

Citi Dash 2023 - Sun Sep 10 2023 06:31:05 GMT+0200 (Central Africa Time)

No.	Course Position	Cat. Position	Gender Position	Name	Surname	Gen.	Category	Group Item	Checkpoint	Finish	Time	Diff.	Pace
17	1	1	1	Morgan	Krohne	Male	Incomplete	Nedbank	-	17:52	17:52	-	01:47 min/km
233	2	1	2	Petrus	Kalenga	Male	Open	Goreangab Junior Secondary School	-	20:21	20:21	+02:29	02:02 min/km
684	3	1	3	Erastus	Ngwena	Male	Junior	Goreangab Junior Secondary School	-	20:35	20:35	+02:43	02:03 min/km
925	4	2	4	Ruben	Windstaan	Male	Open	Goreangab Junior Secondary School	-	20:55	20:55	+03:03	02:05 min/km
815	5	2	5	Tomas	Shaanika	Male	Junior	Goreangab Junior Secondary School	-	21:33	21:33	+03:41	02:09 min/km
613	6	3	6	Werner	Itembu	Male	Junior	Goreangab Junior Secondary School	-	22:53	22:53	+05:01	02:17 min/km
799	7	1	1	Marsia	Reed	Female	Master		-	23:28	23:28	+05:36	02:20 min/km
30	8	2	7	Keenan	Spanneberg	Male	Incomplete	Nedbank	-	25:53	25:53	+08:01	02:35 min/km
2168	9	3	8	Luciano	Isaaks	Male	Open		-	28:10	28:10	+10:18	02:49 min/km
10	10	3	9	Jason	Kaisho	Male	Incomplete	Nedbank	-	29:05	29:05	+11:13	02:54 min/km
202	11	1	2	Alma	Akweenda	Female	Open		-	31:29	31:29	+13:37	03:08 min/km
340	12	2	3	Kaunapawa	Angula	Female	Open		-	31:58	31:58	+14:06	03:11 min/km
479	13	4	10	Erastus	Hanghome	Male	Open		-	34:55	34:55	+17:03	03:29 min/km
1839	14	5	11	Kake	Kashe	Male	Open		-	34:55	34:55	+17:03	03:29 min/km
874	15	6	12	Kaijanda	Tjipangaandjara	Male	Open		-	35:35	35:35	+17:43	03:33 min/km
856	16	1	13	Chris	Spangenberg	Male	Veteran	None	-	36:21	36:21	+18:29	03:38 min/km
771	17	1	4	nangula	Nuumbembe	Female	Veteran		-	39:24	39:24	+21:32	03:56 min/km
1844	18	3	5	Mirjam	Endjala	Female	Open		-	40:00	40:00	+22:08	04:00 min/km
865	19	4	6	Carmen	Swartbooi	Female	Open	Old Mutual	-	40:08	40:08	+22:16	04:00 min/km
665	20	7	14	Lusia	Mofuka wernhil	Male	Open		-	41:20	41:20	+23:28	04:08 min/km
838	21	8	15	Florence	Shixungileni	Male	Open		-	42:14	42:14	+24:22	04:13 min/km
4	22	1	7	Ruth	Hailundu	Female	Incomplete	Nedbank	-	44:09	44:09	+26:17	04:24 min/km
743	23	9	16	Eldo	Nel	Male	Open	Ae Gams Sport Club	22:19	22:01	44:20	+26:28	04:26 min/km
311	24	5	8	Lindie	Adriaanse	Female	Open		22:21	22:09	44:30	+26:38	04:27 min/km
27	25	4	17	Aline	Naweses	Male	Incomplete	Nedbank	-	44:47	44:47	+26:55	04:28 min/km
734	26	10	18	Josef	Ndauvako Aihuki	Male	Open		20:45	24:45	45:30	+27:38	04:33 min/km
646	27	11	19	Allan	Makoena	Male	Open		21:53	23:53	45:46	+27:54	04:34 min/km
1850	28	6	9	Saara	Nakalila	Female	Open		-	45:53	45:53	+28:01	04:35 min/km
810	29	1	20	Willie	Schutz	Male	Master	MEAT BOARD OF NAMIBIA	22:21	23:40	46:01	+28:09	04:36 min/km
510	30	2	10	Brigitte	Hollick	Female	Master		-	46:18	46:18	+28:26	04:37 min/km
853	31	3	11	Adelheid	Smit	Female	Master		-	46:19	46:19	+28:27	04:37 min/km
1803	32	5	21	Keenen	Markraaf	Male	Incomplete	Cycletec late	22:11	24:12	46:23	+28:31	04:38 min/km
15	33	6	22	Lucas	Kaveto	Male	Incomplete	Nedbank	22:16	24:12	46:28	+28:36	04:38 min/km
535	34	12	23	Peter	Jac De Klerk	Male	Open		22:10	24:29	46:39	+28:47	04:39 min/km
657	35	7	12	Martha	Mashina	Female	Open	Old Mutual	-	46:50	46:50	+28:58	04:41 min/km
485	36	8	13	Maiya-Liiza	Hatutale wernhil	Female	Open		-	47:18	47:18	+29:26	04:43 min/km
827	37	13	24	Helena	Shikongo wernhil	Male	Open		-	47:18	47:18	+29:26	04:43 min/km
686	38	9	14	Alina	Mulunga wernhil	Female	Open		-	47:22	47:22	+29:30	04:44 min/km
22	39	7	25	Jermaine	Maurihungirire	Male	Incomplete	Nedbank	-	47:31	47:31	+29:39	04:45 min/km
1881	40	2	26	Alex	Ashipala	Male	Veteran		22:43	24:51	47:34	+29:42	04:45 min/km
257	41	10	15	Tashiya	Nangula	Female	Open		-	47:35	47:35	+29:43	04:45 min/km

850	42	14	27	Johannes	Sinonge	Male	Open		21:27	26:29	47:56	+30:04	04:47 min/km
1876	43	11	16	Pamela	Ndeya	Female	Open		-	48:00	48:00	+30:08	04:48 min/km
886	44	15	28	Helena	Uutoni	Male	Open		-	48:01	48:01	+30:09	04:48 min/km
722	45	4	29	PHILLIP	NANGULA	Male	Junior	Friends	21:55	26:44	48:39	+30:47	04:51 min/km
1875	46	12	17	Lydia Etuhole	Mutaleni	Female	Open		-	48:48	48:48	+30:56	04:52 min/km
803	47	16	30	Greyeno	Rusberg	Male	Open		22:43	26:14	48:57	+31:05	04:53 min/km
437	48	1	18	Albertina	Fotolela	Female	Junior	Goreangab Junior Secondary School	23:49	25:27	49:16	+31:24	04:55 min/km
841	49	2	19	Lemisia	Shiyandja	Female	Junior	Goreangab Junior Secondary School	22:47	26:32	49:19	+31:27	04:55 min/km
273	50	13	20	Marian	Steyn	Female	Open		23:38	26:05	49:43	+31:51	04:58 min/km
744	51	17	31	Justin	Nel	Male	Open		22:58	27:05	50:03	+32:11	05:00 min/km
773	52	5	32	Mike	O Baartman	Male	Junior		23:23	26:46	50:09	+32:17	05:00 min/km
1810	53	2	33	Paul	Brinkmann	Male	Master		25:17	24:59	50:16	+32:24	05:01 min/km
690	54	18	34	Porumue	Murangi	Male	Open	Team Murangi	-	50:17	50:17	+32:25	05:01 min/km
20	55	8	35	Karen	Masupa	Male	Incomplete	Nedbank	-	50:41	50:41	+32:49	05:04 min/km
1	56	2	21	Ritha	Camacho	Female	Incomplete	Nedbank	-	50:41	50:41	+32:49	05:04 min/km
2161	57	3	36	Jafet	Abvahan	Male	Veteran		23:15	27:32	50:47	+32:55	05:04 min/km
316	58	3	37	Immanuel	Alugongo	Male	Master		24:21	26:30	50:51	+32:59	05:05 min/km
835	59	19	38	Abed	Shishiveni	Male	Open		24:59	26:11	51:10	+33:18	05:07 min/km
650	60	14	22	Desiree	Marais	Female	Open		24:44	26:39	51:23	+33:31	05:08 min/km
466	61	20	39	James	Haludilu	Male	Open		24:41	26:51	51:32	+33:40	05:09 min/km
343	62	21	40	Christopher	Arries	Male	Open		24:50	26:43	51:33	+33:41	05:09 min/km
859	63	22	41	Olauf	Stein	Male	Open		26:10	25:48	51:58	+34:06	05:11 min/km
430	64	4	23	Shani	Erlank Scholtz	Female	Master		24:44	27:14	51:58	+34:06	05:11 min/km
440	65	23	42	Rowan	Franciscus	Male	Open		23:56	28:06	52:02	+34:10	05:12 min/km
929	66	15	24	Verena	Zweier	Female	Open		24:52	27:12	52:04	+34:12	05:12 min/km
240	67	24	43	Travolta	Katujei	Male	Open	PPC Fitness Team	24:38	27:48	52:26	+34:34	05:14 min/km
829	68	25	44	Malakia	Shiluwa	Male	Open	Trio Debt Collections Services	24:25	28:01	52:26	+34:34	05:14 min/km
288	69	26	45	Gerhard	Vetira	Male	Open		25:37	26:59	52:36	+34:44	05:15 min/km
34	70	9	46	Jacques	Van Der Smit	Male	Incomplete	Nedbank	25:00	27:39	52:39	+34:47	05:15 min/km
662	71	27	47	Hebert	Meintjies	Male	Open		24:16	28:24	52:40	+34:48	05:16 min/km
404	72	4	48	Ruben	Delie	Male	Veteran		24:28	28:26	52:54	+35:02	05:17 min/km
390	73	28	49	Ruben	Coussement	Male	Open		26:31	26:40	53:11	+35:19	05:19 min/km
2160	74	4	50	Ernst Julius	Brendell	Male	Master		25:17	27:54	53:11	+35:19	05:19 min/km
806	75	3	25	Kaylee	Schlechter	Female	Incomplete		24:51	28:38	53:29	+35:37	05:20 min/km
873	76	3	26	Hambe	Kautalewali	Female	Junior	Goreangab Junior Secondary School	23:22	30:09	53:31	+35:39	05:21 min/km
513	77	2	27	Helena	lipinge	Female	Veteran		24:40	28:53	53:33	+35:41	05:21 min/km
855	78	5	51	Philipp	Sonntag	Male	Veteran		26:05	27:28	53:33	+35:41	05:21 min/km
1837	79	16	28	Helena	Matenya	Female	Open		24:43	28:51	53:34	+35:42	05:21 min/km
251	80	3	29	Kuukuluntu	Mupupa	Female	Veteran		25:21	28:22	53:43	+35:51	05:22 min/km
623	81	4	30	Zarika	Lewies	Female	Veteran	Zarika	25:48	27:57	53:45	+35:53	05:22 min/km
631	82	4	31	Camden	Louw	Female	Junior		-	53:47	53:47	+35:55	05:22 min/km
351	83	29	52	Grant	Balie	Male	Open	Sub 1 30 Goals	25:57	27:51	53:48	+35:56	05:22 min/km
759	84	30	53	Eslon	Ngeendepi	Male	Open		27:06	27:00	54:06	+36:14	05:24 min/km
367	85	31	54	Junea	Booyesen	Male	Open		26:10	27:59	54:09	+36:17	05:24 min/km

628	86	6	55	Thomas	Likoro	Male	Junior	Goreangab Junior Secondary School	25:52	28:22	54:14	+36:22	05:25 min/km
291	87	7	56	Mathew	Walubita	Male	Junior	Family	28:48	25:30	54:18	+36:26	05:25 min/km
260	88	8	57	Noah	Rijnen	Male	Junior	St Paul's College	25:44	28:39	54:23	+36:31	05:26 min/km
222	89	9	58	Matthew	Heyman	Male	Junior	Elton	25:44	28:39	54:23	+36:31	05:26 min/km
439	90	6	59	Wynand	Fourie	Male	Veteran		26:57	27:43	54:40	+36:48	05:28 min/km
1884	91	7	60	Israel	Johannes	Male	Veteran		28:22	26:19	54:41	+36:49	05:28 min/km
418	92	5	61	Johan	Du Plessis	Male	Master		25:19	29:25	54:44	+36:52	05:28 min/km
1814	93	8	62	Ananias	Itana	Male	Veteran		26:51	27:57	54:48	+36:56	05:28 min/km
822	94	32	63	ABISAI	SHETUNYENGA	Male	Open		24:55	29:55	54:50	+36:58	05:29 min/km
478	95	33	64	Veikko	Hangala wernhil	Male	Open		24:51	30:03	54:54	+37:02	05:29 min/km
802	96	34	65	Richard	Ruiters	Male	Open		25:00	29:58	54:58	+37:06	05:29 min/km
685	97	17	32	Majory	Mukasa	Female	Open		25:26	29:37	55:03	+37:11	05:30 min/km
910	98	5	33	Clara	Vorster	Female	Junior	St Pauls	-	55:10	55:10	+37:18	05:31 min/km
18	99	10	66	Viaan	Maletzky	Male	Incomplete	Nedbank	-	55:13	55:13	+37:21	05:31 min/km
895	100	18	34	Michelle	Van Der Walt	Female	Open		26:52	28:23	55:15	+37:23	05:31 min/km
1805	101	11	67	Corne	van Wyk	Male	Incomplete	Incomplete entries	26:11	29:05	55:16	+37:24	05:31 min/km
911	102	6	35	Emily	Vorster	Female	Junior	St Pauls	-	55:16	55:16	+37:24	05:31 min/km
275	103	35	68	Linique	Theron	Male	Open		25:48	29:29	55:17	+37:25	05:31 min/km
323	104	4	36	Fredrika	Amupolo	Female	Incomplete		25:34	29:49	55:23	+37:31	05:32 min/km
7	105	12	69	Etuwete	Heita	Male	Incomplete	Nedbank	24:43	30:47	55:30	+37:38	05:33 min/km
632	106	7	37	Mckenzie	Louw	Female	Junior		-	55:37	55:37	+37:45	05:33 min/km
784	107	9	70	Emman	Perez Cloete	Male	Veteran		-	55:42	55:42	+37:50	05:34 min/km
523	108	19	38	Hilma	Inkono	Female	Open		25:57	29:52	55:49	+37:57	05:34 min/km
795	109	36	71	Augustinus	Poroto	Male	Open		26:37	29:15	55:52	+38:00	05:35 min/km
370	110	5	39	Anja	Boshoff	Female	Veteran		27:46	28:15	56:01	+38:09	05:36 min/km
635	111	6	72	Meneer	Luke Allen	Male	Master	WHS	26:39	29:27	56:06	+38:14	05:36 min/km
834	112	8	40	Angelina	Katanga	Female	Junior	Goreangab Junior Secondary School	25:11	31:01	56:12	+38:20	05:37 min/km
489	113	37	73	Petrus	Haukongo	Male	Open		25:36	30:45	56:21	+38:29	05:38 min/km
461	114	9	41	Frieda	Haifela	Female	Junior	Goreangab Junior Secondary School	25:14	31:13	56:27	+38:35	05:38 min/km
703	115	38	74	Aaron	N. Immanuel	Male	Open	FNA Trading cc	29:08	27:30	56:38	+38:46	05:39 min/km
1825	116	39	75	Albert	Moses	Male	Open		26:53	29:48	56:41	+38:49	05:40 min/km
304	117	20	42	Runner	Uxamb	Female	Open	Uxamb	27:12	29:34	56:46	+38:54	05:40 min/km
2166	118	10	43	Sofia	Glen-Spyron	Female	Junior		25:52	30:57	56:49	+38:57	05:40 min/km
28	119	13	76	William	Schase	Male	Incomplete	Nedbank	27:35	29:19	56:54	+39:02	05:41 min/km
314	120	21	44	Iyaloo	Akuaake	Female	Open		26:27	30:33	57:00	+39:08	05:42 min/km
433	121	40	77	Nuno	Fernandes	Male	Open		27:08	30:01	57:09	+39:17	05:42 min/km
797	122	7	78	Henry	Pote	Male	Master		26:54	30:23	57:17	+39:25	05:43 min/km
519	123	41	79	Johannes	Ilithilwa Nambahu	Male	Open		26:27	30:51	57:18	+39:26	05:43 min/km
842	124	10	80	Nathaniel	Shonena	Male	Veteran		25:26	31:53	57:19	+39:27	05:43 min/km
407	125	22	45	Pombili	Dias	Female	Open		26:49	30:31	57:20	+39:28	05:44 min/km
1860	126	42	81	Nangolo	Ashipala	Male	Open		27:54	29:34	57:28	+39:36	05:44 min/km
425	127	11	82	Shali	Ekandjo	Male	Veteran		27:41	29:50	57:31	+39:39	05:45 min/km
2	128	14	83	Wallace	Cloete	Male	Incomplete	Nedbank	26:56	30:38	57:34	+39:42	05:45 min/km
226	129	23	46	Victoria	Iyambo	Female	Open		27:00	30:35	57:35	+39:43	05:45 min/km

702	130	24	47	Elizabeth	N Penda	Female	Open		26:38	30:59	57:37	+39:45	05:45 min/km
748	131	12	84	Morne	Nell	Male	Veteran	Pupkewitz Megatech	28:49	28:49	57:38	+39:46	05:45 min/km
897	132	43	85	Stockley	Van Horsten	Male	Open	Broodkrummels	29:03	28:41	57:44	+39:52	05:46 min/km
326	133	44	86	Thomas	Amuthenu	Male	Open		27:59	29:54	57:53	+40:01	05:47 min/km
891	134	5	48	Lindy	Van den Bosch	Female	Master	Big Sky Lodges	27:21	30:33	57:54	+40:02	05:47 min/km
805	135	6	49	Sharon	Schafer	Female	Master		27:30	30:25	57:55	+40:03	05:47 min/km
484	136	6	50	Lynn	Hartung-January	Female	Veteran		27:38	30:24	58:02	+40:10	05:48 min/km
823	137	7	51	NDAENDOMWENYO	SHEYA	Female	Veteran		27:17	30:51	58:08	+40:16	05:48 min/km
785	138	25	52	Jonie	Peters	Female	Open		26:34	31:44	58:18	+40:26	05:49 min/km
410	139	10	87	Marcel	Diehl	Male	Junior	DHPS	29:22	29:03	58:25	+40:33	05:50 min/km
1797	140	45	88	Patrick	Reissner	Male	Open	The Gazelles	28:38	29:55	58:33	+40:41	05:51 min/km
819	141	26	53	Joey	Sheehama	Female	Open		27:12	31:24	58:36	+40:44	05:51 min/km
1840	142	46	89	Brian Manfred	Uxamb	Male	Open		28:58	29:39	58:37	+40:45	05:51 min/km
417	143	47	90	Graham	dos Ramos	Male	Open		26:18	32:22	58:40	+40:48	05:52 min/km
857	144	27	54	Michelle	Steenkamp	Female	Open		28:31	30:27	58:58	+41:06	05:53 min/km
1817	145	48	91	Lothar	Tjipueja	Male	Open		24:59	34:02	59:01	+41:09	05:54 min/km
511	146	13	92	Hilma	lifo	Male	Veteran		27:43	31:28	59:11	+41:19	05:55 min/km
266	147	28	55	Elizabeth	Shikonekeni	Female	Open		26:50	32:23	59:13	+41:21	05:55 min/km
408	148	11	93	Aiden	Diehl	Male	Junior	DHPS	31:28	27:50	59:18	+41:26	05:55 min/km
406	149	12	94	Marcus	Dentlinger	Male	Junior		28:33	30:52	59:25	+41:33	05:56 min/km
3	150	5	56	Judith	Gloria	Female	Incomplete	Nedbank	-	59:26	59:26	+41:34	05:56 min/km
541	151	49	95	Gino	Januarie	Male	Open		28:01	31:55	59:56	+42:04	05:59 min/km
728	152	13	96	Robert	Nd Kalomho	Male	Junior	The Roberts	26:50	33:09	59:59	+42:07	05:59 min/km
1854	153	50	97	Xuro	Haraseb	Male	Open		27:54	32:07	1:00:01	+42:09	06:00 min/km
492	154	29	57	Shekupe	Hefingo	Female	Open		27:04	33:00	1:00:04	+42:12	06:00 min/km
807	155	14	98	Kieran	Schrader	Male	Junior	DHPS	31:22	28:46	1:00:08	+42:16	06:00 min/km
411	156	14	99	Thomas	Diehl	Male	Veteran		31:25	28:53	1:00:18	+42:26	06:01 min/km
438	157	30	58	Retha	Fourie	Female	Open	St Pauls	28:40	31:42	1:00:22	+42:30	06:02 min/km
833	158	51	100	Elly	Shipena	Male	Open		27:41	32:41	1:00:22	+42:30	06:02 min/km
1798	159	52	101	Max	Schaefer	Male	Open	The Gazelles	28:38	31:59	1:00:37	+42:45	06:03 min/km
765	160	15	102	Elijah	Nienaber	Male	Junior	None	29:49	30:55	1:00:44	+42:52	06:04 min/km
766	161	15	103	Robert	Nienaber	Male	Veteran	None	29:50	30:55	1:00:45	+42:53	06:04 min/km
760	162	31	59	Maria	Nghifindaka	Female	Open	Windhoek City Runner	29:38	31:08	1:00:46	+42:54	06:04 min/km
814	163	32	60	Selma	Shaanika	Female	Open		27:45	33:01	1:00:46	+42:54	06:04 min/km
1804	164	15	104	Karl Heinz	Minz	Male	Incomplete	Cycletec late	28:36	32:14	1:00:50	+42:58	06:05 min/km
606	165	33	61	Raquel	Klazen	Female	Open		29:34	31:22	1:00:56	+43:04	06:05 min/km
547	166	53	105	Christy	John Nel	Male	Open		27:02	33:56	1:00:58	+43:06	06:05 min/km
274	167	34	62	Lizzle	Tauxas	Female	Open		29:13	31:55	1:01:08	+43:16	06:06 min/km
710	168	54	106	Evans	Namaseb	Male	Open		29:13	31:56	1:01:09	+43:17	06:06 min/km
398	169	16	107	David	De Koe	Male	Junior		27:25	34:04	1:01:29	+43:37	06:08 min/km
434	170	8	108	Carlos	Fernandez	Male	Master		31:06	30:33	1:01:39	+43:47	06:09 min/km
24	171	16	109	Talanawa	Muhongo	Male	Incomplete	Nedbank	28:23	33:16	1:01:39	+43:47	06:09 min/km
310	172	9	110	Gerardo	Acebes	Male	Master		31:07	30:33	1:01:40	+43:48	06:10 min/km
767	173	35	63	Kristofina	Niitshinda	Female	Open		28:11	33:29	1:01:40	+43:48	06:10 min/km

756	174	55	111	Limbikila	Ng'ambi	Male	Open		30:05	31:47	1:01:52	+44:00	06:11 min/km
328	175	56	112	Jeremia	Amwaalwa	Male	Open		28:26	33:29	1:01:55	+44:03	06:11 min/km
1842	176	57	113	Paul	Gebhardt	Male	Open		28:09	33:49	1:01:58	+44:06	06:11 min/km
1873	177	58	114	Theodore	Shikongo	Male	Open		28:40	33:22	1:02:02	+44:10	06:12 min/km
909	178	8	64	Magretha	Vlok	Female	Veteran		30:56	31:07	1:02:03	+44:11	06:12 min/km
904	179	17	115	Teagan	Van Wyk	Male	Junior		28:34	33:32	1:02:06	+44:14	06:12 min/km
781	180	36	65	Victoria	Paulus	Female	Open		28:16	33:55	1:02:11	+44:19	06:13 min/km
531	181	59	116	Eliphaz	Itewa	Male	Open		29:42	32:48	1:02:30	+44:38	06:15 min/km
908	182	9	66	Aune	Victor	Female	Veteran		28:50	33:45	1:02:35	+44:43	06:15 min/km
309	183	60	117	Norbert	Abraham	Male	Open		29:59	32:36	1:02:35	+44:43	06:15 min/km
318	184	16	118	Josephat	Ambiga	Male	Veteran	Tjipuka fam	28:58	34:05	1:03:03	+45:11	06:18 min/km
704	185	37	67	Anna	N. Shaketange	Female	Open	FNA Trading cc	29:09	34:02	1:03:11	+45:19	06:19 min/km
1815	186	10	68	Justina	Itana	Female	Veteran		29:25	33:50	1:03:15	+45:23	06:19 min/km
625	187	61	119	Ian	Liebenberg	Male	Open	Big Sky Lodges	29:02	34:23	1:03:25	+45:33	06:20 min/km
246	188	62	120	Shereef	Martin	Male	Open		34:50	28:36	1:03:26	+45:34	06:20 min/km
377	189	63	121	Anel	Byleveld	Male	Open		30:21	33:06	1:03:27	+45:35	06:20 min/km
445	190	38	69	Sonja	Friedrich	Female	Open		30:31	32:57	1:03:28	+45:36	06:20 min/km
1816	191	39	70	Sirie	Topulathana	Female	Open		29:04	34:24	1:03:28	+45:36	06:20 min/km
877	192	64	122	Sylvester	Tjituka	Male	Open		30:30	33:00	1:03:30	+45:38	06:21 min/km
1835	193	40	71	Etuna	Nuuyoma	Female	Open		30:29	33:03	1:03:32	+45:40	06:21 min/km
754	194	65	123	Mufaro	Nesongano	Male	Open		30:18	33:14	1:03:32	+45:40	06:21 min/km
488	195	10	124	Robert	Haufiku Kalomho	Male	Master	The Roberts	28:01	35:33	1:03:34	+45:42	06:21 min/km
409	196	11	72	Carmen	Diehl	Female	Veteran		31:27	32:19	1:03:46	+45:54	06:22 min/km
837	197	41	73	Linda	Shitumbapo	Female	Open		29:21	34:26	1:03:47	+45:55	06:22 min/km
923	198	17	125	Verile	Wilson	Male	Veteran		29:35	34:14	1:03:49	+45:57	06:22 min/km
926	199	42	74	Sune	Wittmann	Female	Open		29:58	33:53	1:03:51	+45:59	06:23 min/km
429	200	12	75	Aune	Emvula	Female	Veteran		31:22	32:34	1:03:56	+46:04	06:23 min/km
441	201	66	126	Fransina	Frans	Male	Open		29:57	34:02	1:03:59	+46:07	06:23 min/km
639	202	43	76	Loide	M Erastus	Female	Open		29:11	34:51	1:04:02	+46:10	06:24 min/km
694	203	17	127	Derdy	Mvila	Male	Incomplete	Media	30:04	34:02	1:04:06	+46:14	06:24 min/km
776	204	67	128	Chidera	Onwudinjo	Male	Open		30:22	33:45	1:04:07	+46:15	06:24 min/km
248	205	44	77	Lisa	Matomola	Female	Open		29:25	34:43	1:04:08	+46:16	06:24 min/km
31	206	18	129	Rodenza	Steytler	Male	Incomplete	Nedbank	30:21	33:49	1:04:10	+46:18	06:25 min/km
503	207	18	130	Elton	Heyman	Male	Veteran	Elton	31:02	33:21	1:04:23	+46:31	06:26 min/km
656	208	6	78	Tiri	Masawi	Female	Incomplete	Media	31:21	33:06	1:04:27	+46:35	06:26 min/km
8	209	19	131	Sam	Ikela	Male	Incomplete	Nedbank	-	1:04:42	1:04:42	+46:50	06:28 min/km
727	210	68	132	Johnford	Ncube	Male	Open		30:30	34:21	1:04:51	+46:59	06:29 min/km
554	211	69	133	Hayden	Julie	Male	Open		29:34	35:19	1:04:53	+47:01	06:29 min/km
555	212	19	134	Lorenzo	Julie	Male	Veteran		29:34	35:19	1:04:53	+47:01	06:29 min/km
747	213	45	79	Rauna	Nelao	Female	Open		30:23	34:31	1:04:54	+47:02	06:29 min/km
349	214	13	80	Suane	Badenhorst	Female	Veteran		29:49	35:21	1:05:10	+47:18	06:31 min/km
648	215	70	135	Tinashe	Manika	Male	Open		31:19	34:05	1:05:24	+47:32	06:32 min/km
742	216	20	136	Tomas	Nekongo	Male	Veteran		28:36	37:00	1:05:36	+47:44	06:33 min/km
1853	217	46	81	Meriam	Kamati	Female	Open		28:35	37:01	1:05:36	+47:44	06:33 min/km

584	218	20	137	Walter	Kariko	Male	Incomplete	Media		28:58	36:40	1:05:38	+47:46	06:33 min/km
599	219	71	138	Kerikora	Kavari	Male	Open			32:53	32:46	1:05:39	+47:47	06:33 min/km
277	220	14	82	Sydney	Tjipuka	Female	Veteran	Tjipuka fam		29:07	36:33	1:05:40	+47:48	06:34 min/km
302	221	21	139	Runner	Esterhuuse	Male	Veteran	Esterhuuse		30:12	35:30	1:05:42	+47:50	06:34 min/km
615	222	22	140	Fana	Lambert	Male	Veteran			32:41	33:01	1:05:42	+47:50	06:34 min/km
542	223	72	141	Tangeni	Jason	Male	Open			29:49	36:00	1:05:49	+47:57	06:34 min/km
460	224	73	142	Nigel	Gumbo	Male	Open			33:38	32:19	1:05:57	+48:05	06:35 min/km
203	225	47	83	Hilma	Ananias	Female	Open			29:44	36:15	1:05:59	+48:07	06:35 min/km
544	226	74	143	Mewiliko	Jimmy Namutenya	Male	Open			30:42	35:21	1:06:03	+48:11	06:36 min/km
447	227	11	84	Ceciley	Garises	Female	Junior	Goreangab Junior Secondary School		30:52	35:12	1:06:04	+48:12	06:36 min/km
614	228	48	85	Ashana	Wilhelmina	Female	Open	Goreangab Junior Secondary School		27:59	38:05	1:06:04	+48:12	06:36 min/km
552	229	15	86	Fatmeh	Joubert	Female	Veteran			32:23	33:52	1:06:15	+48:23	06:37 min/km
651	230	16	87	Annie	Marggraff	Female	Veteran			32:20	33:55	1:06:15	+48:23	06:37 min/km
790	231	49	88	Monika	Phillipus	Female	Open			31:10	35:08	1:06:18	+48:26	06:37 min/km
846	232	75	144	Madre	Swart	Male	Open			30:52	35:28	1:06:20	+48:28	06:38 min/km
412	233	76	145	Lloyd	Dien	Male	Open			29:52	36:31	1:06:23	+48:31	06:38 min/km
621	234	7	89	Lydia	Lehoho	Female	Master			31:20	35:03	1:06:23	+48:31	06:38 min/km
627	235	50	90	Mercy	Likando	Female	Open			29:28	36:57	1:06:25	+48:33	06:38 min/km
362	236	51	91	Angelique	Bock	Female	Open			32:27	33:58	1:06:25	+48:33	06:38 min/km
900	237	52	92	Anri	Van Wyk	Female	Open			30:52	36:03	1:06:55	+49:03	06:41 min/km
249	238	11	146	Standley	Montzinger	Male	Master			31:47	35:13	1:07:00	+49:08	06:42 min/km
2159	239	17	93	Nancy	Kalomo	Female	Veteran			31:51	35:12	1:07:03	+49:11	06:42 min/km
213	240	77	147	Cecil	Du Plessis	Male	Open			31:04	36:03	1:07:07	+49:15	06:42 min/km
298	241	18	94	Runner	Esterhuuse	Female	Veteran	Esterhuuse		32:12	35:02	1:07:14	+49:22	06:43 min/km
792	242	53	95	Susan	Pieters	Female	Open	Friends		31:36	35:41	1:07:17	+49:25	06:43 min/km
607	243	54	96	Binette	Klein	Female	Open	Friends		31:36	35:42	1:07:18	+49:26	06:43 min/km
366	244	55	97	Vanessa	Boesak	Female	Open			31:20	36:01	1:07:21	+49:29	06:44 min/km
448	245	56	98	Fezell	Gentz	Female	Open			30:44	36:39	1:07:23	+49:31	06:44 min/km
705	246	57	99	Aina	Naambo Vilho	Female	Open	Summer Goals		30:57	36:26	1:07:23	+49:31	06:44 min/km
491	247	12	148	David	Hechter	Male	Master			32:56	34:29	1:07:25	+49:33	06:44 min/km
608	248	23	149	Gereon	Koch Kapuire	Male	Veteran			31:03	36:22	1:07:25	+49:33	06:44 min/km
749	249	78	150	Haitange	Nelumbu	Male	Open			31:46	35:46	1:07:32	+49:40	06:45 min/km
517	250	79	151	Eliaser	Iiyambo	Male	Open			31:37	35:58	1:07:35	+49:43	06:45 min/km
355	251	19	100	Mercia	Basson	Female	Veteran			31:19	36:21	1:07:40	+49:48	06:46 min/km
499	252	13	152	Joachim	Herma	Male	Master	a		32:45	35:12	1:07:57	+50:05	06:47 min/km
777	253	20	101	Adele	Oosthuizen	Female	Veteran	Friends		31:36	36:38	1:08:14	+50:22	06:49 min/km
267	254	58	102	Martha	Shiyanga	Female	Open	Windhoek City Runner		32:14	36:00	1:08:14	+50:22	06:49 min/km
14	255	7	103	Ever-Victoria	Kavandje	Female	Incomplete	Nedbank		31:35	36:39	1:08:14	+50:22	06:49 min/km
682	256	24	153	Oscar	Muhapi	Male	Veteran			32:14	36:07	1:08:21	+50:29	06:50 min/km
860	257	21	104	Nicola	Steyl	Female	Veteran			32:41	35:41	1:08:22	+50:30	06:50 min/km
683	258	12	105	Menesia	Muhepa	Female	Junior	Family		32:37	35:46	1:08:23	+50:31	06:50 min/km
301	259	22	106	Hilya	Shikongo	Female	Veteran	Shikongos		34:52	33:31	1:08:23	+50:31	06:50 min/km
745	260	59	107	Marencia	Nel	Female	Open			31:06	37:30	1:08:36	+50:44	06:51 min/km
400	261	23	108	Birgit	de Lange	Female	Veteran			31:16	37:25	1:08:41	+50:49	06:52 min/km

528	262	60	109	Helen-Taleni	Itana	Female	Open		31:54	36:51	1:08:45	+50:53	06:52 min/km
720	263	61	110	Mirjam	Nangolo	Female	Open		32:01	36:50	1:08:51	+50:59	06:53 min/km
696	264	62	111	Nelly	Mvula	Female	Open		32:57	35:54	1:08:51	+50:59	06:53 min/km
263	265	63	112	Saara	Shapua	Female	Open	Windhoek City Runner	31:50	37:06	1:08:56	+51:04	06:53 min/km
490	266	64	113	Beatha	Hauwanga	Female	Open		30:46	38:37	1:09:23	+51:31	06:56 min/km
255	267	8	114	Kristine	Naikaku	Female	Incomplete		31:14	38:09	1:09:23	+51:31	06:56 min/km
F385	268	25	154	Siphiwe	Dubese	Male	Veteran		32:38	36:48	1:09:26	+51:34	06:56 min/km
432	269	18	155	Tristan	Feris	Male	Junior		38:37	30:55	1:09:32	+51:40	06:57 min/km
735	270	65	115	Maria	Ndinehafo Heita	Female	Open		31:52	37:44	1:09:36	+51:44	06:57 min/km
243	271	80	156	Panduleni	Linus	Male	Open		31:16	38:23	1:09:39	+51:47	06:57 min/km
828	272	81	157	Suama	Shikufa	Male	Open		31:11	38:29	1:09:40	+51:48	06:58 min/km
905	273	66	116	Zeta	Van Wyk	Female	Open	Van Wyks	35:23	34:26	1:09:49	+51:57	06:58 min/km
919	274	67	117	Jana	Werner	Female	Open		32:11	37:39	1:09:50	+51:58	06:59 min/km
852	275	24	118	Elke	Slinger	Female	Veteran		31:49	38:07	1:09:56	+52:04	06:59 min/km
415	276	25	119	Menessia	Diergaardt	Female	Veteran	Family	32:53	37:05	1:09:58	+52:06	06:59 min/km
2167	277	68	120	Maria	Nkelo Ndjambula	Female	Open		32:48	37:18	1:10:06	+52:14	07:00 min/km
216	278	13	121	Alina	Flachberger	Female	Junior	WHK International	33:17	37:01	1:10:18	+52:26	07:01 min/km
588	279	69	122	Vulikeni	Kashikuka	Female	Open		32:54	37:27	1:10:21	+52:29	07:02 min/km
791	280	14	158	Derrick	Pieters	Male	Master		32:56	37:25	1:10:21	+52:29	07:02 min/km
416	281	70	123	Tulimevava	Dineinge	Female	Open		32:35	37:52	1:10:27	+52:35	07:02 min/km
642	282	8	124	Petra	Masslacher	Female	Master	WHK International	33:17	37:12	1:10:29	+52:37	07:02 min/km
594	283	71	125	Ndihole	Kaulinge	Female	Open		32:20	38:14	1:10:34	+52:42	07:03 min/km
1800	284	72	126	Jana	Bean	Female	Open	Incomplete entries	32:43	37:55	1:10:38	+52:46	07:03 min/km
824	285	82	159	Silvanus	Shidolo	Male	Open		32:19	38:26	1:10:45	+52:53	07:04 min/km
333	286	83	160	Peter	Andreas	Male	Open		33:50	36:58	1:10:48	+52:56	07:04 min/km
375	287	73	127	Nicole	Brendell	Female	Open		34:18	36:35	1:10:53	+53:01	07:05 min/km
361	288	26	128	Natalie	Beukes	Female	Veteran		33:31	37:35	1:11:06	+53:14	07:06 min/km
29	289	21	161	Verna	Scheepers	Male	Incomplete	Nedbank	33:33	37:37	1:11:10	+53:18	07:07 min/km
37	290	22	162	Nangula	Wedeing	Male	Incomplete	Nedbank	33:20	38:07	1:11:27	+53:35	07:08 min/km
324	291	74	129	Justina	Amupolo	Female	Open		32:57	38:34	1:11:31	+53:39	07:09 min/km
772	292	15	163	James	Nyandoro	Male	Master		32:12	39:38	1:11:50	+53:58	07:11 min/km
675	293	27	130	Johann	Mouton	Female	Veteran	Moutone	33:36	38:24	1:12:00	+54:08	07:12 min/km
674	294	75	131	Christine	Mouton	Female	Open	Moutone	33:37	38:23	1:12:00	+54:08	07:12 min/km
634	295	76	132	Frieda	Lukas	Female	Open		32:51	39:13	1:12:04	+54:12	07:12 min/km
2164	296	28	133	Violette	Mureko	Female	Veteran		33:17	38:49	1:12:06	+54:14	07:12 min/km
780	297	77	134	Padelia	Paulus	Female	Open		33:03	39:05	1:12:08	+54:16	07:12 min/km
321	298	78	135	Mirjam	Amunime	Female	Open		32:47	39:25	1:12:12	+54:20	07:13 min/km
713	299	79	136	Maria	Namupala	Female	Open		33:36	38:43	1:12:19	+54:27	07:13 min/km
403	300	26	164	Leigh-Anne	Delie	Male	Veteran		34:07	38:15	1:12:22	+54:30	07:14 min/km
337	301	80	137	MaryTheresa	Anganile Mbisa-Ngambi	Female	Open		34:33	37:52	1:12:25	+54:33	07:14 min/km
585	302	81	138	Rachel	Kashala	Female	Open		32:06	40:24	1:12:30	+54:38	07:15 min/km
378	303	9	139	Liffie	Champion	Female	Master		34:10	38:24	1:12:34	+54:42	07:15 min/km
1855	304	82	140	Saara	Shiningayamwe	Female	Open		33:01	39:33	1:12:34	+54:42	07:15 min/km
620	305	84	165	Lucianno	Lehoho	Male	Open		33:13	39:36	1:12:49	+54:57	07:16 min/km

666	306	85	166	Anthony	Mojekwu	Male	Open		32:12	40:40	1:12:52	+55:00	07:17 min/km
543	307	83	141	Ndafapawa	Jesaya	Female	Open		32:11	40:41	1:12:52	+55:00	07:17 min/km
374	308	86	167	Marlene	Brendell	Male	Open		35:11	37:53	1:13:04	+55:12	07:18 min/km
363	309	87	168	Keith	Bock	Male	Open		35:12	37:53	1:13:05	+55:13	07:18 min/km
261	310	10	142	Hester	Robinson	Female	Master		33:39	39:30	1:13:09	+55:17	07:18 min/km
864	311	88	169	Ephraim	Simasiku	Male	Open		34:21	38:51	1:13:12	+55:20	07:19 min/km
391	312	84	143	Priscila	Da Conceicao	Female	Open		33:45	39:29	1:13:14	+55:22	07:19 min/km
1856	313	89	170	Leonard	Amunime	Male	Open		33:02	40:14	1:13:16	+55:24	07:19 min/km
289	314	16	171	Henrico	Von Wielligh	Male	Master		33:58	39:25	1:13:23	+55:31	07:20 min/km
719	315	29	144	Fredrika	Nanghali Hamutoko	Female	Veteran		33:31	39:59	1:13:30	+55:38	07:21 min/km
916	316	90	172	Kevin	Warek	Male	Open		30:35	43:05	1:13:40	+55:48	07:22 min/km
335	317	91	173	Paa	Andreki	Male	Open		35:09	38:41	1:13:50	+55:58	07:23 min/km
2169	318	85	145	Genovefa	Shilongo	Female	Open		34:15	39:43	1:13:58	+56:06	07:23 min/km
5	319	9	146	Agnes	Haiyambo	Female	Incomplete	Nedbank	34:11	39:48	1:13:59	+56:07	07:23 min/km
464	320	86	147	TUNA	HAKANDUME	Female	Open		33:25	40:34	1:13:59	+56:07	07:23 min/km
782	321	87	148	Sandile	Pazvakavambwa	Female	Open		34:53	39:25	1:14:18	+56:26	07:25 min/km
786	322	92	174	Malcolm	Petersen	Male	Open	Trio Debt Collections Services	34:15	40:04	1:14:19	+56:27	07:25 min/km
23	323	23	175	Otja	Mbaisa	Male	Incomplete	Nedbank	33:14	41:07	1:14:21	+56:29	07:26 min/km
1864	324	88	149	Justina	Amweero	Female	Open		33:01	41:27	1:14:28	+56:36	07:26 min/km
869	325	30	150	Christine	Thirion	Female	Veteran		35:28	39:01	1:14:29	+56:37	07:26 min/km
220	326	89	151	Hendrietha	Hendricks	Female	Open		32:13	42:17	1:14:30	+56:38	07:27 min/km
809	327	90	152	Tasneema	Schrader	Female	Open		34:41	39:52	1:14:33	+56:41	07:27 min/km
395	328	10	153	Liisa	Davids	Female	Incomplete		34:42	39:53	1:14:35	+56:43	07:27 min/km
475	329	91	154	Juanitha	Hamutenya	Female	Open		33:51	40:50	1:14:41	+56:49	07:28 min/km
1828	330	92	155	Diana	Pombili Shikale	Female	Open		35:27	39:17	1:14:44	+56:52	07:28 min/km
753	331	93	156	Salmi	Neshila	Female	Open		33:44	41:00	1:14:44	+56:52	07:28 min/km
538	332	94	157	Yvonne	Jagger	Female	Open		34:15	40:35	1:14:50	+56:58	07:29 min/km
863	333	93	176	OTB	STW Selma Andreki	Male	Open		34:09	40:42	1:14:51	+56:59	07:29 min/km
553	334	14	158	Isabella	Joubert	Female	Junior		37:11	37:46	1:14:57	+57:05	07:29 min/km
769	335	94	177	Emmanuel	Nkomazana	Male	Open		34:39	40:32	1:15:11	+57:19	07:31 min/km
522	336	95	178	Jati	Indongo Wernhil	Male	Open		42:07	33:09	1:15:16	+57:24	07:31 min/km
899	337	11	159	Bianca	van Rooyen	Female	Master		34:31	40:58	1:15:29	+57:37	07:32 min/km
217	338	31	160	Rebecca	Haipinge	Female	Veteran	Windhoek City Runner	35:18	40:14	1:15:32	+57:40	07:33 min/km
878	339	95	161	Uzuvira	Tjizumaue	Female	Open		35:18	40:35	1:15:53	+58:01	07:35 min/km
497	340	32	162	Cynthia	Hengari	Female	Veteran		34:12	41:44	1:15:56	+58:04	07:35 min/km
867	341	96	179	Kennedy	Swartbooi	Male	Open	Trio Debt Collections Services	34:03	42:00	1:16:03	+58:11	07:36 min/km
229	342	15	163	Esmeralda	Joubert	Female	Junior		51:18	24:54	1:16:12	+58:20	07:37 min/km
474	343	97	180	Phillipus	Hamunyela	Male	Open		36:10	40:09	1:16:19	+58:27	07:37 min/km
578	344	98	181	Isack	Kapembe	Male	Open		36:10	40:10	1:16:20	+58:28	07:38 min/km
602	345	99	182	Gido	Kazana	Male	Open		37:22	39:06	1:16:28	+58:36	07:38 min/km
308	346	100	183	Olivia	Abiatal	Male	Open		33:47	42:43	1:16:30	+58:38	07:39 min/km
419	347	12	164	Magaret	Du Plessis	Female	Master		34:37	41:53	1:16:30	+58:38	07:39 min/km
258	348	96	165	Leigh-Ann	Nehoya	Female	Open	MEAT BOARD OF NAMIBIA	-	1:16:46	1:16:46	+58:54	07:40 min/km
764	349	101	184	John	Nguluwe	Male	Open		34:22	42:32	1:16:54	+59:02	07:41 min/km

678	350	102	185	Vanessa-Mae	Mouton	Male	Open		35:35	41:20	1:16:55	+59:03	07:41 min/km
508	351	33	166	Jorien	Hoeksema	Female	Veteran		36:03	41:14	1:17:17	+59:25	07:43 min/km
920	352	13	167	Marianne	Wilders	Female	Master		38:00	39:28	1:17:28	+59:36	07:44 min/km
820	353	27	186	Mario	Sheeya	Male	Veteran	The Sheeya	34:10	43:39	1:17:49	+59:57	07:46 min/km
264	354	34	168	Elizabeth	Sheeya	Female	Veteran	The Sheeya	34:10	43:39	1:17:49	+59:57	07:46 min/km
239	355	97	169	KAVINDE	KATJIPUKA	Female	Open		35:30	42:31	1:18:01	+1:00:09	07:48 min/km
241	356	98	170	Lisa	Kavita	Female	Open	PPC Fitness Team	38:49	39:21	1:18:10	+1:00:18	07:49 min/km
706	357	103	187	Dux	Nakale	Male	Open		36:39	41:34	1:18:13	+1:00:21	07:49 min/km
279	358	104	188	Diamando	Tjombe	Male	Open	Broodkrummels	41:14	37:17	1:18:31	+1:00:39	07:51 min/km
290	359	28	189	Johan	Vosloo	Male	Veteran	Vosloo	36:18	42:16	1:18:34	+1:00:42	07:51 min/km
913	360	35	171	Vicki	Vosloo	Female	Veteran	Vosloo	38:07	40:27	1:18:34	+1:00:42	07:51 min/km
779	361	36	172	Johanna	Page	Female	Veteran		36:53	41:48	1:18:41	+1:00:49	07:52 min/km
733	362	99	173	Rauna	Ndatipo	Female	Open		37:41	41:05	1:18:46	+1:00:54	07:52 min/km
476	363	105	190	Solomons	Hamwaanyena	Male	Open	Old Mutual Finance Department	36:45	42:21	1:19:06	+1:01:14	07:54 min/km
898	364	24	191	Christelle	Van Niekerk	Male	Incomplete		35:59	43:09	1:19:08	+1:01:16	07:54 min/km
2163	365	106	192	mbatjiua	mbetjiha	Male	Open		39:41	39:28	1:19:09	+1:01:17	07:54 min/km
495	366	14	174	Mildred	Hendricks	Female	Master		38:24	41:02	1:19:26	+1:01:34	07:56 min/km
918	367	37	175	Zaskia	Weber	Female	Veteran		39:08	40:31	1:19:39	+1:01:47	07:57 min/km
917	368	107	193	John	Weber	Male	Open		39:09	40:32	1:19:41	+1:01:49	07:58 min/km
496	369	100	176	Veraydial	Hendricks	Female	Open		38:26	41:27	1:19:53	+1:02:01	07:59 min/km
315	370	101	177	Cara	Allen	Female	Open	Deckenbrock Sauls Law	38:06	41:50	1:19:56	+1:02:04	07:59 min/km
509	371	38	178	Patricia	Hoeksema	Female	Veteran	Hoeksemas	37:04	43:17	1:20:21	+1:02:29	08:02 min/km
567	372	102	179	Selma	Kamati	Female	Open		36:42	43:49	1:20:31	+1:02:39	08:03 min/km
697	373	103	180	Roswita	Mwadhina	Female	Open		37:38	42:59	1:20:37	+1:02:45	08:03 min/km
914	374	104	181	Amy	Walters	Female	Open		37:29	43:13	1:20:42	+1:02:50	08:04 min/km
399	375	105	182	Marisja	De Koning	Female	Open		38:01	43:06	1:21:07	+1:03:15	08:06 min/km
868	376	15	183	Nelvina	Theron	Female	Master		37:35	43:42	1:21:17	+1:03:25	08:07 min/km
200	377	108	194	Simaneka	Afunde	Male	Open	Keyboard rockstars	37:33	43:45	1:21:18	+1:03:26	08:07 min/km
600	378	106	184	McQueeny	Kavari	Female	Open		36:19	45:00	1:21:19	+1:03:27	08:07 min/km
597	379	107	185	Vatoo	Kaunazondunge Mujoro	Female	Open		38:43	42:46	1:21:29	+1:03:37	08:08 min/km
237	380	108	186	Verizunda	Katjaimo	Female	Open		38:19	43:11	1:21:30	+1:03:38	08:09 min/km
812	381	39	187	Ndawedapo	Shaanika	Female	Veteran		38:06	43:25	1:21:31	+1:03:39	08:09 min/km
428	382	109	188	Iyambo	Emilia	Female	Open		39:27	42:20	1:21:47	+1:03:55	08:10 min/km
21	383	25	195	Alina	Matheus	Male	Incomplete	Nedbank	36:59	45:24	1:22:23	+1:04:31	08:14 min/km
647	384	16	189	Concilia	Makoena	Female	Master		38:22	44:03	1:22:25	+1:04:33	08:14 min/km
371	385	26	196	Kenneth	Botso	Male	Incomplete		41:25	41:07	1:22:32	+1:04:40	08:15 min/km
804	386	110	190	Megon	Sam	Female	Open		38:55	43:43	1:22:38	+1:04:46	08:15 min/km
313	387	111	191	Margalet	Akooko	Female	Open		39:12	43:33	1:22:45	+1:04:53	08:16 min/km
617	388	112	192	Adelene	Landsberg	Female	Open		39:41	43:28	1:23:09	+1:05:17	08:18 min/km
800	389	113	193	Gizelle	Roman	Female	Open		39:41	43:33	1:23:14	+1:05:22	08:19 min/km
35	390	27	197	Nicolai	Van Wyk	Male	Incomplete	Nedbank	41:09	42:10	1:23:19	+1:05:27	08:19 min/km
350	391	114	194	Octavia	Bailey	Female	Open		37:48	45:41	1:23:29	+1:05:37	08:20 min/km
699	392	115	195	Scholastika	Mwetulundila	Female	Open		38:11	45:38	1:23:49	+1:05:57	08:22 min/km
783	393	116	196	Wilhelmina	Penehafo Elia	Female	Open		40:04	43:49	1:23:53	+1:06:01	08:23 min/km

32	394	28	198	Y	Tjipuka	Male	Incomplete	Nedbank	39:55	44:03	1:23:58	+1:06:06	08:23 min/km
890	395	117	197	uuhulunakazi	valindi	Female	Open		39:01	45:01	1:24:02	+1:06:10	08:24 min/km
278	396	118	198	Uuanisa	Tjituka	Female	Open		38:14	45:53	1:24:07	+1:06:15	08:24 min/km
1852	397	119	199	Elmarie	Soroses	Female	Open		38:19	45:50	1:24:09	+1:06:17	08:24 min/km
319	398	120	200	Ramana	Ambiga	Female	Open	Tjipuka fam	39:55	44:15	1:24:10	+1:06:18	08:25 min/km
206	399	121	201	Megan	Balie	Female	Open	Sub 1 30 Goals	41:32	42:44	1:24:16	+1:06:24	08:25 min/km
452	400	109	199	Ornesto	Goagoseb	Male	Open	Auto Detailing Namibia	41:41	42:43	1:24:24	+1:06:32	08:26 min/km
307	401	122	202	Zandile	Abel	Female	Open		38:59	45:25	1:24:24	+1:06:32	08:26 min/km
844	402	110	200	Ayanda	Sibanda	Male	Open		38:33	46:22	1:24:55	+1:07:03	08:29 min/km
386	403	111	201	Richardine	Coetzee	Male	Open		41:02	44:08	1:25:10	+1:07:18	08:31 min/km
563	404	123	203	Evelina	Kalenga	Female	Open		39:13	45:58	1:25:11	+1:07:19	08:31 min/km
332	405	124	204	Ndapandula	Andreas	Female	Open		40:00	45:12	1:25:12	+1:07:20	08:31 min/km
711	406	40	205	Lovisa	Nambahu	Female	Veteran		40:38	44:49	1:25:27	+1:07:35	08:32 min/km
26	407	29	202	O'Brain	Musweu	Male	Incomplete	Nedbank	41:10	44:20	1:25:30	+1:07:38	08:33 min/km
1096	408	125	206	Azaria	Wallace	Female	Open		37:32	48:05	1:25:37	+1:07:45	08:33 min/km
1178	409	126	207	Rukiya	Beukes	Female	Open		37:32	48:05	1:25:37	+1:07:45	08:33 min/km
927	410	127	208	Wilmari	Woest	Female	Open		39:49	46:01	1:25:50	+1:07:58	08:35 min/km
317	411	128	209	Aini	Amakali	Female	Open		38:33	47:19	1:25:52	+1:08:00	08:35 min/km
741	412	129	210	Helena	Nehoya	Female	Open	Old Mutual	38:11	48:14	1:26:25	+1:08:33	08:38 min/km
915	413	17	211	Cehesta	Walters	Female	Master		39:51	46:37	1:26:28	+1:08:36	08:38 min/km
922	414	41	212	Hilda	Wilson	Female	Veteran		39:55	46:52	1:26:47	+1:08:55	08:40 min/km
576	415	130	213	Helena	Kanzi	Female	Open		44:10	42:53	1:27:03	+1:09:11	08:42 min/km
486	416	42	214	Albee	Haufiku	Female	Veteran	Albee and Veronica	39:34	47:51	1:27:25	+1:09:33	08:44 min/km
431	417	131	215	Colane	Esterhuizen	Female	Open		40:31	47:07	1:27:38	+1:09:46	08:45 min/km
880	418	16	216	JADE	TUNE	Female	Junior	Friends	41:58	45:44	1:27:42	+1:09:50	08:46 min/km
11	419	11	217	Maria	Kamati	Female	Incomplete	Nedbank	42:25	45:45	1:28:10	+1:10:18	08:49 min/km
1874	420	132	218	Aili Nelago	Kanzi	Female	Open		44:10	44:08	1:28:18	+1:10:26	08:49 min/km
888	421	43	219	Magdalena	Uuyuni	Female	Veteran		40:56	47:35	1:28:31	+1:10:39	08:51 min/km
444	422	18	220	Lorraine	Fredericks	Female	Master		42:32	46:27	1:28:59	+1:11:07	08:53 min/km
726	423	133	221	Maija-liisa	Nautende	Female	Open		42:53	46:19	1:29:12	+1:11:20	08:55 min/km
725	424	112	203	Alina	Nashandi	Male	Open		43:18	46:17	1:29:35	+1:11:43	08:57 min/km
826	425	134	222	Salmi	Shigwedha	Female	Open		41:38	48:14	1:29:52	+1:12:00	08:59 min/km
524	426	135	223	Hileni	Inyemba	Female	Open		41:38	48:17	1:29:55	+1:12:03	08:59 min/km
494	427	136	224	Brisetha	Hendricks	Female	Open		46:05	43:57	1:30:02	+1:12:10	09:00 min/km
470	428	113	204	Michael	Hamatwi	Male	Open		49:14	40:56	1:30:10	+1:12:18	09:01 min/km
339	429	137	225	Fransina	Angula	Female	Open		44:28	45:47	1:30:15	+1:12:23	09:01 min/km
201	430	138	226	Fatema	Ahmed	Female	Open	Eufa	42:50	47:36	1:30:26	+1:12:34	09:02 min/km
574	431	139	227	Eulandi	Kamwi	Female	Open	Eufa	42:50	47:37	1:30:27	+1:12:35	09:02 min/km
902	432	140	228	Naheedah	Van Wyk	Female	Open	Broodkrummels	-	1:30:42	1:30:42	+1:12:50	09:04 min/km
892	433	141	229	Simone	van der Hoeven	Female	Open	Broodkrummels	47:54	42:48	1:30:42	+1:12:50	09:04 min/km
801	434	19	230	Gerda	Roth	Female	Master	Poser	43:58	46:46	1:30:44	+1:12:52	09:04 min/km
462	435	44	231	Merle	Hails	Female	Veteran		43:10	47:44	1:30:54	+1:13:02	09:05 min/km
556	436	17	205	Petrus	Jurie Scholtz	Male	Master		45:08	46:03	1:31:11	+1:13:19	09:07 min/km
322	437	12	232	Kaija	Amuntenya	Female	Incomplete	Media	43:37	48:29	1:32:06	+1:14:14	09:12 min/km

2162	438	114	206	Tumelo	Leboea	Male	Open		43:37	48:31	1:32:08	+1:14:16	09:12 min/km
442	439	142	233	Lea	Frans	Female	Open		43:16	49:03	1:32:19	+1:14:27	09:13 min/km
536	440	45	234	Carine	Jacobs	Female	Veteran		46:00	46:29	1:32:29	+1:14:37	09:14 min/km
700	441	115	207	Melchizedek	Mwundra Luwara	Male	Open		46:29	46:46	1:33:15	+1:15:23	09:19 min/km
359	442	143	235	Chanel	Besser	Female	Open		46:33	46:43	1:33:16	+1:15:24	09:19 min/km
515	443	144	236	Laimi	Iita	Female	Open	Kasandra	46:32	46:44	1:33:16	+1:15:24	09:19 min/km
424	444	116	208	Hofen	Ekandjo	Male	Open		46:33	46:45	1:33:18	+1:15:26	09:19 min/km
757	445	13	237	Charmaine	Ngatjiheue	Female	Incomplete	Media	48:28	45:01	1:33:29	+1:15:37	09:20 min/km
487	446	145	238	Veronica	Haufiku	Female	Open	Albee and Veronica	44:51	48:40	1:33:31	+1:15:39	09:21 min/km
701	447	18	209	Conrad	Myburg	Male	Master		44:54	48:37	1:33:31	+1:15:39	09:21 min/km
667	448	46	239	Imelda	Moller	Female	Veteran		44:47	48:57	1:33:44	+1:15:52	09:22 min/km
1872	449	146	240	Hilya	Shikongo	Female	Open		44:14	49:34	1:33:48	+1:15:56	09:22 min/km
6	450	14	241	Elretha	Hansen	Female	Incomplete	Nedbank	43:38	50:12	1:33:50	+1:15:58	09:23 min/km
1880	451	147	242	Martha	Nakapipi	Female	Open		44:36	49:21	1:33:57	+1:16:05	09:23 min/km
569	452	117	210	Johanna	Kambale	Male	Open	Friends	44:18	49:40	1:33:58	+1:16:06	09:23 min/km
592	453	148	243	Namibia	Katuuo	Female	Open		45:00	49:15	1:34:15	+1:16:23	09:25 min/km
575	454	47	244	Coco	Kangueehi	Female	Veteran		46:43	47:55	1:34:38	+1:16:46	09:27 min/km
252	455	118	211	Antoinette	Murangi	Male	Open	Team Murangi	46:44	47:54	1:34:38	+1:16:46	09:27 min/km
724	456	149	245	Kyllikky	Nanyeni	Female	Open		44:27	50:33	1:35:00	+1:17:08	09:30 min/km
570	457	150	246	Esther	Kambode	Female	Open		45:49	49:30	1:35:19	+1:17:27	09:31 min/km
870	458	151	247	Lavinia	Thomas	Female	Open		44:19	51:24	1:35:43	+1:17:51	09:34 min/km
472	459	152	248	Salome	Hamayulu	Female	Open		46:41	50:06	1:36:47	+1:18:55	09:40 min/km
551	460	19	212	JOHN	JOSEPH FREDERICKS	Male	Master		48:19	49:23	1:37:42	+1:19:50	09:46 min/km
903	461	29	213	Rojo	Van Wyk	Male	Veteran	Van Wyks	-	1:38:04	1:38:04	+1:20:12	09:48 min/km
610	462	119	214	Caroline	Kotze wernhil	Male	Open		46:35	51:30	1:38:05	+1:20:13	09:48 min/km
242	463	120	215	Stephen	Kotze wernhil	Male	Open		46:16	51:49	1:38:05	+1:20:13	09:48 min/km
808	464	19	216	Tristan	Schrader	Male	Junior	DHPS	46:23	52:01	1:38:24	+1:20:32	09:50 min/km
605	465	153	249	Vanessa	Khiba	Female	Open	MEAT BOARD OF NAMIBIA	47:51	50:35	1:38:26	+1:20:34	09:50 min/km
457	466	154	250	Jenny	Gouws	Female	Open	MEAT BOARD OF NAMIBIA	47:52	50:37	1:38:29	+1:20:37	09:50 min/km
210	467	15	251	Anna	Daniel	Female	Incomplete	Windhoek city runner	46:08	52:26	1:38:34	+1:20:42	09:51 min/km
423	468	121	217	Elizabeth	Ekandjo	Male	Open		46:23	52:30	1:38:53	+1:21:01	09:53 min/km
537	469	20	252	Elize	Jacobs	Female	Master		44:59	54:34	1:39:33	+1:21:41	09:57 min/km
688	470	122	218	Timmy	Munikaseke	Male	Open		51:34	49:08	1:40:42	+1:22:50	10:04 min/km
397	471	123	219	Danzel	De Koe	Male	Open		57:26	43:27	1:40:53	+1:23:01	10:05 min/km
36	472	30	220	Anzel	Van Zyl	Male	Incomplete	Nedbank	57:25	43:29	1:40:54	+1:23:02	10:05 min/km
471	473	155	253	Yvonne	Hamatwi	Female	Open		49:14	52:13	1:41:27	+1:23:35	10:08 min/km
640	474	124	221	Barakias	M Shangula	Male	Open		31:01	1:11:14	1:42:15	+1:24:23	10:13 min/km
774	475	125	222	Marvin	Ochurub	Male	Open		48:25	54:10	1:42:35	+1:24:43	10:15 min/km
739	476	30	223	Ebson	Ndukireepo	Male	Veteran		48:29	54:07	1:42:36	+1:24:44	10:15 min/km
589	477	126	224	Carvin	Kasume	Male	Open	Old Mutual	45:03	58:47	1:43:50	+1:25:58	10:23 min/km
712	478	156	254	Priskila	Namboga	Female	Open		49:33	54:42	1:44:15	+1:26:23	10:25 min/km
787	479	157	255	Shelley	Petrus	Female	Open		51:46	52:30	1:44:16	+1:26:24	10:25 min/km
624	480	21	256	Claire	Liebenberg	Female	Master	Big Sky Lodges	54:19	50:11	1:44:30	+1:26:38	10:27 min/km
1812	481	158	257	Simon	Shivute	Female	Open		51:45	53:33	1:45:18	+1:27:26	10:31 min/km

256	482	159	258	Mirjam	Namupala	Female	Open	Sisters	51:45	54:01	1:45:46	+1:27:54	10:34 min/km
581	483	160	259	Sharon	Karamba	Female	Open	Karamba	1:08:19	39:48	1:48:07	+1:30:15	10:48 min/km
580	484	20	225	Kuhepa	Karamba	Male	Junior	Karamba	44:38	1:03:30	1:48:08	+1:30:16	10:48 min/km
582	485	31	226	Terrence	Karamba	Male	Veteran	Karamba	44:37	1:03:31	1:48:08	+1:30:16	10:48 min/km
396	486	161	260	Buitumelo	de Almeida	Female	Open		55:07	53:04	1:48:11	+1:30:19	10:49 min/km
851	487	162	261	Renia	Siseho	Female	Open		50:17	57:56	1:48:13	+1:30:21	10:49 min/km
247	488	163	262	Norah	Masuku	Female	Open		55:08	53:05	1:48:13	+1:30:21	10:49 min/km
297	489	22	263	Runner	Essop	Female	Master	Pilots Real Estate	54:29	54:47	1:49:16	+1:31:24	10:55 min/km
305	490	164	264	Runner	Wahab	Female	Open	Pilots Real Estate	54:30	54:47	1:49:17	+1:31:25	10:55 min/km
629	491	48	265	Ricolette	Losper	Female	Veteran		51:32	58:13	1:49:45	+1:31:53	10:58 min/km
449	492	49	266	Shelene	Gentz	Female	Veteran		52:20	1:00:21	1:52:41	+1:34:49	11:16 min/km
327	493	127	227	Senia	Amutse	Male	Open		50:42	1:02:13	1:52:55	+1:35:03	11:17 min/km
670	494	165	267	Hilen	Moses	Female	Open		50:43	1:02:13	1:52:56	+1:35:04	11:17 min/km
689	495	50	268	Khathu	Munyadziwa	Female	Veteran		1:15:41	41:24	1:57:05	+1:39:13	11:42 min/km
854	496	166	269	Tholakele	Sonkaphu	Female	Open		1:15:11	42:11	1:57:22	+1:39:30	11:44 min/km
292	497	21	228	Izuba	Wilson	Male	Junior		26:37	-	26:37	+08:45	05:19 min/km
881	498	167	270	Mirjam	Tuvadimbwa	Female	Open		30:19	-	30:19	+12:27	06:03 min/km
879	499	128	229	Gideon	Tshomokuti	Male	Open		32:19	-	32:19	+14:27	06:27 min/km
325	500	23	271	Amalia	Amushelelo	Female	Master		34:10	-	34:10	+16:18	06:50 min/km
768	501	168	272	Maria	Nkelo Ndjambula	Female	Open		36:57	-	36:57	+19:05	07:23 min/km
1824	502	169	273	Roetzane	Engelbrecht	Female	Open		40:58	-	40:58	+23:06	08:11 min/km
740	503	170	274	Ndapandula	Negumbo	Female	Open		43:24	-	43:24	+25:32	08:40 min/km
295	504	171	275	Lizelna	Hoabes	Female	Open		46:09	-	46:09	+28:17	09:13 min/km
796	505	20	230	Wilfried	Poser	Male	Master	Poser	47:38	-	47:38	+29:46	09:31 min/km
516	506	51	276	Rauna	litembu	Female	Veteran	Team Rauna	47:54	-	47:54	+30:02	09:34 min/km
583	507	22	231	Tinotenda	Karamba	Male	Junior	Karamba	1:08:21	-	1:08:21	+50:29	13:40 min/km