

2016年度年中排名成績 短距離  
 Sprint Distance Events Ranking Results 2016  
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Club	Rank	Name	Average	Total	RL-1	RL-2	RL-3	RL-4
					2016/3/25	2016/5/15	2016/9/11	2016/10/23
					Kowloon Park	High Island	THTRG	Yuen Shan
HKAYP	1	Yu Tsz Wai	958	1915	969	946		
					00:16:36	14:27.3		
SOC	2	Lee Kin Wai	948	1896	990	906		
					00:16:15	15:05.8		
HKIOF	3	Yip Chak Lun Gerald	945	1889	889	1000		
					00:18:06	13:40.7		
HKIOF	4	Tam Wing Chung	940	1879	961	918		
					00:16:44	14:53.6		
HKOXCC	5	Hui Siu Tung	919	1838	923	915		
					00:17:26	14:57.1		
HKIOF	6	Man Chi Kin	915	1830	940	890		
					00:17:07	15:22.4		
SOC	7	Lam Ka Ching	907	1814	1000	814		
					00:16:05	16:47.8		
HKOXCC	8	Lam Aby	871	1742	872	870		
					00:18:27	15:43.2		
HKIOF	9	Chow Man Long	860	1719	835	884		
					00:19:16	15:28.8		
METOC	10	Cheung Kwok Wai	807	1613	853	760		
					00:18:51	18:00.0		
HKIOF	11	Lee Yeung Chi	784	1568	785	783		
					00:20:30	17:28.5		
HKOC	12	Choy Kwok Wai	748	1495	838	657		
					00:19:12	20:49.2		
HKOC	13	Chau Po Lok	741	1481	744	737		
					00:21:37	18:33.7		
HKOXCC	14	Choi Wai Kit	724	1448	752	696		
					00:21:24	19:39.6		
SOC	15	Tsang Chun Chi	696	1391	747	644		
					00:21:32	21:14.2		
SOC	16	Luk Chi Hin	389	778	778			
					00:20:41			
FOC	17	Chan Tsz Chung	364	727	727			
					00:22:08			
HKOC	18	Lam Trevor Koonchi	360	720	720			
					00:22:20			
METOC	19	Lau Kwok Sang	305	609		609		
						22:28.3		
HKOC		Chan On Lap	0	0	0			
					01:34:06			

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Club	Rank	Name	Average	Total	M8			
					RL-1	RL-2	RL-3	RL-4
					2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
METOC	1	Lau Kin Pong	500	1000	1000			
					00:15:05			
YWPSOC	2	Yeung Lok Hei	432	864	864	0		
					00:17:28	OT		
YWPSOC	3	Yang Wang Shun Ryan	410	820	820			
					00:18:23			
YWPSOC	4	Leung Wai Ho	386	771	771			
					00:19:34			
YWPSOC	5	Leung Chun Fai	365	730	730			
					00:20:40			
YWPSOC	6	Wong Yin Kwan Gavin	299	597	597			
					00:25:16			
YWPSOC	7	Ng Pak Yin	283	565	565			
					00:26:41			
YWPSOC	8	Leung Ching For	280	559	559			
					00:26:59			
YWPSOC	9	Wu Ming Chit	277	554	554			
					00:27:13			
YWPSOC	10	Choy Chun Kiu Travis	275	549	549			
					00:27:29			
YWPSOC	11	Au Yeung Long	259	518	518			
					00:29:07			
HKBCPS	12	Ho King One	242	483	483			
					00:31:14			
YWPSOC	13	Chan Lok Sum	240	479	479			
					00:31:31			
YWPSOC	14	Liu Chun Yin	198	395	395			
					00:38:10			
YWPSOC	15	Tang Jayden	193	386	386			
					00:39:05			
YWPSOC	16	Wong Hin Yeung	187	373	373			
					00:40:28			
YWPSOC	17	Lo Yat Long	186	371	371			
					00:40:39			
YWPSOC	18	Wong Kwan Yui	175	349	349			
					00:43:10			
YWPSOC	19	Au Chi Ho	172	344	344			
					00:43:48			
YWPSOC	20	Ng Man Hoi Max	166	331	331			
					00:45:31			
YWPSOC	21	Tam Ho Hin	158	316	316			
					00:47:43			
YWPSOC	22	Chan Darren Wang Hei	132	263	263			
					00:57:26			
YWPSOC		Kwei Ka Chun	0	0	0			
					OT			
YWPSOC		Wan Tze Yu Arthur	0	0	0			
					OT			
YWPSOC		Chow Pak Kiu	0	0	0			
					OT			
YWPSOC		Leung Cheuk Yin	0	0	0			
					OT			
YWPSOC		Lui Chun Him	0	0	0			
					OT			
YWPSOC		Mok Long Sum	0	0	0			
					OT			
YWPSOC		Cheng Ho Man Adrian	0	0	0			
					OT			
YWPSOC		Chan Ho Ming	0	0	0			
					OT			
YWPSOC		Chow Leonard	0	0	0			
					OT			
YWPSOC		Chan Lai Chun	0	0	0			
					OT			
YWPSOC		Sy Shing Hei	0	0	0			
					OT			
YWPSOC		Chan Shue Nam	0	0	0			
					OT			
YWPSOC		Fu Ching Fung	0	0	0			
					OT			
YWPSOC		Lam Ka Wing Isaac	0	0	0			
					OT			
YWPSOC		Wu Tsz Long	0	0				
					DISQ			
YWPSOC		Lam Pak Hei	0	0				
					DISQ			
YWPSOC		Chan Lok Hin	0	0				
					DISQ			
YWPSOC		Chin Yi Heng	0	0				
						0		
						OT		

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					2016/3/25	2016/5/15	2016/9/11	2016/10/23
					Kowloon Park	High Island	THTRG	Yuen Shan
AKIN	1	Lau Cheuk Nam	1000	2000	1000	1000		
					00:19:22	21:49.0		
HKOXCC	2	Lo Chun Hei	964	1928	930	998		
					00:20:49	21:52.1		
HKBCPS	3	Wong Wai Hin	880	1760	949	811		
					00:20:25	26:53.5		
HKOC	4	Siu Pui Lok	653	1306	635	671		
					00:30:31	32:29.8		
YWPSOC	5	Fong Cheuk Long Ethan	475	950	950			
					00:20:23			
HKBCPS	6	Tsang Wui Man Nereus	263	525	525	0		
					00:36:52	OT		
YWPSOC	7	Lau Chun Yin Bryan	229	457	457			
					00:42:22			
HKBCPS	8	Wong Ho Him	224	448	448			
					00:43:13			
YWPSOC	9	Kwan Sze Hang	218	436	436			
					00:44:28			
HKOC	10	Lui Chun Ethan	200	399	0	399		
					OT	54:41.8		
YWPSOC	11	Li Cheuk Hei	197	393	393			
					00:49:16			
YWPSOC	12	Lam Yat Chak Avignon	194	387	387			
					00:50:06			
YWPSOC	13	Leung Chin Shek	189	377	377			
					00:51:19			
YWPSOC	14	Wong Long Yat	183	366	366			
					00:52:57			
YWPSOC	15	Chan Cheuk Sum Jayden	173	346	346			
					00:55:59			
YWPSOC	16	Ng Chun Wo	164	328	328			
					00:59:05			
YWPSOC		Yuen Chi Hang	0	0	0			
					OT			
YWPSOC		Lam Sheung Fai Alex	0	0	0			
					OT			
YWPSOC		Li Ming Sum	0	0	0			
					OT			
YWPSOC		Poon Tsz Ming	0	0	0			
					OT			
YWPSOC		Wong Lok Hang	0	0	0			
					OT			
YWPSOC		Tang Dong Kok	0	0				
					DISQ			
YWPSOC		Lam Nok Hei	0	0				
					DISQ			
YWPSOC		Chan Chun Ting	0	0				
					DISQ			
YWPSOC		Chan Chi Hin	0	0				
					DISQ			
YWPSOC		Law Shing Yiu	0	0				
					DISQ			
HKBCPS		Tsang Lok Hin Marco	0	0				
					DISQ			
YWPSOC		Lam Cheuk Kwan	0	0				
					DISQ			
YWPSOC		Lam Zion Shek Yan	0	0				
					DISQ			
HKOC		Cheng Chun Hon	0	0		0		
					OT			

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M12					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKBCPS	1	Lam Hiu Yeung	603	1206	757	449		
					00:24:57	41:49.5		
YWPSOC	2	Leung Samuel	500	1000	1000			
					00:18:53			
HKOC	2	Au Joshua Ho Kiu	500	1000		1000		
						18:47.3		
HKOC	4	Lam Wang Hong Nerio	496	991	991			
					00:19:03	DISQ		
HKOC	5	Wu Cheuk Hei	478	955	955			
					00:19:47			
HKOC	6	Shum Siu Long	466	932	932			
					00:20:16			
YWPSOC	7	Wong Yat Hei	453	906	906			
					00:20:51			
HKOC	8	Lee Sze Lut Nazirite	424	847	847			
					00:22:18			
HKOC	9	Man Tsan Shun	420	839	839			
					00:22:30			
YWPSOC	10	Lau Chun Hei Andrew	357	714	714			
					00:26:26			
HKOC	11	Wong Cheuk Him	337	674		674		
						27:53.0		
HKBCPS	12	Chan King Wo	315	630	630			
					00:29:58			
YWPSOC	13	Song Yi Ding	306	611	611			
					00:30:54			
BUOC	14	Kung Kai Sheng	298	595	595			
					00:31:43			
HKOC	15	Chan Yu Wang	273	545		545		
					DISQ	34:29.5		
YWPSOC	16	Ang Chun Hei	259	518	518			
					00:36:29			
HKBCPS	17	Ho Him To	255	509	509			
					00:37:04			
YWPSOC	18	Lee Cheuk Him Alton	220	439	439			
					00:43:00			
HKOC	19	Yip Ho Wang Owen	215	429		429		
						43:48.2		
HKBCPS		Law Tsz Lok	0	0	DISQ			
HKOC		Lai Ho Wang	0	0		0		
						OT		
M14					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Chung Ho Yin	1000	2000	1000	1000		
					00:18:15	13:05.4		
HKOC	2	Lum Cheuk Hei	908	1815	912	903		
					00:20:01	14:30.2		
PCOC	3	Law Sing Yu Sean	704	1408	701	707		
					00:26:02	18:30.3		
QCOC	4	Tam Hoi Wun	620	1240	668	572		
					00:27:18	22:52.6		
QCOC	5	Tong Shee Yiu	599	1198	625	573		
					00:29:11	22:51.0		
MKMOC	6	Chan Cheuk Ki	595	1190	650	540		
					00:28:05	24:13.5		
OAHK	7	To Chung Yin	576	1152	626	526		
					00:29:10	24:52.9		
AA	8	Lai Hing Fung	545	1090	634	456		
					00:28:47	28:42.1		
HKOC	9	Chan Chun On	538	1076	560	516		
					00:32:34	25:20.9		
WYCHK	10	Wan Marco	358	716	716			
					00:25:30			
QCOC	11	Sieh Cheuk Nam	337	674	674			
					00:27:04			
WYCHK	12	Poon Lap Hang	300	600	600			
					00:30:26			
QCOC	13	Wong Nok Hin	258	516	516			
					00:35:23			
WYCHK	14	Leung Chun Hei	251	502	502			
					00:36:22			
OAHK		Yam Tsz Hong	0	0	DISQ			
SFXCOC		Yam Kai Yui Hubert	0	0		DISQ		
OAHK		Chan Sin Kei	0	0		DISQ		
DBSOC		Lau Ho Man Isaac	0	0		DISQ		

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Club	Rank	Name	Average	Total	M16			
					RL-1	RL-2	RL-3	RL-4
					2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
DBSOC	1	Chan Chun Hei	995	1989	989	1000		
					00:18:37	14:48.4		
HKOC	2	Leung Chung Wai	978	1955	999	956		
					00:18:26	15:29.2		
HKOC	3	Shiu Chit Him	918	1836	901	935		
					00:20:26	15:50.1		
AA	4	Lam Hiu Chak	781	1562	907	655		
					00:20:18	22:36.0		
QCOC	5	Ng Lai Hang	683	1366	752	614		
					00:24:30	24:07.1		
WYCHK	6	Ng Kok Wing	544	1087	683	404		
					00:26:57	36:39.6		
HKOC	7	Wong Tsz Chun Jason	500	1000	1000			
					00:18:25			
AA	8	Huang Tong Sheng	495	989	506	483		
					00:36:22	30:41.2		
AA	9	Mei Jialong	490	979	435	544		
					00:42:18	27:13.9		
WYCHK	10	Chak Chun Wai	457	913	913			
					00:20:10			
WYCHK	11	So Ka Wang	433	865	865			
					00:21:18	DISQ		
HKOC	12	Law Hong Chun Zachary	394	787	536	251		
					00:34:22	58:55.8		
OS	13	Li King Wun	346	691	691			
					00:26:40			
DBSOC	14	Yip Tsz To	341	681	681			
					00:27:02			
OAHK	15	Yuen Wai Kit	330	660	660			
					00:27:55			
POC	16	Yue Wei Yi	323	646	646			
					00:28:31			
AA	17	Tsui Tung Ming	296	592		592		
						25:00.7		
HKOC	18	Lee Hong Pui	257	513		513		
						28:52.1		
FOC	19	Tai Chun Yin	233	466	466			
					00:39:33			
FOC	20	Chau Chun Ngai	218	436	436			
					00:42:16			
OS		Cheng Tsz Kin	0	0				
					DISQ			
WYCHK		Wong Chin Hoi	0	0				
					DISQ			
OS		Choi Wing Kit	0	0				
					DISQ			
DBSOC		To Ching Hong	0	0				
					DISQ			
WYCHK		Tsui Koon Wai	0	0				
						DISQ		

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M18					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25	2016/5/15	2016/9/11	2016/10/23
					Kowloon Park	High Island	THTRG	Yuen Shan
HKOC	1	Chu Yau Man	1000	2000	1000	1000		
					00:16:20	14:08.6		
PCOC	2	Yu Tsz Fung	941	1882	999	883		
					00:16:21	16:01.4		
HKOC	3	Wong Cheuk Wang	919	1837	929	908		
					00:17:35	15:34.1		
SOC	4	Cheung Yan Wai	888	1775	918	857		
					00:17:47	16:30.0		
HKOC	5	Tse Lok Hin	711	1422	746	676		
					00:21:54	20:55.0		
AA	6	Ng Sung Chak	706	1412	762	650		
					00:21:26	21:45.7		
AA	7	Cheng Ho Wang	650	1299	662	637		
					00:24:41	22:12.1		
HKOC	8	Ng Ki Fung Jason	629	1257	720	537		
					00:22:42	26:21.5		
AA	9	Li Hao Wei	597	1194	629	565		
					00:25:57	25:00.8		
AA	10	You Yi	593	1185	682	503		
					00:23:58	28:08.2		
AA	11	Ng Ka Lok	545	1090	515	575		
					00:31:43	24:35.6		
AA	12	Yu Ruihong	498	996	554	442		
					00:29:28	32:00.4		
AA	13	Che Yao Cheng	319	637		637		
						22:11.7		
OS	14	Wong Tin Long	171	342	342			
					00:47:44			
OS		Tsang Ho Yeung	0	0				
					DISQ			
AA		Su Liu Tai	0	0				
						DISQ		
M20					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25	2016/5/15	2016/9/11	2016/10/23
					Kowloon Park	High Island	THTRG	Yuen Shan
HKOL	1	Yue Wei Yong	939	1877	877	1000		
					00:20:07	14:18.0		
AA	2	Shi Junlin	806	1612	814	798		
					00:21:41	17:55.0		
WYCHK	3	Ng Kok Hei	793	1585	880	705		
					00:20:03	20:16.9		
HKOC	4	Chui Tsz Ho	627	1253	707	546		
					00:24:57	26:12.0		
HKOC	5	Cheng Tsz Fung	603	1206	786	420		
					00:22:27	34:03.1		
WYCHK	6	Ling Chung Yin	572	1144	598	546		
					00:29:32	26:11.5		
QCOC	7	Li Chun Ho	500	1000	1000			
					00:17:39			
HKOC	8	Shiu Chit Hei	488	976	976			
					00:18:05			
OS		Leung Hong Ting	0	0				
						DISQ		

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					RL-1	RL-2	RL-3	RL-4
					2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
POC	1	Cheung Chi Ko	983	1965	1000	965		
					00:16:11	17:00.2		
HKIOF	2	Chan Tin Mong	942	1884	884	1000		
					00:18:18	16:24.7		
OS	3	Leung Chi Hang	881	1762	820	942		
					00:19:44	17:24.9		
BUOC	4	Kwong Man Fai Timothy	871	1741	853	888		
					00:18:58	18:28.9		
HKOC	5	Man Yiu Fung	793	1585	779	806		
					00:20:47	20:21.0		
HKOC	6	Ho Tsz Hang Stephen	782	1564	817	747		
					00:19:48	21:57.6		
HKOC	7	Wong Man Wa	737	1474	634	840		
					00:25:32	19:31.8		
SOC	8	Cheung Kang Kai	727	1453	655	798		
					00:24:42	20:34.0		
HKOC	9	Yuen Tung Nam	697	1393	673	720		
					00:24:02	22:48.0		
HKOC	10	Ho Nga Tik	663	1325	713	612		
					00:22:42	26:50.3		
HKOXCC	11	Tang Yeung Chiu Dennis	638	1275	525	750		
					00:30:51	21:52.1		
HKOC	12	Chu Hing Shing	620	1240	611	629		
					00:26:30	26:05.7		
HKOC	13	Ng Kwok Fung	605	1209	595	614		
					00:27:12	26:43.5		
HKOC	14	Lam Ming Yiu	546	1091	545	546		
					00:29:43	30:03.4		
HKOC	15	Hui Lok Hin	506	1011	570	441		
					00:28:23	37:10.8		
HKIOF	16	Poon Brian	475	949	949			
					00:17:03			
SFXCOC	16	Wong Yu Hong Bryan	475	949	949			
					00:17:03			
FSOC	18	Cheng Yuk Tung	428	855		855		
						19:11.7		
POC	19	Wong Wai Ngai Eric	415	830		830		
						19:46.7		
HKAYP	20	Yu Sai Hong	410	819		819		
						20:02.2		
CSDSA	21	Chung Tsz Kin	398	795	795			
					00:20:21			
HKOC	22	Chan Kam On Andy	354	707	707			
					00:22:53	DISQ		
LSCOC	23	Leung Yat Lai Adrian	351	702	702			
					00:23:03			
AA	24	Chan Chi Sing Clement	342	684	684			
					00:23:40			
HKOC	25	Chau Chi Kin	340	679		679		
					DISQ	24:10.1		
OAHK	26	Lee Ting Ho Gilbert	335	669		669		
						24:32.8		
LSCOC	27	Chan Chi Keung	331	661		661		
						24:49.5		
HKOC	28	Ng Ka Sing	329	658	658			
					00:24:35			
OAHK	29	Li Kong Fung	327	654		654		
						25:05.6		
WYCHK	30	Sy Huan Kun	316	631	631			
					00:25:38			
SOC	31	Lui Tsz Hin	314	628	628			
					00:25:45			
YAOC	32	Cheung Yat Lung Tommy	304	608	608			
					00:26:38			
HKOC	33	Tsui Wing Sing	303	605		605		
						27:08.1		
POC	34	Chan Chun Fung	301	602	602			
					00:26:52			
OAHK	35	Ng Wing Yuen	297	594	594			
					00:27:15			
HKOC	36	Lum Cho Fai	291	582		582		
						28:11.0		
OAHK	37	Mok Yue Hong Louis	288	575	575			
					00:28:09			
HKOC	38	Chan Ping Kin	282	564		564		
					DISQ	29:06.6		
LSCOC	39	Ho Hui Nam	279	557		557		
						29:29.4		
YWPSOC	40	Mok Chi Kong	265	530	530			
					00:30:32			
HKOC	41	Wong Kin Ip	230	460	460			
					00:35:12	DISQ		
HKIOF	42	Chen Jin Bin	222	443		443		
						37:01.4		
HKOC	43	Lo Kam Tao Leo	168	336	336			
					00:48:09	DISQ		
METOC	44	Keung Siu Ming	155	309	309			
					00:52:19			
SOC	44	Leung Chung Man	155	309		309		
						53:04.6		
OAHK	46	MI Shek	152	304	304			
					00:53:15			
HKIOF		Chan Peter	0	0		DISQ		
HKOXCC		Yeung Kwok Keung	0	0		DISQ	DISQ	
YAOC		Li Fuk Lung Bruce	0	0			DISQ	





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M45					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Chung Hon	1000	2000	1000	1000		
					00:20:40	17:14.7		
HKOC	2	Yu Shin Ho	961	1921	955	966		
					00:21:39	17:51.1		
VOC	3	Yeung Wai Yin Alexis	896	1791	914	877		
					00:22:36	19:39.3		
HKAYP	4	Ng Kam Fu Patrick	627	1254	594	660		
					00:34:48	26:07.7		
OAHK	5	Fu Man Fai	590	1180	699	481		
					00:29:34	35:53.1		
HKOC	6	Shiu Chi Shing	495	989	552	437		
					00:37:27	39:29.6		
POC	7	Hui Ngai Sang	391	781	781			
					00:26:28			
HKOC	8	Chan Kwok Wai Aaron	390	780	780			
					00:26:29			
YAOC	9	Kwan Yiu Keung	378	755	755			
					00:27:22			
HKOC	10	Wong Wai Ming	306	612		612		
						28:11.9		
			0	0				
M50					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Leung Lap On	879	1758	1000	758		
					00:19:00	23:12.4		
HKOC	2	Law Wai Kay	876	1751	876	875		
					00:21:41	20:05.9		
HKOC	3	Law Yat Hing	765	1529	832	697		
					00:22:50	25:13.8		
POC	4	Tang Yuk Cheong	695	1389	836	553		
					00:22:44	31:47.7		
OAHK	5	Leung Sai Fong	640	1280	647	633		
					00:29:22	27:46.9		
FOC	6	Tam Shu Fun	500	1000		1000		
						17:35.2		
OLE	7	Wong Hung On Wallis	499	997	997			
					00:19:04			
HKOC	8	Leung Kwok Keung	487	973	973			
					00:19:32			
HKOC	9	Li Tak Kun	394	787		787		
						22:20.9		
HKOC	10	Siu Kwong Wai	347	693	693			
					00:27:26			
HKOC	11	Yu Hon Ming	316	631	631			
					00:30:08			
SOC	12	Kwok Yue	313	625	625			
					00:30:24			
HKOXCC		Law Kwok Kuen	0	0				
						DISQ		

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					<b>M55</b>			
					RL-1	RL-2	RL-3	RL-4
					2016/3/25	2016/5/15	2016/9/11	2016/10/23
Club	Rank	Name	Average	Total	Kowloon Park	High Island	THTRG	Yuen Shan
HKOC	1	Man Wai Tin	1000	2000	1000	1000		
					00:18:14	22:11.2		
AKIN	2	Leung Lam	869	1738	916	822		
					00:19:54	26:59.3		
POC	3	Pang Ka Choi	833	1665	676	989		
					00:26:59	22:26.4		
HKOC	4	Yiu Chi Sing	629	1257	664	593		
					00:27:28	37:25.1		
HKOC	5	Chan Po Ming	372	744		744		
						29:49.0		
POC	6	Chan Chung Yu	340	680	680			
					00:26:48			
					<b>M60</b>			
					RL-1	RL-2	RL-3	RL-4
					2016/3/25	2016/5/15	2016/9/11	2016/10/23
Club	Rank	Name	Average	Total	Kowloon Park	High Island	THTRG	Yuen Shan
POC	1	Yue Ting Wang Dominic	1000	2000	1000	1000		
					00:24:31	22:46.6		
POC	2	Tong Kwan Yuen	493	986	986			
					00:24:52			
HKOC	3	Chiu Luen Kwan	389	778		778		
					DISQ	29:16.1		
HKOC	4	Mok To	359	717		717		
					00:34:11			

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WE					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKIOF	1	Yu Wing Hay	1000	2000	1000	1000		
					00:17:16	15:02.7		
HKOC	2	Chan Hau Wah Brenda	947	1894	995	899		
					00:17:21	16:43.8		
HKOXCC	3	Lui Wai Lan Iris	917	1833	939	894		
					00:18:23	16:49.3		
HKOC	4	Yu Tsz Ying	911	1821	944	877		
					00:18:17	17:09.4		
HKOXCC	5	Fung Charmaine Kai Wing	893	1786	863	923		
					00:20:01	16:18.2		
HKIOF	6	Leung Ka Ki	867	1734	855	879		
					00:20:12	17:06.5		
HKAYP	7	Cheng Yuen Ki Hilda	795	1590	798	792		
					00:21:38	18:59.7		
OS	8	So Wing Man	688	1375	716	659		
					00:24:07	22:50.0		
HKOC	9	Chan Lai Yee	454	907	907			
					00:19:02			
HKIOF	10	Lam Ka Yi	375	749	749			
					00:23:03			
HKOXCC		Lee Wing Sze Vivian	0	0			DISQ	
W8					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
W10					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Wong Ching Hei	895	1790	986	804		
					00:34:03	41:21.7		
YAOC	2	Ko Hiu Man Sophie	838	1675	1000	675		
					00:33:34	49:15.8		
NDOC	3	Leung Hiu Yuet	707	1414	681	733		
					00:49:16	45:20.9		
HKBCPS	4	Wong Yee Yan	500	1000		1000		
						33:14.6		
HKBCPS		Mak Tin Yan	0	0	0			
					OT			
OAHK		Lai Hoi Ching	0	0	0			
					OT			
HKOC		Tang Yuet Ling	0	0	0			
					OT			
HKBCPS		Shiu Wing Yu	0	0	0			
					OT			
HKBCPS		Hung Cheuk Yin	0	0				
					DISQ			
W12					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Fung Wai Ki	908	1816	1000	816		
					00:20:02	31:24.7		
HKOC	2	Siu Pui Yuet	875	1749	849	900		
					00:23:36	28:29.6		
NDOC	3	Leung Hiu Ching	869	1737	854	883		
					00:23:28	29:03.4		
HKOC	4	Lo Hoi Yan	810	1619	619	1000		
					00:32:23	25:38.6		
OAHK	5	Fu Hoi Ki	674	1347	680	667		
					00:29:27	38:25.2		
HKOC	6	Fong Ching, Sunnie	343	686		686		
						37:23.2		
HKBCPS	7	Shiu Wing Yin	272	544	544			
					00:36:48			
HKOC	8	Yuen Yin Hang	257	514	514			
					00:38:57			
HKOC		Ng Charlotte	0	0			DISQ	

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W14					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
POC	1	Yue Wei Ya	984	1968	1000	968		
					00:21:09	21:15.4		
DGSOC	2	Tsui Wing Yuen	763	1525	735	790		
					00:28:47	26:01.8		
HKOC	3	Chu Li Wei Rie	728	1455	758	697		
					00:27:55	29:30.7		
HKOC	4	Wong Yi Yan	700	1400	697	703		
					00:30:20	29:15.1		
HKOC	5	Lau Hin Yi	641	1281	640	641		
					00:33:03	32:06.1		
HKBCPS	6	Wong Hau Yi	581	1161	665	496		
					00:31:49	41:30.2		
HKOC	7	Fung Wai Ching	500	1000		1000		
					DISQ	20:34.5		
HKBCPS	8	Wong Ki Sum	438	876		876		
						23:29.0		
DGSOC	9	Mak Chiu Ki Astor	316	631		631		
						32:36.1		
DGSOC	10	Sit Tsz Yan Nicole	310	620	620			
					00:34:08			
BPSOC	11	Ku Ka Ki	288	575	575			
					00:36:48			
OAHK	12	Tsoi Sze Chit Jasmine	279	558	558			
					00:37:53			
DGSOC	13	Leung Kwan Yu Jovita	230	460	460			
					00:46:01			
DGSOC	14	Moy Sze Wing Clara	221	441	441			
					00:47:57	DISQ		
DGSOC		Fong Sin Hang Jada	0	0	0			
					OT			
OS		Ng Tsz Yan	0	0	0			
					OT			
DGSOC		Lee Wing Ting Stephanie	0	0	0			
					OT			
BPSOC		Cheng Sum Yu	0	0				
						DISQ		
W16					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Chu Ying Yau	1000	2000	1000	1000		
					00:16:56	18:38.0		
HKOC	2	Wong Yi Shan	944	1887	976	911		
					00:17:21	20:26.6		
HKOC	3	Leung Hei Tung	912	1823	850	973		
					00:19:55	19:09.2		
BPSOC	4	Leung Cheuk Ki	681	1361	722	639		
					00:23:27	29:10.9		
DGSOC	5	Wong Yuet To	628	1256	797	459		
					00:21:15	40:36.0		
BPSOC	6	Law Ngo Laam	612	1224	670	554		
					00:25:16	33:38.0		
BPSOC	7	Wong Tsui Shan	369	737	737			
					00:22:59			
DGSOC	8	Chiu Ching	334	668		668		
						27:53.1		
DGSOC	9	Leung On Yee Nikki	331	661	661			
					00:25:36			
DGSOC	10	Yuen Jisi Jacqueline	329	657	657			
					00:25:46			
BPSOC	11	Fung Wing Ki	296	591	591			
					00:28:40			
OAHK	12	Wong Wing Yin	268	535		535		
						34:51.6		
DGSOC	13	Leung Tsz Kiu	265	529		529		
						35:12.9		
DGSOC	14	Luk Kei Suet Angela	216	432	432			
					00:39:10			
OS	15	Cheung Ka Yi	212	423	423			
					00:40:00			
OS	16	Cheng Wing Yi	202	404	404			
					00:41:54			
HKOC	17	Li Pui Yau Yoyo	175	350	350			
					00:48:24	DISQ		
DGSOC	18	Wong Michelle	146	292	292			
					00:58:02			

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W18					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKIOF	1	Chan Sin Yu	1000	2000	1000	1000		
					00:23:00	22:19.4		
OS	2	Chow Wai Yi	444	887	887			
					00:25:56			
AA	3	Liu Yuen Hei	411	821		821		
						27:11.0		
DGSOC	4	Tsui Sui Nam	410	819	819			
					00:28:04			
DGSOC	5	Verneer Elena	247	493	493			
					00:46:42			
W20					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKIOF	1	Yee Sze Wing	962	1923	1000	923		
					00:19:20	19:07.9		
FOC	2	Ng Ka Yan	939	1877	877	1000		
					00:22:02	17:39.1		
SOC	3	Tsang Hiu Yu	887	1773	835	938		
					00:23:10	18:49.0		
HKOC	4	Law Hoi Yi	882	1763	877	886		
					00:22:03	19:55.7		
HKIOF	5	Soo Wai Hin	758	1516	744	772		
					00:26:00	22:52.6		
W21					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
Y2Y	1	Leung Ka Man	947	1894	894	1000		
					00:19:15	20:47.9		
SOC	2	Kan Ming Pui	864	1727	775	952		
					00:22:13	21:50.6		
HKOXCC	3	Chan Ching Yan Candy	736	1471	590	881		
					00:29:12	23:35.9		
HKOC	4	Lam Oi Sze	640	1279	667	612		
					00:25:48	33:58.8		
HKOC	5	Cheung Wei Ki	608	1216	528	688		
					00:32:37	30:14.9		
HKOC	6	Tse Lui	597	1194	521	673		
					00:33:04	30:53.3		
HKOXCC	7	Wong Josephine	576	1152	340	812		
					00:50:39	25:36.6		
BPSOC	8	Lam Cho Yu	500	1000	1000			
					00:17:13			
USTYC	9	Luk Ka Yui	446	891	891			
					00:19:19			
HKOC	10	Mok Wai Yee	416	831		831		
						25:00.9		
HKOC	11	Kan Man Wai	407	814	381	433		
					00:45:10	48:04.3		
METOC	12	Ng Wing Si	397	793		793		
						26:14.5		
OBAA	13	Lau Yuet Ling	376	751		751		
						27:41.9		
HKOC	14	Hui Tsz Wai Rachel	373	746		746		
						27:53.6		
HKOC	15	Chiu Konie	310	619	619			
					00:27:50			
POC	16	Lam Yuen Kwan	303	605	605			
					00:28:27			
POC	17	Chan Lai Ying	298	596	596			
					00:28:54			
METOC	18	Tsui Chung Yan	289	578	578			
					00:29:47			
HKOC	19	Wan Yuen Ting	271	542	542			
					00:31:45			
OBAA	20	Chung Wai Fan Vivian	224	447		447		
						46:30.7		
CAS	21	Choi Yuen Wa	220	439	439			
					00:39:11			
OAHK	22	Cheng Tsz Ha	213	425		425		
						48:54.0		
NDOC	23	Cheung Chuen Lai	210	420	420			
					00:40:58			
YAOC		Lau Hoi Kwan	0	0	0			
					OT			

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W35					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Wong Wai Ching Vickie	897	1793	802	991		
					00:29:04	22:36.5		
HKOC	2	Ho Hing Ling	843	1685	954	731		
					00:24:26	30:39.5		
HKAYP	3	Au Man Chong	830	1659	659	1000		
					00:35:22	22:24.7		
HKOC	4	Ismail Hanifa	778	1556	894	662		
					00:26:05	33:51.1		
HKOXCC	5	Yu Hoi Yan	691	1381	640	741		
					00:36:25	30:14.2		
AA	6	So Man Ting Tami	579	1158	556	602		
					00:41:56	37:14.7		
BPSOC	7	Chiu Chong Hua	500	1000	1000			
					00:23:19			
YAOC	8	Chan Wing Yue	452	904		904		
						24:48.1		
HKOXCC	9	Tang Pik Kwan	420	839		839		
						26:41.8		
YAOC	10	Fung Wing Sze	285	570	570			
					00:40:53			
HKBCPS	11	Venus Tham	254	507	507			
					00:45:57			
W40					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
POC	1	Cheung Lai Kuen Mona	1000	2000	1000	1000		
					00:22:05	20:21.3		
HKOC	2	Lau Pik Yi	810	1619	850	769		
					00:25:59	26:27.6		
HKOC	3	Chan Siu Mui	410	819		819		
						24:50.6		
HKAYP	4	Wong Patricia	363	725		725		
						28:03.6		
BBHK	5	Chung Shuk Kam	307	614	614			
					00:35:58			
HKAYP	6	Wong Percy	306	612		612		
						33:15.6		
BBHK	7	Li Fung Chi	226	452	452			
					00:48:49			
BBHK	8	Ma Bo Suen	222	443	443			
					00:49:52			
W45					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2016/3/25 Kowloon Park	2016/5/15 High Island	2016/9/11 THTRG	2016/10/23 Yuen Shan
HKOC	1	Cheung Bo Ling	851	1701	701	1000		
					00:37:53	20:57.8		
HKOC	2	Wong Yuk Hing	794	1588	1000	588		
					00:26:34	35:40.9		
OAHK	3	Cheng Po Yi	618	1235	700	535		
					00:37:57	39:12.8		
HKOC		Wong Yee Wah	0	0	DISQ			
			0	0				

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					<b>W50</b>			
					RL-1	RL-2	RL-3	RL-4
					2016/3/25	2016/5/15	2016/9/11	2016/10/23
Club	Rank	Name	Average	Total	Kowloon Park	High Island	THTRG	Yuen Shan
HKOC	1	Ng Miu Lan	938	1876	919	957		
					00:26:21	33:41.3		
OAHK	2	Au Wing See	842	1683	756	927		
					00:32:03	34:47.2		
HKOC	3	Chui Lai Kuen Candy	500	1000	1000			
					00:24:13	DISQ		
HKOC	3	Cheung Ngan Chun	500	1000		1000		
						32:15.3		
HKOC	5	Luk Lai Lai Rene	354	708		708		
						45:33.1		
HKOC	6	Lai Mei Ho Pauline	338	675	675			
					00:35:51			
HKBCPS		Choy Lai Heung Sally	0	0				
					DISQ			
					<b>W55</b>			
					RL-1	RL-2	RL-3	RL-4
					2016/3/25	2016/5/15	2016/9/11	2016/10/23
Club	Rank	Name	Average	Total	Kowloon Park	High Island	THTRG	Yuen Shan
POC	1	Tang Suk Fong	500	1000	1000			
					00:38:12			
HKOC	1	Lai Mei Ho	500	1000		1000		
						37:53.8		
FOC	3	Wong Yuk Ching Lam	398	795	795	0		
					00:48:04	OT		
HKOC		Leung Yee May	0	0	0			
					OT			

Time Limit: 00:60:00 00:60:00