

# 南區越野賽2023

## SOUTHERN DISTRICT CROSS COUNTRY RUN

29/10/2023 Sunday 香港仔郊野公園

Name 姓名	Bib No 號碼布	Category 組別	Cat Post 組別名次	Time時間
<b>男女子A組 1.2km</b>				
Keung Bethany	1	FA	1	00:05:38
賴靖蕎	276	FA	2	00:06:29
陳茨澄	277	FA	3	00:06:29
朱慧燕	275	FA	4	00:06:30
葉芷晴	2	FA	5	00:06:36
Chan Yat Long Jay	3	MA	1	00:04:49
Lau Hiu Lap	6	MA	2	00:05:05
PETTON, Alexandre	10	MA	3	00:05:25
Leung Yun Fung Clinton	9	MA	4	00:05:26
Leung Cheuk Yiu	8	MA	5	00:05:28
Chiu Sung Hong	5	MA	6	00:05:42
Lau yui hong	7	MA	7	00:05:47

### 男女子B, C及共融組 3.5km

Poon Sum Yuet	23	FB	1	00:17:58
李靖妍	274	FB	2	00:18:43
Leung Lok Yi Lori	20	FB	3	00:19:27
Leung, Junyi Beverly	21	FB	4	00:19:33
Wong Ka Ching	26	FB	5	00:19:37
Pun Yu Qing Mable	24	FB	6	00:20:07
羅珮瑜	31	FB	7	00:20:15
吳泳妮	33	FB	8	00:21:32
蔡昕澄	29	FB	9	00:21:59
羅晞瑜	32	FB	10	00:22:10
CHUI CHING NAM	14	FB	11	00:22:22
黃子琳	30	FB	12	00:22:41
LAM SUM YUET	19	FB	13	00:22:43
ZHANG XIAOCHEN	28	FB	14	00:23:14
KO SHUK MAN	17	FB	15	00:23:20
CHAN WING TUNG WYNN	12	FB	16	00:23:32
SIU CHING	25	FB	17	00:23:36
YU SHUK KI	27	FB	18	00:24:25
張錦雯	34	FB	19	00:27:58
CHENG Ho Ka	13	FB	20	00:54:40
Chan Pak Yin Katie	36	FC	1	00:15:48
李紫瑤	47	FC	2	00:17:55
林祉兒	49	FC	3	00:17:57

羅美行	50	FC	4	00:17:59
Au Oi Yu Angelina	35	FC	5	00:18:18
邱焯然	52	FC	6	00:18:25
Cheung Chloe	37	FC	7	00:19:00
Chu Kei Ying Karen	39	FC	8	00:19:23
呂恩桐	51	FC	9	00:19:24
文心兒	53	FC	10	00:19:33
陳佳穎	44	FC	11	00:19:47
Ho Sum Yee	40	FC	12	00:19:51
鄭詩恩	55	FC	13	00:20:33
鄧悅悠	46	FC	14	00:21:26
Ma Ho Ho	42	FC	15	00:21:43
袁心悠	54	FC	16	00:22:13
周玥	56	FC	17	00:22:27
陳姿廷	45	FC	18	00:22:47
WUN YEE NAM	41	FC	19	00:27:40
Cheung Lu	38	FC	20	01:03:44

WONG Edison	61	MB	1	00:15:19
黃瀚霆	67	MB	2	00:15:43
Chan Tsz Long	59	MB	3	00:16:22
潘郁然	73	MB	4	00:16:23
劉劍鴻	71	MB	5	00:18:29
劉劍豪	70	MB	6	00:18:31
吳卓橋	75	MB	7	00:19:12
Fong Tin Hang	62	MB	8	00:19:37
江曉峰	68	MB	9	00:19:51
Chan Ting Hong Travis	58	MB	10	00:20:02
何梓焯	66	MB	11	00:20:14
吳洛鏗	74	MB	12	00:20:15
冼亮澄	77	MB	13	00:20:53
伍植康	76	MB	14	00:23:13
林明熙	69	MB	15	00:25:14
Ho Siu Kong	63	MB	16	00:26:12
馮偉豪	65	MB	17	00:27:47
詹皓喬	134	MC	1	00:14:11
施心迪	126	MC	2	00:14:33
盧俊熙	122	MC	3	00:14:37
郭偉倫	108	MC	4	00:15:08
?宇釗	128	MC	5	00:15:10
潘逸葱	125	MC	6	00:15:33
黃鎧熙	111	MC	7	00:15:44
趙卓謙	137	MC	8	00:15:47
黃子彬	113	MC	9	00:15:56
袁迦強	133	MC	10	00:16:06
周言聰	272	MC	11	00:16:06
張俊熙	135	MC	12	00:16:14
Chan Ming Long	81	MC	13	00:16:14
Tam Yuk Hon	91	MC	14	00:16:15
陳子明	105	MC	15	00:16:20

陳子隆	104	MC	16	00:16:20
蔡泓楷	99	MC	17	00:16:21
Tse Wang Chun Cruz	94	MC	18	00:16:24
Ng Yat Long	88	MC	19	00:16:26
陳遠騰	103	MC	20	00:16:29
陳俊達	102	MC	21	00:16:32
張日希	136	MC	22	00:16:48
Tam Yuk Wang	92	MC	23	00:16:55
黃柏熙	271	MC	24	00:16:56
廖健鈞	270	MC	25	00:17:06
徐浩鈞	131	MC	26	00:17:10
Shahzib	89	MC	27	00:17:12
林嘉銘	119	MC	28	00:17:20
MA MARKUS	87	MC	29	00:17:46
fung chun hei	83	MC	30	00:17:48
Zhou Chenyan	97	MC	31	00:17:48
林銘軒	120	MC	32	00:17:49
Yu Ka Yiu	96	MC	33	00:17:55
鄭皓峯	138	MC	34	00:17:56
何梓進	110	MC	35	00:17:58
黃智鏞	112	MC	36	00:17:59
LI KA CHUN **	84	MC	37	00:18:12
梁澍銘	118	MC	38	00:18:13
梁晉康	117	MC	39	00:18:15
李俊熙	116	MC	40	00:18:16
李逸塵	273	MC	41	00:19:03
黎天朗	115	MC	42	00:19:06
徐樂仁	132	MC	43	00:19:10
陳崇樂	280	MC	44	00:19:12
Ayush	80	MC	45	00:19:13
鄧焯熹	106	MC	46	00:19:14
文子賢	129	MC	47	00:19:19
余文熙	202	MC*	**	0:19:21
何朗睿	109	MC	48	00:19:23
王進豪	127	MC	49	00:19:32
陳柏文	101	MC	50	00:19:35
To Tsz Fung	93	MC	51	00:20:15
翟朗熙	107	MC	52	00:20:33
劉子琪	121	MC	53	00:21:51
林道言	281	MC	54	00:23:21
敖俊文	98	MC	55	00:24:02
陳柏辰	100	MC	56	00:25:10
陸康輝	123	MC	57	00:25:11
吳錦源	130	MC	58	00:26:13
劉晨熙	269	MC	59	00:47:13

NG YIN FOR	144	GG	1	00:15:24
Chiu Chi Yeung	141	GG	2	00:16:25
莫兆天	145	GG	3	00:21:29
Leung Siu Wan	143	GG	4	00:23:52

CHAU WAI CHUEN	140	GG	5	01:15:29
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賴天賜	287	GG2	1	00:43:41
張嘉元	283	GG2	2	00:43:41
鄧梓傑	285	GG2	3	00:43:42
陳祥裕	286	GG2	4	00:43:43
劉嘉鏗	284	GG2	5	00:43:57
李博悅	289	GG2	6	00:43:57
邱鉅翔	288	GG2	7	00:43:57
劉逸博	290	GG2	8	00:43:57
陳耀星	291	GG2	9	00:43:58

### 男女子D. E & F組 9km

Fan Tsz Wa, Francoise	146	FD	1	00:48:49
Mak Phoebe Qiaozhen	147	FD	2	00:52:49
Ng Sai Yi	149	FD	3	00:53:16
Shek Luk Yan	161	FE	1	00:49:09
KAN Vivian	163	FE	2	00:53:24
Yung Sau Lai	168	FE	3	00:54:29
Cheung Teresa	162	FE	4	00:55:29
Yiu Nga Yi Nicole	166	FE	5	00:58:30
Cheung Kwai Yun	152	FE	6	00:58:51
Lam Kwan Wai	157	FE	7	00:59:18
Kwok Ka Ling Lillian	155	FE	8	00:59:59
陳燕卿	170	FE	9	01:01:08
Hung Kit Har	154	FE	10	01:04:33
WONG SHUK HA	164	FE	11	01:04:34
Lui Kim Man	159	FE	12	01:06:31
Chan Mei Ho	151	FE	13	01:08:28
Cheung Siu Ling	153	FE	14	01:11:58
Chan Lai Mui	150	FE	15	01:12:37
Woo Yuen Man	165	FE	16	01:18:52
Lo Hang I	158	FE	17	01:18:53
YUEN YEE MAN	167	FE	18	01:19:44
Lee Yin Ping	172	FF	1	00:47:32
Wong Kit Mui Corinna	175	FF	2	00:54:57
布嘉燕	178	FF	3	00:57:13
李麗雲	182	FF	4	01:11:08
Mok Chui Ha	174	FF	5	01:14:47
Yeung Heung Lan Roberta	177	FF	6	01:16:25
陳巧詩	179	FF	7	01:24:41
何美玲	181	FF	8	01:27:59

邱明傑	282	MD	1	00:36:27
Chan Fai Hung	184	MD	2	00:37:15
梁順敬	279	MD	3	00:38:35
Chu Ho Ting	185	MD	4	00:39:06
李啟駿	201	MD	5	00:40:28

Wong Kin Wai	196	MD	6	00:41:09
鄭卓剛	268	MD	7	00:42:06
陳梓鍵	199	MD	8	00:46:17
ONISH	191	MD	9	00:46:29
TSOI WING WAI	195	MD	10	00:46:46
Tam Chi Him	193	MD	11	00:48:53
蔡榮楠	197	MD	12	00:49:15
張濤祥	203	MD	13	00:51:09
Tam Tsz Kan	194	MD	14	00:52:23
陳子聰	198	MD	15	00:57:40
NAYAN	190	MD	16	00:58:03
AU Yiu Ki Eddy	183	MD	17	00:58:21
Mujahid	189	MD	18	00:58:38
LEE YIU SING	188	MD	19	01:01:17

Richard Cowley	223	ME	1	00:40:28
Chan Ka Ho Karol	206	ME	2	00:40:44
Li chi keung	220	ME	3	00:42:10
Au Ming Wai Samson	205	ME	4	00:42:42
Kwok Yiu Hang	213	ME	5	00:43:03
馮健剛	227	ME	6	00:43:29
SHIH Yuk Pang Denny	224	ME	7	00:43:39
Wu Chi Tak	226	ME	8	00:44:53
KWOK WAI ON	211	ME	9	00:46:36
吳勝澤	230	ME	10	00:48:21
Lee Hing Lung	215	ME	11	00:48:30
LEUNG KA KIT	217	ME	12	00:48:55
Leung Silky	219	ME	13	00:51:12
Tsang Hin Nang	225	ME	14	00:51:45
Cheung Chiu Ming	208	ME	15	00:54:56
LEUNG CHIMAN	216	ME	16	00:55:02
Li po ying	221	ME	17	00:56:29
CHAU HON MAN	207	ME	18	00:59:18
林裕財	229	ME	19	00:59:54
Hung Shing Hing	210	ME	20	01:00:26
Kwok Wing Yiu	212	ME	21	01:02:30
蕭嘉仁	231	ME	22	01:22:37
LI ka yue	204	ME	23	01:24:44

TO Hoi Lau Eric	243	MF	1	00:42:36
鄧錦標	252	MF	2	00:43:47
何強德	255	MF	3	00:46:35
NG Kam Wai David	240	MF	4	00:47:31
Leung Kwong Ming	173	MF	5	00:48:03
Suen Lap Man	242	MF	6	00:53:44
陳世喜	251	MF	7	00:55:01
Koon Chau Ming	237	MF	8	00:55:26
Mak Fai Hang	239	MF	9	00:55:45
Wong Lung Po Alex	247	MF	10	00:56:12

阮宏昌	264	MF	11	00:57:38
郭錦榮	253	MF	12	00:58:08
CHAN WAI IP DANNY	233	MF	13	00:58:13
Chan yan kee	234	MF	14	00:58:34
馮金培	262	MF	15	00:58:38
梁國華	257	MF	16	00:59:07
劉福恩	259	MF	17	01:01:30
呂志雄	261	MF	18	01:01:59
何國倫	254	MF	19	01:04:41
Wong Wai Keung	249	MF	20	01:05:19
Kris Larsson	238	MF	21	01:05:34
Hui kwok fai	236	MF	22	01:06:59
Charles Caldwell	235	MF	23	01:08:14
Ng Wah Chai	241	MF	24	01:08:28
WAN Tak Wing	245	MF	25	01:09:13
Wong Chi Wai	246	MF	26	01:11:34
梁卓明	258	MF	27	01:12:23
Wong Sat Hing Franky	248	MF	28	01:12:31
陳澤恩	267	MF	29	01:14:09
Au Ka Hung	232	MF	30	01:16:22
王偉章	265	MF	31	01:21:50
劉錫華	260	MF	32	01:22:06
黃國林	256	MF	33	01:22:13
潘東昌	263	MF	34	01:23:46