

2017年度年中排名成績 短距離

Sprint Distance Events Ranking Results 2017

更新 Updated On: 2017/12/4

| | | ME | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
|------|-----------------------|-----------|-------|-----------|----------|-----------|----------|--------------|----------|---------------|----------|-----------|--|
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | YU TSZ WAI | 1000 | 3000 | 978 | 00:12:05 | 1000 | 00:15:20 | 1000 | 00:13:32 | 1000 | 00:16:02 | | |
| 2 | LEE KIN WAI | 981 | 2943 | 1000 | 00:11:49 | | | 952 | 00:14:13 | 991 | 00:16:11 | | |
| 3 | MA LOK HIN | 957 | 2870 | 930 | 00:12:42 | 974 | 00:15:45 | 966 | 00:14:01 | 914 | 00:17:32 | | |
| 4 | YIP CHAK LUN GERALD | 952 | 2856 | 939 | 00:12:35 | 975 | 00:15:44 | 942 | 00:14:22 | 910 | 00:17:37 | | |
| 5 | MAN CHI KIN | 928 | 2784 | 892 | 00:13:15 | 987 | 00:15:32 | 905 | 00:14:57 | 848 | 00:18:55 | | |
| 6 | CHOW MAN LONG | 925 | 2774 | 907 | 00:13:02 | 978 | 00:15:41 | 854 | 00:15:51 | 890 | 00:18:01 | | |
| 7 | TAM WING CHUNG | 918 | 2754 | 932 | 00:12:41 | 924 | 00:16:36 | 898 | 00:15:04 | | | | |
| 8 | HUI SIU TUNG | 914 | 2743 | 917 | 00:12:53 | 947 | 00:16:11 | 878 | 00:15:25 | 722 | 00:22:12 | | |
| 9 | LAM ABY | 900 | 2700 | 929 | 00:12:43 | 908 | 00:16:53 | 863 | 00:15:41 | | | | |
| 10 | LAM KA CHING | 889 | 2666 | 887 | 00:13:19 | 906 | 00:16:55 | 845 | 00:16:01 | 872 | 00:18:23 | | |
| 11 | CHEUNG CHI KO | 885 | 2654 | 877 | 00:13:28 | 914 | 00:16:47 | 863 | 00:15:41 | 829 | 00:19:21 | | |
| 12 | MAN YIU FUNG | 843 | 2530 | 859 | 00:13:45 | 859 | 00:17:51 | 812 | 00:16:40 | | DNS | | |
| 13 | CHOY KWOK WAI | 839 | 2516 | | | 898 | 00:17:05 | 834 | 00:16:14 | 785 | 00:20:26 | | |
| 14 | WONG YU HONG BRYAN | 821 | 2464 | 807 | 00:14:39 | 861 | 00:17:48 | 796 | 00:17:00 | | | | |
| 15 | LEE YEUNG CHI | 818 | 2454 | 865 | 00:13:40 | 757 | 00:20:15 | 832 | 00:16:16 | | | | |
| 16 | CHAU PO LOK | 797 | 2392 | 788 | 00:15:00 | 836 | 00:18:21 | 769 | 00:17:36 | 692 | 00:23:11 | | |
| 17 | MAK YUI KAN RAPHAEL | 789 | 2367 | 879 | 00:13:27 | | | 747 | 00:18:07 | 741 | 00:21:38 | | |
| 18 | CHOI WAI KIT | 773 | 2318 | 820 | 00:14:25 | 752 | 00:20:24 | 747 | 00:18:07 | | | | |
| 19 | HO TSZ HANG STEPHEN | 736 | 2207 | 723 | 00:16:20 | 774 | 00:19:48 | 709 | 00:19:05 | | | | |
| 20 | LUK CHI HIN | 681 | 2042 | 729 | 00:16:12 | | | 679 | 00:19:56 | 633 | 00:25:19 | | |
| 21 | POON BRIAN WINGYOUNG | 598 | 1795 | | | 990 | 00:15:29 | 805 | 00:16:49 | | | | |
| 22 | CHAN CHUN KIT | 547 | 1642 | 850 | 00:13:54 | | | | | 792 | 00:20:15 | | |
| 23 | CHEUNG KWOK WAI | 511 | 1534 | 838 | 00:14:06 | | | 696 | 00:19:27 | | DISQ | | |
| 24 | KWONG MAN FAI TIMOTHY | 245 | 735 | | DISQ | | | 735 | 00:18:25 | | DNS | | |
| | | | | | | | | | | | | | |
| | | M8 | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | CHEUNG HO LAM MARCUS | 956 | 2868 | 868 | 00:37:36 | 1000 | 00:09:40 | 629 | 00:41:47 | 1000 | 00:15:42 | | |
| 2 | YANG WANG SHUN RYAN | 869 | 2608 | | DISQ | 740 | 00:13:04 | 1000 | 00:26:17 | 868 | 00:18:05 | | |
| 3 | CHEUNG CHIT WAI | 776 | 2329 | 929 | 00:35:07 | 499 | 00:19:22 | 699 | 00:37:36 | 701 | 00:22:24 | | |
| 4 | LUK HOI HIM | 333 | 1000 | 1000 | 00:32:38 | | | | | | | | |
| 5 | CHAN SIU YIN | 286 | 857 | | | | | 857 | 00:30:40 | | | | |
| 6 | LEUNG CHING FOR | 201 | 602 | 602 | 00:54:11 | | | | | | | | |
| 7 | LAM KING HEI | 173 | 519 | | | | | 519 | 00:50:38 | | | | |
| | NG PAK YIN | | | | OT | | | | DNS | | | | |
| | FU CHING FUNG | | | | OT | | | | | | | | |
| | TIU CHUN HONG | | | | OT | | | | | | | | |
| | TANG JAYDEN | | | | DNS | | | | DNS | | | | |

| Rank | Name | Average | Total | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
|------|-----------------------|---------|-------|-----------|-----------|-----------|-----------|--------------|-----------|---------------|----------|-----------|-----------|
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | LAU CHEUK NAM | 1000 | 3000 | 1000 | 00:17:10 | 840 | 00:08:59 | 1000 | 00:12:25 | 1000 | 00:15:40 | | |
| 2 | SHUM SIU LONG | 959 | 2878 | 953 | 00:18:01 | 1000 | 00:07:33 | 925 | 00:13:25 | | | | |
| 3 | FONG CHEUK LONG ETHAN | 878 | 2634 | 886 | 00:19:22 | 910 | 00:08:18 | 838 | 00:14:49 | | DNS | | |
| 4 | LO CHUN HEI | 821 | 2463 | 774 | 00:22:11 | | | 802 | 00:15:29 | 887 | 00:17:40 | | |
| 5 | LAM KING HIM | 586 | 1758 | 656 | 00:26:09 | 502 | 00:15:03 | 527 | 00:23:33 | 574 | 00:27:17 | | |
| 6 | MAN TSAN SHUN | 437 | 1310 | | DNS | | DNS | 692 | 00:17:57 | 618 | 00:25:21 | | |
| 7 | CHAN KING HIM | 412 | 1237 | 656 | 00:26:10 | 581 | 00:13:00 | | DNS | | | | |
| 8 | POON TSZ MING | 339 | 1018 | | DNS | 498 | 00:15:09 | 520 | 00:23:53 | | | | |
| 9 | LAM HIU YEUNG | 279 | 837 | | | 837 | 00:09:01 | | DNS | | | | |
| 10 | WONG WAI HIN | 219 | 656 | | DISQ | 656 | 00:11:31 | | | | | | |
| 11 | TSE CHEUK SHING | 192 | 575 | | | | | 575 | 00:21:35 | | | | |
| 12 | YIP HO WANG OWEN | 188 | 564 | | | 564 | 00:13:23 | | DNS | | DNS | | |
| 13 | TSANG WUI MAN NEREUS | 183 | 548 | | | 548 | 00:13:47 | | DNS | | | | |
| 14 | LAM CHAK HIN | 171 | 514 | | | 514 | 00:14:42 | | DNS | | DNS | | |
| 15 | NG LOK MAN | 165 | 496 | | | 496 | 00:15:13 | | | | | | |
| | LEUNG KIK NAM | | | | | | | | OT | | | | |
| | M14 | | | | | | | | | | | | |
| | | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 |
| | | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 |
| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | LUM CHEUK HEI | 973 | 2919 | 1000 | 00:12:10 | 978 | 00:09:40 | 941 | 00:13:02 | | DNS | | |
| 2 | LAW SING YU SEAN | 905 | 2716 | 867 | 00:14:02 | 933 | 00:10:08 | 651 | 00:18:50 | 917 | 00:16:12 | | |
| 3 | CHAN CHUN ON | 902 | 2706 | 884 | 00:13:46 | 937 | 00:10:05 | 885 | 00:13:52 | 879 | 00:16:54 | | |
| 4 | LEE SZE LUT NAZIRITE | 767 | 2301 | 655 | 00:18:35 | 756 | 00:12:30 | 729 | 00:16:49 | 815 | 00:18:13 | | |
| 5 | CHAN SIN KEI | 747 | 2241 | 636 | 00:19:08 | | | 605 | 00:20:17 | 1000 | 00:14:51 | | |
| 6 | TO CHUNG YIN | 735 | 2204 | 697 | 00:17:27 | 945 | 00:10:00 | 561 | 00:21:51 | | | | |
| 7 | AU JOSHUA HO KIU | 667 | 2000 | | DISQ | 1000 | 00:09:27 | 1000 | 00:12:16 | | | | |
| 8 | LAU HO MAN ISAAC | 581 | 1744 | 353 | 00:34:28 | 649 | 00:14:34 | | DISQ | 743 | 00:20:00 | | |
| 9 | SHU SHUN LING | 549 | 1646 | | | 667 | 00:14:10 | 601 | 00:20:24 | 378 | 00:39:19 | | |
| 10 | WONG CHEUK HIM | 523 | 1569 | | | 853 | 00:11:05 | 717 | 00:17:07 | | | | |
| 11 | LEUNG YIU TIN | 451 | 1354 | | DISQ | 345 | 00:27:23 | 327 | 00:37:28 | 682 | 00:21:47 | | |
| 12 | LAI HO WANG | 410 | 1229 | 534 | 00:22:46 | 282 | 00:33:29 | 412 | 00:29:45 | | | | |
| 13 | WU CHEUK HEI | 390 | 1170 | 657 | 00:18:31 | | | 513 | 00:23:55 | | | | |
| 14 | KWOK JUSTIN Y YAN | 345 | 1035 | 337 | 00:36:07 | | | | | 698 | 00:21:17 | | |
| 15 | TANG TSUN LEUNG | 333 | 1000 | | | 356 | 00:26:34 | 644 | 00:19:03 | | | | |
| 16 | CHU CHEUK YIU | 331 | 994 | | | | | 571 | 00:21:28 | 422 | 00:35:11 | | |
| 17 | YAM TSZ HONG | 323 | 968 | 422 | 00:28:50 | | | | | 546 | 00:27:13 | | |
| 18 | LEUNG HO CHUN | 295 | 886 | | | 392 | 00:24:05 | | | 493 | 00:30:06 | | |
| 19 | AU KI | 294 | 881 | 450 | 00:27:04 | | | 431 | 00:28:26 | | | | |
| 20 | WONG KWAN | 278 | 833 | | | | | | | 833 | 00:17:50 | | |
| 21 | LEUNG CHUN HEI | 266 | 799 | | | 799 | 00:11:50 | | | | | | |
| 22 | MA CHUN MAN | 243 | 729 | | | 729 | 00:12:58 | | | | | | |
| 23 | LAM WANG HONG NERIO | 241 | 724 | | DISQ | 724 | 00:13:03 | | DISQ | | | | |
| 24 | CHAN KING SAN | 241 | 722 | 355 | 00:34:18 | | | 367 | 00:33:25 | | DISQ | | |
| 25 | WONG YAT HEI | 240 | 720 | 720 | 00:16:54 | | | | DNS | | DNS | | |
| 26 | POON LAP HANG | 226 | 677 | | | | | 677 | 00:18:07 | | | | |

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|------|---------------------|---------|-------|------|-----------|------|-----------|------|--------------|------|---------------|--|-----------|
| 27 | NG TIN LOK RYAN | 162 | 485 | | | | | 485 | 00:25:19 | | | | |
| 28 | SETO CHUN NOK | 158 | 475 | | | | | | | 475 | 00:31:15 | | |
| 29 | TAM WING | 93 | 279 | | | 279 | 00:33:49 | | | | | | |
| 30 | KONG YAT LAAM | 89 | 268 | | | | | 268 | 00:45:42 | | | | |
| 31 | LAM HON FAI ADRIAN | 54 | 163 | | | | | | | 163 | 01:31:00 | | |
| | YUM KA CHUN | | | | | | | | | | DISQ | | |
| | CHOW WUI TING | | | | | | | | | | DISQ | | |
| | WONG DAVY | | | | | | DNS | | | | | | |
| | | | | | | | | | | | | | |
| | M16 | | | | | | | | | | | | |
| | | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 |
| | | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 |
| Rank | Name | Average | Total | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che |
| 1 | WAN MARCO | 933 | 2800 | 866 | 00:15:23 | | DNS | 934 | 00:16:25 | 1000 | 00:16:34 | | |
| 2 | YUEN WAI KIT | 876 | 2627 | 1000 | 00:13:19 | 663 | 00:16:57 | 704 | 00:21:47 | 923 | 00:17:57 | | |
| 3 | YAM KAI YUI HUBERT | 839 | 2518 | 904 | 00:14:44 | 896 | 00:12:32 | 718 | 00:21:21 | | DNS | | |
| 4 | NG KOK WING | 827 | 2482 | 844 | 00:15:47 | 893 | 00:12:35 | 746 | 00:20:34 | | | | |
| 5 | WONG CHIN HOI | 801 | 2403 | 881 | 00:15:07 | 756 | 00:14:52 | 759 | 00:20:12 | 763 | 00:21:43 | | |
| 6 | YU PAK YIN | 722 | 2166 | 527 | 00:25:17 | | | 734 | 00:20:54 | 905 | 00:18:18 | | |
| 7 | HUANG TONG SHENG | 721 | 2163 | 740 | 00:18:00 | 557 | 00:20:09 | | | 866 | 00:19:08 | | |
| 8 | TAI SUNG CHIT | 697 | 2090 | 703 | 00:18:57 | 619 | 00:18:09 | 768 | 00:19:58 | | DISQ | | |
| 9 | CHUNG HO YIN | 667 | 2000 | | | 1000 | 00:11:14 | 1000 | 00:15:20 | | DNS | | |
| 10 | CHEN CHAK SANG | 611 | 1833 | | | 698 | 00:16:05 | 536 | 00:28:35 | 598 | 00:27:42 | | |
| 11 | TSUI KOON WAI | 573 | 1720 | 926 | 00:14:23 | | | 794 | 00:19:19 | | DISQ | | |
| 12 | CHAN KA YIU | 526 | 1579 | 816 | 00:16:19 | 762 | 00:14:44 | | | | | | |
| 13 | LEE HONG PUI | 480 | 1440 | | DISQ | 865 | 00:12:59 | 575 | 00:26:41 | | DISQ | | |
| 14 | TAM HOI WUN | 455 | 1364 | | DISQ | 737 | 00:15:15 | 627 | 00:24:27 | | | | |
| 15 | LAI HING FUNG | 350 | 1050 | 453 | 00:29:25 | 597 | 00:18:49 | | DNS | | | | |
| 16 | LAW MAN PAN | 349 | 1047 | | | 568 | 00:19:47 | 479 | 00:32:00 | | DISQ | | |
| 17 | WONG WANG HON | 268 | 805 | 805 | 00:16:33 | | | | | | DNS | | |
| 18 | CHAN CHEUK KI | 253 | 759 | | | | | 759 | 00:20:12 | | | | |
| 19 | TONG SHEE YIU | 248 | 745 | | | 745 | 00:15:05 | | | | | | |
| 20 | LAW HONG CHUN | 246 | 739 | | DNS | 739 | 00:15:12 | | | | | | |
| 21 | LI KING WUN | 233 | 699 | | DISQ | | DNS | 699 | 00:21:57 | | | | |
| 22 | CHAN CHEUK KAI | 216 | 648 | | | 648 | 00:17:20 | | | | | | |
| 23 | LEE MING CHAK | 204 | 611 | | DISQ | | | | | 611 | 00:27:07 | | |
| 24 | LIU YAN QUAN | 192 | 576 | | | 576 | 00:19:30 | | | | | | |
| 25 | CHENG KAI MAN | 178 | 535 | | | | | 535 | 00:28:40 | | | | |
| 26 | CHAN KIRK | 177 | 532 | | DISQ | | | 532 | 00:28:50 | | | | |
| 26 | YU NGO YIN | 177 | 531 | 531 | 00:25:06 | | | | | | | | |
| 28 | TSANG HIN LAM ANSON | 129 | 386 | | DNS | | | 386 | 00:39:46 | | | | |
| | TANG YAO JUN | | | | DNS | | | | DNS | | | | |
| | LI CHUN WA | | | | DISQ | | DNS | | DNS | | | | |
| | CHOI WING KIT | | | | DNS | | | | DNS | | | | |
| | NG LAI HANG | | | | | | DNS | | | | | | |
| | | | | | | | | | | | | | |
| | M18 | | | | | | | | | | | | |
| | | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 |
| | | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 |
| Rank | Name | Average | Total | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che |

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|------|------------------------|---------|-------|------|-----------|-----------|--------------|---------------|-----------|------|----------|--|--|
| 19 | TANG WAI NAM | 199 | 598 | | | | | | | 598 | 00:27:43 | | |
| 20 | KWOK UE NAM | 174 | 522 | | | | | 522 | 00:27:26 | | | | |
| | WAN HO CHING | | | | | | | | | | | | |
| | SHI JUNLIN | | | | | | | | | | | | |
| | M21 | | | | | | | | | | | | |
| | | | | | RL-1 | RL-2 | RL-3 | RL-4 | RL-5 | | | | |
| | | | | | 26/2/2017 | 26/3/2017 | 21/5/2017 | 6/8/2017 | 17/9/2017 | | | | |
| Rank | Name | Average | Total | | Velodrome | Tai Po | Fung Shue Wo | Yuen Chau Kok | Wo Che | | | | |
| 1 | CHAN CHUN HEI | 1000 | 3000 | 1000 | 00:12:43 | 1000 | 00:16:02 | 1000 | 00:18:35 | 1000 | 00:14:47 | | |
| 2 | CHAN TIN MONG | 954 | 2861 | 961 | 00:13:14 | 973 | 00:16:29 | 928 | 00:20:02 | 784 | 00:18:52 | | |
| 3 | WONG CHEUK WANG | 951 | 2852 | 988 | 00:12:52 | 985 | 00:16:17 | 525 | 00:35:22 | 879 | 00:16:49 | | |
| 4 | LO JOSEPH | 899 | 2696 | 869 | 00:14:38 | | | 976 | 00:19:02 | 850 | 00:17:23 | | |
| 5 | YUEN WANG KI | 863 | 2589 | | | 909 | 00:17:38 | 958 | 00:19:24 | 722 | 00:20:29 | | |
| 6 | WONG WAI NGAI ERIC | 843 | 2528 | 801 | 00:15:52 | 833 | 00:19:15 | 870 | 00:21:21 | 825 | 00:17:55 | | |
| 7 | CHENG PING KUEN | 821 | 2463 | 861 | 00:14:46 | 813 | 00:19:44 | 789 | 00:23:33 | 656 | 00:22:32 | | |
| 8 | YEUNG KWOK KEUNG | 803 | 2408 | 708 | 00:17:57 | | | 919 | 00:20:13 | 781 | 00:18:56 | | |
| 9 | CHUNG WAI NANG | 796 | 2388 | 772 | 00:16:28 | 770 | 00:20:50 | 847 | 00:21:57 | 728 | 00:20:18 | | |
| 10 | CHENG YUK TUNG | 791 | 2374 | 787 | 00:16:10 | 774 | 00:20:43 | 814 | 00:22:50 | | DNS | | |
| 11 | CHAU CHI KIN | 788 | 2364 | 785 | 00:16:12 | 760 | 00:21:06 | 819 | 00:22:41 | 703 | 00:21:01 | | |
| 12 | WONG MAN WA | 773 | 2318 | 810 | 00:15:42 | 784 | 00:20:27 | 724 | 00:25:41 | 660 | 00:22:23 | | |
| 13 | CHAN KAM ON ANDY | 764 | 2292 | 809 | 00:15:43 | 728 | 00:22:01 | 754 | 00:24:38 | 676 | 00:21:53 | | |
| 14 | LAU KWOK SANG | 763 | 2290 | 773 | 00:16:27 | | | 831 | 00:22:21 | 685 | 00:21:34 | | |
| 15 | YU SAI HONG | 755 | 2266 | 780 | 00:16:18 | 721 | 00:22:15 | 765 | 00:24:18 | | | | |
| 16 | CHAN ON LAP | 737 | 2210 | 753 | 00:16:53 | | DNS | 785 | 00:23:41 | 672 | 00:21:59 | | |
| 17 | TANG YEUNG CHIU DENNIS | 711 | 2134 | | DISQ | 695 | 00:23:05 | 804 | 00:23:06 | 635 | 00:23:16 | | |
| 18 | LEUNG YAT LAI ADRIAN | 704 | 2112 | 713 | 00:17:50 | 736 | 00:21:47 | 663 | 00:28:02 | 410 | 00:36:06 | | |
| 19 | TSANG MICHAEL CHUN CHI | 658 | 1975 | 452 | 00:28:08 | 783 | 00:20:28 | 740 | 00:25:07 | | | | |
| 20 | LEE TING HO GILBERT | 653 | 1959 | 684 | 00:18:36 | 686 | 00:23:22 | | | 589 | 00:25:05 | | |
| 21 | CHEUNG CHI SHING | 647 | 1941 | | DISQ | 661 | 00:24:16 | 743 | 00:25:00 | 537 | 00:27:32 | | |
| 22 | NG KA SING | 646 | 1937 | 697 | 00:18:14 | 649 | 00:24:43 | | | 591 | 00:25:02 | | |
| 23 | LEUNG CHI HANG | 629 | 1888 | | DNS | | | 960 | 00:19:22 | 929 | 00:15:55 | | |
| 24 | CHAN TSZ CHUNG | 586 | 1759 | 892 | 00:14:15 | 867 | 00:18:30 | | DNS | | DNS | | |
| 25 | LAW KWOK KUEN | 560 | 1679 | 773 | 00:16:27 | | | 906 | 00:20:31 | | | | |
| 26 | CHAN CHUN FUNG | 559 | 1676 | 775 | 00:16:24 | | | | | 901 | 00:16:25 | | |
| 27 | LAM TREVOR KOONCHI | 523 | 1569 | | DNS | 773 | 00:20:45 | 796 | 00:23:21 | | DNS | | |
| 28 | CHAN CHI SING CLEMENT | 522 | 1567 | | | 743 | 00:21:35 | 824 | 00:22:33 | | | | |
| 29 | CHAN PING KIN | 521 | 1564 | 575 | 00:22:06 | 495 | 00:32:23 | 478 | 00:38:52 | 493 | 00:29:59 | | |
| 30 | PEREIRA DANIEL ANTONIO | 513 | 1539 | | | | | 875 | 00:21:15 | 665 | 00:22:14 | | |
| 31 | LEUNG KWOK SHING | 512 | 1536 | | DISQ | 789 | 00:20:20 | 748 | 00:24:51 | | | | |
| 32 | CHEUNG KANG KAI | 505 | 1516 | | DISQ | 731 | 00:21:56 | 785 | 00:23:41 | | | | |
| 33 | HO NGA TIK | 497 | 1490 | 696 | 00:18:17 | | DNS | 794 | 00:23:24 | | | | |
| 34 | CHIU KWOK LIN | 480 | 1439 | | DISQ | | | 825 | 00:22:31 | 614 | 00:24:05 | | |
| 35 | CHAN CHI KEUNG | 467 | 1402 | 672 | 00:18:56 | | | 731 | 00:25:26 | | | | |
| 36 | CHIU YAU CHUNG | 457 | 1370 | 371 | 00:34:17 | | | 999 | 00:18:36 | | DNS | | |
| 37 | CHU HING SHING | 433 | 1299 | 662 | 00:19:13 | 637 | 00:25:10 | | | | | | |
| 38 | CHAN YIN CHUN | 367 | 1102 | 553 | 00:23:00 | | | 549 | 00:33:52 | | | | |
| 39 | LUI TSZ HIN | 354 | 1061 | | DNS | 615 | 00:26:05 | 446 | 00:41:39 | | | | |
| 40 | TSE YIK WAH | 345 | 1035 | 578 | 00:22:00 | 457 | 00:35:06 | | | | | | |

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|------|----------------------|---------|-------|------|-----------|-----------|--------------|---------------|-----------|------|----------|--|--|
| 1 | TANG CHUN KIT | 992 | 2976 | 976 | 00:15:07 | 1000 | 00:15:20 | | | 1000 | 00:19:19 | | |
| 2 | WONG CHI YIN | 985 | 2954 | 1000 | 00:14:45 | 925 | 00:16:35 | 1000 | 00:17:41 | 954 | 00:20:15 | | |
| 3 | LI MING CHI | 862 | 2587 | | DISQ | 904 | 00:16:58 | 973 | 00:18:10 | 710 | 00:27:13 | | |
| 4 | FUNG CHUN PAN | 776 | 2329 | | DNS | 797 | 00:19:15 | 852 | 00:20:46 | 681 | 00:28:21 | | |
| 5 | CHAN CHUN KIT | 763 | 2288 | | DISQ | 732 | 00:20:57 | 788 | 00:22:26 | 768 | 00:25:09 | | |
| 6 | CHEONG KUNG PAN | 603 | 1810 | | | 831 | 00:18:27 | 979 | 00:18:04 | | | | |
| 7 | LEE MAN WAI | 552 | 1657 | 835 | 00:17:40 | | | 822 | 00:21:31 | | | | |
| 8 | YEUNG SUEN YU | 492 | 1476 | 744 | 00:19:50 | | | 732 | 00:24:09 | | | | |
| 9 | WONG IO PAN | 437 | 1312 | | | 511 | 00:30:02 | | | 802 | 00:24:06 | | |
| 10 | YAU HO TAK | 250 | 750 | | DNS | | | 750 | 00:23:34 | | | | |
| 11 | CHAN SIU HUNG | 242 | 727 | | | | | 727 | 00:24:20 | | | | |
| 12 | LEE HOK WUN | 238 | 715 | | | | | 715 | 00:24:44 | | | | |
| 13 | LO WING PUN | 225 | 675 | | | | | 675 | 00:26:13 | | | | |
| 14 | KEUNG SIU MING | 200 | 600 | | | 600 | 00:25:33 | | DNS | | | | |
| 15 | LUI YUEN MING | 189 | 567 | | | | | 567 | 00:31:10 | | | | |
| | CHUNG CHI MING | | | | | | DNS | | | | | | |
| | KEUNG WAH TUNG | | | | | | | | | | | | |
| | LEUNG KAM YUEN | | | | DNS | | | | DNS | | | | |
| | SIT MING CHEUNG | | | | | | | | | | | | |
| | WONG KA WAI FRANK | | | | | | | | | | DISQ | | |
| | YUEN CHI KIN | | | | DNS | | | | | | | | |
| | | | | | | | | | | | | | |
| | M40 | | | | | | | | | | | | |
| | | | | | RL-1 | RL-2 | RL-3 | RL-4 | RL-5 | | | | |
| | | | | | 26/2/2017 | 26/3/2017 | 21/5/2017 | 6/8/2017 | 17/9/2017 | | | | |
| | | | | | Velodrome | Tai Po | Fung Shue Wo | Yuen Chau Kok | Wo Che | | | | |
| Rank | Name | Average | Total | | | | | | | | | | |
| 1 | LO WING SHIU | 1000 | 3000 | 1000 | 00:16:19 | 987 | 00:14:05 | 1000 | 00:18:01 | 1000 | 00:18:31 | | |
| 2 | CHEUNG KWOK FUNG EDW | 945 | 2836 | 991 | 00:16:28 | 985 | 00:14:07 | 562 | 00:32:02 | 861 | 00:21:31 | | |
| 3 | WONG CHI CHUNG ISAAC | 905 | 2715 | | DNS | 1000 | 00:13:54 | 861 | 00:20:55 | 854 | 00:21:41 | | |
| 4 | MAN WAI TIN | 901 | 2704 | | DISQ | 977 | 00:14:14 | 821 | 00:21:56 | 906 | 00:20:26 | | |
| 4 | LAU CHI CHUEN | 901 | 2704 | 732 | 00:22:17 | 981 | 00:14:10 | 945 | 00:19:04 | 777 | 00:23:49 | | |
| 6 | CHAN KAI WING DICKY | 831 | 2494 | | | 953 | 00:14:35 | 861 | 00:20:55 | 680 | 00:27:14 | | |
| 7 | LEUNG WAI KIN | 706 | 2118 | 714 | 00:22:52 | 745 | 00:18:40 | 514 | 00:35:05 | 659 | 00:28:05 | | |
| 8 | WONG SIU TONG | 560 | 1680 | | | 933 | 00:14:54 | 748 | 00:24:06 | | | | |
| 9 | NG WAI MING | 482 | 1447 | | DISQ | | | 815 | 00:22:07 | 632 | 00:29:18 | | |
| 10 | CHENG CHUNG HANG | 415 | 1245 | | | 661 | 00:21:01 | 583 | 00:30:53 | | | | |
| 11 | WONG HO MAN | 393 | 1180 | 632 | 00:25:50 | | DNS | 548 | 00:32:51 | | | | |
| 12 | LIANG CHI HANG | 316 | 947 | 947 | 00:17:14 | | | | DISQ | | | | |
| 13 | HUI KA HO JASON | 216 | 648 | | | | | 648 | 00:27:47 | | | | |
| 14 | CHUI TSZ MING | 158 | 475 | | | | | | | 475 | 00:38:57 | | |
| | LO PO YUK | | | | | | | | | | | | |
| | CHAN HOI MING HERMAN | | | | DNS | | | | DNS | | | | |
| | KWONG KWOK WAH | | | | DNS | | DISQ | | DNS | | | | |
| | CHEN FUK HOI | | | | | | | | | | | | |
| | YAU TING YAN KELVIN | | | | | | | | | | DNS | | |
| | | | | | | | | | | | | | |
| | M45 | | | | | | | | | | | | |
| | | | | | RL-1 | RL-2 | RL-3 | RL-4 | RL-5 | | | | |
| | | | | | 26/2/2017 | 26/3/2017 | 21/5/2017 | 6/8/2017 | 17/9/2017 | | | | |

| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
|------|----------------------|---------|-------|-----------|-----------|--------|-----------|--------------|--------------|---------------|---------------|--------|-----------|
| 1 | YU SHIN HO | 995 | 2984 | 1000 | 00:15:41 | 984 | 00:13:37 | 1000 | 00:20:34 | 837 | 00:16:46 | | |
| 2 | YEUNG WAI YIN ALEXIS | 983 | 2948 | 948 | 00:16:33 | 1000 | 00:13:24 | 938 | 00:21:56 | 1000 | 00:14:02 | | |
| 3 | HUI NGAI SANG | 930 | 2789 | 956 | 00:16:24 | | DNS | 918 | 00:22:24 | 914 | 00:15:21 | | |
| 4 | WONG KIN LOK | 913 | 2740 | 932 | 00:16:50 | 809 | 00:16:34 | 999 | 00:20:35 | 637 | 00:22:02 | | |
| 5 | KO MAN FUNG FRANCIS | 846 | 2539 | 859 | 00:18:16 | 923 | 00:14:31 | 758 | 00:27:09 | | | | |
| 6 | LAU YAT CHOR | 752 | 2256 | | DISQ | 795 | 00:16:51 | 733 | 00:28:04 | 728 | 00:19:16 | | |
| 7 | FU MAN FAI | 729 | 2186 | 768 | 00:20:25 | | DNS | 722 | 00:28:29 | 696 | 00:20:10 | | |
| 8 | SIU MAN KWONG ERIC | 695 | 2085 | 694 | 00:22:35 | 644 | 00:20:49 | | DNS | 747 | 00:18:47 | | |
| 9 | LAM YIU HONG | 673 | 2019 | | DISQ | 549 | 00:24:24 | 767 | 00:26:48 | 703 | 00:19:58 | | |
| 10 | WONG WAI MING | 574 | 1721 | | | 859 | 00:15:36 | 862 | 00:23:52 | | DNS | | |
| 11 | LAU TAT KONG | 491 | 1472 | | DISQ | 764 | 00:17:33 | 708 | 00:29:03 | | | | |
| 12 | NG PATRICK | 478 | 1433 | | DISQ | 653 | 00:20:32 | 780 | 00:26:22 | | | | |
| 13 | YIU VOR | 463 | 1388 | | | | | 614 | 00:33:31 | 774 | 00:18:08 | | |
| 14 | CHUNG HON | 304 | 913 | 913 | 00:17:11 | | DNS | | DNS | | | | |
| 15 | HUNG KA MO MAVERICK | 244 | 732 | | DISQ | | | 732 | 00:28:05 | | | | |
| 16 | YAN CHI HANG | 242 | 725 | | | | | | | 725 | 00:19:22 | | |
| 17 | YUEN KWOK ON | 227 | 681 | | | | | | | 681 | 00:20:37 | | |
| 18 | WONG MAN WAI | 217 | 651 | 651 | 00:24:05 | | | | | | | | |
| 19 | KWAN YIU KEUNG | 214 | 642 | 642 | 00:24:25 | | | | | | | | |
| 20 | TIU LAP KUEN | 189 | 568 | | | | | 568 | 00:36:13 | | | | |
| 21 | HO KANG KIT | 121 | 362 | 362 | 00:43:20 | | | | | | | | |
| 22 | CHEUNG WAI KEE | 114 | 341 | | | | | | | 341 | 00:41:06 | | |
| 23 | TONG WAI MING | 112 | 335 | | DISQ | | | | | 335 | 00:41:53 | | |
| | CHAN WAI KIN | | | | DISQ | | | | | | | | |
| | HO WING FAI | | | | DISQ | | | | | | | | |
| | | | | | | | | | | | | | |
| | M50 | | | | | | | | | | | | |
| | | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 |
| | | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 |
| Rank | Name | Average | Total | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che |
| 1 | LAW WAI KAY | 1000 | 3000 | 982 | 00:18:32 | 1000 | 00:10:39 | 1000 | 00:18:26 | 1000 | 00:13:18 | | |
| 2 | WONG HUNG ON WALLIS | 958 | 2874 | 1000 | 00:18:12 | 925 | 00:11:31 | 949 | 00:19:25 | | | | |
| 3 | LEUNG LAP ON | 895 | 2686 | 867 | 00:20:59 | 914 | 00:11:39 | 904 | 00:20:23 | 803 | 00:16:34 | | |
| 4 | TANG YUK CHEONG | 817 | 2452 | 915 | 00:19:53 | 750 | 00:14:12 | | | 787 | 00:16:54 | | |
| 5 | LEE CHUNG MING | 778 | 2334 | | DISQ | 786 | 00:13:33 | 845 | 00:21:49 | 703 | 00:18:55 | | |
| 6 | LEUNG SAI FONG | 719 | 2157 | 689 | 00:26:24 | 722 | 00:14:45 | 533 | 00:34:35 | 745 | 00:17:51 | | |
| 7 | TAM SHU FUN | 607 | 1822 | | DNS | | | 937 | 00:19:40 | 885 | 00:15:02 | | |
| 8 | SHIU CHI SHING | 597 | 1792 | | DISQ | 569 | 00:18:44 | 634 | 00:29:04 | 589 | 00:22:34 | | |
| 9 | LAW YAT HING | 571 | 1713 | | DNS | 903 | 00:11:48 | 811 | 00:22:44 | | | | |
| 10 | CHAN WING CHONG | 509 | 1526 | 802 | 00:22:42 | 724 | 00:14:42 | | | | | | |
| 11 | LAM KWOK WAH | 479 | 1436 | 644 | 00:28:16 | | | 792 | 00:23:16 | | | | |
| 12 | TAM WAI YIP | 384 | 1153 | | | 498 | 00:21:23 | 655 | 00:28:09 | | | | |
| 13 | LEUNG KWOK WAH | 330 | 990 | | | | | 534 | 00:34:30 | 455 | 00:29:12 | | |
| 14 | CHOW KWOK MING | 261 | 782 | | | | | | | 782 | 00:17:00 | | |
| 15 | WONG MAN WAI | 252 | 756 | 756 | 00:24:05 | | | | | | | | |
| 16 | WONG CHUN MING | 250 | 749 | 749 | 00:24:18 | | | | | | | | |
| 17 | SIU KWONG WAI | 218 | 654 | | | | | 654 | 00:28:12 | | | | |
| | KWOK YUE | | | | DNS | | | | DNS | | | | |

| TAM KA MAN | | | | | | | | | | | | | |
|------------|------------------------|---------|-------|-----------|----------|-----------|----------|--------------|----------|---------------|----------|-----------|--|
| M55 | | | | | | | | | | | | | |
| Rank | Name | Average | Total | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | CHAN KWOK WAI AARON | 963 | 2889 | 956 | 00:19:15 | 974 | 00:13:37 | 950 | 00:22:31 | 959 | 00:14:59 | | |
| 2 | LEUNG KWOK KEUNG | 951 | 2853 | 1000 | 00:18:24 | 867 | 00:15:18 | 986 | 00:21:41 | | DNS | | |
| 3 | WONG KIN IP | 919 | 2757 | 813 | 00:22:38 | 1000 | 00:13:16 | 944 | 00:22:39 | 777 | 00:18:29 | | |
| 4 | PANG KA CHOI | 898 | 2693 | 829 | 00:22:12 | 923 | 00:14:22 | 941 | 00:22:44 | | DISQ | | |
| 5 | CHAN PO MING | 897 | 2692 | 819 | 00:22:28 | 930 | 00:14:16 | 943 | 00:22:40 | 764 | 00:18:49 | | |
| 6 | HUI TUNG YING | 595 | 1786 | | | | | 1000 | 00:21:23 | 786 | 00:18:17 | | |
| 7 | CHAN CHUNG WING | 568 | 1704 | 760 | 00:24:13 | 283 | 00:46:55 | 662 | 00:32:19 | | | | |
| 8 | TONG KWAN YUEN | 558 | 1675 | | | 931 | 00:14:15 | 744 | 00:28:45 | | DISQ | | |
| 9 | LEUNG LAM | 333 | 1000 | | | | | | DNS | 1000 | 00:14:22 | | |
| | LI KA HON | 160 | 480 | | | 480 | 00:27:40 | | | | | | |
| M60 | | | | | | | | | | | | | |
| Rank | Name | Average | Total | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | YUE TING WANG | 1000 | 3000 | | | 1000 | 00:10:34 | 1000 | 00:22:18 | 1000 | 00:27:31 | | |
| 2 | CHIU LUEN KWAN | 855 | 2564 | 1000 | 00:29:23 | 820 | 00:12:53 | | DISQ | 744 | 00:37:00 | | |
| 3 | MOK TO | 742 | 2226 | 926 | 00:31:44 | 686 | 00:15:24 | 614 | 00:36:18 | 603 | 00:45:39 | | |
| WE | | | | | | | | | | | | | |
| Rank | Name | Average | Total | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | LEUNG KA KI | 997 | 2992 | 1000 | 00:12:54 | 992 | 00:14:31 | 1000 | 00:15:58 | 879 | 00:21:00 | | |
| 2 | CHAN HAU WAH BRENDA | 983 | 2950 | 950 | 00:13:35 | 1000 | 00:14:24 | 828 | 00:19:17 | 1000 | 00:18:27 | | |
| 3 | YU WING HAY | 927 | 2780 | 917 | 00:14:04 | 974 | 00:14:47 | | DNS | 888 | 00:20:46 | | |
| 4 | LAM CHO YU | 919 | 2758 | 907 | 00:14:13 | 940 | 00:15:19 | 911 | 00:17:32 | | DISQ | | |
| 5 | CHAN LAI YEE | 869 | 2607 | | DNS | 876 | 00:16:26 | 867 | 00:18:25 | 864 | 00:21:21 | | |
| 6 | LUI WAI LAN IRIS | 868 | 2605 | 931 | 00:13:51 | | | 849 | 00:18:49 | 825 | 00:22:22 | | |
| 7 | YU TSZ YING | 817 | 2452 | 880 | 00:14:40 | 808 | 00:17:49 | 764 | 00:20:54 | 726 | 00:25:25 | | |
| 8 | CHENG YUEN KI HILDA | 815 | 2446 | 810 | 00:15:55 | 876 | 00:16:26 | 759 | 00:21:02 | | | | |
| 9 | YEE SZE WING | 812 | 2436 | 871 | 00:14:49 | 814 | 00:17:42 | 751 | 00:21:15 | | | | |
| 10 | LEUNG KA MAN | 796 | 2388 | 865 | 00:14:55 | 823 | 00:17:30 | | DISQ | 701 | 00:26:20 | | |
| 11 | CHAN PUI FUNG | 550 | 1651 | | DISQ | 800 | 00:18:00 | 851 | 00:18:46 | | | | |
| 12 | FUNG CHARMAINE KAI WIN | 548 | 1644 | 806 | 00:16:00 | | | 838 | 00:19:03 | | | | |
| 13 | NG KA YAN | 468 | 1405 | | | 722 | 00:19:56 | 683 | 00:23:23 | | | | |
| W8 | | | | | | | | | | | | | |
| Rank | Name | Average | Total | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | LEE TSZ CHING | 333 | 1000 | | | | | 1000 | 00:28:01 | | | | |
| 2 | PONG HIU CHING | 234 | 703 | | | | | 703 | 00:39:51 | | | | |
| W10 | | | | | | | | | | | | | |
| Rank | Name | Average | Total | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |

| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
|------------|-----------------------|---------|-------|-----------|----------|-----------|----------|--------------|----------|---------------|----------|-----------|--|
| 1 | HUI CYRENE | 1000 | 3000 | 940 | 00:15:15 | 1000 | 00:07:29 | 1000 | 00:13:50 | 1000 | 00:14:14 | | |
| 2 | SHIU WING YU | 864 | 2591 | 1000 | 00:14:20 | 838 | 00:08:56 | | | 753 | 00:18:54 | | |
| 3 | WONG YEE YAN | 552 | 1656 | 710 | 00:20:12 | | | 946 | 00:14:37 | | | | |
| 4 | NG ERIN | 504 | 1512 | 392 | 00:36:34 | 576 | 00:13:00 | 544 | 00:25:25 | | | | |
| 5 | CHAN TSZ LING | 277 | 830 | | | 273 | 00:27:24 | 557 | 00:24:50 | | DNS | | |
| 6 | TSANG CHUNG KIU | 226 | 679 | | | | | | | 679 | 00:20:57 | | |
| 7 | LAU TSZ YING EMMA | 214 | 642 | | | 642 | 00:11:39 | | DISQ | | | | |
| 8 | YIU YIU | 203 | 609 | | | | | 609 | 00:22:44 | | DISQ | | |
| 9 | PONG HIU CHING | 189 | 568 | | | | | 568 | 00:24:21 | | | | |
| 10 | WONG MONIQUE | 123 | 369 | 369 | 00:38:53 | | | | DNS | | | | |
| 11 | LO WING YIU CHELSEA | 81 | 243 | 243 | 00:59:01 | | | | | | | | |
| W12 | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | FUNG WAI KI | 942 | 2826 | 1000 | 00:20:31 | 1000 | 00:06:17 | 826 | 00:22:27 | | | | |
| 2 | KO HIU MAN SOPHIE | 763 | 2288 | 772 | 00:26:35 | 830 | 00:07:34 | 584 | 00:31:44 | 686 | 00:17:08 | | |
| 3 | LEUNG HIU YUET | 670 | 2011 | | DNS | 595 | 00:10:34 | 533 | 00:34:47 | 883 | 00:13:18 | | |
| 4 | SHIU WING YIN | 611 | 1832 | | | 832 | 00:07:33 | | | 1000 | 00:11:45 | | |
| 5 | YOU ROU | 604 | 1813 | | | | DNS | 922 | 00:20:06 | 891 | 00:13:11 | | |
| 6 | FU HOI KI | 526 | 1579 | | DISQ | | DNS | 1000 | 00:18:32 | 579 | 00:20:17 | | |
| 7 | WONG CHING HEI | 235 | 706 | | | | | | | 706 | 00:16:39 | | |
| 8 | LAU TSZ YING EMMA | 180 | 539 | | | 539 | 00:11:39 | | DISQ | | | | |
| 9 | WONG SZE WING | 158 | 473 | 473 | 00:43:23 | | | | | | | | |
| 10 | LO HOI CHING JOCELINE | 144 | 433 | | OT | 433 | 00:14:31 | | | | | | |
| | MAK TIN YAN | | | | DNS | | DNS | | | | | | |
| W14 | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| | | | | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| Rank | Name | Average | Total | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | SIU PUI YUET | 986 | 2959 | 959 | 00:18:25 | 1000 | 00:08:01 | 1000 | 00:14:19 | | | | |
| 2 | LEUNG HIU CHING | 946 | 2838 | 1000 | 00:17:40 | 902 | 00:08:53 | | DISQ | 935 | 00:17:13 | | |
| 3 | LO HOI YAN | 902 | 2705 | 952 | 00:18:33 | 857 | 00:09:21 | 895 | 00:16:00 | | DNS | | |
| 4 | LAU HIN YI | 891 | 2674 | 628 | 00:28:08 | 927 | 00:08:39 | 748 | 00:19:09 | 1000 | 00:16:06 | | |
| 5 | WONG MAN YIN | 850 | 2549 | 728 | 00:24:16 | 897 | 00:08:56 | 924 | 00:15:30 | 658 | 00:24:29 | | |
| 6 | CHAN AMANDA CHUN YI | 779 | 2338 | 818 | 00:21:36 | 650 | 00:12:20 | 870 | 00:16:27 | | | | |
| 7 | NG CHARLOTTE | 651 | 1954 | 700 | 00:25:14 | 670 | 00:11:58 | 584 | 00:24:32 | | | | |
| 8 | CAI XINYI | 552 | 1656 | | | 607 | 00:13:13 | 712 | 00:20:07 | 338 | 00:47:36 | | |
| 9 | CHEUNG CHEUK YIN | 537 | 1611 | | | 807 | 00:09:56 | 804 | 00:17:49 | | | | |
| 10 | YAU HOI LING | 528 | 1584 | | | | | 882 | 00:16:14 | 703 | 00:22:55 | | |
| 11 | YU KA WING | 488 | 1463 | 487 | 00:36:18 | 389 | 00:20:37 | 587 | 00:24:23 | | | | |
| 12 | WONG WING YIN | 484 | 1453 | | | | | 794 | 00:18:02 | 659 | 00:24:25 | | |
| 13 | YIU NAM | 475 | 1426 | | | | | 619 | 00:23:08 | 807 | 00:19:57 | | |
| 14 | NG CLARESTA | 407 | 1221 | | | | | 688 | 00:20:48 | 533 | 00:30:12 | | |
| 15 | NG SZE MAI | 294 | 881 | 447 | 00:39:30 | 434 | 00:18:29 | | DNS | | | | |
| 16 | CHU LI WEI RIE | 286 | 858 | 858 | 00:20:35 | | | | | | | | |
| 17 | TSANG SUM YEE | 239 | 716 | 716 | 00:24:40 | | | | DNS | | | | |

| | | | | | | | | | | | | |
|------|---------------------|---------|-------|------|-----------|-----------|--------------|---------------|-----------|------|----------|--|
| 18 | KWAN WEI LING CHLOE | 231 | 692 | 692 | 00:25:32 | | | | | | | |
| 18 | MAN WING | 231 | 692 | | | | | 692 | 00:20:42 | | | |
| 20 | KWONG TSZ WING | 211 | 634 | | | | | | | 634 | 00:25:23 | |
| 21 | KWOK SELINA | 100 | 299 | | DNS | 299 | 00:26:48 | | | | | |
| 22 | CHOI LOK | 83 | 250 | | | | | 250 | 00:57:13 | | | |
| 23 | CHENG HIU CHING | 71 | 212 | | DISQ | 212 | 00:37:46 | | DISQ | | | |
| | PUN SUM WING | | | | DISQ | | DNS | | DISQ | | | |
| | WONG KI SUM | | | | DNS | | | | | | | |
| | CHOI LOK NOVEL | | | | | | DNS | | DISQ | | | |
| | LEUNG KWAN KIU | | | | | | | | DNS | | | |
| | LAI WING YI | | | | | | | | | | DNS | |
| | HO CHEUK YING | | | | | | | | | | DNS | |
| | CHAN YIM CHUENG | | | | | | | | | | | |
| | CHAN SZE HANG | | | | | | DISQ | | | | | |
| | W16 | | | | | | | | | | | |
| | | | | | RL-1 | RL-2 | RL-3 | RL-4 | RL-5 | | | |
| | | | | | 26/2/2017 | 26/3/2017 | 21/5/2017 | 6/8/2017 | 17/9/2017 | | | |
| Rank | Name | Average | Total | | Velodrome | Tai Po | Fung Shue Wo | Yuen Chau Kok | Wo Che | | | |
| 1 | YUE WEI YA | 1000 | 3000 | 1000 | 00:14:54 | 1000 | 00:11:26 | 1000 | 00:21:52 | 1000 | 00:24:03 | |
| 2 | FUNG WAI CHING | 947 | 2840 | 859 | 00:17:21 | 984 | 00:11:37 | 997 | 00:21:56 | | | |
| 3 | KU KA KI | 937 | 2812 | 929 | 00:16:02 | 969 | 00:11:48 | 914 | 00:23:56 | | | |
| 4 | CHENG SUM YU | 775 | 2326 | 895 | 00:16:39 | 917 | 00:12:28 | 514 | 00:42:31 | | | |
| 5 | LO LOK YIN JASMINE | 759 | 2277 | 602 | 00:24:44 | 816 | 00:14:01 | 859 | 00:25:27 | | | |
| 6 | MAK CHIU KI ASTOR | 698 | 2093 | 773 | 00:19:17 | 502 | 00:22:46 | 818 | 00:26:43 | | | |
| 7 | CHENG WING YI | 643 | 1928 | 567 | 00:26:18 | 683 | 00:16:45 | 679 | 00:32:12 | | | |
| 8 | CHIU TSZ YING | 538 | 1615 | 518 | 00:28:47 | | | 515 | 00:42:28 | 583 | 00:41:16 | |
| 9 | TSUI WING YUEN | 486 | 1457 | 720 | 00:20:41 | | | 736 | 00:29:42 | | | |
| 10 | MAK KAR TUNG | 457 | 1370 | 529 | 00:28:10 | 841 | 00:13:36 | | | | | |
| 11 | WONG YI YAN | 434 | 1301 | 602 | 00:24:46 | | | 700 | 00:31:15 | | | |
| 12 | LUK KEI SUET ANGELA | 431 | 1294 | 787 | 00:18:56 | 507 | 00:22:33 | | | | | |
| 13 | NG SZE MAI | 332 | 996 | 377 | 00:39:30 | 619 | 00:18:29 | | DNS | | | |
| 14 | TANG LOK YI | 279 | 838 | | | 387 | 00:29:34 | 452 | 00:48:24 | | | |
| 15 | TAM KA WING | 258 | 773 | | DNS | 773 | 00:14:48 | | | | | |
| 16 | IP INGRID | 232 | 695 | | DISQ | | | 695 | 00:31:28 | | | |
| 17 | TSE TSZ YIU | 192 | 576 | | DNS | 576 | 00:19:51 | | | | | |
| 18 | MOY SZE WING CLARA | 152 | 457 | | | | | 457 | 00:47:50 | | | |
| 19 | WONG LOK MAN | 119 | 356 | | | 356 | 00:32:09 | | | | | |
| 20 | FONG SIN HANG JADA | 112 | 336 | 336 | 00:44:23 | | | | | | | |
| | YEO VICTORIA ANNA | | | | DISQ | | | | | | | |
| | TANG LO YI | | | | DISQ | | | | | | | |
| | W18 | | | | | | | | | | | |
| | | | | | RL-1 | RL-2 | RL-3 | RL-4 | RL-5 | | | |
| | | | | | 26/2/2017 | 26/3/2017 | 21/5/2017 | 6/8/2017 | 17/9/2017 | | | |
| Rank | Name | Average | Total | | Velodrome | Tai Po | Fung Shue Wo | Yuen Chau Kok | Wo Che | | | |
| 1 | LAW NGO LAAM | 959 | 2878 | 1000 | 00:21:59 | 921 | 00:13:21 | 957 | 00:27:08 | 815 | 00:35:25 | |
| 2 | WONG TSUI SHAN | 940 | 2821 | | DISQ | 1000 | 00:12:18 | 1000 | 00:25:58 | 821 | 00:35:08 | |
| 3 | FUNG WING KI | 926 | 2778 | | | 897 | 00:13:43 | 997 | 00:26:03 | 884 | 00:32:38 | |
| 4 | LEE HONG YING | 648 | 1945 | 676 | 00:32:31 | 820 | 00:15:00 | 449 | 00:57:53 | 427 | 01:07:36 | |

| W45 | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
|------|----------------------|---------|-------|-----------|----------|-----------|----------|--------------|----------|---------------|----------|-----------|--|
| Rank | Name | Average | Total | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | WONG YUK HING | 922 | 2766 | 1000 | 00:21:59 | 1000 | 00:15:22 | | DISQ | 766 | 00:31:39 | | |
| 2 | CHENG PO YI | 774 | 2323 | 761 | 00:28:54 | | DISQ | 825 | 00:37:20 | 737 | 00:32:53 | | |
| 3 | KO SIN YU | 667 | 2000 | | | | | 1000 | 00:30:49 | 1000 | 00:24:14 | | |
| 4 | CHAN SZE LAI | 564 | 1691 | 699 | 00:31:26 | 991 | 00:15:30 | | DNS | | | | |
| 5 | SO MAN TING TAMI | 547 | 1640 | | DNS | 686 | 00:22:25 | 954 | 00:32:18 | | | | |
| 6 | WONG YEE WAH | 285 | 854 | 854 | 00:25:44 | | | | | | | | |
| 7 | KWOK KA WAH CARA | 223 | 668 | | | 668 | 00:23:01 | | | | DNS | | |
| 8 | WONG MAN WING | 218 | 653 | | | | | 653 | 00:47:12 | | | | |
| | CHEUNG NGANCHUN | | | | | | | | DNS | | | | |
| | CHOI YAT SUM | | | | | | | | DNS | | | | |
| | PANG SHUET LAI | | | | | | | | | | DNS | | |
| | CHAN FUNG SHAN EVELY | | | | | | | | | | | | |
| | WONG YUK HING | | | | | | | | | | | | |
| W50 | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| Rank | Name | Average | Total | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | AU WING SEE | 1000 | 3000 | 1000 | 00:22:06 | 1000 | 00:13:49 | 1000 | 00:20:53 | 1000 | 00:23:04 | | |
| 2 | CHAN LAI CHU | 336 | 1007 | | | | | 555 | 00:37:39 | 452 | 00:51:02 | | |
| 3 | LEUNG YEE MAN | 300 | 901 | | DNS | 901 | 00:15:20 | | | | | | |
| 4 | NG MIU LAN | 277 | 830 | | | | | 830 | 00:25:09 | | | | |
| 5 | CHAN YUK CHI | 170 | 510 | | | 510 | 00:27:07 | | | | | | |
| W55 | | | | RL-1 | | RL-2 | | RL-3 | | RL-4 | | RL-5 | |
| Rank | Name | Average | Total | 26/2/2017 | | 26/3/2017 | | 21/5/2017 | | 6/8/2017 | | 17/9/2017 | |
| | | | | Velodrome | | Tai Po | | Fung Shue Wo | | Yuen Chau Kok | | Wo Che | |
| 1 | CHUI LAI KUEN CANDY | 1000 | 3000 | 1000 | 00:20:36 | 1000 | 00:09:49 | 1000 | 00:19:28 | 832 | 00:30:35 | | |
| 2 | LEUNG YEE MAY | 562 | 1686 | 536 | 00:38:25 | 254 | 00:38:42 | 675 | 00:28:51 | 475 | 00:53:31 | | |
| 3 | CHAN SIU LIN | 542 | 1625 | | | | | 625 | 00:31:09 | 1000 | 00:25:26 | | |
| 4 | WONG YUK CHING LAM | 514 | 1543 | 616 | 00:33:28 | 478 | 00:20:32 | 449 | 00:43:20 | | | | |
| 5 | CHAN YIN WAN | 168 | 504 | | | | | | DISQ | 504 | 00:50:30 | | |

Time Limit:

00:60:00

00:60:00

00:60:00

00:60:00