

# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
1	3KM Individual Female Aged 10-11	4501	Yu Hei wai 余晞維	0:13:18	0:13:18
2	3KM Individual Female Aged 10-11	4502	Choi Tsz Kiu Edna 蔡紫蓳	0:14:46	0:14:41
3	3KM Individual Female Aged 10-11	4503	Kwan Hoi ching 關愷澄	0:15:03	0:14:59
4	3KM Individual Female Aged 10-11	4528	CHEUNG HO YAU OLIVE 張可柔	0:18:22	0:18:08
5	3KM Individual Female Aged 10-11	4505	Ng Sum Yin 吳杺媏	0:24:05	0:23:47
6	3KM Individual Female Aged 10-11	4504	WONG WANG YUET GLADYS 王弘玥	0:24:05	0:23:48
1	3KM Individual Female Aged 12-15	4507	CHONG HIRAM 莊晞霖	0:16:27	0:16:24
2	3KM Individual Female Aged 12-15	4510	Leung Gianna 梁沛銘	0:17:52	0:17:48
3	3KM Individual Female Aged 12-15	4508	Yeung Sum Yiu Denise	0:19:01	0:18:58
4	3KM Individual Female Aged 12-15	4530	Cheung Wing ting 張詠婷	0:19:46	0:19:35
5	3KM Individual Female Aged 12-15	4529	Chu Hoi Tung Holly 朱凱瞳	0:19:46	0:19:36
6	3KM Individual Female Aged 12-15	4506	Chong Rebeea Wai Shun	0:25:19	0:25:03
7	3KM Individual Female Aged 12-15	4511	Zhao Alisa 趙貝旋	0:27:43	0:27:32
1	3KM Individual Female Aged 16-29	4009	Yeung Yat Fong	0:12:58	0:12:56
2	3KM Individual Female Aged 16-29	4002	Ngai Hei 危喜	0:14:46	0:14:41
3	3KM Individual Female Aged 16-29	4005	Wong Wing Yan 黃詠欣	0:15:01	0:14:59
4	3KM Individual Female Aged 16-29	4019	Tam Ue Wing 譚煦穎	0:15:42	0:15:37
5	3KM Individual Female Aged 16-29	4006	Chung Cheuk Lam 鍾棹琳	0:16:57	0:16:55
6	3KM Individual Female Aged 16-29	4015	Lam Wing Sum	0:17:04	0:16:59
7	3KM Individual Female Aged 16-29	4084	Chow Meri	0:17:10	0:16:59
8	3KM Individual Female Aged 16-29	4016	Rajiv Anshika	0:18:01	0:17:58
9	3KM Individual Female Aged 16-29	4079	Luk Sze Lam 陸思霖	0:18:09	0:17:58
10	3KM Individual Female Aged 16-29	4078	Hon Ka Yan 韓家恩	0:18:17	0:18:05
11	3KM Individual Female Aged 16-29	4081	Chan Pui Ying	0:18:27	0:18:22
12	3KM Individual Female Aged 16-29	4007	Chan Cho Yan 陳楚欣	0:18:36	0:18:28
13	3KM Individual Female Aged 16-29	4080	Law Kwai Fan 羅桂芬	0:18:40	0:18:29
14	3KM Individual Female Aged 16-29	4010	Mak Jing Yan	0:19:27	0:19:21
15	3KM Individual Female Aged 16-29	4011	Cheung Si Yung 張鋸鎔	0:19:27	0:19:21
16	3KM Individual Female Aged 16-29	4017	Wu Yimeng	0:19:36	0:19:32
17	3KM Individual Female Aged 16-29	4083	Chow Demi	0:22:18	0:22:06

# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
18	3KM Individual Female Aged 16-29	4094	LUK HO YEE 陸皓怡	0:23:33	0:23:23
19	3KM Individual Female Aged 16-29	4014	Luk Denlisa Tsz Sun 陸籽辛	0:23:41	0:23:34
20	3KM Individual Female Aged 16-29	4004	Leung Wing Lam	0:25:35	0:25:18
21	3KM Individual Female Aged 16-29	4099	Liu Hau Yiu 廖巧遙	0:29:27	0:29:12
22	3KM Individual Female Aged 16-29	4013	Wong Ka Hing 黃家慶	0:29:43	0:29:25
23	3KM Individual Female Aged 16-29	4012	CHEN Keyi 陳科屹	0:29:43	0:29:26
24	3KM Individual Female Aged 16-29	4003	Ng Wai Lam Emily 伍惠琳	0:29:48	0:29:31
1	3KM Individual Female Aged 30-39	4037	mok ka yee	0:13:12	0:13:11
2	3KM Individual Female Aged 30-39	4041	Yau Julianna	0:15:03	0:15:01
3	3KM Individual Female Aged 30-39	4089	TO YI MING	0:16:11	0:16:08
4	3KM Individual Female Aged 30-39	4085	LAI HOI LAM HELEN	0:16:28	0:16:23
5	3KM Individual Female Aged 30-39	4087	Lo Kin Yu 盧健瑜	0:18:23	0:18:09
6	3KM Individual Female Aged 30-39	4025	HO Hiu Ying 何曉盈	0:18:37	0:18:28
7	3KM Individual Female Aged 30-39	4042	Chan Ka Yan 陳嘉恩	0:18:41	0:18:32
8	3KM Individual Female Aged 30-39	4027	WONG KA YAN	0:18:48	0:18:41
9	3KM Individual Female Aged 30-39	4095	Chan Cheuk Ying	0:19:24	0:19:12
10	3KM Individual Female Aged 30-39	4047	kwong man to 鄺敏淘	0:19:37	0:19:34
11	3KM Individual Female Aged 30-39	4077	CHAN CHEUK YING 陳卓盈	0:19:37	0:19:25
12	3KM Individual Female Aged 30-39	4090	Wong Sky	0:20:12	0:19:55
13	3KM Individual Female Aged 30-39	4029	Ng Yuen Chun 吳婉珍	0:20:46	0:20:38
14	3KM Individual Female Aged 30-39	4039	Tong Chui Sin 唐翠倩	0:20:48	0:20:27
15	3KM Individual Female Aged 30-39	4022	Chan Wing Yan	0:21:00	0:20:46
16	3KM Individual Female Aged 30-39	4048	Sugiyanto Neria Yesika 馬雲良	0:21:04	0:21:00
17	3KM Individual Female Aged 30-39	4032	Thawudom Paveena	0:21:28	0:21:23
18	3KM Individual Female Aged 30-39	4086	Wong Cheuk Yee 黃卓兒	0:21:32	0:21:13
19	3KM Individual Female Aged 30-39	4044	XIONG XUAN	0:21:46	0:21:32
20	3KM Individual Female Aged 30-39	4043	CHENG TSZ MAN 鄭梓敏	0:23:00	0:22:50
21	3KM Individual Female Aged 30-39	4034	Yeung Suet Tung 楊雪彤	0:23:16	0:23:00
22	3KM Individual Female Aged 30-39	4091	Tan Vera	0:23:22	0:23:16
23	3KM Individual Female Aged 30-39	4023	Yip Ching hei shirly 葉澄曦	0:24:25	0:24:25

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Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
24	3KM Individual Female Aged 30-39	4088	Ching Wing yan	0:24:41	0:23:03
25	3KM Individual Female Aged 30-39	4024	Lo Shuk Ming	0:25:39	0:25:25
26	3KM Individual Female Aged 30-39	4045	Inphakthan Phawita	0:26:56	0:26:50
27	3KM Individual Female Aged 30-39	4033	Cheng Yi ki	0:27:17	0:27:01
28	3KM Individual Female Aged 30-39	4049	Chan Nga Lok Tracy 陳雅樂	0:27:31	0:27:11
29	3KM Individual Female Aged 30-39	4046	Kunapornsujarit Rasika	0:28:25	0:28:18
30	3KM Individual Female Aged 30-39	4026	Mok Yeuk Ying	0:28:35	0:28:28
31	3KM Individual Female Aged 30-39	4038	Hui WING sze 許詠思	0:32:56	0:32:42
1	3KM Individual Female Aged 40-49	4093	CHAN Mei Fung Olivia 陳美鳳	0:12:18	0:12:16
2	3KM Individual Female Aged 40-49	4064	Wong Lai chun rachel	0:13:36	0:13:33
3	3KM Individual Female Aged 40-49	4097	Wong Fung yan 黃鳳茵	0:14:32	0:14:24
4	3KM Individual Female Aged 40-49	4092	Li Sheena	0:15:44	0:15:37
5	3KM Individual Female Aged 40-49	4073	CHIU NGA SZE 趙雅詩	0:15:52	0:15:48
6	3KM Individual Female Aged 40-49	4063	wong fong yiing 黃鳳儀	0:16:04	0:15:59
7	3KM Individual Female Aged 40-49	4076	Shik Ka yin 石家燕	0:17:54	0:17:37
8	3KM Individual Female Aged 40-49	4067	NG WING YI	0:18:27	0:18:21
9	3KM Individual Female Aged 40-49	4100	Cheng Tsui Shan 鄭翠珊	0:20:37	0:20:28
10	3KM Individual Female Aged 40-49	4060	Chau Man Yee	0:20:40	0:20:28
11	3KM Individual Female Aged 40-49	4051	Cho Man sze 曹文詩	0:20:44	0:20:39
12	3KM Individual Female Aged 40-49	4058	Cheng Kam Chi 鄭金枝	0:20:45	0:20:33
13	3KM Individual Female Aged 40-49	4050	CHONG CHAK WAN 莊澤芸	0:21:19	0:21:14
14	3KM Individual Female Aged 40-49	4071	CHAN KIT PING	0:21:26	0:21:14
15	3KM Individual Female Aged 40-49	4052	Wong Mei Po 王美寶	0:21:37	0:21:30
16	3KM Individual Female Aged 40-49	4074	YAU YUK WAH JAMIE 邱玉華	0:21:53	0:21:50
17	3KM Individual Female Aged 40-49	4098	Lam Wing Man 林詠敏	0:22:33	0:22:19
18	3KM Individual Female Aged 40-49	4069	Marneelung Picharyarat	0:22:49	0:22:43
19	3KM Individual Female Aged 40-49	4057	Wong Po Yan 黃寶欣	0:22:50	0:22:39
20	3KM Individual Female Aged 40-49	4075	mok Monia Pui Lan 莫佩蘭	0:23:08	0:23:03
21	3KM Individual Female Aged 40-49	4066	Chan Chui Sheung 陳翠嫦	0:23:14	0:22:55
22	3KM Individual Female Aged 40-49	4059	Hon Ka Man Carmen	0:28:04	0:28:01

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Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
23	3KM Individual Female Aged 40-49	4056	Tong Sau Man 湯秀文	0:28:39	0:28:35
24	3KM Individual Female Aged 40-49	4068	Kwan Bui Yee Pia	0:29:10	0:29:00
25	3KM Individual Female Aged 40-49	4053	WAN NGA YAN 温雅茵	0:33:19	0:33:15
26	3KM Individual Female Aged 40-49	4055	LEUNG KA YAN 梁家欣	0:33:23	0:33:18
1	3KM Individual Female Aged 50 or above	4521	TANG Xue Mei 唐雪梅	0:21:37	0:21:29
2	3KM Individual Female Aged 50 or above	4520	Kwok Suet Fan 郭雪芬	0:22:34	0:22:30
3	3KM Individual Female Aged 50 or above	4515	CHAN Yuk Han Emily 陳玉嫻	0:22:48	0:22:38
4	3KM Individual Female Aged 50 or above	4514	Chan Shuk Yee Maggie 陳淑儀	0:22:58	0:22:54
5	3KM Individual Female Aged 50 or above	4533	Leung Lai Lai 梁麗麗	0:23:34	0:23:34
6	3KM Individual Female Aged 50 or above	4525	Chung Lilian 鍾學恩	0:23:59	0:23:49
7	3KM Individual Female Aged 50 or above	4522	Cheung Yuet Lin	0:24:23	0:24:15
8	3KM Individual Female Aged 50 or above	4526	Lee Wing Yan 李永欣	0:24:33	0:24:15
9	3KM Individual Female Aged 50 or above	4523	Soranun Kannika	0:27:06	0:27:01
10	3KM Individual Female Aged 50 or above	4527	Au Peggy 區立香	0:28:30	0:28:24
11	3KM Individual Female Aged 50 or above	4513	Wong Lai Wah	0:29:02	0:28:48
12	3KM Individual Female Aged 50 or above	4519	AU SAU HAN	0:29:10	0:29:06
13	3KM Individual Female Aged 50 or above	4512	Hui Lai Har	0:29:15	0:29:01
14	3KM Individual Female Aged 50 or above	4524	Jiamsuchon Pannakarn	0:30:28	0:30:22
15	3KM Individual Female Aged 50 or above	4517	TAM YUEN CHUN 譚婉真	0:31:33	0:31:12
16	3KM Individual Female Aged 50 or above	4516	CHENG LAI KING 鄭麗琼	0:32:31	0:32:17
1	3KM Individual Male Aged 10-11	3509	Leung Cheuk Him Marcus 梁卓謙	0:11:44	0:11:44
2	3KM Individual Male Aged 10-11	3551	Sham Kwan Lok 沈鈞諾	0:11:53	0:11:52
3	3KM Individual Male Aged 10-11	3502	CHAN Chun Yu 陳俊宇	0:13:24	0:13:24
4	3KM Individual Male Aged 10-11	3547	Cheng Yui Ching 鄭睿正	0:13:55	0:13:54
5	3KM Individual Male Aged 10-11	3548	Lam Yat Long 林逸朗	0:15:26	0:15:26
6	3KM Individual Male Aged 10-11	3503	Mak Yan Nok 麥恩諾	0:16:01	0:16:01
7	3KM Individual Male Aged 10-11	3539	Ho Tin yu	0:16:36	0:16:36
8	3KM Individual Male Aged 10-11	3501	WONG SAMUEL 王啟睿	0:17:21	0:17:21
9	3KM Individual Male Aged 10-11	3506	Leung Tsz Fung 梁梓鋒	0:19:07	0:19:04
10	3KM Individual Male Aged 10-11	3546	Chow Chor Cheung	0:21:23	0:21:18

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Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
11	3KM Individual Male Aged 10-11	3504	choi Sen hin 蔡宸軒	0:22:10	0:21:55
12	3KM Individual Male Aged 10-11	3549	Lee San Sam 李申	0:22:43	0:22:30
13	3KM Individual Male Aged 10-11	3511	Mahmud Augustus Miles	0:23:51	0:23:40
14	3KM Individual Male Aged 10-11	3510	Ng Cheuk Kit 吳卓傑	0:24:42	0:24:36
15	3KM Individual Male Aged 10-11	3512	Wong Chin yuet 黃汗悅	0:27:38	0:27:35
16	3KM Individual Male Aged 10-11	3508	Li Tsz Chun 李祉進	0:32:56	0:32:44
1	3KM Individual Male Aged 12-15	3519	Chum Tsz ho 覃子皓	0:10:11	0:10:11
2	3KM Individual Male Aged 12-15	3540	Lee Ming Hei 李名希	0:10:13	0:10:11
3	3KM Individual Male Aged 12-15	3553	Cheng Tsz Leong louie 鄭梓亮	0:10:20	0:10:20
4	3KM Individual Male Aged 12-15	3542	TANG Yuen Pok Hero 鄧炫博	0:11:16	0:11:09
5	3KM Individual Male Aged 12-15	3514	Tang Ching Hei 鄧靖曦	0:11:20	0:11:17
6	3KM Individual Male Aged 12-15	3522	lo ho fung rick 羅浩峰	0:11:23	0:11:21
7	3KM Individual Male Aged 12-15	3523	Fong Siu Hei 方肇羲	0:11:37	0:11:36
8	3KM Individual Male Aged 12-15	3538	Hung Kei Chi 孔麒智	0:12:02	0:12:02
9	3KM Individual Male Aged 12-15	3526	Chiu Kriston Chun Hei 趙俊瑋	0:13:41	0:13:41
10	3KM Individual Male Aged 12-15	3524	wu jason 吳峻鴻	0:14:06	0:13:57
11	3KM Individual Male Aged 12-15	3513	Leung Anthony 梁佩笙	0:14:17	0:14:14
12	3KM Individual Male Aged 12-15	3552	WONG PAK FUNG 黃柏峰	0:14:21	0:14:18
13	3KM Individual Male Aged 12-15	3525	hu zile 胡梓樂	0:14:40	0:14:31
14	3KM Individual Male Aged 12-15	3527	Zhao Aaron 趙子瑜	0:14:53	0:14:43
15	3KM Individual Male Aged 12-15	3555	Yip Preston 葉上行	0:15:01	0:14:53
16	3KM Individual Male Aged 12-15	3520	Lam Sing Lok	0:16:54	0:16:54
17	3KM Individual Male Aged 12-15	3521	ZHU ZIJANG JOSEPH	0:19:46	0:19:32
18	3KM Individual Male Aged 12-15	3541	Hung Cheuk hin hale 洪焯軒	0:21:43	0:21:39
19	3KM Individual Male Aged 12-15	3554	Wan Yat Long 溫逸朗	0:25:34	0:25:24
1	3KM Individual Male Aged 16-29	3005	Lee Sing Hung	0:10:20	0:10:20
2	3KM Individual Male Aged 16-29	3099	Lau Chun Yin	0:10:22	0:10:22
3	3KM Individual Male Aged 16-29	3003	Tong Chi Ngai 唐智毅	0:10:22	0:10:22
4	3KM Individual Male Aged 16-29	3096	Li Ming Jun Justin 李明臻	0:10:39	0:10:37
5	3KM Individual Male Aged 16-29	3011	Ip Sheung Man	0:10:47	0:10:46

# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
6	3KM Individual Male Aged 16-29	3010	Yam Tsz Lung 任子龍	0:10:56	0:10:56
7	3KM Individual Male Aged 16-29	3101	Wong Long Hymn Joshua 王朗謙	0:10:58	0:10:51
8	3KM Individual Male Aged 16-29	3103	Choi Man Jit Isaac 蔡文哲	0:11:00	0:10:54
9	3KM Individual Male Aged 16-29	3098	Zhao Anjun 趙安鈞	0:11:02	0:11:00
10	3KM Individual Male Aged 16-29	3097	Wan Yat Hei 尹溢希	0:11:04	0:10:57
11	3KM Individual Male Aged 16-29	3024	Wong Ka Fung 黃嘉鋒	0:11:09	0:11:07
12	3KM Individual Male Aged 16-29	3118	Lam Yu Ham 林宇涵	0:11:18	0:11:15
13	3KM Individual Male Aged 16-29	3019	So Hin To Isaac 蘇衍鈞	0:11:31	0:11:28
14	3KM Individual Male Aged 16-29	3004	ASLAM Hamza Saghir 薩文杰	0:11:38	0:11:38
15	3KM Individual Male Aged 16-29	3100	CHEUNG YIK CHUN 張易臻	0:12:03	0:12:01
16	3KM Individual Male Aged 16-29	3018	Chan Bosco 陳政文	0:12:12	0:12:07
17	3KM Individual Male Aged 16-29	3007	Kimura Amane	0:12:33	0:12:31
18	3KM Individual Male Aged 16-29	3020	Zhou junhong 周俊宏	0:12:37	0:12:37
19	3KM Individual Male Aged 16-29	3016	YUEN SHING CHIK	0:12:47	0:12:44
20	3KM Individual Male Aged 16-29	3002	Lo Chun 盧俊	0:12:57	0:12:57
21	3KM Individual Male Aged 16-29	3129	wong nok 王俊諾	0:13:32	0:13:22
22	3KM Individual Male Aged 16-29	3094	Lau Hin Yeung Chris 劉顯揚	0:14:26	0:14:22
23	3KM Individual Male Aged 16-29	3105	CHAN CHUN HO 陳竣豪	0:15:00	0:14:48
24	3KM Individual Male Aged 16-29	3013	Chou Tsunki 周浚奇	0:15:07	0:14:51
25	3KM Individual Male Aged 16-29	3021	Leung Wang Ho 梁宏豪	0:15:19	0:15:11
26	3KM Individual Male Aged 16-29	3107	LUI LOK HIN 呂樂軒	0:15:34	0:15:26
27	3KM Individual Male Aged 16-29	3117	Lam Kai Yin 林啟然	0:15:34	0:15:26
28	3KM Individual Male Aged 16-29	3014	Chan Hon Wah Benson 陳漢華	0:15:48	0:15:32
29	3KM Individual Male Aged 16-29	3106	Wong Chak Kuen 王澤權	0:15:59	0:15:48
30	3KM Individual Male Aged 16-29	3017	Wong Man Kit 黃文杰	0:17:59	0:17:48
31	3KM Individual Male Aged 16-29	3022	Ng Hung Ming	0:18:49	0:18:40
32	3KM Individual Male Aged 16-29	3009	WONG Yat Chun 黃逸駿	0:19:27	0:19:23
33	3KM Individual Male Aged 16-29	3025	JUSUF JOSHUANDY	0:21:36	0:21:32
34	3KM Individual Male Aged 16-29	3095	Wong Wai Kit 黃偉傑	0:21:46	0:21:34
35	3KM Individual Male Aged 16-29	3012	Tang Ka Yi 鄧家兒	0:21:48	0:21:39

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Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
36	3KM Individual Male Aged 16-29	3006	Wong Ka Nam 王迦南	0:22:00	0:21:54
37	3KM Individual Male Aged 16-29	3104	Lo Geoff	0:22:04	0:21:52
38	3KM Individual Male Aged 16-29	3102	lee ki hin	0:22:49	0:21:11
39	3KM Individual Male Aged 16-29	3015	Ng Hung Yam	0:24:13	0:24:04
1	3KM Individual Male Aged 30-39	3033	Lai Shengwen 賴勝文	0:09:52	0:09:52
2	3KM Individual Male Aged 30-39	3034	Chan Ho Hin Henry 陳昊軒	0:10:04	0:10:04
3	3KM Individual Male Aged 30-39	3030	LAU KWONG MAN 劉廣文	0:10:19	0:10:19
4	3KM Individual Male Aged 30-39	3043	Cheung Kin Lok	0:10:35	0:10:35
5	3KM Individual Male Aged 30-39	3120	Chan Lai Chiu 陳禮朝	0:11:07	0:11:04
6	3KM Individual Male Aged 30-39	3044	HO MAN LOK 何民樂	0:11:39	0:11:37
7	3KM Individual Male Aged 30-39	3027	Leung Kit Lung 梁傑龍	0:13:58	0:13:53
8	3KM Individual Male Aged 30-39	3038	POON CHIU LAM 潘昭霖	0:14:44	0:14:41
9	3KM Individual Male Aged 30-39	3042	Ma Chen	0:15:55	0:15:51
10	3KM Individual Male Aged 30-39	3048	L Charles	0:16:36	0:16:28
11	3KM Individual Male Aged 30-39	3047	Cheung Man Yuk 張文毓	0:16:56	0:16:48
12	3KM Individual Male Aged 30-39	3122	LAU YIU CHEONG	0:17:12	0:17:10
13	3KM Individual Male Aged 30-39	3031	Tam Ka Wai 譚嘉偉	0:18:37	0:18:28
14	3KM Individual Male Aged 30-39	3032	LIU HIN WEI 廖衍維	0:19:18	0:19:08
15	3KM Individual Male Aged 30-39	3109	Si Alfred	0:20:12	0:19:56
16	3KM Individual Male Aged 30-39	3046	Wen Chun Pong	0:20:37	0:20:32
17	3KM Individual Male Aged 30-39	3110	Zhang Kailin	0:20:41	0:20:33
18	3KM Individual Male Aged 30-39	3108	HUI HONG KEUNG	0:21:13	0:20:53
19	3KM Individual Male Aged 30-39	3039	CHAN Po Tat Dominic 陳寶達	0:22:15	0:22:02
20	3KM Individual Male Aged 30-39	3049	Setyo Robby Budi 楊羅偉	0:22:19	0:22:15
21	3KM Individual Male Aged 30-39	3036	Man Yun Fai 文潤輝	0:23:16	0:22:59
22	3KM Individual Male Aged 30-39	3119	MA ZI LUN	0:23:33	0:23:23
23	3KM Individual Male Aged 30-39	3040	Tsoi Ka Chun Kevin 蔡家俊	0:23:41	0:23:33
24	3KM Individual Male Aged 30-39	3028	Yim Chi Fung	0:25:19	0:25:04
25	3KM Individual Male Aged 30-39	3035	Chan Chit hin adrian	0:27:17	0:27:01
26	3KM Individual Male Aged 30-39	3050	Chau Yik Chun Matthew 周亦駿	0:27:31	0:27:11

# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
27	3KM Individual Male Aged 30-39	3045	Kunapornsujarit Vathanyoo	0:28:25	0:28:18
1	3KM Individual Male Aged 40-49	3115	WONG Tin Yau 王天佑	0:10:12	0:10:11
2	3KM Individual Male Aged 40-49	3059	Alam Robin	0:10:22	0:10:20
3	3KM Individual Male Aged 40-49	3053	Lai Kat 賴吉	0:10:36	0:10:36
4	3KM Individual Male Aged 40-49	3074	Wong Mike	0:10:57	0:10:55
5	3KM Individual Male Aged 40-49	3069	Leung Tsz Kin 梁子鍵	0:11:01	0:11:01
6	3KM Individual Male Aged 40-49	3126	Cheng Fu On 鄭富安	0:11:08	0:11:06
7	3KM Individual Male Aged 40-49	3055	LIU BUN 廖贖	0:11:16	0:11:15
8	3KM Individual Male Aged 40-49	3061	Yeung Chiu yeung 楊超陽	0:11:44	0:11:42
9	3KM Individual Male Aged 40-49	3130	Chong Ting Piu	0:11:47	0:11:47
10	3KM Individual Male Aged 40-49	3060	WONG CHUN WAI 黃振威	0:12:46	0:12:45
11	3KM Individual Male Aged 40-49	3125	Chan Siu Kee	0:13:28	0:13:26
12	3KM Individual Male Aged 40-49	3133	Cheung Ka Chun 張家俊	0:14:36	0:14:16
13	3KM Individual Male Aged 40-49	3114	Chu Kwai Pan 朱桂彬	0:15:14	0:14:58
14	3KM Individual Male Aged 40-49	3056	Kwan Chung yin 關仲賢	0:16:04	0:16:00
15	3KM Individual Male Aged 40-49	3113	Lui Tsat Wai Derek	0:16:27	0:16:19
16	3KM Individual Male Aged 40-49	3128	Lam Kar Wai 林家威	0:16:36	0:16:33
17	3KM Individual Male Aged 40-49	3112	CHEUNG MAN BUN 張汶彬	0:18:22	0:18:09
18	3KM Individual Male Aged 40-49	3134	FAN KAI BONG	0:18:45	0:18:26
19	3KM Individual Male Aged 40-49	3062	LAM WAI HUNG NICOLA 林偉雄	0:18:50	0:18:34
20	3KM Individual Male Aged 40-49	3132	Chu Kwok Ming 朱國明	0:19:18	0:19:09
21	3KM Individual Male Aged 40-49	3127	Chan Yiu Chun 陳耀鎮	0:20:10	0:20:05
22	3KM Individual Male Aged 40-49	3058	Lam Ricky	0:20:31	0:20:08
23	3KM Individual Male Aged 40-49	3131	Yip Peter 葉庭輝	0:21:04	0:20:57
24	3KM Individual Male Aged 40-49	3052	Choi Wing tung 蔡永東	0:22:09	0:21:55
25	3KM Individual Male Aged 40-49	3068	Lo Lok Kan	0:22:15	0:22:08
26	3KM Individual Male Aged 40-49	3076	Siu Wai Ming 蕭偉明	0:22:18	0:21:58
27	3KM Individual Male Aged 40-49	3075	TANG KWOK Wai	0:22:18	0:21:59
28	3KM Individual Male Aged 40-49	3124	gareth kwok	0:22:40	0:22:34
29	3KM Individual Male Aged 40-49	3066	Chan honying 陳漢英	0:22:54	0:22:36



# CP 活力跑 2024

Date : 8 Dec 2024

position	Category	Bib	Name	OfficialTime	Chip Time
30	3KM Individual Male Aged 40-49	3064	Lo Yiu Hung 盧耀鴻	0:22:55	0:22:35
31	3KM Individual Male Aged 40-49	3065	Yung Yuet 翁悅	0:22:56	0:22:37
32	3KM Individual Male Aged 40-49	3054	CHENG WAI SUEN 鄭維選	0:24:35	0:24:22
33	3KM Individual Male Aged 40-49	3070	Ng Ka Shing 吳嘉誠	0:24:42	0:24:36
34	3KM Individual Male Aged 40-49	3067	Li Ka Lok 李家樂	0:26:37	0:26:25
35	3KM Individual Male Aged 40-49	3051	Cheung Yun Pak 張潤柏	0:28:10	0:28:05
36	3KM Individual Male Aged 40-49	3072	Rattanaseri Jarupatra	0:30:28	0:30:20
37	3KM Individual Male Aged 40-49	3073	Ng Chi Wang 吳志宏	0:39:34	0:39:12
1	3KM Individual Male Aged 50-59	3080	HO WAI MING ANDY 何偉明	0:12:51	0:12:49
2	3KM Individual Male Aged 50-59	3087	Lam Kai Piu	0:16:54	0:16:54
3	3KM Individual Male Aged 50-59	3081	Lau Cheung	0:20:00	0:19:47
4	3KM Individual Male Aged 50-59	3084	Wong King kwong	0:20:19	0:20:14
5	3KM Individual Male Aged 50-59	3093	SIN Sealon 冼雄傑	0:20:21	0:20:18
6	3KM Individual Male Aged 50-59	3085	HO CHI KWONG 何	0:20:26	0:20:07
7	3KM Individual Male Aged 50-59	3091	NG Wai Jim 伍偉沾	0:21:05	0:20:55
8	3KM Individual Male Aged 50-59	3082	Wong Che Man 王志文	0:22:26	0:22:20
9	3KM Individual Male Aged 50-59	3079	CHAU Chi Ki 周志琪	0:22:49	0:22:39
10	3KM Individual Male Aged 50-59	3083	Chan Chi hung 陳志雄	0:22:55	0:22:36
11	3KM Individual Male Aged 50-59	3077	Ip Chi Ming 葉志明	0:23:56	0:23:46
12	3KM Individual Male Aged 50-59	3090	So Tze Hau 蘇子孝	0:25:29	0:25:17
13	3KM Individual Male Aged 50-59	3092	Leung Kwai Kit James	0:26:25	0:26:15
14	3KM Individual Male Aged 50-59	3078	TO KA FAI 陶家輝	0:28:32	0:28:19
15	3KM Individual Male Aged 50-59	3088	CHAN ANDRE	0:29:41	0:29:35
16	3KM Individual Male Aged 50-59	3086	Ho Cheuk Sum 何灼森	0:29:55	0:29:36
1	3KM Individual Male Aged 60 or above	3535	TAM LAWRENCE	0:12:54	0:12:52
2	3KM Individual Male Aged 60 or above	3531	Wong Tai Chun Mark 王大鈞	0:13:02	0:12:59
3	3KM Individual Male Aged 60 or above	3528	Graham Alan	0:13:05	0:13:05
4	3KM Individual Male Aged 60 or above	3530	POK CHEUNG WAH 濮將華	0:14:18	0:14:15
5	3KM Individual Male Aged 60 or above	3545	Lee Kwong Shing Eugene	0:17:13	0:17:10
6	3KM Individual Male Aged 60 or above	3534	Mak Wah Kam 麥華錦	0:17:58	0:17:56

*CP 活力跑 2024*

*Date : 8 Dec 2024*

position	Category	Bib	Name	OfficialTime	Chip Time
7	3KM Individual Male Aged 60 or above	3544	LEE KAI YAN	0:19:39	0:19:19
8	3KM Individual Male Aged 60 or above	3536	Ng Wing Ming 伍永明	0:20:46	0:20:36
9	3KM Individual Male Aged 60 or above	3537	Yuen Sai kau 袁世九	0:22:57	0:22:39
10	3KM Individual Male Aged 60 or above	3532	DELPRADO MAN LUNG 杜文龍	0:32:30	0:32:15