

OverallPosition	CategoryPosition	Category1	BIB	Name	Official Time	Chip Time	CheckPoint1	CheckPoint2	CheckPoint3	Lap	Remarks
1	1 M1	M1 0005	孫鎮傑	0:33:20	0:33:20	0:08:45	0:13:41	0:28:56	0:24:29		
2	1 M3	M3 0045	劉耀勳	0:35:47	0:35:47	0:08:59	0:14:22	0:30:54	0:26:01		
3	1 AM	AM 0473	李振邦	0:36:28	0:36:28	0:09:03	0:14:22	0:31:23	0:26:18		
4	2 AM	AM 0431	鍾家奇	0:36:52	0:36:50	0:09:02	0:14:22	0:31:39	0:26:27		
5	1 M2	M2 0025	袁國熙	0:37:42	0:37:41	0:09:23	0:14:56	0:32:40	0:27:23		
6	2 M3	M3 0041	黃浩文	0:38:00	0:37:59	0:09:21	0:14:56	0:32:42	0:27:24		
7	1 UM	UM 0240	歐陽梓雋	0:38:00	0:38:00	0:09:23	0:15:02	0:32:54	0:27:37		
8	3 M3	M3 0049	連卓峰	0:38:15	0:38:14	0:09:22	0:14:56	0:32:56	0:27:32		
9	2 UM	UM 0232	潘學城	0:38:22	0:38:21	0:09:22	0:14:58	0:32:57	0:27:38		
10	3 AM	AM 0433	陳浩賢	0:38:22	0:38:20	0:09:30	0:15:08	0:33:01	0:27:42		
11	4 AM	AM 0469	Ryan Li	0:38:34	0:38:32	0:09:20	0:14:58	0:33:15	0:27:53		
12	1 M4	M4 0083	吳志明	0:38:36	0:38:33	0:09:29	0:15:17	0:33:16	0:27:58		
13	5 AM	AM 0493	范啟蔭	0:39:45	0:39:43	0:09:58	0:15:47	0:34:26	0:28:57		
14	6 AM	AM 0479	陳力文	0:39:47	0:39:44	0:10:09	0:16:05	0:34:28	0:29:02		
15	2 M1	M1 0004	蔡仕謙	0:39:51	0:39:49	0:09:47	0:15:32	0:34:14	0:28:44		
16	7 AM	AM 0457	Wan Chi Yuen Tommy	0:39:59	0:39:56	0:10:09	0:16:03	0:34:34	0:29:03		
17	1 UF	UF 0307	Au, Ella	0:40:18	0:40:16	0:09:46	0:15:45	0:34:33	0:28:59		
18	3 UM	UM 0243	胡梓軒	0:40:28	0:40:25	0:10:00	0:16:01	0:35:01	0:29:24		
19	4 UM	UM 0246	劉振邦	0:40:50	0:40:49	0:09:55	0:16:02	0:35:06	0:29:22		
20	2 M4	M4 0079	方維成	0:40:52	0:40:51	0:10:08	0:16:07	0:35:12	0:29:33		
21	4 M3	M3 0058	潘嶸	0:41:04	0:41:02	0:08:59	0:14:26	0:35:36	0:30:10		
22	8 AM	AM 0451	Derek Kwan	0:41:33	0:41:29	0:10:08	0:16:04	0:35:50	0:29:53		
23	9 AM	AM 0475	MUTO TAMUJI	0:41:35	0:41:32	0:10:33	0:16:42	0:36:12	0:30:29		
24	5 M3	M3 0036	CHOW, LING FUNG	0:41:45	0:41:43	0:09:50	0:15:55	0:35:38	0:29:44		
25	3 M4	M4 0096	CHAN, SIU CHEUNG	0:41:45	0:41:44	0:10:20	0:16:31	0:36:04	0:30:18		
26	5 UM	UM 0277	黃文傑	0:41:53	0:41:53	0:10:09	0:16:28	0:36:10	0:30:16		
27	6 M3	M3 0038	Cheung, Chin Ngai	0:42:24	0:42:23	0:10:16	0:16:33	0:36:42	0:30:50		
28	1 AF	AF 0498	LAI, MEIYUI	0:42:52	0:42:50	0:10:48	0:17:06	0:37:08	0:31:12		
29	10 AM	AM 0487	HILTON LIU	0:42:52	0:42:46	0:10:34	0:16:45	0:36:49	0:30:46		
30	4 M4	M4 0078	劉鎮國	0:43:15	0:43:13	0:10:36	0:17:02	0:37:26	0:31:20		
31	7 M3	M3 0043	梁維斌	0:43:31	0:42:59	0:11:25	0:17:34	0:37:35	0:31:34		
32	5 M4	M4 0102	Cheng, Yui Keung	0:43:32	0:43:28	0:10:58	0:17:33	0:37:38	0:31:44		
33	11 AM	AM 0488	區鍵鏗	0:43:58	0:43:51	0:10:34	0:16:50	0:37:43	0:31:20		
34	2 AF	AF 0518	Jasmine Chung	0:44:39	0:44:37	0:10:55	0:17:31	0:38:38	0:32:25		
35	12 AM	AM 0445	Fung Wing Kwong Calvin	0:44:39	0:44:34	0:11:24	0:17:54	0:38:39	0:32:25		
36	1 F2	F2 0177	黃尚芳	0:44:43	0:44:39	0:11:19	0:17:50	0:38:40	0:32:26		
37	6 UM	UM 0269	黎國威	0:45:24	0:45:00	0:12:22	0:19:01	0:39:26	0:33:00		
38	7 UM	UM 0288	羅永邦	0:45:42	0:45:39	0:10:35	0:17:15	0:39:01	0:32:20		
39	13 AM	AM 0461	Lee Chi Shing	0:45:57	0:45:52	0:10:55	0:17:32	0:39:18	0:32:41		
40	6 M4	M4 0099	Chung, TAT Chi	0:46:12	0:46:10	0:10:54	0:17:54	0:40:03	0:33:38		
41	14 AM	AM 0462	Lim Kin Sing	0:46:25	0:46:17	0:11:15	0:17:53	0:39:48	0:32:53		
42	1 F3	F3 0195	盧麗輝	0:46:31	0:46:28	0:11:03	0:17:52	0:39:55	0:33:21		
43	3 AF	AF 0524	竹重仁子	0:46:33	0:46:31	0:11:44	0:18:35	0:40:07	0:33:41		
44	7 M4	M4 0106	謝國明	0:46:36	0:46:22	0:11:19	0:18:05	0:40:04	0:33:34		
45	8 UM	UM 0251	黃國傑	0:46:39	0:46:17	0:12:10	0:19:08	0:40:46	0:34:24		
46	2 M2	M2 0009	Wong, Wai leong	0:46:58	0:46:57	0:10:48	0:17:27	0:40:23	0:33:10		
47	8 M4	M4 0088	傅家輝	0:47:01	0:47:00	0:10:58	0:17:52	0:40:14	0:33:01		
48	8 M3	M3 0035	陳家榮	0:47:11	0:47:09	0:11:53	0:18:45	0:41:03	0:34:51		
49	9 UM	UM 0248	林秉威	0:47:19	0:47:17	0:11:53	0:18:51	0:40:49	0:34:13		
50	1 F4	F4 0214	楊美倫	0:47:26	0:47:22	0:11:44	0:18:43	0:40:45	0:34:05		
51	2 F4	F4 0205	陳美玲	0:47:35	0:47:33	0:12:01	0:19:07	0:41:10	0:34:42		
52	15 AM	AM 0434	Fung, Chi Hang Charlie	0:47:44	0:47:37	0:11:36	0:18:34	0:40:55	0:34:04		
53	16 AM	AM 0458	Wu Xu Yuan Joe	0:48:03	0:48:00	0:11:14	0:19:14	0:41:51	0:35:06		
54	9 M4	M4 0075	陳紹輝	0:48:07	0:48:03	0:11:43	0:18:46	0:41:14	0:34:24		
55	10 UM	UM 0264	劉育文	0:48:08	0:47:56	0:12:43	0:20:05	0:41:43	0:35:22		
56	17 AM	AM 0467	LUK Chung Tak	0:48:11	0:48:07	0:11:35	0:18:34	0:41:48	0:35:10		
57	2 UF	UF 0297	Chan, Siu Fun Ada	0:48:16	0:48:12	0:11:50	0:18:58	0:41:24	0:34:36		
58	9 M3	M3 0048	蘇樹娣	0:48:32	0:48:12	0:11:49	0:18:48	0:41:50	0:34:55		
59	18 AM	AM 0465	Tse Wai Kin	0:48:33	0:48:11	0:11:52	0:18:52	0:41:45	0:35:00		
60	3 M2	M2 0026	Chun Ho Lui	0:48:39	0:48:36	0:11:29	0:18:36	0:42:19	0:35:30		
61	10 M3	M3 0031	鮑沛權	0:48:39	0:48:25	0:10:24	0:16:20	0:42:48	0:29:13		
62	3 F4	F4 0225	CHU CHOI LIN	0:48:43	0:48:15	0:12:59	0:20:11	0:42:18	0:35:50		
63	4 M2	M2 0021	李濠	0:48:44	0:48:40	0:11:55	0:19:03	0:42:17	0:35:25		
64	11 M3	M3 0028	鄭偉雄	0:49:04	0:48:31	0:13:06	0:20:07	0:42:42	0:35:53		
65	2 F2	F2 0161	黃司慧	0:49:13	0:49:11	0:11:58	0:19:12	0:42:15	0:35:18		
66	3 UF	UF 0299	Leung, Tik Yan	0:49:25	0:49:22	0:12:06	0:19:24	0:42:35	0:35:42		
67	12 M3	M3 0030	Wong, Man kei	0:49:27	0:48:56	0:12:58	0:20:04	0:43:03	0:36:08		
68	10 M4	M4 0093	Leung, Yat Fai	0:49:29	0:49:26	0:11:57	0:19:19	0:42:46	0:35:39		
69	11 UM	UM 0258	藍文輝	0:49:32	0:49:21	0:12:43	0:20:03	0:42:54	0:36:04		
70	13 M3	M3 0039	Mak, Wing Kwun	0:49:34	0:48:53	0:13:17	0:20:24	0:42:51	0:36:10		
71	4 UF	UF 0320	Lui Kim Man	0:49:41	0:49:37	0:12:19	0:19:42	0:42:45	0:36:04		
72	14 M3	M3 0052	陳智倫	0:49:44	0:49:17	0:12:13	0:19:23	0:42:47	0:35:47		
73	12 UM	UM 0235	丘耀誠	0:49:51	0:49:38	0:12:41	0:19:57	0:43:02	0:36:01		
74	13 UM	UM 0280	Lau Chun Hing	0:49:55	0:49:34	0:12:18	0:19:36	0:43:00	0:35:54		
75	19 AM	AM 0471	譚志強	0:50:00	0:49:45	0:13:12	0:20:33	0:43:34	0:36:51		
76	4 AF	AF 0512	Tammy Fung	0:50:07	0:50:02	0:12:24	0:19:50	0:43:08	0:36:01		
77	20 AM	AM 0494	鍾奇名	0:50:31	0:49:43	0:13:32	0:20:33	0:43:27	0:36:29		
78	15 M3	M3 0059	英達平	0:50:32	0:49:47	0:13:14	0:20:31	0:43:50	0:36:48		
79	21 AM	AM 0468	Tsang Sai Cheong	0:50:42	0:50:23	0:12:32	0:19:47	0:43:38	0:36:18		
80	16 M3	M3 0057	陳木百健	0:50:53	0:50:46	0:12:52	0:20:30	0:43:53	0:37:11		
81	4 F4	F4 0217	梁美華	0:50:55	0:50:51	0:12:06	0:19:23	0:43:26	0:36:07		
82	22 AM	AM 0484	賴駿業	0:51:00	0:50:43	0:12:21	0:19:51	0:43:49	0:36:42		
83	5 F4	F4 0231	周瑞萍	0:51:05	0:50:53	0:13:07	0:20:29	0:43:48	0:36:45		
84	1 F1	F1 0156	馬樂兒	0:51:12	0:51:01	0:13:16	0:21:04	0:44:49	0:37:28		
85	3 M1	M1 0003	馬肇樂	0:51:13	0:51:02	0:13:15	0:21:04	0:44:48	0:37:28		
86	3 F2	F2 0168	蔡曉婷	0:51:17	0:51:14	0:12:27	0:20:01	0:43:57	0:36:50		
87	1 M5	M5 0132	關偉權	0:51:33	0:51:24	0:12:25	0:19:56	0:44:17	0:36:29		
88	5 AF	AF 0520	YAMANOTO NORIKO	0:51:35	0:51:20	0:12:57	0:20:29	0:44:32	0:37:22		
89	14 UM	UM 0252	黃永傑	0:51:40	0:51:14	0:12:01	0:19:10	0:44:08	0:36:18		
90	15 UM	UM 0242	Lo, Ka Chiu	0:51:44	0:51:37	0:12:07	0:19:44	0:44:02	0:36:38		
91	11 M4	M4 0105	陳炳新	0:51:47	0:51:26	0:12:22	0:19:52	0:44:27	0:37:04		
92	5 UF	UF 0314	周冬笙	0:51:59	0:51:47	0:12:57	0:20:30	0:44:54	0:37:37		
93	17 M3	M3 0066	關俊傑	0:52:02	0:51:49	0:12:42	0:20:04	0:44:24	0:36:56		
94	12 M4	M4 0072	AU YEUNG, WAI CHOI	0:52:15	0:52:13	0:10:20	0:17:09	0:44:35	0:36:12		
95	4 F2	F2 0170	鄧卓喬	0:52:17	0:52:16	0:12:48	0:20:32	0:44:59	0:37:42		
96	23 AM	AM 0450	Feld Thomas	0:52:35	0:52:31	0:12:11	0:19:46	0:44:54	0:37:03		
97	13 M4	M4 0085	Chan, Hon shing	0:52:38	0:52:01	0:12:51	0:20:24	0:45:49	0:38:17		

98	6 AF	AF 0525	羅杏明	0:52:38	0:52:31	0:12:45	0:20:35	0:45:22	0:38:04
99	24 AM	AM 0476	余修良	0:52:40	0:52:15	0:12:58	0:20:23	0:45:24	0:37:44
100	16 UM	UM 0253	余顯文	0:52:43	0:52:42	0:12:35	0:20:34	0:45:37	0:38:20
101	2 M5	M5 0129	陳鉅文	0:52:45	0:52:13	0:13:49	0:21:40	0:45:50	0:38:18
102	17 UM	UM 0247	霍錦華	0:52:51	0:52:30	0:12:17	0:19:37	0:44:57	0:37:01
103	5 M2	M2 0024	Yeung, Kenny	0:52:56	0:52:46	0:12:24	0:20:00	0:45:46	0:38:06
104	5 F2	X 0598	Lok Yi Chloe NG	0:52:56	0:52:47	0:12:24	0:20:04	0:45:45	0:38:06
105	25 AM	AM 0452	De Guzman, Andrei Louis Erodias	0:52:58	0:52:47	0:12:39	0:19:59	0:45:14	0:37:31
106	26 AM	AM 0470	KO PETER WING HANG	0:53:01	0:52:45	0:12:56	0:20:37	0:45:18	0:37:55
107	7 AF	AF 0523	NG HWA SHAN SABINA	0:53:01	0:52:46	0:12:57	0:20:39	0:45:30	0:37:54
108	18 UM	UM 0273	何天山	0:53:12	0:52:39	0:12:55	0:20:17	0:46:01	0:37:48
109	8 AF	AF 0515	Jiyun Qian	0:53:16	0:52:54	0:13:52	0:21:39	0:45:54	0:38:30
110	27 AM	AM 0455	Leung Kin Man	0:53:20	0:53:14	0:13:20	0:20:59	0:46:27	0:39:05
111	28 AM	AM 0466	Wong Man Dik	0:53:22	0:52:53	0:13:30	0:21:06	0:45:17	0:37:51
112	6 UF	UF 0311	郭惠珍	0:53:25	0:53:15	0:13:14	0:21:15	0:45:56	0:38:36
113	29 AM	AM 0459	Ho Hiu Fai	0:53:27	0:53:19	0:13:03	0:20:41	0:45:55	0:38:14
114	19 UM	UM 0263	何錦雲	0:53:28	0:53:16	0:13:08	0:20:51	0:45:53	0:38:15
115	20 UM	UM 0260	何國豪	0:53:31	0:53:20	0:13:13	0:20:38	0:46:36	0:38:45
116	2 F3	F3 0184	于嘉汶	0:53:34	0:53:24	0:12:32	0:20:20	0:45:23	0:37:46
117	14 M4	M4 0089	Yee, Kin On	0:53:36	0:53:35	0:12:56	0:20:48	0:46:02	0:38:36
118	3 F3	F3 0182	曾婉思	0:53:43	0:53:38	0:13:10	0:21:13	0:46:23	0:39:02
119	6 F4	F4 0216	Tse, Pui Ling	0:53:47	0:53:41	0:13:30	0:21:15	0:46:13	0:38:51
120	15 M4	M4 0109	黃永勤	0:54:18	0:54:00	0:13:25	0:21:16	0:46:41	0:39:13
121	18 M3	M3 0044	許中孝	0:54:21	0:53:48	0:13:28	0:20:50	0:47:04	0:38:49
122	16 M4	M4 0090	王明祥	0:54:23	0:54:19	0:13:04	0:21:23	0:46:58	0:39:28
123	17 M4	M4 0091	周昭明	0:54:29	0:54:01	0:14:38	0:22:29	0:46:54	0:39:20
124	21 UM	UM 0282	蘇永光	0:54:31	0:54:23	0:12:54	0:20:34	0:46:55	0:39:26
125	18 M4	M4 0097	Ngai, Henry Yau Lim	0:54:42	0:54:39	0:12:20	0:20:49	0:47:08	0:39:24
126	19 M4	M4 0080	呂慧成	0:54:45	0:54:11	0:15:58	0:24:38		0:45:51
127	20 M4	M4 0094	鄭寶文	0:54:45	0:54:35	0:13:33	0:21:25	0:46:57	0:39:19
128	22 UM	UM 0279	Hung Shing Hing	0:54:57	0:54:54	0:13:29	0:21:37	0:46:56	0:39:08
129	30 AM	AM 0454	Lam Ka Chun	0:55:16	0:55:02	0:12:40	0:21:00	0:47:31	0:39:42
130	6 M2	M2 0022	WONG KING HEI LEO	0:55:17	0:54:44	0:13:32	0:21:11	0:47:12	0:38:42
131	3 M5	M5 0150	李衛平	0:55:17	0:55:10	0:13:15	0:21:29	0:47:18	0:39:33
132	23 UM	UM 0278	余梓金	0:55:31	0:55:25	0:13:11	0:21:06	0:47:14	0:39:31
133	4 M1	M1 0007	張子揚	0:55:37	0:50:23	0:17:03	0:24:02	0:48:23	0:40:10
134	19 M3	M3 0029	LEUNG, HUNG CHU	0:55:50	0:55:17	0:14:28	0:22:36	0:48:24	0:40:52
135	4 M5	M5 0128	張錦榮	0:55:59	0:55:49	0:13:27	0:21:36	0:47:42	0:39:17
136	24 UM	UM 0284	黃希諾	0:56:06	0:55:56	0:12:54	0:20:37	0:47:25	0:39:26
137	31 AM	AM 0495	Kou, Hoi Kan	0:56:24	0:56:15	0:11:39	0:21:59	0:49:26	0:42:11
138	25 UM	UM 0276	林智勇	0:56:28	0:55:52	0:13:55	0:21:54	0:48:10	0:40:26
139	32 AM	AM 0438	Steven Yiu	0:56:45	0:56:35	0:14:25	0:22:46	0:48:53	0:41:13
140	6 F2	F2 0167	鄧楚灝	0:56:56	0:56:24	0:13:57	0:21:49	0:48:56	0:40:42
141	5 M5	M5 0134	胡志強	0:56:58	0:56:50	0:14:28	0:22:58	0:48:58	0:41:12
142	6 M5	M5 0136	Young, Ivan	0:57:03	0:56:46	0:14:11	0:22:24	0:49:00	0:41:00
143	7 F4	F4 0218	陳穎嫻	0:57:32	0:57:27	0:14:09	0:22:37	0:49:11	0:41:19
144	20 M3	M3 0040	Lun, Ban	0:57:40	0:57:28	0:13:42	0:22:07	0:49:31	0:41:09
145	33 AM	AM 0490	YIU WAI SHING	0:57:43	0:57:23	0:14:13	0:23:04	0:49:57	0:41:58
146	26 UM	UM 0257	黃文佳	0:57:52	0:57:41	0:13:38	0:22:00	0:49:45	0:41:36
147	34 AM	AM 0442	Siu Kam Hang	0:57:55	0:57:51	0:13:26	0:22:08	0:49:55	0:41:40
148	35 AM	X 0548	蕭錦行	0:57:55	0:57:51	0:13:26		0:49:53	0:41:39
149	21 M4	M4 0101	Chan, Wai kong	0:58:01	0:57:39	0:14:22	0:22:50	0:49:54	0:41:55
150	7 M5	M5 0142	陳國強	0:58:05	0:58:04	0:13:23	0:21:27	0:49:05	0:40:25
151	4 F3	F3 0186	洪曉藍	0:58:06	0:57:46	0:13:24	0:21:20	0:49:02	0:39:47
152	27 UM	UM 0259	李錦鏞	0:58:10	0:57:58	0:13:40	0:22:01	0:49:39	0:41:20
153	21 M3	M3 0064	Lau Kin Chi	0:58:26	0:57:43	0:14:14	0:22:17	0:49:44	0:40:35
154	28 UM	UM 0249	甘鎮棠	0:58:36	0:58:12	0:14:27	0:22:41	0:50:23	0:41:49
155	22 M3	M3 0042	李慶華	0:58:39	0:58:18	0:14:17	0:22:24	0:50:05	0:41:34
156	5 F3	F3 0180	黃雪影	0:58:51	0:58:06	0:14:45	0:23:05	0:50:29	0:42:10
157	8 M5	M5 0148	吳達鳴	0:58:54	0:58:47	0:14:10	0:23:02	0:50:44	0:42:29
158	9 M5	M5 0140	劉劍文	0:58:54	0:58:34	0:14:57	0:23:37	0:50:50	0:42:14
159	36 AM	AM 0460	Kent Lam	0:59:14	0:59:13	0:14:05	0:23:32	0:51:09	0:41:39
160	22 M4	M4 0108	NG WAH CHAI	0:59:25	0:58:56	0:15:27	0:24:40	0:51:33	0:43:30
161	7 UF	UF 0310	CHAN MEI HO	0:59:28	0:58:59	0:15:27	0:24:39	0:51:32	0:43:27
162	10 M5	M5 0123	譚, 衛信	0:59:28	0:59:12	0:15:02	0:23:53	0:51:26	0:43:13
163	37 AM	AM 0449	Chan Yat Wa	0:59:47	0:59:39	0:13:51	0:22:33	0:51:12	0:42:39
164	23 M4	M4 0103	蔣偉信	0:59:52	0:59:13	0:14:17	0:22:34	0:50:51	0:41:48
165	9 AF	AF 0513	Kwan Hoi Lam Vivian	0:59:57	0:59:41	0:14:04	0:22:10	0:51:29	0:42:25
166	38 AM	AM 0446	Kwok Ho Fai	0:59:58	0:59:41	0:14:04	0:22:09	0:51:29	0:42:23
167	39 AM	AM 0448	Kwan Chun Kit Eric	1:00:06	0:59:56	0:13:39	0:22:49	0:52:10	0:43:42
168	11 M5	M5 0137	Yeung, Kwan wai	1:00:11	0:59:33	0:15:35	0:24:37	0:52:17	0:44:11
169	8 UF	UF 0313	關鈺莊	1:00:17	1:00:04	0:15:31	0:24:22	0:52:31	0:44:23
170	29 UM	UM 0256	唐永洵	1:00:17	1:00:04	0:15:26	0:24:17	0:52:27	0:44:22
171	9 UF	UF 0308	Tsang, Wing Kuen	1:00:18	0:59:31	0:15:26	0:24:08	0:52:01	0:43:43
172	12 M5	M5 0126	Cheung, Shui Tak	1:00:19	0:59:30	0:15:26	0:24:09	0:52:01	0:43:43
173	5 M1	M1 0006	Yeung, Wai Ming	1:00:33	0:59:49	0:13:03	0:20:18	0:51:43	0:37:30
174	30 UM	UM 0234	丘祖誠	1:00:39	1:00:25	0:13:54	0:22:30	0:52:07	0:43:17
175	31 UM	UM 0274	陳錦華	1:01:03	1:00:25	0:16:30	0:25:30	0:52:53	0:44:42
176	10 UF	UF 0321	Chung Wing Kei	1:01:10	1:00:48	0:14:19	0:22:44	0:52:06	0:43:31
177	40 AM	AM 0443	Fred Lam	1:01:13	1:01:06	0:14:29	0:23:05	0:52:19	0:43:22
178	32 UM	UM 0270	劉志強	1:01:28	1:00:58	0:16:10	0:25:18	0:52:49	0:44:02
179	10 AF	AF 0517	Angela Battard	1:01:40	1:01:24	0:14:30	0:23:34	0:52:45	0:43:35
180	11 AF	AF 0514	Ho Cheuk Wing Samantha	1:01:43	1:01:36	0:15:07	0:24:07	0:52:48	0:43:57
181	11 UF	UF 0305	雲永虹	1:01:58	1:01:18	0:15:49	0:24:40	0:53:19	0:44:38
182	23 M3	M3 0054	CHAN WOON SAN	1:02:02	1:01:37	0:15:01	0:23:29	0:52:56	0:42:54
183	12 UF	UF 0315	吳其恩	1:02:25	1:01:51	0:16:12	0:24:50	0:54:19	0:44:38
184	6 F3	F3 0183	朱露	1:02:32	1:02:11	0:14:56	0:24:05	0:54:11	0:44:43
185	13 M5	M5 0139	陳永祥	1:02:40	1:02:34	0:14:25	0:23:41	0:53:11	0:44:05
186	12 AF	AF 0511	Kwok Wing Lum	1:02:50	1:02:42	0:14:00	0:23:01	0:53:50	0:44:46
187	41 AM	AM 0432	Wu, Ka Lun	1:02:52	1:02:38	0:13:58	0:22:54	0:53:18	0:43:49
188	42 AM	AM 0483	管紀紅	1:02:56	1:02:36	0:14:18	0:23:37	0:53:58	0:45:05
189	24 M4	M4 0092	陳政周	1:02:59	1:02:16	0:15:45	0:24:34	0:54:05	0:44:56
190	43 AM	AM 0439	Charles Wong	1:03:07	1:03:00	0:14:13	0:23:32	0:53:46	0:44:34
191	13 AF	AF 0510	Mok Tsz Ching Abby	1:03:13	1:03:05	0:14:32	0:23:49	0:53:45	0:44:51
192	33 UM	UM 0267	黃必文	1:03:28	1:02:56	0:16:09	0:25:18	0:54:39	0:45:58
193	13 UF	UF 0324	何其穎	1:03:37	1:03:17	0:14:27	0:23:09	0:54:17	0:44:27
194	14 AF	AF 0519	Kikuko Matsui	1:03:37	1:03:22	0:15:31	0:24:42	0:54:09	0:45:09
195	44 AM	AM 0489	NG KIN YIP	1:03:37	1:03:16	0:14:26	0:23:08	0:53:47	0:44:23

196	7	M2	M2 0017	Fung, Louis	1:04:15	1:04:08	0:13:31	0:21:31	0:53:39	0:43:37
197	24	M3	M3 0034	梁志恒	1:04:17	1:03:46	0:14:19	0:22:55	0:53:40	0:43:31
198	25	M3	M3 0046	關兆康	1:04:20	1:04:02	0:14:16	0:23:41	0:55:08	0:45:23
199	8	F4	F4 0209	王國英	1:04:32	1:04:16	0:16:19	0:25:29	0:55:34	0:46:17
200	7	F3	F3 0185	吳莉莉	1:04:35	1:04:16	0:15:47	0:24:52	0:55:36	0:46:38
201	25	M4	M4 0073	馮偉強	1:04:39	1:04:03	0:16:18	0:25:29	0:55:57	0:47:03
202	34	UM	UM 0238	王照光	1:04:40	1:03:52	0:17:27	0:26:28	0:55:11	0:46:17
203	9	F4	F4 0223	毛美玲	1:04:46	1:04:10	0:15:58	0:24:19	0:53:52	0:43:19
204	35	UM	UM 0287	李仲明	1:04:55	1:04:44	0:15:10	0:25:00	0:56:08	0:46:48
205	8	M2	M2 0012	施正達	1:04:55	1:04:41	0:16:40	0:26:12	0:56:01	0:47:35
206	7	F2	F2 0162	林明珠	1:04:56	1:04:41	0:16:40	0:26:13	0:56:01	0:47:35
207	14	M5	M5 0119	杜國輝	1:05:14	1:04:27	0:17:20	0:26:36	0:56:16	0:47:15
208	14	UF	UF 0312	黃秀娟	1:05:16	1:05:10	0:20:03	0:26:43		0:57:38
209	36	UM	UM 0237	Chan, Wah Fu	1:05:30	1:05:26	0:15:05	0:24:43	0:56:26	0:47:01
210	8	F2	F2 0174	Lee Lok Yee	1:05:42	1:04:58	0:17:03	0:26:08	0:56:37	0:46:50
211	26	M3	M3 0056	Yung, Joey Tak Ming	1:05:46	1:05:42	0:14:11	0:25:15	0:57:22	0:46:07
212	8	F3	F3 0193	李小瓊	1:05:51	1:05:21	0:16:10	0:26:01	0:56:09	0:46:51
213	45	AM	AM 0436	Ho Kwok Wai Albert	1:05:53	1:05:44	0:15:16	0:25:51	0:57:31	0:48:14
214	9	M2	M2 0011	韋子堯	1:05:57	1:05:37	0:13:43	0:22:10	0:53:43	0:44:03
215	10	F4	F4 0202	周惠蘭	1:06:16	1:05:23	0:17:02	0:26:26	0:56:56	0:47:33
216	46	AM	AM 0437	Pang Kai Wing	1:06:19	1:06:09	0:14:24	0:23:54	0:56:33	0:46:43
217	26	M4	M4 0081	蔡勛	1:06:24	1:05:49	0:16:14	0:25:12	0:56:22	0:46:10
218	27	M4	M4 0087	蕭英俊	1:06:35	1:06:04	0:16:11	0:26:04	0:57:26	0:48:06
219	15	M5	M5 0135	張智輝	1:06:37	1:05:50	0:17:29	0:26:54	0:57:50	0:48:38
220	15	AF	AF 0505	Lam Kit Mui	1:06:41	1:06:18	0:15:30	0:24:40	0:56:44	0:47:16
221	47	AM	AM 0463	Ng Ho Kei	1:06:42	1:05:53	0:14:40	0:23:40	0:55:41	0:46:01
222	9	F3	F3 0190	江秀芳	1:07:09	1:06:18	0:17:15	0:26:55	0:57:28	0:48:02
223	10	F3	F3 0189	周慧芬	1:07:14	1:06:24	0:18:03	0:27:53	0:58:27	0:49:41
224	37	UM	UM 0286	李曠全	1:07:25	1:07:15	0:14:24	0:23:57	0:56:49	0:45:48
225	9	F2	F2 0169	Hong, Soi Teng	1:07:37	1:07:31	0:16:30	0:26:33	0:57:36	0:48:21
226	16	M5	M5 0118	何偉基	1:07:51	1:07:35	0:16:56	0:27:10	0:58:29	0:49:40
227	10	M2	M2 0015	湯皓軒	1:07:52	1:07:43	0:15:56	0:24:49	0:58:39	0:47:13
228	38	UM	UM 0271	陳敏	1:08:00	1:07:34	0:16:45	0:26:58	0:58:36	0:48:44
229	11	M2	M2 0020	張偉業	1:08:10	1:07:44	0:15:21	0:25:29	0:58:20	0:48:13
230	39	UM	UM 0291	楊達康	1:08:35	1:08:25	0:15:48	0:25:39	0:58:46	0:49:09
231	16	AF	AF 0527	莊晞然	1:08:37	1:08:17	0:15:29	0:25:24	0:58:29	0:48:45
232	11	F3	F3 0179	劉巧玲	1:08:45	1:08:25	0:16:22	0:26:00	0:58:44	0:48:28
233	28	M4	M4 0095	陳卓成	1:08:45	1:08:27	0:14:21	0:23:38	0:59:28	0:47:04
234	2	F1	F1 0157	陳榮妍	1:08:46	1:08:30	0:14:23	0:23:39	0:59:30	0:47:03
235	40	UM	UM 0283	梁耀文	1:08:46	1:08:36	0:13:16	0:21:45	0:57:52	0:48:29
236	41	UM	UM 0285	蔡廣基	1:08:47	1:08:36	0:14:22	0:23:17	0:57:57	0:48:29
237	15	UF	UF 0295	Tze, Suk yee	1:08:55	1:08:23	0:16:48	0:26:40	0:59:10	0:47:56
238	16	UF	UF 0326	吳其恩	1:08:59	1:08:24	0:17:20	0:27:10	0:59:23	0:49:39
239	48	AM	AM 0482	邱志強	1:09:06	1:08:49	0:15:36	0:26:02	0:58:53	0:49:01
240	17	M5	M5 0141	沈順堅	1:09:15	1:09:09	0:16:50	0:27:14	0:59:36	0:49:51
241	10	F2	F2 0165	林慧嘉	1:09:37	1:09:18	0:16:00	0:26:18	1:00:15	0:50:17
242	12	M2	M2 0016	李君宇	1:09:37	1:09:17	0:16:00	0:26:17	1:00:16	0:50:17
243	11	F4	F4 0212	Xu, Maggie	1:09:57	1:09:19	0:23:04		0:53:45	
244	18	M5	M5 0143	Lee King Man	1:10:09	1:09:25	0:18:26	0:29:17	1:01:34	0:51:58
245	29	M4	M4 0071	張玉華	1:10:28	1:10:12	0:18:01	0:28:21	1:00:17	0:51:07
246	42	UM	UM 0244	李奧賢	1:10:30	1:09:45	0:13:44	0:21:51	0:56:23	0:41:14
247	49	AM	AM 0492	TSANG ERIC	1:10:52	1:01:18	0:23:17	0:31:55	1:01:49	0:52:31
248	12	F4	F4 0221	區婷甄	1:11:01	1:10:28	0:17:12	0:27:23	1:00:44	0:50:17
249	17	AF	AF 0502	Belinda Sarah Carverhill	1:11:21	1:11:12	0:16:41	0:28:04		0:55:30
250	43	UM	UM 0241	陆伟强	1:11:24	1:10:46	0:18:06	0:28:23	1:00:48	0:50:48
251	44	UM	UM 0290	文志豪	1:11:25	1:10:55	0:17:29	0:27:16	1:01:14	0:50:55
252	17	UF	UF 0323	Fung Wing Ha	1:12:18	1:11:55	0:16:05	0:25:59	1:01:30	0:50:27
253	18	UF	UF 0293	李壽	1:12:34	1:12:23	0:15:41	0:25:53	1:01:51	0:50:46
254	19	UF	UF 0294	徐賽	1:12:36	1:12:26	0:15:42	0:26:01	1:01:54	0:50:53
255	30	M4	M4 0077	羅錦棠	1:12:53	1:12:00	0:17:11	0:27:01	1:01:20	0:51:28
256	27	M3	M3 0053	TSANG, HING FAI	1:13:25	1:12:49	0:17:51	0:28:32	1:03:28	0:50:42
257	20	UF	UF 0298	李柑治	1:13:28	1:13:09	0:16:43	0:27:04	1:01:49	0:49:50
258	13	F4	F4 0203	張寶蓮	1:13:42	1:12:58	0:18:20	0:28:43	1:03:12	0:52:51
259	19	M5	M5 0115	Chan, Cheuk Keung	1:13:56	1:13:40	0:17:29	0:27:58	1:02:11	0:50:54
260	18	AF	AF 0499	戴麗瑩	1:14:04	1:13:51	0:16:28	0:27:34	1:03:58	0:53:37
261	20	M5	M5 0117	羅錦雄	1:14:07	1:13:13	0:17:12	0:27:01	1:02:55	0:51:29
262	31	M4	M4 0076	張喜陞	1:14:16	1:13:28	0:17:31	0:27:24	1:02:30	0:52:12
263	11	F2	F2 0175	鄭潔鈴	1:15:03				1:29:15	0:20:58
264	28	M3	M3 0033	呂順暖	1:15:10	1:14:35	0:16:35	0:27:07	1:05:36	0:54:07
265	45	UM	UM 0275	梁家豪	1:15:16	1:14:38	0:19:00	0:29:26	1:04:37	0:52:42
266	19	AF	AF 0500	LEUNG, MEI YAN TRACY	1:15:43	1:14:53	0:17:52	0:28:13	1:04:31	0:52:04
267	46	UM	UM 0272	陳德裕	1:16:30	1:16:07	0:17:17	0:27:27	1:04:35	0:52:17
268	12	F3	F3 0192	高贊贊	1:16:42	1:16:28	0:18:13	0:29:25	1:05:20	0:53:21
269	14	F4	F4 0199	Ko, Shuk Yin	1:17:25	1:17:07	0:18:05	0:29:10	1:05:34	0:53:58
270	32	M4	M4 0069	劉家明	1:17:37	1:17:03	0:18:00	0:28:41	1:06:20	0:54:47
271	29	M3	M3 0050	滕家良	1:18:13	1:17:21	0:17:54	0:29:17	1:06:57	0:55:46
272	47	UM	UM 0233	LIU, Shiu Kei	1:18:21	1:17:40	0:19:10	0:30:30	1:07:41	0:55:41
273	48	UM	UM 0250	黃清	1:18:31	1:17:53	0:18:00	0:28:50	1:05:28	0:53:48
274	15	F4	F4 0227	胡玉來	1:18:41	1:18:17	0:19:02	0:30:53	1:08:05	0:56:03
275	16	F4	F4 0226	陳傑盈	1:19:11	1:18:30	0:19:32	0:30:52	1:08:21	0:56:38
276	20	AF	AF 0509	Li Fengyi Fabiola	1:19:48	1:19:21	0:17:47	0:28:51	1:06:55	0:54:21
277	21	UF	UF 0306	鮑明蕙	1:19:58	1:19:08	0:21:15	0:33:10	1:09:55	0:58:35
278	30	M3	M3 0047	Lam, Man Ho	1:19:58	1:19:08	0:21:15	0:33:10	1:09:55	0:58:35
279	21	M5	M5 0149	陳金榮	1:20:02	1:19:39	0:19:01	0:30:21	1:09:01	0:55:35
280	13	F3	F3 0197	趙佩貞	1:20:27	1:20:00	0:20:40	0:31:53	1:08:51	0:57:23
281	17	F4	F4 0219	何燕薇	1:20:41	1:20:32	0:19:23	0:31:06	1:09:28	0:58:14
282	21	AF	AF 0522	Mariella chan	1:21:13	1:20:56	0:19:26	0:30:56	1:09:22	0:57:21
283	22	AF	AF 0521	鄭燕怡	1:21:39	1:21:21	0:18:30	0:30:08	1:10:03	0:56:22
284	18	F4	F4 0206	陳少英	1:22:09	1:21:35	0:19:46	0:31:18	1:10:03	0:58:11
285	22	M5	M5 0124	左家和	1:22:22	1:22:04	0:20:21	0:32:03	1:10:32	0:59:32
286	19	F4	F4 0220	莊麗才	1:26:33	1:26:05	0:21:03	0:33:14	1:13:52	1:01:12
287	33	M4	M4 0110	伍國基	1:26:46	1:26:33	0:18:59	0:30:01	1:11:52	0:57:54
288	20	F4	F4 0204	謝翠紅	1:26:47	1:26:00	0:21:07	0:33:43	1:14:53	1:03:12
289	23	M5	M5 0127	陳君平	1:26:47	1:26:01	0:21:07	0:33:50	1:14:49	1:03:10
290	23	AF	AF 0507	Au Tsz Yung Amanda	1:26:49	1:26:21	0:21:16	0:34:06	1:14:43	1:02:45
291	24	AF	AF 0508	Au Yeung Chui Ngan	1:26:49	1:26:23	0:20:21	0:33:59	1:14:42	1:02:40
292	22	UF	UF 0296	藍文英	1:27:35	1:27:32	0:20:11	0:32:48	1:13:17	1:00:13
293	13	M2	M2 0019	黎逸璋	1:27:47	1:27:05	0:20:49	0:36:03	1:16:16	1:04:01

294	14 F3	F3 0188	黎逸珊	1:27:47	1:27:05	0:20:50	0:35:04	1:16:17	1:03:23
295	34 M4	M4 0111	孫紹豪	1:33:10	1:33:05	0:20:38	0:34:45	1:20:05	1:05:29
296	23 UF	UF 0316	梁耀翀	1:36:03	1:35:26	0:20:23	0:33:29	1:21:40	1:06:22
297	24 UF	UF 0317	郭少卿	1:36:05	1:35:28	0:24:10	0:36:14	1:21:40	1:06:18
298	50 AM	AM 0444	Sit Yun Kwan	1:37:58		0:15:31	0:25:39	1:04:00	1:15:11