

# 荃灣青公活力跑

日期: 2024 年1月14日

## 3公里隊際盃

Position	Category	TeamName	Bib	Name	姓名	Team Time	Official Time
1	3KM Male Aged 30-44	九龍灣田徑會	3037	Ho Yung Yin	何雍賢	0:42:16	0:10:08
	3KM Male Aged 15-29		3016	Lam To Wai	林道暉		0:10:22
	3KM Male Aged 30-44		3039	Tang Wing Hang	鄧穎恒		0:10:25
	3KM Male Aged 30-44		3040	Wong Wai Kin	黃偉健		0:11:20
	3KM Male Aged 45 or above		3059	Chan Man For			
2	3KM Male Aged 15-29	LLC1	3024	Nian Nian Hao	念豪	0:49:49	0:10:56
	3KM Male Aged 15-29		3023	Huang Zicong	黃梓聰		0:11:00
	3KM Male Aged 15-29		3022	Kwok Sze Shing	郭思城		0:13:40
	3KM Male Aged 15-29		3025	Kau Chun Kit Yanis	咎進傑		0:14:13
	3KM Male Aged 15-29		3026	Lam Hei Lun	林希綸		0:17:09
3	3KM Male Aged 15-29	巖嵐A隊	3019	Man Pak Lam Cass	文柏藍	0:53:55	0:12:29
	3KM Male Aged 13-14		3015	Ng Ching Kiu	吳政橋		0:12:45
	3KM Female Aged 13-14		4016	Chan Yi Chun	陳以臻		0:13:09
	3KM Female Aged 13-14		4015	Leung Hiu Tung	梁曉彤		0:15:33
	3KM Female Aged 13-14		4017	Cheung Channah Esther	張曉嵐		
4	3KM Male Aged 13-14	巖嵐B隊	3010	Chow Pak Yan	周栢仁	1:06:10	0:15:55
	3KM Female Aged 9-10		4083	Chan Chin Yui	陳芊睿		0:15:59
	3KM Male Aged 11-12		3004	Wong Hiu Long			0:17:02
	3KM Male Aged 15-29		3020	Chung Cheuk Ki	鍾卓錡		0:17:13
	3KM Female Aged 9-10		4082	Ng Hei Kiu	吳浣僑		0:18:47
5	3KM Female Aged 45 or above	PI Runners	4073	Hui Ching Yee	許靜儀	2:15:18	0:25:17
	3KM Male Aged 9-10		3089	Hau Cho Hei	侯楚熙		0:25:17
	3KM Male Aged 45 or above		3075	Hau Ka Wai	侯家偉		0:25:17
	3KM Male Aged 45 or above		3074	Chan Kwok Hung			0:59:26
	3KM Female Aged 45 or above		4072	Leung Bo Sum			0:59:27