

Citi Dash 2024 - Elite Men								
No.	Position	Name	Surname	Gen.	Group Item	Checkpoint	Time	Pace
M034	1	Daniel	Paulus	Male		14:02.659	28:52.327	02:53 min/km
M076	2	Jeremia	Shetekela	Male		14:19.897	29:35.102	02:57 min/km
M220	3	Reinhold Tomas	Hilifa	Male		14:20.117	30:19.092	03:01 min/km
M153	4	Simon	Paulus	Male		14:49.423	30:33.489	03:03 min/km
M056	5	Geson	Koper	Male		14:48.735	30:34.638	03:03 min/km
M177	6	Kaudinge	Stefanus	Male		14:56.311	31:19.192	03:07 min/km
M140	7	Sakaria	Tangeni	Male		14:50.722	31:25.192	03:08 min/km
M110	8	Matheus	Jesaya	Male		15:07.999	31:51.720	03:11 min/km
M180	9	Enock	Haufiku	Male		15:07.458	31:56.043	03:11 min/km
M114	10	Matias	Simon	Male		15:34.997	32:32.753	03:15 min/km
M139	11	Sakaria	Shifotoka	Male		15:53.222	33:25.456	03:20 min/km
M097	12	Lesley	Kahono	Male		16:00.364	33:37.116	03:21 min/km
M101	13	Linus	Twelifilwa Paulus	Male		16:55.907	34:37.545	03:27 min/km
M039	14	Eliander	Nepembe	Male		16:56.004	35:52.215	03:35 min/km
M100	15	Lineekela	Panduleni Kandowa	Male		17:27.028	36:39.763	03:39 min/km
M169	16	Calum	Gunning	Male		18:28.776	37:21.585	03:44 min/km
M179	17	Moongo	Lukas	Male		17:51.978	38:03.496	03:48 min/km
M156	18	Tilanus	Joseph	Male		18:12.290	38:17.298	03:49 min/km
M299	19	Kai-Uwe	Brettschneider	Male		18:49.199	39:01.001	03:54 min/km
M125	20	Paulus	Angula	Male		18:35.576	39:13.163	03:55 min/km
M178	21	Shihepo	Wilhelm	Male		18:48.137	39:41.750	03:58 min/km
M215	22	Robert	Myburgh	Male		19:42.426	40:21.268	04:02 min/km
M079	23	JG	van Graan	Male		19:36.915	40:36.872	04:03 min/km
M088	24	JOSEPH	GABRIEL	Male	Cycletec Elliot 1	19:25.556	40:45.005	04:04 min/km
M172	25	Heiko	Reiff	Male		20:36.487	40:45.829	04:04 min/km
M072	26	Jacob	Kuume Amadhila	Male		19:29.769	41:05.229	04:06 min/km
M082	27	Johan	Du Plessis	Male		19:52.241	41:27.745	04:08 min/km
M095	28	Lemegius	Jeremia	Male		19:44.158	41:42.235	04:10 min/km
M009	29	Elikan	Hamutenya	Male	BDO Namibia	19:32.176	41:47.400	04:10 min/km
M048	30	Ferdinand	Baard	Male		19:32.946	41:52.509	04:11 min/km
M023	31	Abraham	Hangula	Male		-	42:04.047	04:12 min/km
M108	32	Martin	Nkanga	Male		19:36.098	42:04.167	04:12 min/km
M011	33	Sebastian	Haindongo	Male	Dupwies Management Services CC	20:18.844	42:04.905	04:12 min/km
M065	34	Immanuel	liduwa	Male		18:58.696	42:37.740	04:15 min/km
M217	35	Windsor	Markus	Male		20:52.672	42:43.750	04:16 min/km
M096	36	lesley	Titus	Male		20:48.467	43:15.852	04:19 min/km
M148	37	Shekusomething	Nepembe	Male		20:15.937	43:22.112	04:20 min/km
M049	38	Fessy	Nakal	Male		19:43.189	43:39.224	04:21 min/km
M087	39	Josef	Ndauvako Aihuki	Male		20:40.814	43:39.684	04:21 min/km
M058	40	Gideon	Paavo	Male		20:12.632	43:40.759	04:22 min/km
M216	41	Wilbard	Ithikwa	Male		21:05.098	43:51.783	04:23 min/km
M214	42	Peter	Brinkmann	Male		20:50.378	44:00.783	04:24 min/km
M028	43	Ananias	Itana	Male		21:07.018	44:14.354	04:25 min/km
M135	44	Rowan	Franciscus	Male		21:06.782	44:33.608	04:27 min/km
M030	45	Brett	Strydom	Male		21:15.112	44:50.835	04:29 min/km
M149	46	Shelton	Claassen	Male		22:53.408	44:55.994	04:29 min/km
M124	47	Paavo	David-Uutako	Male		21:20.238	45:06.291	04:30 min/km
M144	48	Saltiel	Shaanika	Male		22:22.724	45:12.986	04:31 min/km
M031	49	Buhe	Khupe	Male		22:23.386	45:15.881	04:31 min/km
M041	50	Emmanuel	Murwira	Male		22:22.246	45:17.347	04:31 min/km
M104	51	Lukas	Masenge	Male		22:24.302	45:25.178	04:32 min/km
M167	52	ASHIPALA	ABRAHAM PENDAPALA	Male		21:52.819	45:34.677	04:33 min/km
M036	53	Devin	Fazzly Jansen	Male		21:08.871	45:42.775	04:34 min/km
M080	54	Joas	Wahengo	Male		21:52.325	45:48.478	04:34 min/km
M113	55	Matheus	Mathias	Male		21:14.881	45:58.289	04:35 min/km
M158	56	Travolta	Katujei	Male		21:24.504	46:00.747	04:36 min/km
M161	57	Veikko	Silas	Male		21:05.968	46:07.002	04:36 min/km
M165	58	Wilhelm	Iiyambo	Male		21:46.600	46:11.478	04:37 min/km
M045	59	Eugene	Jacobs	Male		21:02.773	46:12.643	04:37 min/km
M151	60	Showan	Wurms	Male		22:52.988	46:13.300	04:37 min/km
M085	61	John	Mario Shikindo	Male		21:55.873	46:15.732	04:37 min/km
M160	62	Vaino	Nghifikwa	Male		21:54.917	46:17.270	04:37 min/km
M159	63	Tuli	Nakanyala	Male		22:09.911	46:23.072	04:38 min/km
M302	64	Kenneth	Ndjambula	Male		21:53.753	46:26.940	04:38 min/km
M243	65	Ettiene	Steenkamp	Male		21:57.992	46:31.501	04:39 min/km
M061	66	Heita	Silas	Male		21:01.292	46:32.907	04:39 min/km
M157	67	Timotheus	Nekamba	Male		21:51.787	46:43.257	04:40 min/km

M026	68	Allen	Shapi	Male		21:51.131	46:58.808	04:41 min/km
M046	69	Ezekiel	Kambongi	Male		22:22.194	47:15.378	04:43 min/km
M134	70	Robin	Bruwer	Male		22:54.343	47:23.928	04:44 min/km
M115	71	Metra	Masule	Male		21:51.390	47:31.664	04:45 min/km
M152	72	Simeon	Hamukwaya	Male	Windhoek City Runners Club	22:33.016	47:48.940	04:46 min/km
M116	73	Mike	Tanaka Chakufiyali	Male		22:23.256	48:00.537	04:48 min/km
M067	74	Immanuel	Kanime	Male		21:39.494	48:01.006	04:48 min/km
M123	75	Ntsaku	Khoza	Male		24:12.955	48:07.161	04:48 min/km
M102	76	Luan	Reinders	Male		23:28.659	48:31.161	04:51 min/km
M081	77	JoDave	Cioccolanti	Male		25:02.783	48:50.864	04:53 min/km
M084	78	Johannes	Lacho Abed	Male		23:16.330	48:51.829	04:53 min/km
M083	79	Johann	Wasserfall	Male		24:12.826	49:08.706	04:54 min/km
M037	80	Dulinai	Herman Simon	Male		23:27.873	49:09.567	04:54 min/km
M143	81	Salam	Nghinamilo	Male		23:14.562	49:32.171	04:57 min/km
M212	82	Ferdinand	Nghiyolwa	Male		22:57.733	49:45.029	04:58 min/km
M106	83	Marius	Kruger	Male		23:42.080	49:49.029	04:58 min/km
M221	84	Fillipus	Absalom	Male		23:45.921	49:52.029	04:59 min/km
M136	85	Runner	1 Diekmann	Male		23:38	49:53.012	04:59 min/km
M247	86	Joseph	Ndozi-Okia	Male		23:09.138	49:53.056	04:59 min/km
M122	87	Nelson	Amon	Male		23:43.195	50:13.898	05:01 min/km
M062	88	Ileni	Hitula	Male		24:41.661	50:20.443	05:02 min/km
M213	89	Jocks	Ndyuluwa	Male		24:08.219	50:22.402	05:02 min/km
M042	90	Enem	Kritzinger	Male		25:15.093	50:23.392	05:02 min/km
M219	91	JAFET	KAGOLO Abraham	Male		22:50.011	50:31.920	05:03 min/km
M218	92	Gabriel	Uuyuni	Male		24:27.931	50:35.733	05:03 min/km
M174	93	Richard	Ruiters	Male		23:45.136	51:05.580	05:06 min/km
M150	94	Shikesho	Lazarus	Male		24:05.692	51:15.026	05:07 min/km
M086	95	Josef	Kadhila	Male		23:41.810	51:18.843	05:07 min/km
M301	96	Jakula	FG Shongolo	Male		23:40.022	51:19.271	05:07 min/km
M129	97	Quinton	Steenkamp	Male		24:54.801	51:24.824	05:08 min/km
M248	98	Filemon	Nahum	Male		24:50.550	51:29.547	05:08 min/km
M175	99	Theo	Crous	Male		25:35.551	51:33.990	05:09 min/km
M024	100	Abrie	Du Plooy	Male		25:34.571	51:40.314	05:10 min/km
M014	101	Tamunee	Kahingunga	Male	EY Namibia	23:42.347	51:40.517	05:10 min/km
M132	102	Reinhard	Moyo	Male		24:53.648	51:40.964	05:10 min/km
M164	103	Watze	Hepkema	Male		25:34.897	51:43.550	05:10 min/km
M127	104	Pierewiet	Wilders	Male		25:34.620	51:47.882	05:10 min/km
M154	105	Sitentu	Kamukwanyama	Male		24:48.585	51:51.781	05:11 min/km
M121	106	Ndemwaadha	Shivute	Male		23:58.043	51:57.121	05:11 min/km
M138	107	Russouw	Van Der Spuy	Male		25:36.719	52:07.088	05:12 min/km
M070	108	Isdor	Aluteni Kamati	Male		24:30.916	52:07.847	05:12 min/km
M155	109	Tangeni	Sagues	Male		23:46.847	52:08.626	05:12 min/km
M055	110	Gerson	Nhinda	Male		25:49.171	52:15.002	05:13 min/km
M130	111	Ralph	Uuyuni	Male		24:51.971	52:18.590	05:13 min/km
M060	112	Hagen	Romeis	Male		26:26.113	52:19.330	05:13 min/km
M057	113	Gideon	Gideon	Male		24:51.456	52:21.288	05:14 min/km
M163	114	Vilho	Iipumbu	Male		24:28.172	52:57.927	05:17 min/km
M245	115	Ethan	Van Drunen	Male	WHK International	25:16.476	52:58.172	05:17 min/km
M074	116	JC	Greyling	Male		25:32.498	53:11.289	05:19 min/km
M147	117	Seuna	Karuaihe	Male		26:22.874	53:19.195	05:19 min/km
M054	118	Genscher	Kahingunga	Male		26:30.454	53:22.997	05:20 min/km
M131	119	Rehabeam	Auala	Male		24:36.979	53:25.487	05:20 min/km
M109	120	Marvin	Kamati	Male		26:22.843	53:29.007	05:20 min/km
M091	121	Katuna	Kamuhanga	Male		-	53:30.751	05:21 min/km
M033	122	Christopher	Du Plessis	Male		24:58.641	53:33.004	05:21 min/km
M142	123	Sakeus	Shuufeni Nongolola	Male		26:01.843	53:42.188	05:22 min/km
M119	124	Natango	Kamati	Male		25:36.194	53:44.648	05:22 min/km
M025	125	Alexander	Shapaka	Male		25:37.157	53:44.951	05:22 min/km
M017	126	Atlholang	Sechele	Male	Nedbank Staff	22:57.189	53:58.510	05:23 min/km
M105	127	Lukas	Katenda	Male		25:30.905	54:15.510	05:25 min/km
M090	128	Kaihovere	Tjijaundja	Male		24:59.935	54:26.477	05:26 min/km
M077	129	Jerold	Shilamba	Male		24:44.932	54:31.594	05:27 min/km
M133	130	Rick	Fitzpatrick	Male		25:12.728	54:32.081	05:27 min/km
M027	131	Alwyn	Geiriseb	Male		25:41.582	54:33.809	05:27 min/km
M063	132	Ileni	Ipito	Male		25:22.625	54:37.004	05:27 min/km
M032	133	Carpio	Minnaar	Male		25:45.938	54:57.472	05:29 min/km
M038	134	Edward	Morne Pienaar	Male		26:27.629	55:37.294	05:33 min/km
M044	135	Etienne	De Villiers	Male		26:04.458	55:41.886	05:34 min/km
M021	136	Jens	Iben	Male	Team Iben	26:38.849	57:55.537	05:47 min/km

M010	137	Denis	Mutilifa	Male	Dupwies Management Services CC	27:45.566	58:44.972	05:52 min/km
M064	138	Immanuel	Heita	Male		26:01.012	58:56.468	05:53 min/km
M146	139	Samuel	Shikale	Male		27:16.298	58:57.371	05:53 min/km
M145	140	Salufu	Limbo	Male		26:51.337	58:57.800	05:53 min/km
M166	141	Abraham	Zaanavi	Male		27:52.129	60min+	05:34 min/km
M093	142	Kondjeni	Nghitevelekwa	Male		29:12.133	60min+	05:50 min/km
M029	143	Boris	Isaacks	Male		30:23.801	60min+	06:04 min/km
M118	144	Munee	Tjueza	Male		32:05.502	60min+	06:25 min/km

### Citi Dash 2024 - Elite Woman

No.	Position	Name	Surname	Gen.	Group Item	Checkpoint	Time	Pace
F371	1	Shivolo	Martha Nuukongo	Female		16:42.947	34:40.411	03:28 min/km
F337	2	Lavinia	Haitope	Female		16:55.458	34:56.842	03:29 min/km
F383	3	Beata	Jeremia	Female		17:23.628	36:45.349	03:40 min/km
F330	4	Indileni	Mweshamekange	Female		17:55.774	37:12.377	03:43 min/km
F381	5	Salmi	Nduviteko	Female		-	39:06.349	03:54 min/km
F334	6	Jivanka	Kruger	Female		20:14.405	42:28.766	04:14 min/km
F333	7	Jackie	Shipena	Female		20:17.284	44:08.172	04:24 min/km
F341	8	Maike	Epler	Female		21:48.641	45:07.526	04:30 min/km
F340	9	Magdalena	Nghiiki	Female		22:22.176	45:13.314	04:31 min/km
F382	10	Marion	Schonecke	Female		21:09.827	45:15.879	04:31 min/km
F339	11	Louise	van Graan	Female		22:31.301	46:29.007	04:38 min/km
F001	12	Ndemufayo	Angula	Female		22:06.046	47:26.556	04:44 min/km
F365	13	Rosalia	Martins-Hausiku	Female		22:32.404	48:19.858	04:49 min/km
F002	14	Eclah	Kruger	Female		22:30.929	48:47.899	04:52 min/km
F356	15	Nastassja	Strauss	Female		23:38.708	49:24.468	04:56 min/km
F374	16	Tiofilia	Nunyango	Female		23:41.788	49:39.593	04:57 min/km
F326	17	Hanganeni	Saartjie Ausiku	Female		23:10.083	49:59.935	04:59 min/km
F312	18	Amore	Pienaar	Female		24:56.163	50:27.194	05:02 min/km
F344	19	Marcelle	Eloff	Female		24:29.521	50:31.425	05:03 min/km
F368	20	Sanja	Kritzinger	Female		25:15.332	50:58.415	05:05 min/km
F379	21	Daniela	Diekmann	Female		24:28.026	51:20.381	05:08 min/km
F376	22	Wilhelmina	Penehafo Elia	Female		24:07.620	51:56.916	05:11 min/km
F370	23	Sebrinah	van Rooyen	Female		24:30.869	52:00.502	05:12 min/km
F319	24	Esme	Katjaerua	Female		24:27.210	52:09.054	05:12 min/km
F310	25	Ally	Uxamb	Female		25:39.159	52:58.299	05:17 min/km
F003	26	Hannah	Lewis Winter	Female		25:32.073	53:07.035	05:18 min/km
F320	27	Estelle	Greyling	Female		25:33.434	53:10.853	05:19 min/km
F332	28	Iwanette	Bruwer	Female		25:38.065	53:48.292	05:22 min/km
F369	29	Sara	Nekwiita	Female		25:50.108	54:39.557	05:27 min/km
F362	30	Pombili	Dias	Female		25:50.928	54:43.339	05:28 min/km
F327	31	Hedwig	Markus	Female		25:50.757	54:44.358	05:28 min/km
F359	32	Nency	D Engelbrecht Engelbrecht	Female		26:35.957	54:52.290	05:29 min/km
F338	33	Lilian	Gesami-Steytler	Female		26:47.124	55:01.885	05:30 min/km
F343	34	MAJORY	MUKASA	Female		25:51.658	55:04.106	05:30 min/km
F336	35	Kristofina	Niitshinda	Female		25:35.383	55:07.105	05:30 min/km
F345	36	Maria	Nghifindaka	Female		25:57.878	55:27.110	05:32 min/km
F346	37	Mariana	Mbako	Female		27:11.229	56:26.470	05:38 min/km
F317	38	Elizabeth	Shikonekeni	Female		25:58.730	56:39.269	05:39 min/km
F304	39	Courtney	Lilungwe	Female	EY Namibia	27:56.185	58:58.445	05:53 min/km
F329	40	Hinduu	Kahungi	Female		28:16.638	59:26.757	05:56 min/km
F335	41	Justina	Nghiyalwa	Female		27:21.658	59:34.685	05:57 min/km
F361	42	Pandu	Nghiishililwa	Female		27:38.041	59:37.567	05:57 min/km
F364	43	Romie	Nghitevelekwa	Female		27:37.764	59:57.103	05:59 min/km
F375	44	Uveniko	Negongo	Female		27:53.076	60min+	05:34 min/km
F305	45	Unoo	Kauteza	Female	EY Namibia	28:29.820	60min+	05:41 min/km
F323	46	Gaby	Ahrens	Female		28:30.247	60min+	05:42 min/km
F325	47	Gloria	Kapingana	Female		28:53.702	60min+	05:46 min/km
F309	48	Adele	Oosthuizen	Female		29:45.714	60min+	05:57 min/km
F314	49	Charmaine	Hattingh	Female		30:17.982	60min+	06:03 min/km
F348	50	Marieta	Engelbrecht	Female		30:18.282	60min+	06:03 min/km
F318	51	Elzette	Swartz	Female		30:23.805	60min+	06:04 min/km
F328	52	Hileni	M Shivolo	Female		30:34.383	60min+	06:06 min/km
F350	53	Mirjam	Amunime	Female		30:38.668	60min+	06:07 min/km
F367	54	Saara	Kantene	Female		31:49.231	60min+	06:21 min/km
F357	55	Natasha	Simataa	Female		38:44.406	60min+	07:44 min/km