

青協背包跑

Run For Wellness 2025

Date : 14/10/2025

備註 : DNS(Did Not Start) 、 DNF(Did Not Finish) 、 DQ(Disqualified)

10KM Team Run										
組別名次 Category Position	組別 Category	隊名 Team Name	編號 Bib	姓名 Name	團隊時間 Team Time	大會時間 Official Time	平均配速 Average Pacing	晶片時間 Chip Time	晶片平均配速 Chip Average Pacing	備註 Remark
1	10km Team	青協橫頭磡	0818-1	LAU TIM HEI	00:36:54.4	00:37:43.9	00:03:41	00:37:34.5	00:03:45	
	10km Team	青協橫頭磡	0818-2	FOK PAK IU		00:38:40.3	00:03:41	00:38:30.3	00:03:51	
	10km Team	青協橫頭磡	0818-3	LEE CHIN LIK		00:35:39.6	00:03:41	00:35:30.2	00:03:33	
	10km Team	青協橫頭磡	0818-4	LO LOK YIN		00:35:33.8	00:03:41	00:35:25.1	00:03:33	
2	10km Team	Choipow Sing	0804-1	CHOI JORDAN	00:37:33.0	00:35:24.1	00:03:45	00:35:22.1	00:03:32	
	10km Team	Choipow Sing	0804-2	LAW WING KIT		00:36:49.7	00:03:45	00:36:47.4	00:03:41	
	10km Team	Choipow Sing	0804-3	LEE KA FAI		00:39:04.7	00:03:45	00:39:01.6	00:03:54	
	10km Team	Choipow Sing	0804-4	PO CHEUK HEI		00:38:53.6	00:03:45	00:38:50.6	00:03:53	
3	10km Team	SFXS (1)	0811-1	黃 秋傑	00:40:11.4	00:36:56.7	00:04:01	00:36:54.0	00:03:41	
	10km Team	SFXS (1)	0811-2	葉 鎧毅		00:38:51.9	00:04:01	00:38:49.9	00:03:53	
	10km Team	SFXS (1)	0811-3	鍾 志高		00:38:12.8	00:04:01	00:38:09.1	00:03:49	
	10km Team	SFXS (1)	0811-4	鍾 錦浩		00:46:44.4	00:04:01	00:46:41.6	00:04:40	
4	10km Team	WeakEndsHere	0816-1	CHAN CHIT HANG ANGUS	00:40:22.6	00:40:46.1	00:04:02	00:40:42.7	00:04:04	
	10km Team	WeakEndsHere	0816-2	CHANG YI ZHI		00:41:58.4	00:04:02	00:41:55.1	00:04:12	
	10km Team	WeakEndsHere	0816-3	CHUI WAN NGAI		00:40:29.6	00:04:02	00:40:26.8	00:04:03	
	10km Team	WeakEndsHere	0816-4	TANG WAI PUI		00:38:16.4	00:04:02	00:38:13.6	00:03:49	
5	10km Team	The Law Society Running Team	0828-1	TSUN HOI YAN TIFFANY	00:40:48.5	00:42:21.7	00:04:05	00:47:15.3	00:04:44	
	10km Team	The Law Society Running Team	0828-2	WONG SOR LAM DANIS		00:40:44.5	00:04:05	00:40:39.6	00:04:04	
	10km Team	The Law Society Running Team	0828-3	HUI CHING YAT		00:40:49.5	00:04:05	00:40:43.4	00:04:04	
	10km Team	The Law Society Running Team	0828-4	HALL RICHARD JAMES		00:39:18.4	00:04:05	00:39:15.4	00:03:56	
6	10km Team	AKIV Fun Run Team	0800-1	何 偉業	00:41:15.4	00:40:19.8	00:04:08	00:40:17.2	00:04:02	
	10km Team	AKIV Fun Run Team	0800-2	孫 健明		00:46:06.4	00:04:08	00:46:04.0	00:04:36	
	10km Team	AKIV Fun Run Team	0800-3	高 梓揚		00:38:57.6	00:04:08	00:38:55.9	00:03:54	
	10km Team	AKIV Fun Run Team	0800-4	鍾 文穎		00:39:38.0	00:04:08	00:44:34.4	00:04:27	
7	10km Team	帶你飛	0822-1	CHAN HO YIM	00:41:16.0	00:41:27.3	00:04:08	00:46:20.6	00:04:38	
	10km Team	帶你飛	0822-2	FAN KA MAN		00:42:03.6	00:04:08	00:41:55.4	00:04:12	
	10km Team	帶你飛	0822-3	HO WINCY WAN KI		00:45:12.7	00:04:08	00:50:06.2	00:05:01	
	10km Team	帶你飛	0822-4	TSUI WING YEE		00:36:20.4	00:04:08	00:41:11.9	00:04:07	
	10km Team	Team WTH 2	0814-1	CHENG TING CHAU		00:46:50.8	00:04:31	00:46:45.6	00:04:41	

8	10km Team	Team WTH 2	0814-2	LEE CHING YUE	00:45:14.3	00:44:24.3	00:04:31	00:44:21.4	00:04:26
	10km Team	Team WTH 2	0814-3	LI WAN KI		00:46:56.8	00:04:31	00:51:53.2	00:05:11
	10km Team	Team WTH 2	0814-4	SAU CHUN FEI		00:42:45.2	00:04:31	00:42:42.6	00:04:16
	10km Team	Choipow Beet	0803-1	LAW SAU NOK		00:47:48.5	00:04:33	00:47:44.6	00:04:46
9	10km Team	Choipow Beet	0803-2	MA WAH	00:45:29.8	00:47:57.9	00:04:33	00:47:53.8	00:04:47
	10km Team	Choipow Beet	0803-3	SO KA HO		00:46:17.7	00:04:33	00:46:13.2	00:04:37
	10km Team	Choipow Beet	0803-4	TONG YIK CHING		00:39:55.2	00:04:33	00:39:52.0	00:03:59
	10km Team	城門谷4朵谷花	0827-1	LEUNG SHIU PONG		00:45:21.9	00:04:38	00:50:12.4	00:05:01
10	10km Team	城門谷4朵谷花	0827-2	MAK PHOEBE	00:46:23.1	00:43:29.1	00:04:38	00:48:21.0	00:04:50
	10km Team	城門谷4朵谷花	0827-3	李 穎琳		00:49:07.1	00:04:38	00:53:58.4	00:05:24
	10km Team	城門谷4朵谷花	0827-4	陳 明娜		00:47:34.6	00:04:38	00:52:25.5	00:05:15
	10km Team	Team WTH 3	0815-1	KWOK HO YIN		00:48:38.5	00:04:39	00:48:35.1	00:04:52
11	10km Team	Team WTH 3	0815-2	LAM KA LUN DRAGON	00:46:25.8	00:46:46.4	00:04:39	00:46:42.3	00:04:40
	10km Team	Team WTH 3	0815-3	LAU YIK CHUN		00:44:50.1	00:04:39	00:44:46.2	00:04:29
	10km Team	Team WTH 3	0815-4	陳 弘毅		00:45:28.4	00:04:39	00:45:25.7	00:04:33
	10km Team	康青長跑	0823-1	CHAU CHING SAN		00:47:15.6	00:04:53	00:47:04.3	00:04:42
12	10km Team	康青長跑	0823-2	洪 婧芳	00:48:52.0	00:54:14.8	00:04:53	00:59:02.9	00:05:54
	10km Team	康青長跑	0823-3	夏 勁凱		00:45:28.7	00:04:53	00:45:18.6	00:04:32
	10km Team	康青長跑	0823-4	蔡 梓慧		00:48:28.6	00:04:53	00:53:17.3	00:05:20
	10km Team	Mi RUN da	0808-1	CHAU KIN WANG		00:46:15.8	00:05:04	00:46:08.8	00:04:37
13	10km Team	Mi RUN da	0808-2	HO JEWEL WING SHUM	00:50:42.3	00:48:45.2	00:05:04	00:53:37.3	00:05:22
	10km Team	Mi RUN da	0808-3	IP HON HEI		00:51:32.6	00:05:04	00:51:24.9	00:05:08
	10km Team	Mi RUN da	0808-4	KWOK HUNG CHUN		00:56:15.8	00:05:04	00:56:08.0	00:05:37
	10km Team	Alumni Office Team 1	0801-1	CHAN CHEUK TING		00:58:17.0	00:05:29	01:03:04.4	00:06:18
14	10km Team	Alumni Office Team 1	0801-2	TSANG YING MUI	00:54:47.2	00:49:43.1	00:05:29	00:54:29.5	00:05:27
	10km Team	Alumni Office Team 1	0801-3	TSE WAI KWONG		00:52:54.8	00:05:29	00:52:39.8	00:05:16
	10km Team	Alumni Office Team 1	0801-4	YEUN MING KIN		00:58:13.9	00:05:29	00:58:01.0	00:05:48
	10km Team	青協葵芳	0826-1	文 頌賢		00:46:27.8	00:05:37	00:46:21.6	00:04:38
15	10km Team	青協葵芳	0826-2	梁 子軒	00:56:12.3	00:58:17.7	00:05:37	00:58:11.3	00:05:49
	10km Team	青協葵芳	0826-3	葉 梓軒		01:05:26.1	00:05:37	01:05:19.2	00:06:32
	10km Team	青協葵芳	0826-4	潘 樂軒		00:54:37.6	00:05:37	00:54:30.3	00:05:27
	10km Team	Observatory Squad	0809-1	CHENG MING CHEUK		00:49:37.4	00:05:38	00:49:13.3	00:04:55
16	10km Team	Observatory Squad	0809-2	CHENG NGAI SANG	00:56:20.3	00:56:17.9	00:05:38	00:55:52.2	00:05:35
	10km Team	Observatory Squad	0809-3	CHEUNG CHIN WAI		01:02:16.6	00:05:38	01:01:51.2	00:06:11
	10km Team	Observatory Squad	0809-4	KEUNG YUI SIK EUGENE		00:57:09.5	00:05:38	00:56:44.3	00:05:40
	10km Team	組合3/三人行 · 四人跑	0824-1	TONG KIN CHUN		00:57:49.7	00:06:17	00:57:32.8	00:05:45
17	10km Team	組合3/三人行 · 四人跑	0824-2	YAN TSZ WAI	01:02:54.9	01:11:07.3	00:06:17	01:15:45.1	00:07:35
	10km Team	組合3/三人行 · 四人跑	0824-3	呂 亦蕎		00:55:25.3	00:06:17	01:00:06.9	00:06:01
	10km Team	組合3/三人行 · 四人跑	0824-4	陳 文濤		01:07:17.2	00:06:17	01:07:04.1	00:06:42
	10km Team	Protein蓋地	0810-1	FUNG CHEUK YIN		01:03:29.0	00:06:31	01:08:16.2	00:06:50
18	10km Team	Protein蓋地	0810-2	HO CHAK KUI KELVIN	01:05:14.2	01:23:15.0	00:06:31	01:23:02.3	00:08:18
	10km Team	Protein蓋地	0810-3	LAI WING TUNG		00:52:12.6	00:06:31	00:56:59.4	00:05:42

19	10km Team	Protein蓋地	0810-4	YIP SIU KI	01:08:47.3	01:02:00.1	00:06:31	01:06:46.4	00:06:41	
	10km Team	Team 4	0812-1	CHIU PIT LIK		00:52:32.2	00:06:53	00:52:03.0	00:05:12	
	10km Team	Team 4	0812-2	OR KA SHAN		01:01:27.4	00:06:53	01:06:01.6	00:06:36	
	10km Team	Team 4	0812-3	SIU CHOR YIU		01:11:35.3	00:06:53	01:16:05.7	00:07:37	
	10km Team	Team 4	0812-4	WONG CHAK HO		01:29:34.2	00:06:53	01:29:07.7	00:08:55	
20	10km Team	Cobe & Friends	0806-1	CHAN KA LING	01:10:03.6	01:08:48.4	00:07:00	01:13:27.3	00:07:21	
	10km Team	Cobe & Friends	0806-2	CHEUNG MAN HO		01:13:48.5	00:07:00	01:13:27.7	00:07:21	
	10km Team	Cobe & Friends	0806-3	LIU WAI KWAN		01:08:48.1	00:07:00	01:13:26.2	00:07:21	
	10km Team	Cobe & Friends	0806-4	WONG WUN TUNG		01:08:49.4	00:07:00	01:13:28.7	00:07:21	
21	10km Team	洪水猛瘦	0819-1	CHANG MAN HIN	01:11:10.7	01:06:59.1	00:07:07	01:06:47.5	00:06:41	
	10km Team	洪水猛瘦	0819-2	TAM NGA LOK		01:30:04.5	00:07:07	01:34:52.7	00:09:29	
	10km Team	洪水猛瘦	0819-3	李 兆傑		01:00:05.4	00:07:07	00:59:54.6	00:05:59	
	10km Team	洪水猛瘦	0819-4	曾 洛賢		01:07:33.9	00:07:07	01:07:21.7	00:06:44	
22	10km Team	荃軍覆沒	0821-1	李 峻一	01:12:10.0	01:17:39.7	00:07:13	01:17:18.6	00:07:44	
	10km Team	荃軍覆沒	0821-2	李 賀琳		01:02:24.3	00:07:13	01:07:03.4	00:06:42	
	10km Team	荃軍覆沒	0821-3	張 梓楷		01:17:39.7	00:07:13	01:17:34.6	00:07:45	
	10km Team	荃軍覆沒	0821-4	蘇 錦榮		01:10:56.2	00:07:13	01:10:36.8	00:07:04	
23	10km Team	背感鴨力	0820-1	LAM HEI TING	01:14:03.5	01:10:17.8	00:07:24	01:14:54.5	00:07:29	
	10km Team	背感鴨力	0820-2	LI KA FAI		01:13:09.7	00:07:24	01:12:45.9	00:07:17	
	10km Team	背感鴨力	0820-3	WONG SUNG YEE		01:03:02.8	00:07:24	01:07:40.3	00:06:46	
	10km Team	背感鴨力	0820-4	YUNG TAK KWONG		01:29:43.8	00:07:24	01:29:22.0	00:08:56	
24	10km Team	龍跑千里	0825-1	CHAN YIN LUN AMBROSE	01:19:52.0	01:48:01.9	00:07:59	01:47:44.2	00:10:46	
	10km Team	龍跑千里	0825-2	CHAU YUEN NAM		01:12:54.7	00:07:59	01:17:35.0	00:07:45	
	10km Team	龍跑千里	0825-3	MAO SI YING		01:04:06.0	00:07:59	01:08:54.1	00:06:53	
	10km Team	龍跑千里	0825-4	黃 浩林		01:14:25.5	00:07:59	01:14:16.0	00:07:26	
25	10km Team	用背脊唱荃歌	0817-1	李 俊鴻	01:31:23.4	01:37:33.7	00:09:08	01:37:07.5	00:09:43	
	10km Team	用背脊唱荃歌	0817-2	張 馨文		01:32:33.2	00:09:08	01:37:08.1	00:09:43	
	10km Team	用背脊唱荃歌	0817-3	陳 漢偉		01:22:53.1	00:09:08	01:22:28.5	00:08:15	
	10km Team	用背脊唱荃歌	0817-4	蔡 紫欣		01:32:33.7	00:09:08	01:37:08.1	00:09:43	
26	10km Team	Alumni Team 5	0802-1	CHEN WANG LEONG	N/A	00:58:12.0	00:05:49	00:57:48.5	00:05:47	DQ
	10km Team	Alumni Team 5	0802-2	MAK HO HIN		N/A	N/A	N/A	N/A	DNS
	10km Team	Alumni Team 5	0802-3	WU CHIN SHING		N/A	N/A	N/A	N/A	DNS
	10km Team	Alumni Team 5	0802-4	YUEN HEI SHUN ADAM		00:59:13.0	00:05:55	00:58:49.7	00:05:53	DQ
27	10km Team	CJMS Striders	0805-1	MENG SONGYU	N/A	01:17:54.2	00:07:47	01:17:34.6	00:07:45	DQ
	10km Team	CJMS Striders	0805-2	RATHEE SUDEEP		N/A	N/A	N/A	N/A	DNS
	10km Team	CJMS Striders	0805-3	SHISHKIN VICTOR		01:17:52.5	00:07:47	01:17:33.5	00:07:45	DQ
	10km Team	CJMS Striders	0805-4	WONG HO YEE		01:12:52.2	00:07:17	01:17:33.0	00:07:45	DQ
28	10km Team	LEAD	0807-1	WONG KA KUI	N/A	00:46:18.6	00:04:38	00:46:09.7	00:04:37	DQ
	10km Team	LEAD	0807-2	林 新迪		N/A	N/A	N/A	N/A	DNS
	10km Team	LEAD	0807-3	梁 溢峻		00:56:16.7	00:05:38	00:56:08.6	00:05:37	DQ
	10km Team	LEAD	0807-4	徐 穎賢		00:52:14.2	00:05:13	00:52:06.6	00:05:13	DQ
	10km Team	Team Sling	0813-1	CHAN LEONG KI		00:59:37.7	00:05:58	00:59:20.1	00:05:56	DQ

29

10km Team	Team Sling	0813-2	HO CHIN WING	N/A	00:52:57.7	00:05:18	00:57:40.0	00:05:46	DQ
10km Team	Team Sling	0813-3	HO SZE YIU SONIA		N/A	N/A	N/A	N/A	DNS
10km Team	Team Sling	0813-4	WONG TING HEI GABRIEL		01:02:36.8	00:06:16	01:07:18.5	00:06:44	DQ