

# World Heart Day 2025-26

Date: 11 Jan 2026

## 3公里個人組-男子少年組 Male Junior

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Junior	3004	Yau Tsun To	丘峻滔	0:12:09
2	3KM Individual Run - Male Junior	3002	Chan Ho	陳皓	0:12:32
3	3KM Individual Run - Male Junior	3005	CHAN KAI LIM CYRIL		0:12:36

## 3公里個人組-男子青年組 Male Youth

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Youth	3212	NG YUI CHING	伍睿正	0:11:49
2	3KM Individual Run - Male Youth	3213	Lui Kei Chun	呂其駿	0:20:06
3	3KM Individual Run - Male Youth				

## 3公里個人組-男子青壯組 Male Dynamic

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Dynamic	H4579	Lau Po Yin	劉寶彥	0:11:10
2	3KM Individual Run - Male Dynamic	H4546	Chung Wai Lam Michael	鍾瑋霖	0:13:32
3	3KM Individual Run - Male Dynamic	C4022	Lam Ho Man	林浩文	0:14:05

## 3公里個人組-男子壯年組 Male Prime

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Prime	3190	Choi Chi Kan	蔡智勤	0:11:40
2	3KM Individual Run - Male Prime	C4013	Lam Hiu Yung	林曉勇	0:11:43
3	3KM Individual Run - Male Prime	3176	Chan Cheuk Long	陳卓朗	0:12:05

## 3公里個人組-男子中堅組 Male Core

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Core	3126	Huynh Gia Luong Michel	黃家良	0:11:21
2	3KM Individual Run - Male Core	3106	MOK WAI CHUNG		0:12:09
3	3KM Individual Run - Male Core	3101	HUI Ka Wah Eric	許嘉華	0:12:12

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## 3公里個人組-男子盛年組 Male Master

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Master	3160	Sha Kwok Yin	佘國賢	0:12:01
2	3KM Individual Run - Male Master	H4575	Ng Cheuk	吳卓	0:12:39
3	3KM Individual Run - Male Master	3173	Yue Kwok Chung Andrew	佘國中	0:13:29

## 3公里個人組-男子樂齡組 Male Evergreen

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Male Evergreen	3008	Graham Alan		0:13:22
2	3KM Individual Run - Male Evergreen	3019	Chow Kin Keung	周建強	0:13:46
3	3KM Individual Run - Male Evergreen	3039	CHEUNG CHUI TING		0:13:51

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## 3公里個人組-女子少年組 Female Junior

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Female Junior	3503	Lau Yu Ching	劉宇晴	0:18:25
2	3KM Individual Run - Female Junior				
3	3KM Individual Run - Female Junior				

## 3公里個人組-女子青年組 Female Youth

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Female Youth	3814	CHAN SUET YING	陳雪盈	0:21:24
2	3KM Individual Run - Female Youth				
3	3KM Individual Run - Female Youth				

## 3公里個人組-女子青壯組 Female Dynamic

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Female Dynamic	3747	Tso Stephanie Wing Sum	曹穎心	0:12:12
2	3KM Individual Run - Female Dynamic	3759	Cathi	王港王	0:12:46
3	3KM Individual Run - Female Dynamic	C4038	Chan Man Ying	陳敏瑩	0:15:13

## 3公里個人組-女子壯年組 Female Prime

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Female Prime	3779	Fung Cho Man	馮楚雯	0:13:26
2	3KM Individual Run - Female Prime	3789	Yau Julianna		0:16:07
3	3KM Individual Run - Female Prime	H4552	KWOK Yuen Yi, Margaret	郭婉宜	0:16:16

## 3公里個人組-女子中堅組 Female Core

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Female Core	H4541		陳莉莉	0:14:13
2	3KM Individual Run - Female Core	3707	Lam Kit Yung		0:14:52
3	3KM Individual Run - Female Core	3714	Lam Ka Yee	林嘉儀	0:15:04

# **World Heart Day 2025-26**

Date: 11 Jan 206

# World Heart Day 2025-26

Date: 11 Jan 206

3公里個人組-女子盛年組 Female Master

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Run - Female Master	3529	Gao Lingli Grace		0:13:16
2	3KM Individual Run - Female Master	3530	Chen MING NA	陳明娜	0:14:33
3	3KM Individual Run - Female Master	3534	ng man yu fanny	吳敏如	0:15:53