

MCPOne 鮮味10足 為食跑 2025

MCPOne Fresh and Zesty HUNGER RUN 2025

Date: 12/10/2025

Category	Position	Team Name	Bib	Team Position	Time Multiply	Name	Team Time	Team Official Time	Official Time	ChipTime	Remark
1	10km Team Run	順祠堂	0825-1	#1 Captain Bok Choy	4	CHAN FAI HUNG	5:11:34	2:00:38	0:30:10	0:30:08	
	10km Team Run		0825-2	#2 Steam Rice	3	CHU HO TING		1:32:25	0:30:48	0:30:46	
	10km Team Run		0825-3	#3 Meaty Meatloaf	2	CHAN WAI HO		1:03:38	0:31:49	0:31:47	
	10km Team Run		0825-4	#4 Bread Blazer	1	WONG KIN WAI		0:34:53	0:34:53	0:34:49	
2	10km Team Run	新界東小隊	0827-1	#1 Captain Bok Choy	4	馬 朝雄	5:19:45	1:57:06	0:29:16	0:29:16	
	10km Team Run		0827-2	#2 Steam Rice	3	LAM SEE YU		1:40:59	0:33:40	0:33:40	
	10km Team Run		0827-3	#3 Meaty Meatloaf	2	YUEN CHI LEUNG		1:07:37	0:33:48	0:33:48	
	10km Team Run		0827-4	#4 Bread Blazer	1	MA KWUN YIM		0:34:04	0:34:04	0:34:04	
3	10km Team Run	男人革命	0817-1	#1 Captain Bok Choy	4	WONG YIP POK	5:35:52	2:09:51	0:32:28	0:32:27	
	10km Team Run		0817-2	#2 Steam Rice	3	YUEN YAT HIN		1:40:47	0:33:36	0:33:34	
	10km Team Run		0817-3	#3 Meaty Meatloaf	2	CHAN YIN LOK		1:09:13	0:34:36	0:34:35	
	10km Team Run		0817-4	#4 Bread Blazer	1	HO CHI YUEN		0:36:02	0:36:02	0:36:00	
4	10km Team Run	JAPIAP	0802-1	#1 Captain Bok Choy	4	CHAN ALISON	6:17:29	2:27:02	0:36:45	0:36:43	
	10km Team Run		0802-2	#2 Steam Rice	3	LEUNG FUK YEE		1:51:00	0:37:00	0:36:57	
	10km Team Run		0802-3	#3 Meaty Meatloaf	2	LAW YI LAM		1:16:01	0:38:01	0:37:57	
	10km Team Run		0802-4	#4 Bread Blazer	1	LAI WING TUNG		0:43:26	0:43:26	0:43:23	
5	10km Team Run	炎炎消防隊	0819-1	#1 Captain Bok Choy	4	CHEUNG KA KI	6:21:52	2:28:12	0:37:03	0:36:50	
	10km Team Run		0819-2	#2 Steam Rice	3	KONG KA LUNG		1:51:17	0:37:06	0:36:53	
	10km Team Run		0819-3	#3 Meaty Meatloaf	2	LEE HONG WA		1:17:22	0:38:41	0:38:28	
	10km Team Run		0819-4	#4 Bread Blazer	1	CHEUNG WAN CHEUNG		0:45:00	0:45:00	0:44:47	
6	10km Team Run	KMB (1)	0803-1	#1 Captain Bok Choy	4	曾 啟文	6:30:46	2:29:39	0:37:25	0:37:09	
	10km Team Run		0803-2	#2 Steam Rice	3	吳 子謙		1:52:44	0:37:35	0:37:24	
	10km Team Run		0803-3	#3 Meaty Meatloaf	2	李 澤輝		1:21:19	0:40:39	0:40:28	
	10km Team Run		0803-4	#4 Bread Blazer	1	饒 志玲		0:47:03	0:47:03	0:46:49	
7	10km Team Run	瘋馳飯製	0828-1	#1 Captain Bok Choy	4	HO YING KIT	6:58:36	2:35:54	0:38:58	0:38:54	
	10km Team Run		0828-2	#2 Steam Rice	3	TSANG FAN WAI		2:04:46	0:41:35	0:41:31	
	10km Team Run		0828-3	#3 Meaty Meatloaf	2	LIU CHEUK KAN		1:28:59	0:44:29	0:44:25	
	10km Team Run		0828-4	#4 Bread Blazer	1	黃 瑞強		0:48:57	0:48:57	0:48:52	
8	10km Team Run	跑完食咗先	0824-1	#1 Captain Bok Choy	4	HO CHI HANG	7:02:39	2:16:26	0:34:06	0:34:01	
	10km Team Run		0824-2	#2 Steam Rice	3	YIP MING CHUN		2:24:32	0:48:11	0:48:03	
	10km Team Run		0824-3	#3 Meaty Meatloaf	2	KU HO YIN		1:33:31	0:46:46	0:46:41	
	10km Team Run		0824-4	#4 Bread Blazer	1	WONG SZE WING		0:48:10	0:48:10	0:48:04	
9	10km Team Run	營跑健	0829-1	#1 Captain Bok Choy	4	TSUI TING LOK KENNETH	7:03:31	2:38:30	0:39:38	0:39:08	
	10km Team Run		0829-2	#2 Steam Rice	3	TANG CHEUNG YAN		2:12:14	0:44:05	0:43:35	
	10km Team Run		0829-3	#3 Meaty Meatloaf	2	PAK WUN LAM		1:27:27	0:43:44	0:43:14	
	10km Team Run		0829-4	#4 Bread Blazer	1	CHUA YAN KI		0:45:19	0:45:19	0:44:50	
10	10km Team Run	KMB (2)	0804-1	#1 Captain Bok Choy	4	周 嘉明	7:04:54	2:31:27	0:37:52	0:37:37	
	10km Team Run		0804-2	#2 Steam Rice	3	鄭 貴堂		2:09:38	0:43:13	0:43:01	
	10km Team Run		0804-3	#3 Meaty Meatloaf	2	唐 小英		1:48:13	0:54:07	0:53:52	
	10km Team Run		0804-4	#4 Bread Blazer	1	劉 卓霖		0:35:36	0:35:36	0:35:24	
11	10km Team Run	幸福奔走	0818-1	#1 Captain Bok Choy	4	NG TSZ FUNG	7:09:51	2:34:32	0:38:38	0:38:23	
	10km Team Run		0818-2	#2 Steam Rice	3	HO CHRISTOPHER CLEMENT		2:22:35	0:47:32	0:47:15	
	10km Team Run		0818-3	#3 Meaty Meatloaf	2	TANG KA WING		1:31:01	0:45:31	0:45:14	
	10km Team Run		0818-4	#4 Bread Blazer	1	WONG TING HO		0:41:43	0:41:43	0:41:27	
12	10km Team Run	快閃為吃跑	0815-1	#1 Captain Bok Choy	4	LAU KA CHUN	7:09:53	2:36:59	0:39:15	0:39:03	
	10km Team Run		0815-2	#2 Steam Rice	3	LEE CHIU HA		2:02:56	0:40:59	0:40:45	
	10km Team Run		0815-3	#3 Meaty Meatloaf	2	TAI YAT HEI		1:39:00	0:49:30	0:49:17	
	10km Team Run		0815-4	#4 Bread Blazer	1	TUNG MAN KIN SAM		0:50:58	0:50:58	0:50:46	
13	10km Team Run	邊食邊跑	0830-1	#1 Captain Bok Choy	4	CHAN CHIN HEI	7:11:36	2:43:29	0:40:52	0:40:44	
	10km Team Run		0830-2	#2 Steam Rice	3	YEUNG PO CHUN JENNY		2:08:21	0:42:47	0:42:45	
	10km Team Run		0830-3	#3 Meaty Meatloaf	2	IP CHUI MAN		1:30:20	0:45:10	0:45:02	
	10km Team Run		0830-4	#4 Bread Blazer	1	FUNG LONG YI		0:49:26	0:49:26	0:49:20	
14	10km Team Run	Runtastic Four	0810-1	#1 Captain Bok Choy	4	YEW TIEN FOO	7:53:42	2:23:06	0:35:47	0:35:32	
	10km Team Run		0810-2	#2 Steam Rice	3	LEE WAI YEE		2:10:46	0:43:35	0:43:20	
	10km Team Run		0810-3	#3 Meaty Meatloaf	2	LAM TZ CHIU		1:59:45	0:59:52	0:59:26	
	10km Team Run		0810-4	#4 Bread Blazer	1	CHU KA SIN		1:20:04	1:20:04	1:19:39	
15	10km Team Run	Pineapple turtle	0808-1	#1 Captain Bok Choy	4	FONG WING YEE	7:54:36	3:05:16	0:46:19	0:45:53	
	10km Team Run		0808-2	#2 Steam Rice	3	SIN KA TSUN		2:22:53	0:47:38	0:47:10	
	10km Team Run		0808-3	#3 Meaty Meatloaf	2	LAM YIK MAN		1:32:38	0:46:19	0:45:52	
	10km Team Run		0808-4	#4 Bread Blazer	1	CHAN YI MAN NAOMI		0:53:48	0:53:48	0:53:21	
16	10km Team Run	Old Seafood餐同事	0807-1	#1 Captain Bok Choy	4	TAM WING	8:06:59	3:05:48	0:46:27	0:45:55	
	10km Team Run		0807-2	#2 Steam Rice	3	NG MEI FONG KITTY		2:35:09	0:51:43	0:51:12	
	10km Team Run		0807-3	#3 Meaty Meatloaf	2	CHIN YIU CHUNG		1:32:54	0:46:27	0:45:56	
	10km Team Run		0807-4	#4 Bread Blazer	1	WONG YUEN YU		0:53:08	0:53:08	0:52:38	
17	10km Team Run	REAL MEN	0809-1	#1 Captain Bok Choy	4	WONG KOON YICK RAYMOND	8:24:24	3:40:33	0:55:08	0:54:50	
	10km Team Run		0809-2	#2 Steam Rice	3	HU LEI		2:13:27	0:44:29	0:44:11	
	10km Team Run		0809-3	#3 Meaty Meatloaf	2	OR YIU CHEUNG		1:32:04	0:46:02	0:45:44	
	10km Team Run		0809-4	#4 Bread Blazer	1	FU PAK HANG RONALD		0:58:20	0:58:20	0:58:01	
18	10km Team Run	一路向西姐	0812-1	#1 Captain Bok Choy	4	吳 俊豪	8:46:31	3:17:24	0:49:21	0:48:51	
	10km Team Run		0812-2	#2 Steam Rice	3	譚 鈞而		2:50:15	0:56:45	0:56:13	
	10km Team Run		0812-3	#3 Meaty Meatloaf	2	吳 迪信		1:45:48	0:52:54	0:52:23	
	10km Team Run		0812-4	#4 Bread Blazer	1	吳 曼詩		0:53:05	0:53:05	0:52:33	
19	10km Team Run	Hung To Hoes	0801-1	#1 Captain Bok Choy	4	YUNG LELAN	8:49:01	2:43:03	0:40:46	0:40:10	
	10km Team Run		0801-2	#2 Steam Rice	3	SETHIA KUSH		2:44:08	0:54:43	0:54:07	
	10km Team Run		0801-3	#3 Meaty Meatloaf	2	CAGUINGUIN JOHN JOSEPH		2:01:35	1:00:48	1:00:11	
	10km Team Run		0801-4	#4 Bread Blazer	1	FONG FION		1:20:14	1:20:14	1:19:38	
20	10km Team Run	跑完食友義氣	0823-1	#1 Captain Bok Choy	4	MIAO XUAN SHEN	8:56:08	3:34:42	0:53:40	0:53:22	
	10km Team Run		0823-2	#2 Steam Rice	3	CHOW KIT WUN		2:40:43	0:53:34	0:53:14	
	10km Team Run		0823-3	#3 Meaty Meatloaf	2	CHAN HOI HUEN		1:47:09	0:53:35	0:53:14	
	10km Team Run		0823-4	#4 Bread Blazer	1	SAM WING SZE		0:53:34	0:53:34	0:53:16	
21	10km Team Run	Old Seafood 麵線佬	0806-1	#1 Captain Bok Choy	4	TANG WAI KIT	8:58:02	2:59:45	0:44:56	0:44:24	
	10km Team Run		0806-2	#2 Steam Rice	3	LEUNG YUK CHING		2:29:15	0:49:45	0:49:15	
	10km Team Run		0806-3	#3 Meaty Meatloaf	2	CHONG LAM LAM JANET		2:29:16	1:14:38	1:14:06	
	10km Team Run		0806-4	#4 Bread Blazer	1	FUNG PUI CHU		0:59:47	0:59:47	0:59:14	
22	10km Team Run	🐼🐼🐼🐼	0811-1	#1 Captain Bok Choy	4	陳 國良	9:00:18	3:07:06	0:46:46	0:46:11	
	10km Team Run		0811-2	#2 Steam Rice	3	吳 穎霖		2:38:35	0:52:52	0:52:18	
	10km Team Run		0811-3	#3 Meaty Meatloaf	2	葉 子多		2:15:44	1:07:52	1:07:16	
	10km Team Run		0811-4	#4 Bread Blazer	1	列 嘉希		0:58:54	0:58:54	0:58:18	
23	10km Team Run	蘇Fast蘇Good	0831-1	#1 Captain Bok Choy	4	SO CHI WANG	9:08:49	3:32:49	0:53:12	0:52:39	
	10km Team Run		0831-2	#2 Steam Rice	3	CHAN KIT HONG		2:39:47	0:53:16	0:52:44	
	10km Team Run		0831-3	#3 Meaty Meatloaf	2	YEUNG TING FUNG		2:02:59	1:01:30	1:01:01	
	10km Team Run		0831-4	#4 Bread Blazer	1	CHUI MAN CHUNG		0:53:13	0:53:13	0:52:40	
24	10km Team Run	CSPK	0800-1	#1 Captain Bok Choy	4	YUEN YU HONG	9:12:09	2:41:28	0:40:22	0:40:12	
	10km Team Run		0800-2	#2 Steam Rice	3	CHAN SAU MUI		2:43:18	0:54:26	0:54:15	
	10km Team Run		0800-3	#3 Meaty Meatloaf	2	SZE SIU LING		2:33:20	1:16:40	1:16:30	
	10km Team Run		0800-4	#4 Bread Blazer	1	CHEUNG PO YEE		1:14:03	1:14:03	1:13:53	
25	10km Team Run	KMCM	0805-1	#1 Captain Bok Choy	4	FUNG CHI MING TIMMY	9:16:21	3:28:24	0:52:06	0:51:45	
	10km Team Run		0805-2	#2 Steam Rice	3	FUNG MEI CHU PAMELA		2:57:27	0:59:09	0:58:49	
	10km Team Run		0805-3	#3 Meaty Meatloaf	2	WAN CHI KONG RIGAS		1:50:36	0:55:18	0:54:57	
	10km Team Run		0805-4	#4 Bread Blazer	1	YEUNG SUK MAN		0:59:54	0:59:54	0:59:33	
26	10km Team Run	為食狂奔	0820-1	#1 Captain Bok Choy	4	CHAN TSZ KWAN	9:30:00	3:31:32	0:52:53	0:52:35	
	10km Team Run		0820-2	#2 Steam Rice	3	CHAN CHI WAI		2:43:10	0:54:23	0:54:06	
	10km Team Run		0820-3	#3 Meaty Meatloaf	2	WONG YI WA		2:09:59	1:04:59	1:04:40	
	10km Team Run		0820-4	#4 Bread Blazer	1	WONG LAI YING		1:05:18	1:05:18	1:04:59	
27	10km Team Run	老闆叫我跑10km	0814-1	#1 Captain Bok Choy	4	NG SIK YIN	9:44:00	3:50:20	0:57:35	0:57:03	
	10km Team Run		0814-2	#2 Steam Rice	3	WONG YUK SIM		2:46:00	0:55:20	0:54:48	
	10km Team Run		0814-3	#3 Meaty Meatloaf	2	LAU WAI HO		2:07:25	1:03:42	1:03:13	
	10km Team Run		0814-4	#4 Bread Blazer	1	TO PUI YAN		1:00:15	1:00:15	0:99:46	
28	10km Team Run	互隊A	0813-1	#1 Captain Bok Choy	4	HEUNG KWOK LEUNG	9:50:09	3:18:01	0:49:30	0:49:05	
	10km Team Run		0813-2	#2 Steam Rice	3	YIU WING TIM		2:33:06	1:07:42	1:07:19	
	10km Team Run		0813-3	#3 Meaty Meatloaf	2	TSANG CHUN MAN		2:12:51	1:06:25	1:06:59	
	10km Team Run		0813-4	#4 Bread Blazer	1	WONG KA MAN		0:56:10	0:56:10	0:55:44	
29	10km Team Run	波椒旦旦	0821-1	#1 Captain Bok Choy	4	WONG CHI LOK	9:58:43	3:38:23	0:54:36	0:54:10	
	10km Team Run		0821-2	#2 Steam Rice	3	LEONG MAN HIN		3:08:10	1:02:43	1:02:10	
	10km Team Run		0821-3	#3 Meaty Meatloaf	2	TO KA YI		2:09:48	1:04:54	1:04:21	
	10km Team Run		0821-4	#4 Bread Blazer	1	FU WING NAM		1:02:22	1:02:22	1:01:49	
30	10km Team Run	亂Q咁跑	0826-1	#1 Captain Bok Choy	4	BUT WAI NAP WILLIAM	10:38:27	4:20:35	1:05:09	1:04:46	
	10km Team Run		0826-2	#2 Steam Rice	3	LAI					

10km Team Run		0822-1	#1 Captain Bok Choy	4	CHENG OI YING	DQ	N/A	0:37:11	0:46:00	Wrongstart
10km Team Run		0822-2	#2 Steam Rice	3	TSE CHI HUNG	DQ	N/A	0:30:59	0:39:50	Wrongstart
10km Team Run	越跑越友	0822-3	#3 Meaty Meatloaf	2	LAM WAI HUNG	DQ	N/A	0:36:54	0:45:46	Wrongstart
10km Team Run		0822-4	#4 Bread Blazer	1	CHUI HAU YEE	DQ	N/A	0:35:31	0:44:20	Wrongstart
10km Team Run		0816-1	#1 Captain Bok Choy	4	吳 凌延	DQ	N/A	N/A	N/A	DNS
10km Team Run		0816-2	#2 Steam Rice	3	陳 偉程	DQ	N/A	0:37:10	0:36:55	DQ
10km Team Run	狂奔30路	0816-3	#3 Meaty Meatloaf	2	梁 瑋麒	DQ	N/A	0:54:15	0:53:59	DQ
10km Team Run		0816-4	#4 Bread Blazer	1	卓 天敏	DQ	N/A	0:38:48	0:38:32	DQ