

THE HONG KONG SCHOOLS SPORTS FEDERATION

Hong Kong Island and Kowloon Secondary Schools Regional Committee

Inter-School Cross-Country Competition 2022-2023

Division Three Area 3

Boy's Team Overall Results

<i>Position</i>	<i>School</i>	<i>學校</i>	<i>Abbreviation</i>	<i>BA</i>	<i>BB</i>	<i>BC</i>	<i>Team Point</i>
1	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	CYT	10	14	14	38
2	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	SKSS	6	10	18	34
3	Newman Catholic College	天主教新民書院	NCC	8	18	6	32
3	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	PLKNPL	14	6	12	32
3	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	SWC	12	12	8	32
6	Mu Kuang English School	慕光英文書院	MKES	18	8	4	30
7	Hong Kong Sea School	香港航海學校	HKSS	0	4	10	14
8	SKH All Saints' Middle School	聖公會諸聖中學	ASMS	4	3	0	7
9	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端喜紀念中學	MCDHMC	3	0	1	4
10	Cognitio College (Hong Kong)	文理書院(香港)	CCHK	0	0	3	3
11	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	HTCSS	0	0	2	2
	Ng Wah Catholic Secondary School	天主教伍華中學	NWC	0	0	0	0
	Po Kok Secondary School	寶覺中學	PKSS	0	0	0	0
	Aberdeen Technical School	香港仔工業學校	ATS	0	0	0	0
	Islamic Kasim Tuet Memorial College	伊斯蘭脫維善紀念中學	IKTMC	0	0	0	0
	Delia Memorial School (Hip Wo No.2 College)	地利亞修女紀念學校(協和二中)	DMS-HW2C	0	0	0	0

THE HONG KONG SCHOOLS SPORTS FEDERATION

Hong Kong Island and Kowloon Secondary Schools Regional Committee

Inter-School Cross-Country Competition 2022-2023

Division Three Area 3

Girl's Team Overall Results

<i>Position</i>	<i>School</i>	<i>學校</i>	<i>Abbreviation</i>	<i>GA</i>	<i>GB</i>	<i>GC</i>	<i>Team Point</i>
1	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	HTMS-THT	18	12	14	44
1	Kowloon True Light School	九龍真光中學	KTLS	12	18	6	36
3	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	SKSS	0	14	18	32
4	SKH All Saints' Middle School	聖公會諸聖中學	ASMS	14	3	8	25
5	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	SWC	6	6	12	24
5	Mu Kuang English School	慕光英文書院	MKES	4	10	10	24
7	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	KSSS	10	4	4	18
8	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	HTCSS	3	8	0	11
8	Newman Catholic College	天主教新民書院	NCC	8	0	3	11
	Po Kok Secondary School	寶覺中學	PKSS	0	0	0	0
	Cognitio College (Hong Kong)	文理書院(香港)	CCHK	0	0	0	0

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Category Position	Grade	Abbr.	Bib	Name	姓名	Chip Time	Point I	Point A	Point N	Start	Time I	Time A	Time N	Finish	Remark	Division	Category	School
1	Boys A Grade	PLKNPL	6040	Malhi Prinedeep Singh	-	00:24:51.830	00:05:29.654	00:10:13.195	00:18:16.622	12:21:18.238	12:26:47.892	12:31:31.433	12:39:34.859	12:46:10.068		D3A3	BA	Po Leung Kuk Ngan Po Ling College
2	Boys A Grade	CYT	6011	Lee Lok Hin	李樂軒	00:25:52.494	00:05:40.353	00:11:06.406	00:19:03.123	12:20:19.180	12:25:59.533	12:31:25.586	12:39:22.303	12:46:11.674		D3A3	BA	STFA Cheng Yu Tung Secondary School
3	Boys A Grade	MKES	6029	Tsui Muk Lee	徐沐利	00:26:26.962	00:06:03.414	00:11:28.803	00:19:23.291	12:20:54.914	12:26:58.328	12:32:23.716	12:40:18.205	12:47:21.876		D3A3	BA	Mu Kuang English School
4	Boys A Grade	PKSS	6038	Cheung Kin Long	張健朗	00:27:23.632	00:05:50.493	00:11:33.754	00:20:01.688	12:21:12.317	12:27:02.810	12:32:46.071	12:41:14.005	12:48:35.949		D3A3	BA	Po Kok Secondary School
5	Boys A Grade	MKES	6028	Lin Chaojun	林潮俊	00:27:30.948	00:06:02.533	00:11:30.167	00:20:06.688	12:20:54.656	12:26:57.189	12:32:24.823	12:41:01.343	12:48:25.604		D3A3	BA	Mu Kuang English School
6	Boys A Grade	IKTMC	6024	Sayed Ahamed Mohamed Ali	-	00:27:53.060	00:05:51.986	00:10:47.215	00:20:14.954	12:20:42.425	12:26:34.411	12:31:29.641	12:40:57.379	12:48:35.486		D3A3	BA	Islamic Kasim Tuet Memorial College
7	Boys A Grade	SKSS	6043	Lee Waai Ngo	李淮凱	00:28:10.576	00:05:43.603	00:11:16.056	00:20:13.253	12:21:23.832	12:27:07.435	12:32:39.888	12:41:37.085	12:49:34.407		D3A3	BA	Christian & Missionary Alliance Sun Kei Secondary School
8	Boys A Grade	SWC	6047	Tam Chun Ho	譚臻灝	00:28:18.196	00:06:21.897	00:12:07.769	00:20:50.843	12:21:29.477	12:27:51.374	12:33:37.246	12:42:20.320	12:49:47.673		D3A3	BA	STFA Seaward Woo College
9	Boys A Grade	HKSS	6017	Chan, King Man	陳敬文	00:28:36.328	00:06:05.143	00:11:22.870	00:20:41.360	12:20:30.156	12:26:35.299	12:31:53.026	12:41:11.517	12:49:06.484		D3A3	BA	Hong Kong Sea School
10	Boys A Grade	PLKNPL	6039	Lai Chin Ngai	黎展毅	00:28:42.755	00:05:59.592	00:11:52.125	00:20:58.165	12:21:18.273	12:27:17.865	12:33:10.398	12:42:16.437	12:50:01.028		D3A3	BA	Po Leung Kuk Ngan Po Ling College
11	Boys A Grade	NWC	6036	Zhang Ka Ho	張嘉豪	00:28:48.420	00:05:58.461	00:11:58.748	00:21:12.697	12:21:06.649	12:27:05.110	12:33:05.397	12:42:19.345	12:49:55.069		D3A3	BA	Ng Wah Catholic Secondary School
12	Boys A Grade	NCC	6032	Chan Ka Wai	陳嘉威	00:29:06.440	00:06:22.034	00:12:11.047	00:21:23.912	12:21:00.496	12:27:22.530	12:33:11.543	12:42:24.407	12:50:06.936		D3A3	BA	Newman Catholic College
13	Boys A Grade	ASMS	6001	Lo Hei	羅熙	00:29:06.894	00:06:52.778	00:12:43.167	00:21:39.143	12:20:01.449	12:26:54.227	12:32:44.616	12:41:40.592	12:49:08.343		D3A3	BA	SKH All Saints' Middle School
14	Boys A Grade	MKES	6030	Hui Wai Fung	許煒峰	00:29:16.086	00:06:26.073	00:12:17.201	00:21:49.033	12:20:54.653	12:27:20.726	12:33:11.853	12:42:43.686	12:50:10.739		D3A3	BA	Mu Kuang English School
15	Boys A Grade	HKSS	6018	SUW CHEUK MAN	-	00:29:28.954	00:06:28.530	00:12:05.374	00:21:34.235	12:20:30.633	12:26:59.164	12:32:36.008	12:42:04.868	12:49:59.588		D3A3	BA	Hong Kong Sea School
16	Boys A Grade	PKSS	6037	Li Tsz Ming	李子銘	00:29:54.553	00:06:09.420	00:11:59.240	00:21:45.926	12:21:12.370	12:27:21.790	12:33:11.610	12:42:58.296	12:51:06.922		D3A3	BA	Po Kok Secondary School
17	Boys A Grade	SWC	6046	Lo Wang Shing	盧泓丞	00:30:10.824	00:06:22.529	00:12:10.423	00:22:06.780	12:21:29.629	12:27:52.158	12:33:40.052	12:43:36.409	12:51:40.453		D3A3	BA	STFA Seaward Woo College
18	Boys A Grade	SWC	6045	Shing Ying Yip	成應燁	00:30:12.220	00:06:22.939	00:12:14.077	00:21:50.059	12:21:29.568	12:27:52.507	12:33:43.645	12:43:19.627	12:51:41.788		D3A3	BA	STFA Seaward Woo College
19	Boys A Grade	NCC	6031	HON CHUNG MING	-	00:30:18.820	00:06:28.665	00:13:31.593	00:22:50.663	12:21:00.456	12:27:29.121	12:34:32.049	12:43:51.118	12:51:19.276		D3A3	BA	Newman Catholic College
20	Boys A Grade	MCDHMC	6026	Ng Tsz Wai	吳子維	00:30:30.673	00:05:50.237	00:11:19.278	00:21:53.054	12:20:48.305	12:26:38.543	12:32:07.583	12:42:41.360	12:51:18.979		D3A3	BA	MKMCF Ma Chan Duen Hey Memorial College
21	Boys A Grade	MCDHMC	6027	Cheung Ho Tim	張浩添	00:30:32.235	00:05:49.971	00:11:15.807	00:21:52.846	12:20:48.378	12:26:38.349	12:32:04.185	12:42:41.225	12:51:20.614		D3A3	BA	MKMCF Ma Chan Duen Hey Memorial College
22	Boys A Grade	SKSS	6044	Leung Wing Yan	梁榮恩	00:30:39.113	00:06:12.526	00:12:10.240	00:22:25.898	12:21:24.172	12:27:36.698	12:33:34.412	12:43:50.069	12:52:03.285		D3A3	BA	Christian & Missionary Alliance Sun Kei Secondary School
23	Boys A Grade	PLKNPL	6041	Lai Pak Yin	黎柏賢	00:30:54.183	00:06:32.143	00:12:56.938	00:22:42.431	12:21:18.447	12:27:50.589	12:34:15.385	12:44:00.878	12:52:12.630		D3A3	BA	Po Leung Kuk Ngan Po Ling College
24	Boys A Grade	ASMS	6003	Tang Wenlong	湯文龍	00:31:06.970	00:06:56.034	00:12:52.676	00:22:42.823	12:20:01.659	12:26:57.693	12:32:54.335	12:42:44.482	12:51:08.629		D3A3	BA	SKH All Saints' Middle School
25	Boys A Grade	CYT	6012	Ho Ka Shing	何嘉承	00:31:38.163	00:06:36.695	00:12:49.952	00:22:58.004	12:20:19.696	12:26:56.391	12:33:09.648	12:43:17.700	12:51:57.859		D3A3	BA	STFA Cheng Yu Tung Secondary School
26	Boys A Grade	NCC	6033	Tsoi Chak Hang	蔡澤鏗	00:32:00.979	00:06:28.488	00:12:57.215	00:23:12.094	12:21:00.640	12:27:29.128	12:33:57.855	12:44:12.734	12:53:01.619		D3A3	BA	Newman Catholic College
27	Boys A Grade	CYT	6010	Cheung Hoi Kiu	張愷翹	00:32:44.663	00:06:43.485	00:12:51.399	00:24:01.732	12:20:19.740	12:27:03.225	12:33:11.139	12:44:21.472	12:53:04.403		D3A3	BA	STFA Cheng Yu Tung Secondary School
28	Boys A Grade	CCHK	6009	Ng Kwun Wa	吳冠權	00:32:48.040	00:06:46.025	00:13:12.106	00:24:08.659	12:20:14.048	12:27:00.073	12:33:26.154	12:44:22.707	12:53:02.088		D3A3	BA	Cognitio College (Hong Kong)
29	Boys A Grade	ATS	6005	Ng Chi Cheong	吳志昌	00:32:48.094	00:06:41.779	00:13:05.313	00:22:24.768	12:20:08.280	12:26:50.059	12:33:13.593	12:42:33.048	12:52:56.374		D3A3	BA	Aberdeen Technical School
30	Boys A Grade	CCHK	6007	Chung Wai Chun	鍾偉俊	00:32:51.837	00:06:33.840	00:12:54.687	00:23:57.580	12:20:13.883	12:26:47.723	12:33:08.570	12:44:11.463	12:53:05.720		D3A3	BA	Cognitio College (Hong Kong)
31	Boys A Grade	ASMS	6002	Feng Hoi Kwong	馮鏞廣	00:32:59.969	00:07:05.863	00:13:58.929	00:24:22.697	12:20:01.752	12:27:07.615	12:34:00.681	12:44:24.449	12:53:01.721		D3A3	BA	SKH All Saints' Middle School
32	Boys A Grade	SKSS	6042	Teng Siu Yau	鄧少游	00:33:00.391	00:06:12.530	00:12:21.863	00:23:48.189	12:21:24.532	12:27:37.062	12:33:46.394	12:45:12.720	12:54:24.923		D3A3	BA	Christian & Missionary Alliance Sun Kei Secondary School
33	Boys A Grade	NWC	6034	Yang Yuelin	楊岳霖	00:33:02.015	00:06:18.318	00:12:21.175	00:23:50.618	12:21:06.580	12:27:24.898	12:33:27.754	12:44:57.197	12:54:08.595		D3A3	BA	Ng Wah Catholic Secondary School
34	Boys A Grade	DMS-HW2C	6013	Chen Paolo Lintag	陳德鏘	00:34:09.591	00:06:38.726	00:13:56.055	00:25:13.820	12:20:24.738	12:27:03.464	12:34:20.793	12:45:38.558	12:54:34.329		D3A3	BA	Delia Memorial School (Hip Wo No.2 College)
35	Boys A Grade	IKTMC	6022	Sayed Ismail Ahamed Yaseen	洗志仁	00:34:33.548	00:06:28.045	00:13:41.710	00:26:00.861	12:20:42.347	12:27:10.393	12:34:24.057	12:46:43.208	12:55:15.895		D3A3	BA	Islamic Kasim Tuet Memorial College
36	Boys A Grade	MCDHMC	6025	Li Pak Him Andy	李柏謙	00:34:41.783	00:06:38.307	00:13:50.881	00:25:09.340	12:20:48.602	12:27:26.909	12:34:39.483	12:45:57.943	12:55:30.386		D3A3	BA	MKMCF Ma Chan Duen Hey Memorial College

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Category Position	Grade	Abbr.	Bib	Name	姓名	Chip Time	Point I	Point A	Point N	Start	Time I	Time A	Time N	Finish	Remark	Division	Category	School
1	Boys B Grade	SWC	5043	Ng Yam Lok	吳彞樂	00:26:13.173	00:05:49.360	00:11:16.991	00:19:19.669	11:44:16.882	11:50:06.242	11:55:33.873	12:03:36.552	12:10:30.055		D3A3	BB	STFA Seaward Woo College
2	Boys B Grade	NCC	5029	Leung Tsz Kin	梁梓健	00:26:18.727	00:06:15.814	00:11:46.259	00:19:39.110	11:43:49.265	11:50:05.079	11:55:35.524	12:03:28.374	12:10:07.992		D3A3	BB	Newman Catholic College
3	Boys B Grade	MKES	5027	Mak Kwan Chuen	麥鈞全	00:26:18.815	00:05:17.722	00:10:30.174	00:18:57.000	11:43:44.013	11:49:01.734	11:54:14.187	12:02:41.013	12:10:02.828		D3A3	BB	Mu Kuang English School
4	Boys B Grade	MCDHMC	5023	Yip Chun Long	葉俊朗	00:27:09.013	00:05:27.334	00:10:32.803	00:19:44.302	11:43:38.364	11:49:05.697	11:54:11.167	12:03:22.665	12:10:47.376		D3A3	BB	MKMCF Ma Chan Duen Hey Memorial College
5	Boys B Grade	SWC	5042	Chen Kin Ming	陳健銘	00:27:34.805	00:05:37.392	00:10:50.910	00:19:57.156	11:44:16.911	11:49:54.303	11:55:07.821	12:04:14.067	12:11:51.716		D3A3	BB	STFA Seaward Woo College
6	Boys B Grade	CYT	5012	Choi Cheuk Yin	蔡卓言	00:27:49.249	00:06:03.321	00:11:34.720	00:20:17.596	11:43:16.569	11:49:19.891	11:54:51.289	12:03:34.165	12:11:05.819		D3A3	BB	STFA Cheng Yu Tung Secondary School
7	Boys B Grade	CYT	5010	Pun Siu Chun	潘紹駿	00:27:51.079	00:06:04.709	00:11:35.988	00:20:18.595	11:43:16.653	11:49:21.363	11:54:52.641	12:03:35.248	12:11:07.733		D3A3	BB	STFA Cheng Yu Tung Secondary School
8	Boys B Grade	NCC	5030	Wang Kwan	王坤	00:28:39.449	00:06:16.364	00:11:50.681	00:20:59.935	11:43:49.338	11:50:05.702	11:55:40.019	12:04:49.272	12:12:28.787		D3A3	BB	Newman Catholic College
9	Boys B Grade	SKSS	5040	Chan Yat Hin	陳逸軒	00:28:40.949	00:06:05.361	00:11:49.375	00:21:01.935	11:44:11.971	11:50:17.332	11:56:01.346	12:05:13.906	12:12:52.920		D3A3	BB	Christian & Missionary Alliance Sun Kei Secondary School
10	Boys B Grade	HKSS	5014	CHUI HO CHUN		00:28:59.854	00:05:30.432	00:10:48.258	00:20:45.996	11:43:21.745	11:48:52.177	11:54:10.003	12:04:07.742	12:12:21.600		D3A3	BB	Hong Kong Sea School
11	Boys B Grade	ATS	5004	Lam Hin Wang	林衍宏	00:29:05.751	00:05:48.049	00:11:16.236	00:20:28.128	11:43:04.515	11:48:52.564	11:54:20.751	12:03:32.643	12:12:10.266		D3A3	BB	Aberdeen Technical School
12	Boys B Grade	PLKNPL	5037	So Tsz Wai	蘇子惟	00:29:33.825	00:05:57.938	00:11:31.076	00:20:57.473	11:44:06.534	11:50:04.472	11:55:37.610	12:05:04.007	12:13:40.358		D3A3	BB	Po Leung Kuk Ngan Po Ling College
13	Boys B Grade	SKSS	5039	Leung Yan Long	梁昕朗	00:29:40.998	00:06:02.171	00:11:48.246	00:21:10.006	11:44:11.719	11:50:13.890	11:55:59.965	12:05:21.725	12:13:52.717		D3A3	BB	Christian & Missionary Alliance Sun Kei Secondary School
14	Boys B Grade	SKSS	5041	Wong Ho San	王可伸	00:29:43.017	00:06:04.321	00:11:46.308	00:21:07.405	11:44:11.945	11:50:16.266	11:55:58.253	12:05:19.350	12:13:54.962		D3A3	BB	Christian & Missionary Alliance Sun Kei Secondary School
15	Boys B Grade	ASMS	5002	Liang Jiahao	梁嘉豪	00:29:46.138	00:06:55.604	00:12:44.038	00:21:36.969	11:42:57.650	11:49:53.254	11:55:41.688	12:04:34.619	12:12:43.788		D3A3	BB	SKH All Saints' Middle School
16	Boys B Grade	PLKNPL	5038	Zheng Jesse	鄭家熙	00:30:09.205	00:06:23.133	00:12:45.484	00:22:16.164	11:44:06.362	11:50:29.495	11:56:51.846	12:06:22.526	12:14:15.567		D3A3	BB	Po Leung Kuk Ngan Po Ling College
17	Boys B Grade	PLKNPL	5036	Leung Ching Hei	梁正熙	00:30:49.923	00:06:20.410	00:12:45.881	00:22:42.040	11:44:06.434	11:50:26.844	11:56:52.315	12:06:48.474	12:14:56.357		D3A3	BB	Po Leung Kuk Ngan Po Ling College
18	Boys B Grade	MKES	5025	Zhang Yuanzhe	張元喆	00:30:57.833	00:05:50.080	00:11:23.962	00:21:29.013	11:43:43.670	11:49:33.750	11:55:07.632	12:05:12.683	12:14:41.502		D3A3	BB	Mu Kuang English School
19	Boys B Grade	CYT	5011	Chow Pak Hay Hayman	周柏希	00:31:33.489	00:06:19.752	00:12:39.918	00:22:57.400	11:43:16.613	11:49:36.366	11:55:56.531	12:06:14.013	12:14:50.102		D3A3	BB	STFA Cheng Yu Tung Secondary School
20	Boys B Grade	NCC	5028	Chan Pak Sum	陳柏深	00:31:33.630	00:06:15.590	00:11:58.370	00:22:30.481	11:43:49.168	11:50:04.758	11:55:47.538	12:06:19.648	12:15:22.798		D3A3	BB	Newman Catholic College
21	Boys B Grade	PKSS	5035	Foo Yat Chun	傅溢俊	00:31:38.255	00:06:06.472	00:12:02.361	00:22:20.349	11:44:01.133	11:50:07.605	11:56:03.494	12:06:21.481	12:15:39.388		D3A3	BB	Po Kok Secondary School
22	Boys B Grade	ASMS	5003	Su Junjie	蘇俊杰	00:31:49.451	00:07:15.109	00:13:44.583	00:23:24.723	11:42:57.757	11:50:12.866	11:56:42.340	12:06:22.480	12:14:47.208		D3A3	BB	SKH All Saints' Middle School
23	Boys B Grade	MKES	5026	Cheng Yam Tat	鄭任達	00:31:59.628	00:06:03.346	00:12:11.659	00:22:51.245	11:43:43.752	11:49:47.098	11:55:55.411	12:06:34.997	12:15:43.380		D3A3	BB	Mu Kuang English School
24	Boys B Grade	MCDHMC	5022	Cheung Yu Ching	張裕程	00:32:05.272	00:06:27.583	00:12:20.794	00:23:05.060	11:43:38.764	11:50:06.347	11:55:59.557	12:06:43.824	12:15:44.036		D3A3	BB	MKMCF Ma Chan Duen Hey Memorial College
25	Boys B Grade	HKSS	5013	Cheung, Man Ki	張文麒	00:32:08.299	00:05:27.123	00:10:51.797	00:23:29.986	11:43:21.786	11:48:48.909	11:54:13.583	12:06:51.773	12:15:30.086		D3A3	BB	Hong Kong Sea School
26	Boys B Grade	SWC	5044	Huang Ka Hei	黃嘉熙	00:32:13.912	00:06:21.996	00:13:34.596	00:23:41.192	11:44:16.970	11:50:38.967	11:57:51.567	12:07:58.163	12:16:30.882		D3A3	BB	STFA Seaward Woo College
27	Boys B Grade	HKSS	5015	Lau, San Yui	劉坤書	00:32:41.136	00:06:08.459	00:12:24.986	00:23:31.364	11:43:22.068	11:49:30.528	11:55:47.054	12:06:53.433	12:16:03.204		D3A3	BB	Hong Kong Sea School
28	Boys B Grade	ASMS	5001	Fang Chuangyu	方創宇	00:32:48.696	00:07:15.634	00:13:38.942	00:23:36.354	11:42:57.827	11:50:13.461	11:56:36.770	12:06:34.182	12:15:46.523		D3A3	BB	SKH All Saints' Middle School
29	Boys B Grade	NWC	5033	Yin Jinen	尹錦恩	00:33:22.947	00:06:54.790	00:14:08.252	00:24:39.966	11:43:55.075	11:50:49.865	11:58:03.327	12:08:35.041	12:17:18.022		D3A3	BB	Ng Wah Catholic Secondary School
30	Boys B Grade	CCHK	5007	Yee Chung Sheung Terry	余宗尚	00:33:48.923	00:06:46.481	00:13:05.757	00:24:27.530	11:43:10.706	11:49:57.187	11:56:16.463	12:07:38.236	12:16:59.630		D3A3	BB	Cognitio College (Hong Kong)
31	Boys B Grade	CCHK	5009	Cheung Ching Nam	張正楠	00:33:51.253	00:06:47.597	00:13:05.100	00:24:17.920	11:43:10.637	11:49:58.234	11:56:15.737	12:07:28.557	12:17:01.890		D3A3	BB	Cognitio College (Hong Kong)
32	Boys B Grade	IKTMC	5019	Khan Ubaid	簡嘉輝	00:35:15.680	00:07:00.911	00:13:37.027	00:24:56.108	11:43:32.339	11:50:33.249	11:57:09.366	12:08:28.447	12:18:48.019		D3A3	BB	Islamic Kasim Tuet Memorial College
33	Boys B Grade	NWC	5031	Cheng Chun Ngai	鄭振毅	00:35:18.544	00:06:54.225	00:13:51.010	00:25:49.472	11:43:55.165	11:50:49.390	11:57:46.174	12:09:44.637	12:19:13.708		D3A3	BB	Ng Wah Catholic Secondary School
34	Boys B Grade	ATS	5005	Chau Ka Yee	周嘉易	00:35:24.914	00:06:13.694	00:12:40.345	00:24:58.414	11:43:04.856	11:49:18.551	11:55:45.201	12:08:03.271	12:18:29.770		D3A3	BB	Aberdeen Technical School
35	Boys B Grade	IKTMC	5021	Arman Muhammad	-	00:35:37.028	00:07:01.088	00:13:37.471	00:25:01.098	11:43:32.385	11:50:33.472	11:57:09.856	12:08:33.483	12:19:09.412		D3A3	BB	Islamic Kasim Tuet Memorial College

THE HONG KONG SCHOOLS SPORTS FEDERATION
Hong Kong Island and Kowloon Secondary Schools Regional Committee
Inter-School Cross-Country Competition 2022-2023
Division Three Area 3

Category	Grade	Abbr.	Bib	Name	姓名	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category	School
1	Boys C Grade	SKSS	4037	Lam Yat Long	林日朗	00:14:14.277	00:07:13.850	11:18:55.592	11:26:09.442	11:33:09.869		D3A3	BC	Christian & Missionary Alliance Sun Kei Secondary School
2	Boys C Grade	CYT	4011	Cheung Wai Lun	張煒倫	00:14:53.517	00:07:44.744	11:18:08.561	11:25:53.305	11:33:02.078		D3A3	BC	STFA Cheng Yu Tung Secondary School
3	Boys C Grade	CYT	4012	Ma Siu Ngai	馬紹倪	00:15:18.336	00:07:40.197	11:18:08.612	11:25:48.809	11:33:26.948		D3A3	BC	STFA Cheng Yu Tung Secondary School
4	Boys C Grade	PLKNPL	4036	Cao Jia Hao	曹家豪	00:15:23.832	00:08:21.158	11:18:50.889	11:27:12.047	11:34:14.721		D3A3	BC	Po Leung Kuk Ngan Po Ling College
5	Boys C Grade	NCC	4027	Tsui Nguyen Gia Bao Jimmy	崔阮家寶	00:15:32.958	00:07:31.853	11:18:34.406	11:26:06.259	11:34:07.364		D3A3	BC	Newman Catholic College
6	Boys C Grade	SKSS	4039	Tsang Chiu Yin	曾昭賢	00:15:39.537	00:07:47.767	11:18:55.460	11:26:43.228	11:34:34.997		D3A3	BC	Christian & Missionary Alliance Sun Kei Secondary School
7	Boys C Grade	CCHK	4007	Wei Hong Tao	魏宏濤	00:15:45.633	00:08:03.954	11:18:03.050	11:26:07.003	11:33:48.683		D3A3	BC	Cognitio College (Hong Kong)
8	Boys C Grade	HKSS	4013	LAW CHUN HO		00:15:58.978	00:08:06.960	11:18:13.634	11:26:20.594	11:34:12.612		D3A3	BC	Hong Kong Sea School
9	Boys C Grade	PLKNPL	4034	Chu Ho Ting	朱灝庭	00:16:02.264	00:08:20.790	11:18:50.647	11:27:11.437	11:34:52.912		D3A3	BC	Po Leung Kuk Ngan Po Ling College
10	Boys C Grade	SKSS	4038	Chan Lok Him	陳樂謙	00:16:16.175	00:08:14.730	11:18:55.785	11:27:10.515	11:35:11.961		D3A3	BC	Christian & Missionary Alliance Sun Kei Secondary School
11	Boys C Grade	HKSS	4015	Lin, Kin To	連建韜	00:16:17.818	00:08:14.643	11:18:13.685	11:26:28.328	11:34:31.503		D3A3	BC	Hong Kong Sea School
12	Boys C Grade	SWC	4040	Fu Nam Tin	傅南天	00:16:26.120	00:08:36.411	11:19:00.547	11:27:36.958	11:35:26.667		D3A3	BC	STFA Seaward Woo College
13	Boys C Grade	NCC	4026	Leung Tsun Hei	梁峻熙	00:16:36.711	00:08:13.020	11:18:34.271	11:26:47.291	11:35:10.982		D3A3	BC	Newman Catholic College
14	Boys C Grade	SWC	4041	Fu Shun Ngai	符信毅	00:16:40.687	00:09:06.817	11:19:00.782	11:28:07.599	11:35:41.468		D3A3	BC	STFA Seaward Woo College
15	Boys C Grade	HTCSS	4017	Yuan Jiaxi	袁家希	00:16:41.960	00:08:21.623	11:18:18.439	11:26:40.062	11:35:00.399		D3A3	BC	SKH Holy Trinity Church Secondary School
16	Boys C Grade	MKES	4023	CHEUNG MAN LOK		00:17:04.810	00:08:53.959	11:18:29.000	11:27:22.959	11:35:33.810		D3A3	BC	Mu Kuang English School
17	Boys C Grade	SWC	4042	Lai Chun Yik	黎晉亦	00:17:05.883	00:09:07.437	11:19:00.727	11:28:08.164	11:36:06.609		D3A3	BC	STFA Seaward Woo College
18	Boys C Grade	MKES	4022	Choy Ho Tik	蔡豪迪	00:17:05.893	00:08:36.099	11:18:29.008	11:27:05.107	11:35:34.901		D3A3	BC	Mu Kuang English School
19	Boys C Grade	CYT	4010	Wong Ho Him	黃浩謙	00:17:07.903	00:08:32.032	11:18:08.848	11:26:40.880	11:35:16.751		D3A3	BC	STFA Cheng Yu Tung Secondary School
20	Boys C Grade	PLKNPL	4035	NG CHEUK YIN		00:17:09.314	00:09:05.749	11:18:50.610	11:27:56.360	11:35:59.924		D3A3	BC	Po Leung Kuk Ngan Po Ling College
21	Boys C Grade	ATS	4004	Qiu Pak Cheung	邱鉞翔	00:17:15.889	00:08:35.486	11:17:57.751	11:26:33.237	11:35:13.640		D3A3	BC	Aberdeen Technical School
22	Boys C Grade	HKSS	4014	CHAN KING CHUNG		00:17:24.517	00:08:30.747	11:18:13.749	11:26:44.496	11:35:38.266		D3A3	BC	Hong Kong Sea School
23	Boys C Grade	HTCSS	4016	Pang Mavis	彭承任	00:17:31.594	00:08:31.050	11:18:18.670	11:26:49.720	11:35:50.264		D3A3	BC	SKH Holy Trinity Church Secondary School
24	Boys C Grade	MCDHMC	4021	Lee Hoi Hin	李凱軒	00:17:34.884	00:08:37.614	11:18:23.702	11:27:01.316	11:35:58.586		D3A3	BC	MKMCF Ma Chan Duen Hey Memorial College
25	Boys C Grade	MCDHMC	4019	Chan Hui Hin	陳翹軒	00:17:45.026	00:08:49.847	11:18:23.653	11:27:13.500	11:36:08.679		D3A3	BC	MKMCF Ma Chan Duen Hey Memorial College
26	Boys C Grade	NWC	4030	Kwok Pak Him	郭柏謙	00:18:20.263	00:09:28.209	11:18:39.004	11:28:07.213	11:36:59.267		D3A3	BC	Ng Wah Catholic Secondary School
27	Boys C Grade	CCHK	4008	Lee Cheung Yin	李長彥	00:18:36.091	00:09:31.291	11:18:03.101	11:27:34.391	11:36:39.192		D3A3	BC	Cognitio College (Hong Kong)
28	Boys C Grade	NWC	4028	Wong Yik Chun Kyle	黃奕晉	00:18:38.734	00:09:25.589	11:18:39.163	11:28:04.752	11:37:17.897		D3A3	BC	Ng Wah Catholic Secondary School
29	Boys C Grade	MKES	4024	Luo King Hoi	羅敬凱	00:18:44.015	00:09:07.557	11:18:29.079	11:27:36.637	11:37:13.094		D3A3	BC	Mu Kuang English School
30	Boys C Grade	MCDHMC	4020	CHAN TSZ LOK OSCAR		00:19:15.483	00:09:38.387	11:18:23.620	11:28:02.007	11:37:39.103		D3A3	BC	MKMCF Ma Chan Duen Hey Memorial College
31	Boys C Grade	ATS	4005	Tsoi Yan Lok Lukas	蔡因諾	00:19:45.192	00:09:32.323	11:17:58.150	11:27:30.472	11:37:43.342		D3A3	BC	Aberdeen Technical School
32	Boys C Grade	ASMS	4002	Luk Kwun Hung	陸冠鴻	00:19:51.609	00:10:20.737	11:17:52.222	11:28:12.959	11:37:43.831		D3A3	BC	SKH All Saints' Middle School
33	Boys C Grade	NWC	4029	Cheung Ka Chun	張嘉俊	00:20:01.992	00:09:54.947	11:18:39.337	11:28:34.284	11:38:41.329		D3A3	BC	Ng Wah Catholic Secondary School
34	Boys C Grade	HTCSS	4018	Yan Karson	閻家誠	00:20:10.546	00:09:16.114	11:18:19.058	11:27:35.172	11:38:29.604		D3A3	BC	SKH Holy Trinity Church Secondary School
35	Boys C Grade	ASMS	4001	FANG YUYAN		00:20:12.195	00:09:36.364	11:17:52.320	11:27:28.683	11:38:04.515		D3A3	BC	SKH All Saints' Middle School
36	Boys C Grade	CCHK	4009	Sze Chun Leung	施俊樑	00:20:21.383	00:09:30.500	11:18:02.882	11:27:33.381	11:38:24.265		D3A3	BC	Cognitio College (Hong Kong)
37	Boys C Grade	PKSS	4033	Choi Kai Chun Peter	蔡啟俊	00:20:25.962	00:10:21.148	11:18:44.997	11:29:06.146	11:39:10.960		D3A3	BC	Po Kok Secondary School
38	Boys C Grade	NCC	4025	Chan Tsz Ho Daniel	陳籽豪	00:20:32.429	00:10:02.966	11:18:34.356	11:28:37.322	11:39:06.785		D3A3	BC	Newman Catholic College
39	Boys C Grade	ATS	4006	Wan Tsz Ho	溫梓灝	00:20:33.729	00:09:55.219	11:17:57.895	11:27:53.114	11:38:31.624		D3A3	BC	Aberdeen Technical School
40	Boys C Grade	PKSS	4031	Huang Ho Yin	黃浩然	00:20:35.880	00:10:13.875	11:18:44.780	11:28:58.655	11:39:20.661		D3A3	BC	Po Kok Secondary School

THE HONG KONG SCHOOLS SPORTS FEDERATION
Hong Kong Island and Kowloon Secondary Schools Regional Committee
Inter-School Cross-Country Competition 2022-2023
Division Three Area 3

Category	Grade	Abbr.	Bib	Name	姓名	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category	School
1	Girls A Grade	KTLS	3016	Tse Nok Hang	謝諾珩	00:15:51.647	00:08:07.581	10:52:53.020	11:01:00.601	11:08:44.667		D3A3	GA	Kowloon True Light School
2	Girls A Grade	PKSS	3025	Ng Pui Lam	吳佩琳	00:16:53.274	00:08:43.636	10:53:10.787	11:01:54.423	11:10:04.060		D3A3	GA	Po Kok Secondary School
3	Girls A Grade	PKSS	3026	Wong Wing Lam	王詠琳	00:17:57.676	00:09:12.189	10:53:10.836	11:02:23.025	11:11:08.512		D3A3	GA	Po Kok Secondary School
4	Girls A Grade	ASMS	3003	Chen Simin	陳思敏	00:18:05.386	00:09:21.925	10:52:20.776	11:01:42.701	11:10:26.162		D3A3	GA	SKH All Saints' Middle School
5	Girls A Grade	NCC	3022	Tsoi Lok Yin	蔡樂然	00:18:08.936	00:09:16.080	10:53:04.470	11:02:20.550	11:11:13.405		D3A3	GA	Newman Catholic College
6	Girls A Grade	HTMS-THT	3010	Lam Ching Kwan	林靖筠	00:18:09.124	00:09:13.958	10:52:40.767	11:01:54.726	11:10:49.891		D3A3	GA	Heung To Middle School (Tai Hang Tung)
7	Girls A Grade	HTMS-THT	3011	Fung Ngai Yiu	馮毅堯	00:18:37.116	00:09:13.961	10:52:40.724	11:01:54.686	11:11:17.840		D3A3	GA	Heung To Middle School (Tai Hang Tung)
8	Girls A Grade	MKES	3019	Lam Tin Wai Tracy	林天慧	00:19:06.844	00:09:45.073	10:52:58.681	11:02:43.754	11:12:05.526		D3A3	GA	Mu Kuang English School
9	Girls A Grade	KSSS	3013	Chan Lok Pui	陳洛珮	00:19:33.724	00:09:30.740	10:52:47.110	11:02:17.850	11:12:20.834		D3A3	GA	Kit Sam Lam Bing Yim Secondary School
10	Girls A Grade	ASMS	3002	Lao Qianling	勞倩鈴	00:19:39.507	00:09:50.003	10:52:20.556	11:02:10.559	11:12:00.063		D3A3	GA	SKH All Saints' Middle School
11	Girls A Grade	HTMS-THT	3012	Deng Ziyan	鄧子妍	00:19:57.878	00:10:05.377	10:52:40.750	11:02:46.127	11:12:38.628		D3A3	GA	Heung To Middle School (Tai Hang Tung)
12	Girls A Grade	SWC	3027	Lin Chau Man	林秋雯	00:20:36.881	00:10:25.151	10:53:17.133	11:03:42.284	11:13:54.014		D3A3	GA	STFA Seaward Woo College
13	Girls A Grade	KSSS	3015	Zeng Sum Yu	曾心雨	00:20:44.811	00:10:27.840	10:52:47.018	11:03:14.859	11:13:31.830		D3A3	GA	Kit Sam Lam Bing Yim Secondary School
14	Girls A Grade	HTCSS	3009	LEUNG WING YU		00:20:47.692	00:10:30.316	10:52:34.417	11:03:04.733	11:13:22.110		D3A3	GA	SKH Holy Trinity Church Secondary School
15	Girls A Grade	KTLS	3018	Wong Hoi Chi	黃凱慈	00:20:55.941	00:10:42.323	10:52:53.301	11:03:35.625	11:13:49.242		D3A3	GA	Kowloon True Light School
16	Girls A Grade	SWC	3028	Tsang Tsz Ching Tracy	曾芷晴	00:21:01.209	00:10:33.775	10:53:16.889	11:03:50.664	11:14:18.097		D3A3	GA	STFA Seaward Woo College
17	Girls A Grade	HTCSS	3008	Wong Oi Kuen	黃愛娟	00:21:16.465	00:10:43.561	10:52:34.211	11:03:17.773	11:13:50.676		D3A3	GA	SKH Holy Trinity Church Secondary School
18	Girls A Grade	KSSS	3014	Fork Moon Suen	霍煥焯	00:21:22.315	00:10:56.184	10:52:47.212	11:03:43.396	11:14:09.527		D3A3	GA	Kit Sam Lam Bing Yim Secondary School
19	Girls A Grade	NCC	3023	Huang Mingjin	黃明金	00:21:39.637	00:11:10.784	10:53:04.591	11:04:15.374	11:14:44.228		D3A3	GA	Newman Catholic College
20	Girls A Grade	KTLS	3017	Chu Hiu Ching	朱曉晴	00:21:44.200	00:10:48.414	10:52:53.521	11:03:41.935	11:14:37.721		D3A3	GA	Kowloon True Light School
21	Girls A Grade	ASMS	3001	Li Ka Man	李家敏	00:21:47.914	00:11:09.720	10:52:20.546	11:03:30.266	11:14:08.460		D3A3	GA	SKH All Saints' Middle School
22	Girls A Grade	MKES	3021	LO FUNG MING		00:21:54.515	00:10:53.690	10:52:58.677	11:03:52.367	11:14:53.193		D3A3	GA	Mu Kuang English School
23	Girls A Grade	MKES	3020	He Hoi Yan	何凱恩	00:22:27.029	00:11:01.235	10:52:58.836	11:04:00.071	11:15:25.865		D3A3	GA	Mu Kuang English School
24	Girls A Grade	SWC	3029	Chung Ching Ching	鍾靜晶	00:23:18.492	00:11:48.915	10:53:17.086	11:05:06.001	11:16:35.578		D3A3	GA	STFA Seaward Woo College
25	Girls A Grade	HTCSS	3007	Tse Ka Yan	謝嘉欣	00:23:33.306	00:11:33.394	10:52:34.355	11:04:07.749	11:16:07.662		D3A3	GA	SKH Holy Trinity Church Secondary School
26	Girls A Grade	NCC	3024	Mo Yee Lam	巫依琳	00:24:35.550	00:12:18.267	10:53:04.536	11:05:22.802	11:17:40.086		D3A3	GA	Newman Catholic College
27	Girls A Grade	CCHK	3006	Tse Wai Shan	謝瑋珊	00:25:34.789	00:13:34.595	10:52:27.695	11:06:02.291	11:18:02.484		D3A3	GA	Cognitio College (Hong Kong)

THE HONG KONG SCHOOLS SPORTS FEDERATION
Hong Kong Island and Kowloon Secondary Schools Regional Committee
Inter-School Cross-Country Competition 2022-2023
Division Three Area 3

Category	Grade	Abbr.	Bib	Name	姓名	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category	School
1	Girls B Grade	SKSS	2025	Ng Wing Haang	吳詠桁	00:17:35.783	00:09:04.208	10:27:40.108	10:36:44.316	10:45:15.891		D3A3	GB	Christian & Missionary Alliance Sun Kei Secondary School
2	Girls B Grade	HTMS-THT	2010	Leung Yuet Tung Enya	梁月彤	00:17:41.840	00:08:55.819	10:27:08.492	10:36:04.311	10:44:50.332		D3A3	GB	Heung To Middle School (Tai Hang Tung)
3	Girls B Grade	KTLS	2016	Tse Tsz Ching	謝芷晴	00:18:09.435	00:09:30.628	10:27:21.920	10:36:52.547	10:45:31.354		D3A3	GB	Kowloon True Light School
4	Girls B Grade	KTLS	2017	WONG YI LAM		00:18:16.093	00:09:29.691	10:27:21.966	10:36:51.656	10:45:38.058		D3A3	GB	Kowloon True Light School
5	Girls B Grade	SWC	2028	Wu Wai Ue	吳慧婷	00:18:40.722	00:10:18.251	10:27:48.013	10:38:06.264	10:46:28.735		D3A3	GB	STFA Seaward Woo College
6	Girls B Grade	HTMS-THT	2011	Chau Hiu Yuk	周曉玉	00:18:59.012	00:09:41.467	10:27:08.756	10:36:50.222	10:46:07.768		D3A3	GB	Heung To Middle School (Tai Hang Tung)
7	Girls B Grade	HTCSS	2007	Miu Hau Yin	苗巧妍	00:19:05.703	00:10:07.914	10:27:02.458	10:37:10.372	10:46:08.162		D3A3	GB	SKH Holy Trinity Church Secondary School
8	Girls B Grade	HTCSS	2009	Chan Tsz Yau	陳紫悠	00:19:06.939	00:10:10.746	10:27:02.416	10:37:13.163	10:46:09.356		D3A3	GB	SKH Holy Trinity Church Secondary School
9	Girls B Grade	MKES	2020	Liang Caiyi	梁彩怡	00:19:09.849	00:10:07.798	10:27:28.255	10:37:36.053	10:46:38.104		D3A3	GB	Mu Kuang English School
10	Girls B Grade	KSSS	2013	Cheng Chak Yan	鄭澤恩	00:19:33.706	00:10:09.287	10:27:14.991	10:37:24.278	10:46:48.696		D3A3	GB	Kit Sam Lam Bing Yim Secondary School
11	Girls B Grade	SKSS	2027	Li Tsz Yin	李子妍	00:19:44.042	00:10:21.630	10:27:40.246	10:38:01.876	10:47:24.288		D3A3	GB	Christian & Missionary Alliance Sun Kei Secondary School
12	Girls B Grade	MKES	2021	TSANG PING WYNNE		00:19:47.615	00:09:40.034	10:27:28.218	10:37:08.251	10:47:15.832		D3A3	GB	Mu Kuang English School
13	Girls B Grade	CCHK	2005	Chong Yan Kei	莊茵淇	00:20:11.297	00:10:20.819	10:26:56.169	10:37:16.989	10:47:07.466		D3A3	GB	Cognitio College (Hong Kong)
14	Girls B Grade	NCC	2022	Lam Hoi Ying	林凱盈	00:20:13.915	00:09:57.775	10:27:34.068	10:37:31.843	10:47:47.983		D3A3	GB	Newman Catholic College
15	Girls B Grade	SKSS	2026	Tang Ueny	鄧悅寧	00:20:47.032	00:10:32.199	10:27:40.193	10:38:12.392	10:48:27.225		D3A3	GB	Christian & Missionary Alliance Sun Kei Secondary School
16	Girls B Grade	KTLS	2018	TANG TSZ TUNG		00:20:47.558	00:10:42.978	10:27:22.257	10:38:05.235	10:48:09.815		D3A3	GB	Kowloon True Light School
17	Girls B Grade	MKES	2019	Chang Ho Yan	張可欣	00:21:12.955	00:10:58.927	10:27:28.278	10:38:27.204	10:48:41.232		D3A3	GB	Mu Kuang English School
18	Girls B Grade	CCHK	2004	Tsang Ka Yin	曾嘉妍	00:21:18.466	00:11:07.655	10:26:56.208	10:38:03.863	10:48:14.674		D3A3	GB	Cognitio College (Hong Kong)
19	Girls B Grade	HTMS-THT	2012	Xu Wai Hiu	徐慧曉	00:21:46.153	00:10:54.742	10:27:08.603	10:38:03.344	10:48:54.756		D3A3	GB	Heung To Middle School (Tai Hang Tung)
20	Girls B Grade	SWC	2029	Lii Wai Yee	呂慧頤	00:21:57.430	00:10:53.922	10:27:47.907	10:38:41.829	10:49:45.337		D3A3	GB	STFA Seaward Woo College
21	Girls B Grade	NCC	2023	Cai Jin Yun	蔡金韻	00:22:01.842	00:11:05.075	10:27:34.138	10:38:39.213	10:49:35.980		D3A3	GB	Newman Catholic College
22	Girls B Grade	SWC	2030	Chan Yuen Ching	陳琬晴	00:22:58.839	00:11:36.236	10:27:47.107	10:39:23.343	10:50:45.946		D3A3	GB	STFA Seaward Woo College
23	Girls B Grade	KSSS	2015	Liu Tsz Yin	廖子嫣	00:23:11.136	00:11:29.348	10:27:15.326	10:38:44.674	10:50:26.462		D3A3	GB	Kit Sam Lam Bing Yim Secondary School
24	Girls B Grade	ASMS	2001	Cheung Ka Pui	張加貝	00:23:19.300	00:11:57.376	10:26:48.454	10:38:45.831	10:50:07.754		D3A3	GB	SKH All Saints' Middle School
25	Girls B Grade	HTCSS	2008	Lam Po Ching	林葆晴	00:23:54.999	00:11:50.894	10:27:02.524	10:38:53.419	10:50:57.523		D3A3	GB	SKH Holy Trinity Church Secondary School
26	Girls B Grade	KSSS	2014	Chen Wing Tung	陳穎瞳	00:24:10.944	00:12:33.370	10:27:14.920	10:39:48.289	10:51:25.863		D3A3	GB	Kit Sam Lam Bing Yim Secondary School
27	Girls B Grade	ASMS	2002	Ngai Lam Tan	魏琳丹	00:24:26.517	00:11:58.756	10:26:48.552	10:38:47.309	10:51:15.069		D3A3	GB	SKH All Saints' Middle School
28	Girls B Grade	ASMS	2003	CHENG HEI MAN		00:24:33.534	00:11:53.068	10:26:48.543	10:38:41.612	10:51:22.077		D3A3	GB	SKH All Saints' Middle School

THE HONG KONG SCHOOLS SPORTS FEDERATION
Hong Kong Island and Kowloon Secondary Schools Regional Committee
Inter-School Cross-Country Competition 2022-2023
Division Three Area 3

<i>Category</i>	<i>Grade</i>	<i>Abbr.</i>	<i>Bib</i>	<i>Name</i>	<i>姓名</i>	<i>Chip Time</i>	<i>Point N</i>	<i>Start</i>	<i>Time N</i>	<i>Finish</i>	<i>Remark</i>	<i>Division</i>	<i>Category</i>	<i>School</i>
1	Girls C Grade	SWC	1025	Man Kit Yin	文潔妍	00:17:39.440	00:09:15.273	10:01:49.841	10:11:05.114	10:19:29.281		D3A3	GC	STFA Seaward Woo College
2	Girls C Grade	SKSS	1022	Chan Sze Wan	陳詩芸	00:17:44.787	00:09:10.138	10:01:44.093	10:10:54.231	10:19:28.880		D3A3	GC	Christian & Missionary Alliance Sun Kei Secondary School
3	Girls C Grade	HTMS-THT	1007	Zhang Yuqing	張雨晴	00:17:59.589	00:09:43.727	10:01:10.611	10:10:54.338	10:19:10.201		D3A3	GC	Heung To Middle School (Tai Hang Tung)
4	Girls C Grade	MKES	1018	Lai Tsz Ying	黎芷凝	00:19:03.271	00:09:17.875	10:01:30.737	10:10:48.612	10:20:34.008		D3A3	GC	Mu Kuang English School
5	Girls C Grade	SKSS	1024	Wong Lai Wing	黃麗穎	00:19:05.405	00:10:03.458	10:01:44.167	10:11:47.625	10:20:49.572		D3A3	GC	Christian & Missionary Alliance Sun Kei Secondary School
6	Girls C Grade	HTMS-THT	1009	Leung Man Wai	梁文蔚	00:19:06.901	00:09:50.910	10:01:10.199	10:11:01.109	10:20:17.101		D3A3	GC	Heung To Middle School (Tai Hang Tung)
7	Girls C Grade	KTLS	1014	Lai Yan Ching	黎茵晴	00:19:22.927	00:09:25.547	10:01:24.086	10:10:49.632	10:20:47.013		D3A3	GC	Kowloon True Light School
8	Girls C Grade	SWC	1027	Fong Nga Yin	方雅賢	00:19:25.291	00:10:10.349	10:01:50.288	10:12:00.637	10:21:15.579		D3A3	GC	STFA Seaward Woo College
9	Girls C Grade	SKSS	1023	Huang Yee Lam	黃綺藍	00:19:37.560	00:10:01.205	10:01:44.121	10:11:45.326	10:21:21.681		D3A3	GC	Christian & Missionary Alliance Sun Kei Secondary School
10	Girls C Grade	HTMS-THT	1008	Li Man Hei	李汶禧	00:19:38.875	00:09:55.212	10:01:10.579	10:11:05.791	10:20:49.454		D3A3	GC	Heung To Middle School (Tai Hang Tung)
11	Girls C Grade	KSSS	1010	Lam Toi Ying	林代盈	00:19:56.558	00:10:24.857	10:01:17.496	10:11:42.353	10:21:14.053		D3A3	GC	Kit Sam Lam Bing Yim Secondary School
12	Girls C Grade	MKES	1016	Lin Wing Lam	連詠琳	00:20:41.777	00:10:15.040	10:01:30.733	10:11:45.773	10:22:12.510		D3A3	GC	Mu Kuang English School
13	Girls C Grade	ASMS	1001	Yu Cheng lo	余靖瑤	00:20:57.650	00:11:07.255	10:00:55.348	10:12:02.603	10:21:52.998		D3A3	GC	SKH All Saints' Middle School
14	Girls C Grade	SWC	1026	LIN NGA KI		00:21:06.940	00:11:11.574	10:01:50.370	10:13:01.944	10:22:57.310		D3A3	GC	STFA Seaward Woo College
15	Girls C Grade	ASMS	1002	Chan Tsz Yu	陳紫鉤	00:21:17.388	00:11:06.663	10:00:55.476	10:12:02.139	10:22:12.864		D3A3	GC	SKH All Saints' Middle School
16	Girls C Grade	KSSS	1011	Li Jiamiao	李嘉苗	00:21:26.278	00:10:57.335	10:01:17.619	10:12:14.953	10:22:43.896		D3A3	GC	Kit Sam Lam Bing Yim Secondary School
17	Girls C Grade	ASMS	1003	Lian Liqi	連麗祺	00:21:30.808	00:11:06.553	10:00:55.229	10:12:01.782	10:22:26.037		D3A3	GC	SKH All Saints' Middle School
18	Girls C Grade	CCHK	1006	OU YUEN TING		00:22:02.445	00:11:33.794	10:01:03.445	10:12:37.239	10:23:05.891		D3A3	GC	Cognitio College (Hong Kong)
19	Girls C Grade	MKES	1017	Kwok Suet Yi	郭雪怡	00:22:33.232	00:11:40.881	10:01:30.593	10:13:11.474	10:24:03.824		D3A3	GC	Mu Kuang English School
20	Girls C Grade	KTLS	1013	Foo Oi Lam Ellen	傅禧琳	00:22:34.945	00:11:26.285	10:01:24.025	10:12:50.310	10:23:58.969		D3A3	GC	Kowloon True Light School
21	Girls C Grade	KTLS	1015	Chan Agnes	陳逸思	00:22:37.588	00:10:42.141	10:01:24.316	10:12:06.457	10:24:01.903		D3A3	GC	Kowloon True Light School
22	Girls C Grade	NCC	1019	Lam Yan Ping	林欣萍	00:23:36.164	00:11:44.266	10:01:37.889	10:13:22.155	10:25:14.053		D3A3	GC	Newman Catholic College
23	Girls C Grade	NCC	1021	Sze-To Yee Ching	司徒依靜	00:24:05.936	00:12:34.564	10:01:37.558	10:14:12.122	10:25:43.494		D3A3	GC	Newman Catholic College
24	Girls C Grade	NCC	1020	Lai Yuet Yiu	賴悅瑤	00:24:56.682	00:12:44.960	10:01:37.535	10:14:22.495	10:26:34.217		D3A3	GC	Newman Catholic College
25	Girls C Grade	KSSS	1012	Leung Yuet Yi Sammi	梁悅怡	00:25:07.534	00:11:07.922	10:01:17.540	10:12:25.461	10:26:25.074		D3A3	GC	Kit Sam Lam Bing Yim Secondary School

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Boys A Grade Team Results

Position	Grade	Abbr.	School	學校	Bib	Name	姓名	Category Position	Team Point	Chip Time	Point I	Point A	Point N	Start	Time I	Time A	Time N	Finish	Remark	Division	Category
1	Boys A Grade	MKES	Mu Kuang English School	慕光英文書院	6029	Tsui Muk Lee	徐沐利	3	22	00:26:26.962	00:06:03.414	00:11:28.803	00:19:23.291	12:20:54.914	12:26:58.328	12:32:23.716	12:40:18.205	12:47:21.876		D3A3	BA
1	Boys A Grade	MKES	Mu Kuang English School	慕光英文書院	6028	Lin Chaojun	林潮俊	5	22	00:27:30.948	00:06:02.533	00:11:30.167	00:20:06.688	12:20:54.656	12:26:57.189	12:32:24.823	12:41:01.343	12:48:25.604		D3A3	BA
1	Boys A Grade	MKES	Mu Kuang English School	慕光英文書院	6030	Hui Wai Fung	許煒峰	14	22	00:29:16.086	00:06:26.073	00:12:17.201	00:21:49.033	12:20:54.653	12:27:20.726	12:33:11.853	12:42:43.686	12:50:10.739		D3A3	BA
2	Boys A Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	6040	Malhi Prinedeep Singh	-	1	34	00:24:51.830	00:05:29.654	00:10:13.195	00:18:16.622	12:21:18.238	12:26:47.892	12:31:31.433	12:39:34.859	12:46:10.068		D3A3	BA
2	Boys A Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	6039	Lai Chin Ngai	黎展毅	10	34	00:28:42.755	00:05:59.592	00:11:52.125	00:20:58.165	12:21:18.273	12:27:17.865	12:33:10.398	12:42:16.437	12:50:01.028		D3A3	BA
2	Boys A Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	6041	Lai Pak Yin	黎柏賢	23	34	00:30:54.183	00:06:32.143	00:12:56.938	00:22:42.431	12:21:18.447	12:27:50.589	12:34:15.385	12:44:00.878	12:52:12.630		D3A3	BA
3	Boys A Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	6047	Tam Chun Ho	譚臻灝	8	43	00:28:18.196	00:06:21.897	00:12:07.769	00:20:50.843	12:21:29.477	12:27:51.374	12:33:37.246	12:42:20.320	12:49:47.673		D3A3	BA
3	Boys A Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	6046	Lo Wang Shing	盧泓丞	17	43	00:30:10.824	00:06:22.529	00:12:10.423	00:22:06.780	12:21:29.629	12:27:52.158	12:33:40.052	12:43:36.409	12:51:40.453		D3A3	BA
3	Boys A Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	6045	Shing Ying Yip	成應輝	18	43	00:30:12.220	00:06:22.939	00:12:14.077	00:21:50.059	12:21:29.568	12:27:52.507	12:33:43.645	12:43:19.627	12:51:41.788		D3A3	BA
4	Boys A Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	6011	Lee Lok Hin	李樂軒	2	54	00:25:52.494	00:05:40.353	00:11:06.406	00:19:03.123	12:20:19.180	12:25:59.533	12:31:25.586	12:39:22.303	12:46:11.674		D3A3	BA
4	Boys A Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	6012	Ho Ka Shing	何嘉承	25	54	00:31:38.163	00:06:36.695	00:12:49.952	00:22:58.004	12:20:19.696	12:26:56.391	12:33:09.648	12:43:17.700	12:51:57.859		D3A3	BA
4	Boys A Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	6010	Cheung Hoi Kiu	張愷翹	27	54	00:32:44.663	00:06:43.485	00:12:51.399	00:24:01.732	12:20:19.740	12:27:03.225	12:33:11.139	12:44:21.472	12:53:04.403		D3A3	BA
5	Boys A Grade	NCC	Newman Catholic College	天主教新民書院	6032	Chan Ka Wai	陳嘉威	12	57	00:29:06.440	00:06:22.034	00:12:11.047	00:21:23.912	12:21:00.496	12:27:22.530	12:33:11.543	12:42:24.407	12:50:06.936		D3A3	BA
5	Boys A Grade	NCC	Newman Catholic College	天主教新民書院	6031	HON CHUNG MING		19	57	00:30:18.820	00:06:28.665	00:13:31.593	00:22:50.663	12:21:00.456	12:27:29.121	12:34:32.049	12:43:51.118	12:51:19.276		D3A3	BA
5	Boys A Grade	NCC	Newman Catholic College	天主教新民書院	6033	Tsoi Chak Hang	蔡澤鏗	26	57	00:32:00.979	00:06:28.488	00:12:57.215	00:23:12.094	12:21:00.640	12:27:29.128	12:33:57.855	12:44:12.734	12:53:01.619		D3A3	BA
6	Boys A Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	6043	Lee Waai Ngo	李淮凱	7	61	00:28:10.576	00:05:43.603	00:11:16.056	00:20:13.253	12:21:23.832	12:27:07.435	12:32:39.888	12:41:37.085	12:49:34.407		D3A3	BA
6	Boys A Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	6044	Leung Wing Yan	梁榮恩	22	61	00:30:39.113	00:06:12.526	00:12:10.240	00:22:25.898	12:21:24.172	12:27:36.698	12:33:34.412	12:43:50.069	12:52:03.285		D3A3	BA
6	Boys A Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	6042	Teng Siu Yau	鄧少游	32	61	00:33:00.391	00:06:12.530	00:12:21.863	00:23:48.189	12:21:24.532	12:27:37.062	12:33:46.394	12:45:12.720	12:54:24.923		D3A3	BA
7	Boys A Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	6001	Lo Hei	羅熙	13	68	00:29:06.894	00:06:52.778	00:12:43.167	00:21:39.143	12:20:01.449	12:26:54.227	12:32:44.616	12:41:40.592	12:49:08.343		D3A3	BA
7	Boys A Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	6003	Tang Wenlong	湯文龍	24	68	00:31:06.970	00:06:56.034	00:12:52.676	00:22:42.823	12:20:01.659	12:26:57.693	12:32:54.335	12:42:44.482	12:51:08.629		D3A3	BA
7	Boys A Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	6002	Feng Hoi Kwong	馮鏗廣	31	68	00:32:59.969	00:07:05.863	00:13:58.929	00:24:22.697	12:20:01.752	12:27:07.615	12:34:00.681	12:44:24.449	12:53:01.721		D3A3	BA
8	Boys A Grade	MCDHMC	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端禧紀念中學	6026	Ng Tsz Wai	吳子維	20	77	00:30:30.673	00:05:50.237	00:11:19.278	00:21:53.054	12:20:48.305	12:26:38.543	12:32:07.583	12:42:41.360	12:51:18.979		D3A3	BA
8	Boys A Grade	MCDHMC	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端禧紀念中學	6027	Cheung Ho Tim	張浩添	21	77	00:30:32.235	00:05:49.971	00:11:15.807	00:21:52.846	12:20:48.378	12:26:38.349	12:32:04.185	12:42:41.225	12:51:20.614		D3A3	BA
8	Boys A Grade	MCDHMC	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端禧紀念中學	6025	Li Pak Him Andy	李柏謙	36	77	00:34:41.783	00:06:38.307	00:13:50.881	00:25:09.340	12:20:48.602	12:27:26.909	12:34:39.483	12:45:57.943	12:55:30.386		D3A3	BA

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Boys B Grade Team Results

Position	Grade	Abbr.	School	學校	Bib	Name	姓名	Category Position	Team Point	Chip Time	Point I	Point A	Point N	Start	Time I	Time A	Time N	Finish	Remark	Division	Category
1	Boys B Grade	NCC	Newman Catholic College	天主教新民書院	5029	Leung Tsz Kin	梁梓健	2	30	00:26:18.727	00:06:15.814	00:11:46.259	00:19:39.110	11:43:49.265	11:50:05.079	11:55:35.524	12:03:28.374	12:10:07.992		D3A3	BB
1	Boys B Grade	NCC	Newman Catholic College	天主教新民書院	5030	Wang Kwan	王坤	8	30	00:28:39.449	00:06:16.364	00:11:50.681	00:20:59.935	11:43:49.338	11:50:05.702	11:55:40.019	12:04:49.272	12:12:28.787		D3A3	BB
1	Boys B Grade	NCC	Newman Catholic College	天主教新民書院	5028	Chan Pak Sum	陳栢深	20	30	00:31:33.630	00:06:15.590	00:11:58.370	00:22:30.481	11:43:49.168	11:50:04.758	11:55:47.538	12:06:19.648	12:15:22.798		D3A3	BB
2	Boys B Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	5012	Choi Cheuk Yin	蔡卓言	6	32	00:27:49.249	00:06:03.321	00:11:34.720	00:20:17.596	11:43:16.569	11:49:19.891	11:54:51.289	12:03:34.165	12:11:05.819		D3A3	BB
2	Boys B Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	5010	Pun Siu Chun	潘紹駿	7	32	00:27:51.079	00:06:04.709	00:11:35.988	00:20:18.595	11:43:16.653	11:49:21.363	11:54:52.641	12:03:35.248	12:11:07.733		D3A3	BB
2	Boys B Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	5011	Chow Pak Hay Hayman	周柏希	19	32	00:31:33.489	00:06:19.752	00:12:39.918	00:22:57.400	11:43:16.613	11:49:36.366	11:55:56.531	12:06:14.013	12:14:50.102		D3A3	BB
3	Boys B Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	5043	Ng Yam Lok	吳森樂	1	32	00:26:13.173	00:05:49.360	00:11:16.991	00:19:19.669	11:44:16.882	11:50:06.242	11:55:33.873	12:03:36.552	12:10:30.055		D3A3	BB
3	Boys B Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	5042	Chen Kin Ming	陳健銘	5	32	00:27:34.805	00:05:37.392	00:10:50.910	00:19:57.156	11:44:16.911	11:49:54.303	11:55:07.821	12:04:14.067	12:11:51.716		D3A3	BB
3	Boys B Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	5044	Huang Ka Hei	黃嘉熙	26	32	00:32:13.912	00:06:21.996	00:13:34.596	00:23:41.192	11:44:16.970	11:50:38.967	11:57:51.567	12:07:58.163	12:16:30.882		D3A3	BB
4	Boys B Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	5040	Chan Yat Hin	陳逸軒	9	36	00:28:40.949	00:06:05.361	00:11:49.375	00:21:01.935	11:44:11.971	11:50:17.332	11:56:01.346	12:05:13.906	12:12:52.920		D3A3	BB
4	Boys B Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	5039	Leung Yan Long	梁昕朗	13	36	00:29:40.998	00:06:02.171	00:11:48.246	00:21:10.006	11:44:11.719	11:50:13.890	11:55:59.965	12:05:21.725	12:13:52.717		D3A3	BB
4	Boys B Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	5041	Wong Ho San	王可伸	14	36	00:29:43.017	00:06:04.321	00:11:46.308	00:21:07.405	11:44:11.945	11:50:16.266	11:55:58.253	12:05:19.350	12:13:54.962		D3A3	BB
5	Boys B Grade	MKES	Mu Kuang English School	慕光英文書院	5027	Mak Kwan Chuen	麥鈞全	3	44	00:26:18.815	00:05:17.722	00:10:30.174	00:18:57.000	11:43:44.013	11:49:01.734	11:54:14.187	12:02:41.013	12:10:02.828		D3A3	BB
5	Boys B Grade	MKES	Mu Kuang English School	慕光英文書院	5025	Zhang Yuanzhe	張元喆	18	44	00:30:57.833	00:05:50.080	00:11:23.962	00:21:29.013	11:43:43.670	11:49:33.750	11:55:07.632	12:05:12.683	12:14:41.502		D3A3	BB
5	Boys B Grade	MKES	Mu Kuang English School	慕光英文書院	5026	Cheng Yam Tat	鄭任達	23	44	00:31:59.628	00:06:03.346	00:12:11.659	00:22:51.245	11:43:43.752	11:49:47.098	11:55:55.411	12:06:34.997	12:15:43.380		D3A3	BB
6	Boys B Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	5037	So Tsz Wai	蘇子惟	12	45	00:29:33.825	00:05:57.938	00:11:31.076	00:20:57.473	11:44:06.534	11:50:04.472	11:55:37.610	12:05:04.007	12:13:40.358		D3A3	BB
6	Boys B Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	5038	Zheng Jesse	鄭家熙	16	45	00:30:09.205	00:06:23.133	00:12:45.484	00:22:16.164	11:44:06.362	11:50:29.495	11:56:51.846	12:06:22.526	12:14:15.567		D3A3	BB
6	Boys B Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	5036	Leung Ching Hei	梁正熙	17	45	00:30:49.923	00:06:20.410	00:12:45.881	00:22:42.040	11:44:06.434	11:50:26.844	11:56:52.315	12:06:48.474	12:14:56.357		D3A3	BB
7	Boys B Grade	HKSS	Hong Kong Sea School	香港航海學校	5014	CHUI HO CHUN	張文韻	10	62	00:28:59.854	00:05:30.432	00:10:48.258	00:20:45.996	11:43:21.745	11:48:52.177	11:54:10.003	12:04:07.742	12:12:21.600		D3A3	BB
7	Boys B Grade	HKSS	Hong Kong Sea School	香港航海學校	5013	Cheung, Man Ki	劉坤睿	25	62	00:32:08.299	00:05:27.123	00:10:51.797	00:23:29.986	11:43:21.786	11:48:48.909	11:54:13.583	12:06:51.773	12:15:30.086		D3A3	BB
7	Boys B Grade	HKSS	Hong Kong Sea School	香港航海學校	5015	Lau, San Yui	梁嘉豪	27	62	00:32:41.136	00:06:08.459	00:12:24.986	00:23:31.364	11:43:22.068	11:49:30.528	11:55:47.054	12:06:53.433	12:16:03.204		D3A3	BB
8	Boys B Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	5002	Liang Jiahao	蘇俊杰	15	65	00:29:46.138	00:06:55.604	00:12:44.038	00:21:36.969	11:42:57.650	11:49:53.254	11:55:41.688	12:04:34.619	12:12:43.788		D3A3	BB
8	Boys B Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	5003	Su Junjie	方創宇	22	65	00:31:49.451	00:07:15.109	00:13:44.583	00:23:24.723	11:42:57.757	11:50:12.866	11:56:42.340	12:06:22.480	12:14:47.208		D3A3	BB
8	Boys B Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	5001	Fang Chuangyu	方創宇	28	65	00:32:48.696	00:07:15.634	00:13:38.942	00:23:36.354	11:42:57.827	11:50:13.461	11:56:36.770	12:06:34.182	12:15:46.523		D3A3	BB

THE HONG KONG SCHOOLS SPORTS FEDERATION

Hong Kong Island and Kowloon Secondary Schools Regional Committee

Inter-School Cross-Country Competition 2022-2023

Division Three Area 3

Boys C Grade Team Results

Position	Grade	Abbr.	School	學校	Bib	Name	姓名	Category Position	Team Point	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category
1	Boys C Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	4037	Lam Yat Long	林日朗	1	17	00:14:14.277	00:07:13.850	11:18:55.592	11:26:09.442	11:33:09.869		D3A3	BC
1	Boys C Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	4039	Tsang Chiu Yin	曾昭賢	6	17	00:15:39.537	00:07:47.767	11:18:55.460	11:26:43.228	11:34:34.997		D3A3	BC
1	Boys C Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	4038	Chan Lok Him	陳樂謙	10	17	00:16:16.175	00:08:14.730	11:18:55.785	11:27:10.515	11:35:11.961		D3A3	BC
2	Boys C Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	4011	Cheung Wai Lun	張煒倫	2	24	00:14:53.517	00:07:44.744	11:18:08.561	11:25:53.305	11:33:02.078		D3A3	BC
2	Boys C Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	4012	Ma Siu Ngai	馬紹倪	3	24	00:15:18.336	00:07:40.197	11:18:08.612	11:25:48.809	11:33:26.948		D3A3	BC
2	Boys C Grade	CYT	STFA Cheng Yu Tung Secondary School	順德聯誼總會鄭裕彤中學	4010	Wong Ho Him	黃浩謙	19	24	00:17:07.903	00:08:32.032	11:18:08.848	11:26:40.880	11:35:16.751		D3A3	BC
3	Boys C Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	4036	Cao Jia Hao	曹家豪	4	33	00:15:23.832	00:08:21.158	11:18:50.889	11:27:12.047	11:34:14.721		D3A3	BC
3	Boys C Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	4034	Chu Ho Ting	朱灝庭	9	33	00:16:02.264	00:08:20.790	11:18:50.647	11:27:11.437	11:34:52.912		D3A3	BC
3	Boys C Grade	PLKNPL	Po Leung Kuk Ngan Po Ling College	保良局顏寶鈴書院	4035	NG CHEUK YIN		20	33	00:17:09.314	00:09:05.749	11:18:50.610	11:27:56.360	11:35:59.924		D3A3	BC
4	Boys C Grade	HKSS	Hong Kong Sea School	香港航海學校	4013	LAW CHUN HO		8	41	00:15:58.978	00:08:06.960	11:18:13.634	11:26:20.594	11:34:12.612		D3A3	BC
4	Boys C Grade	HKSS	Hong Kong Sea School	香港航海學校	4015	Lin, Kin To	連建韜	11	41	00:16:17.818	00:08:14.643	11:18:13.685	11:26:28.328	11:34:31.503		D3A3	BC
4	Boys C Grade	HKSS	Hong Kong Sea School	香港航海學校	4014	CHAN KING CHUNG		22	41	00:17:24.517	00:08:30.747	11:18:13.749	11:26:44.496	11:35:38.266		D3A3	BC
5	Boys C Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	4040	Fu Nam Tin	傅南天	12	43	00:16:26.120	00:08:36.411	11:19:00.547	11:27:36.958	11:35:26.667		D3A3	BC
5	Boys C Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	4041	Fu Shun Ngai	符信毅	14	43	00:16:40.687	00:09:06.817	11:19:00.782	11:28:07.599	11:35:41.468		D3A3	BC
5	Boys C Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	4042	Lai Chun Yik	黎晉亦	17	43	00:17:05.883	00:09:07.437	11:19:00.727	11:28:08.164	11:36:06.609		D3A3	BC
6	Boys C Grade	NCC	Newman Catholic College	天主教新民書院	4027	Tsui Nguyen Gia Bao Jimmy	崔阮家寶	5	56	00:15:32.958	00:07:31.853	11:18:34.406	11:26:06.259	11:34:07.364		D3A3	BC
6	Boys C Grade	NCC	Newman Catholic College	天主教新民書院	4026	Leung Tsun Hei	梁峻熙	13	56	00:16:36.711	00:08:13.020	11:18:34.271	11:26:47.291	11:35:10.982		D3A3	BC
6	Boys C Grade	NCC	Newman Catholic College	天主教新民書院	4025	Chan Tsz Ho Daniel	陳籽豪	38	56	00:20:32.429	00:10:02.966	11:18:34.356	11:28:37.322	11:39:06.785		D3A3	BC
7	Boys C Grade	MKES	Mu Kuang English School	慕光英文書院	4023	CHEUNG MAN LOK		16	63	00:17:04.810	00:08:53.959	11:18:29.000	11:27:22.959	11:35:33.810		D3A3	BC
7	Boys C Grade	MKES	Mu Kuang English School	慕光英文書院	4022	Choy Ho Tik	蔡豪迪	18	63	00:17:05.893	00:08:36.099	11:18:29.008	11:27:05.107	11:35:34.901		D3A3	BC
7	Boys C Grade	MKES	Mu Kuang English School	慕光英文書院	4024	Luo King Hoi	羅敬凱	29	63	00:18:44.015	00:09:07.557	11:18:29.079	11:27:36.637	11:37:13.094		D3A3	BC
8	Boys C Grade	CCHK	Cognitio College (Hong Kong)	文理書院(香港)	4007	Wei Hong Tao	魏宏濤	7	70	00:15:45.633	00:08:03.954	11:18:03.050	11:26:07.003	11:33:48.683		D3A3	BC
8	Boys C Grade	CCHK	Cognitio College (Hong Kong)	文理書院(香港)	4008	Lee Cheung Yin	李長彥	27	70	00:18:36.091	00:09:31.291	11:18:03.101	11:27:34.391	11:36:39.192		D3A3	BC
8	Boys C Grade	CCHK	Cognitio College (Hong Kong)	文理書院(香港)	4009	Sze Chun Leung	施俊樑	36	70	00:20:21.383	00:09:30.500	11:18:02.882	11:27:33.381	11:38:24.265		D3A3	BC
9	Boys C Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	4017	Yuan Jiayi	袁家希	15	72	00:16:41.960	00:08:21.623	11:18:18.439	11:26:40.062	11:35:00.399		D3A3	BC
9	Boys C Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	4016	Pang Mavis	彭承任	23	72	00:17:31.594	00:08:31.050	11:18:18.670	11:26:49.720	11:35:50.264		D3A3	BC
9	Boys C Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	4018	Yan Karson	閻家誠	34	72	00:20:10.546	00:09:16.114	11:18:19.058	11:27:35.172	11:38:29.604		D3A3	BC
10	Boys C Grade	MCDHMC	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端喜紀念中學	4021	Lee Hoi Hin	李凱軒	24	79	00:17:34.884	00:08:37.614	11:18:23.702	11:27:01.316	11:35:58.586		D3A3	BC
10	Boys C Grade	MCDHMC	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端喜紀念中學	4019	Chan Hui Hin	陳翹軒	25	79	00:17:45.026	00:08:49.847	11:18:23.653	11:27:13.500	11:36:08.679		D3A3	BC
10	Boys C Grade	MCDHMC	MKMCF Ma Chan Duen Hey Memorial College	馬錦明慈善基金馬陳端喜紀念中學	4020	CHAN TSZ LOK OSCAR		30	79	00:19:15.483	00:09:38.387	11:18:23.620	11:28:02.007	11:37:39.103		D3A3	BC
11	Boys C Grade	NWC	Ng Wah Catholic Secondary School	天主教伍華中學	4030	Kwok Pak Him	郭柏謙	26	87	00:18:20.263	00:09:28.209	11:18:39.004	11:28:07.213	11:36:59.267		D3A3	BC
11	Boys C Grade	NWC	Ng Wah Catholic Secondary School	天主教伍華中學	4028	Wong Yik Chun Kyle	黃奕晉	28	87	00:18:38.734	00:09:25.589	11:18:39.163	11:28:04.752	11:37:17.897		D3A3	BC
11	Boys C Grade	NWC	Ng Wah Catholic Secondary School	天主教伍華中學	4029	Cheung Ka Chun	張嘉俊	33	87	00:20:01.992	00:09:54.947	11:18:39.337	11:28:34.284	11:38:41.329		D3A3	BC
12	Boys C Grade	ATS	Aberdeen Technical School	香港仔工業學校	4004	Qiu Pak Cheung	邱鉅翔	21	91	00:17:15.889	00:08:35.486	11:17:57.751	11:26:33.237	11:35:13.640		D3A3	BC
12	Boys C Grade	ATS	Aberdeen Technical School	香港仔工業學校	4005	Tsoi Yan Lok Lukas	蔡因諾	31	91	00:19:45.192	00:09:32.323	11:17:58.150	11:27:30.472	11:37:43.342		D3A3	BC
12	Boys C Grade	ATS	Aberdeen Technical School	香港仔工業學校	4006	Wan Tsz Ho	溫梓濠	39	91	00:20:33.729	00:09:55.219	11:17:57.895	11:27:53.114	11:38:31.624		D3A3	BC

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Girls A Grade Team Results

Position	Grade	Abbr.	School	學校	Bib	Name	姓名	Category Position	Team Point	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category
1	Girls A Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	3010	Lam Ching Kwan	林靖筠	6	24	00:18:09.124	00:09:13.958	10:52:40.767	11:01:54.726	11:10:49.891		D3A3	GA
1	Girls A Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	3011	Fung Ngai Yiu	馮毅堯	7	24	00:18:37.116	00:09:13.961	10:52:40.724	11:01:54.686	11:11:17.840		D3A3	GA
1	Girls A Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	3012	Deng Ziyang	鄧子妍	11	24	00:19:57.878	00:10:05.377	10:52:40.750	11:02:46.127	11:12:38.628		D3A3	GA
2	Girls A Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	3003	Chen Simin	陳思敏	4	35	00:18:05.386	00:09:21.925	10:52:20.776	11:01:42.701	11:10:26.162		D3A3	GA
2	Girls A Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	3002	Lao Qianling	勞倩鈴	10	35	00:19:39.507	00:09:50.003	10:52:20.556	11:02:10.559	11:12:00.063		D3A3	GA
2	Girls A Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	3001	Li Ka Man	李家敏	21	35	00:21:47.914	00:11:09.720	10:52:20.546	11:03:30.266	11:14:08.460		D3A3	GA
3	Girls A Grade	KTLS	Kowloon True Light School	九龍真光中學	3016	Tse Nok Hang	謝諾珩	1	36	00:15:51.647	00:08:07.581	10:52:53.020	11:01:00.601	11:08:44.667		D3A3	GA
3	Girls A Grade	KTLS	Kowloon True Light School	九龍真光中學	3018	Wong Hoi Chi	黃凱慈	15	36	00:20:55.941	00:10:42.323	10:52:53.301	11:03:35.625	11:13:49.242		D3A3	GA
3	Girls A Grade	KTLS	Kowloon True Light School	九龍真光中學	3017	Chu Hiu Ching	朱曉晴	20	36	00:21:44.200	00:10:48.414	10:52:53.521	11:03:41.935	11:14:37.721		D3A3	GA
4	Girls A Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	3013	Chan Lok Pui	陳洛珮	9	40	00:19:33.724	00:09:30.740	10:52:47.110	11:02:17.850	11:12:20.834		D3A3	GA
4	Girls A Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	3015	Zeng Sum Yu	曾心雨	13	40	00:20:44.811	00:10:27.840	10:52:47.018	11:03:14.859	11:13:31.830		D3A3	GA
4	Girls A Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	3014	Fork Moon Suen	霍瓊煊	18	40	00:21:22.315	00:10:56.184	10:52:47.212	11:03:43.396	11:14:09.527		D3A3	GA
5	Girls A Grade	NCC	Newman Catholic College	天主教新民書院	3022	Tsoi Lok Yin	蔡樂然	5	50	00:18:08.936	00:09:16.080	10:53:04.470	11:02:20.550	11:11:13.405		D3A3	GA
5	Girls A Grade	NCC	Newman Catholic College	天主教新民書院	3023	Huang Mingjin	黃明金	19	50	00:21:39.637	00:11:10.784	10:53:04.591	11:04:15.374	11:14:44.228		D3A3	GA
5	Girls A Grade	NCC	Newman Catholic College	天主教新民書院	3024	Mo Yee Lam	巫依琳	26	50	00:24:35.550	00:12:18.267	10:53:04.536	11:05:22.802	11:17:40.086		D3A3	GA
6	Girls A Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	3027	Lin Chau Man	林秋雯	12	52	00:20:36.881	00:10:25.151	10:53:17.133	11:03:42.284	11:13:54.014		D3A3	GA
6	Girls A Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	3028	Tsang Tsz Ching Tracy	曾芷晴	16	52	00:21:01.209	00:10:33.775	10:53:16.889	11:03:50.664	11:14:18.097		D3A3	GA
6	Girls A Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	3029	Chung Ching Ching	鍾靜晶	24	52	00:23:18.492	00:11:48.915	10:53:17.086	11:05:06.001	11:16:35.578		D3A3	GA
7	Girls A Grade	MKES	Mu Kuang English School	慕光英文書院	3019	Lam Tin Wai Tracy	林天慧	8	53	00:19:06.844	00:09:45.073	10:52:58.681	11:02:43.754	11:12:05.526		D3A3	GA
7	Girls A Grade	MKES	Mu Kuang English School	慕光英文書院	3021	LO FUNG MING		22	53	00:21:54.515	00:10:53.690	10:52:58.677	11:03:52.367	11:14:53.193		D3A3	GA
7	Girls A Grade	MKES	Mu Kuang English School	慕光英文書院	3020	He Hoi Yan	何凱恩	23	53	00:22:27.029	00:11:01.235	10:52:58.836	11:04:00.071	11:15:25.865		D3A3	GA
8	Girls A Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	3009	LEUNG WING YU		14	56	00:20:47.692	00:10:30.316	10:52:34.417	11:03:04.733	11:13:22.110		D3A3	GA
8	Girls A Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	3008	Wong Oi Kuen	黃愛娟	17	56	00:21:16.465	00:10:43.561	10:52:34.211	11:03:17.773	11:13:50.676		D3A3	GA
8	Girls A Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	3007	Tse Ka Yan	謝嘉欣	25	56	00:23:33.306	00:11:33.394	10:52:34.355	11:04:07.749	11:16:07.662		D3A3	GA

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Girls B Grade Team Results

Position	Grade	Abbr.	School	學校	Bib	Name	姓名	Category Position	Team Point	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category
1	Girls B Grade	KTLS	Kowloon True Light School	九龍真光中學	2016	Tse Tsz Ching	謝芷晴	3	23	00:18:09.435	00:09:30.628	10:27:21.920	10:36:52.547	10:45:31.354		D3A3	GB
1	Girls B Grade	KTLS	Kowloon True Light School	九龍真光中學	2017	WONG YI LAM		4	23	00:18:16.093	00:09:29.691	10:27:21.966	10:36:51.656	10:45:38.058		D3A3	GB
1	Girls B Grade	KTLS	Kowloon True Light School	九龍真光中學	2018	TANG TSZ TUNG		16	23	00:20:47.558	00:10:42.978	10:27:22.257	10:38:05.235	10:48:09.815		D3A3	GB
2	Girls B Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	2025	Ng Wing Haang	吳詠桁	1	27	00:17:35.783	00:09:04.208	10:27:40.108	10:36:44.316	10:45:15.891		D3A3	GB
2	Girls B Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	2027	Li Tsz Yin	李子妍	11	27	00:19:44.042	00:10:21.630	10:27:40.246	10:38:01.876	10:47:24.288		D3A3	GB
2	Girls B Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	2026	Tang Ueny	鄧悅寧	15	27	00:20:47.032	00:10:32.199	10:27:40.193	10:38:12.392	10:48:27.225		D3A3	GB
3	Girls B Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	2010	Leung Yuet Tung Enya	梁月彤	2	27	00:17:41.840	00:08:55.819	10:27:08.492	10:36:04.311	10:44:50.332		D3A3	GB
3	Girls B Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	2011	Chau Hiu Yuk	周曉玉	6	27	00:18:59.012	00:09:41.467	10:27:08.756	10:36:50.222	10:46:07.768		D3A3	GB
3	Girls B Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	2012	Xu Wai Hiu	徐慧曉	19	27	00:21:46.153	00:10:54.742	10:27:08.603	10:38:03.344	10:48:54.756		D3A3	GB
4	Girls B Grade	MKES	Mu Kuang English School	慕光英文書院	2020	Liang Caiyi	梁彩怡	9	38	00:19:09.849	00:10:07.798	10:27:28.255	10:37:36.053	10:46:38.104		D3A3	GB
4	Girls B Grade	MKES	Mu Kuang English School	慕光英文書院	2021	TSANG PING WYNNE		12	38	00:19:47.615	00:09:40.034	10:27:28.218	10:37:08.251	10:47:15.832		D3A3	GB
4	Girls B Grade	MKES	Mu Kuang English School	慕光英文書院	2019	Chang Ho Yan	張可欣	17	38	00:21:12.955	00:10:58.927	10:27:28.278	10:38:27.204	10:48:41.232		D3A3	GB
5	Girls B Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	2007	Miu Hau Yin	苗巧妍	7	40	00:19:05.703	00:10:07.914	10:27:02.458	10:37:10.372	10:46:08.162		D3A3	GB
5	Girls B Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	2009	Chan Tsz Yau	陳紫悠	8	40	00:19:06.939	00:10:10.746	10:27:02.416	10:37:13.163	10:46:09.356		D3A3	GB
5	Girls B Grade	HTCSS	SKH Holy Trinity Church Secondary School	聖公會聖三一堂中學	2008	Lam Po Ching	林葆晴	25	40	00:23:54.999	00:11:50.894	10:27:02.524	10:38:53.419	10:50:57.523		D3A3	GB
6	Girls B Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	2028	Wu Wai Ue	吳慧婷	5	47	00:18:40.722	00:10:18.251	10:27:48.013	10:38:06.264	10:46:28.735		D3A3	GB
6	Girls B Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	2029	Lii Wai Yee	呂慧頤	20	47	00:21:57.430	00:10:53.922	10:27:47.907	10:38:41.829	10:49:45.337		D3A3	GB
6	Girls B Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	2030	Chan Yuen Ching	陳琬晴	22	47	00:22:58.839	00:11:36.236	10:27:47.107	10:39:23.343	10:50:45.946		D3A3	GB
7	Girls B Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	2013	Cheng Chak Yan	鄭澤恩	10	59	00:19:33.706	00:10:09.287	10:27:14.991	10:37:24.278	10:46:48.696		D3A3	GB
7	Girls B Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	2015	Liu Tsz Yin	廖子嫣	23	59	00:23:11.136	00:11:29.348	10:27:15.326	10:38:44.674	10:50:26.462		D3A3	GB
7	Girls B Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	2014	Chen Wing Tung	陳穎瞳	26	59	00:24:10.944	00:12:33.370	10:27:14.920	10:39:48.289	10:51:25.863		D3A3	GB
8	Girls B Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	2001	Cheung Ka Pui	張加貝	24	79	00:23:19.300	00:11:57.376	10:26:48.454	10:38:45.831	10:50:07.754		D3A3	GB
8	Girls B Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	2002	Ngai Lam Tan	魏琳丹	27	79	00:24:26.517	00:11:58.756	10:26:48.552	10:38:47.309	10:51:15.069		D3A3	GB
8	Girls B Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	2003	CHENG HEI MAN		28	79	00:24:33.534	00:11:53.068	10:26:48.543	10:38:41.612	10:51:22.077		D3A3	GB
0	Girls B Grade	CCHK	Cognitio College (Hong Kong)	文理書院(香港)	2005	Chong Yan Kei	莊茵淇	13	0	00:20:11.297	00:10:20.819	10:26:56.169	10:37:16.989	10:47:07.466		D3A3	GB
0	Girls B Grade	CCHK	Cognitio College (Hong Kong)	文理書院(香港)	2004	Tsang Ka Yin	曾嘉妍	18	0	00:21:18.466	00:11:07.655	10:26:56.208	10:38:03.863	10:48:14.674		D3A3	GB
0	Girls B Grade	CCHK	Cognitio College (Hong Kong)	文理書院(香港)	2006	Sze Yuen Kiu	施沅喬	0	0	00:26:22.240	00:13:05.747	10:26:55.972	10:40:01.719	10:53:18.213	OTL	D3A3	GB
0	Girls B Grade	NCC	Newman Catholic College	天主教新民書院	2022	Lam Hoi Ying	林凱盈	14	0	00:20:13.915	00:09:57.775	10:27:34.068	10:37:31.843	10:47:47.983		D3A3	GB
0	Girls B Grade	NCC	Newman Catholic College	天主教新民書院	2023	Cai Jin Yun	蔡金韻	21	0	00:22:01.842	00:11:05.075	10:27:34.138	10:38:39.213	10:49:35.980		D3A3	GB
0	Girls B Grade	NCC	Newman Catholic College	天主教新民書院	2024	Zhong Xiuli	鍾秀麗	0	0	00:28:45.895	00:14:20.442	10:27:34.812	10:41:55.254	10:56:20.707	OTL	D3A3	GB

THE HONG KONG SCHOOLS SPORTS FEDERATION
 Hong Kong Island and Kowloon Secondary Schools Regional Committee
 Inter-School Cross-Country Competition 2022-2023
 Division Three Area 3

Girls C Grade Team Results

Position	Grade	Abbr.	School	學校	Bib	Name	姓名	Category Position	Team Point	Chip Time	Point N	Start	Time N	Finish	Remark	Division	Category
1	Girls C Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	1022	Chan Sze Wan	陳詩芸	2	16	00:17:44.787	00:09:10.138	10:01:44.093	10:10:54.231	10:19:28.880		D3A3	GC
1	Girls C Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	1024	Wong Lai Wing	黃麗穎	5	16	00:19:05.405	00:10:03.458	10:01:44.167	10:11:47.625	10:20:49.572		D3A3	GC
1	Girls C Grade	SKSS	Christian & Missionary Alliance Sun Kei Secondary School	基督教宣道會宣基中學	1023	Huang Yee Lam	黃綺藍	9	16	00:19:37.560	00:10:01.205	10:01:44.121	10:11:45.326	10:21:21.681		D3A3	GC
2	Girls C Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	1007	Zhang Yuqing	張雨晴	3	19	00:17:59.589	00:09:43.727	10:01:10.611	10:10:54.338	10:19:10.201		D3A3	GC
2	Girls C Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	1009	Leung Man Wai	梁文蔚	6	19	00:19:06.901	00:09:50.910	10:01:10.199	10:11:01.109	10:20:17.101		D3A3	GC
2	Girls C Grade	HTMS-THT	Heung To Middle School (Tai Hang Tung)	香島中學(大坑東)	1008	Li Man Hei	李汶禧	10	19	00:19:38.875	00:09:55.212	10:01:10.579	10:11:05.791	10:20:49.454		D3A3	GC
3	Girls C Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	1025	Man Kit Yin	文潔妍	1	23	00:17:39.440	00:09:15.273	10:01:49.841	10:11:05.114	10:19:29.281		D3A3	GC
3	Girls C Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	1027	Fong Nga Yin	方雅賢	8	23	00:19:25.291	00:10:10.349	10:01:50.288	10:12:00.637	10:21:15.579		D3A3	GC
3	Girls C Grade	SWC	STFA Seaward Woo College	順德聯誼總會胡兆熾中學	1026	LIN NGA KI		14	23	00:21:06.940	00:11:11.574	10:01:50.370	10:13:01.944	10:22:57.310		D3A3	GC
4	Girls C Grade	MKES	Mu Kuang English School	慕光英文書院	1018	Lai Tsz Ying	黎芷凝	4	35	00:19:03.271	00:09:17.875	10:01:30.737	10:10:48.612	10:20:34.008		D3A3	GC
4	Girls C Grade	MKES	Mu Kuang English School	慕光英文書院	1016	Lin Wing Lam	連詠琳	12	35	00:20:41.777	00:10:15.040	10:01:30.733	10:11:45.773	10:22:12.510		D3A3	GC
4	Girls C Grade	MKES	Mu Kuang English School	慕光英文書院	1017	Kwok Suet Yi	郭雪怡	19	35	00:22:33.232	00:11:40.881	10:01:30.593	10:13:11.474	10:24:03.824		D3A3	GC
5	Girls C Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	1001	Yu Cheng lo	余靖瑤	13	45	00:20:57.650	00:11:07.255	10:00:55.348	10:12:02.603	10:21:52.998		D3A3	GC
5	Girls C Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	1002	Chan Tsz Yu	陳紫鈞	15	45	00:21:17.388	00:11:06.663	10:00:55.476	10:12:02.139	10:22:12.864		D3A3	GC
5	Girls C Grade	ASMS	SKH All Saints' Middle School	聖公會諸聖中學	1003	Lian Liqi	連麗祺	17	45	00:21:30.808	00:11:06.553	10:00:55.229	10:12:01.782	10:22:26.037		D3A3	GC
6	Girls C Grade	KTLS	Kowloon True Light School	九龍真光中學	1014	Lai Yan Ching	黎茵晴	7	48	00:19:22.927	00:09:25.547	10:01:24.086	10:10:49.632	10:20:47.013		D3A3	GC
6	Girls C Grade	KTLS	Kowloon True Light School	九龍真光中學	1013	Foo Oi Lam Ellen	傅譚琳	20	48	00:22:34.945	00:11:26.285	10:01:24.025	10:12:50.310	10:23:58.969		D3A3	GC
6	Girls C Grade	KTLS	Kowloon True Light School	九龍真光中學	1015	Chan Agnes	陳逸思	21	48	00:22:37.588	00:10:42.141	10:01:24.316	10:12:06.457	10:24:01.903		D3A3	GC
7	Girls C Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	1010	Lam Toi Ying	林代盈	11	52	00:19:56.558	00:10:24.857	10:01:17.496	10:11:42.353	10:21:14.053		D3A3	GC
7	Girls C Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	1011	Li Jiamiao	李嘉苗	16	52	00:21:26.278	00:10:57.335	10:01:17.619	10:12:14.953	10:22:43.896		D3A3	GC
7	Girls C Grade	KSSS	Kit Sam Lam Bing Yim Secondary School	潔心林炳炎中學	1012	Leung Yuet Yi Sammi	梁悅怡	25	52	00:25:07.534	00:11:07.922	10:01:17.540	10:12:25.461	10:26:25.074		D3A3	GC
8	Girls C Grade	NCC	Newman Catholic College	天主教新民書院	1019	Lam Yan Ping	林欣萍	22	69	00:23:36.164	00:11:44.266	10:01:37.889	10:13:22.155	10:25:14.053		D3A3	GC
8	Girls C Grade	NCC	Newman Catholic College	天主教新民書院	1021	Sze-To Yee Ching	司徒依靜	23	69	00:24:05.936	00:12:34.564	10:01:37.558	10:14:12.122	10:25:43.494		D3A3	GC
8	Girls C Grade	NCC	Newman Catholic College	天主教新民書院	1020	Lai Yuet Yiu	賴悅瑤	24	69	00:24:56.682	00:12:44.960	10:01:37.535	10:14:22.495	10:26:34.217		D3A3	GC