

苗圃挑戰 12 小時 2009 –42 公里公開女子組賽果

Sowers Action Challenging 12 Hours 2009 – Participant's Result of 42KM Open Cup Women

| 名次 Ranking | 參加編號 Team ID | 英文姓名 Name in English | 中文姓名 Name in Chinese | 起點 SP | CP1 | CP2 | CP3 | CP4 | CP5 | 終點 FP | 所花時間 Time Spent |
|---------------|-----------------|-------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 1 | 4044 | Maggie Ma yan wah | 馬甄華 | 8:15:00 | 09:19:34 | 10:34:06 | 11:30:26 | 12:13:00 | 13:17:53 | 13:45:00 | 5:30:00 |
| 2 | 4105 | Chiu Kit Man | 趙潔雯 | 8:15:00 | 09:13:50 | 10:23:00 | 11:24:09 | 12:17:00 | 13:30:10 | 14:02:16 | 5:47:16 |
| 3 | 4188 | Tam yee Ling | 譚綺玲 | 8:15:00 | 09:20:00 | 10:39:23 | 11:40:35 | 12:30:00 | 13:46:06 | 14:17:10 | 6:02:10 |
| 4 | 4125 | Poon Yu Ting | 潘宇婷 | 8:15:00 | 09:29:41 | 10:54:00 | 12:07:00 | 12:59:55 | 14:24:59 | 14:54:53 | 6:39:53 |
| 5 | 4005 | Luk Wing Yan Vivien | 陸永恩 | 8:15:00 | 09:28:24 | 10:51:03 | 12:03:48 | 13:03:47 | 14:27:06 | 15:05:04 | 6:50:04 |
| 6 | 4119 | VIOLA TOKITLA | | 8:15:00 | 09:29:36 | 11:02:00 | 12:17:26 | 13:23:19 | 14:50:17 | 15:20:45 | 7:05:45 |
| 7 | 4172 | Fiona McDonald | | 8:15:00 | 09:40:51 | 11:12:00 | 12:31:22 | 13:29:29 | 14:43:03 | 15:20:49 | 7:05:49 |
| 8 | 4027 | Leung Pui Shan | 梁佩珊 | 8:15:00 | 09:30:31 | 11:04:26 | 12:16:22 | 13:25:15 | 14:50:00 | 15:27:23 | 7:12:23 |
| 9 | 4001 | Leung Yim Ting | 梁艷婷 | 8:15:00 | 9:25:16 | 11:05:44 | 12:32:19 | 13:34:45 | 14:54:17 | 15:27:31 | 7:12:31 |
| 10 | 4015 | TSE SUK FUN | 謝淑芬 | 8:15:00 | 09:37:11 | 11:05:00 | 12:13:05 | 13:17:51 | 14:44:48 | 15:28:50 | 7:13:50 |
| 11 | 4014 | Wong So Fong | 黃素芳 | 8:15:00 | 09:39:57 | 11:21:54 | 12:35:18 | 13:37:18 | 15:03:22 | 15:35:24 | 7:20:24 |
| 12 | 4141 | Arry Tam | 譚惠嫻 | 8:15:00 | 09:40:21 | 11:19:14 | 12:37:15 | 13:42:59 | 15:03:06 | 15:38:35 | 7:23:35 |
| 13 | 4127 | Wong Log Sze, Alison | 黃樂施 | 8:15:00 | 9:37:00 | 11:09:39 | 12:32:02 | 13:34:08 | 15:03:47 | 15:40:47 | 7:25:47 |
| 14 | 4028 | Luk Yuen Yee | 陸婉儀 | 8:15:00 | 09:34:56 | 11:15:00 | 12:41:44 | 13:39:44 | 15:08:39 | 15:44:08 | 7:29:08 |
| 15 | 4089 | Chan Yip Sai | 陳葉細 | 8:15:00 | 09:36:14 | 11:20:09 | 12:41:15 | 13:39:57 | 15:12:34 | 15:45:37 | 7:30:37 |
| 16 | 4135 | Tze Yuk Lin | 謝玉蓮 | 8:15:00 | 09:29:39 | 11:01:00 | 12:15:40 | 13:40:30 | 15:12:24 | 15:47:40 | 7:32:40 |
| 17 | 4090 | Chow Pui Fun | 周佩芬 | 8:15:00 | 09:33:42 | 11:06:00 | 12:31:32 | 13:35:48 | 15:14:34 | 15:49:28 | 7:34:28 |
| 18 | 4045 | Chan Man Yee Rita | 陳蔓儀 | 8:15:00 | 09:45:31 | 11:19:00 | 12:51:53 | 13:48:11 | 15:17:27 | 15:50:15 | 7:35:15 |
| 19 | 4061 | Jowan Tse Yee Man | 謝綺雯 | 8:15:00 | 09:32:51 | 11:05:32 | 12:32:54 | 13:40:40 | 15:14:19 | 15:52:39 | 7:37:39 |
| 20 | 4021 | Mui Kit Mei | 梅潔媚 | 8:15:00 | 09:47:32 | 11:28:45 | 12:51:17 | 13:56:37 | 15:18:16 | 15:59:02 | 7:44:02 |

苗圃挑戰 12 小時 2009 –42 公里公開女子組賽果
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|---------------|-----------------|-------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 21 | 4002 | Chan Hing Ling | 陳慶玲 | 8:15:00 | 09:44:31 | 11:24:43 | 12:53:14 | 13:55:37 | 15:23:47 | 16:06:14 | 7:51:14 |
| 22 | 4107 | Rachel Poon | 潘麥瑞雯 | 8:15:00 | 09:46:20 | 11:25:31 | 12:49:31 | 13:59:08 | 15:26:57 | 16:06:24 | 7:51:24 |
| 23 | 4155 | So Yau Ha | 蘇有霞 | 8:15:00 | 09:45:55 | 11:32:00 | 12:59:16 | 14:02:31 | 15:36:30 | 16:14:21 | 7:59:21 |
| 24 | 4161 | Chan Lauren | 陳蓓茵 | 8:15:00 | 09:46:32 | 11:29:23 | 13:02:34 | 14:11:00 | 15:37:44 | 16:16:28 | 8:01:28 |
| 25 | 4019 | Chan Yue Lam | 陳瑜琳 | 8:15:00 | 09:39:52 | 11:25:00 | 13:01:38 | 14:20:57 | 15:43:33 | 16:17:02 | 8:02:02 |
| 26 | 4120 | Vanora Chiang | 姜愛玲 | 8:15:00 | 09:55:29 | 11:46:00 | 14:19:00 | 14:20:21 | 15:46:17 | 16:23:56 | 8:08:56 |
| 27 | 4163 | LEUNG PIK YUK | 梁碧玉 | 8:15:00 | 09:37:54 | 11:23:38 | 12:50:34 | 13:58:13 | 15:31:49 | 16:25:18 | 8:10:18 |
| 28 | 4068 | CHEUNG MEI HUNG | 張美紅 | 8:15:00 | 09:48:49 | 12:00:00 | 13:23:00 | 14:26:30 | 15:46:03 | 16:25:49 | 8:10:49 |
| 29 | 4048 | WONG YEE YAM | 王意音 | 8:15:00 | 09:47:00 | 11:30:00 | 12:57:04 | 14:07:26 | 15:38:14 | 16:28:11 | 8:13:11 |
| 30 | 4003 | WONG IP CHING | 黃葉菁 | 8:15:00 | 9:49:38 | 11:38:50 | 13:23:35 | 14:29:53 | 16:07:32 | 16:42:39 | 8:27:39 |
| 31 | 4017 | Ip Kit Ching | 葉潔貞 | 8:15:00 | 09:48:36 | 11:41:57 | 13:15:27 | 14:26:43 | 16:00:25 | 16:46:26 | 8:31:26 |
| 32 | 4170 | Robyn Schats | | 8:15:00 | 09:54:00 | 11:55:00 | 13:22:00 | 14:31:13 | 16:00:57 | 16:51:35 | 8:36:35 |
| 33 | 4022 | Tse Wing Yan, Rouisa | 謝詠恩 | 8:15:00 | 09:41:51 | 11:52:00 | 13:24:57 | 14:38:12 | 16:15:11 | 16:52:37 | 8:37:37 |
| 34 | 4164 | Ho Lai Ching | 何麗貞 | 8:15:00 | 10:08:56 | 12:00:00 | 13:32:06 | 14:34:00 | 16:08:48 | 16:53:16 | 8:38:16 |
| 35 | 4104 | Susan Djordjevich | | 8:15:00 | 09:52:00 | 11:47:14 | 13:15:49 | 14:27:31 | 15:52:52 | 16:53:38 | 8:38:38 |
| 36 | 4123 | Szeto Po Ying | 司徒寶英 | 8:15:00 | 09:45:09 | 11:37:00 | 13:17:56 | 14:27:35 | 16:07:14 | 16:53:38 | 8:38:38 |
| 37 | 4088 | Lo Wai Man | 羅惠文 | 08:15:00 | 09:34:00 | 11:24:00 | 13:05:37 | 14:20:00 | 16:08:00 | 16:59:28 | 8:44:28 |
| 38 | 4029 | Lee Yee Hung | 李綺紅 | 8:15:00 | 9:34:00 | 11:31:03 | 13:05:30 | 14:19:33 | 16:06:23 | 16:59:29 | 8:44:29 |
| 39 | 4133 | Chan Wing-Ngaut, Charis | 陳穎諾 | 8:15:00 | 09:41:20 | 11:33:00 | 13:17:10 | 14:35:23 | 16:20:39 | 16:59:50 | 8:44:50 |
| 40 | 4065 | Yip Ka Yan Emily | 葉家欣 | 8:15:00 | 09:50:01 | 11:42:00 | 13:25:09 | 14:39:11 | 16:23:57 | 17:02:08 | 8:47:08 |

苗圃挑戰 12 小時 2009 – 42 公里公開女子組賽果

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|---------------|-----------------|-------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 41 | 4132 | Chung Wai Man | 鍾惠民 | 8:15:00 | 09:56:47 | 11:49:00 | 13:34:04 | 14:36:04 | 16:24:53 | 17:04:57 | 8:49:57 |
| 42 | 4051 | TRACYCHUNG | 鍾雪琼 | 8:15:00 | 09:41:24 | 11:59:44 | 13:37:05 | 14:50:46 | 16:19:47 | 17:05:54 | 8:50:54 |
| 43 | 4086 | Yue Mei Fong Betty | 余美芳 | 8:15:00 | 10:03:00 | 12:02:00 | 13:40:35 | 14:49:00 | 16:22:43 | 17:07:58 | 8:52:58 |
| 44 | 4169 | Tang Mandy, Hoi-Man | 鄧凱雯 | 8:15:00 | 09:56:39 | 11:46:33 | 13:22:38 | 14:38:55 | 16:16:47 | 17:08:49 | 8:53:49 |
| 45 | 4069 | Mary Wright | | 8:15:00 | 09:55:20 | 11:59:00 | 13:36:39 | 14:52:25 | 16:25:28 | 17:10:33 | 8:55:33 |
| 46 | 4072 | Rosemary BARNETT | | 8:15:00 | 09:55:13 | 11:59:00 | 13:36:12 | 14:52:27 | 16:25:11 | 17:10:38 | 8:55:38 |
| 47 | 4179 | Lorna Meads | | 8:15:00 | 09:54:00 | 11:59:00 | 13:35:58 | 14:52:46 | 16:24:42 | 17:10:44 | 8:55:44 |
| 48 | 4182 | Allison Strapp | | 8:15:00 | 09:55:17 | 11:59:22 | 13:36:02 | 14:52:10 | 16:24:38 | 17:10:52 | 8:55:52 |
| 49 | 4166 | Chang Oi Fong | 張愛芳 | 8:15:00 | 10:03:00 | 11:54:37 | 13:25:48 | 14:37:08 | 16:26:50 | 17:11:55 | 8:56:55 |
| 50 | 4114 | Chan Yuk Nui | 陳玉女 | 8:15:00 | 09:55:00 | 11:58:00 | 13:33:58 | 14:48:28 | 16:24:47 | 17:12:57 | 8:57:57 |
| 51 | 4189 | Lam Oi Sze | 林靄詩 | 8:15:00 | 9:43:00 | 11:42:25 | 13:37:36 | 14:49:18 | 16:33:24 | 17:14:50 | 8:59:50 |
| 52 | 4033 | Lau Kai Mei | 劉佳美 | 8:15:00 | 09:53:14 | 12:07:00 | 13:37:59 | 14:52:14 | 16:35:19 | 17:20:03 | 9:05:03 |
| 53 | 4035 | Wong Mei Ngan | 黃美雁 | 8:15:00 | 10:02:05 | 11:57:46 | 13:31:53 | 14:54:24 | 16:41:05 | 17:27:33 | 9:12:33 |
| 54 | 4030 | Wong Yim Ping, Lyann | 黃艷萍 | 8:15:00 | 09:54:45 | 12:00:00 | 13:42:27 | 14:57:45 | 16:41:52 | 17:32:31 | 9:17:31 |
| 55 | 4006 | LEUNG LAI SHEUNG | 梁麗嫦 | 8:15:00 | 09:41:00 | 11:35:35 | 13:22:44 | 14:53:43 | 16:45:43 | 17:35:18 | 9:20:18 |
| 56 | 4122 | Szeto Mei Yee | 司徒美儀 | 8:15:00 | 10:08:00 | 12:11:46 | 13:50:50 | 15:02:24 | 16:44:16 | 17:36:01 | 9:21:01 |
| 57 | 4007 | LEUNG LAI PING | 梁麗萍 | 8:15:00 | 09:40:52 | 11:35:00 | 13:23:16 | 14:54:02 | 16:47:08 | 17:37:52 | 9:22:52 |
| 58 | 4096 | Au Yeung Kit Yee | 歐陽潔儀 | 8:15:00 | 09:52:06 | 11:59:00 | 13:36:55 | 15:01:52 | 16:49:54 | 17:38:21 | 9:23:21 |
| 59 | 4140 | Gloria Wong | 王藹慈 | 8:15:00 | 09:51:00 | 11:57:04 | 13:40:26 | 15:05:40 | 16:54:48 | 17:43:56 | 9:28:56 |
| 60 | 4034 | Wong Fung Yee | 黃鳳儀 | 8:15:00 | 10:06:50 | 12:01:00 | 13:43:38 | 15:15:41 | 16:57:42 | 17:45:45 | 9:30:45 |

苗圃挑戰 12 小時 2009 – 42 公里公開女子組賽果
Sowers Action Challenging 12 Hours 2009 – Participant's Result of 42KM Open Cup Women

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|---------------|-----------------|-------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 61 | 4150 | CHO FU CHUN | 曹富珍 | 8:15:00 | 10:12:28 | 12:14:00 | 13:49:36 | 15:06:35 | 16:48:16 | 17:46:43 | 9:31:43 |
| 62 | 4075 | KWAI MAN SHAN | 季敏珊 | 8:15:00 | 09:58:00 | 11:55:34 | 13:36:45 | 15:18:28 | 16:54:25 | 17:48:01 | 9:33:01 |
| 63 | 4136 | Elizabeth Redfern | | 8:15:00 | 10:03:00 | 12:12:23 | 13:41:24 | 14:56:58 | 16:47:47 | 17:48:48 | 9:33:48 |
| 64 | 4142 | Teresa Lai | 黎嘉慧 | 8:15:00 | 09:51:09 | 12:05:04 | 13:46:57 | 15:12:03 | 17:04:14 | 17:49:55 | 9:34:55 |
| 65 | 4076 | Anita Jensen | | 8:15:00 | 09:49:00 | 12:07:00 | 13:43:42 | 15:17:02 | 16:57:36 | 17:56:49 | 9:41:49 |
| 66 | 4184 | Lau Yuen Ching | 劉苑菁 | 8:15:00 | 10:10:14 | 12:14:48 | 13:58:43 | 15:11:48 | 16:59:40 | 17:56:50 | 9:41:50 |
| 67 | 4143 | Lam Wai Man | 林惠文 | 8:15:00 | 09:29:57 | 11:41:00 | 13:20:48 | 14:44:18 | 16:43:45 | 17:57:13 | 9:42:13 |
| 68 | 4177 | cheung ngai yee | 張藝儀 | 8:15:00 | 09:43:02 | 11:44:00 | 13:31:13 | 15:08:56 | 17:05:08 | 17:57:39 | 9:42:39 |
| 69 | 4056 | Chu Siu Sha | 朱小莎 | 8:15:00 | 10:04:18 | 12:35:23 | 14:20:41 | 15:25:51 | 17:15:36 | 18:00:07 | 9:45:07 |
| 70 | 4103 | Chau Suk Wai | 周淑慧 | 8:15:00 | 10:14:45 | 12:30:21 | 14:14:52 | 15:31:36 | 17:10:15 | 18:00:15 | 9:45:15 |
| 71 | 4156 | keren cheung | 張淑敏 | 8:15:00 | 10:14:41 | 12:31:56 | 14:14:36 | 15:31:20 | 17:09:56 | 18:00:16 | 9:45:16 |
| 72 | 4152 | Chan Siu Wan | 陳筱雲 | 8:15:00 | 10:16:57 | 12:43:41 | 14:17:13 | 15:34:44 | 17:10:10 | 18:00:48 | 9:45:48 |
| 73 | 4064 | Leung Yuk Wah Connie | | 8:15:00 | 10:02:59 | 12:17:58 | 14:04:42 | 15:31:47 | 17:16:06 | 18:03:36 | 9:48:36 |
| 74 | 4101 | Hung Yeuk Lan | 洪若蘭 | 8:15:00 | 10:03:38 | 12:18:04 | 14:04:58 | 15:31:32 | 17:16:50 | 18:03:37 | 9:48:37 |
| 75 | 4067 | Mak Sin Yee | 麥善儀 | 8:15:00 | 09:48:26 | 12:03:00 | 13:44:56 | 15:06:48 | 17:00:25 | 18:07:50 | 9:52:50 |
| 76 | 4144 | Wong Lai Kuen | 黃麗娟 | 8:15:00 | 09:49:03 | 12:03:24 | 13:45:02 | 15:06:17 | 17:00:12 | 18:07:51 | 9:52:51 |
| 77 | 4173 | Chow Shun Yin, Karen | 周純燕 | 8:15:00 | 10:08:52 | 12:23:49 | 14:04:06 | 15:23:38 | 17:05:26 | 18:10:25 | 9:55:25 |
| 78 | 4162 | Pong Yee MAN | 龐綺雯 | 8:15:00 | 09:52:01 | 12:08:04 | 13:59:34 | 15:24:52 | 17:22:57 | 18:11:08 | 9:56:08 |
| 79 | 4011 | Lai On No | 黎安娜 | 8:15:00 | 10:05:30 | 12:13:19 | 14:03:44 | 15:38:05 | 17:29:24 | 18:12:48 | 9:57:48 |
| 80 | 4047 | Man Ching Har | | 8:15:00 | 10:06:11 | 12:18:00 | 14:03:11 | 15:50:57 | 17:27:14 | 18:16:30 | 10:01:30 |

苗圃挑戰 12 小時 2009 – 42 公里公開女子組賽果

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|---------------|-----------------|--------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 81 | 4066 | Liu Kwai Fung | 廖桂鳳 | 8:15:00 | 10:13:26 | 12:38:05 | 14:13:44 | 15:41:25 | 17:20:48 | 18:21:42 | 10:06:42 |
| 82 | 4085 | ZHOU RONG | 周蓉 | 8:15:00 | 10:05:00 | 12:19:19 | 14:15:04 | 15:35:39 | 17:28:41 | 18:22:05 | 10:07:05 |
| 83 | 4070 | LAM Mei-sau Linda | 林美秀 | 8:15:00 | 10:11:47 | 12:47:35 | 14:41:09 | 15:57:02 | 17:38:59 | 18:27:23 | 10:12:23 |
| 84 | 4062 | Cheung Kim Mui | 張劍梅 | 8:15:00 | 09:59:35 | 12:35:04 | 14:24:44 | 15:45:08 | 17:34:40 | 18:28:19 | 10:13:19 |
| 85 | 4083 | Cheung Lai Chu | 張麗珠 | 8:15:00 | 09:49:51 | 12:07:00 | 13:40:15 | 15:39:15 | 17:27:23 | 18:29:24 | 10:14:24 |
| 86 | 4102 | Betty Cheng | | 8:15:00 | 10:17:06 | 12:41:42 | 14:20:43 | 15:46:40 | 17:35:06 | 18:32:29 | 10:17:29 |
| 87 | 4171 | Pang Yuen Ming | 彭婉明 | 8:15:00 | 10:13:00 | 12:17:44 | 14:01:08 | 15:39:35 | 17:41:41 | 18:33:11 | 10:18:11 |
| 88 | 4016 | Cheung Fung Yee | | 8:15:00 | 10:18:10 | 12:25:08 | 14:07:06 | 15:27:35 | 17:29:19 | 18:35:44 | 10:20:44 |
| 89 | 4146 | Salina Ng | 吳麗娜 | 8:15:00 | 10:10:33 | 12:22:47 | 14:17:59 | 15:48:36 | 17:34:20 | 18:38:02 | 10:23:02 |
| 90 | 4073 | Kwong Mei Ki Micky | 鄭美琪 | 8:15:00 | 10:06:00 | 12:28:10 | 14:10:02 | 15:33:44 | 17:19:29 | 18:38:09 | 10:23:09 |
| 91 | 4097 | Cheung Po Yan | 張寶欣 | 8:15:00 | 09:47:46 | 11:53:00 | 13:23:59 | 14:56:41 | 16:58:03 | 18:39:35 | 10:24:35 |
| 92 | 4149 | Chan Yuk Ching | 陳玉清 | 8:15:00 | 10:21:31 | 12:54:26 | 14:37:04 | 16:04:00 | 17:49:44 | 18:44:01 | 10:29:01 |
| 93 | 4160 | Ha Kit May | | 8:15:00 | 10:09:00 | 12:37:36 | 14:28:44 | 16:01:13 | 17:46:39 | 18:51:22 | 10:36:22 |
| 94 | 4055 | Chan Leung Lourdes Vinle | 陳梁穎兒 | 8:15:00 | 10:06:00 | 12:35:55 | 14:28:24 | 16:00:23 | 17:46:53 | 18:51:39 | 10:36:39 |
| 95 | 4082 | Wong Po Lan | 王寶蘭 | 8:15:00 | 10:11:14 | 12:38:32 | 14:26:31 | 15:51:30 | 17:49:55 | 18:52:51 | 10:37:51 |
| 96 | 4077 | Lai Siu Kuen, Kawai | 黎少娟 | 8:15:00 | 10:23:25 | 12:51:04 | 14:41:52 | 16:32:53 | 18:09:55 | 19:06:52 | 10:51:52 |
| 97 | 4009 | Lam Tsui Wa | 林翠華 | 8:15:00 | 10:26:03 | 12:12:00 | 13:48:18 | 15:43:51 | 18:00:05 | 19:14:06 | 10:59:06 |
| 98 | 4174 | Fung Sai Mui | 馮細妹 | 8:15:00 | 10:17:39 | 12:39:37 | 14:52:21 | 16:13:10 | 18:18:06 | 19:17:00 | 11:02:00 |
| 99 | 4191 | Chin Yin Chee | 陳盈至 | 8:15:00 | 10:17:56 | 12:57:08 | 15:00:14 | 16:31:02 | 18:29:31 | 19:19:14 | 11:04:14 |
| 100 | 4053 | LAU PUI LAN | 劉佩蘭 | 8:15:00 | 10:16:50 | 12:44:52 | 14:36:10 | 16:20:05 | 18:17:51 | 19:24:32 | 11:09:32 |

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|---------------|-----------------|-------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 101 | 4052 | Tam Fung Yee Isabella | 譚鳳儀 | 8:15:00 | 10:02:57 | 12:42:30 | 14:49:45 | 16:21:49 | 18:19:08 | 19:24:38 | 11:09:38 |
| 102 | 4112 | Lai Yuk Ling | 黎玉玲 | 8:15:00 | 10:10:18 | 12:43:16 | 14:25:53 | 16:35:29 | 18:16:52 | 19:24:58 | 11:09:58 |
| 103 | 4099 | Chen Koon Fong | 陳冠芳 | 8:15:00 | 10:39:32 | 13:47:20 | 15:58:24 | 16:57:00 | 18:33:22 | 19:25:23 | 11:10:23 |
| 104 | 4115 | Liu Tong | 劉彤 | 8:15:00 | 10:09:44 | 12:43:24 | 14:26:26 | 16:35:33 | 18:18:34 | 19:25:53 | 11:10:53 |
| 105 | 4087 | Chan Shuk Ching | | 8:15:00 | 10:10:36 | 13:09:13 | 14:51:39 | 16:13:08 | 18:16:56 | 19:28:05 | 11:13:05 |
| 106 | 4071 | Lai Ching Ying | 黎晶瑩 | 8:15:00 | 10:25:29 | 13:22:41 | 15:04:45 | 16:43:28 | 18:29:46 | 19:30:35 | 11:15:35 |
| 107 | 4043 | TsuiTungWa | 徐東華 | 8:15:00 | 10:24:16 | 13:02:20 | 15:06:01 | 16:51:17 | 18:41:16 | 19:32:01 | 11:17:01 |
| 108 | 4012 | yu pui shan | 姚佩珊 | 8:15:00 | 10:19:00 | 12:39:21 | 14:26:06 | 16:15:11 | 18:14:14 | 19:38:24 | 11:23:24 |
| 109 | 4159 | Ho Yin Sung, Rosanna | 何燕崧 | 8:15:00 | 10:10:48 | 12:55:29 | 14:54:09 | 16:24:37 | 18:31:41 | 19:41:30 | 11:26:30 |
| 110 | 4129 | Lun Shin Wah | 倫倩華 | 8:15:00 | 10:03:17 | 13:15:30 | 15:19:21 | 16:47:00 | 18:31:45 | 19:41:51 | 11:26:51 |
| 111 | 4004 | Chau Tsz Wan | 周子雲 | 8:15:00 | 10:07:05 | 13:02:57 | 15:01:34 | 16:44:43 | 18:36:20 | 19:44:45 | 11:29:45 |
| 112 | 4042 | Fung Sai Wah | 馮細華 | 8:15:00 | 10:11:22 | 12:42:47 | 14:31:38 | 16:36:43 | 18:35:54 | 19:44:51 | 11:29:51 |
| 113 | 4023 | Kitty Lee | 李潔嫻 | 8:15:00 | 10:00:00 | 12:50:59 | 14:31:17 | 16:05:05 | 18:35:32 | 19:44:52 | 11:29:52 |
| 114 | 4100 | Yu Mei Ha | 余美霞 | 8:15:00 | 10:14:00 | 12:46:26 | 14:56:24 | 16:41:36 | 18:36:50 | 19:47:07 | 11:32:07 |
| 115 | 4176 | Zoe Ko | 高韶然 | 8:15:00 | 10:12:41 | 12:44:54 | 14:40:18 | 16:38:27 | 18:21:56 | 19:47:25 | 11:32:25 |
| 116 | 4024 | Tam Sze Wing | 譚思穎 | 8:15:00 | 10:15:32 | 12:48:04 | 15:26:39 | 16:52:18 | 18:44:15 | 19:48:48 | 11:33:48 |
| 117 | 4092 | Ng Siu Mei | 吳笑薇 | 8:15:00 | 10:02:00 | 13:11:43 | 15:21:41 | 16:51:59 | 18:46:30 | 19:49:06 | 11:34:06 |
| 118 | 4094 | Lam Miu Yee | 林妙怡 | 8:15:00 | 10:06:00 | 13:15:58 | 15:04:31 | 16:52:06 | 18:44:51 | 19:49:10 | 11:34:10 |
| 119 | 4081 | Jessica Ng | 伍桂福 | 8:15:00 | 10:05:48 | 12:32:00 | 14:46:25 | 16:16:37 | 18:30:31 | 19:49:42 | 11:34:42 |
| 120 | 4050 | Cheng Ka Wai | 鄭嘉惠 | 8:15:00 | 10:09:57 | 12:43:16 | 14:41:39 | 16:36:28 | 18:41:30 | 19:49:43 | 11:34:43 |

苗圃挑戰 12 小時 2009 –42 公里公開女子組賽果

Sowers Action Challenging 12 Hours 2009 – Participant's Result of 42KM Open Cup Women

| 名次 Ranking | 參加編號 Team ID | 英文姓名 Name in English | 中文姓名 Name in Chinese | 起點 SP | CP1 | CP2 | CP3 | CP4 | CP5 | 終點 FP | 所花時間 Time Spent |
|---------------|-----------------|-------------------------|-------------------------|----------|----------|----------|----------|----------|----------|----------|--------------------|
| 121 | 4131 | Lee Yin Ling | 李燕玲 | 8:15:00 | 10:07:37 | 12:50:08 | 15:04:15 | 16:52:13 | 18:43:00 | 19:50:36 | 11:35:36 |
| 122 | 4180 | Chan Kwan Lok | 陳君樂 | 8:15:00 | 10:00:00 | 12:55:16 | 14:56:01 | 16:33:53 | 18:35:59 | 19:50:53 | 11:35:53 |
| 123 | 4139 | CHAN KIT MEI | | 8:15:00 | 10:17:52 | 13:03:23 | 15:11:28 | 16:37:52 | 18:41:44 | 19:51:33 | 11:36:33 |
| 124 | 4057 | Winifred O'Young | 歐陽慧玲 | 8:15:00 | 10:24:57 | 13:05:09 | 14:54:38 | 16:32:12 | 18:42:41 | 19:51:41 | 11:36:41 |
| 125 | 4106 | Tsang Ming Lai, Millie | 曾明麗 | 8:15:00 | 10:22:22 | 13:16:54 | 15:11:16 | 16:32:10 | 18:40:59 | 19:51:46 | 11:36:46 |
| 126 | 4079 | LEE YEUK LAN | 李若蘭 | 8:15:00 | 10:14:27 | 13:01:46 | 15:11:24 | 16:37:37 | 18:48:00 | 19:51:51 | 11:36:51 |
| 127 | 4138 | LEE HOI SHAN | | 8:15:00 | 10:14:29 | 13:03:30 | 15:11:35 | 16:37:54 | 18:47:40 | 19:51:55 | 11:36:55 |
| 128 | 4134 | LO SUET YI | 勞雪兒 | 8:15:00 | 10:17:45 | 13:00:30 | 15:24:09 | 16:45:26 | 18:36:34 | 19:52:51 | 11:37:51 |
| 129 | 4074 | Szeto Ying Wai | 司徒迎慧 | 8:15:00 | 10:10:02 | 12:46:29 | 14:55:59 | 16:32:25 | 18:32:25 | 19:55:46 | 11:40:46 |
| 130 | 4025 | Julia Cheung | 張蓉蓉 | 8:15:00 | 10:24:06 | 13:12:58 | 15:27:31 | 16:51:21 | 18:50:59 | 19:56:05 | 11:41:05 |
| 131 | 4041 | Tsang Hoi Ching | 曾凱澄 | 8:15:00 | 10:24:47 | 13:12:55 | 15:27:40 | 16:51:27 | 18:50:43 | 19:56:12 | 11:41:12 |
| 132 | 4054 | LEUNG KIT LING | 梁潔鈴 | 8:15:00 | 10:19:36 | 13:00:26 | 14:53:18 | 16:36:17 | 18:38:23 | 19:57:40 | 11:42:40 |
| 133 | 4026 | Ng Yan Yan | 吳茵茵 | 8:15:00 | 10:14:47 | 12:49:35 | 15:26:54 | 16:51:32 | 18:57:55 | 20:04:56 | 11:49:56 |
| 134 | 4124 | CHUNG YU JOEY | 鍾茹 | 8:15:00 | 10:57:12 | 13:45:06 | 16:04:03 | 17:03:41 | 19:01:29 | 20:08:33 | 11:53:33 |
| 135 | 4128 | Rong De Yi | 容德怡 | 8:15:00 | 10:16:19 | 13:07:19 | 15:18:28 | 16:50:34 | 18:53:52 | 20:10:52 | 11:55:52 |
| 136 | 4126 | Tang Yuk Yee | 鄧玉意 | 8:15:00 | 10:13:32 | 13:05:40 | 15:26:05 | 17:00:45 | 18:52:38 | 20:14:11 | 11:59:11 |
| 137 | 4008 | Tin A Lok | 田姪樂 | 8:15:00 | 10:19:31 | 13:21:08 | 15:11:24 | 16:39:48 | 19:10:18 | 20:26:32 | 12:11:32 |
| 138 | 4020 | Leung Wai Chung | 梁慧中 | 8:15:00 | 10:19:42 | 13:23:28 | 15:11:37 | 16:53:01 | 19:10:35 | 20:26:40 | 12:11:40 |