	1:24:08	1:23:43
21	10KM Individual Female Aged 20-29	2123	Wong Wai Yin 王慧妍	1:24:59	1:24:39
22	10KM Individual Female Aged 20-29	2005	Ng Wai Yin 吳韋然	1:27:26	1:26:58
23	10KM Individual Female Aged 20-29	2011	Lekcharoensombat Phatchariporn	1:28:05	1:27:52
24	10KM Individual Female Aged 20-29	2015	Lau Cheuk Hei 劉卓邨	1:30:19	1:30:02
25	10KM Individual Female Aged 20-29	2006	Ho Pui Ka 何珮嘉	1:56:59	1:56:32
DQ	10KM Individual Female Aged 20-29	2127	Chan Hei Man 陳熹敏		
1	10KM Individual Female Aged 30-39	2027	Wong Mei yan	0:39:34	0:39:34
2	10KM Individual Female Aged 30-39	2151	DONG CHAOLING 董朝玲	0:40:02	0:40:00
3	10KM Individual Female Aged 30-39	2152	TSOI YUN YUE PHOEBE	0:41:30	0:41:30

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position	Category	Bib	Name	OfficialTime	Chip Time
4	10KM Individual Female Aged 30-39	2132	Kawakatsu Nozomi	0:42:07	0:42:05
5	10KM Individual Female Aged 30-39	2042	LAI MEI YUI	0:43:37	0:43:35
6	10KM Individual Female Aged 30-39	2145	Lum Suet man belinda	0:48:33	0:48:21
7	10KM Individual Female Aged 30-39	2053	Chan Tin Yan Sophia	0:48:36	0:48:34
8	10KM Individual Female Aged 30-39	2120	Chui Ka Man 崔家敏	0:50:41	0:50:38
9	10KM Individual Female Aged 30-39	2040	Ng Ka Yee 吳嘉怡	0:53:37	0:53:32
10	10KM Individual Female Aged 30-39	2021	Liu Unun 廖穎欣	0:53:59	0:53:53
11	10KM Individual Female Aged 30-39	2043	Shiu Linda	0:54:44	0:54:25
12	10KM Individual Female Aged 30-39	2050	Pickard Kay	0:54:50	0:54:38
13	10KM Individual Female Aged 30-39	2037	LAM MIU LING 林妙玲	0:55:15	0:55:07
14	10KM Individual Female Aged 30-39	2026	Pang Ching Man	0:57:03	0:56:54
15	10KM Individual Female Aged 30-39	2049	Suen Pui Yee 孫蓓儀	0:57:43	0:57:39
16	10KM Individual Female Aged 30-39	2033	tang Wai Kwan	0:58:24	0:58:07
17	10KM Individual Female Aged 30-39	2036	TSE MAN YEE 謝嫻儀	0:59:21	0:59:10
18	10KM Individual Female Aged 30-39	2039	LEUNG WAI SHAN 梁慧珊	1:00:56	1:00:50
19	10KM Individual Female Aged 30-39	2028	Yip Wing Ting	1:02:20	1:01:59
20	10KM Individual Female Aged 30-39	2032	SHAM HIU YING 岑曉瑩	1:04:58	1:04:34
21	10KM Individual Female Aged 30-39	2044	Law Hiu Yan	1:06:29	1:06:11
22	10KM Individual Female Aged 30-39	2030	HO LAI TING	1:07:38	1:07:19
23	10KM Individual Female Aged 30-39	2023	Chow Yik Hei	1:07:41	1:07:19
24	10KM Individual Female Aged 30-39	2045	Ng Ying Tung	1:08:41	1:08:15
25	10KM Individual Female Aged 30-39	2047	Lee Ka Lam	1:09:42	1:09:16
26	10KM Individual Female Aged 30-39	2041	XIE Xiaojing 謝曉菁	1:11:23	1:11:02
27	10KM Individual Female Aged 30-39	2035	Lau Wing Yi 劉穎夷	1:12:35	1:12:09
28	10KM Individual Female Aged 30-39	2046	Ki Lai Fong	1:16:13	1:15:47
29	10KM Individual Female Aged 30-39	2029	Wong Lai Ki 王麗琪	1:18:40	1:18:21
30	10KM Individual Female Aged 30-39	2024	KWAN LOK SEE 關樂詩	1:21:11	1:20:53
31	10KM Individual Female Aged 30-39	2131	Tsang Yuen Mei 曾婉媚	1:24:23	1:23:57
32	10KM Individual Female Aged 30-39	2034	Hui Chun Yin 許春燕	1:25:02	1:24:50
33	10KM Individual Female Aged 30-39	2025	IP VIRGINIA	1:25:35	1:25:13
34	10KM Individual Female Aged 30-39	2130	Tong Tsz Kei Starry 唐梓綺	1:26:02	1:25:36

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position	Category	Bib	Name	OfficialTime	Chip Time
35	10KM Individual Female Aged 30-39	2022	Lee Fung Yi	1:34:21	1:34:07
1	10KM Individual Female Aged 40-49	2083	NG MAN KING	0:43:23	0:43:23
2	10KM Individual Female Aged 40-49	2059	Lau Wai Han	0:43:43	0:43:41
3	10KM Individual Female Aged 40-49	2031	CHAN YINNI 陳燕妮	0:44:24	0:44:24
4	10KM Individual Female Aged 40-49	2072	LEUNG CHAU MEI 梁秋薇	0:46:12	0:46:10
5	10KM Individual Female Aged 40-49	2078	WONG HIU LAN 黃曉蘭	0:47:56	0:47:56
6	10KM Individual Female Aged 40-49	2069	Ho Wai Ki 何煒圻	0:49:29	0:49:24
7	10KM Individual Female Aged 40-49	2063	Lam Chiu Kit Denise	0:49:51	0:49:48
8	10KM Individual Female Aged 40-49	2074	MA Pui Man 馬佩雯	0:49:52	0:49:48
9	10KM Individual Female Aged 40-49	2124	CHAN YAT HAN KAREN 陳逸嫻	0:49:56	0:49:53
10	10KM Individual Female Aged 40-49	2121	Chau Terri	0:54:38	0:54:35
11	10KM Individual Female Aged 40-49	2079	Yip Lai fan 葉麗芬	0:56:37	0:56:31
12	10KM Individual Female Aged 40-49	2134	Leung Karen 梁家欣	1:00:20	1:00:08
13	10KM Individual Female Aged 40-49	2119	Lau Pui Lan	1:01:52	1:01:47
14	10KM Individual Female Aged 40-49	2056	Wong Po Yan Cecilia 黃葆茵	1:06:23	1:06:18
15	10KM Individual Female Aged 40-49	2062	Wong Shuk Han 黃淑嫻	1:06:52	1:06:44
16	10KM Individual Female Aged 40-49	2064	Lui Lai Yan Claudia	1:07:09	1:07:03
17	10KM Individual Female Aged 40-49	2075	TANG KAM LAN CAROL	1:08:15	1:08:00
18	10KM Individual Female Aged 40-49	2080	Leung Yee Yan 梁綺茵	1:09:55	1:09:42
19	10KM Individual Female Aged 40-49	2073	Cheung sze wai 張詩慧	1:11:08	1:10:42
20	10KM Individual Female Aged 40-49	2057	Choi Michelle 蔡惠連	1:11:13	1:10:57
21	10KM Individual Female Aged 40-49	2058	Lam Ka po 林嘉寶	1:11:37	1:11:27
22	10KM Individual Female Aged 40-49	2070	Fu Man Yu Shirley 傅文茹	1:11:43	1:11:34
23	10KM Individual Female Aged 40-49	2055	Leung WAI SZE carol	1:12:08	1:11:58
24	10KM Individual Female Aged 40-49	2147	SO MEI KI MAGGIE 蘇美琪	1:15:08	1:14:44
25	10KM Individual Female Aged 40-49	2076	Lui Sau Yee 雷秀儀	1:18:44	1:18:19
26	10KM Individual Female Aged 40-49	2061	Chan Shui Fan 陳瑞芬	1:20:40	1:20:15
27	10KM Individual Female Aged 40-49	2060	LEE NGA WUN 李雅媛	1:20:48	1:20:37
28	10KM Individual Female Aged 40-49	2068	CHAN Man Ying 陳敏滢	1:20:53	1:20:44
29	10KM Individual Female Aged 40-49	2067	Shek Ho Ching Vivian 石皓菁	1:21:28	1:21:21
1	10KM Individual Female Aged 50 or above	2108	Cheung Yuen Yee 張婉儀	0:44:58	0:44:54

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position	Category	Bib	Name	OfficialTime	Chip Time
2	10KM Individual Female Aged 50 or above	2136	Kwan Vicky	0:45:26	0:45:23
3	10KM Individual Female Aged 50 or above	2089	Yeung Mei Lun	0:49:27	0:49:22
4	10KM Individual Female Aged 50 or above	2122	Wong Wai Man Pamela	0:49:36	0:49:32
5	10KM Individual Female Aged 50 or above	2110	TSUI MEI KUEN 徐美娟	0:50:09	0:50:07
6	10KM Individual Female Aged 50 or above	2102	Wong Hiu Fai 黃曉暉	0:51:07	0:51:02
7	10KM Individual Female Aged 50 or above	2086	Chow So Han 鄒素嫻	0:55:30	0:55:18
8	10KM Individual Female Aged 50 or above	2138	Lam Kai Wing 林佳穎	0:55:33	
9	10KM Individual Female Aged 50 or above	2150	Chau Ting Heung 鄒定香	0:59:40	0:59:23
10	10KM Individual Female Aged 50 or above	2096	PANG MEI LAN 彭美蘭	1:00:52	1:00:46
11	10KM Individual Female Aged 50 or above	2105	Wong Ching Han 王靜嫻	1:04:08	1:03:48
12	10KM Individual Female Aged 50 or above	2088	Wong Yin Sheung	1:05:41	1:05:25
13	10KM Individual Female Aged 50 or above	2106	TSUI HIU YIM SANDY 徐曉艷	1:06:44	1:06:28
14	10KM Individual Female Aged 50 or above	2093	Ng Pui Wah 吳佩華	1:06:49	1:06:31
15	10KM Individual Female Aged 50 or above	2087	Yip Alice 葉嘉明	1:06:57	1:06:34
16	10KM Individual Female Aged 50 or above	2111	Lee E Man Annie 李伊雯	1:08:05	1:07:34
17	10KM Individual Female Aged 50 or above	2103	Lo Man Yee 盧敏儀	1:08:09	1:07:51
18	10KM Individual Female Aged 50 or above	2149	Sun Hing Kin 辛慶建	1:08:18	1:08:02
19	10KM Individual Female Aged 50 or above	2107	LAI SUET MAN DORA 賴雪敏	1:09:18	1:08:54
20	10KM Individual Female Aged 50 or above	2085	Li Chung siu	1:09:22	1:09:06
21	10KM Individual Female Aged 50 or above	2101	Au Yeung Ching Man 歐陽靜敏	1:09:50	1:09:39
22	10KM Individual Female Aged 50 or above	2095	Cheung Man Ying 張文英	1:11:34	1:11:21
23	10KM Individual Female Aged 50 or above	2109	Lo Shuk Yi 盧淑儀	1:13:28	1:13:11
24	10KM Individual Female Aged 50 or above	2097	Chan Cheung 陳翔	1:14:08	1:13:51
25	10KM Individual Female Aged 50 or above	2116	CHUI GRACE	1:15:37	1:15:29
26	10KM Individual Female Aged 50 or above	2115	Lau Ka Yue Amelia 劉嘉裕	1:15:48	1:15:37
27	10KM Individual Female Aged 50 or above	2137	HO YUEN MAN DEBBIE	1:18:35	1:18:17
28	10KM Individual Female Aged 50 or above	2113	CHAN KAM FUNG 陳金鳳	1:21:33	1:21:20
29	10KM Individual Female Aged 50 or above	2090	Lam Hang Yee Vivian 林幸兒	1:21:58	1:21:39
30	10KM Individual Female Aged 50 or above	2135	CHEUNG MEI LAN	1:22:59	1:22:53
31	10KM Individual Female Aged 50 or above	2098	HUNG MAN YEE PAULINE 孔敏儀	1:23:00	1:22:37
32	10KM Individual Female Aged 50 or above	2112	Ma Sau Mui 馬秀梅	1:24:21	1:24:09

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position	Category	Bib	Name	OfficialTime	Chip Time
33	10KM Individual Female Aged 50 or above	2114	Choy Ka Lai Carry 蔡嘉麗	1:24:49	1:24:36
34	10KM Individual Female Aged 50 or above	2104	SHI LIANG LIANG 施凉凉	1:27:43	1:27:25
35	10KM Individual Female Aged 50 or above	2084	Chu Chai Ho 朱齊好	1:31:17	1:31:01
36	10KM Individual Female Aged 50 or above	2100	fu yin ping 苻燕萍	1:40:40	1:32:39
1	10KM Individual Male Aged 16-19	1002	Wong Tsz Pan 黃子彬	0:38:32	0:38:32
2	10KM Individual Male Aged 16-19	1208	Kwong Titus 鄺	0:39:05	0:39:05
3	10KM Individual Male Aged 16-19	1192	Lai Ho Kai 黎浩佳	0:47:41	0:47:26
4	10KM Individual Male Aged 16-19	1191	Lo Zimen 羅子萌	0:47:42	0:47:25
5	10KM Individual Male Aged 16-19	1209	HUNG Ngai Kai 洪毅佳	0:48:44	0:48:35
DQ	10KM Individual Male Aged 16-19	1204	Chen Xiaogang 陳曉鋼		
1	10KM Individual Male Aged 20-29	1006	Tse Ho Yin 謝浩賢	0:35:01	0:35:01
2	10KM Individual Male Aged 20-29	1018	Mohammad Ans 巫安沙	0:35:57	0:35:57
3	10KM Individual Male Aged 20-29	1014	LAM TO WAI 林道暉	0:36:27	0:36:24
4	10KM Individual Male Aged 20-29	1016	MAK Siu Lun 麥肇麟	0:38:15	0:38:12
5	10KM Individual Male Aged 20-29	1009	Lee Kai Chun 李啟駿	0:39:16	0:39:16
6	10KM Individual Male Aged 20-29	1015	Lai Tsun kit	0:40:24	0:40:21
7	10KM Individual Male Aged 20-29	1022	Wan Lap Yin	0:40:30	0:40:27
8	10KM Individual Male Aged 20-29	1243	Poon Shing Yuk 潘承旭	0:41:42	0:41:39
9	10KM Individual Male Aged 20-29	1013	Tam LOK KWAN 譚樂君	0:41:59	0:41:55
10	10KM Individual Male Aged 20-29	1210	Lee Tin Wai 李天威	0:43:14	0:43:09
11	10KM Individual Male Aged 20-29	1005	Lau Man Hin 劉文軒	0:44:35	0:44:31
12	10KM Individual Male Aged 20-29	1203	Wong Ka Ho	0:45:36	0:45:36
13	10KM Individual Male Aged 20-29	1008	FONG YUN PAN 方潤彬	0:47:49	0:47:40
14	10KM Individual Male Aged 20-29	1242	Chen Ho Yan Bounty 陳浩恩	0:47:56	0:47:39
15	10KM Individual Male Aged 20-29	1019	Lai Kin On 黎建安	0:48:01	0:47:54
16	10KM Individual Male Aged 20-29	1021	Ng Ka Chun	0:49:17	0:49:07
17	10KM Individual Male Aged 20-29	1264	Chan Hon Hin 陳瀚軒	0:51:06	0:50:53
18	10KM Individual Male Aged 20-29	1241	Ching Kai Yung	0:52:54	0:52:34
19	10KM Individual Male Aged 20-29	1211	LAI KING HO	0:52:57	0:52:47
20	10KM Individual Male Aged 20-29	1020	Ng Chun Kit 吳俊杰	0:54:48	0:54:40
21	10KM Individual Male Aged 20-29	1017	Leung Hiu Fung 梁曉峰	0:56:19	0:56:00

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position	Category	Bib	Name	OfficialTime	Chip Time
22	10KM Individual Male Aged 20-29	1024	Kwan Leonardo	0:58:53	0:58:40
23	10KM Individual Male Aged 20-29	1003	WONG TSZ SHING 王梓丞	0:59:39	0:59:17
24	10KM Individual Male Aged 20-29	1026	NG Chun Yin 吳俊賢	1:00:27	1:00:06
25	10KM Individual Male Aged 20-29	1214	Tang Kai Yuen	1:04:13	1:04:01
26	10KM Individual Male Aged 20-29	1023	Shing Ho Hin	1:06:38	1:06:22
27	10KM Individual Male Aged 20-29	1004	Law Siu Wai	1:14:49	1:14:24
28	10KM Individual Male Aged 20-29	1012	Ng Cheuk yin 吳卓賢	1:19:03	1:18:48
29	10KM Individual Male Aged 20-29	1011	Chan Chi Fung 陳志峰	1:30:06	1:29:50
DQ	10KM Individual Male Aged 20-29	1244	TUNG Yuen Lok 董源樂		
1	10KM Individual Male Aged 30-39	1266	Isaac Kiprop	0:34:02	0:32:46
2	10KM Individual Male Aged 30-39	1064	Chan Chi wa 陳智華	0:35:30	0:35:28
3	10KM Individual Male Aged 30-39	1040	Wong Wai Chung Nestor	0:37:02	0:37:02
4	10KM Individual Male Aged 30-39	1218	Leung Eric 梁安穎	0:37:30	0:37:28
5	10KM Individual Male Aged 30-39	1260	Mak Wing Tak Jonathan 麥詠蕙	0:39:00	0:38:57
6	10KM Individual Male Aged 30-39	1062	WONG WAI KIN 黃偉健	0:39:17	0:39:14
7	10KM Individual Male Aged 30-39	1028	Wong Kai Cheung 黃啓彰	0:39:56	0:39:55
8	10KM Individual Male Aged 30-39	1063	NG Kwing kuen 吳焯權	0:40:15	0:40:12
9	10KM Individual Male Aged 30-39	1265	HUANG Wai Kwan 黃維坤	0:41:09	0:41:07
10	10KM Individual Male Aged 30-39	1219	NG Wai Lun 吳	0:42:39	0:42:34
11	10KM Individual Male Aged 30-39	1071	Lui Tsz Him	0:43:38	0:43:32
12	10KM Individual Male Aged 30-39	1247	Lau Kwok Chun 劉國進	0:44:06	0:44:01
13	10KM Individual Male Aged 30-39	1045	Hung Po kin	0:44:10	0:44:04
14	10KM Individual Male Aged 30-39	1051	Lee Man Chung 李文聰	0:44:55	0:44:41
15	10KM Individual Male Aged 30-39	1032	Ho Kai Hong 何啟康	0:45:06	0:45:01
16	10KM Individual Male Aged 30-39	1201	Wai Tung Cheung	0:45:23	0:45:21
17	10KM Individual Male Aged 30-39	1220	Lee Man him 李旻謙	0:45:44	0:45:39
18	10KM Individual Male Aged 30-39	1058	Man Yun Wing 文潤榮	0:46:25	0:46:05
19	10KM Individual Male Aged 30-39	1224	SUM Ka Lok	0:47:26	0:47:12
20	10KM Individual Male Aged 30-39	1261	WU CHUNG HIM JOE 胡頌謙	0:48:05	0:47:59
21	10KM Individual Male Aged 30-39	1053	Kan Man Chun 簡文鎮	0:48:23	0:48:05
22	10KM Individual Male Aged 30-39	1050	yeung chun cheung	0:49:27	0:49:16

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position	Category	Bib	Name	OfficialTime	Chip Time
23	10KM Individual Male Aged 30-39	1054	Li Chak Leung Michael 李澤樑	0:50:01	0:49:40
24	10KM Individual Male Aged 30-39	1245	Wong Chiu Hung	0:50:08	0:50:05
25	10KM Individual Male Aged 30-39	1196	CHONG KA MING 莊嘉明	0:50:19	0:50:19
26	10KM Individual Male Aged 30-39	1027	Chan Arthur 陳榮灃	0:52:18	0:52:12
27	10KM Individual Male Aged 30-39	1039	LIU KA WAI 廖家威	0:52:18	0:52:13
28	10KM Individual Male Aged 30-39	1046	Cheng Chun Ho	0:52:29	0:52:15
29	10KM Individual Male Aged 30-39	1215	Li Cheuk Lun Michael 李卓倫	0:52:39	0:52:21
30	10KM Individual Male Aged 30-39	1037	Tong Shing Chung 湯盛中	0:53:26	0:53:17
31	10KM Individual Male Aged 30-39	1246	CHAN YU HUNG 陳宇鴻	0:54:51	0:54:31
32	10KM Individual Male Aged 30-39	1070	WONG LOK HIM 黃樂謙	0:55:06	0:54:44
33	10KM Individual Male Aged 30-39	1047	Bracke Stijn	0:55:08	0:55:00
34	10KM Individual Male Aged 30-39	1223	Li Cheuk Hang Sam 李卓衡	0:55:11	0:55:01
35	10KM Individual Male Aged 30-39	1072	Pang Chu Lung 彭柱龍	0:55:59	0:55:52
36	10KM Individual Male Aged 30-39	1060	Yau Chun Lam	0:57:53	0:57:34
37	10KM Individual Male Aged 30-39	1068	CHEUNG CHIN CHIU 張展超	0:58:08	0:58:01
38	10KM Individual Male Aged 30-39	1069	Trembling Sheldon	0:58:49	0:58:35
39	10KM Individual Male Aged 30-39	1222	Leung Siu ting 梁紹庭	0:59:03	0:58:48
40	10KM Individual Male Aged 30-39	1034	Lee Shing Pong 李丞邦	0:59:15	0:58:53
41	10KM Individual Male Aged 30-39	1035	Lau Tsz Hang 劉子行	1:00:49	1:00:27
42	10KM Individual Male Aged 30-39	1041	Leung Ho Wai 梁賀偉	1:02:03	1:01:39
43	10KM Individual Male Aged 30-39	1033	CHAN MAN WUI MARCO 陳文滙	1:02:39	1:02:17
44	10KM Individual Male Aged 30-39	1044	Leung CK	1:02:49	1:02:39
45	10KM Individual Male Aged 30-39	1073	KWOK YING WA 郭英華	1:04:00	1:03:41
46	10KM Individual Male Aged 30-39	1225	wong ka nin 黃家年	1:06:31	1:06:11
47	10KM Individual Male Aged 30-39	1067	Ng Chun Yin 吳俊賢	1:10:38	1:10:31
48	10KM Individual Male Aged 30-39	1066	KU KA SING	1:10:56	1:10:28
49	10KM Individual Male Aged 30-39	1038	CHEUNG YIU MING	1:12:20	1:11:57
50	10KM Individual Male Aged 30-39	1031	Lo Siu pan 盧兆彬	1:13:33	1:13:33
51	10KM Individual Male Aged 30-39	1042	Mak Ka Ho 麥嘉豪	1:14:25	1:14:02
52	10KM Individual Male Aged 30-39	1061	LO Shing Chau 羅承宙	1:19:01	1:18:33
53	10KM Individual Male Aged 30-39	1217	Sumalinog Jaypee	1:19:19	1:19:05

# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
54	10KM Individual Male Aged 30-39	1049	Sham Wai Lun 岑偉倫	1:19:25	1:19:14
55	10KM Individual Male Aged 30-39	1216	Sze Kwan Yeung 施君揚	1:21:54	1:21:35
56	10KM Individual Male Aged 30-39	1036	Wong Wun Chuen 黃煥銓	1:29:11	1:28:48
1	10KM Individual Male Aged 40-49	1121	Schakel Reinout hendrik	0:37:14	0:37:13
2	10KM Individual Male Aged 40-49	1194	Lam Cho Kwong 林祖光	0:38:28	0:38:28
3	10KM Individual Male Aged 40-49	1202	tin ka leung	0:39:01	0:39:01
4	10KM Individual Male Aged 40-49	1124	Chan Man for 陳文科	0:39:37	0:39:35
5	10KM Individual Male Aged 40-49	1099	Chum Tik ho 覃迪豪	0:39:49	0:39:49
6	10KM Individual Male Aged 40-49	1205	CHEUNG CHI FAI	0:39:51	0:39:51
7	10KM Individual Male Aged 40-49	1262	Leung Wing Hang	0:40:36	0:40:31
8	10KM Individual Male Aged 40-49	1195	Chan Kwan Kit	0:40:45	0:40:45
9	10KM Individual Male Aged 40-49	1097	PAU PUI KUEN 鮑沛權	0:41:21	0:41:19
10	10KM Individual Male Aged 40-49	1197	Leung Yiu Cheung 梁耀章	0:41:22	0:41:22
11	10KM Individual Male Aged 40-49	1088	Chan Ho Wang Howard	0:42:03	0:42:03
12	10KM Individual Male Aged 40-49	1115	Lee Tsz Chun 李子俊	0:42:52	0:42:48
13	10KM Individual Male Aged 40-49	1082	Fung Kin Kei	0:43:04	0:43:04
14	10KM Individual Male Aged 40-49	1074	Yong Man Lung 翁文龍	0:43:38	0:43:23
15	10KM Individual Male Aged 40-49	1110	Cheung Chi Kit	0:43:51	0:43:47
16	10KM Individual Male Aged 40-49	1090	chan man keung 陳文強	0:45:04	0:45:01
17	10KM Individual Male Aged 40-49	1198	CHAN Hon Meng 陳漢明	0:45:08	0:45:08
18	10KM Individual Male Aged 40-49	1227	Ma Ka Cheung 馬家昌	0:45:25	0:45:18
19	10KM Individual Male Aged 40-49	1207	NG YU KIT	0:45:39	0:45:39
20	10KM Individual Male Aged 40-49	1081	Liu Tin Po	0:45:49	0:45:49
21	10KM Individual Male Aged 40-49	1263	Choy Yue kwan 蔡裕昆	0:45:58	0:45:53
22	10KM Individual Male Aged 40-49	1254	szeto tsz kin 司徒子健	0:46:00	0:45:57
23	10KM Individual Male Aged 40-49	1252	Lui Lok Yin	0:46:03	0:46:01
24	10KM Individual Male Aged 40-49	1104	LAU KING YEUNG	0:46:48	0:46:44
25	10KM Individual Male Aged 40-49	1084	CHAN KA SHU	0:46:54	0:46:45
26	10KM Individual Male Aged 40-49	1229	Hull Andrew	0:47:13	0:47:00
27	10KM Individual Male Aged 40-49	1114	Lo Yiu fai 盧耀輝	0:47:24	0:47:04
28	10KM Individual Male Aged 40-49	1103	Hau Chun Tat	0:47:45	0:47:36



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Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
29	10KM Individual Male Aged 40-49	1253	CHENG WAI LEUNG 鄭偉良	0:47:53	0:47:50
30	10KM Individual Male Aged 40-49	1231	Cheung Bill 阿標	0:48:42	0:48:31
31	10KM Individual Male Aged 40-49	1199	Yang Shui Cheung	0:48:48	0:48:46
32	10KM Individual Male Aged 40-49	1232	CHUNG SIU FUNG 鍾兆峰	0:49:29	0:49:24
33	10KM Individual Male Aged 40-49	1119	So Hung Chak	0:49:33	0:49:28
34	10KM Individual Male Aged 40-49	1089	Lai Tsz Kan 黎子勤	0:49:36	0:49:18
35	10KM Individual Male Aged 40-49	1116	Lee Tsz Chun 李子俊	0:49:39	0:49:17
36	10KM Individual Male Aged 40-49	1086	CHONG WAI MING 莊偉明	0:49:49	0:49:39
37	10KM Individual Male Aged 40-49	1126	KWOK WAI ON 郭偉安	0:50:04	0:49:46
38	10KM Individual Male Aged 40-49	1249	Tung Michael 董家宏	0:52:22	0:52:20
39	10KM Individual Male Aged 40-49	1096	FU KAM FUNG 傅錦鋒	0:52:49	0:52:41
40	10KM Individual Male Aged 40-49	1092	Chau Tsz Yeung	0:52:58	0:52:39
41	10KM Individual Male Aged 40-49	1106	Ngai Lung Marco 蟻龍	0:53:03	0:52:37
42	10KM Individual Male Aged 40-49	1076	Yip Fai 葉暉	0:53:09	0:53:04
43	10KM Individual Male Aged 40-49	1233	LAM CHUEK BON 林卓邦	0:53:27	0:45:39
44	10KM Individual Male Aged 40-49	1107	Yu Wing kong 余榮剛	0:53:34	0:53:24
45	10KM Individual Male Aged 40-49	1075	WAN KWOK YIP 溫國業	0:54:05	0:53:45
46	10KM Individual Male Aged 40-49	1108	Tang Ying Pong 鄧應邦	0:54:56	0:54:48
47	10KM Individual Male Aged 40-49	1122	Ng Ho yin 吳灝然	0:55:52	0:55:37
48	10KM Individual Male Aged 40-49	1113	Wong Fu Shing 黃富成	0:56:31	0:56:07
49	10KM Individual Male Aged 40-49	1118	KWOK HOI LUK 郭海陸	0:57:08	0:57:00
50	10KM Individual Male Aged 40-49	1228	yip man kit 葉文傑	0:58:59	0:58:52
51	10KM Individual Male Aged 40-49	1102	Hau Chun Fai	0:59:39	0:59:26
52	10KM Individual Male Aged 40-49	1251	ONO YASUNORI 大野泰典	1:00:18	1:00:08
53	10KM Individual Male Aged 40-49	1091	Cheung Tat po 張達寶	1:01:27	1:01:18
54	10KM Individual Male Aged 40-49	1094	cheung kam sing	1:03:22	1:02:50
55	10KM Individual Male Aged 40-49	1128	LAM CHONG CHUEN 林壯荃	1:04:05	1:03:46
56	10KM Individual Male Aged 40-49	1095	Lun Wai Yin	1:05:29	1:05:19
57	10KM Individual Male Aged 40-49	1093	Chan King Leung 陳敬樑	1:06:42	1:06:32
58	10KM Individual Male Aged 40-49	1109	KEUNG HEI YIN ROY 姜曦然	1:07:22	1:07:01
59	10KM Individual Male Aged 40-49	1127	Lee Lawrence	1:08:28	1:08:02

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Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
60	10KM Individual Male Aged 40-49	1101	Lai Kwok King 賴國景	1:08:43	1:08:25
61	10KM Individual Male Aged 40-49	1248	Wong Chung Wai 黃頌偉	1:09:39	1:09:23
62	10KM Individual Male Aged 40-49	1085	Chan Chun Wing	1:09:56	1:09:35
63	10KM Individual Male Aged 40-49	1112	FUNG KENG YAN 馮鏡恩	1:10:24	1:10:05
64	10KM Individual Male Aged 40-49	1117	Lo Yiu shing 盧耀成	1:12:26	1:12:04
65	10KM Individual Male Aged 40-49	1078	LEE CHI FUNG	1:13:44	1:13:34
66	10KM Individual Male Aged 40-49	1098	LI KWUN TAT 李冠達	1:18:23	1:18:17
67	10KM Individual Male Aged 40-49	1230	Cheung Chin Pang	1:18:35	1:18:17
68	10KM Individual Male Aged 40-49	1087	Leung Chi Kong 梁智剛	1:20:40	1:20:14
69	10KM Individual Male Aged 40-49	1080	Ng KAI KAI 吳啟啟	1:22:13	1:14:11
70	10KM Individual Male Aged 40-49	1077	Lau Wing Yiu	1:34:27	1:34:12
1	10KM Individual Male Aged 50-59	1257	Ngai Wai Lun 倪偉倫	0:38:18	0:38:17
2	10KM Individual Male Aged 50-59	1236	TAM CHI WAI 譚志威	0:40:29	0:40:27
3	10KM Individual Male Aged 50-59	1152	TANG KAM PIU	0:40:34	0:40:34
4	10KM Individual Male Aged 50-59	1165	Lam Wing hong 林永康	0:41:27	0:41:21
5	10KM Individual Male Aged 50-59	1238	Chiu Yuk Shing 趙郁誠	0:41:35	0:41:32
6	10KM Individual Male Aged 50-59	1160	Wong Ho Luen 黃浩聯	0:41:48	0:41:45
7	10KM Individual Male Aged 50-59	1206	FUNG KA WAI	0:42:12	0:42:10
8	10KM Individual Male Aged 50-59	1170	FOK Lap Ho Benedict 霍立豪	0:43:00	0:42:55
9	10KM Individual Male Aged 50-59	1162	SO Patrick	0:45:46	0:45:42
10	10KM Individual Male Aged 50-59	1154	CHOW WAI TONG 周偉堂	0:46:05	0:46:02
11	10KM Individual Male Aged 50-59	1139	Chan Kin Chung 陳建宗	0:47:31	0:47:27
12	10KM Individual Male Aged 50-59	1141	Lam Chiu Tung 林朝東	0:48:37	0:48:31
13	10KM Individual Male Aged 50-59	1132	Lam Chi Kin 林志健	0:49:25	0:49:24
14	10KM Individual Male Aged 50-59	1136	CHOW CHI WAI 鄒志偉	0:50:27	0:50:15
15	10KM Individual Male Aged 50-59	1129	Mak Yuet Hang 麥悅恒	0:51:04	0:50:49
16	10KM Individual Male Aged 50-59	1235	TSANG TZE KWONG 曾梓光	0:52:45	0:52:38
17	10KM Individual Male Aged 50-59	1200	Lam Chi For	0:54:10	0:54:00
18	10KM Individual Male Aged 50-59	1239	Lau Chung Man 劉頌文	0:55:16	0:55:05
19	10KM Individual Male Aged 50-59	1234	Lai Po Wai	0:55:36	0:55:29
20	10KM Individual Male Aged 50-59	1135	CHOW CHI FAI 鄒志輝	0:56:15	0:56:03

# CP 活力跑 2024

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position	Category	Bib	Name	OfficialTime	Chip Time
21	10KM Individual Male Aged 50-59	1156	Sew Simon	0:57:18	0:57:11
22	10KM Individual Male Aged 50-59	1151	AU TSZ WA 歐子華	0:57:38	0:57:27
23	10KM Individual Male Aged 50-59	1159	Mahmud Roger Francis	0:58:01	0:57:36
24	10KM Individual Male Aged 50-59	1131	LAM S C KENNETH	0:58:42	0:58:34
25	10KM Individual Male Aged 50-59	1155	Chow Yik Hong	0:59:09	0:58:47
26	10KM Individual Male Aged 50-59	1237	KOON TING FUNG	1:00:02	0:59:37
27	10KM Individual Male Aged 50-59	1255	Ma Shung Yin 馬崇賢	1:00:23	1:00:16
28	10KM Individual Male Aged 50-59	1167	Ching Wang tat 鍾宏達	1:00:30	1:00:16
29	10KM Individual Male Aged 50-59	1161	TOH SJ	1:01:34	1:01:16
30	10KM Individual Male Aged 50-59	1193	Chan Ka Chun 陳嘉俊	1:01:45	1:01:38
31	10KM Individual Male Aged 50-59	1143	Cheung Chi Kwong 張志廣	1:03:25	1:03:18
32	10KM Individual Male Aged 50-59	1258	Wong Yun wo 王潤和	1:03:28	1:03:14
33	10KM Individual Male Aged 50-59	1164	CHEUNG Chi Kin	1:03:58	1:03:45
34	10KM Individual Male Aged 50-59	1163	POON TSZ MAN	1:08:05	1:07:36
35	10KM Individual Male Aged 50-59	1169	Li ChunHung 李振雄	1:08:39	1:08:24
36	10KM Individual Male Aged 50-59	1133	LAM SAI YEUNG BORIS	1:09:05	1:08:57
37	10KM Individual Male Aged 50-59	1148	Yan Tak Ching Toby	1:09:19	1:09:10
38	10KM Individual Male Aged 50-59	1137	Lam Kwok Wai	1:11:37	1:11:25
39	10KM Individual Male Aged 50-59	1158	Yuen Kin Hong Eric	1:13:11	1:12:53
40	10KM Individual Male Aged 50-59	1145	Cheung Hay Sing 張喜陞	1:13:26	1:13:11
41	10KM Individual Male Aged 50-59	1153	LEUNG KA KIT 梁家傑	1:13:32	1:13:25
42	10KM Individual Male Aged 50-59	1168	Chang Tung 張冬	1:14:49	1:14:38
43	10KM Individual Male Aged 50-59	1256	fung kam tak	1:16:26	1:16:05
44	10KM Individual Male Aged 50-59	1147	Lun Wai Man	1:20:54	1:20:45
45	10KM Individual Male Aged 50-59	1140	Tang Kwok Keung 鄧國強	1:21:58	1:21:40
46	10KM Individual Male Aged 50-59	1166	Wong Chi Hon 黃子漢	1:32:28	1:32:15
1	10KM Individual Male Aged 60 or above	1173	OR WING NIN DONNY	0:44:56	0:44:54
2	10KM Individual Male Aged 60 or above	1189	CHU POK MAN	0:46:51	0:46:49
3	10KM Individual Male Aged 60 or above	1190	Chiang Wing on 蔣永安	0:47:22	0:47:20
4	10KM Individual Male Aged 60 or above	1175	AU KWOK MAN BRUCE 區國文	0:51:09	0:51:04
5	10KM Individual Male Aged 60 or above	1171	WONG Siu Kwan	0:51:14	0:50:59

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position	Category	Bib	Name	OfficialTime	Chip Time
6	10KM Individual Male Aged 60 or above	1183	Cheng Man Keung 鄭敏強	0:51:25	0:51:18
7	10KM Individual Male Aged 60 or above	1188	Chow Yiu Kwong Raymond 周耀光	0:55:55	0:55:50
8	10KM Individual Male Aged 60 or above	1187	Fung Hong 馮康	1:00:11	0:59:59
9	10KM Individual Male Aged 60 or above	1186	Hung Yuk cheung 洪毓祥	1:01:27	1:01:11
10	10KM Individual Male Aged 60 or above	1178	Tang chio weng 鄧照榮	1:01:50	1:01:44
11	10KM Individual Male Aged 60 or above	1184	KWOK WAI PAN 郭偉濱	1:04:05	1:03:51
12	10KM Individual Male Aged 60 or above	1176	Ho Chung fai 何中輝	1:06:49	1:06:31
13	10KM Individual Male Aged 60 or above	1185	Caldwell Charles	1:08:18	1:07:57
14	10KM Individual Male Aged 60 or above	1177	TONG KUEN FONG 湯權芳	1:11:36	1:11:22
15	10KM Individual Male Aged 60 or above	1179	ng shichung 吳仕忠	1:11:49	1:11:39
16	10KM Individual Male Aged 60 or above	1172	Vas Luiz Alberto	1:38:34	1:38:18