



Men's Open - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
All Comers Records	13:53.48	LI ZICHENG			Hong Kong	2009/12/11
HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢		TCAA Open Athletics Championship	Wan Chai	2022/12/17
HKAAA U20 RECORD	14:55.29	TSE CHUN YIN 謝俊賢		ASICS Hong Kong Junior Age Group	Wan Chai	2019/12/29
HKAAA U18 RECORD	15:35.42	CHUNG TAK CHAK 鍾德澤		Inter-School Athletics	Wanchai SG	2024/02/28



2025/03/30



Start: 16:40



15°C



73%

Final 1 /3

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	1-19	LAM CHAK FUNG	林澤豐	359 TCAA	16:10.21	
Split: 03:07.70 (3:07.70) 06:20.77 (3:13.07) 09:39.59 (3:18.82) 13:02.19 (3:22.60) 16'10.210" (3:07.81)						
2	1-16	TSANG WAI CHUN	曾漳潛	610 WAC	16:47.10	
Split: 03:10.16 (3:10.16) 06:21.68 (3:11.53) 09:40.18 (3:18.49) 13:13.83 (3:33.65) 16'47.100" (3:33.17)						
3	1-17	HAU YU KWAN	侯宇軍	491 WAC	17:16.76	
Split: 03:19.65 (3:19.65) 06:44.79 (3:25.14) 10:12.57 (3:27.78) 13:47.52 (3:34.95) 17'16.760" (3:28.48)						
4	1-14	LIN CHONG IOK	林松昱	560 WAC	17:43.96	
Split: 03:22.29 (3:22.29) 06:51.82 (3:29.53) 10:28.85 (3:37.03) 14:07.84 (3:39.00) 17'43.960" (3:35.15)						
5	1-8	LIU BU WEN DARIAN	廖不愜	376 TCAA	17:59.56	
Split: 03:35.35 (3:35.35) 07:15.07 (3:39.73) 10:51.70 (3:36.62) 14:29.14 (3:37.45) 17'59.560" (3:29.85)						
6	1-10	CHOY HO LONG COLIN	蔡昊朗	241 LWRC	17:59.65	
Split: 03:35.70 (3:35.70) 07:14.49 (3:38.79) 10:52.71 (3:38.22) 14:30.45 (3:37.74) 17'59.650" (3:28.55)						
7	1-5	WONG CHEUK LUN LAURENCE	黃焯麟	429 TSC	18:30.94	
Split: 03:30.61 (3:30.61) 07:13.86 (3:43.26) 11:01.65 (3:47.78) 14:51.58 (3:49.94) 18'30.940" (3:38.41)						
8	1-11	BEI JI MING	北濟銘	275 PKMS	18:32.21	
Split: 03:38.99 (3:38.99) 07:26.44 (3:47.45) 11:14.05 (3:47.61) 15:01.61 (3:47.57) 18'32.210" (3:30.38)						
9	1-12	LEE KAI CHUN	李啟駿	368 TCAA	18:54.98	
Split: 03:36.29 (3:36.29) 07:28.22 (3:51.93) 11:22.78 (3:54.56) 15:19.32 (3:56.54) 18'54.980" (3:34.68)						

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10	1-3	NG TSZ WAI	吳子維	578 WAC	18:55.09	
<i>Split: 03:39.51 (3:39.51) 07:27.18 (3:47.67) 11:14.54 (3:47.36) 15:05.33 (3:50.80) 18'55.090" (3:49.66)</i>						
11	1-13	MAK KA WING	麥嘉榮	571 WAC	18:58.04	
<i>Split: 03:41.19 (3:41.19) 07:29.82 (3:48.64) 11:21.90 (3:52.07) 15:19.74 (3:57.85) 18'58.040" (3:38.25)</i>						
12	1-9	WANG DONGXING	王東星	276 PKMS	19:03.90	
<i>Split: 03:39.01 (3:39.01) 07:24.67 (3:45.66) 11:13.23 (3:48.56) 15:04.51 (3:51.28) 19'03.900" (3:58.49)</i>						
13	1-18	EJIASI IZUNNA ARMSTRONG	伊耀駿	288 RRAC	20:03.07	
<i>Split: 03:34.47 (3:34.47) 07:34.23 (4:59.77) 11:46.20 (4:11.96) 16:05.97 (4:19.77) 20'03.070" (3:57.03)</i>						
1-1		CHEUNG CHUN KWAN	張鎮坤	119 CSRA	DNF	
1-2		NAVJOT-SINGH		150 DMS(BW)	DNS	
1-4		CHEUNG SUI HIM	張瑞謙	472 WAC	DNS	
1-6		YEUNG CHI WAI	楊智惟	110 AVOHK	DNS	
1-7		SINGH MANJOT		153 DMS(BW)	DNS	

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Final 1 /3

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1-15		SIM CHING HEI	單禎晞	588 WAC	DNS	

Final 2 /3

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
1	2-2	HO CHUNG YAN FRANCIS	曹頌恩	353 TCAA	16:36.10	
					<i>Split: 03:22.78 (3:22.78) 06:45.22 (3:22.45) 10:05.72 (3:20.49) 13:27.15 (3:21.43) 16'36.100" (3:08.85)</i>	
2	2-8	LEE TSE HIM	李子謙	121 CSRA	16:44.23	
					<i>Split: 03:20.42 (3:20.42) 06:42.78 (3:22.36) 10:07.46 (3:24.68) 13:27.76 (3:20.30) 16'44.230" (3:16.24)</i>	
3	2-1	LEONG CHIN HEI	梁仟義	251 MAC-INFINITY	16:46.13	
					<i>Split: 03:18.27 (3:18.27) 06:41.83 (3:23.57) 10:06.14 (3:24.30) 13:29.09 (3:22.95) 16'46.130" (3:16.91)</i>	
4	2-14	YEUNG HOI CHUN ERIC	楊鎧駿	274 NHKSC	16:47.99	
					<i>Split: 03:23.52 (3:23.52) 06:45.12 (3:21.60) 10:07.90 (3:22.78) 13:29.10 (3:21.20) 16'47.990" (3:17.90)</i>	
5	2-6	YEH TSUN WAI	葉峻瑋	644 WAC	16:56.41	
					<i>Split: 03:24.27 (3:24.27) 06:45.93 (3:21.67) 10:08.49 (3:22.55) 13:33.26 (3:24.78) 16'56.410" (3:22.73)</i>	
6	2-3	YANG QIU LING	楊秋凌	638 WAC	16:57.64	
					<i>Split: 03:22.28 (3:22.28) 06:46.59 (3:24.32) 10:11.20 (3:24.60) 13:37.53 (3:26.34) 16'57.640" (3:19.46)</i>	
7	2-7	LAO YIN HUNG	勞彥鴻	125 CSWAC	16:59.27	
					<i>Split: 03:25.44 (3:25.44) 06:47.26 (3:21.82) 10:12.59 (3:25.33) 13:36.39 (3:23.81) 16'59.270" (3:22.60)</i>	

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Final 2 /3

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8	2-5	TSANG LING TUNG	曾令東	608 WAC	17:01.57	
Split: 03:24.60 (3:24.60) 06:46.92 (3:22.32) 10:13.23 (3:26.31) 13:42.07 (3:28.85) 17'01.570" (3:18.92)						
9	2-10	LEUNG KA MING	梁嘉銘	549 WAC	17:11.61	
Split: 03:26.68 (3:26.68) 06:48.11 (3:21.43) 10:10.71 (3:22.60) 13:39.79 (3:29.08) 17'11.610" (3:31.21)						
10	2-11	KWOK MAN KIT	郭文傑	357 TCAA	17:23.05	
Split: 03:28.63 (3:28.63) 06:55.66 (3:27.03) 10:25.46 (3:29.80) 13:57.31 (3:31.86) 17'23.050" (3:25.68)						
11	2-18	TING YAU ELSDON	丁宥	109 AVOHK	17:24.32	
Split: 03:29.25 (3:29.25) 07:02.61 (3:33.37) 10:34.60 (3:31.98) 14:02.67 (3:28.08) 17'24.320" (3:21.32)						
12	2-13	WONG KENG KIU	王鏡喬	398 TCAA	17:28.71	
Split: 03:19.43 (3:19.43) 06:42.40 (3:22.97) 10:09.13 (3:26.73) 13:52.05 (3:42.93) 17'28.710" (3:35.94)						
13	2-4	YEE CHEUK HIN	余卓軒	123 CSRA	17:32.34	
Split: 03:26.03 (3:26.03) 06:49.40 (3:23.37) 10:22.98 (3:33.58) 14:00.36 (3:37.39) 17'32.340" (3:31.63)						
14	2-19	LEE TSZ FUNG	李梓峰	126 CSWAC	17:58.92	
Split: 03:31.08 (3:31.08) 07:03.76 (3:32.69) 10:40.46 (3:36.69) 14:23.04 (3:42.58) 17'58.920" (3:34.96)						
15	2-17	CHAN CHUN PANG	陳振鵬	439 URC	19:49.42	
Split: 03:31.44 (3:31.44) 07:02.65 (3:31.22) 10:36.01 (3:33.35) 15:05.44 (4:29.43) 19'49.420" (4:43.56)						
	2-15	RIEHM, FRANK MICHAEL		106 AVOHK	DNF	

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Final 2 /3

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2-9		YUEN WAN HO	袁允灝	111 AVOHK	DNS	
2-12		LEUNG CHUN YI	梁晉宜	104 AVOHK	DNS	
2-16		FUNG TSZ SUM	馮子心	290 RRAC	DNS	

Final 3 /3

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1	3-7	WONG KAI LOK	黃啓樂	626 WAC	15:45.86	
Split: 03:08.77 (3:08.77) 06:21.50 (3:12.74) 09:32.32 (3:10.81) 12:41.20 (3:08.88) 15'45.860" (3:03.80)						
2	3-8	SO CHING SING	蘇政聲	592 WAC	15:54.94	
Split: 03:11.62 (3:11.62) 06:20.93 (3:09.31) 09:34.84 (3:13.91) 12:51.33 (3:16.50) 15'54.940" (3:02.66)						
3	3-5	CHAN WING YAN	陳永仁	338 TCAA	15:58.90	
Split: 03:09.29 (3:09.29) 06:22.42 (3:13.13) 09:33.95 (3:11.53) 12:48.20 (3:14.26) 15'58.900" (3:09.79)						
4	3-13	CHUNG MAN KIN	鍾文健	349 TCAA	16:02.01	
Split: 03:12.21 (3:12.21) 06:24.29 (3:12.09) 09:36.07 (3:11.77) 12:50.28 (3:14.22) 16'02.010" (3:11.71)						
5	3-17	KO KIN SARAO	高健	434 TWAC	16:08.15	
Split: 03:10.99 (3:10.99) 06:25.71 (3:14.73) 09:38.74 (3:13.02) 12:54.34 (3:15.60) 16'08.150" (3:13.66)						

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Final 3 /3

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6	3-18	CHENG MING TSUN	鄭名竣	277 RMAC	16:12.33	
Split: 03:17.81 (3:17.81) 06:27.91 (3:10.11) 09:38.75 (3:10.83) 12:55.63 (3:16.88) 16'12.330" (3:16.37)						
7	3-9	LIN LONG KI	連朗祺	212 HVAA	16:14.12	
Split: 03:13.67 (3:13.67) 06:26.33 (3:12.66) 09:37.80 (3:11.47) 12:56.28 (3:18.48) 16'14.120" (3:17.72)						
8	3-11	LAU TSUN LING	劉峻峻	536 WAC	16:20.28	
Split: 03:17.09 (3:17.09) 06:25.66 (3:08.57) 09:44.91 (3:19.25) 12:45.13 (3:00.23) 16'20.280" (3:34.86)						
9	3-16	JIM HO KIU	詹皓喬	503 WAC	16:26.00	
Split: 03:10.63 (3:10.63) 06:26.12 (3:15.49) 09:43.94 (3:17.82) 13:07.87 (3:23.94) 16'26.000" (3:18.12)						
10	3-19	WONG YEUNG WAI	黃揚瑋	635 WAC	16:33.40	
Split: 03:18.01 (3:18.01) 06:35.11 (3:17.11) 09:58.71 (3:23.59) 13:50.59 (3:51.89) 16'33.400" (2:42.40)						
11	3-15	LAI YIU MAN	黎耀文	522 WAC	16:37.55	
Split: 03:12.57 (3:12.57) 06:23.11 (3:10.55) 09:36.90 (3:13.78) 13:03.94 (3:27.05) 16'37.550" (3:33.05)						
12	3-1	LAW HO KWAN	羅鎬坤	538 WAC	16:39.91	
Split: 03:14.12 (3:14.12) 06:31.51 (3:17.39) 09:42.82 (3:11.31) 13:16.91 (3:34.09) 16'39.910" (3:22.09)						
13	3-12	TUNG FU SHING	童富盛	613 WAC	16:44.51	
Split: 03:09.97 (3:09.97) 06:24.51 (3:14.55) 09:41.47 (3:16.95) 13:11.23 (3:29.77) 16'44.510" (3:32.76)						
14	3-3	YEUNG KAK	楊格	646 WAC	16:52.30	
Split: 03:14.60 (3:14.60) 06:30.26 (3:15.66) 09:56.40 (3:26.14) 13:29.08 (3:32.68) 16'52.300" (3:22.92)						

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Hong Kong, China Association of Athletics Affiliates
Hong Kong Athletics Series 2025 - Series 2 cum Decathlon



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<i>Split: 03:31.03 (3:31.03) 07:13.03 (3:42.01) 10:54.50 (3:41.46) 14:34.73 (3:40.24) 18'08.190" (3:33.26)</i>						
16	3-4	KWAN HO HIN	關皓軒	509 WAC	18:23.46	
<i>Split: 03:27.73 (3:27.73) 07:00.46 (3:32.74) 10:48.70 (3:48.23) 14:47.85 (3:59.15) 18'23.460" (3:35.15)</i>						
3-6		LEONG MENG TAK	梁名德	252 MAC-INFINITY	DNS	
3-10		IP WENG TOU	葉穎陶	243 MAC-BEONE	DNS	
3-14		IP SENG TOU	葉聖陶	242 MAC-BEONE	DNS	

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<i>Split: 03:08.77 (3:08.77) 06:21.50 (3:12.74) 09:32.32 (3:10.81) 12:41.20 (3:08.88) 15'45.860" (3:03.80)</i>						
2	3-8	SO CHING SING	蘇政聲	592 WAC	15:54.94	
<i>Split: 03:11.62 (3:11.62) 06:20.93 (3:09.31) 09:34.84 (3:13.91) 12:51.33 (3:16.50) 15'54.940" (3:02.66)</i>						
3	3-5	CHAN WING YAN	陳永仁	338 TCAA	15:58.90	
<i>Split: 03:09.29 (3:09.29) 06:22.42 (3:13.13) 09:33.95 (3:11.53) 12:48.20 (3:14.26) 15'58.900" (3:09.79)</i>						
4	3-13	CHUNG MAN KIN	鍾文健	349 TCAA	16:02.01	
<i>Split: 03:12.21 (3:12.21) 06:24.29 (3:12.09) 09:36.07 (3:11.77) 12:50.28 (3:14.22) 16'02.010" (3:11.71)</i>						
5	3-17	KO KIN SARAO	高健	434 TWAC	16:08.15	
<i>Split: 03:10.99 (3:10.99) 06:25.71 (3:14.73) 09:38.74 (3:13.02) 12:54.34 (3:15.60) 16'08.150" (3:13.66)</i>						
6	1-19	LAM CHAK FUNG	林澤豐	359 TCAA	16:10.21	
<i>Split: 03:07.70 (3:07.70) 06:20.77 (3:13.07) 09:39.59 (3:18.82) 13:02.19 (3:22.60) 16'10.210" (3:07.81)</i>						
7	3-18	CHENG MING TSUN	鄭名竣	277 RMAC	16:12.33	
<i>Split: 03:17.81 (3:17.81) 06:27.91 (3:10.11) 09:38.75 (3:10.83) 12:55.63 (3:16.88) 16'12.330" (3:16.37)</i>						
8	3-9	LIN LONG KI	連朗祺	212 HVAA	16:14.12	
<i>Split: 03:13.67 (3:13.67) 06:26.33 (3:12.66) 09:37.80 (3:11.47) 12:56.28 (3:18.48) 16'14.120" (3:17.72)</i>						
9	3-11	LAU TSUN LING	劉峻峻	536 WAC	16:20.28	
<i>Split: 03:17.09 (3:17.09) 06:25.66 (3:08.57) 09:44.91 (3:19.25) 12:45.13 (3:00.23) 16'20.280" (3:34.86)</i>						

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Men's Open - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
All Comers Records	13:53.48	LI ZICHENG			Hong Kong	2009/12/11
HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢		TCAA Open Athletics Championship	Wan Chai	2022/12/17
HKAAA U20 RECORD	14:55.29	TSE CHUN YIN 謝俊賢		ASICS Hong Kong Junior Age Group	Wan Chai	2019/12/29
HKAAA U18 RECORD	15:35.42	CHUNG TAK CHAK 鍾德澤		Inter-School Athletics	Wanchai SG	2024/02/28



2025/03/30



Start: 16:40



15°C



73%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
10	3-16	JIM HO KIU	詹皓喬	503 WAC	16:26.00	
<i>Split: 03:10.63 (3:10.63) 06:26.12 (3:15.49) 09:43.94 (3:17.82) 13:07.87 (3:23.94) 16'26.000" (3:18.12)</i>						
11	3-19	WONG YEUNG WAI	黃揚瑋	635 WAC	16:33.40	
<i>Split: 03:18.01 (3:18.01) 06:35.11 (3:17.11) 09:58.71 (3:23.59) 13:50.59 (3:51.89) 16'33.400" (2:42.40)</i>						
12	2-2	HO CHUNG YAN FRANCIS	曹頌恩	353 TCAA	16:36.10	
<i>Split: 03:22.78 (3:22.78) 06:45.22 (3:22.45) 10:05.72 (3:20.49) 13:27.15 (3:21.43) 16'36.100" (3:08.85)</i>						
13	3-15	LAI YIU MAN	黎耀文	522 WAC	16:37.55	
<i>Split: 03:12.57 (3:12.57) 06:23.11 (3:10.55) 09:36.90 (3:13.78) 13:03.94 (3:27.05) 16'37.550" (3:33.05)</i>						
14	3-1	LAW HO KWAN	羅鎬坤	538 WAC	16:39.91	
<i>Split: 03:14.12 (3:14.12) 06:31.51 (3:17.39) 09:42.82 (3:11.31) 13:16.91 (3:34.09) 16'39.910" (3:22.09)</i>						
15	2-8	LEE TSE HIM	李子謙	121 CSRA	16:44.23	
<i>Split: 03:20.42 (3:20.42) 06:42.78 (3:22.36) 10:07.46 (3:24.68) 13:27.76 (3:20.30) 16'44.230" (3:16.24)</i>						
16	3-12	TUNG FU SHING	童富盛	613 WAC	16:44.51	
<i>Split: 03:09.97 (3:09.97) 06:24.51 (3:14.55) 09:41.47 (3:16.95) 13:11.23 (3:29.77) 16'44.510" (3:32.76)</i>						
17	2-1	LEONG CHIN HEI	梁仟義	251 MAC-INFINITY	16:46.13	
<i>Split: 03:18.27 (3:18.27) 06:41.83 (3:23.57) 10:06.14 (3:24.30) 13:29.09 (3:22.95) 16'46.130" (3:16.91)</i>						
18	1-16	TSANG WAI CHUN	曾漳潛	610 WAC	16:47.10	
<i>Split: 03:10.16 (3:10.16) 06:21.68 (3:11.53) 09:40.18 (3:18.49) 13:13.83 (3:33.65) 16'47.100" (3:33.17)</i>						

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Men's Open - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
All Comers Records	13:53.48	LI ZICHENG			Hong Kong	2009/12/11
HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢		TCAA Open Athletics Championship	Wan Chai	2022/12/17
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2025/03/30



Start: 16:40



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73%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
19	2-14	YEUNG HOI CHUN ERIC	楊鎧駿	274 NHKSC	16:47.99	
Split: 03:23.52 (3:23.52) 06:45.12 (3:21.60) 10:07.90 (3:22.78) 13:29.10 (3:21.20) 16'47.990" (3:17.90)						
20	3-3	YEUNG KAK	楊格	646 WAC	16:52.30	
Split: 03:14.60 (3:14.60) 06:30.26 (3:15.66) 09:56.40 (3:26.14) 13:29.08 (3:32.68) 16'52.300" (3:22.92)						
21	2-6	YEH TSUN WAI	葉峻瑋	644 WAC	16:56.41	
Split: 03:24.27 (3:24.27) 06:45.93 (3:21.67) 10:08.49 (3:22.55) 13:33.26 (3:24.78) 16'56.410" (3:22.73)						
22	2-3	YANG QIU LING	楊秋凌	638 WAC	16:57.64	
Split: 03:22.28 (3:22.28) 06:46.59 (3:24.32) 10:11.20 (3:24.60) 13:37.53 (3:26.34) 16'57.640" (3:19.46)						
23	2-7	LAO YIN HUNG	勞彥鴻	125 CSWAC	16:59.27	
Split: 03:25.44 (3:25.44) 06:47.26 (3:21.82) 10:12.59 (3:25.33) 13:36.39 (3:23.81) 16'59.270" (3:22.60)						
24	2-5	TSANG LING TUNG	曾令東	608 WAC	17:01.57	
Split: 03:24.60 (3:24.60) 06:46.92 (3:22.32) 10:13.23 (3:26.31) 13:42.07 (3:28.85) 17'01.570" (3:18.92)						
25	2-10	LEUNG KA MING	梁嘉銘	549 WAC	17:11.61	
Split: 03:26.68 (3:26.68) 06:48.11 (3:21.43) 10:10.71 (3:22.60) 13:39.79 (3:29.08) 17'11.610" (3:31.21)						
26	1-17	HAU YU KWAN	侯宇軍	491 WAC	17:16.76	
Split: 03:19.65 (3:19.65) 06:44.79 (3:25.14) 10:12.57 (3:27.78) 13:47.52 (3:34.95) 17'16.760" (3:28.48)						
27	2-11	KWOK MAN KIT	郭文傑	357 TCAA	17:23.05	
Split: 03:28.63 (3:28.63) 06:55.66 (3:27.03) 10:25.46 (3:29.80) 13:57.31 (3:31.86) 17'23.050" (3:25.68)						

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Men's Open - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
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HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢		TCAA Open Athletics Championship	Wan Chai	2022/12/17
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Start: 16:40



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73%

Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
28	2-18	TING YAU ELSDON	丁宥	109 AVOHK	17:24.32	
Split: 03:29.25 (3:29.25) 07:02.61 (3:33.37) 10:34.60 (3:31.98) 14:02.67 (3:28.08) 17'24.320" (3:21.32)						
29	2-13	WONG KENG KIU	王鏡喬	398 TCAA	17:28.71	
Split: 03:19.43 (3:19.43) 06:42.40 (3:22.97) 10:09.13 (3:26.73) 13:52.05 (3:42.93) 17'28.710" (3:35.94)						
30	2-4	YEE CHEUK HIN	余卓軒	123 CSRA	17:32.34	
Split: 03:26.03 (3:26.03) 06:49.40 (3:23.37) 10:22.98 (3:33.58) 14:00.36 (3:37.39) 17'32.340" (3:31.63)						
31	1-14	LIN CHONG IOK	林松昱	560 WAC	17:43.96	
Split: 03:22.29 (3:22.29) 06:51.82 (3:29.53) 10:28.85 (3:37.03) 14:07.84 (3:39.00) 17'43.960" (3:35.15)						
32	2-19	LEE TSZ FUNG	李梓峰	126 CSWAC	17:58.92	
Split: 03:31.08 (3:31.08) 07:03.76 (3:32.69) 10:40.46 (3:36.69) 14:23.04 (3:42.58) 17'58.920" (3:34.96)						
33	1-8	LIU BU WEN DARIAN	廖不愜	376 TCAA	17:59.56	
Split: 03:35.35 (3:35.35) 07:15.07 (3:39.73) 10:51.70 (3:36.62) 14:29.14 (3:37.45) 17'59.560" (3:29.85)						
34	1-10	CHOY HO LONG COLIN	蔡昊朗	241 LWRC	17:59.65	
Split: 03:35.70 (3:35.70) 07:14.49 (3:38.79) 10:52.71 (3:38.22) 14:30.45 (3:37.74) 17'59.650" (3:28.55)						
35	3-2	DAVID JAMES WOO		103 AVOHK	18:08.19	
Split: 03:31.03 (3:31.03) 07:13.03 (3:42.01) 10:54.50 (3:41.46) 14:34.73 (3:40.24) 18'08.190" (3:33.26)						
36	3-4	KWAN HO HIN	關皓軒	509 WAC	18:23.46	
Split: 03:27.73 (3:27.73) 07:00.46 (3:32.74) 10:48.70 (3:48.23) 14:47.85 (3:59.15) 18'23.460" (3:35.15)						

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Men's Open - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
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HONG KONG RECORD	14:37.14	TSE CHUN YIN 謝俊賢		TCAA Open Athletics Championship	Wan Chai	2022/12/17
HKAAA U20 RECORD	14:55.29	TSE CHUN YIN 謝俊賢		ASICS Hong Kong Junior Age Group	Wan Chai	2019/12/29
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Start: 16:40



15°C



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Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
37	1-5	WONG CHEUK LUN LAURENCE	黃焯麟	429 TSC	18:30.94	<i>Split: 03:30.61 (3:30.61) 07:13.86 (3:43.26) 11:01.65 (3:47.78) 14:51.58 (3:49.94) 18'30.940" (3:38.41)</i>
38	1-11	BEI JI MING	北濟銘	275 PKMS	18:32.21	<i>Split: 03:38.99 (3:38.99) 07:26.44 (3:47.45) 11:14.05 (3:47.61) 15:01.61 (3:47.57) 18'32.210" (3:30.38)</i>
39	1-12	LEE KAI CHUN	李啟駿	368 TCAA	18:54.98	<i>Split: 03:36.29 (3:36.29) 07:28.22 (3:51.93) 11:22.78 (3:54.56) 15:19.32 (3:56.54) 18'54.980" (3:34.68)</i>
40	1-3	NG TSZ WAI	吳子維	578 WAC	18:55.09	<i>Split: 03:39.51 (3:39.51) 07:27.18 (3:47.67) 11:14.54 (3:47.36) 15:05.33 (3:50.80) 18'55.090" (3:49.66)</i>
41	1-13	MAK KA WING	麥嘉榮	571 WAC	18:58.04	<i>Split: 03:41.19 (3:41.19) 07:29.82 (3:48.64) 11:21.90 (3:52.07) 15:19.74 (3:57.85) 18'58.040" (3:38.25)</i>
42	1-9	WANG DONGXING	王東星	276 PKMS	19:03.90	<i>Split: 03:39.01 (3:39.01) 07:24.67 (3:45.66) 11:13.23 (3:48.56) 15:04.51 (3:51.28) 19'03.900" (3:58.49)</i>
43	2-17	CHAN CHUN PANG	陳振鵬	439 URC	19:49.42	<i>Split: 03:31.44 (3:31.44) 07:02.65 (3:31.22) 10:36.01 (3:33.35) 15:05.44 (4:29.43) 19'49.420" (4:43.56)</i>
44	1-18	EJIASI IZUNNA ARMSTRONG	伊耀駿	288 RRAC	20:03.07	<i>Split: 03:34.47 (3:34.47) 07:34.23 (4:59.77) 11:46.20 (4:11.96) 16:05.97 (4:19.77) 20'03.070" (3:57.03)</i>
	1-1	CHEUNG CHUN KWAN	張鎮坤	119 CSRA	DNF	

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Men's Open - 5000m



5000m	Record	Perf	Athlete	Event	Place	Date
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2025/03/30



Start: 16:40



15°C



73%

Summary

Pos	Heat/ Name Lane	姓名	Bib#/ Team	Result	Remarks
2-15	RIEHM, FRANK MICHAEL		106 AVOHK	DNF	
1-2	NAVJOT-SINGH		150 DMS(BW)	DNS	
1-4	CHEUNG SUI HIM	張瑞謙	472 WAC	DNS	
1-6	YEUNG CHI WAI	楊智惟	110 AVOHK	DNS	
1-7	SINGH MANJOT		153 DMS(BW)	DNS	
1-15	SIM CHING HEI	單禎晞	588 WAC	DNS	
2-9	YUEN WAN HO	袁允灝	111 AVOHK	DNS	
2-12	LEUNG CHUN YI	梁晉宜	104 AVOHK	DNS	
2-16	FUNG TSZ SUM	馮子心	290 RRAC	DNS	

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5000m	Record	Perf	Athlete	Event	Place	Date
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HKAAA U18 RECORD	15:35.42	CHUNG TAK CHAK 鍾德澤		Inter-School Athletics	Wanchai SG	2024/02/28



2025/03/30



Start: 16:40



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Summary

Pos	Heat/ Lane	Name	姓名	Bib#/ Team	Result	Remarks
3-6		LEONG MENG TAK	梁名德	252 MAC-INFINITY	DNS	
3-10		IP WENG TOU	葉穎陶	243 MAC-BEONE	DNS	
3-14		IP SENG TOU	葉聖陶	242 MAC-BEONE	DNS	

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