

	A	B	C	D	E	G	H	J	K
	2019 results								
	Finish Position	Time	Bib Number	Family Name	Given Name	Sex	Age	Adjusted time	Race Position
1									
2									
3	35	0:23:30.6	45	Castka	Gillian	F	62	0:18:16.3	1
4	9	0:19:56.4	55	Matsui	Megumi	F	40	0:19:24.6	2
5	12	0:20:05.7	78	Mumford	Amy	F	41	0:19:26.9	3
6	22	0:21:37.9	76	Yiu	Nam	F	14	0:20:13.7	4
7	47	0:24:44.6	8	Greer	Belinda	F	57	0:20:25.8	5
8	30	0:22:35.5	25	Caldwell	Sela	F	15	0:21:30.5	6
9	31	0:22:41.8	22	Whittington	Chloe	F	15	0:21:36.4	7
10	27	0:22:30.7	103	Perrin	Tara	F	40	0:21:54.8	8
11	32	0:22:53.5	84	Josephine	Josephine	F	42	0:22:00.8	9
12	62	0:28:42.5	63	Ko	Shuk Han Patty	F	62	0:22:18.8	10
13	28	0:22:32.3	101	Cheong	Tasha	F	34	0:22:26.7	11
14	48	0:24:55.8	59	Ng	Man Ching	F	49	0:22:31.3	12
15	36	0:23:36.4	104	Cheung	Lai Yu	F	42	0:22:42.0	13
16	60	0:28:03.2	75	Kong	Loi Chun	F	57	0:23:09.8	14
17	61	0:28:08.4	18	Wingard-Robe	Carolyn	F	55	0:23:46.9	15
18	39	0:24:30.5	52	Mockford	Joanna	F	27	0:24:30.5	16
19	51	0:26:30.3	96	Asakura	Askra	F	44	0:25:06.9	17
20	57	0:27:06.9	99	O'Neill	Claire	F	46	0:25:15.3	18
21	55	0:26:55.8	60	Cheung	Kitty	F	45	0:25:18.5	19
22	66	0:29:56.6	30	Chu	Kwan Yau Janice	F	52	0:26:10.8	20
23	76	0:33:52.8	38	Lau	Sau Wai	F	60	0:26:59.3	21
24	64	0:29:31.7	47	MacDonald	Lisa	F	46	0:27:30.2	22
25	86	0:40:35.3	71	Lau	Fung Ling Rebecca	F	71	0:27:59.9	23
26	65	0:29:55.1	80	Chamila	Chamila	F	44	0:28:21.1	24
27	78	0:35:15.2	81	Eliane	Eliane	F	52	0:30:49.4	25
28	73	0:32:45.6	66	Yuen	Wing Hei	F	15	0:31:11.2	26
29	74	0:33:11.8	69	Ching	Chiu Yin	F	19	0:33:11.8	27
30	87	0:41:31.7	98	Lau	Kai Mei Jo	F	58	0:33:53.2	28
31	85	0:39:26.8	57	Ng	Hai Wan Winnie	F	51	0:34:52.3	29
32	77	0:34:56.2	74	Zhu	Kaili	F	19	0:34:56.2	30
33	79	0:36:52.5	88	Samanthi	Samanthi	F	41	0:35:41.3	31
34	82	0:37:58.7	102	Yuen	Michelle	F	45	0:35:41.5	32
35	83	0:38:18.1	86	Priscilla	Priscilla	F	45	0:35:59.8	33
36	80	0:37:47.6	106	Sandoval	Shayla	F	21	0:37:47.6	34
37	84	0:38:20.1	91	Joselyne	Joselyne	F	31	0:38:19.7	35
38	95	0:54:17.9	40	Yan	Tracy Lai Yun	F	62	0:42:12.0	36
39	96	1:00:52.2	111	Croos	Croos	F	62	0:47:18.5	37
40	93	0:53:50.5	59	Ng	Man Ching	F	49	0:48:38.4	38
41	97	1:00:53.1	105	Leonard	Catherine	F	52	0:53:13.9	39
42	1	0:18:26.3	2	Downie	Craig	M	57	0:15:21.8	1
43	10	0:19:59.5	9	Greer	Ken	M	65	0:15:35.1	2
44	6	0:19:20.5	35	Reeves	Mark	M	57	0:16:06.9	3
45	18	0:21:23.3	19	McNamara	Frank	M	65	0:16:40.4	4
46	29	0:22:35.1	64	Booth	Philip	M	69	0:16:58.4	5
47	13	0:20:19.3	73	Szeto	Maurice	M	55	0:17:12.2	6
48	25	0:22:22.9	15	Kwok	Wing Sing	M	65	0:17:26.9	7
49	2	0:18:51.7	54	Cohen-Ruhle	Liam	M	42	0:17:36.6	8
50	4	0:19:12.9	36	Riehm	Frank	M	44	0:17:41.0	9
51	26	0:22:28.1	5	Lam	Chi Cheung	M	63	0:17:49.1	10
52	11	0:20:01.5	110	Smart	Timothy	M	48	0:17:53.6	11
53	16	0:21:04.7	70	Ching	Tang Foon	M	54	0:17:59.2	12
54	21	0:21:36.4	48	Burton	Scott	M	56	0:18:08.8	13
55	17	0:21:22.5	58	Cheng	Simon	M	53	0:18:22.9	14
56	43	0:24:32.8	68	Chan	Yuen To	M	68	0:18:38.2	15
57	46	0:24:34.7	13	Chan	Chak Yan	M	68	0:18:39.6	16
58	5	0:19:20.2	109	Bailey	Hayden	M	15	0:18:41.0	17
59	3	0:19:07.9	93	Yared	Yared	M	34	0:18:49.4	18
60	15	0:20:47.6	34	Greenfield	Ian	M	46	0:18:51.4	19
61	37	0:23:37.6	56	Tai	Seung Kun	M	62	0:18:53.6	20
62	7	0:19:35.7	49	Van Den Heuv	Boet	M	15	0:18:55.9	21
63	14	0:20:35.5	29	Bhoovarahan	Jaibhav	M	13	0:19:04.4	22
64	19	0:21:25.1	67	Rhee	David	M	45	0:19:34.1	23
65	24	0:22:07.7	77	Yiu	Vor	M	48	0:19:46.3	24
66	8	0:19:54.5	83	Idle	Idle	M	22	0:19:54.5	25
67	44	0:24:33.5	31	Morgan	Richard	M	58	0:20:17.8	26
68	20	0:21:29.7	37	Leleu	Herve	M	40	0:20:21.5	27
69	45	0:24:34.1	20	Cherry	Paul	M	54	0:20:57.9	28
70	23	0:21:59.3	17	Robertson	Erik	M	16	0:21:33.2	29
71	33	0:23:05.4	79	Wong	King Hin	M	14	0:21:53.7	30
72	63	0:29:27.9	97	Lai	Ho Yin Simon	M	70	0:21:54.1	31
73	50	0:25:35.5	14	Chung	Tat Chi	M	53	0:22:00.5	32
74	56	0:26:56.4	61	Lau	Chung Wai	M	58	0:22:16.0	33
75	40	0:24:31.1	46	Davies	Bradley	M	45	0:22:24.0	34
76	49	0:25:29.1	21	Li	Patrick Yan Yun	M	49	0:22:36.0	35
77	52	0:26:33.7	4	Wong	Chun Keung	M	54	0:22:39.9	36
78	41	0:24:31.7	85	Moke	Moke	M	43	0:22:44.3	37
79	58	0:27:12.8	27	Trembly	Jean-Francois	M	54	0:23:13.3	38
80	38	0:23:42.2	53	Lai	Yat Wah	M	33	0:23:25.4	39
81	34	0:23:25.4	51	Wong	Chik Wai Jason	M	26	0:23:25.4	40
82	54	0:26:51.4	95	Clode	Jack	M	50	0:23:38.2	41
83	67	0:30:28.5	44	Castka	Richard	M	64	0:23:57.8	42
84	42	0:24:32.3	65	Tang	Cheuk Yin	M	32	0:24:20.2	43
85	69	0:31:36.6	113	Tsui	Henry	M	65	0:24:38.6	44
86	59	0:27:30.1	100	Lowe	Adrian	M	46	0:24:56.5	45
87	72	0:32:43.4	62	Hou	Ting Fun Stephen	M	65	0:25:30.6	46
88	68	0:30:31.4	112	Sancsez	Ramin	M	54	0:26:02.8	47
89	53	0:26:48.7	28	Trembly	Maria	M	16	0:26:16.9	48
90	75	0:33:48.4	24	Leung	Pui Ki	M	64	0:26:34.9	49
91	70	0:32:33.6	26	Caldwell	Charles	M	56	0:27:20.8	50
92	71	0:32:40.3	82	Filobatr	Filobatr	M	17	0:32:25.0	51
93	88	0:41:32.4	33	Coates	Gavin Scott	M	61	0:33:29.9	52
94	81	0:37:48.5	107	Sandoval	Jose Luis	M	43	0:35:02.9	53
95	90	0:47:11.8	72	Chung	Wing Kan	M	67	0:36:09.7	54
96	89	0:43:18.1	87	Rohan	Rohan	M	47	0:38:58.8	55
97	92	0:53:49.6	43	Lau	Shing Kwan	M	33	0:53:11.5	56
98	91	0:53:48.9	41	Lau	Choi Ken	M	30	0:53:39.2	57
99	94	0:53:51.3	42	Lau	Yik Ken	M	24	0:53:51.3	58