

# 2015年度中/長距離 排名聯賽成績

## Middle/Long Distance Events Ranking Results 2015

更新 Updated On: 2016-02-02

Club	Rank	ME Name	Average	Total	RL-1	RL-2	RL-3	RL-4	RL-5
					2015-02-15	2015-03-01	2015-09-20	2015-10-25	2015-11-08
					Shek Lung Kung	Lamma Island	Lung Fu Shan	Mong Tseng Wai	Duckling Hill
AYP	1	YU TSZ WAI	997	2990	990 1:35:14	1000 1:20:15	922x 1:01:45	934x 0:48:54	1000 1:00:20
SOC	2	LEE KIN WAI		2827	1000 1:34:15	965 1:23:08	796x 1:11:35	862 0:53:00	826x 1:13:04
HKI	3	YIP CHAK LUN GERALD	940	2819	797x 1:58:11	907 1:28:31	1000 0:56:57	912 0:50:05	888x 1:07:55
XCC	4	YEUNG KWOK KEUNG	924	2772	960 1:38:09	812 1:38:51	720x 1:19:05	1000 0:45:41	DISQ
XCC	5	HUI SIU TUNG	908	2724	834 1:53:01	920 1:27:11	788x 1:12:18	795x 0:57:28	969 1:02:15
HKI	6	MAN CHI KIN	908	2723	950 1:39:10	902 OFFICIAL	816x 1:09:48	870 0:52:29	834x 1:12:22
XCC	7	CHIU YAU CHUNG	876	2627		840 1:35:30	888 1:04:07	898 0:50:52	
MET	8	MAK YUI KAN RAPHAEL	870	2609	945 1:39:45	885 1:30:41		779 0:58:38	735x 1:22:03
POC	9	CHEUNG CHI KO ABDON	860	2580	926 1:41:48	780x 1:42:51	787x 1:12:23	815 0:56:05	839 1:11:53
HKI	10	TAM WING CHUNG	816	2449		831 1:36:31	816 1:09:48	757X 1:00:20	802 1:15:15
HKO	11	CHAU PO LOK	800	2400	836 1:52:47	825 1:37:19	729x 1:18:05	740 1:01:45	
HKI	12	CHOW MAN LONG	749	2246	699 2:14:46	799 1:40:27		748 1:01:05	695x 1:26:49
HKO	13	CHAN ON LAP	715	2145		619x 2:09:35	661 1:26:10	766 0:59:39	718 1:24:03
SOC	14	CHEUNG KANG KAI	714	2143	734 2:08:23	574x 2:19:46	685 1:23:08	583x 1:18:24	724 1:23:20
XCC	15	CHOI WAI KIT POINTS	704	2113	724 2:10:07	720 1:51:28	661x 1:26:12	643x 1:11:00	669 1:30:14
HKO	16	CHEUNG KWOK WAI	689	2066		637 2:05:55		708 1:04:29	720 1:23:46
OS.	17	LIANG CHI HANG	603	1808	587 2:40:25	571 2:20:34	499x 1:54:10	650 1:10:17	496x 2:01:43
HKO	18	NG KWAN SHING	521	1562	735 2:08:18			827 0:55:14	
BU.	19	KWONG MAN FAI TIMOTHY	238	715		715 1:52:10			
LSC	20	LO JOSEPH	0	0		0 OFFICIAL			
HKI	21	YIP KA LUN	0	0		0 OFFICIAL			

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		<b>WE</b>							
					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
XCC	1	LUI WAI LAN IRIS	1000	3000	2:03:20	924x 1:19:23	1000 0:57:21	1000 0:56:21	1000 1:06:25
XCC	2	FUNG CHARMAINE KAI WING	953	2860	2:15:56	948 1:17:25	965 0:59:25	865x 1:05:09	947 1:10:06
FOC	3	TSANG YIN HUNG	952	2857	2:24:09	1000 1:13:22	946 1:00:37	OT 2:02:33	910 1:12:57
HKO	4	YU TSZ YING	936	2808	1:53:50	943 1:17:48	989 0:58:01	876 1:04:19	DISQ
HKO	5	CHAN HAU WAH BRENDA	922	2767	1:46:11	968 1:15:49	913 1:02:49	800x 1:10:26	886 1:14:56
XCC	6	LEE WING SZE VIVIAN	811	2433	2:04:25		998 0:57:27	697 1:20:51	738 1:30:03
HKO	7	WONG WAI CHING VICKIE	804	2412	2:06:02	798 1:31:55	801 1:11:38	590x 1:35:30	814 1:21:38
AYP	8	CHENG YUEN KI HILDA	770	2309	1:56:41	557x 2:11:48	856 1:06:59	671 1:23:57	782 1:24:58
OS.	9	SO WING MAN	457	1370	2:18:52		652 1:27:54	718 1:18:29	
FOC	10	CHAN PUI FUNG	298	895		895 1:21:56			DISQ
XCC	11	CHEUNG KING YAN KAREN	0	0	2:06:57	DISQ	DISQ		
HKI	11	LAM KA YI	0	0	2:33:12			DISQ	
		<b>M10</b>							
					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
SOC	1	SHUM SIU LONG	877	2632	0:46:29	1000 0:47:28	897 0:59:28	671x 1:03:09	735 0:26:34
BCP	2	MAN TSAN SHUN	831	2492		954 0:49:46	739x 1:12:13	750 0:56:33	789 0:24:46
BCP	3	LAM HIU YEUNG	673	2020		436x 1:48:51	571 1:33:30	877 0:48:22	573 0:34:07
BCP	4	WONG WAI HIN	601	1802	1:06:13	DISQ	1000 0:53:21		802 0:24:21
AKI	5	LAU CHEUK NAM	576	1729			729 1:13:13		1000 0:19:32
SOC	6	FONG CHEUK LONG ETHAN	564	1692			855 1:02:24		837 0:23:21
BCP	7	LAW TSZ LOK	244	731		DISQ			731 0:26:43
BCP	8	YIP HO WANG OWEN	216	647		OT 3:18:41			647 0:30:11

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BCP	9	CHIU LONG HEI	0	0	DISQ	DISQ			
BCP	9	TANG SIN MUK JOSHUA	0	0	0:48:22	DISQ			
BCP	9	CHAN KING WO	0	0		DISQ			
BCP	9	TSANG WUI MAN NEREUS	0	0		DISQ			
		<b>W10</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
OAH	1	FUNG WAI KI	1000	3000	0:59:05	1000 1:48:42	971x 1:08:10	1000 1:33:32	1000 0:16:51
NDO	2	LEUNG HIU YUET	955	2865	2:10:46	947 1:54:46	943 1:10:08	975 1:35:59	584x 0:28:51
NDO	3	LEUNG HIU CHING	878	2634	0:39:08	961 1:53:06	1000 1:06:10		673 0:25:02
HKO	4	FU HOI KI	514	1542	2:07:48	915 1:58:47	DISQ		627 0:26:53
BCP	5	WONG CHING HEI	239	718	1:04:43	DISQ			718 0:23:28
BCP	6	MAK TIN YAN	0	0			DISQ	DISQ	DISQ
		<b>M12</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKO	1	LUM CHEUK HEI	1000	3000	0:44:37	1000 0:26:04	485x 1:06:48	1000 0:26:18	1000 0:33:23
HKO	2	AU JOSHUA HO KIU	879	2636		886 0:29:25	1000 0:32:25		750 0:44:32
OAH	3	CHOW CARLO KA LOK	742	2227			688 0:47:09	716 0:36:42	823 0:40:35
HKO	4	LAM WANG HONG NERIO	739	2218			730 1:13:03	1000 0:42:24	488 1:08:25
HKO	5	CHAN CHUN ON	630	1891	0:58:14	590 0:44:10	823 0:39:22	478 0:55:02	DISQ
BCP	6	LAW SING YU SEAN	584	1751	DISQ	500 0:52:09	570 0:56:51	681 0:38:37	DISQ
BCP	7	WONG CHEUK HIM	561	1682	1:19:30	684 0:38:07		481 0:54:40	517 1:04:34
HKO	8	WU CHEUK HEI	295	886	1:15:16		431 1:15:14		455 1:13:25
HKO	9	WONG YAT HEI	152	456	1:16:06		456 1:11:10		
BCP	10	AU KI	0	0	DISQ				
BCP	10	CHAN KING YU	0	0					DISQ
OAH	10	CHAN YU WANG	0	0		OT 3:40:14			
HKO	10	LEE SZE LUT NAZIRITE	0	0	1:17:26				

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		<b>W12</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
BCP	1	WONG HAU YI	995	2985	1:43:19	1000 0:44:59	985 1:04:42	763x 1:06:52	1000 0:49:07
BCP	2	CHU LI WEI RIE	964	2891		DISQ	1000 1:03:42	983 0:51:53	907 0:54:08
BCP	3	WONG KI SUM	883	2649	1:39:25	952 0:47:14	866 1:13:33	750x 1:08:02	830 0:59:09
HKO	4	LAU HIN YI	390	1170	1:11:58	344 2:10:41			826 0:59:29
OAH	5	LO HOI YAN	333	1000	DISQ	DISQ		1000 0:51:01	
BCP	6	LO MEI SUEN	303	910	1:27:09	910 0:49:25			
SOC	7	LI WING SUM	271	813					813 1:00:26
OAH	8	YUEN YIN HANG	270	810	DISQ	DISQ		810 1:03:00	
BCP	9	WU TUNG YAN	0	0	2:59:37	DISQ			
OAH	9	WONG WING YIN	0	0	1:16:31				
		<b>M14</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKO	1	WONG TSZ CHUN JASON	950	2851	0:40:54	816x 0:48:23	1000 0:35:47	851 0:23:18	1000 0:30:11
HKO	2	LEUNG CHUNG WAI	939	2816	0:42:20	920x 0:42:54	929 0:38:30	950 0:20:52	937 0:32:13
Y2Y	3	CHAN CHUN HEI	928	2783	0:28:25	913 0:43:15	847x 0:42:15	1000 0:19:50	871 0:34:40
HKO	4	LI HO SHUN MARKUS	665	1996	0:35:40	1000 0:39:28		377 0:52:35	619 0:48:44
WYC	5	WAN TSZ CHUN MARCO	524	1571	0:59:48	337x 1:57:14	442 1:20:53	482 0:41:08	647 0:46:41
HKO	6	CHUNG HO YIN	484	1453	DISQ		642 0:55:45	811 0:24:26	DISQ
OAH	7	LAW HONG CHUN	445	1335	1:49:18	607 1:04:58		274 1:12:25	454 1:06:31
WYC	8	WONG TIMOTHY BRYAN CO	417	1252	0:58:06	582 1:07:49	670 0:53:24		
OAH	9	CHAN CHEUK KI	403	1209	DISQ	360 1:49:39	399 1:29:42	209x 1:34:50	450 1:07:02
WYC	10	CHENG KAI MAN	302	906			601 0:59:30	304 1:05:10	
WYC	11	WONG PAK WAI NATHAN	292	876	1:43:36	312 2:06:21			564 0:53:32
DBS	12	LO YAT CHUNG JAVIS	232	697		697 0:56:38			
AA.	13	LIU YAN QUAN	216	648	1:17:51	DISQ	DISQ	648 0:30:34	DISQ
WYC	14	WONG LOK HEI	213	639		303 2:10:21			337 1:29:41

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OS	15	LI KING WUN	201	604				281	323
								1:10:27	1:33:26
WYC	16	CHAN KIRK	179	537		DISQ	537		
					1:59:38		1:06:38		
QCO	17	WONG CHUN HEI	179	536		536			
						1:13:42			
QCO	18	SIEH CHEUK NAM	160	480		480			
						1:22:13			
WYC	19	LI CHO WANG	138	415		415			
						1:35:03			
DBS	20	LEUNG HOI YUE	126	379		379			
						1:44:14			
WYC	21	CHAN YIU NAM	119	358		358			
						1:50:22			
WYC	22	WONG WANG HON	111	333		DISQ		333	
								0:59:34	
WYC	23	IP ELIJAH	109	328		328			
						2:00:24			
QCO	24	TAI SUNG CHIT	97	291		291			
					2:02:56	2:15:39			
SOC	25	CHOI WING KIT	0	0	DISQ			DISQ	
QCO	25	LAU HEI LONG	0	0	DISQ	DISQ			
OAH	25	YAM KAI YUI	0	0	DISQ				DISQ
AA.	25	LAI HING FUNG	0	0			DISQ	DISQ	
AA.	25	TAM HUNG PAN	0	0	DISQ			DISQ	
QCO	25	TAM HOI WUN	0	0		DISQ			
					1:13:54				
WYC	25	WONG CHIU HO	0	0		DISQ			
					1:08:01				
QCO	25	TONG SHEE YIU	0	0		DISQ			
QCO	25	LAU LIK TUNG	0	0	DISQ				
QCO	25	FAN YUI HEI	0	0		DISQ			
QCO	25	CHAN LOK KAN	0	0	DISQ				
QCO	25	WONG TSUNG YAN	0	0	DISQ				
WYC	25	CHEUNG SUI HIM	0	0				DISQ	
SOC	25	LAM HAU TUNG	0	0	DISQ				
QCO	25	LAM HOK NAM	0	0		DISQ			
QCO	25	CHAN KA YIU	0	0					
					1:33:46				

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QCO	25	CHAN WANG YIN	0	0	1:43:07				
QCO	25	CHAN CHEUK KAI	0	0	1:46:04				
QCO	25	CHAN WANG HO	0	0	1:33:27				
QCO	25	MAH HUNG CHIT	0	0	1:13:52				
		<b>W14</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKO	1	WONG YI SHAN	996	2987	0:42:11	987 0:53:10	1000 0:42:15	1000 0:22:01	841x 0:36:56
HKO	2	CHU YING YAU	964	2892	0:39:33	1000 0:52:27	892 0:47:21	852x 0:25:50	1000 0:31:03
POC	3	YUE WEI YA	763	2288	1:38:45	889 0:59:00	675 1:02:33	482x 0:45:42	724 0:42:54
HKO	4	FUNG WAI CHING	641	1922	1:42:40	523x 1:40:16	652 1:04:49	614 0:35:51	656 0:47:20
BPS	5	FUNG WING KI	456	1368	1:11:48	344 2:32:17	442 1:35:35		581 0:53:26
DGS	6	WONG YUET TO	416	1248	1:22:08	753 1:09:40		495 0:44:27	
BPS	7	CHENG SUM YU	207	621			OT 2:36:36		621 0:49:58
OAH	8	WONG YI YAN	199	596	DISQ		DISQ		596 0:52:05
BPS	9	KU KA KI DOROTHY	178	533			OT 2:48:35		533 0:58:13
OS	10	CHAN KA WAN	177	531				274 1:20:14	257 2:00:51
DGS	11	TSUI WING YUEN	148	443					443 1:10:03
DGS	12	YUEN ENAM NATALIE	138	413					413 1:15:14
DGS	13	CHAN NOK SUM	105	316				316 1:09:33	
DGS	14	MOK HOI CHING	103	308				308 1:11:34	
DGS	15	FONG SIN HANG JADA	101	303				DISQ	303 1:42:35
DGS	16	YEO VICTORIA ANNA	96	289				289 1:16:05	
OS	17	NG TSZ YAN	81	243					243 2:07:45
OS	18	CHEUNG KA YI	74	222				222 1:39:01	
OS	19	CHENG WING YI	71	214				214 1:43:00	
DGS	20	HO HEI LAM	0	0	DISQ				
DGS	20	LEUNG KWAN KIU	0	0					DISQ
DGS	20	NG KA HANG	0	0	1:27:13				

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AA.	20	LIU YUEN HEI	0	0	0:52:59				
DGS	20	POON HO KIU ALLIE	0	0	1:12:27				

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M16					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15	2015-03-01	2015-09-20	2015-10-25	2015-11-08
					Shek Lung Kung	Lamma Island	Lung Fu Shan	Mong Tseng Wai	Duckling Hill
HKO	1	CHU YAU MAN	1000	3000	0:32:58	1000	1000	1000	1000x
SOC	2	CHEUNG YAN WAI	882	2647	0:31:59	896	898	787x	853
HKO	3	WONG CHEUK WANG	832	2495	0:40:50	715x	902	723	869
HKO	4	SHIU CHIT HIM	773	2320	0:40:29	766	712	564x	842
HKO	5	LIU CHI CHUNG	762	2286	0:43:24	846	818		622
WYC	6	CHAK CHUN WAI	654	1962		584	757	315x	621
AA.	7	LAM HIU CHAK	582	1747	1:32:15	613	606	528	493x
WYC	8	SO KA WANG	578	1733		505	462	369x	766
POC	9	YUE WEI YI	493	1479	DISQ	535	503	DISQ	442
FOC	10	TAM CHIN HANG	422	1267	0:44:47	708			559
WYC	11	NG KOK WING	400	1199	1:44:00	325	446	DISQ	428
QCO	12	LAU CHRISTOPHER TREVOR	365	1096	0:54:48	324	418		354
AA.	13	CHE YAO CHENG	357	1071		551	520		
AA.	14	FONG TSZ LO	357	1070	1:37:17	588			483
AA.	15	TSUI TUNG MING	336	1008	1:27:09	244	438	326	DISQ
DBS	16	YIP TSZ TO	334	1001	1:05:20	482		DISQ	519
HKO	17	CHAN CHUN HANG	330	991	DISQ	329	272		390
DBS	18	TO CHING HONG	326	979	0:47:08	550		DISQ	429
WYC	19	CHEANG SIN YEUNG CLARENCE	320	961	1:23:15	552	410		
OS.	20	TSANG HO YEUNG	292	875	1:25:11	472		DISQ	402
WYC	21	TSANG WING SUN VICTOR	220	659	1:06:23	659			1:33:21
DBS	22	LO YAT CHUNG JAVIS	204	612			612		
WYC	23	CHENG WING JUN	195	584	DISQ	584			
OLE	24	WONG TSZ HEI	169	506	0:48:58				506
AA.	25	CHENG HO WANG	148	444				444	
AA.	26	SU LIU TAI	135	406			DISQ	406	
								1:26:04	



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AA.	27	LAI HING FUNG	119	358					358
									1:45:01
LSC	28	TANG WAI NAM	99	298					298
					1:41:00				2:06:02
DBS	29	CHANG TIN LONG	85	256		256			
					0:55:07	2:33:08			
AA.	30	CHAN TAI HING	0	0		DISQ	DISQ	DISQ	
WYC	30	TSO CHUN HIN	0	0		DISQ			
					1:16:33				
OS	30	WONG TIN LONG	0	0				DISQ	
QCO	30	WONG KAM YEUNG	0	0					
					2:14:36				
HKO	30	WONG TSUN HO	0	0					
					0:48:40				
BCP	30	CHAN CHI HIM	0	0					
					0:55:29				
		<b>W16</b>							
					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
Y2Y	1	CHAN SIN YU	998	2994		1000		1000	994
					0:41:50	1:01:25		0:46:27	0:43:58
HKO	2	LEUNG HEI TUNG	968	2903		968	1000	759x	935
					0:54:56	1:03:27	0:39:22	1:01:10	0:46:46
SOC	3	TSANG HIU YU	884	2653		831	823	DISQ	1000
					0:42:33	1:13:57	0:47:51		0:43:43
HKO	4	LEUNG CHEUK KI	623	1869		779	492	OT	597
					1:35:41	1:18:52	1:19:56	2:35:16	1:13:11
AA.	5	LIU YUEN HEI	500	1500		802			699
						1:16:37			1:02:34
OAH	6	YUEN JACQUELINE	478	1433		687		OT	746
						1:29:26		2:00:01	0:58:34
OAH	7	CHAN WEI KEI	373	1118				472	646
								1:38:21	1:07:40
BPS	8	WONG TSUI SHAN	263	788					788
									0:55:28
DGS	9	CHIU CHING	227	681	DISQ				681
									1:04:14
DGS	10	LAM OI KI MIRANDA	191	574					574
									1:16:11
DGS	11	FUNG YING KA ODESSA	183	548			548		
					1:38:37		1:11:52		
OS	12	YE QI LING	106	319				OT	319
								2:27:17	2:16:57
OAH	13	LEUNG ON YEE NIKKI	0	0					DISQ
					1:40:33				
OAH	13	LIU WING TSIN ELLEN	0	0		DISQ			
OAH	13	WU FEI	0	0		DISQ			
BPS	13	CHENG YIN SHAN	0	0	DISQ				
BPS	13	NG TSZ CHIN	0	0	DISQ				

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DGS	13	CHAN WING YU	0	0	DISQ				
OS.	13	CHOW WAI YI	0	0	1:37:30				

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<b>M18</b>					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15	2015-03-01	2015-09-20	2015-10-25	2015-11-08
					Shek Lung Kung	Lamma Island	Lung Fu Shan	Mong Tseng Wai	Duckling Hill
PCO	1	YU TSZ FUNG	1000	3000	DISQ	1000 1:07:47	1000 0:53:08	1000 0:39:57	1000x 1:05:23
DBS	2	LAU KWUN HIM HIMMY	823	2470	1000 1:21:30	564 2:00:15	906 0:58:37		
AA.	3	NG SUNG CHAK	792	2377	OT 3:06:33	DISQ	998 0:53:15	610 1:05:28	769 1:25:01
OS.	4	LEUNG HONG TING	702	2105		676 1:40:20		637 1:02:41	792 1:22:34
WYC	5	NG KOK HEI JASON	698	2094		731 1:32:46		548 1:12:57	816 1:20:10
HKO	6	NG KI FUNG JASON	656	1967	593 2:17:26	610 1:51:09			764 1:25:34
AA.	7	SHI JUN LIN	635	1905		643 1:45:22	447x 1:58:52	523 1:16:27	739 1:28:25
HKO	8	CHUI TSZ HO	383	1149			626 1:24:54		523 2:04:57
OS	9	CHAU CHUNG YIN	356	1067	503 2:41:56	564 2:00:14			
WYC	10	LAM LIMSON	292	875	875 1:33:11				
WYC	11	LING CHUNG YIN	289	868			868 1:01:14		
WYC	12	YIU YUK HIN	165	495	DISQ	495 2:16:55			
AA.	13	YU RUI HONG	133	399				399 1:40:03	
QCO	14	TAM KAI ON	0	0	DISQ				
QCO	14	AU YEUNG CHEUK YIN	0	0	DISQ				
OAH	14	LUI CHING TUNG	0	0	DISQ				

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<b>W18</b>					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKI	1	AU ANDREA CHOR KIU	1000	3000			1000 0:56:04	1000 0:53:24	1000 1:02:52
AA	2	YEUNG YU PO	811	2433	1:35:18	841 1:30:37	861 1:05:07	OT 2:04:10	731 1:25:57
POC	3	CHEUNG KA PUI	595	1784	1:21:56	841 1:30:34		DISQ	943 1:06:39
BPS	4	LI HO LING	333	1000	0:59:50	1000 1:16:11			
HKO	5	CHAN ZHI LING	279	837					837 1:15:06
OS.	6	NG LAI YING	0	0					DISQ
DGS	6	TSUI SUI NAM	0	0	1:21:53				
<b>M20</b>					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
AA.	1	LI SING WAI	1000	3000	1:36:47	1000 0:58:49	1000 0:47:26	1000 0:36:39	1000x 0:50:20
HKO	2	SHIU CHIT HEI	950	2851	1:12:00	966 1:00:54	995 0:47:40	890 0:41:11	791x 1:03:36
QCO	3	CHUNG AUSTIN	899	2696	1:17:59	935 1:02:56	897 0:52:54	864 0:42:24	818x 1:01:32
HOL	4	YUE WEI YONG	774	2322	1:59:22	786 1:14:49	827 0:57:20	709 0:51:43	668x 1:15:22
SFX	5	LIANG JIEJUN	691	2072	DISQ		757 1:02:42	561 1:05:20	755 1:06:41
MET	6	CHAN CHUN KIT	458	1375	2:09:57	720 1:21:43		655 0:55:57	632x 1:19:36
XCC	7	HO HOI HUNG	553	1660			947 0:50:05	713 0:51:26	
QCO	8	LI CHUN HO	230	691	1:59:39	691 1:25:06			
SFXCOC	9	WONG YU HONG BRYAN	196	587					587 1:25:48
HKO	10	LAM MING YIU	124	372	DISQ	372 2:37:55			
<b>W20</b>					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
BPS	1	LAM CHO YU	1000	3000	963x 1:12:07	1000 1:31:19	1000 0:41:50	1000 0:44:08	1000x 0:55:47
FOC	2	NG KA YAN	899	2696	1000 1:09:26	988 1:32:27	708 0:59:04		
HKO	3	LAW HOI YI	796	2387	OT 3:17:45	768 1:58:55	542x 1:17:15	703 1:02:47	916 1:00:52
HKI	4	YEE SZE WING	777	2330	687 1:41:08		422x 1:39:01	896 0:49:17	748 1:14:33
HKI	5	SOO WAI HIN	771	2312			712 0:58:45	770 0:57:18	829 1:07:15

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HKI	6	TAM SIN YI NOEL	767	2300	805 1:26:15	758 OFFICIAL	653x 1:04:03	503x 1:27:47	737 1:15:40
MET	7	LAM HEI YIU ALICIA	689	2066	562 2:03:27	865 1:45:31			638 1:27:22
MET	8	NG WING SI	336	1009	580 1:59:42			429 1:42:47	DISQ
POC	9	CHEUNG KA WING EMMA	319	958		958 1:35:17			
OAH	10	LAM HO TONG	314	941	DISQ	551 2:45:49		390 1:53:06	
		<b>M21</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
XCC	1	LAM SAM CHOI ABY	986	2957		1000 1:06:26	957 1:00:08	934x 0:49:55	1000 0:49:54
HKI	2	MA LOK HIN	957	2872	1:29:19	943 OFFICIAL	928 1:02:00	1000 0:46:36	776x 1:04:18
HKO	3	CHOY KWOK WAI	870	2610	1:56:07	877 1:15:46	904 1:03:39	807x 0:57:44	829 1:00:13
FSO	4	CHENG YUK TUNG	815	2446	1:48:26	824 1:20:35	801 1:11:52	821 0:56:48	621x 1:20:25
HKI	5	CHAN TIN MONG	800	2399		784 1:24:44	792 1:12:40	823 0:56:38	774x 1:04:30
HKO	6	MAN YIU FUNG	779	2336	2:13:47	753 1:28:11	774 1:14:21	808 0:57:41	682x 1:13:13
XCC	7	TANG YEUNG CHIU DENNIS	773	2320	2:23:57	768 1:26:27	822 1:10:01	729 1:03:54	679x 1:13:28
AYP	8	YU SAI HONG	761	2284	1:40:37	850 1:18:10		737 1:03:13	697 1:11:36
SOC	9	LAM KA CHING	748	2244	2:04:25	816 1:21:23	814 1:10:44	569x 1:21:57	614 1:21:17
XCC	10	TAM WEI YEUNG SUNNY	735	2204	2:11:11		728 1:19:02	799 0:58:21	677 1:13:42
HKO	11	YUEN TUNG NAM	699	2096	3:10:34	635 1:44:39	734 1:18:23		727 1:08:41
HKO	12	LI TAK KUN	679	2038	672 OFFICIAL	649 1:42:25	717 1:20:15	424x 1:49:53	580x 1:26:04
POC	13	CHAN YIP SANG	672	2015	2:26:30	734 1:30:33	688 1:23:42	594 1:18:31	
FOC	14	CHAN TSZ CHUNG	658	1974	DISQ	637 1:44:17	781 1:13:42		556 1:29:45
HKO	15	MUI HO LAM	658	1973	651 OFFICIAL	665 1:39:55	658 1:27:30		565x 1:28:23
YAO	16	LEUNG YAT YIN	634	1902		628 1:45:43	644 1:29:21		629 1:19:17
POC	17	CHAN CHUN FUNG	602	1807		591 1:52:29	636 1:30:32		581 1:25:53
HKO	18	CHU HING SHING	593	1779	2:36:24	DISQ	727 1:19:09	542 1:25:57	510 1:37:52
HKO	19	LAM TREVOR KOONCHI	572	1715	571 OFFICIAL	582 1:54:13		561x 1:23:09	563 1:28:41
AA.	20	CHEUNG SIU HEI	563	1689			574 1:40:18	629 1:14:06	486 1:42:39
PCO	21	LAU KWOK SANG	525	1575	2:56:26	570 1:56:30		519 1:29:46	486 1:42:40

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HKO	22	CHAN PING KIN	500	1501		544	511	446	431
					3:28:30	2:02:05	1:52:42	1:44:34	1:55:44
CSD	23	CHUNG TSZ KIN	465	1396		629	767		
						1:45:38	1:15:02		
YAO	24	LI FUK LUNG BRUCE	459	1377		664	713		
					2:22:01	1:40:06	1:20:45		
HKO	25	NG KA SING	449	1347		470	OT	417	460
					2:54:36	2:21:13	2:07:15	1:51:48	1:48:30
MET	26	NG KWOK FUNG	433	1298	DISQ	377	487	435	OT
						2:56:26	1:58:16	1:47:15	2:30:53
HKI	27	LEE YEUNG CHI	427	1280			735		545
							1:18:18		1:31:34
HKO	28	CHAN CHI SING CLEMENT	422	1266	390 OFFICIAL	DISQ	876		
							1:05:41		
YAO	29	CHU KAM HUNG	410	1230		689			542
					2:21:53	1:36:29			1:32:06
HKO	30	HO NGA TIK	391	1174	DISQ	590			585
						1:52:37			1:25:22
LSC	31	CHAN CHI KEUNG	368	1103		519		584	
						2:07:53		1:19:51	
OAH	32	CHEUNG KWOK PUI	366	1097			665	433	
							1:26:37	1:47:45	
HKO	33	WONG KIN IP	352	1056			594		462
							1:36:53		1:48:03
SOC	34	LUK CHI HIN SOLOMON	350	1049	323 OFFICIAL			726	
								1:04:10	
HKI	35	CHEN JIN BIN	339	1017			504		513
							1:54:10		1:37:14
SOC	36	TSANG CHUN CHI	334	1003		DISQ	591	413	
					2:52:52		1:37:29	1:52:54	
AYP	37	KWOK KIN KWAN	333	1000			1000		
							0:57:34		
HKO	38	LEE TING HO GILBERT	324	971		519	OT	DISQ	453
					3:39:49	2:08:05	2:41:18		1:50:15
NDO	39	LEE YU MING	292	875		875			
						1:15:57			
HKO	40	YIM CHUN WAI	281	843		434	OT	OT	408
					3:47:41	2:32:54	2:09:02	2:09:02	2:02:12
SFXCOC	41	WONG YU HONG BRYAN	257	770			DISQ	770	
								1:00:30	
HKO	42	CHOI KAM KWAI	253	759		234 OFFICIAL			526
									1:34:55
POC	43	LAI KA PAK	250	751		751			
					2:15:58	1:28:27			
XCC	44	LAW KWOK KUEN	249	748					748
					1:47:07				1:06:43
SOC	45	WONG BUN YIN	235	704		704			
						1:34:21			
HKO	46	HO TSZ HANG STEPHEN	230	690		690			
						1:36:15			

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HKI	47	LO SAMUEL	225	675			675		
							1:25:17		
HKO	48	KAN CHI CHEUNG	221	662		662			
					2:24:44	1:40:18			
HKI	49	POON BRIAN WING YOUNG	217	651					651
									1:16:40
SOC	50	CHOI KWOK KIN	213	639					639
									1:18:04
FOC	51	CHAN YIN CHUN	196	587					587
									1:25:01
OAH	52	LO WING PUN	189	567			567		
					3:43:23		1:41:29		
SOC	53	TANG CHIT LONG	169	508		508			
					3:31:06	2:10:50			
AA.	54	CHEUNG KWOK CHING	163	490		490			
						2:15:41			
YAO	55	CHENG CHI HO	158	475		475			
						2:19:49			
HKO	56	HUI LOK HIN	151	453					453
									1:50:08
HKO	57	YIU CHI SING	151	452					452
									1:50:22
YAO	58	CHOY KA WAI	142	425	DISQ				425
									1:57:21
SOC	59	CHOW TAT HEI	138	415					415
									2:00:14
SOC	60	LAU WING KIT	123	370					370
									2:15:00
HKO	61	LO KAM TAO LEO	0	0		DISQ	DISQ		DISQ
HKO	61	JURG NIEDERBERGER	0	0				DISQ	DISQ
HKI	61	CHIU HO CHING	0	0		0			
						OFFICIAL			
HKO	61	LEUNG MAN KIN	0	0			OT	DISQ	
							2:57:41		
OAH	61	KEUNG SIU MING	0	0					DISQ
HKO	61	CHAU CHI KIN	0	0	DISQ				
YAO	61	LEUNG KIN LAM	0	0		DISQ			
HKO	61	HO MING HIM	0	0		DISQ			
SOC	61	LUI TSZ HIN	0	0					OT
					3:14:12				2:34:27
HKO	61	CHIK CHUNG YEUNG	0	0			OT		
							3:37:50		
HKI	61	WAN LONG YIN OSBERT	0	0					
					1:56:33				

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Club	Rank	Name	Average	Total	RL-1*	RL-2	RL-3	RL-4	RL-5
					2015-02-15	2015-03-01	2015-09-20	2015-10-25	2015-11-08
					Shek Lung Kung	Lamma Island	Lung Fu Shan	Mong Tseng Wai	Duckling Hill
HKO	1	CHAN LAI YEE	991	2973	2:06:32	1000 1:28:28	1000 0:58:08		973 1:17:46
HKI	2	YU WING HAY	931	2792		859 OFFICIAL	933 1:02:19	1000 1:04:19	
HKO	3	FUNG YUK CHING WINSOME	831	2493	2:17:43	968 1:31:26		720 1:29:21	806 1:33:57
HKO	4	TSE LUI	807	2420		822 1:47:39		875 1:13:28	723 1:44:42
BPS	5	CHIU CHONG HUA	779	2338	2:14:07	912 1:37:02	594 1:37:53		833 1:30:53
YAO	6	TANG PO WA	773	2320	2:41:24	816 1:48:22	768 1:15:39	735 1:27:29	665x 1:53:52
Y2Y	6	LEUNG KA MAN	773	2320			848 1:08:34	746 1:26:12	726 1:44:16
HKO	8	MOK WAI YEE MAGGIE	766	2297	2:27:37	652x 2:15:44	734 1:19:12	684 1:34:04	880 1:26:02
HKO	9	LAM OI SZE	743	2230		802 1:50:20	748 1:17:42	680 1:34:36	
HKO	10	CHEUNG WEI KI RAINKY	740	2221			495 1:57:25	827 1:17:48	900 1:24:08
XCC	11	WONG WING YAN JOSEPHINE	693	2080	3:29:18	662x 2:13:44	663 1:27:43	684 1:34:01	733 1:43:11
XCC	12	CHAN CHING YAN CANDY	654	1961		OT 3:38:35	549 1:45:58	770 1:23:32	643 1:57:43
HKI	13	LEUNG KA KI	628	1883	1:45:13		885 1:05:43	999 1:04:24	
HKO	14	WAN YUEN TING	610	1831	DISQ	550 2:40:47		712 1:30:17	569 2:13:01
HKO	15	RIDOLFO ARIANNA	553	1660			776 1:14:55	884 1:12:47	
OBA	16	LAU YUET LING	549	1646	2:33:45	DISQ	796 1:13:04	851 1:15:35	
OBA	17	CHUNG WAI FAN VIVIAN	455	1364	DISQ			746 1:26:10	618 2:02:30
HKO	18	CHIU KONIE	355	1066			536 1:48:25	DISQ	529 2:22:57
AKI	19	TAM KAR BIK	333	1000					1000 1:15:41
NDO	20	WAN NGA YI ROSANNA	328	983		983 1:30:02			
YAO	21	CHAN SAU MEI	327	982	1:58:20	982 1:30:04			
POC	22	LAM YUEN KWAN ADA	308	923				923 1:09:42	
POC	23	CHAN LAI YING	185	556		OT 3:04:17	556 1:44:31		
HKO	24	LEE OI YING	168	504	DISQ		504 1:55:26		OT 2:34:01
HKO	25	WAI TSUI SHAN	0	0		DISQ			
NDO	25	CHEUNG CHUEN LAI	0	0				OT 2:09:22	



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YAO	25	CHIU LAI KWAN	0	0					
					2:00:25				
HKI	25	LEUNG KWAN NI WIWIN	0	0					
					2:32:17				
		<b>M35</b>							
					RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
YAO	1	TANG CHUN KIT	986	2958		958 1:09:05	1000 0:49:47		1000 1:00:15
XCC	2	LO CHEUK HONG	980	2940		983 1:07:20	974 0:51:06	982 1:02:57	
HKO	3	CHUNG WAI NANG	928	2784	1:56:00	857 1:17:17	772x 1:04:30	1000 1:01:51	927 1:04:58
HKO	4	YU SHIN HO	920	2759	1:52:31	938 1:10:33	753x 1:06:08	918 1:07:23	903 1:06:45
HKO	5	CHEONG KUNG PAN	849	2548	2:15:11	823 1:20:24	772x 1:04:31	952 1:04:58	773 1:17:58
HKO	6	WONG CHI YIN	770	2310	3:08:26	722 1:31:44	930 0:53:32	659 1:33:53	640x 1:34:05
HKO	7	LEE MAN WAI	765	2296	2:26:56	890 1:14:21		624 1:39:11	782 1:17:00
HKO	8	WONG MAN WA	752	2257	2:46:48	775 1:25:22	775 1:04:13	706 1:27:37	665x 1:30:39
BCP	9	LI MING CHI	719	2158	2:40:50	794 1:23:25	780 1:03:50	584 1:45:49	DISQ
HKO	10	HU SIU FUN	667	2002	3:08:24	689 1:36:09	457 1:48:56	856 1:12:14	454x 2:12:47
HKO	11	CHENG PING KUEN	636	1909	1:54:07	1000 1:06:12		DISQ	909 1:06:19
HKO	12	CHAN SIU CHUNG	623	1870	3:17:07	587 1:52:51	694 1:11:41		588 1:42:23
YAO	13	CHEUNG CHI SHING	597	1792	3:03:31	618 1:47:02	560 1:28:52	519x 1:59:09	613 1:38:18
HKO	14	FUNG CHUN PAN	541	1623	DISQ		564 1:28:18	573 1:48:00	487 2:03:49
WYC	15	SY HUAN KUN	491	1472		487 2:15:55		551 1:52:19	434 2:18:42
FOC	16	TAM SHU FUN	419	1258	387 OFFICIAL	871 1:16:01			
AKI	17	CHUNG CHI MING	417	1250	1:32:52	385 OFFICIAL	866 0:57:31		
VOC	18	CHAN CHIT HUNG	415	1245	DISQ	662 1:39:58			583 1:43:23
YAO	19	LEUNG CHI YAN	271	814	2:24:48	814 1:21:20			
XCC	20	HUI HAO YUAN LAWRENCE	244	733	3:02:20	733 1:30:17			
LSC	21	LEUNG YAT LAI ADRIAN	218	653					653 1:32:14
YAO	22	HO CHAK LAM	174	523					523 1:55:08
SOC	23	LAU CHUN FUN	150	451			451 1:50:22		
M&S	24	LO CHI MAN	136	408					408 2:27:30

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NDO	25	WONG TSZ CHUN	0	0	DISQ			DISQ	
YAO	25	CHEUNG YAT LUNG TOMMY	0	0					DISQ
SOC	25	IP WAI YEUNG	0	0		OT 3:00:25			

# 2015年度中/長距離 排名聯賽成績

## Middle/Long Distance Events Ranking Results 2015

更新 Updated On: 2016-02-02

		<b>W35</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
POC	1	CHEUNG LAI KUEN MONA	978	2935	2:15:26	1000 1:21:53	1000 0:47:30	935 1:12:30	853x 1:32:03
AYP	2	AU MAN CHONG MARIANA	865	2594	2:46:22	864 1:34:48	730 1:05:02	1000 1:07:45	633x 2:03:56
POC	3	TANG PUI YI	851	2554	DISQ		836 0:56:50	918 1:13:50	800 1:38:06
HKO	3	WONG YUK HING	851	2554	2:39:46	806 1:41:38	734x 1:04:44	924 1:13:18	824 1:35:19
HKO	5	CHENG LAI WAN REBECCA	510	1531	DISQ	782 1:44:44		749 1:30:28	
XCC	6	WONG SAU KING	502	1505	DISQ	739 1:50:44		766 1:28:30	
HKO	7	LO WAN YEE	451	1354	2:05:52	746 1:49:48		OT 2:00:48	609 2:08:59
HKO	8	ISMAIL HANIFA	356	1068	DISQ	480 2:50:26	588 1:20:51	OT 2:21:21	DISQ
XCC	9	TANG PIK KWAN	333	1000	1:57:15				1000 1:18:30
XCC	10	FUNG KIT LING	226	679			679 1:09:55	DISQ	OT 2:36:22
YAO	11	CHAU HOI SZE	0	0				OT 2:14:32	DISQ
AA.	11	HO SHUI CHUN	0	0					OT 2:34:27
		<b>M40</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
XCC	1	LO WING SHIU	1000	3000	1:54:02	1000 1:09:02	959x 1:09:18	1000 0:45:59	1000 1:11:20
HKO	2	MAN WAI TIN	939	2817	2:15:04	896 1:17:05	1000	921 0:49:55	DISQ
HKO	3	WONG WAI NGAI ERIC	899	2698	2:59:13		818 1:21:16	895 0:51:22	985 1:12:26
XCC	4	CHAN KA SHING RICKY	894	2682	1:58:49	944 1:13:10	760 1:27:26	737x 1:02:24	979 1:12:52
HKO	5	LUM CHO FAI	891	2672	2:25:01	824 1:23:49	973 1:08:18	747x 1:01:34	876 1:21:28
FOC	6	CHAN KWOK WAI KEVIN	880	2641	1:46:15	847 1:21:30	714x 1:33:04	849 0:54:11	945 1:15:29
Y2Y	7	CHAN KAM ON	867	2600	2:00:43	847 1:21:33	987 1:07:19	766 1:00:00	747x 1:35:33
HKO	8	CHAN KWOK WAI AARON	820	2459	811 OFFICIAL	701x 1:38:28	759 1:27:32	703x 1:05:26	889 1:20:13
SOC	9	LAU CHI CHUEN	768	2304	2:15:47	634x 1:48:49	863 1:17:00	656 1:10:02	784 1:30:56
AYP	10	WONG CHI CHUNG ISAAC	587	1761	2:20:13			789 0:58:16	972 1:13:22
NDO	11	LEUNG WAI KIN	553	1659	DISQ	541 2:07:39	OT 2:01:23	500 1:31:57	618 1:55:29
POC	12	CHOW YIU SHUEN LIO	455	1365	2:29:03	645 1:46:57	719 1:32:24		

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## Middle/Long Distance Events Ranking Results 2015

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HKO	13	WONG HO MAN	392	1176	DISQ	556	OT	DISQ	620
						2:04:12	2:03:33		1:55:04
HKO	14	TSE YIK WAH	386	1159	357	803			
					OFFICIAL	1:26:01			
HKO	15	TSUI WING SING	359	1076	331	745			DISQ
					OFFICIAL	1:32:40			
OAH	16	LI KWONG WAI STANLEY	243	730			730		
							1:31:01		
YAO	17	KWAN YIU KEUNG	224	672			672		
							1:38:56		
HKO	18	KWONG KWOK WAH	200	601	DISQ	601	DISQ		
						1:54:54			
YAO	19	HUNG KA MO MAVERICK	187	562		562			
						3:47:33	2:02:48		
HKO	20	LAM HON FEI	0	0	DISQ				
AKI	20	CHAN TAK FUNG	0	0		DISQ			
NDO	20	WONG TSZ CHUN	0	0					DISQ
		<b>W40</b>							
					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15	2015-03-01	2015-09-20	2015-10-25	2015-11-08
					Shek Lung Kung	Lamma Island	Lung Fu Shan	Mong Tseng Wai	Duckling Hill
XCC	1	LI WAI YING	960	2879	1000	1000		879	
					1:45:36	1:56:50		1:36:09	
HKO	2	CHAN SIU MUI	916	2748	990	743x	DISQ	1000	758
					1:46:40	2:37:12		1:24:30	1:55:00
HKO	3	SZE TO YING WAI	517	1551			759		792
							1:33:05		1:49:58
YAO	4	CHAN SZE LAI	517	1550			840	DISQ	710
							1:24:07		2:02:40
AYP	5	WONG YUK WAH PATRICIA	333	1000					1000
									1:27:07
YAO	5	YEUNG YUN FOONG CANDY	333	1000			1000		
							1:10:37		
AA.	7	HO SHUI CHUN	325	974	974				
					1:48:27				
BBH	8	CHUNG SHUK KAM	277	832					832
									1:44:44
HKO	9	LAU PIK YI	251	753				753	DISQ
								1:52:13	

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## Middle/Long Distance Events Ranking Results 2015

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HKO	10	LI MANG WAH LOUISE	0	0		DISQ	DISQ		
OC	10	LEUNG LAI PING	0	0					DISQ
OAH	10	LO PO YUK	0	0			OT 2:30:25	OT 3:06:43	
OC	10	LEUNG LAI SHEUNG	0	0					OT 3:05:17
		<b>M45</b>			RL-1*	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
VOC	1	YEUNG WAI YIN ALEXIS	1000	3000	1:45:00	DISQ	1000 1:03:18	1000 0:48:46	1000 1:01:40
OLE	2	WONG HUNG ON WALLIS	801	2404	1:56:57	809 1:32:03	826 1:16:38	700x 1:09:42	769 1:20:12
PCO	3	POON KA HANG	666	1997		801 1:33:00	571 1:50:47		625 1:38:40
HKO	4	FU MAN FAI	657	1970	DISQ	668 1:51:30	667 1:34:56		635 1:37:08
POC	5	HUI NGAI SANG	648	1944	1:45:29	1000 1:14:29	DISQ	944 0:51:38	
AYP	6	NG KAM FU PATRICK	493	1478	DISQ	863 1:26:19	615 1:42:51		DISQ
OAH	7	LAW YAT HING	473	1420	DISQ	550 2:15:31		432 1:52:47	438 2:20:45
HKO	8	WONG WAI MING	455	1366	2:09:58	738 1:40:56	DISQ		628 1:38:15
HKO	9	LEUNG LAP ON	414	1242	2:09:10		578 1:49:30		664 1:32:50
HKO	10	WONG KIN LOK	240	721			721 1:27:47		DISQ
AYP	11	KO MAN FUNG FRANCIS	226	679					679 1:30:48
BCP	12	WONG MAN WAI	0	0		DISQ	DISQ		DISQ
HKO	12	CHAN KIM CHAM	0	0			OT 2:34:44		
HKO	12	HOU PO MAN PACINO	0	0	2:36:32				
M&S	12	LO CHI MAN	0	0	3:38:53				
		<b>W45</b>			RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKO	1	CHEUNG BO LING PAULINE	1000	3000	DISQ	928x 1:25:17	1000 1:15:50	1000 1:02:00	1000 0:50:32
HKO	2	KO SIN YU	896	2687	959 2:27:36	1000 1:19:10			729 1:09:21
HKO	3	HO HING LING SHELLEY	855	2566	1000 2:21:30	804 1:38:28	639x 1:58:37	OT 2:02:55	762 1:06:19
HKO	4	WONG YEE WAH	628	1885	DISQ	621 2:07:27	DISQ	525 1:58:09	739 1:08:23
M&S	5	LAW WAI YEE FIONA	0	0	DISQ				

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## Middle/Long Distance Events Ranking Results 2015

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		<b>M50</b>							
					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKO	1	CHUNG HON	1000	3000	1000 1:03:15	977x 0:48:29	1000 0:59:07	1000 0:46:21	
OAH	2	LEUNG KWOK KEUNG	979	2938	DISQ	1000 0:47:23	805x 1:18:23	938 0:49:25	1000 1:08:30
POC	3	SHAM WING MING	832	2495	867 1:12:57	761x 1:02:14	836 1:15:30	793 0:58:28	772x 1:28:47
HKO	4	LAW WAI KAY	829	2487	749x 1:24:25	806 0:58:48	853 1:13:56	539x 1:26:00	828 1:22:43
XCC	5	WONG HON SHING	655	1965	627 1:40:52	664 1:11:21			674 1:41:41
HKO	6	CHAN WING CHONG	653	1958	386x 2:43:51	609 1:17:49	842 1:14:57		507 2:15:05
XCC	7	HUI YUK LAM	525	1575	736 1:25:54	839 0:56:29			
HKO	8	YU HON MING	515	1544	DISQ	522 1:30:51		525 1:28:18	497 2:17:42
HKO	9	LAM KWOK WAH	424	1271			609 1:43:35		662 1:43:26
POC	10	TANG YUK CHEONG	383	1150		681 1:09:37		469 1:38:43	DISQ
HKO	11	CHAN PO MING	341	1022	455 2:18:52	566 1:23:39			DISQ
HKO	12	HUI TUNG YING	333	1000		491 1:36:34			510 2:14:25
OAH	13	TAM WAI YIP	0	0				DISQ	DISQ
HKO	13	SIU KWONG WAI	0	0	DISQ				
		<b>W50</b>							
					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
HKO	1	CHUI LAI KUEN CANDY	1000	3000	1000 1:21:11	1000 1:03:12	786x 1:51:10	1000 1:24:01	1000x 1:04:30
HKO	2	NG MIU LAN	851	2554		689x 1:31:45	1000 1:27:22	728 1:55:26	827 1:18:02
HKO	3	LAI MEI HO PAULINE	765	2296	645 2:05:47		OT 2:09:26	879 1:35:34	772 1:23:34
HKO	4	CHAN LAI CHU	390	1170		363 2:54:18			808 1:19:52
HKO	5	CHEUNG NGAN CHUN	306	918		918 1:08:52			
HKO	6	LEUNG YEE MAN	235	704		704 1:29:46			
HKO	7	CHOW CHING MAN	174	523		523 2:00:56			

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## Middle/Long Distance Events Ranking Results 2015

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<b>M55</b>					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
POC	1	PANG KA CHOI	1000	3000	1000 1:11:12	1000 0:43:14	1000 1:03:06		1000x 1:01:29
HKO	2	LYON MALCOLM	924	2771		907 0:47:40	864 1:13:03	1000 0:53:23	DISQ
AKI	3	LEUNG LAM	902	2705	907 1:18:30	916 0:47:12	758x 1:23:16	882 1:00:31	
SOC	4	CHAN CHEUK SUN	663	1988		685 1:03:06	628 1:40:32	610x 1:27:32	675 1:31:04
HKO	5	LEE CHI KIN	385	1155	355 OFFICIAL				799 1:16:55
POC	6	TONG KWAN YUEN	256	768		768 0:56:19			
HKO	7	NG PING SING	220	659	659 1:48:02				
AYP	8	CHAN CHUNG WING STANLEY	203	609		609 1:10:57			
HKO	9	HUI TUNG YING	161	482	482 2:27:39				
HKO	10	SIU KWONG WAI	0	0					DISQ
<b>W55</b>					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
FOC	1	CHAN SIU LIN	1000	3000	985x 2:15:53	1000 1:16:51	1000 1:20:55	OT	1000 1:22:06
FOC	2	WONG YUK CHING	996	2988	1000 2:13:48	950x 1:20:52	710x 1:53:56	1000 NO	988 1:23:06
HKO	3	LEUNG YEE MAY	816	2448	789 2:49:34		690 1:57:12	OT	969 1:24:46
HKO	4	CHAN LAI CHU	331	993	993 2:14:46				
POC	5	TANG SUK FONG	0	0		DISQ			
<b>M60</b>					RL-1	RL-2	RL-3	RL-4	RL-5
Club	Rank	Name	Average	Total	2015-02-15 Shek Lung Kung	2015-03-01 Lamma Island	2015-09-20 Lung Fu Shan	2015-10-25 Mong Tseng Wai	2015-11-08 Duckling Hill
POC	1	YUE TING WANG DOMINIC	978	2933	933 1:18:03	930x 1:04:12		1000 1:20:03	1000 1:42:29
HKO	2	WONG KAM FEI	667	2000	1000 1:12:50	1000 0:59:41			
POC	3	TONG KWAN YUEN	603	1810			1000 1:25:42		810 2:06:36
HKO	4	CHIU LUEN KWAN	510	1529	DISQ		742 1:55:30	787 1:41:42	OT 2:44:08
HKO	5	MOK TO	270	810					810 2:06:27

Time Limit: 3:00:00 3:00:00 2:00:00 2:00:00 2:00:00