

2014年度中長距離 排名聯賽成績

Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

Club	Rank	Name	Average	Total	WE			
					RL-1	RL-2	RL-3	RL-4
					2014-02-23	2014-03-16	2014-10-26	2014-11-23
					Ah Kai Shan	Pak Shek Kiu	Cheung Sheung	Pai Tau Hang
XCC	1	LUI WAI LAN IRIS	992	2975	1000 0:37:46	975 1:19:37	1000 2:13:46	969x 0:58:25
AYP	2	CHENG YUEN KI HILDA	880	2640	900 0:41:57	900 1:26:14	OT 2:38:11	840 1:07:22
XCC	3	FUNG CHARMAINE KAI WING	871	2614	931 0:40:33	777 1:39:52	906 2:27:34	753x 1:15:08
HKO	4	CHAN HAU WAH BRENDA	870	2611	966 0:39:06	799 1:37:09	DISQ	846 1:06:51
HKO	5	WONG WAI CHING VICKIE	802	2407	815 0:46:21	842 1:32:14	OT 2:52:10	750 1:15:28
XCC	6	LEE WING SZE VIVIAN	746	2239	729 0:51:49	791 1:38:06	OT 2:37:24	719 1:18:41
OS.	7	SO WING MAN	725	2175	815 0:46:20	741 1:44:42	OT 3:18:11	619 1:31:21
XCC	8	TANG PIK KWAN	686	2057	772 0:48:57	615 2:06:07	OT 2:59:47	670 1:24:25
HKO	9	YU TSZ YING	667	2000		1000 1:17:37	OT 2:34:13	1000 0:56:35
BPS	10	CHIU CHONG HUA	610	1831	638 0:59:14	646 2:00:07		547 1:43:31
YAO	11	CHAN SAU MEI	570	1711	652 0:57:58	428 Official		631 1:29:41
FOC	12	CHAN PUI FUNG	521	1564		892 1:27:01	OT 2:38:50	672 1:24:13
HKI	13	YU WING HAY	512	1536		842 1:32:14		694 1:21:34
YAO	14	CHIU LAI KWAN	488	1464	542 1:09:41	366 Official	DISQ	556 1:41:43
YAO	15	LIU KA MAN	466	1399	501 1:15:27	350 Official		548 1:43:11
AKI	16	TAM KAR BIK	414	1241		636 2:02:02	OT 2:34:35	605 1:33:32
HKO	17	CHAN LAI YEE	366	1097	DISQ	519 2:29:34	DISQ	578 1:37:50
YAO	18	LEE WING SUM	324	972	729 0:51:47	243 Official		
HKI		LEUNG KA KI	0	0			OT 2:51:31	DISQ 0:00:00

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		M10						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	AU JOSHUA	1000	3000	1000 0:28:43	1000 0:21:52	1000 0:46:26	972x 0:19:10
HKO	2	LAM WANG HONG	509	1528			664 1:09:55	864 0:21:34
OAH	3	SHUM SIU LONG	333	1000				1000 0:18:38
HKO	4	WONG YAT HEI	330	991				991 0:18:48
HKO	5	WU CHEUK HEI	260	781				781 0:23:52
		W10						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
NDO	1	LEUNG HIU CHING	1000	3000	1000 1:10:21	1000 0:36:55	1000 1:07:12	
NDO	2	FU HOI KI	333	1000				1000 0:29:41

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

M12					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
Y2Y	1	CHAN CHUN HEI	986	2959	1000 0:12:08	959 0:53:42	1000 0:28:41	
HKO	2	LEUNG CHUNG WAI	982	2946	887x 0:13:41	1000 0:51:30	946 0:30:20	1000 0:24:16
HKO	3	LEE MAN HIN	783	2350	781 0:15:32	923 0:55:47		646 0:37:34
HKO	4	LUM CHEUK HEI	757	2272	795 0:15:16	671 1:16:46	806 0:35:35	589x 0:41:11
HKO	5	CHAN CHUN ON	604	1813	189x 1:04:15	830 1:02:03	538 0:53:17	445 0:54:30
HKO	6	LAM HO PUNG AXEL	512	1535	628 0:19:20	907 0:56:45		
WYC	7	WAN TSZ CHUN MARCO	190	569				569 0:42:39
HKO	8	WONG TSZ YUI JEFFREY	148	443			443 1:04:41	
HKO	9	LAM HO PUNG AXEL	122	367				367 1:06:03
WYC	10	HO CHUN YU	80	239				239 1:41:20
OAH	11	LI CHEUK LUNG	42	127	127 1:35:17			
HKO		YAM TSZ HONG	0	0		DISQ		
W12					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	CHU YING YAU	1000	3000	1000 0:16:06	1000 0:42:49	1000 0:36:37	1000x 0:31:17
HKO	2	WONG YI SHAN	911	2734	754x 0:21:22	910 0:47:02	969 0:37:47	855 0:36:36
POC	3	YUE WEI YA	838	2513	629x 0:25:36	892 0:47:59	741 0:49:23	880 0:35:34
HKO	4	FUNG WAI CHING	747	2242	577 0:27:55	834 0:51:22	539x 1:07:53	831 0:37:39
HKO	5	CHOI LOK NOVEL	444	1333	289 0:55:46	568 1:15:26		476 1:05:41

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更新 Updated On: 2015-01-09

		M14						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	CHU YAU MAN	1000	3000	1000 0:10:55	1000 0:33:32	1000 0:31:18	1000x 0:20:13
HKO	2	WONG CHEUK WANG	966	2897	926 0:11:47	1000 0:33:31	971 0:32:14	921x 0:21:57
HKO	3	WONG TSZ CHUN JASON	849	2547	817 0:13:22	895 0:37:28	643x 0:48:42	835 0:24:13
HKO	4	SHIU CHIT HIM	820	2459	787 0:13:52	879 0:38:08	743x 0:42:07	793 0:25:30
HKO	5	LI HO SHUN MARKUS	807	2422	740 0:14:45	673x 0:49:50	781 0:40:05	901 0:22:27
FOC	6	TAM CHIN HANG	726	2177	793 0:13:46	688 0:48:41		696 0:29:04
WYC	7	SO KA WANG	570	1709	771 0:14:10	430 1:17:55		508 0:39:48
DBS	8	YIP TSZ TO	545	1635		529 1:03:19	475 1:05:57	631 0:32:01
DBS	9	LO YAT CHUNG JAVIS	535	1606	531 0:20:34		514 1:00:52	561 0:36:03
QCO	10	LAU CHRISTOPHER TREVOR	487	1461	556 0:19:37		476 1:05:48	429 0:47:06
POC	11	YUE WEI YI	487	1460	488 0:22:21	395x 1:24:53	486 1:04:22	486 0:41:34
OAH	12	LAM HIU CHAK	432	1295			463 1:07:39	832 0:24:18
OAH	13	LIU JIMMY	428	1285	550 0:19:51	735 0:45:35		
DBS	14	TO CHING HONG	425	1274			582 0:53:47	692 0:29:12
OS.	15	LEE MAN KIT	358	1073		498 1:07:20	575 0:54:27	
MKM	16	LAM HO WANG ABEL	284	851	519 0:21:01	332 1:40:59		
WYC	17	NG KOK WING	277	831	343 0:31:49	DISQ		488 0:41:28
HKO	18	LAW HONG CHUN ZACHARY	248	743	DISQ	743 0:45:05		
PCO	19	POON SING YU	156	468		468 1:11:34		
AA.	20	FONG TSZ LO	137	412			412 1:15:59	
WYC	21	CHEANG SIN YEUNG CLARENCE	109	326				326 1:01:58
PCO	22	CHEUNG HON YAN ANTHONY	101	304		304 1:50:12		
PCO	23	YIU TSZ LEONG	72	217				217 1:33:06
HKO	24	LEUNG CHUN WAI	49	146	146 1:14:55			

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更新 Updated On: 2015-01-09

		W14						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
Y2Y	1	CHAN SIN YU	987	2961	1000 0:16:44	1000 0:37:25	961 0:44:11	
HKO	2	LEUNG HEI TUNG	956	2869	869 0:19:15	724x 0:51:41	1000 0:42:28	1000 0:32:21
DGS	3	FUNG YING KA ODESSA	789	2367	825 0:20:17	475x 1:18:44	576 1:13:40	966 0:33:29
DGS	4	CHIU CHING	731	2192	712 0:23:30		597 1:11:10	883 0:36:38
DGS	5	WONG YUET TO	719	2158	523 0:31:59	446x 1:23:49	804 0:52:48	831 0:38:57
BPS	6	WONG TSUI SHAN	666	1997		634 0:59:00	764 0:55:37	599 0:53:59
OAH	7	YUEN JACQUELINE	557	1672			762 0:55:42	910 0:35:32
BPS	8	YUNG SUM JING	466	1398	757 0:22:06	DISQ	641 1:06:12	
HKO	9	LUN ALISSA FONG YI	462	1386		596 1:02:48	790 0:53:47	
OAH	10	LIU YUEN HEI	412	1235	661 0:25:18	574 1:05:13		
BPS	11	TSAI YING YING	290	869		475 1:18:48	394 1:47:39	
BPS	12	LEUNG CHEUK KI	222	665				665 0:48:38
HKO	13	LO LOK YIN JASMINE	205	616	616 0:27:09			
BPS	14	LAW NGO LAAM	134	403			403 1:45:15	
OS.		SO YI SHAN	0	0		DISQ		

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		M16						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	SHIU CHIT HEI	1000	3000	1000 0:19:25	1000 0:37:45	1000 1:00:14	980x 0:22:00
QCO	2	LI CHUN HO	953	2860	949 0:20:27	911 0:41:25	656x 1:31:46	1000 0:21:33
PCO	3	YU TSZ FUNG	934	2802	974 0:19:56	890 0:42:25	938 1:04:14	580x 0:37:09
QCO	4	CHUNG AUSTIN	924	2771	977 0:19:52	913 0:41:20	756x 1:19:40	881 0:24:27
POC	5	YUE WEI YONG	878	2634	897 0:21:39	766 0:49:17	650x 1:32:42	971 0:22:11
HKO	6	CHAN CHI HIM	824	2473	893 0:21:45	757 0:49:54		823 0:26:11
HKO	7	LIU CHI CHUNG	767	2302	945 0:20:33	727 0:51:54	630 1:35:34	
SOC	8	CHEUNG YAN WAI	735	2205	DISQ	716 0:52:45	564 1:46:52	925 0:23:18
OLE	9	WONG TSZ HEI	687	2060	780 0:24:54	621 1:00:50		659 0:32:42
HKO	10	YU KING CHUN	593	1780	896 0:21:40	884 0:42:41		
PCO	11	WAN HO CHING	575	1724	356 0:54:32	621 1:00:50		747 0:28:52
DBS	12	LAU KWUN HIM HIMMY	510	1529	435 0:44:41	568 1:06:26	526 1:54:36	
HKO	13	LI HO LOK KLAUS	504	1511	756 0:25:40	755 0:49:59		
OAH	14	NG SUNG CHAK	457	1371			610 1:38:44	761 0:28:18
HKO	15	WONG TSUN HO	439	1316	565 0:34:23	455 1:22:56		296 1:12:41
CWC	16	MAK WING HAY NODDY	431	1292	397 0:48:53		DISQ	895 0:24:05
OAH	17	CHE YAO CHENG	416	1247			417 2:24:35	830 0:25:57
HKO	18	WONG SZE HANG	388	1164	640 0:30:19	524 1:11:59		
YAO	19	LING HONG TING HENRY	365	1096			510 1:58:04	586 0:36:47
WYC	20	TSANG WING SUN VICTOR	215	645				645 0:33:26
OAH	21	NG KA YIN	191	573	573 0:33:52			
CWC	22	CHUNG HO YIU	184	553			DISQ	553 0:39:00
OAH	23	LAU WUN KAM	172	516	516 0:37:37			
WYC	24	YIU YUK HIN	171	513				513 0:42:01
HKO	25	CHAN CHUN HANG	148	443	DISQ	OT 3:07:19	DISQ	443 0:48:37

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		W16						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
SOC	1	TSANG HIU YU	1000	3000	1000 0:38:38	1000 0:53:40	DISQ	1000 0:33:05
BPS	2	LI HO LING	845	2536	819 0:47:10		979 2:22:42	738 0:44:51
BPS	3	LEE YAT LAAM	766	2297	746 0:51:48	727 1:13:51	DISQ	824 0:40:08
BPS	4	CHU YING LAM EVA	427	1282	590 1:05:31	692 1:17:36	DISQ	
HKO	5	LEE HIU TUNG	371	1114	552 1:09:56	562 1:35:30		
BPS	6	CHENG YIN SHAN	333	1000	DISQ		1000 2:19:44	
HKO	7	LAW HOI YI	271	813			DISQ	813 0:40:42
HKO	8	CHAN ZHI LING	256	769	769 0:50:14			
AA.	9	WONG YUEN ON	193	580	580 1:06:36			
HKO	10	CHOW TSZ CHING	180	539		539 1:39:34		
OS.	11	CHOW WAI YI	149	448				448 1:13:51
POC		CHEUNG KA PUI	0	0			0 Official	

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		M18						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	LI SING WAI	1000	3000	1000 0:27:54	1000 0:58:07	1000 1:34:21	1000x 0:42:29
OAH	2	CHAU CHUNG YIN	427	1282	611 0:45:42	DISQ	DISQ	671 1:03:21
HKO	3	MUI HO LAM	415	1244		516 1:52:35	DISQ	728 0:58:21
WYC	4	NG KOK HEI JASON	352	1056	571 0:48:51	485 1:59:44		
CWC	5	HO MAN KONG	317	952	445 1:02:42	DISQ	DISQ	507 1:23:43
OS.	6	LEUNG HONG TING	239	716		DISQ	DISQ	716 0:59:18
QCO	7	LAM KWAN	210	630	630 0:44:17	DISQ		
HKO	8	DENG ZHAO JIAN	203	610		610 1:35:17		
DBS	9	LAM CHEUK FUNG	196	589	589 0:47:20			
LSC	10	TANG WAI FUNG	160	480	480 0:58:07	DISQ		
OAH	11	CHUI TSZ HO	126	378	378 1:13:48			
OAH	12	SHI JUN LIN	121	363				363 1:57:10
DBS		MOK CHIT YEUNG	0	0		DISQ		

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		W18						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
BPS	1	LAM CHO YU	1000	3000		1000 0:49:40	1000 1:46:57	1000 1:10:27
DGS	2	IP HO KEI	583	1749	946 0:37:52	803 1:01:52		
FS	3	YEUNG YU PO	531	1593	658 0:54:24	OT 2:36:05		935 1:15:22
DGS	4	SOO WAI HIN	507	1522	1000 0:35:49	522 1:35:04		
OAH	5	CHAN HO CHING	430	1291	780 0:45:54	511 1:37:07		
DGS	6	AU ANDREA CHOR KIU	287	861		861 0:57:43	DISQ	
DGS	7	WONG LOK SZE LAURICE	276	827				827 1:25:10
DGS	8	SUEN YUEN TUNG STEPHANIE	237	712	712 0:50:20			
OS.		NG LAI YING	0	0	DISQ	DISQ	DISQ	DISQ 0:00:00
HKO		YAN JIAXIN	0	0	DISQ	DISQ		
POC		CHEUNG KA WING EMMA	0	0			0 Official	

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		M20						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
QCO	1	CHAN TIN MONG	930	2790	790 0:40:06		1000 1:39:50	1000 0:49:08
OAH	2	CHAN CHUN KIT	741	2223		696 1:51:10	714 2:19:50	813 1:00:25
LSC	3	LO SAMUEL	597	1792	792 0:39:58	1000 1:17:22		
QCO	4	HO HOI HUNG	572	1716	1000 0:31:40	716 1:48:03		
XCC	5	MOK TSZ CHIU	487	1460	668 0:47:26	792 1:37:43	OT 2:56:14	
OAH	6	WONG HAU TAK ALVIN	435	1304	499 1:03:30	805 1:36:08		
SOC	7	CHEUNG CHI YAT	213	639	639 0:49:32	OT 2:41:09		
OAH	8	LAM MING YIU	175	526	526 1:00:13	DISQ	DISQ	DISQ 0:00:00
HKO		YIP CHEUK FUNG	0	0		OT 2:37:36		
CWC		WONG KA LEUNG	0	0			DISQ	
		W20						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
FOC	1	NG KA YAN	1000	3000	1000 0:50:03	1000 1:12:43	912x 2:29:17	1000 1:12:00
OAH	2	LEUNG KA MAN	878	2633		733 1:39:16	1000 2:16:12	900 1:19:59
DGS	3	TAM SIN YI NOEL	729	2188	547 Official	643 1:53:10	OT 2:41:48	998 1:12:10
OAH	4	LAM HO TONG	236	709			OT 3:08:05	709 1:41:30
HKO		LAM HEI YIU ALICIA	0	0			OT 3:15:24	
HKO		NG WING SI	0	0				DISQ 0:00:00

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更新 Updated On: 2015-01-09

		M21						
					RL-1	RL-2	RL-3*	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
XCC	1	LAW KWOK KUEN	1000	2000	1000 0:28:45	1000 1:02:37	2:30:07	864x 0:51:44
HKI	2	CHOW MAN LONG	890	1780	817x 0:35:11	883 1:10:53		897 0:49:51
SOC	3	CHEUNG KANG KAI	801	1602	840 0:34:14	762 1:22:11	DISQ	704x 1:03:30
HKO	4	CHUNG WAI NANG	787	1573	719 0:39:58	854 1:13:18	2:33:06	614x 1:12:48
HKO	5	YUEN TUNG NAM	754	1508	796 0:36:08	712 1:28:00	2:50:55	
XCC	6	TAM WEI YEUNG SUNNY	753	1506	700x 0:41:03	745 1:24:06	2:29:07	761 0:58:46
FSO	7	CHENG YUK TUNG	729	1458	727 0:39:32			731 1:01:10
SOC	8	CHOI KWOK KIN	725	1450	663 0:43:22	787 1:19:33		
OS.	9	YAM SAN LEUNG	713	1426	746 0:38:32	680 1:32:01		
SOC	10	LUK CHI HIN SOLOMON	711	1421	592 0:48:33	829 1:15:30		524x 1:25:16
ZAP	11	CHENG HOI MAN	710	1419	686 0:41:53	733 1:25:29		
SOC	12	LAM KA CHING	683	1366	655 0:43:53	711 1:28:02	DISQ	587x 1:16:11
XCC	13	TANG YEUNG CHIU DENNIS	682	1364		619 1:41:11	DISQ	745 1:00:00
HKO	14	LO HIN KWONG	681	1361	669 0:43:00	692 1:30:30		
HKO	15	MAN YIU FUNG	676	1351	615x 0:46:45	656 1:35:29	DISQ	695 1:04:19
YAO	16	LEUNG YAT YIN	672	1343	679 0:42:19	664 Official		649x 1:08:51
SOC	16	HO TSZ HANG STEPHEN	672	1343	649 0:44:16	694 1:30:11		
YAO	18	LI FUK LUNG BRUCE	615	1230	652 0:44:05	578 Official	2:48:30	504x 1:28:41
AA.	19	CHEUNG KWOK CHING	613	1225	612 0:46:59	613 1:42:05		
CSD	20	CHUNG TSZ KIN	610	1219	644 0:44:37	561x 1:51:37		575 1:17:48
HKO	21	CHOI KAM KWAI	596	1192	633 0:45:25		DISQ	559 1:19:59
FOC	22	CHAN TSZ CHUNG	592	1183		634 1:38:45	DISQ	549 1:21:22
HKO	23	LAM TREVOR KOONCHI	590	1180	569 0:50:32	491x 2:07:37	2:55:48	611 1:13:09
CCC	23	MA LOK HIN	590	1180	295 Official	885 1:10:47	2:31:24	DISQ 0:00:00
HKO	25	JURG NIEDERBERGER	559	1117	619 0:46:26	OT 2:42:19	DISQ	498 1:29:50

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HKO	26	CHU HING SHING	547	1094	592	502	2:58:23	OT
					0:48:35	2:04:37		2:06:49
SOC	27	TANG CHIT LONG	536	1072	602	470		
					0:47:47	2:13:19		
SOC	28	LUI TSZ HIN	530	1059	521	538	DISQ	480x
					0:55:10	1:56:25		1:33:09
LSC	29	CHAN CHI KEUNG	526	1051	545	506	DISQ	
					0:52:45	2:03:46		
HKO	30	CHAN PING KIN	516	1032	478x	507	DISQ	525
					1:00:09	2:03:34		1:25:11
OAH	31	LEUNG CHI HANG	500	1000				1000
								0:44:42
HKO	32	LEE TING HO GILBERT	495	990	436			554
					1:06:00			1:20:37
HKO	33	CHAN CHI SING CLEMENT	490	979	734		245 Official	
					0:39:11			
HKO	34	YIM CHUN WAI	477	953	508	445		
					0:56:39	2:20:35		
FOC	35	CHOW SHU CHUNG	474	947	544	OT		403
					0:52:52	2:54:40		1:50:58
VOC	36	CHAN CHIT HUNG	442	883	429	454	DISQ	
					1:06:57	2:17:52		
POC	37	LAI KA PAK	419	837		628	209 Official	
						1:39:44		
YAO	38	WONG JOHN	406	811	608	203		
					0:47:17	Official		
HKO	39	CHAU CHI KIN	400	800	372			428
					1:17:22			1:44:25
POC	40	CHAN YIP SANG	378	756		567	189 Official	
						1:50:30		
HKI	41	TSE HIN LONG	362	723				723
								1:01:47
HKO	42	CHOY KWOK WAI	343	685			OT 2:25:36	685
								1:05:17
POC	43	CHAN CHUN FUNG	314	627	627			
					0:45:53			
NDO	44	LEE YU MING	305	610			OT 2:23:24	610
								1:13:14
HKO	45	HO NGA TIK	290	579	579			
					0:49:40			
AA.	46	CHEUNG SIU HEI	274	547	547			
					0:52:35			
AA.	47	WONG BUN YIN	262	524				524
								1:25:18
OAH	48	YEUNG SZE SHUN	258	516		516		
						2:01:24		
PCO	49	LAU KWOK SANG	257	513			DISQ	513
								1:27:06
OS.	50	CHEN JIN BIN	250	499			DISQ	499
								1:29:36
OAH	51	NG KWOK FUNG	249	498			DISQ	498
								1:29:50
ZAP	52	LAM WA SHING	248	496		496		
						2:06:19		

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LSC	53	CHAN CHI KEUNG	243	486				486 1:32:00
AA.	54	WONG BUN YIN	211	422		422 2:28:33	2:43:51	
YAO	55	LEUNG KIN LAM	208	415	415 1:09:13	OT 2:59:06	DISQ	
HOL	55	WONG SIU LUN	208	415	415 1:09:21			
YAO	55	YEUNG SUEN YU	208	415				415 1:47:43
HKO	58	KAN CHI CHEUNG	206	411				411 1:48:46
SOC	59	YUEN CHI KIN	202	404	404 1:11:08			
SOC	60	TSANG CHUN CHI	184	368	368 1:18:03	DISQ	DISQ	
LSC	61	HO HUI NAM	130	260	260 1:50:46	DISQ	DISQ	
BBH		TO TSZ KIT	0	0		DISQ		
HKO		NG KA SING	0	0			DISQ	
SOC		KEUNG WAH TUNG	0	0			DISQ	
LSC		HO HUI NAM	0	0				OT 2:42:14
OAH		LAM KAI ON	0	0				OT 2:40:56

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Middle/Long Distance Events Ranking Results 2014

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		W21						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
XCC	1	CHEUNG KING YAN KAREN	989	2967	967 0:36:24	1000 1:26:42	DISQ	1000 0:50:31
OAH	2	TSANG YIN HUNG	855	2566	979 0:35:57	780 1:51:13	DISQ	807 1:02:34
HKI	3	LAM KA YI	840	2520	1000 0:35:11	810 1:47:05	2:57:32	710 1:11:12
OBA	4	LAU YUET LING	742	2227	827 0:42:32	740 1:57:05	3:13:54	660 1:16:29
HKO	5	TSE LUI	708	2125	735 0:47:54	763 1:53:38		627 1:20:35
HKO	6	FUNG YUK CHING WINSOME	705	2115	715 0:49:13	742 1:56:50	DISQ	658 1:16:45
XCC	7	WONG WING YAN JOSEPHINE	675	2026	735 0:47:54	763 1:53:36	DISQ	528 1:35:36
BPS	8	YEE SZE WING	674	2021	783 0:44:55	631 2:17:30		607 1:23:15
HKO	9	CHEUNG WEI KI RAINKY	619	1857	759 0:46:21	604 2:23:30	DISQ	494 1:42:19
POC	10	LAM YUEN KWAN ADA	530	1589	785 0:44:50	804 1:47:48		
PCO	11	POON SONIA SING NGA	520	1561		833 1:44:02		728 1:09:24
HKO	12	CHIU KONIE	509	1526	419 1:23:55	624 2:18:57	DISQ	483 1:44:33
HKO	13	CHENG LAI WAN REBECCA	378	1133	645 0:54:34	DISQ	DISQ	488 1:43:34
HKO	14	WAN YUEN TING	349	1047	434 1:21:04	613 2:21:23	DISQ	
OBA	15	CHUNG WAI FAN VIVIAN	333	1000	510 1:08:58	OT 3:01:13	DISQ	490 1:43:10
XCC	16	LUI WAI NING VIOLET	292	875		875 1:39:04		
NDO	17	WAN NGA YI ROSANNA	237	712			DISQ	712 1:11:00
XCC	18	CHAN CHING YAN CANDY	231	692		692 2:05:13	DISQ	OT 2:04:37
POC	19	CHAN LAI YING	221	664	664 0:52:57			
YAO	20	TANG PO WA	189	566				566 1:29:17
HKO	21	MOK WAI YEE MAGGIE	182	545			3:34:57	545 1:32:42
FOC	22	CHOW YING KIU	176	528			DISQ	528 1:35:37
HKO	23	CHONG YUK KAM	103	310	310 1:53:26	DISQ	DISQ	OT 2:15:58
OAH		WONG I CHING	0	0		DISQ		
OAH		MOK YEE TING	0	0		DISQ		

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Y2Y		BAUMANN ANALYN	0	0	DISQ			
SOC		KAN MING PUI	0	0			DISQ	DISQ 0:00:00
XCC		WONG SAU KING	0	0				OT 2:33:31

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更新 Updated On: 2015-01-09

		M35						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	CHENG PING KUEN	995	2985	862x 0:36:43	1000 1:15:45	1000 1:34:40	985 1:01:09
YAO	2	TANG CHUN KIT	930	2791	838x 0:37:46	907 Official	906 1:44:31	978 1:01:37
FOC	3	TAM SHU FUN	912	2736	760x 0:41:39	968 1:18:16	774 2:02:15	994 1:00:36
HKO	4	CHEONG KUNG PAN	877	2630		920 1:22:20	742 2:07:31	968 1:02:13
XCC	5	LO WING SHIU	843	2530	780 0:40:36	921 1:22:15		829 1:12:39
HKO	6	LEE MAN WAI	838	2513	786 0:40:16	DISQ	727 2:10:08	1000 1:00:15
XCC	7	HUI HAO YUAN LAWRENCE	689	2068	621 0:50:58	763 1:39:19	684 2:18:24	506x 1:59:06
HKO	8	FUNG CHUN PAN	689	2066	547 0:57:53	OT 2:35:14	771 2:02:46	748 1:20:31
HKO	9	WONG CHI YIN	633	1899	693 0:45:42	570 2:12:49	OT 2:36:29	636 1:34:42
YAO	10	CHEUNG CHI SHING	581	1743	438 1:12:14	OT 2:51:59	666 2:22:13	639 1:34:18
YAO	11	LEUNG CHI YAN	456	1367	645 0:49:03			722 1:23:30
AKI	12	CHUNG CHI MING	444	1333	1000 0:31:39			333 Official
XCC	13	LO CHEUK HONG	248	743				743 1:21:04
HKO	14	CHAN SIU CHUNG	194	581		581 2:10:25	OT 2:46:54	OT 2:15:43
OAH	15	WONG TSZ CHUN	182	545				545 1:50:34
OAH	16	LAU CHUN FUN	100	299	299 1:45:43	DISQ		
YAO		CHAN KIN CHUNG	0	0	DISQ	Official		
SOC		IP WAI YEUNG	0	0			DISQ	
HKO		HU SIU FUN	0	0			OT 3:13:53	DISQ
OAH		HO CHAK LAM	0	0			DISQ	

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Middle/Long Distance Events Ranking Results 2014

更新 Updated On: 2015-01-09

		W35						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
YAO	1	LO WAN YEE	1000	3000		1000 1:57:22	1000 2:24:07	1000 1:24:07
POC	2	TANG PUI YI	444	1333	1000 0:39:32		333 Official	
AKI	3	LUO TUNG HSIA MARIE	443	1329		OT 2:41:06	997 2:24:34	332 Official
HKO	4	CHAN SIU MUI	202	607	607 1:05:05	DISQ	OT 3:11:15	
XCC	5	FUNG KIT LING	199	598	598 1:06:08	DISQ		
BBH	6	LO TING CHI JENNIFER	165	496	496 1:19:40	DISQ		
HKO		ISMAIL HANIFA	0	0	DISQ	DISQ	OT 3:32:44	OT 2:27:23
POC		CHAN YEE TING	0	0		DISQ		
OAH		WONG WAN CHOI	0	0			DISQ	
YAO		LEE YUK MUI	0	0			OT 2:38:25	

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Middle/Long Distance Events Ranking Results 2014

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		M40						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	WONG MAN WA	952	2855	965 0:36:17	777x 1:28:55	1000 2:08:16	890 1:03:40
FOC	2	CHAN KWOK WAI KEVIN	937	2812	900 Official	789x 1:27:34	916 2:20:03	996 0:56:52
AYP	3	WONG CHI CHUNG ISAAC	923	2769	842 0:41:35	927 1:14:34		1000 0:56:39
XCC	4	HO CHUN HO	830	2491	866 0:40:24	727 1:35:06		898 1:03:04
SOC	5	LAU CHI CHUEN	818	2454	612x 0:57:10	708 1:37:39	989 2:09:40	757 1:14:49
HKO	6	LUM CHO FAI	808	2424	830 0:42:09	692 1:39:57	DISQ	902 1:02:48
HKO	7	CHAN KWOK WAI AARON	788	2365	1000 0:35:00	633 1:49:10	OT 2:47:17	732 1:17:26
HKO	8	TSUI WING SING	727	2182	711 0:49:13	677 1:42:08		794 1:11:22
XCC	9	CHAN KA SHING RICKY	611	1834	834 0:41:57	1000 1:09:07		
Y2Y	10	CHAN KAM ON	529	1588	877 0:39:54	711 1:37:13		
NDO	11	LEUNG WAI KIN	303	909	411 1:25:06	498 2:18:47	DISQ	
OAH	12	WONG WAI NGAI ERIC	293	880			DISQ	880 1:04:23
AKI	13	CHAN TAK FUNG	249	748	561 1:02:21	DISQ		187 Official
HKO	14	KWONG KWOK WAH	194	582	582 1:00:10	DISQ	DISQ	
OAH	15	CHAN HOI MING HERMAN	176	527		527 2:11:08		
OAH	16	WONG HO MAN	118	353	353 1:39:07	DISQ		DISQ 0:00:00
HKO		CHU HING YIP	0	0		DISQ		
OAH		CHOW YIU SHUEN LEO	0	0		DISQ		
SOC		TONG WAI MING	0	0				DISQ 0:00:00

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Middle/Long Distance Events Ranking Results 2014

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		W40						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
XCC	1	LI WAI YING	991	2974	974 1:03:46	1000 1:24:17	DISQ	1000 1:16:37
BBH	2	CHUNG SHUK KAM	926	2778	1000 1:02:06	817 1:43:13		961 1:19:43
HKO	3	HO HING LING SHELLEY	541	1624	830 1:14:47	794 1:46:11	DISQ	DISQ 0:00:00
HKO		LAU PIK YI	0	0				DISQ 0:00:00

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		M45						
					RL-1	RL-2	RL-3*	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
VOC	1	YEUNG WAI YIN ALEXIS	1000	2000	1000 0:34:03	1000 1:04:50	1:59:01	983x 0:51:43
POC	2	HUI NGAI SANG	937	1874	840x 0:40:31	874 1:14:10	Official	1000 0:50:50
OLE	3	WONG HUNG ON WALLIS	902	1803	883 0:38:35	559x 1:56:02	2:17:11	920 0:55:17
OAH	4	LI MING CHI	862	1724	915 0:37:12		1:56:11	809 1:02:52
AYP	5	NG KAM FU PATRICK	844	1688	905 0:37:38	783 1:22:51	2:17:59	0 1:05:16
HKO	6	HOU PO MAN PACINO	843	1685	992 0:34:19	664x 1:37:37	2:34:58	693 1:13:18
AYP	7	KO MAN FUNG FRANCIS	813	1626		730 1:28:51	1:51:57	896 0:56:43
HKO	8	TSE YIK WAH	678	1356	876 0:38:51		2:22:02	480 1:45:55
CWC	9	CHOW KWOK MING	669	1338	646 0:52:44			692 1:13:25
AKI	10	HUNG FAN TAI BARRY	508	1015		761 1:25:15		254 Official
PCO	11	POON KA HANG	505	1009		484 2:13:55	2:24:03	525 1:36:54
OAH	12	LO CHAI	466	932	457 1:14:26	DISQ	DISQ	475 1:46:58
OAH	13	WONG KIN LOK	443	886	413 1:22:28	DISQ		473 1:47:33
HKO	14	LEUNG LAP ON	310	619				619 1:22:07
HKO	15	WONG WAI MING	295	590			2:41:40	590 1:26:12
PCO		CHEUNG WAI MAN	0	0		DISQ		
HKO		LAW YAT HING	0	0	DISQ			
HKO		SIU KWONG WAI	0	0			3:07:42	DISQ 0:00:00

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Middle/Long Distance Events Ranking Results 2014

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		W45						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
FOC	1	CHAN SIU LIN	947	2840	945 1:01:58	1000 1:02:01	DISQ	895 1:18:10
HKO	2	CHEUNG BO LING PAULINE	868	2603	603 1:37:08		1000 2:21:49	1000 1:09:56
HKO	3	WONG YEE WAH	620	1859	615 1:35:13	599 1:43:30		645 1:48:21
FOC	4	WONG YUK CHING	618	1853	606 1:36:35	619 1:40:08	DISQ	628 1:51:23
FOC	5	CHOW YEE LING BELLE	611	1833	1000 0:58:34	833 1:14:27		
HKO	6	KO SIN YU	319	956			956 2:28:22	
M&S	7	LAW WAI YEE FIONA	284	852		852 1:12:46		

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		M50						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	LI TAK KUN	978	2935	1000 0:33:57	870x 1:19:07	935 1:38:08	1000 0:45:58
HKO	2	LEUNG KWOK KEUNG	968	2905	857x 0:39:36	1000 1:08:49	936 1:37:58	969 0:47:25
HKO	3	CHUNG HON	891	2674	562x 1:00:24	763 1:30:09	1000 1:31:43	911 0:50:27
XCC	4	HUI YUK LAM	857	2572	976 0:34:47	890 1:17:17		706 1:05:06
POC	5	SHAM WING MING	743	2229	934 0:36:20	734 1:33:47		561 1:21:59
HKO	6	CHAN PO MING	738	2214	793 0:42:49	465x 2:27:55	725 2:06:35	696 1:06:03
XCC	7	WONG HON SHING	701	2103	671 0:50:38		767 1:59:31	665 1:09:08
HKO	8	CHAN WING CHONG	632	1897	610 0:55:37	OT 2:30:57	651 2:20:57	636 1:12:15
OAH	9	TANG YUK CHEONG	621	1864	700 0:48:30	DISQ	628 2:26:04	536 1:25:49
HKO	10	LAW WAI KAY	561	1683	549 1:01:48	463 2:28:41		671 1:08:32
AYP	11	YAN KIN KONG	278	833		833 1:22:35		
HKO	12	LAM KWOK WAH	236	707	707 0:48:02	DISQ	OT 2:34:35	DISQ 0:00:00
HKO	13	YU HON MING	202	605	605 0:56:05	DISQ		OT 2:10:04
HKO	14	LAM HON FEI	199	596				596 1:17:04
HKO	15	HUI TUNG YING	154	462				462 1:39:31
BBH	16	LI KA HON	114	341	341 1:39:41	DISQ		
HKO		TAM WAI YIP	0	0			DISQ	

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		W50						
					RL-1	RL-2	RL-3	RL-4
Club	Rank	Name	Average	Total	2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
POC	1	CHEUNG LAI KUEN MONA	985	2956	956 0:53:48	809x 0:58:37	1000 1:28:30	1000 0:49:24
AYP	2	AU MAN CHONG MARIANA	956	2867	1000 0:51:26	1000 0:47:27	867 1:42:07	772x 1:04:01
HKO	3	WONG YUK HING	926	2777	999 0:51:29	923 0:51:25	781x 1:53:23	855 0:57:47
HKO	4	CHUI LAI KUEN CANDY	821	2462	947 0:54:19	854 0:55:35	DISQ	661 1:14:46
HKO	5	CHOW CHING MAN	647	1940	599 1:25:51	732 1:04:50		609 1:21:08
HKO	6	LEUNG YEE MAY	503	1509	722 1:11:12	369 2:08:44	DISQ	418 1:58:05
HKO	7	CHEUNG NGAN CHUN	415	1245		714 1:06:27		531 1:32:58
AA.	8	HO SHUI CHUN	236	709				709 1:09:40
POC	9	TANG SUK FONG	210	629	629 1:21:49			
HKO		NG MIU LAN	0	0				OT 2:06:39

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Middle/Long Distance Events Ranking Results 2014

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Club	Rank	Name	Average	Total	RL-1	RL-2	RL-3	RL-4
					2014-02-23 Ah Kai Shan	2014-03-16 Pak Shek Kiu	2014-10-26 Cheung Sheung	2014-11-23 Pai Tau Hang
HKO	1	YU SHIN HO	1000	3000	838x 0:32:13	1000 1:07:43	1000 1:12:42	1000 0:40:01
HKO	2	MAN WAI TIN	923	2770	1000 0:27:00	824 1:22:12	946 1:16:53	715x 0:55:59
POC	3	PANG KA CHOI	888	2665	876 0:30:50	906 1:14:45	883 Official	867x 0:46:09
POC	4	YUE TING WANG DOMINIC	748	2243	611 0:44:12	552 2:02:43	561 Official	519 1:17:10
HKO	5	LEE CHI KIN	724	2171	670 0:40:17	796 1:25:04	665x 1:49:20	705 0:56:48
AKI	6	LEUNG LAM	721	2163		859 1:18:49	763 1:35:18	541 Official
HKO	7	WONG KAM FEI	692	2077	650 0:41:31	721 1:33:55	706 1:42:59	DISQ 0:00:00
HKO	8	LYON MALCOLM	592	1776	845 0:31:58	931 1:12:43		
HKO	9	NG PING SING	585	1756	554 0:48:46	537 2:06:09	665 1:49:20	DISQ 0:00:00
HKO	10	WONG KIN IP	341	1024	491 0:54:58	OT 2:47:27	DISQ	533 1:15:08
HKO	11	CHIU LUEN KWAN	267	800	387 1:09:51	OT 2:56:37	OT 2:58:51	413 1:36:51
HKO	12	MOK TO	240	719	306 1:28:18	OT 2:35:33	DISQ	413 1:36:53
SOC	13	CHAN CHEUK SUN	200	600				600 1:06:39
Y2Y	14	BAUMANN NICOLAS	183	549	549 0:49:12			
CAS	15	YIP PUI HING	146	437				437 1:31:32
POC	16	CHAN CHUNG YU	120	360	270 1:39:55		90 Official	
HKO		LEE MING PUN	0	0	DISQ			

Time Limit: 120 minutes 150 minutes 150 minutes 120 minutes