

**Mizuno HK Run Fest 2024**

**Date : 6 Oct 2024**

**5km Team**

| Position | Catgeory                    | TeamName                              | Bib  | Name                     | 姓名  | TeamTime_ | Official Time |
|----------|-----------------------------|---------------------------------------|------|--------------------------|-----|-----------|---------------|
| 1        | 5KM Male Aged 16-29         | Amen疾走肥膩男2.0                          | 6449 | Kam Yuk Chuk             | 金育竹 | 2:47:43   | 0:17:05       |
| 1        | 5KM Male Aged 30-39         | Amen疾走肥膩男2.0                          | 6807 | Tse Mo pang              | 謝武鵬 | 2:47:43   | 0:18:17       |
| 1        | 5KM Male Aged 16-29         | Amen疾走肥膩男2.0                          | 6450 | Lam Wing Kin             | 林永鑿 | 2:47:43   | 0:18:22       |
| 1        | 5KM Male Aged 16-29         | Amen疾走肥膩男2.0                          | 6497 | LAU Kam Wing             | 劉錦榮 | 2:47:43   | 0:18:23       |
| 1        | 5KM Male Aged 30-39         | Amen疾走肥膩男2.0                          | 6778 | Chan Tsz Chung           | 陳子聰 | 2:47:43   | 0:18:32       |
| 1        | 5KM Male Aged 30-39         | Amen疾走肥膩男2.0                          | 6777 | Liu Kwok wing            | 廖國榮 | 2:47:43   | 0:18:33       |
| 1        | 5KM Male Aged 30-39         | Amen疾走肥膩男2.0                          | 6827 | YU Sheung tsun           | 余尚駿 | 2:47:43   | 0:18:45       |
| 1        | 5KM Male Aged 16-29         | Amen疾走肥膩男2.0                          | 6459 | Tang Wing kin            | 鄧永健 | 2:47:43   | 0:18:50       |
| 1        | 5KM Male Aged 40-49         | Amen疾走肥膩男2.0                          | 7752 | LEE Lung kit             |     | 2:47:43   | 0:20:57       |
| 1        | 5KM Male Aged 40-49         | Amen疾走肥膩男2.0                          | 7748 | LIU BUN                  | 廖贖  | 2:47:43   | 0:21:17       |
| 2        | 5KM Male Aged 30-39         | The Law Society Running Team - Team 1 | 6781 | Cheung Kendrick          | 張嘉晉 | 3:03:36   | 0:19:00       |
| 2        | 5KM Male Aged 40-49         | The Law Society Running Team - Team 1 | 7764 | Tang Eric                |     | 3:03:36   | 0:19:29       |
| 2        | 5KM Male Aged 30-39         | The Law Society Running Team - Team 1 | 6765 | Wong Sor Lam Danis       | 王疏林 | 3:03:36   | 0:19:49       |
| 2        | 5KM Male Aged 40-49         | The Law Society Running Team - Team 1 | 7703 | Hong Danny               |     | 3:03:36   | 0:20:00       |
| 2        | 5KM Male Aged 40-49         | The Law Society Running Team - Team 1 | 7682 | Fung Wai Tat Andrew      |     | 3:03:36   | 0:20:28       |
| 2        | 5KM Male Aged 40-49         | The Law Society Running Team - Team 1 | 7695 | Knight Christopher Hugo  |     | 3:03:36   | 0:20:31       |
| 2        | 5KM Male Aged 50-59         | The Law Society Running Team - Team 1 | 7964 | Chan Daniel              |     | 3:03:36   | 0:21:08       |
| 2        | 5KM Male Aged 40-49         | The Law Society Running Team - Team 1 | 7692 | Lam Cheung Shing         | 林掌成 | 3:03:36   | 0:21:08       |
| 2        | 5KM Male Aged 40-49         | The Law Society Running Team - Team 1 | 7675 | Lau Calvin               |     | 3:03:36   | 0:22:03       |
| 2        | 5KM Female Aged 50 or above | The Law Society Running Team - Team 1 | 7368 | Knight Angela Wing Shang |     | 3:03:36   | 0:22:07       |
| 3        | 5KM Male Aged 16-29         | 培正越野                                  | 6439 | Wong Long Hymn Joshua    | 王朗謙 | 3:10:14   | 0:19:11       |
| 3        | 5KM Male Aged 16-29         | 培正越野                                  | 6441 | Choi Man Jit Isaac       | 蔡文哲 | 3:10:14   | 0:19:14       |
| 3        | 5KM Male Aged 12-15         | 培正越野                                  | 7524 | Ma Hoi fan               | 馬凱勳 | 3:10:14   | 0:19:41       |
| 3        | 5KM Male Aged 16-29         | 培正越野                                  | 6445 | Wan Yat Hei              | 尹溢希 | 3:10:14   | 0:20:35       |
| 3        | 5KM Male Aged 12-15         | 培正越野                                  | 7522 | Tang Yuen Pok            | 鄧炫博 | 3:10:14   | 0:20:49       |
| 3        | 5KM Female Aged 16-29       | 培正越野                                  | 6043 | Wong Tsz Yan             |     | 3:10:14   | 0:20:53       |
| 3        | 5KM Male Aged 16-29         | 培正越野                                  | 6440 | wan Chun Wei             | 溫雋為 | 3:10:14   | 0:21:45       |
| 3        | 5KM Male Aged 16-29         | 培正越野                                  | 6444 | Tsang Hoi Kwong          | 曾凱光 | 3:10:14   | 0:22:26       |
| 3        | 5KM Female Aged 16-29       | 培正越野                                  | 6042 | Cheung King Tung         | 張憬童 | 3:10:14   | 0:25:41       |
| 3        | 5KM Female Aged 16-29       | 培正越野                                  | 6044 | Hui Yuet Yu              | 許玥瑜 | 3:10:14   | 0:26:42       |
| 4        | 5KM Male Aged 30-39         | 正常人跑會                                 | 6828 | Miu Hin Kiu              | 苗衍喬 | 3:13:20   | 0:18:02       |
| 4        | 5KM Male Aged 40-49         | 正常人跑會                                 | 7738 | Fung Kwok Leung          |     | 3:13:20   | 0:18:57       |
| 4        | 5KM Male Aged 30-39         | 正常人跑會                                 | 6859 | Liu Taofu                | 劉陶福 | 3:13:20   | 0:19:46       |
| 4        | 5KM Male Aged 30-39         | 正常人跑會                                 | 6855 | CHU Tsz ho               | 朱子豪 | 3:13:20   | 0:20:41       |
| 4        | 5KM Male Aged 40-49         | 正常人跑會                                 | 7735 | Chong Chi yeung          |     | 3:13:20   | 0:22:37       |
| 4        | 5KM Male Aged 40-49         | 正常人跑會                                 | 7737 | Tsoi Pou keong           | 蔡寶強 | 3:13:20   | 0:22:42       |
| 4        | 5KM Male Aged 30-39         | 正常人跑會                                 | 6809 | WONG KA WAI              | 王嘉偉 | 3:13:20   | 0:23:11       |
| 4        | 5KM Male Aged 40-49         | 正常人跑會                                 | 7727 | Lau Chun Fai             | 劉俊輝 | 3:13:20   | 0:23:22       |

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|---|-----------------------------|---------------------------------------|------|--------------------------------|-----|---------|---------|
| 4 | 5KM Male Aged 40-49         | 正常人跑會                                 | 7739 | Yip Wing                       |     | 3:13:20 | 0:24:01 |
| 4 | 5KM Male Aged 16-29         | 正常人跑會                                 | 6471 | CHAN Hoi Yan                   | 陳凱恩 | 3:13:20 |         |
| 5 | 5KM Male Aged 40-49         | 東亞銀行A                                 | 7818 | Leung Yiu Cheung               | 梁耀章 | 3:24:26 | 0:20:29 |
| 5 | 5KM Male Aged 40-49         | 東亞銀行A                                 | 7821 | Wong Chun Wa                   |     | 3:24:26 | 0:20:50 |
| 5 | 5KM Male Aged 30-39         | 東亞銀行A                                 | 6929 | Lai Chun Yu                    | 黎振宇 | 3:24:26 | 0:22:14 |
| 5 | 5KM Male Aged 30-39         | 東亞銀行A                                 | 6931 | Mau Sheung Chi Albert          |     | 3:24:26 | 0:22:34 |
| 5 | 5KM Male Aged 50-59         | 東亞銀行A                                 | 8010 | Wong Kar Lock                  |     | 3:24:26 | 0:22:45 |
| 5 | 5KM Male Aged 30-39         | 東亞銀行A                                 | 6928 | Kong Kwok Ho                   |     | 3:24:26 | 0:23:15 |
| 5 | 5KM Male Aged 40-49         | 東亞銀行A                                 | 7819 | Lo Ka Kit                      | 盧定傑 | 3:24:26 | 0:23:56 |
| 5 | 5KM Male Aged 30-39         | 東亞銀行A                                 | 6930 | Lam Wai Wa                     |     | 3:24:26 | 0:24:01 |
| 5 | 5KM Male Aged 40-49         | 東亞銀行A                                 | 7820 | Nieh Tak Kin Dennis            |     | 3:24:26 | 0:24:22 |
| 5 | 5KM Male Aged 40-49         | 東亞銀行A                                 | 7822 | Wong Chung Kei                 | 黃仲麒 | 3:24:26 | 0:24:47 |
| 6 | 5KM Male Aged 16-29         | The Law Society Running Team - Team 2 | 6540 | Hui Ching Yat                  |     | 3:32:49 | 0:21:39 |
| 6 | 5KM Female Aged 16-29       | The Law Society Running Team - Team 2 | 6045 | Leung Hoi Yan                  |     | 3:32:49 | 0:22:46 |
| 6 | 5KM Male Aged 16-29         | The Law Society Running Team - Team 2 | 6451 | Leung Wai Sin                  |     | 3:32:49 | 0:23:15 |
| 6 | 5KM Female Aged 50 or above | The Law Society Running Team - Team 2 | 7357 | Cheng Man Yin Vivian           |     | 3:32:49 | 0:23:27 |
| 6 | 5KM Male Aged 40-49         | The Law Society Running Team - Team 2 | 7662 | Sam Nickolas David hing cheong | 沈慶祥 | 3:32:49 | 0:23:32 |
| 6 | 5KM Female Aged 40-49       | The Law Society Running Team - Team 2 | 7089 | Lui Wing Yee                   | 呂穎怡 | 3:32:49 | 0:23:34 |
| 6 | 5KM Female Aged 16-29       | The Law Society Running Team - Team 2 | 6076 | Yee Ting Jennifer Lee          |     | 3:32:49 | 0:23:42 |
| 6 | 5KM Female Aged 30-39       | The Law Society Running Team - Team 2 | 6290 | Man Chiu Yi                    |     | 3:32:49 | 0:23:55 |
| 6 | 5KM Female Aged 16-29       | The Law Society Running Team - Team 2 | 6102 | Lau Natalie                    |     | 3:32:49 | 0:27:00 |
| 6 | 5KM Female Aged 40-49       | The Law Society Running Team - Team 2 | 7078 | Lau Shuk Fan                   |     | 3:32:49 | 0:27:07 |
| 7 | 5KM Male Aged 30-39         | The Law Society Running Team - Team 3 | 6864 | Vilavongse Jitr Jie Ye         |     | 3:50:27 | 0:22:19 |
| 7 | 5KM Male Aged 40-49         | The Law Society Running Team - Team 3 | 7767 | Chan Ka Chung Augustine        |     | 3:50:27 | 0:23:42 |
| 7 | 5KM Female Aged 40-49       | The Law Society Running Team - Team 3 | 7176 | Tang Alice                     |     | 3:50:27 | 0:23:45 |
| 7 | 5KM Female Aged 40-49       | The Law Society Running Team - Team 3 | 7150 | Siew Feng Qi                   |     | 3:50:27 | 0:24:36 |
| 7 | 5KM Male Aged 30-39         | The Law Society Running Team - Team 3 | 6854 | choi pui hing                  |     | 3:50:27 | 0:25:07 |
| 7 | 5KM Female Aged 16-29       | The Law Society Running Team - Team 3 | 6084 | Yeong Wing Chun                | 楊詠津 | 3:50:27 | 0:26:12 |
| 7 | 5KM Female Aged 30-39       | The Law Society Running Team - Team 3 | 6282 | Li Pui Yu Angela               |     | 3:50:27 | 0:27:01 |
| 7 | 5KM Female Aged 30-39       | The Law Society Running Team - Team 3 | 6256 | Ng Joanna                      |     | 3:50:27 | 0:27:57 |
| 7 | 5KM Female Aged 40-49       | The Law Society Running Team - Team 3 | 7173 | LI JING                        | 李静  | 3:50:27 | 0:29:47 |
| 7 | 5KM Female Aged 30-39       | The Law Society Running Team - Team 3 | 6285 | Yeung Abby                     |     | 3:50:27 | 0:30:04 |
| 8 | 5KM Male Aged 30-39         | KWC FM PACERS                         | 6706 | Cheng Wai Fat                  | 鄭煒發 | 4:07:05 | 0:23:54 |
| 8 | 5KM Male Aged 30-39         | KWC FM PACERS                         | 6711 | Lam Ting Chung Matthew         | 林廷聰 | 4:07:05 | 0:24:24 |
| 8 | 5KM Female Aged 30-39       | KWC FM PACERS                         | 6154 | Chan Wing Yi                   |     | 4:07:05 | 0:24:50 |
| 8 | 5KM Male Aged 30-39         | KWC FM PACERS                         | 6703 | Wong Man Ho                    | 黃文浩 | 4:07:05 | 0:24:51 |
| 8 | 5KM Male Aged 40-49         | KWC FM PACERS                         | 7604 | Chow Alex                      |     | 4:07:05 | 0:25:33 |
| 8 | 5KM Male Aged 50-59         | KWC FM PACERS                         | 7936 | Chan Kin Wai                   | 陳建偉 | 4:07:05 | 0:29:56 |
| 8 | 5KM Male Aged 30-39         | KWC FM PACERS                         | 6853 | Lo Shing Yin                   | 羅盛賢 | 4:07:05 | 0:30:59 |
| 8 | 5KM Male Aged 50-59         | KWC FM PACERS                         | 7912 | Cheung Kwok Leung              | 張國良 | 4:07:05 | 0:31:15 |
| 8 | 5KM Female Aged 40-49       | KWC FM PACERS                         | 7191 | Tam Ho Shan                    | 譚可珊 | 4:07:05 | 0:31:23 |
| 8 | 5KM Female Aged 30-39       | KWC FM PACERS                         | 6150 | LAM Ching Man                  | 林靜雯 | 4:07:05 | 0:34:47 |
| 9 | 5KM Male Aged 16-29         | 午餐肉                                   | 6617 | LAU Yuen SAN                   | 劉遠伸 | 4:09:12 | 0:24:15 |
| 9 | 5KM Male Aged 16-29         | 午餐肉                                   | 6611 | Ng Sin To                      | 伍善韜 | 4:09:12 | 0:24:16 |
| 9 | 5KM Male Aged 16-29         | 午餐肉                                   | 6610 | Yiu Hon Kit Giggs              | 姚漢傑 | 4:09:12 | 0:26:33 |

|    |                             |                |      |                        |     |         |         |
|----|-----------------------------|----------------|------|------------------------|-----|---------|---------|
| 9  | 5KM Male Aged 16-29         | 午餐肉            | 6618 | Leung HoLun            | 梁浩麟 | 4:09:12 | 0:27:26 |
| 9  | 5KM Male Aged 16-29         | 午餐肉            | 6615 | Fong Wai Leung         |     | 4:09:12 | 0:27:36 |
| 9  | 5KM Male Aged 16-29         | 午餐肉            | 6614 | Lai Chun Wa            | 黎鎮華 | 4:09:12 | 0:28:54 |
| 9  | 5KM Female Aged 16-29       | 午餐肉            | 6139 | Chow Ka Mei            | 周嘉美 | 4:09:12 | 0:29:18 |
| 9  | 5KM Male Aged 16-29         | 午餐肉            | 6612 | Chan Ka Chun           |     | 4:09:12 | 0:29:19 |
| 9  | 5KM Female Aged 30-39       | 午餐肉            | 6348 | Cheung Tammy Sau Man   | 張琇雯 | 4:09:12 | 0:31:35 |
| 9  | 5KM Male Aged 16-29         | 午餐肉            | 6613 | Lau Tsun Hei           |     | 4:09:12 | 0:31:35 |
| 10 | 5KM Male Aged 40-49         | 東亞銀行B          | 7823 | Kong Pui Tim           |     | 4:30:26 | 0:24:54 |
| 10 | 5KM Female Aged 30-39       | 東亞銀行B          | 6353 | WAI KING LAM           | 韋景琳 | 4:30:26 | 0:26:59 |
| 10 | 5KM Male Aged 50-59         | 東亞銀行B          | 7962 | Wong Tony              | 黃明開 | 4:30:26 | 0:28:07 |
| 10 | 5KM Female Aged 40-49       | 東亞銀行B          | 7220 | Chang Enid             |     | 4:30:26 | 0:29:10 |
| 10 | 5KM Male Aged 30-39         | 東亞銀行B          | 6932 | Yeung Wai Shuen        | 楊煒旋 | 4:30:26 | 0:29:25 |
| 10 | 5KM Female Aged 30-39       | 東亞銀行B          | 6351 | Chan Kan Yin           |     | 4:30:26 | 0:30:37 |
| 10 | 5KM Male Aged 16-29         | 東亞銀行B          | 6146 | Chan Wing Lam          | 陳詠琳 | 4:30:26 | 0:31:52 |
| 10 | 5KM Female Aged 30-39       | 東亞銀行B          | 6352 | Mak Hoi Ning           |     | 4:30:26 | 0:33:21 |
| 10 | 5KM Female Aged 40-49       | 東亞銀行B          | 7222 | Yu Hoi see             |     | 4:30:26 | 0:36:01 |
| 10 | 5KM Female Aged 40-49       | 東亞銀行B          | 7221 | Lam Sze Nga Queenie    | 林思雅 | 4:30:26 |         |
| 11 | 5KM Male Aged 30-39         | DBS 5K Runners | 6714 | TSUI YUNG CHIN         | 徐勇前 | 5:00:25 | 0:25:17 |
| 11 | 5KM Male Aged 30-39         | DBS 5K Runners | 6713 | HO KA SHING            |     | 5:00:25 | 0:29:17 |
| 11 | 5KM Female Aged 30-39       | DBS 5K Runners | 6176 | Yeung Sze Nga          |     | 5:00:25 | 0:30:30 |
| 11 | 5KM Female Aged 40-49       | DBS 5K Runners | 7043 | WOO YING YAN           | 胡盈燕 | 5:00:25 | 0:32:46 |
| 11 | 5KM Female Aged 16-29       | DBS 5K Runners | 6009 | Ho Man Wing Michelle   | 何汶穎 | 5:00:25 | 0:34:32 |
| 11 | 5KM Female Aged 30-39       | DBS 5K Runners | 6173 | KWOK PUI KWAN          | 郭佩君 | 5:00:25 | 0:35:28 |
| 11 | 5KM Female Aged 30-39       | DBS 5K Runners | 6165 | Wong Tze Ling Michelle | 黃子寧 | 5:00:25 | 0:35:40 |
| 11 | 5KM Male Aged 40-49         | DBS 5K Runners | 7624 | WONG LOK HIM           |     | 5:00:25 | 0:38:09 |
| 11 | 5KM Female Aged 30-39       | DBS 5K Runners | 6174 | Chung Hang Kit         | 鍾杏潔 | 5:00:25 | 0:38:44 |
| 11 | 5KM Female Aged 50 or above | DBS 5K Runners | 7315 | Chan Siu yin           | 陳小燕 | 5:00:25 |         |
| 12 | 5KM Male Aged 40-49         | 閃電拾 Furious 10 | 7817 | Tsoi Aken              | 蔡永誠 | 5:19:49 | 0:26:14 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6244 | Cheung Wing lu         | 張穎橈 | 5:19:49 | 0:29:35 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6252 | Li Chui Shan           |     | 5:19:49 | 0:32:40 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6242 | Ho Chung Yan           |     | 5:19:49 | 0:35:03 |
| 12 | 5KM Male Aged 40-49         | 閃電拾 Furious 10 | 7723 | LAU YIU LUN            | 劉耀麟 | 5:19:49 | 0:37:40 |
| 12 | 5KM Female Aged 40-49       | 閃電拾 Furious 10 | 7132 | CHAK Ka Yan            | 翟嘉欣 | 5:19:49 | 0:38:56 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6346 | Hui Chui Chi Stephanie |     | 5:19:49 | 0:39:07 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6347 | Tang Tsz Yan           |     | 5:19:49 | 0:39:07 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6268 | Lau Cin Kwan           |     | 5:19:49 | 0:41:28 |
| 12 | 5KM Female Aged 30-39       | 閃電拾 Furious 10 | 6243 | Li Ming Hei            |     | 5:19:49 | 0:41:28 |