

# World Heart Day Carnival cum Run for Heart 2025

Date: 5 Jan 2025

## 10公里個人女子全場總冠軍

Gender Position	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run Female Aged 30-39	2035	Ho Lok Man	何樂敏	0:39:37
2	10KM Individual Run Female Aged 40-49	2059	Cheung Ka Yee	張嘉兒	0:41:38
3	10KM Individual Run Female Aged 50 or above	2157	Gao Lingli Grace		0:44:58

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## 10公里個人男子全場總冠軍

Gender Position	Category	Bib	Name	姓名	Official Time
1	10KM Individual Run Male Aged 20-29	1004	Tse Ho Yin	謝浩賢	0:35:16
2	10KM Individual Run Male Aged 20-29	1025	Lau Chun Him, Alex	劉俊謙	0:35:31
3	10KM Individual Run Male Aged 20-29	1027	Au Yeung Ka Long Thompson	歐陽家朗	0:37:12