

AVOHK 5k Series 2023

Date: 23rd September 2023

Overall Position	Category	Bib	English Name	Official Time	ChipTime	CP1
1	Men Open (18-34)	M078	Chan Ho Kwan	0:16:46	0:16:46	0:08:23
2	Men Open (18-34)	M109	Hideo Harry Loasby	0:17:31	0:17:31	0:08:28
3	Men Junior 17 (16-17)	M110	Jiro Loasby	0:17:44	0:17:44	0:08:56
4	Men 35 (35-39)	M047	Creighton Connolly	0:17:47	0:17:44	0:09:04
5	Men 35 (35-39)	M021	Wing Hung Chan	0:17:54	0:17:53	0:08:55
6	Men Open (18-34)	M029	Yun Wa Cheng	0:18:16	0:18:13	0:08:56
7	Men 40 (40-44)	M172	David Woo	0:18:19	0:18:15	0:09:21
8	Men 35 (35-39)	M053	James Donald	0:18:24	0:18:24	0:09:11
9	Men 45 (45-49)	M125	Yan Chi Ng	0:18:52	0:18:52	0:09:26
10	Men 35 (35-39)	M165	Lawrence Wong	0:18:54	0:18:54	0:09:19
11	Men 50 (50-54)	M183	Fu Wang Choi	0:19:00	0:18:58	0:09:29
12	Men Junior 15 (14-15)	M003	Janos Au	0:19:06	0:19:03	0:09:14
13	Men 45 (45-49)	M132	Frank Riehm	0:19:10	0:19:08	0:09:20
14	Men Open (18-34)	M119	Matthieu Millot	0:19:21	0:19:18	0:09:33
15	Men Junior 15 (14-15)	M096	Jiho Lee	0:19:21	0:19:20	0:09:43
16	Men Junior 15 (14-15)	M084	Yuwei Ethan Kao	0:19:29	0:19:29	0:09:53
17	Men Open (18-34)	M115	Thomas Macalister-Smith	0:19:33	0:19:30	0:09:35
18	Men 35 (35-39)	M001	Bashant Sean Angbuhang	0:19:37	0:19:37	0:09:42
19	Men 40 (40-44)	M049	Richard Cowley	0:19:39	0:19:39	0:09:38
20	Men 50 (50-54)	M185	Kar Lok Lee	0:19:44	0:19:42	0:09:55
21	Men 45 (45-49)	M121	Chi Kit Mo	0:19:47	0:19:44	0:09:58
22	Men 60 (60-64)	M117	Wing Sang Mak	0:19:48	0:19:44	0:09:55
23	Men Junior 13 (12-13)	M161	Tomos Williams	0:19:55	0:19:53	0:09:53
24	Men Open (18-34)	M006	Vaibhav Bhoovarahan	0:20:03	0:20:00	0:09:45
25	Men 60 (60-64)	M077	Ping Kiu Jackie Ho	0:20:09	0:20:06	0:09:48
26	Men Junior 17 (16-17)	M116	Pranav Mahtani	0:20:13	0:20:07	0:10:15
27	Men 50 (50-54)	M112	Tony Lui	0:20:31	0:20:28	0:09:58
28	Men 55 (55-59)	M139	Andrew Sewell	0:21:02	0:20:58	0:10:22
29	Men 55 (55-59)	M030	Simon Cheng	0:21:04	0:21:02	0:10:15
30	Men 35 (35-39)	M017	Tsz Long Chan	0:21:05	0:21:01	0:10:34
31	Men 55 (55-59)	M023	Season Chan	0:21:16	0:21:13	0:10:21
32	Men 55 (55-59)	M083	Norman Hui	0:21:19	0:21:17	0:10:38
33	Ladies 40 (40-44)	W003	Hannah Bainbridge	0:21:20	0:21:19	0:10:26
34	Men Open (18-34)	M168	Tsz Wing Wong	0:21:22	0:21:20	0:10:45
35	Men 60 (60-64)	M167	Sai Hing Wong	0:21:25	0:21:21	0:10:23
36	Men Open (18-34)	M182	Kam Yuen Yeung	0:21:33	0:21:30	0:10:36
37	Men Open (18-34)	M186	Chi Yeung Chiu	0:21:33	0:21:30	0:10:35
38	Men 45 (45-49)	M043	Tony Chung	0:21:35	0:21:29	0:10:38
39	Men 65 (65-69)	M032	Wai Lap Cheung	0:21:45	0:21:43	0:10:51
40	Men Open (18-34)	M135	Thibaut Salvador	0:21:45	0:21:37	0:11:06
41	Men 65 (65-69)	M163	Kwok Wingsing	0:21:49	0:21:46	0:10:51
42	Ladies Junior 17 (16-17)	W080	Charlotte Work	0:21:53	0:21:48	0:10:51
43	Men 55 (55-59)	M037	Tang Foon Ching	0:22:03	0:22:01	0:10:35
44	Men 45 (45-49)	M130	Rajeev Ranjan	0:22:14	0:22:09	0:11:02
45	Ladies 35 (35-39)	W065	Stephanie Perrault	0:22:15	0:22:15	0:10:45
46	Men 60 (60-64)	M149	Eric To	0:22:18	0:22:15	0:11:14
47	Men Open (18-34)	M148	Kok Siong Tan	0:22:20	0:22:11	0:11:12
48	Men 35 (35-39)	M120	Aleksey Mironenko	0:22:20	0:22:16	0:11:03
49	Men Junior 13 (12-13)	M073	Russell Henry	0:22:27	0:22:22	0:10:52
50	Ladies Junior 15 (14-15)	W055	Téa McMahon	0:22:27	0:22:21	0:11:32
51	Men 35 (35-39)	M010	Harry Bradley-Barnard	0:22:28	0:22:22	0:11:06
52	Men Junior 13 (12-13)	M062	Charlie Fraser	0:22:31	0:22:27	0:11:11
53	Men 65 (65-69)	M100	Kwong Ming Leung	0:22:33	0:22:31	0:10:50
54	Men 55 (55-59)	M065	Jonathan Gilchrist	0:22:42	0:22:39	0:11:14
55	Men 55 (55-59)	M128	Antony Pringle	0:22:43	0:22:34	0:11:26
56	Men 40 (40-44)	M145	Tam Tak Ming	0:22:43	0:22:39	0:11:15
57	Men 35 (35-39)	M063	Frederick Fung	0:22:44	0:22:44	0:11:20
58	Men 55 (55-59)	M184	Wai Keung Chan	0:22:50	0:22:48	0:10:58
59	Men 40 (40-44)	M061	Allan Fraser	0:22:51	0:22:46	0:11:10

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60	Men Open (18-34)	M070	Andreas Guzman	0:22:54	0:22:50	0:11:10
61	Men Open (18-34)	M004	Richard Batten	0:22:55	0:22:52	0:10:49
62	Men 50 (50-54)	M111	Donald Low	0:23:15	0:23:04	0:11:22
63	Men Junior 13 (12-13)	M034	Ho Lam Marcus Cheung	0:23:19	0:23:16	0:11:22
64	Ladies 50 (50-54)	W037	Helen John	0:23:21	0:23:16	0:11:34
65	Men 40 (40-44)	M031	Noel Cheung	0:23:22	0:23:16	0:11:31
66	Men Junior 13 (12-13)	M151	Ilias Tobback	0:23:25	0:23:21	0:12:02
67	Men 65 (65-69)	M088	Chi Cheung Lam	0:23:31	0:23:27	0:11:44
68	Men 45 (45-49)	M192	Garry Ng	0:23:49	0:23:40	0:12:10
69	Men 50 (50-54)	M097	Vincent Lee	0:23:49	0:23:42	0:12:25
70	Men 60 (60-64)	M179	黃邱吉	0:23:50	0:23:47	0:12:00
71	Men 55 (55-59)	M060	Adam Francis	0:23:51	0:23:42	0:11:58
72	Ladies Junior 17 (16-17)	W015	Nicole Lok Chau	0:23:53	0:23:50	0:11:39
73	Men 50 (50-54)	M041	Wilson Choi	0:23:54	0:23:48	0:12:18
74	Ladies Junior 15 (14-15)	W018	Zoe Jane Cheng	0:24:02	0:23:56	0:11:49
75	Ladies Junior 15 (14-15)	W063	Oi Yu Angelina Au	0:24:03	0:24:02	0:11:50
76	Ladies 40 (40-44)	W004	Bernadette Baje	0:24:06	0:24:02	0:11:51
77	Men 35 (35-39)	M036	Wai Yip Chin	0:24:10	0:24:01	0:12:20
78	Men 50 (50-54)	M124	Sai Cheong Ng	0:24:15	0:24:10	0:11:42
79	Men 50 (50-54)	M164	Raimondo Wong	0:24:16	0:24:02	0:13:06
80	Ladies 40 (40-44)	W051	Veronica Llorca	0:24:29	0:24:23	0:12:10
81	Ladies 35 (35-39)	W071	Christina Sjolholm	0:24:29	0:24:23	0:12:06
82	Men 55 (55-59)	M134	David Russell	0:24:31	0:24:24	0:12:07
83	Ladies 35 (35-39)	W060	Helene Neto	0:24:34	0:24:27	0:12:19
84	Men 65 (65-69)	M024	Wai Lam Chan	0:24:37	0:24:34	0:12:02
85	Men 40 (40-44)	M114	Derek Hing Kwok Ma	0:24:38	0:24:38	0:12:41
86	Men 55 (55-59)	M052	Paul Day	0:24:46	0:24:35	0:12:43
87	Men 65 (65-69)	M042	Hermann Chu	0:24:47	0:24:42	0:12:23
88	Ladies 40 (40-44)	W005	Carol Balinas	0:24:48	0:24:42	0:12:09
89	Men 45 (45-49)	M153	Leon Tse	0:24:51	0:24:44	0:12:18
90	Ladies 35 (35-39)	W044	Roanna Oi Wei Lee	0:24:56	0:24:53	0:12:41
91	Ladies 55 (55-59)	W024	Mun Yee Liza Chu	0:25:05	0:25:00	0:12:30
92	Ladies 50 (50-54)	W054	Belinda Mclaughlin	0:25:05	0:25:01	0:12:12
93	Men 40 (40-44)	M154	Fu Ming Tse	0:25:06	0:24:56	0:12:51
94	Men 55 (55-59)	M012	Luis Capelo De Almeida	0:25:10	0:25:06	0:12:12
95	Men 40 (40-44)	M194	Nicolas	0:25:15	0:25:11	0:12:25
96	Ladies Junior 15 (14-15)	W083	Cheuk Yin Yau	0:25:18	0:25:14	0:12:38
97	Ladies Open (18-34)	W049	May Liao	0:25:24	0:25:20	0:12:49
98	Men 55 (55-59)	M129	Reto Raimann	0:25:37	0:25:31	0:13:16
99	Men Open (18-34)	M108	Ching Hin Lo	0:25:46	0:25:46	0:12:42
100	Ladies 55 (55-59)	W064	Sue Parsons	0:25:56	0:25:50	0:12:42
101	Men 50 (50-54)	M107	Albert Ling Ho Liu	0:26:03	0:25:53	0:13:09
102	Ladies 45 (45-49)	W009	Wai Yan Chan	0:26:07	0:25:54	0:13:12
103	Ladies 55 (55-59)	W052	Yuko Loasby	0:26:27	0:26:24	0:13:05
104	Men 65 (65-69)	M066	Mark Graham	0:26:31	0:26:24	0:13:35
105	Ladies Junior 17 (16-17)	W030	Hayley Graham	0:26:32	0:26:23	0:13:36
106	Men 65 (65-69)	M068	Ken Greer	0:26:44	0:26:40	0:12:58
107	Men 50 (50-54)	M098	Ying Kit Leung	0:26:47	0:26:40	0:12:59
108	Ladies 45 (45-49)	W013	Wai Yan Chan	0:27:00	0:26:50	0:13:38
109	Men 70 (70-74)	M019	Chak Yan Chan	0:27:00	0:26:54	0:13:31
110	Ladies 45 (45-49)	W020	Pui Ling Pauline Cheung	0:27:04	0:27:03	0:13:10
111	Men 60 (60-64)	M122	Richard Morgan	0:27:07	0:27:00	0:13:19
112	Men 65 (65-69)	M035	Pok Cheung Wah	0:27:07	0:27:03	0:13:34
113	Men 65 (65-69)	M177	Cheung Ching Yung	0:27:09	0:27:03	0:13:31
114	Ladies 60 (60-64)	W086	美倫楊	0:27:20	0:27:14	0:13:18
115	Men 40 (40-44)	M056	Cheung Edwood	0:27:22	0:27:14	0:13:35
116	Ladies 35 (35-39)	W041	Man Ting Kwan	0:27:26	0:27:17	0:13:40
117	Ladies 60 (60-64)	W031	Belinda Greer	0:27:27	0:27:25	0:13:23
118	Men 60 (60-64)	M162	Poon Wing Kit	0:27:31	0:27:26	0:13:31

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Overall Position	Category	Bib	English Name	Official Time	ChipTime	CP1
119	Ladies Open (18-34)	W076	Chloe Whittington	0:27:36	0:27:30	0:12:49
120	Men 35 (35-39)	M067	Benjamin Grand	0:27:37	0:27:30	0:13:44
121	Ladies 45 (45-49)	W027	Sarah Dickinson	0:27:40	0:27:32	0:14:16
122	Men Open (18-34)	M156	Che Hong Wai	0:27:50	0:27:45	0:13:49
123	Men 65 (65-69)	M075	Hin Man Hin Man	0:27:57	0:27:57	0:14:20
124	Ladies 55 (55-59)	W077	Carolyn Wingard-Robertsson	0:28:02	0:27:58	0:13:35
125	Men 45 (45-49)	M176	Colin Young	0:28:07	0:27:59	0:14:10
126	Men 40 (40-44)	M138	Luke Schroder	0:28:08	0:27:57	0:14:11
127	Ladies 50 (50-54)	W021	Kwai Yun Cheung	0:28:08	0:28:03	0:14:03
128	Ladies 50 (50-54)	W068	Ollyvia Postacchini	0:28:28	0:28:21	0:14:00
129	Ladies 55 (55-59)	W048	Portia Leung	0:28:37	0:28:31	0:14:26
130	Men 35 (35-39)	M033	Ison Cheung	0:28:48	0:28:40	0:13:47
131	Men 55 (55-59)	M044	Tat Chi Chung	0:29:11	0:29:03	0:14:25
132	Men Open (18-34)	M038	Lap Yin Ching	0:29:17	0:29:15	0:13:10
133	Ladies 60 (60-64)	W025	Yuen Man Lisa Chu	0:29:32	0:29:27	0:14:15
134	Men 60 (60-64)	M089	Lawrence Lam	0:29:42	0:29:38	0:14:28
135	Men 70 (70-74)	M002	Kwok Keung Au	0:29:47	0:29:41	0:14:46
136	Men 70 (70-74)	M091	Stephen Lau	0:29:52	0:29:47	0:15:16
137	Men 45 (45-49)	M123	Alex Murchie	0:30:09	0:30:01	0:13:25
138	Ladies Junior 13 (12-13)	W059	Ines Murchie	0:30:09	0:30:02	0:13:25
139	Ladies 45 (45-49)	W007	Anna Caplin	0:30:18	0:30:09	0:15:13
140	Ladies 40 (40-44)	W069	Sri Purwanti	0:30:22	0:30:16	0:14:25
141	Men 50 (50-54)	M079	Chakir Hocine	0:30:22	0:30:13	0:14:09
142	Men 35 (35-39)	M076	Adrian Ho	0:30:35	0:30:24	0:15:45
143	Men 55 (55-59)	M187	Paul McGunnigle	0:30:40	0:30:32	0:15:03
144	Men 45 (45-49)	M136	Jose Luis Sandoval	0:30:41	0:30:33	0:14:15
145	Ladies 75 (75-79)	W039	Susan Ko	0:31:10	0:31:01	0:14:51
146	Men 35 (35-39)	M195	Jin Huang	0:31:11	0:31:02	0:14:52
147	Men 60 (60-64)	M087	Bobby Kwok	0:31:27	0:31:20	0:15:34
148	Men 60 (60-64)	M147	Tak Kuen Alfred Tam	0:31:42	0:31:32	0:15:45
149	Men 55 (55-59)	M158	David Wan	0:31:48	0:31:48	0:15:10
150	Ladies 70 (70-74)	W084	Wing Han Yeung	0:31:50	0:31:46	0:16:05
151	Ladies 50 (50-54)	W010	Mokwan Chan	0:32:04	0:31:57	0:16:10
152	Men Open (18-34)	M159	Xulu Wang	0:32:07	0:31:56	0:15:22
153	Men 40 (40-44)	M166	Hoi Wong	0:32:13	0:32:01	0:14:30
154	Ladies Junior 15 (14-15)	W008	Sophie Caplin	0:32:28	0:32:24	0:15:12
155	Men 40 (40-44)	M057	Hubert Feng	0:33:09	0:32:57	0:15:00
156	Men 70 (70-74)	M093	Wing On Lee	0:33:13	0:33:04	0:16:52
157	Men 50 (50-54)	M039	Man Yau Chiu	0:33:21	0:33:07	0:16:45
158	Ladies 40 (40-44)	W011	Hui-Yu Vanessa Chan	0:33:27	0:33:16	0:17:09
159	Men 60 (60-64)	M011	Charles Caldwell	0:33:42	0:33:32	0:15:27
160	Ladies 35 (35-39)	W082	Xing Xu	0:34:08	0:34:08	
161	Ladies Open (18-34)	W085	Baihan Zong	0:34:12	0:34:12	
162	Ladies 45 (45-49)	W040	Verity Kriegler	0:34:15	0:34:08	0:16:49
163	Men 60 (60-64)	M104	Eric Li	0:34:26	0:34:20	0:16:50
164	Ladies 50 (50-54)	W058	Helena Murchie	0:34:37	0:34:23	0:16:46
165	Ladies 50 (50-54)	W089	Stewart Lesley Margaret	0:34:42	0:34:34	0:17:07
166	Ladies 35 (35-39)	W036	Hazel Jauculan	0:35:21	0:35:11	0:16:55
167	Ladies 55 (55-59)	W057	Karen Mitchell-Sandoval	0:36:32	0:36:25	0:17:31
168	Men 65 (65-69)	M099	Pui Ki Leung	0:37:28	0:37:14	0:17:38
169	Men 75 (75-79)	M152	Chishing Tsang	0:40:59	0:40:55	0:19:16
170	Men 80+ (80+)	M141	Yip Sing So	0:49:15	0:49:13	