Date: 13th April 2025

3KM Individual Race - Male Aged 12-15

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Male Aged 12-15	9005	TING ADRIAN	丁毅臻	0:10:52
2	3KM Individual Race - Male Aged 12-15	9014	TING CHESTER	丁進澄	0:11:04
3	3KM Individual Race - Male Aged 12-15	9160	WONG CHEUK MAN	黃卓文	0:11:52

Date: 13th April 2025

3KM Individual Race - Male Aged 16-29

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Male Aged 16-29	6224	CHAN CHUN WING VINCENT		0:09:27
2	3KM Individual Race - Male Aged 16-29	6056	WONG CHAKLAM	黃澤林	0:10:02
3	3KM Individual Race - Male Aged 16-29	6223	HUI YAT HANG	許溢桁	0:10:36

3KM Individual Race - Male Aged 30-39

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Male Aged 30-39	6119	WU STEPHEN		0:12:11
2	3KM Individual Race - Male Aged 30-39	6080	LEUNG WAN TIK		0:12:15
3	3KM Individual Race - Male Aged 30-39	6114	LEE LOK KWAN	李樂君	0:12:21

3KM Individual Race - Male Aged 40-49

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Male Aged 40-49	6124	LAU KING FUNG	劉勁峰	0:10:46
2	3KM Individual Race - Male Aged 40-49	6144	CHENG HOK SUM	鄭學森	0:11:05
3	3KM Individual Race - Male Aged 40-49	6139	WONG MIKE		0:11:23

Date: 13th April 2025

3KM Individual Race - Male Aged 50-59

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Male Aged 50-59	9065	CHAN MAN FOR	陳文科	0:11:17
2	3KM Individual Race - Male Aged 50-59	9095	WONG JOSEPH	黃振邦	0:11:43
3	3KM Individual Race - Male Aged 50-59	9098	LI RYAN		0:12:12

3KM Individual Race - Male Aged 60 or above

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Male Aged 60 or above	9136	YEUNG YING KIT		0:13:10
2	3KM Individual Race - Male Aged 60 or above	9112	WONG TAI CHUN MARK		0:13:47
3	3KM Individual Race - Male Aged 60 or above	9126	NG WAI KIT		0:14:24

Date: 13th April 2025

3KM Individual Race - Female Aged 12-15

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Female Aged 12-15	8005	IP HEUNG CHING	葉向晴	0:12:59
2	3KM Individual Race - Female Aged 12-15	8004	NGAN LOK YI	顏樂誼	0:13:02
3	3KM Individual Race - Female Aged 12-15	8214	LAU HONG CHING	劉康澄	0:13:21

Date: 13th April 2025

3KM Individual Race - Female Aged 16-29

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Female Aged 16-29	7045	WONG LOK LAM	黃洛琳	0:14:26
2	3KM Individual Race - Female Aged 16-29	7004	LAM HIU YU	林曉渝	0:14:30
3	3KM Individual Race - Female Aged 16-29	7020	YUEN KEI YAN	袁杞欣	0:15:49

3KM Individual Race - Female Aged 30-39

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Female Aged 30-39	7120	CHAN KA YAN	陳嘉恩	0:13:00
2	3KM Individual Race - Female Aged 30-39	7123	HO LOK LAM	何樂琳	0:14:26
3	3KM Individual Race - Female Aged 30-39	7057	TSANG PUI CHUN		0:14:28

Date: 13th April 2025

3KM Individual Race - Female Aged 40-49

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Female Aged 40-49	8081	LAI WAI CHUN	賴惠珍	0:13:21
2	3KM Individual Race - Female Aged 40-49	8106	BUCHTOVA JANA		0:13:53
3	3KM Individual Race - Female Aged 40-49	8091	WONG GIGI		0:15:09

3KM Individual Race - Female Aged 50-59

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Female Aged 50-59	8154	CHU LOK YIU	朱洛瑤	0:14:35
2	3KM Individual Race - Female Aged 50-59	8113	LAW ETHEL		0:15:21
3	3KM Individual Race - Female Aged 50-59	8165	HSU YEE HANG ADA	許以幸	0:16:18

3KM Individual Race - Female Aged 60 or above

Rank	Category	Bib	Name	姓名	Official Time
1	3KM Individual Race - Female Aged 60 or above	8194	CHAN KIT HA	陳潔霞	0:14:20
2	3KM Individual Race - Female Aged 60 or above	8192	CHEUNG FUNG MING		0:15:10
3	3KM Individual Race - Female Aged 60 or above	8169	TAM MEI LAN	譚美蘭	0:16:22