

2016 Selection
X-Country Run Record Sheet
(Final)

Cat 4 - 10%

1	2	3	5	6	7	8	9	13	38	40				
NO.	E_Name	C_Name	WO C-Sprint	WOC-M/L	JWOC	ASOC	ACOC	Sex	Classification	Cross Country-Course	Time Taken (1) - 6/2/2016	Time Taken (2) - 12/3/2016	Time Taken 19/3/2016 (WOC-L)	Time Taken 30/4/2016 (WOC-L)
1	LEUNG KA KI	梁嘉琪	WE			W21E		F	Elite	A	1:23:10	-	-	
2	CHOW MAN LONG	周文朗				M21E	M21E	M	Elite	A	1:25:55	-	-	
3	FUNG CHARMAINE KAI WING	馮啟穎	WE	WE		W21E		F	Elite	A	1:22:29	1:20:59	2:16:25	-
5	YU TSZ YING	余芷瑩	WE	WE		W21E		F	Elite	A	-	-	-	2:31:27
6	YEUNG WAI YIN ALEXIS	楊偉賢				M55		M	Senior	B	1:00:09	1:00:04	-	
7	WONG YUK HING	黃玉卿				W60		F	Senior	B	1:14:27	1:11:20	-	
8	CHEUNG KANG KAI	張鏡佳				M45	M35	M	Senior	A	1:19:55	-	-	
9	SHIU CHIT HIM	蕭哲謙				M16		M	Junior	B	0:58:08	0:55:40	-	
10	SHIU CHIT HEI	蕭哲暉			M20	M18		M	Junior	A	1:21:20	1:16:58	-	
11	LEUNG LAP ON	梁立安				M50	M35	M	Senior	A	1:15:27	1:35:39	-	
12	TSANG HIU YU	曾曉如			W20	W18		F	Junior	A	1:35:39	1:34:50	-	
13	CHEUNG LAK KUEN MONA	張麗娟				W50		F	Senior	B	1:09:27	1:07:04	-	
14	CHAN HAU WAH BRENDA	陳巧華	WE	WE	W20	W20E	W21E	F	Elite	A	-	1:16:46	-	1:58:58
15	WONG WAI CHING VICKIE	黃惠貞				W50	W30	F	Senior	B	-	1:07:05	-	
16	LEE KIN WAI	李健威	ME	ME		M21E	M21E	M	Elite	A	1:09:44	1:07:08	1:46:51	1:37:59
17	YEUNG KWOK KEUNG	楊國強		ME		M21E	M21E	M	Elite	A	1:07:28	1:08:28	-	1:48:49
18	LUI WAI LAN IRIS	呂慧蘭	WE	WE		W21E	W21E	F	Elite	A	1:18:35	1:21:08	2:03:35	-
19	YIP CHAK LUN GERALD	葉澤麟	ME	ME		M21E	M21E	M	Elite	A	1:00:24	-	1:37:25	-
20	CHOY KWOK WAI	蔡國偉				M35	M35	M	Senior	A	1:09:08	-	-	
21	CHU YING YAU	朱映柔				W14	W14	F	Junior	C (3)	0:37:16	-	-	
22	CHU YAU MAN	朱祐民				M16	M16	M	Junior	B	0:45:20	0:48:30	-	
23	YU WING HAY	余穎曦	WE	WE		W21E		F	Elite	A	1:15:20	-	-	-
24	MAN CHI KIN	萬智健	ME	ME		M21E		M	Elite	A	-	1:14:14	-	-
25	WONG YI SHAN	王以山				W14	W14	F	Junior	C (3)	0:40:55	0:40:45	-	
26	WONG CHEUK WANG	王卓弘				M16	M16	M	Junior	B	-	0:58:32	-	
27	WONG MAN WA	王文華				M45	M35	M	Senior	A	-	1:28:57	-	
28	CHAN SIN YU	陳羨茹				W16	W16	F	Junior	B	-	-	-	
29	CHAN CHUN HEI	陳俊希				M14	M14	M	Junior	C (4)	-	0:49:27	-	
30	CHEUNG KWOK WAI	張國偉	ME			M21A		M	Elite	A	1:54:58	-	-	-
31	CHAN LAI YEE	陳麗而	WE	WE		W21A	W21A	F	Elite	A	1:23:25	-	-	-
32	WONG CHI YIN	黃志然				M50	M35	M	Senior	A	1:16:06	1:09:12	-	
33	TSANG CHUN CHI	曾進智					M21A	M	Senior	A	1:56:53	1:34:56	-	
34	LEUNG CHUNG WAI	梁仲緯				M14	M14	M	Junior	C (4)	0:40:38	0:43:49	-	
35	LEUNG HEI TUNG	梁熙彤				W16	W16	F	Junior	B	0:59:28	1:02:03	-	
36	TSANG YIN HUNG	曾燕紅		WE		W21E	W21A	F	Elite	A	1:13:52	1:08:07	DNF	1:42:54
37	NG KA YAN	吳嘉恩			W20	W20E		F	Junior	A	1:26:50	1:28:30	-	
38	FUNG WAI CHING	馮蔚晴				W14	W14	F	Junior	C (3)	0:44:56	0:40:42	-	
39	LI SING WAI	李升威			M20	M20E	M21A	M	Junior	A	-	-	-	
40	LAM CHO YU	林楚茹			W20	W20E	W21A	F	Junior	A	1:17:48	-	-	
41	YUE WEI YA	虞惟雅				W14	W14	F	Junior	C (3)	0:53:24	0:45:13	-	
42	YUE WEI YONG	虞唯庸			M20	M20E		M	Junior	A	1:11:03	1:12:56	-	
43	LUM CHEUK HEI	林卓希				M14	M14	M	Junior	C (4)	0:47:14	0:44:58	-	
44	WONG TSZ CHUN JASON	黃梓臻				M16	M16	M	Junior	B	0:48:46	0:44:52	-	
45	YU TSZ WAI	余梓維	ME	ME		M21E	M21E	M	Elite	A	0:58:52	-	-	1:36:16
46	Lam Sam Choi	林三才	ME	ME		M21E		M	Elite	A	1:03:22	1:04:56	1:40:28	1:36:16
47	Ma Lok Hin (Oversea)	馬樂軒					M21E	M	Oversea	A	NA	NA	NA	NA
48	Cheung Chi Ko Abdon	張志高		ME		M21E		M	Elite	A	-	-	-	-
49	Chan Tin Mong	陳天望				M21A	M21A	M	Elite	A	1:09:38	-	-	
50	Tam Wing Chung	譚泳聰	ME	ME		M21E		M	Elite	A	-	1:05:39	-	-
51	Cheng Ping Kuen	鄭炳權				M40	M35	M	Senior	A	-	1:13:43	-	
52	Yu Tsz Fung	余梓丰				M18		M	Junior	B	0:49:14	-	-	
53	LAW HOI YI	羅凱怡			W20	W18	W18	F	Junior	A	1:35:18	1:29:35	-	
54	SOO WAI HIN	蘇蕙軒			W20	W20E	W21A	F	Junior	A	1:31:57	1:33:39	-	
55	Yee Sze Wing	余思穎			W20	W20E	W21A	F	Junior	A	1:33:26	1:27:26	-	
56	LI CHUN HO	李雋皓				M18	M18	M	Junior	B	0:47:10	-	-	
63	Lau Kwun Him Himmy	劉冠謙			M20	M18	M18	M	Junior	A	-	-	-	
64	LEUNG KA MAN	梁嘉雲				W21A	W21A	F	Senior	A	1:29:54	1:22:33	-	
65	KWOK KIN KWAN (Overseas)	郭建均	ME	ME		M21E	M21E	M	Oversea	-	NA	NA	NA	NA
71	Ng Sung Chak	吳崇澤				M18	M18	M	Junior	B	0:47:18	0:47:41	-	