

### Citi Dash 2024 - 10km Fun Run

No.	Name	Surname	Gen.	Group Item	Checkpoint	Time	Pace
1490	Daniel	Nghipandulwa	Male		17:57.965	38:06.710	03:48 min/km
1664	Jaco	Van Der Walt	Male		19:28.914	41:24.575	04:08 min/km
275	Valentinus	Kanyanga	Male	Goreangab J.S.S Group 2	19:41.355	43:32.045	04:21 min/km
1676	Nesley	Gaweseb	Male		19:43.462	42:23.920	04:14 min/km
1762	Lebeus	Haulofu	Male		20:00.854	42:44.959	04:16 min/km
2161	Richard	April	Male		20:01.402	42:32.215	04:15 min/km
253	Epafras	Shimote	Male	Goreangab J.S.S Group 1	20:01.506	44:46.262	04:28 min/km
1835	Matthieu	Bodin	Male		20:11.018	41:35.121	04:09 min/km
1591	Fritsa	Shikolo	Male		20:22.877	44:34.778	04:27 min/km
2931	York	Ahrens	Male		20:49.840	45:22.945	04:32 min/km
254	Erastus	Ngwena	Male	Goreangab J.S.S Group 1	20:53.697	44:45.263	04:28 min/km
2118	Paulus	Mungeyi	Male		21:41.998	44:42.342	04:28 min/km
2727	Simon	Lysias	Male		21:54.522	48:53.008	04:53 min/km
2774	Tukaleni	Hipetwa	Male		22:07.344	47:56.286	04:47 min/km
257	Laulinda	Shifoleni	Female	Goreangab J.S.S Group 1	22:07.526	49:30.184	04:57 min/km
1847	Mene	Nel	Female		22:08.563	48:15.446	04:49 min/km
2873	Riku	Mashiko	Male		22:08.783	47:37.302	04:45 min/km
1641	Ilse	van Zyl	Female		22:09.568	46:51.487	04:41 min/km
2958	Festus	Jafet	Male		22:30.249	47:03.125	04:42 min/km
2971	Mikael	Shatiwa	Male		23:04.160	49:29.748	04:56 min/km
265	Thomas	Likoro	Male	Goreangab J.S.S Group 1	23:09.343	50:42.736	05:04 min/km
1853	Merlon	Frederico	Male		23:10.328	48:14.796	04:49 min/km
256	Karolina	Augustinus	Female	Goreangab J.S.S Group 1	23:20.382	50:42.385	05:04 min/km
251	Angelina	Katanga	Female	Goreangab J.S.S Group 1	23:30.400	53:46.752	05:22 min/km
1818	Maria	Nandjovo	Female		23:32.614	51:00.423	05:06 min/km
629	Elizabeth	Champion	Female	Entrepo Finance	23:38.301	48:59.601	04:53 min/km
262	Peneyambeko	Haiduwa	Female	Goreangab J.S.S Group 1	23:46.880	50:43.089	05:04 min/km
2782	Twapwa	Hangula	Male		23:50.836	51:54.343	05:11 min/km
2754	Teagan	Van Wyk	Male		23:51.434	48:06.076	04:48 min/km
2179	Rupangu	Kandjii	Male		23:51.612	50:38.430	05:03 min/km
1675	Jan	Pelser	Male	Pelsers	23:53.154	51:25.672	05:08 min/km
826	Pieter	Page	Male	Oud maar nie koud	23:53.353	51:15.988	05:07 min/km
270	Albertina	Fotolela	Female	Goreangab J.S.S Group 2	23:56.318	50:53.475	05:05 min/km
2847	KANATO	IZUTSU	Male	WHK International	24:02.325	53:29.718	05:20 min/km
2942	Cuan	Ahrens	Male		24:10.240	50:33.266	05:03 min/km
2923	Surina	de Wit	Female		24:11.070	49:54.247	04:59 min/km
1645	Immanuel	Victor	Male		24:13.266	52:32.013	05:15 min/km
1707	John	Weber	Male		24:14.775	50:59.127	05:05 min/km
279	Hambeleleni	Kautanevali	Female	Goreangab J.S.S Group 3	24:17.160	54:56.830	05:29 min/km
1437	Bestro	Feel	Male		24:18.680	50:59.286	05:05 min/km
2107	Passil	Dias	Male		24:21.337	49:55.578	04:59 min/km
2744	TABEA	Ashikoto	Female		24:22.685	51:35.851	05:09 min/km
55	Lucas	Kaveto	Male	Nedbank Staff	24:23.410	49:54.688	04:59 min/km
2962	David	Illeka	Male		24:23.462	53:03.048	05:18 min/km
1710	Joseph	Amon	Male		24:25.165	50:58.152	05:05 min/km
1639	Hugo	van den Heever	Male		24:34.110	49:04.473	04:54 min/km
2113	Paul	Brinkmann	Male		24:37.450	49:07.730	04:54 min/km
2794	Verena	Zweier	Female		24:41.141	49:52.422	04:59 min/km
2902	Taleni	Komscho Wilfred	Male		24:46.133	50:01.001	05:00 min/km
2909	Xander	Young	Male		24:47.294	51:09.834	05:06 min/km
2131	Peter	Jac De Klerk	Male		24:50.182	51:09.978	05:06 min/km
2870	Paulus	Shikongo	Male	Nghikongelwa	24:50.416	50:24.467	05:02 min/km
1516	Eldo	Nel	Male		24:51.035	51:08.661	05:06 min/km
2173	Ruben	Delie	Male		25:02.324	54:56.174	05:29 min/km
1480	Colton	Dabrowski	Male		25:05.748	51:14.385	05:07 min/km
2841	Japhet	Jacob	Male		25:14.622	55:53.985	05:35 min/km
2922	Luzaan	Visser	Female		25:20.143	51:41.395	05:10 min/km
1453	Carlo	Hechter	Male		25:20.714	50:38.351	05:03 min/km
1885	Nangolo	Ashipala	Male		25:24.525	54:07.794	05:24 min/km
727	Lysias	Shinime	Male	Schoemans	25:32.388	53:43.728	05:22 min/km
2183	Ryno	Engelbrecht	Male		25:35.275	25:35.275	05:07 min/km
1643	Immanuel	Alugongo	Male		25:38.316	51:01.100	05:06 min/km
495	Edu	Weder	Male	EY Namibia	25:40.412	53:00.652	05:18 min/km
1651	Isak	Delberth Davids	Male		25:48.813	53:09.774	05:18 min/km

2122	Peace	Shimwino	Female		25:48.892	53:26.367	05:20 min/km
1745	Lahja	Imalwa	Female		25:52.028	53:44.054	05:22 min/km
1837	Matti	Magongo	Male		25:55.830	57:07.509	05:42 min/km
737	Frans	Kambo	Male	Pupkewitz Megatech	26:00.488	55:36.694	05:33 min/km
2121	Paulus	Shapua	Male		26:02.126	57:51.787	05:47 min/km
1399	Alma	Akweenda	Female		26:03.711	55:00.109	05:30 min/km
1790	Lorentino	Kisting	Male		26:08.633	57:00.919	05:42 min/km
1468	Chidera	Onwudinjo	Male		26:09.932	57:04.633	05:42 min/km
1415	Annunzio	Christians	Male		26:20.992	54:58.960	05:29 min/km
1602	Gino	Januarie	Male	Windhoek City Runners Club	26:22.284	54:53.303	05:29 min/km
1381	Achim	Herma M	Male		26:24.685	55:06.478	05:30 min/km
2869	Paulus	Kashimbode	Male		26:25.959	1:00:54.690	06:05 min/km
2758	Terrence	Karamba	Male		26:27.116	56:04.978	05:36 min/km
2759	Theopoline	Ashipala	Female		26:27.757	57:20.494	05:44 min/km
2950	Noah	Rijnen	Male	St Pauls	26:27.919	56:13.230	05:37 min/km
2954	Bas	Rijnen	Male		26:28.302	1:03:39.494	06:21 min/km
1856	Michael	Britz	Male		26:28.832	54:22.905	05:26 min/km
1888	Natalie	Beukes	Female		26:29.087	1:02:42.616	06:16 min/km
813	Izuba	Nicol-Wilson	Male	Nicol-Wilson	26:29.259	54:40.993	05:28 min/km
1592	Fronh	Fielding M	Male		26:29.414	56:32.711	05:39 min/km
1891	Nathaniel	Shonena	Male		26:30.703	56:39.301	05:39 min/km
2896	Marius	Boonzaier	Male		26:37.253	54:25.283	05:26 min/km
1446	Braam	Van Wyk	Male		26:39.272	53:46.589	05:22 min/km
2720	Shiikwa	Kathingo	Male		26:43.028	52:35.404	05:15 min/km
1495	Deoné	Nel	Female		26:53.800	55:23.943	05:32 min/km
1409	Anel	Byleveld	Female		26:55.571	56:08.773	05:36 min/km
2163	Robert	Nienaber	Male		26:56.125	54:57.049	05:29 min/km
672	Anja	Boshoff	Female	LIVESTOCK AND LIVESTOCK PRODUCTS BOARD OF NAM	26:56.518	55:47.441	05:34 min/km
2157	Riaan	De Witt	Male		26:56.903	56:26.857	05:38 min/km
1520	Elijah	Nienaber	Male		26:57.271	55:00.337	05:30 min/km
2874	Ryno	Barnard	Male		26:58.136	52:53.461	05:17 min/km
411	David	Nels	Male	BDO Namibia	26:58.921	55:09.065	05:30 min/km
2135	Petrus	Haukongo	Male		27:00.522	57:25.160	05:44 min/km
2852	Lelani	Noeth	Female		27:00.711	55:48.619	05:34 min/km
634	Simon	Shipopyeni	Male	Entrepo Finance	27:01.595	1:02:17.162	06:13 min/km
437	Lindy	Van den Bosch	Female	Big Sky Lodges	27:04.678	55:09.710	05:30 min/km
2800	Vicky	Ludick	Female		27:05.644	55:54.166	05:35 min/km
1581	Fred-Charles	Pieterse	Male		27:05.941	56:39.958	05:39 min/km
1433	Bento	Adriano	Male		27:06.915	59:57.379	05:59 min/km
1385	Adre-Mari	Kuhn	Female		27:08.027	58:52.466	05:53 min/km
2937	Lieze	Kruger	Female		27:09.156	56:42.176	05:40 min/km
1514	Eckard	Ngaujake	Male		27:09.734	1:01:13.731	06:07 min/km
1754	Laura	Voss	Female		27:10.617	57:59.474	05:47 min/km
2838	HINATA	IZUTSU	Male	WHK International	27:12.424	1:01:42.868	06:10 min/km
1407	Andre	Horne	Male		27:12.858	1:07:28.221	06:44 min/km
1726	Karin	Eloff	Female		27:16.356	58:47.965	05:52 min/km
2133	Petrus	Kosmas	Male		27:19.346	59:25.392	05:56 min/km
1864	Modino	Shishiveni	Female		27:20.874	59:56.711	05:59 min/km
760	Gido	Kazana	Male	Chasing real dopamine	27:21.680	59:20.535	05:56 min/km
1652	Issy	Johannes	Male		27:21.936	54:43.782	05:28 min/km
1834	Matias	Shaanika	Male		27:26.935	1:02:00.180	06:12 min/km
2172	Ruairi	Hammond	Male	One Step	27:31.939	56:34.711	05:39 min/km
1860	Michelle	McCulloch	Female	One Step	27:32.595	56:36.319	05:39 min/km
1556	Fabiano	Sabisa	Male		27:32.909	58:23.022	05:50 min/km
740	Rautenan	Thimotheus	Male	Pupkewitz Megatech	27:34.003	55:36.696	05:33 min/km
1570	Fillipus	Mandela Nuuyoma	Male		27:34.209	1:05:33.432	06:33 min/km
1733	Kieran	Schroder	Female	Cycletec Elliot 4	27:36.284	59:16.323	05:55 min/km
2144	Rachael	Sekai Gwasira	Female		27:40.150	59:41.218	05:58 min/km
2740	Sylvia	Kapembe	Female		27:41.170	1:03:44.777	06:22 min/km
1506	Diina	Jesaya	Female		27:44.495	1:01:28.871	06:08 min/km
1693	Jeremia	Natangwe	Male		27:46.024	58:31.009	05:51 min/km
2189	Samwel	Amputu	Male		27:47.301	1:02:59.406	06:17 min/km
1395	Alistair	Strauss	Male		27:52.200	58:21.510	05:50 min/km
1913	Nicole	Groenewald	Female		27:53.779	58:23.873	05:50 min/km
839	Josef	Milezi	Male	Showmax Namibia	27:57.295	58:06.025	05:48 min/km

1558	Fenni	Nghiitwikwa	Female		27:57.476	58:46.616	05:52 min/km
1744	Labani	Mwandingi	Male		27:57.757	1:03:56.521	06:23 min/km
2926	Cherien	Simataa	Female		28:01.556	28:01.556	05:36 min/km
1391	Ali	Paulus	Male		28:03.462	57:31.236	05:45 min/km
2927	Perpetua	Simataa	Female		28:04.621	28:04.621	05:36 min/km
764	Lydia	Daniel	Female	Chasing real dopamine	28:08.039	59:20.886	05:56 min/km
1587	Fredrika	Amupolo	Female		28:09.934	59:16.325	05:55 min/km
2810	Waldau	Naruseb	Male		28:13.860	57:53.273	05:47 min/km
2120	Paulus	Nuumbembe	Male		28:14.920	1:02:29.004	06:14 min/km
1669	Jacques	Beukes	Male		28:15.181	58:07.936	05:48 min/km
538	Robynne-Elizabeth	Marx	Female	EY Namibia	28:16.995	58:39.312	05:51 min/km
1649	Isabellah	Makolijah	Female		28:17.256	59:51.184	05:59 min/km
255	Joseph	Ifindwako	Male	Goreangab J.S.S Group 1	28:17.882	48:54.194	04:53 min/km
761	Etuwete	Heita	Male	Nedbank Staff	28:19.638	1:00:48.533	06:04 min/km
1659	Iyaloo	Shiikwa	Female		28:23.491	1:00:42.849	06:04 min/km
2834	Elina	Malima	Female	Nghikongelwa	28:24.737	1:00:45.280	06:04 min/km
2804	Victoria	Iyambo	Female		28:26.158	59:27.318	05:56 min/km
1517	Elia	Nghwada	Male		28:27.821	56:00.200	05:36 min/km
2761	Thomas	Theron	Male		28:30.084	55:54.583	05:35 min/km
2148	Rauna	Nelao	Female		28:32.077	59:12.383	05:55 min/km
2957	Anni	Scharenboich	Female		28:32.132	58:49.073	05:52 min/km
2755	Tendai	Chakanya	Male		28:32.987	58:32.235	05:51 min/km
1491	David	Ntinda	Male		28:39.530	59:27.223	05:56 min/km
1727	Karl	Heinz Minz	Male		28:46.509	1:01:10.710	06:07 min/km
1858	Michael	Hongonekua	Male		28:48.190	1:01:38.790	06:09 min/km
1550	Eskka	Tuhadeleni	Female		28:48.789	1:03:11.697	06:19 min/km
2709	Sepiso	Mwange	Female		28:49.130	59:49.395	05:58 min/km
991	Jason	Kaisho	Male	Nedbank Staff	28:49.902	1:00:59.546	06:05 min/km
21	Johan	Möller	Male	Nedbank Staff	28:57.952	58:50.193	05:53 min/km
1448	Brigitte	Hollick	Female		29:00.595	1:00:48.351	06:04 min/km
1617	Helen-Taleni	Itana	Female		29:03.084	1:04:09.449	06:24 min/km
2910	Frans	Indongo	Male		29:03.981	1:03:38.229	06:21 min/km
1900	NDAWEDAPO	NEPEMBE	Male		29:07.657	1:00:02.025	06:00 min/km
1653	Ivan	Ariclenes Matuco Filipe	Male		29:10.268	1:04:06.945	06:24 min/km
1910	Nicola	Steyl	Female		29:11.224	1:03:08.611	06:18 min/km
1434	Bernard	Van Den Berg	Male		29:11.614	59:13.676	05:55 min/km
1647	Iris	Galinier-Warrain	Female		29:12.902	1:00:20.546	06:02 min/km
1638	Hugo	van den Berg	Male		29:13.155	1:03:30.568	06:21 min/km
2932	Mirjam	Sylvi Nangolo	Female		29:13.486	1:02:39.097	06:15 min/km
1488	Danie	Labuschagne	Male		29:13.948	1:02:40.361	06:16 min/km
2859	Mia	Brand	Female		29:15.047	58:55.934	05:53 min/km
1855	Mianka	Robberts	Female		29:20.078	58:42.960	05:52 min/km
1893	Ndafa	Samuel	Male		29:21.692	1:03:18.450	06:19 min/km
1677	Jana	Ptacnikova	Female		29:21.961	1:03:17.019	06:19 min/km
1500	Desiree	Jansen Van Rensburg	Female		29:25.430	1:01:55.839	06:11 min/km
1803	Lydia	Lehoho	Female		29:31.470	1:02:49.402	06:16 min/km
1719	Justina	Itana	Female		29:32.433	1:03:52.794	06:23 min/km
1509	Doran	Doise	Male		29:32.997	1:02:51.387	06:17 min/km
1604	Grace	Doise	Female		29:33.286	1:02:40.712	06:16 min/km
2868	Oscar	van Wyk	Male		29:34.484	1:06:15.360	06:37 min/km
1593	Gabriel	Martinez	Male		29:35.095	58:33.572	05:51 min/km
1599	Gerardo	Acebes	Male		29:35.383	58:56.079	05:53 min/km
2809	Vistoria	Otto	Female		29:37.624	1:03:27.647	06:20 min/km
1714	Josua	Ngesheya	Male		29:38.854	1:02:47.476	06:16 min/km
1513	Dylan	Mouton	Male		29:39.865	1:03:37.954	06:21 min/km
2827	Amauro	Carew	Male	Team Carew	29:40.990	1:00:48.020	06:04 min/km
2160	Riana	Du Plessis	Female		29:42.503	1:02:20.455	06:14 min/km
414	Heidi	Halbich	Female	BDO Namibia	29:48.260	1:04:21.151	06:26 min/km
2184	Saara	Shapua	Female		29:48.989	1:04:37.383	06:27 min/km
1779	Lineekela	Shalongo	Female		29:49.535	1:04:17.674	06:25 min/km
1753	Landuleni	Kaleb	Male		29:51.379	1:04:43.529	06:28 min/km
1589	Frieda	Jason	Female		29:53.746	1:03:40.114	06:22 min/km
2888	Vistorina	Kuutondokwa	Female		29:54.057	1:06:46.260	06:40 min/km
1438	Betheul	Neidel Paulus	Male		29:55.028	1:07:10.823	06:43 min/km
1414	Anne-Me	Bekker	Female		29:56.489	1:04:34.007	06:27 min/km
1680	Jane	Misihairabgwi	Female		30:00.719	1:03:48.756	06:22 min/km

1863	Mirjam	Tuvadimbwa	Female		30:01.006	1:06:49.102	06:40 min/km
2829	Carolina	Berna	Female		30:01.341	1:00:27.511	06:02 min/km
2894	Kiran	Wolf	Female		30:01.498	1:00:27.509	06:02 min/km
1628	Hilke	Kruger	Female		30:02.117	1:01:12.282	06:07 min/km
2854	Maria	Amukoto	Female		30:04.436	1:04:17.838	06:25 min/km
2142	QUEEN	KAPUKIRE MUROUA	Female	Cycletec Elliot 3	30:06.862	1:09:00.282	06:54 min/km
1920	Olga	Wenk	Female		30:07.124	1:03:56.113	06:23 min/km
2823	Zeta	Van Wyk	Female		30:10.460	1:03:13.635	06:19 min/km
1911	Nicole	Bader	Female		30:11.298	1:02:43.845	06:16 min/km
2129	Peter	Andreas	Male		30:12.907	1:05:25.836	06:32 min/km
2941	Michelle	Suren	Female		30:14.468	1:03:19.510	06:19 min/km
1393	ALINA	SIMANEKA Lasarus	Female		30:20.886	1:07:40.764	06:46 min/km
1850	Mercy	Likando	Female		30:21.909	1:04:49.228	06:28 min/km
2762	Tinashe	Manika	Male		30:23.142	1:03:37.327	06:21 min/km
1766	Leonard	Ntinda	Male		30:24.563	1:01:54.796	06:11 min/km
1595	Gaby	Horne	Female		30:26.160	1:01:49.452	06:10 min/km
2819	Xanthe	Christians	Female	Running Girlies	30:27.076	1:06:47.873	06:40 min/km
2917	Chrismari	Esterhuysen	Female		30:27.943	1:03:18.219	06:19 min/km
1427	Beata	Shaanika	Female		30:29.254	1:04:51.270	06:29 min/km
814	Verile	Nicol-Wilson	Male	Nicol-Wilson	30:32.800	1:07:19.342	06:43 min/km
1477	Clive	Kavendjii	Male		30:33.654	1:04:06.772	06:24 min/km
2197	Saudai	Sapi	Male		30:35.374	1:00:17.889	06:01 min/km
2773	Tuikila	Kaiyamo	Male		30:35.924	1:07:15.647	06:43 min/km
2936	Tomas	Nekongo	Male		30:38.162	1:10:33.476	07:03 min/km
2772	Tuhupa	Kavendjii	Female		30:39.321	1:03:51.756	06:23 min/km
2796	Veronica	Mungonena	Female		30:39.579	1:04:11.454	06:25 min/km
1522	Elizabeth	Immanuel	Female		30:39.947	1:06:34.241	06:39 min/km
1912	Nicole	Brendell	Female	Running Girlies	30:43.278	1:07:01.248	06:42 min/km
2872	Rezando	Snyders	Male		30:43.781	1:09:57.412	06:59 min/km
1650	Isabelle	Van der walt	Female		30:46.828	1:06:48.973	06:40 min/km
2760	Thomas	Nicodemus	Male		30:47.473	1:03:46.596	06:22 min/km
2924	SHIKONGO	HILENI	Female		30:47.927	1:03:05.141	06:18 min/km
2792	Vanessa	Ukca	Female		30:49.734	1:04:03.455	06:24 min/km
2925	Justine	Venaani Nande	Female		30:50.302	1:04:04.146	06:24 min/km
2793	Vatoo	Kaunazondunge	Female		30:52.259	1:05:43.834	06:34 min/km
2711	Shali	Ekanjo	Male		30:52.406	1:03:16.043	06:19 min/km
2798	Vhallengia	Mandy Jeremia	Female		30:55.041	1:09:57.461	06:59 min/km
1820	Maria	Nkelo Ndjambula	Female		30:55.564	1:08:45.825	06:52 min/km
1789	Loine	Uukongo	Female		30:57.159	1:07:49.122	06:46 min/km
1474	Cintia	Martin	Female		31:05.432	1:04:52.194	06:29 min/km
1405	Analia	Lombard	Female		31:12.142	1:02:51.887	06:17 min/km
1493	David	Hechter	Male		31:12.687	1:04:10.945	06:25 min/km
886	Heinrich	Joodt	Male	Nedbank Staff	31:14.002	1:06:29.869	06:38 min/km
2707	Selma	Shaanika	Female		31:15.769	1:08:39.129	06:51 min/km
1463	Charles	Katjimune	Male		31:19.980	1:08:26.544	06:50 min/km
2186	Salmi	Neshila	Female		31:20.028	1:07:05.190	06:42 min/km
1386	Airofaan	Ruben Van Wyk	Male		31:20.318	1:01:37.453	06:09 min/km
497	Floris	Marx	Male	EY Namibia	31:21.720	1:05:23.243	06:32 min/km
1767	Leonard	Shivute	Male		31:23.652	1:08:27.844	06:50 min/km
1612	Heinz	Bank	Male		31:25.521	1:09:13.474	06:55 min/km
1461	Chalton	Pietersen	Male		31:29.602	1:12:05.340	07:12 min/km
2799	Vicky	Dan	Female		31:29.705	1:08:27.997	06:50 min/km
1871	Mufaro	Nesongano	Male		31:31.235	1:07:05.384	06:42 min/km
1621	Henrico	Von Wielligh	Male		31:31.374	1:05:18.678	06:31 min/km
526	Matti	Ilyenda	Male	EY Namibia	31:31.549	1:08:13.588	06:49 min/km
557	Thomas	Constantin	Male	EY Namibia	31:33.104	1:05:33.734	06:33 min/km
2742	Taapopi	Ithana	Female		31:35.556	1:06:47.869	06:40 min/km
1498	Derrick	Pieters	Male		31:36.896	1:06:33.891	06:39 min/km
1832	Masimba	Dauramanzi	Male		31:40.229	1:07:43.996	06:46 min/km
1626	Hilia	Kashila	Female		31:49.672	1:32:16.346	09:13 min/km
125	Onesmus	Onesmus	Male	Nedbank Staff	31:49.876	1:07:17.606	06:43 min/km
155	Rodenza	Steytler	Female	Nedbank Staff	31:51.019	1:07:16.255	06:43 min/km
2921	Star	Nghiyolwa	Female		31:51.985	1:05:23.135	06:32 min/km
2897	Marius	Jnr Boonzaier	Male		31:54.807	1:09:07.433	06:54 min/km
2764	Tjirimejo	Mbaha	Female		31:58.189	1:09:34.144	06:57 min/km
2112	Patrick	Tietz	Male		32:01.968	1:01:51.758	06:11 min/km

490	Casey-Dee	Bohlke	Female	EY Namibia	32:02.865	1:01:51.259	06:11 min/km
2822	Zaskia	Weber	Female		32:04.253	1:12:06.083	07:12 min/km
1742	Kristine	Lesheni Naikaku	Female		32:06.972	1:13:09.010	07:18 min/km
2778	TUNA	HAKANDUME	Female		32:08.192	1:10:57.857	07:05 min/km
2729	Slade	Isaacs	Male		32:08.288	1:09:26.278	06:56 min/km
2940	Hofen	Ekandjo	Male		32:11.091	1:10:12.522	07:01 min/km
1540	Elton	Gouws	Male		32:13.766	1:10:53.803	07:05 min/km
1607	Haitange	Nelumbu	Male		32:14.100	1:07:37.867	06:45 min/km
1905	Neil	Dyason	Male		32:16.380	1:09:39.008	06:57 min/km
1501	Devon	Willemse	Male		32:17.147	1:04:31.533	06:27 min/km
74	Markquin	Van Der Westhuizen	Male	Nedbank Staff	32:17.432	1:08:07.117	06:48 min/km
1889	Natalie	Makazhe	Female		32:22.347	1:09:11.967	06:55 min/km
2741	Sylvia	Umana	Female		32:23.497	1:03:31.663	06:21 min/km
2153	Rejoice	Bilhaower	Female		32:25.989	1:06:54.673	06:41 min/km
2728	Sirka	Amaambo	Female		32:31.411	1:09:38.254	06:57 min/km
2807	Vino	Tjombonde	Male		32:37.013	1:09:09.907	06:54 min/km
2195	Sascha	Schroder	Male	Cycletec Elliot 4	32:39.925	1:09:52.417	06:59 min/km
1567	Fiina	Petrus	Female		32:42.308	1:09:02.840	06:54 min/km
1906	Nelson	Ashipala	Male		32:43.601	1:09:17.293	06:55 min/km
1584	Fredricka	N Lazarus	Female		32:46.377	1:12:04.004	07:12 min/km
1537	Elly	Kalumbu	Female		32:46.769	1:12:07.569	07:12 min/km
1812	Maggy	Lenga	Female		32:47.161	1:10:09.551	07:00 min/km
1708	Johnford	Thabani Ncube	Male		32:47.655	1:10:50.864	07:05 min/km
1806	Lyndon	Beukes	Male		32:48.014	1:10:01.909	07:00 min/km
2147	Rauna	Ndilula	Female		32:48.202	1:11:54.486	07:11 min/km
1624	Hessen	Petrus	Male		32:54.210	1:10:02.124	07:00 min/km
1918	Octavia	Bailey	Female		32:55.236	1:09:49.643	06:58 min/km
1787	Lodewyk	Minders	Male		32:55.556	1:08:31.948	06:51 min/km
509	Jason	Namwele	Male	EY Namibia	32:56.054	1:09:06.473	06:54 min/km
1831	Marylane	Minders	Female		32:56.107	1:08:31.415	06:51 min/km
422	Noa	Silas	Male	BDO Namibia	32:56.160	1:11:10.505	07:07 min/km
498	Gottlieb	Hamukoshi	Male	EY Namibia	32:56.936	1:11:47.973	07:10 min/km
532	Owen	Uchezuba	Male	EY Namibia	32:57.701	1:13:18.030	07:19 min/km
1410	Angelique	Bock	Female		32:58.209	1:08:41.864	06:52 min/km
1450	Camilla	van Wyk	Female		32:58.365	1:08:32.548	06:51 min/km
2836	Geo-Aldro	Theron	Male		33:01.957	1:08:45.649	06:52 min/km
2959	Davina	Millicent McNab	Female		33:03.560	1:11:52.300	07:11 min/km
1805	Lydia	Nambuli	Female		33:04.242	1:05:54.537	06:35 min/km
2136	Petrus	Nehale	Male		33:05.189	1:05:54.924	06:35 min/km
2167	Ronaldt	Idipo	Male		33:06.063	1:10:41.239	07:04 min/km
2842	Jenielle	Titus	Female		33:08.153	1:05:48.888	06:34 min/km
2862	Morgan	Isaacs	Male		33:08.769	1:06:09.490	06:36 min/km
2806	Vilho	Mbangu	Male		33:09.749	1:10:14.547	07:01 min/km
2843	John	Titus	Male		33:09.899	1:05:48.880	06:34 min/km
1783	Lisa	Matomola	Female		33:10.830	1:06:54.886	06:41 min/km
2935	Martha	Shiyanga	Female		33:16.086	1:12:46.083	07:16 min/km
1471	Christine	Mitchell	Female		33:16.630	1:08:41.355	06:52 min/km
2904	Marianka	Theron	Female		33:17.415	1:12:42.350	07:16 min/km
1442	Bianca	Van Rooyen	Female		33:17.659	1:12:39.905	07:15 min/km
1713	Joshua	Kamwi	Male		33:19.502	1:11:50.929	07:11 min/km
1694	Jesaya	Barnabas	Male		33:19.849	1:14:48.870	07:28 min/km
1549	Erisna	Jansen	Female		33:22.022	1:13:17.691	07:19 min/km
2801	Victoria	Angombe	Female	Victoria & Loryn (Flying Sparks)	33:23.714	1:11:54.407	07:11 min/km
1791	Loryn	Tjimbundu Kangueehi	Female	Victoria & Loryn (Flying Sparks)	33:24.378	1:12:08.378	07:12 min/km
2708	Selwyn	Moody	Male		33:25.627	1:03:22.241	06:20 min/km
1731	Keith	Bock	Male		33:27.356	1:12:25.888	07:14 min/km
1824	Marlene	Brendell	Female		33:29.291	1:12:25.498	07:14 min/km
2735	Stephen	Kanganga	Male		33:29.705	1:05:01.855	06:30 min/km
2867	Nicole	Barnard	Female		33:32.866	33:32.866	06:42 min/km
1914	Nolan	Ashimbanga	Male		33:33.638	1:11:33.664	07:09 min/km
2879	Silvio	Coetzee	Male		33:35.386	1:12:14.415	07:13 min/km
2162	Richardine	Coetzee	Female		33:37.812	1:08:51.629	06:53 min/km
1843	Megan	Balie	Female		33:39.846	1:11:08.104	07:06 min/km
2105	Padelia	Paulus	Female		33:41.463	1:14:02.998	07:24 min/km
1774	Linda	Nakasole	Female		33:43.775	1:14:50.918	07:29 min/km
1469	Chrisna	Pelser	Female	Pelsers	33:44.132	1:10:19.485	07:01 min/km

723	Justus	Tjirimuje	Male	Schoemans	33:44.387	1:11:31.344	07:09 min/km
2766	Toini	Konstantin	Female		33:47.565	1:12:01.714	07:12 min/km
2784	Udo	Stehle	Male		33:48.777	1:04:35.513	06:27 min/km
1683	Janet	Vosloo	Female		33:49.291	1:09:03.071	06:54 min/km
2812	Wayne	Platt	Male		33:52.708	1:12:19.242	07:13 min/km
2733	Sophie	Uugwanga	Female		33:53.079	1:14:48.581	07:28 min/km
2944	Nancy	Kalomo	Female		33:55.173	1:09:49.790	06:58 min/km
1615	Helena	Kanzi	Female		33:55.828	1:10:42.222	07:04 min/km
2732	Sonika	Van Rooyen	Female		34:03.127	1:12:41.063	07:16 min/km
2951	Suama	Hasheela	Female		34:03.985	1:12:45.901	07:16 min/km
1890	Natasha	Du Plessis	Female		34:05.178	1:13:23.792	07:20 min/km
2734	Stefanus	Gariseb	Male		34:06.638	1:09:56.328	06:59 min/km
1384	Adiele	Oosthuizen	Female		34:07.159	1:15:07.958	07:30 min/km
2115	Paulina	IYAMBO	Female		34:07.876	1:13:31.796	07:21 min/km
2104	Otja	Tjipetekera	Female		34:09.551	1:10:11.658	07:01 min/km
2151	Rebecca	Shipepe	Female		34:13.652	1:11:25.970	07:08 min/km
2900	Noriaki	Sadamoto	Male		34:14.713	1:11:53.456	07:11 min/km
1700	Johadrie	de Villiers	Female		34:21.566	1:12:50.782	07:17 min/km
1472	Christine	Radford	Female		34:22.039	1:12:44.993	07:16 min/km
2920	Elina	Amadhila	Female		34:22.493	1:11:29.253	07:08 min/km
1865	Monde	Samwele	Female		34:26.029	1:11:19.341	07:07 min/km
2907	Carien	van der Walt	Female		34:26.491	1:09:15.294	06:55 min/km
1582	Freddy	Kido	Male		34:27.327	1:11:03.102	07:06 min/km
2775	Tukwatha	Ben-Elungu	Female		34:30.684	1:14:16.841	07:25 min/km
1825	Marsha	Shaanika	Female		34:31.513	1:15:30.389	07:33 min/km
222	Verna	Scheepers	Female	Nedbank Staff	34:34.976	1:12:36.059	07:15 min/km
1808	Magaret	Du plessis	Female		34:35.377	1:12:33.960	07:15 min/km
2722	Shoopala	Angombe	Male		34:37.409	34:37.409	06:55 min/km
263	Priska	Nghifikwa	Female	Goreangab J.S.S Group 1	34:37.849	1:16:52.106	07:41 min/km
1445	Biutinus	Iyambo	Male		34:38.861	1:14:11.768	07:25 min/km
1630	Hilma	Shapumba	Female		34:39.928	1:07:40.678	06:46 min/km
2138	Pierre	Lambert	Male		34:40.643	1:13:49.373	07:22 min/km
1512	Dux	Nakale	Male		34:40.788	1:15:34.225	07:33 min/km
2858	Melanie	Ndjago	Female		34:43.111	1:10:20.402	07:02 min/km
2945	Frans	Tshikesho	Male		34:45.898	1:10:12.664	07:01 min/km
2929	Brown	Kawana	Male		34:46.554	1:13:14.729	07:19 min/km
1813	Magretha	Vlok	Female		34:48.967	1:09:37.739	06:57 min/km
1887	Nashipe	Nakulonda	Female		34:57.107	1:20:30.410	08:03 min/km
2913	Marianne	Wilders	Female		34:59.766	1:14:10.430	07:25 min/km
2750	Tarohole	Niipare	Female		35:00.496	1:17:58.689	07:47 min/km
523	Marisja	de Koning	Female	EY Namibia	35:01.165	1:11:28.321	07:08 min/km
1678	Jana	Richardson	Female		35:02.647	1:12:31.783	07:15 min/km
1746	Lahja	Ndilula	Female		35:05.664	1:14:21.918	07:26 min/km
2703	Selma	Kamati	Female		35:08.327	1:20:48.303	08:04 min/km
2180	Rusina	Nghiloothamba	Female		35:08.602	1:17:34.343	07:45 min/km
75	Marth	Negonga	Male	Nedbank Staff	35:10.005	1:09:29	06:56 min/km
1440	Beyonce	Timoteus	Female		35:10.169	1:17:07.145	07:42 min/km
2885	Uarukua	Kuhanga	Male		35:12.279	1:17:45.289	07:46 min/km
743	Saara	Ileka	Female	Pupkewitz Megatech	35:13.530	1:21:30.347	08:09 min/km
1489	Daniel	Liebenberg	Male		35:17.135	1:11:04.822	07:06 min/km
1422	Aune	Victor	Male		35:20.164	1:15:27.952	07:32 min/km
1904	Ndinela	Kamati	Female		35:31.579	1:18:00.424	07:48 min/km
113	Nangula	Wedeing	Male	Nedbank Staff	35:34.015	1:15:04.448	07:30 min/km
2877	Shafimana	Shimakeleni	Male		35:37.089	1:12:04.939	07:12 min/km
1873	Munyaradzi	Chipfupa	Male		35:39.913	1:12:45.236	07:16 min/km
1555	Evelina	Kalenga	Female		35:41.036	35:41.036	07:08 min/km
1571	Flora	N Thomas	Female		35:42.359	1:18:05.293	07:48 min/km
2747	Tangeni	Nantana	Male		35:44.287	1:17:37.766	07:45 min/km
2110	Patricia	Hoeksema	Female		35:45.971	1:17:07.834	07:42 min/km
2795	Verizunda	Katjaimo	Male		35:47.112	1:17:34.222	07:45 min/km
1519	Eliaser	Iiyambo	Male		35:48.616	1:16:34.263	07:39 min/km
2960	Helena	Veico	Female		35:49.203	1:15:33.503	07:33 min/km
1769	Lettu	Namhila	Female		35:51.446	1:17:16.487	07:43 min/km
1799	Lydia	Hako	Female		35:56.137	1:16:23.851	07:38 min/km
2702	Selma	Niikela	Female		35:56.168	1:16:24.791	07:38 min/km
1530	Elizabeth	NN Ashipala	Female		35:57.422	1:17:05.667	07:42 min/km

2856	Marthinique	Joodt	Female		35:57.555	1:15:23.832	07:32 min/km
1679	Jane	Karupu	Female		35:59.120	1:15:44.230	07:34 min/km
2114	Paulina	Shinana	Female		36:09.742	1:16:16.057	07:37 min/km
1603	Gizelle	Roman	Male		36:10.809	1:17:08.081	07:42 min/km
1484	Cornelia	Shilongo	Female		36:13.842	1:16:22.568	07:38 min/km
2109	Patience	Chitate	Female		36:16.607	1:18:59.860	07:53 min/km
2169	Rosalind	Britz	Female		36:16.776	1:11:29.528	07:08 min/km
2714	Sharon	Iiyambo	Female		36:25.353	1:12:28.918	07:14 min/km
2181	Ruth	N Ashipala	Female		36:27.012	1:15:50.783	07:35 min/km
837	Geanne	Young	Male	Nedbank Staff	36:34.197	1:20:24.886	08:02 min/km
2817	Wilmari	Woest	Female		36:37.422	1:17:15.732	07:43 min/km
1874	Mupangure	Tjirimuje	Female		36:41.591	1:14:37.800	07:27 min/km
2955	Diana	Today Pombili Shikale	Female		36:41.891	1:16:22.259	07:38 min/km
2805	Victorina	Amunime	Female		36:43.834	1:21:18.944	08:07 min/km
1682	Janet	Njembo	Female		36:43.959	1:16:59.035	07:41 min/km
1696	Jhandre	Nel	Male		36:44.448	1:17:09.600	07:42 min/km
863	Gustav	Tjituka	Male	The Tjituka	36:47.641	1:21:03.854	08:06 min/km
2863	Ndapewa	Nangombe	Female		36:48.940	1:20:04.206	08:00 min/km
529	Nathan	Cupido	Male	EY Namibia	36:49.264	1:20:04.025	08:00 min/km
2769	Tristan	Schroder	Male	Cycletec Elliot 4	36:51.522	1:19:43.954	07:58 min/km
2776	Tulimevava	Hangala	Female		36:52.590	1:18:54.816	07:53 min/km
1613	Helen	Nehoya	Female		36:53.724	1:19:56.002	07:59 min/km
835	Erastus	Iyambo	Male	Showmax Namibia	36:54.693	1:09:07.299	06:54 min/km
1580	Fransina	Kashani	Female	King K	36:55.007	1:16:08.301	07:36 min/km
2864	Ndaudonya	Runner 4	Female		36:55.298	1:20:31.408	08:03 min/km
1441	Bianca	Aring	Female	Cycletec Elliot 4	36:55.671	1:19:56.094	07:59 min/km
2871	Penehafo	Venokatili Nghitamuka	Female		36:57.504	1:21:09.832	08:06 min/km
513	Johanna	Shipo	Female	EY Namibia	37:01.864	1:22:50.299	08:17 min/km
2743	Taati	Kalenga	Female		37:04.264	1:15:53.373	07:35 min/km
2875	RYOHEI	IZUTSU	Male		37:04.692	1:26:32.584	08:39 min/km
1610	Hannes	Itope	Male		37:06.962	1:20:31.082	08:03 min/km
2948	Lameka	Amuanyena	Male		37:16.520	37:16.520	07:27 min/km
1455	Caroline	Katjuanjo	Female		37:20.381	1:19:28.732	07:56 min/km
1777	Linea	Hasheni	Female		37:20.985	1:18:00.413	07:48 min/km
2198	Savelia	Fillemon	Female		37:26.818	1:20:41.208	08:04 min/km
1339	Thommy	Onesmus	Male		37:30.673	1:18:04.652	07:48 min/km
2126	Penombili	Shapumba	Female		37:33.282	1:18:34.687	07:51 min/km
2725	Simbarashe	Takangovada	Male		37:36.110	1:21:48.883	08:10 min/km
1773	Linda	Iimene	Female		37:39.286	1:22:06.459	08:12 min/km
2895	Louise	Brown	Female		37:40.323	1:12:52.982	07:17 min/km
1807	Lynn	Nestingen	Female		37:40.584	1:18:16.938	07:49 min/km
2127	Penouua	Gertze	Male		37:43.885	1:19:05.811	07:54 min/km
2783	Uazuwira	Kamboua	Female		37:45.745	1:22:58.271	08:17 min/km
1712	Josephine	Chirimanyemba	Female		37:52.307	1:20:57.979	08:05 min/km
1528	Elizabeth	Mweyakutala	Female		37:53.614	1:20:12.043	08:01 min/km
2865	Nelvina	Theron	Female		37:54.693	1:20:39.037	08:03 min/km
2756	Tendashe	Tsiga	Male		37:56.837	37:56.837	07:35 min/km
1482	Corinna	Engelsmann	Female		37:57.686	1:10:27.679	07:02 min/km
2158	Riaan	Oberholzer	Male		38:05.481	1:17:22.875	07:44 min/km
1633	Hohee	Katjepunda	Female		38:06.078	1:25:59.042	08:35 min/km
1916	Nomo	Benjamin	Female		38:06.441	1:19:09.863	07:54 min/km
1413	Anneke	Muller	Female		38:09.157	1:17:08.998	07:42 min/km
1609	Hannelie	Sowden	Female		38:09.863	1:17:53.451	07:47 min/km
1854	Metine	Nehemia	Female		38:14.094	1:25:20.242	08:32 min/km
61	Maria	Uushona	Female	Nedbank Staff	38:16.754	1:21:20.954	08:08 min/km
2777	Tulipomwene	Kalunduka	Female		38:17.014	1:19:55.262	07:59 min/km
1736	Klaudia	Iipumbu	Female		38:18.808	1:19:37.547	07:57 min/km
555	Taimi	Johannes	Female	EY Namibia	38:22.996	1:18:27.050	07:50 min/km
141	Rauna	Haipinge	Female	Nedbank Staff	38:28.261	1:21:59.279	08:11 min/km
1389	Albee	Haufiku	Female		38:28.623	1:25:34.994	08:33 min/km
2705	Selma	Mwashekange Patemonyeka Lazarus	Female		38:28.897	1:25:06.771	08:30 min/km
2930	Roswita	Mwadhina	Female		38:33.404	1:23:01.871	08:18 min/km
1886	Nangula	Nuumbembe	Female		38:35.117	1:20:42.229	08:04 min/km
2835	Fudeni	Ndahangoudja	Male		38:35.418	1:18:07.162	07:48 min/km
1811	Magdalena	Uuyuni	Female		38:36.761	1:23:02.054	08:18 min/km
2938	Rebecca	Haipinge	Female		38:37.104	1:20:29.283	08:02 min/km

1838	Mavis	Andiliqu	Female		38:37.154	1:19:41.134	07:58 min/km
1499	Desiree	Boois	Female		38:37.741	1:20:41.622	08:04 min/km
2898	Misayo	Sadamoto	Female		38:39.100	1:23:43.737	08:22 min/km
851	Valerie	Mwashekele	Female	Team Mwash	38:40.376	1:23:26.403	08:20 min/km
1730	Kearene	Feris	Female		38:41.079	1:20:32.130	08:03 min/km
2821	Zan-Marie	Schonken	Female		38:41.753	1:21:09.760	08:06 min/km
441	Tamara	Engelsmann	Female	Big Sky Lodges	38:42.281	1:19:19.671	07:55 min/km
2939	Magritta	Hashipala	Female		38:42.782	1:22:06.820	08:12 min/km
1743	Kristofina	Ndapandula Popawa	Female		38:45.929	1:18:30.595	07:51 min/km
1720	Justina	Shuumbwa	Female		38:46.905	1:26:06.437	08:36 min/km
2737	Susan	Helao	Female		38:48.288	1:23:23.532	08:20 min/km
2745	Taimi	Nangombe	Female		38:49.529	1:21:06.950	08:06 min/km
2724	Simanekeni	Nekamba	Female		38:58.658	1:22:26.199	08:14 min/km
2889	Yuki	Matsumoto	Male		39:03.296	1:22:07.921	08:12 min/km
242	Yolanda	Tjipuka	Female	Nedbank Staff	39:04.653	1:23:25.230	08:20 min/km
717	Abisai	Sai Sem	Male	Schoemans	39:11.973	1:23:07.059	08:18 min/km
1551	Esther	Kambode	Female		39:25.051	1:22:01.304	08:12 min/km
1597	Gaynor	Balie	Female		39:25.355	1:22:53.624	08:17 min/km
2883	Taimi	Imene	Female		39:28.971	1:23:18.215	08:19 min/km
553	Tabo	Siseho	Female	EY Namibia	39:30.210	1:26:12.180	08:37 min/km
1839	Mbasuva	Mberirua	Male		39:30.473	1:22:06.120	08:12 min/km
2826	Alissandra	Simanga	Female		39:32.443	1:23:18.156	08:19 min/km
1541	Emilly	Ndokosho	Female		39:35.377	1:22:57.873	08:17 min/km
2914	Lorette	Cronje	Female	Entrepo Life	39:38.794	1:19:42.117	07:58 min/km
207	Timothy	Tjirimuje	Male	Nedbank Staff	39:38.865	1:11:10.466	07:07 min/km
266	Tomas	Shaanika	Male	Goreangab J.S.S Group 1	39:38.952	1:26:12.518	08:37 min/km
2915	Gerda	Ochse	Female	Entrepo Life	39:39.039	1:19:29.701	07:56 min/km
2956	Hilia	Hilula	Female		39:39.254	1:19:57.605	07:59 min/km
665	Ndeshi	Mhani	Female	Kasi Vibe Namibia	39:51.712	1:22:59.550	08:17 min/km
1898	Ndapewa	Shitaatala	Female		39:56.192	1:22:12.075	08:13 min/km
2943	Herman	Boeck	Male		39:56.770	1:19:25.604	07:56 min/km
2770	Tuakondja	Mberirua	Male		39:57.106	1:24:30.163	08:27 min/km
1449	Buitumelo	de Almeida	Female		39:57.355	1:20:21.301	08:02 min/km
1739	Koos	du Toit	Male		40:07.538	1:21:56.563	08:11 min/km
1423	Ayanda	Sibanda	Male		40:16.872	1:25:24.966	08:32 min/km
2839	Imelda	Moller	Female		40:18.468	1:26:19.219	08:37 min/km
1390	Albertina	Nambahu	Female		40:18.521	1:22:54.624	08:17 min/km
1870	Monique	Lang	Female		40:22.958	1:24:07.943	08:24 min/km
1704	Johanna	Kambala	Female		40:23.717	1:26:45.056	08:40 min/km
1392	Alina	Kashowa	Female		40:25.185	1:24:04.620	08:24 min/km
1614	Helena	Ilovu	Female		40:39.224	1:22:49.602	08:16 min/km
1740	Kristiana	Shilongo	Female		40:41.562	1:25:19.962	08:31 min/km
1460	Cesilie	Katjimune	Female		40:45.651	1:26:04.336	08:36 min/km
2952	Martha	Nakapipi	Female		40:46.428	1:26:45.191	08:40 min/km
2140	Prince	Itope	Male		40:51.184	1:23:42.687	08:22 min/km
2191	Sandy	Mangani	Female		40:54.146	1:26:29.612	08:38 min/km
1732	Kerikora	Kavari	Male		41:01.937	1:27:06.527	08:42 min/km
2844	Josefina	Muhapi	Female		41:02.315	1:29:42.380	08:58 min/km
438	Catherine	Beukes	Female	Nedbank Staff	41:02.530	1:27:28.010	08:44 min/km
2886	Vanessa-Mae	Mouton	Female		41:03.557	1:22:58.517	08:17 min/km
239	Winny	Munekamba	Female	Nedbank Staff	41:03.921	1:27:41.985	08:46 min/km
1686	Jati	Ndinelago Saara Indongo	Female	Cycletec Elliot 4	41:04.098	1:23:54.499	08:23 min/km
2152	Rebekka	Jacob	Female		41:11.344	1:25:24.079	08:32 min/km
1894	Ndailikana	Hainghono	Female		41:11.392	1:25:24.965	08:32 min/km
2150	Rebekka	Ananias	Female		41:11.576	1:25:33.382	08:33 min/km
2928	Terttu	Uuyuni	Female		41:12.736	1:23:42.803	08:22 min/km
2731	Solomons	Hamwaanyena	Male		41:18.371	1:29:05.820	08:54 min/km
1598	Gehas	Illeka	Male		41:19.415	1:28:29.838	08:50 min/km
2780	Tuwilika	Shaimemanya	Female		41:27.854	1:26:33.811	08:39 min/km
2753	Tatjana	Coetzee	Female		41:28.029	1:26:33.630	08:39 min/km
2141	Q	Auala	Female		41:39.633	1:23:13.288	08:19 min/km
1872	Muningandu	Tjingaete	Female		41:43.536	1:26:21.840	08:38 min/km
561	Unotjari	Kahorong	Male	EY Namibia	41:45.317	1:26:22.216	08:38 min/km
718	Ginele	Lock	Female	Schoemans	41:55.743	1:25:15.069	08:31 min/km
1600	Gift	Hikumwah	Female		42:00.568	1:28:35.745	08:51 min/km
1788	Loide	Kalola	Female		42:14.510	1:29:40.042	08:58 min/km



1756	Lavinia	Uuyuni	Female		42:14.778	1:29:49.039	08:58 min/km
118	Nicolai	Van Wyk	Male	Nedbank Staff	42:18.814	1:22:53.290	08:17 min/km
1640	Ifpio	Iyambo	Female		42:21.223	1:30:48.388	09:04 min/km
1842	Megameno	Shaanika	Female		42:22.829	1:30:06.667	09:00 min/km
2781	Twapewa	Uuyuni	Female		42:23.514	1:27:49.777	08:46 min/km
1844	Melchizedek	Mwundra Luwara	Male		42:24.675	1:31:27.049	09:08 min/km
1747	Laimi	lita	Female		42:24.747	1:31:05.662	09:06 min/km
1565	Fifi	Tjitemisa	Female		42:27.318	1:32:18.366	09:13 min/km
1465	Charlotte	Moller	Female		42:29.924	1:28:28.028	08:50 min/km
2196	Sascha	Tjirare	Female		42:30.932	1:31:36.819	09:09 min/km
2103	Opumbiri	Heita	Female		42:34.890	1:29:54.846	08:59 min/km
525	Martha	lipito	Female	EY Namibia	42:35.900	1:33:08.217	09:18 min/km
1862	Mirjam	Hamunyela	Female		42:38.936	1:28:08.708	08:48 min/km
2972	Felistas	Shivoro	Female		42:40.022	1:29:59.785	08:59 min/km
1400	ALMA	NANGONYA	Female		42:53.580	1:27:38.285	08:45 min/km
1436	Bertha	Tuwilika Nghihalwa	Female		42:54.411	1:27:47.025	08:46 min/km
2748	Tangi	Nekwaya	Female		42:57.771	1:30:43.241	09:04 min/km
1536	Ellis	Mieze	Male		43:05.790	1:30:29.604	09:02 min/km
1656	Ivodia	Mieze	Female		43:08.277	1:30:30.215	09:03 min/km
1561	Fennie	Shikwambi	Female		43:20.376	43:20.376	08:40 min/km
895	Hermanus	Louw	Male	Nedbank Staff	43:22.306	1:28:53.166	08:53 min/km
864	Kamuari	Hei	Female	The Tjituka	43:23.020	1:30:46.170	09:04 min/km
2111	Patrick	Pollais	Male		43:23.573	1:30:45.831	09:04 min/km
1721	Justine	Fourie	Female		43:31.468	1:28:35.526	08:51 min/km
1776	Linden	Groenewald	Male		43:32.434	1:28:35.395	08:51 min/km
1785	Lisa	Kavita	Female		43:35.926	1:28:14.673	08:49 min/km
421	Monick	Brendel	Female	BDO Namibia	43:39.359	1:26:03.905	08:36 min/km
1557	Felestina	Nangolo	Female		43:39.617	1:32:15.976	09:13 min/km
1684	Janette	Katiti	Female		43:40.305	1:32:16.350	09:13 min/km
2906	Adelene	Landsberg	Female		43:40.940	1:32:15.627	09:13 min/km
1666	Jacobus	Katjimune	Male		43:41.925	1:26:18.526	08:37 min/km
1692	Jennilee	Kohima	Female		43:47.201	1:30:43.098	09:04 min/km
2803	Victoria	Amos	Female		44:00.855	1:35:30.864	09:33 min/km
131	Panduleni	Paulus	Male	Nedbank Staff	44:09.817	1:35:40.396	09:34 min/km
1380	Abner	Niilonga	Male		44:14.894	1:26:17.889	08:37 min/km
2704	Selma	Mbingeneeko	Female		44:18.842	1:32:53.857	09:17 min/km
1486	cynthia	mubita	Female		44:26.815	1:33:07.733	09:18 min/km
1809	Magdalena	Muhinda	Female		44:27.027	1:33:44.151	09:22 min/km
1868	Monika	Shinyemba	Female		44:27.078	1:35:30.866	09:33 min/km
1716	June	Shimuoshili	Female		44:27.789	1:33:30.355	09:21 min/km
775	Evelina	Joseph	Female	Nedbank Staff	44:36.435	1:38:26.826	09:50 min/km
2739	Suzet	Sabisa	Female		44:39.219	1:32:15.042	09:13 min/km
1698	Joaline	Tjitjo	Female		44:44.392	1:37:32.823	09:45 min/km
1611	Heidi	Goagoses	Female		44:46.042	1:32:21.912	09:14 min/km
1852	Merle	Hails	Female		44:59.343	1:35:07.600	09:30 min/km
2771	Tuhanganeni	Nashima	Female		45:03.733	1:33:46.625	09:22 min/km
2802	Victoria	Simangolwa	Female		45:04.918	1:38:27.127	09:50 min/km
1845	Memory	Mbai	Female		45:09.100	1:35:58.497	09:35 min/km
2880	Jennifer	Haluodi	Female	Showmax Namibia	45:21.204	1:31:50.306	09:11 min/km
519	Lency	Sheeya	Female	EY Namibia	45:26.316	1:37:07.145	09:42 min/km
1695	Jessica	Veii	Female		45:34.812	1:35:55.849	09:35 min/km
1510	Doreen	Zaaruka	Female		45:35.982	1:35:55.789	09:35 min/km
2916	Michelle	du Preez	Female		45:36.665	1:33:16.720	09:19 min/km
2818	Winson	Nepembe	Male		45:37.176	1:32:22.796	09:14 min/km
1503	Diana	Katiti	Female		45:39.649	1:37:33.602	09:45 min/km
1596	Gamu	Taruwona	Female		45:52.905	1:39:33.675	09:57 min/km
1861	Miranda	Fate	Female		46:01.593	1:39:34.659	09:57 min/km
2185	Sade	Titus	Male		46:05.674	46:05.674	09:13 min/km
1866	Monica	Samuel	Female		46:26.921	1:35:27.676	09:32 min/km
1810	Magdalena	Shipiki	Female		46:46.756	1:30:17.838	09:01 min/km
2860	Michiko	Tsujimoto	Male		46:49.911	1:44:22.159	10:26 min/km
780	DEE	DECKENBROCK	Female	Deckenbrock Sauls Law	46:57.529	1:34:02.920	09:24 min/km
778	CARA	ALLEN	Female	Deckenbrock Sauls Law	46:57.791	1:34:02.217	09:24 min/km
2177	Runner	2 Beuke	Female		46:59.073	1:33:31.381	09:21 min/km
1444	Birgit	Mayer	Female		47:00.383	1:33:30.059	09:21 min/km
1533	Elize	Jacobs	Female		47:01.172	1:33:29.521	09:20 min/km

528	Mirjam	Nghidimondjila	Female	EY Namibia	47:17.026	1:34:32.964	09:27 min/km
2154	Renia	Siseho	Female		47:19.167	1:38:00.280	09:48 min/km
1816	Maria	Haipinge	Female		47:31.874	1:37:03.786	09:42 min/km
1877	Nadia	Esperanca Muafeka Vasconcelos	Female		47:33.194	1:38:28.084	09:50 min/km
1523	Elizabeth	Karumendu	Female		47:46.602	1:38:42.337	09:52 min/km
2831	Denise	Diedericks	Female		48:02.530	1:40:28.118	10:02 min/km
2892	Scarlette	Swartbooi	Female		48:40.237	1:40:53.053	10:05 min/km
1543	Emmie	Madawa Gawises	Female		48:52.733	1:43:37.948	10:21 min/km
1690	Jenet	Afrikaner	Female		49:02.302	1:45:34.370	10:33 min/km
1772	Linda	Diergaardt	Female		49:05.352	1:46:22.943	10:38 min/km
2789	Usuta	Hangero	Female		49:06.443	1:39:24.581	09:56 min/km
1896	ndapewa	ithana	Female		49:09.713	1:39:50.219	09:59 min/km
1552	Etuna	Ipinge	Male		49:19.925	1:30:14.024	09:01 min/km
659	Hileni	Tauti Inyemba	Female	Kasi Vibe Namibia	49:20.364	1:38:26.496	09:50 min/km
1705	Johannes	Sheefeni	Male		49:46.926	1:44:38.380	10:27 min/km
1902	Ndaya	Ndakondja	Female		50:03.770	1:45:57.012	10:35 min/km
1457	Catherine	Pickering	Female	Running Girlies	50:16.859	1:42:12.516	10:13 min/km
1763	Leena	Shimpanda	Female		50:53.991	1:45:31.318	10:33 min/km
680	Vanessa	Khiba	Female	LIVESTOCK AND LIVESTOCK PRODUCTS BOARD OF NAM	52:01.379	1:51:22.668	11:08 min/km
676	Jenny	Gouws	Female	LIVESTOCK AND LIVESTOCK PRODUCTS BOARD OF NAM	52:02.040	1:44:44.572	10:28 min/km
1688	Jeanine	Swartz	Female		52:02.674	1:46:31.096	10:39 min/km
724	Kristofina	Kwedhi	Female	Schoemans	52:15.318	1:48:48.262	10:52 min/km
1521	Elizabeth	Ekandjo	Female		52:56.412	1:29:48.530	08:58 min/km
2717	Shelley	Mulenamaswe	Female		54:14.497	1:51:36.825	11:09 min/km
1722	Kachana	Kawaile	Female		54:19.663	1:51:37.254	11:09 min/km
711	Nicolene	Murangi	Female	Schoemans	54:31.852	1:54:45.952	11:28 min/km
705	Enthia	Kandjii	Female	Schoemans	54:32.348	1:55:04.256	11:30 min/km
1475	Cizelle	Goncalves	Female		54:49.708	1:54:21.798	11:26 min/km
244	Yvette	Van Wyk	Female	Nedbank Staff	54:50.613	1:54:24.438	11:26 min/km
1464	Charlotte	Mouton	Female		54:56.811	1:58:57.435	11:53 min/km
733	Elizabeth	Imbili	Female	Schoemans	55:25.539	1:53:31.610	11:21 min/km
720	Jaimie	Marais	Female	Schoemans	55:26.036	1:53:31.393	11:21 min/km
2168	Rongi	Hoveka	Female	RK	56:30.977	1:50:28.358	11:02 min/km
1723	Kakaeta	Marenga	Female		56:31.039	1:52:16.552	11:13 min/km
1729	Kavinde	Katjipuka	Female		56:32.296	1:48:12.533	10:49 min/km
1478	Coco	Kangueehi	Female		56:32.816	1:48:12.535	10:49 min/km
831	Cynthia	Ileka	Female	Showmax Namibia	56:36.014	1:52:34.488	11:15 min/km
1671	Jahena	Tjaverua	Female		56:44.138	1:50:05.444	11:00 min/km
1681	Pahee	Muundjua	Female		56:45.943	1:50:05.635	11:00 min/km
1797	Lydia	Kangueehi	Female		56:48.160	1:55:18.071	11:31 min/km
2715	Sharon	Karamba	Female		56:54.234	1:51:52.189	11:11 min/km
2149	Razi	Kaviua	Female		57:03.391	1:52:10.234	11:13 min/km
2970	Mundia	Maloboka	Female		57:10.651	1:50:40.012	11:04 min/km
2199	Savio	Ndeiluka	Male		-	23:31.152	02:21 min/km
260	Panduleni	Sakeus	Male	Goreangab J.S.S Group 1	-	24:44.725	02:28 min/km
292	Hesron	Kapanga - NAMPA	Male	Nedbank Media	-	25:23.081	02:32 min/km
535	Curtis	De Koe	Male	Nedbank Staff	-	27:27.347	02:44 min/km
1648	Isabella	Moses	Female		-	27:44.298	02:46 min/km
591	Leevi	Konghola	Male	Trio Debt Collection Services	-	30:14.403	03:01 min/km
1899	Ndapewoshali	Taukondjele	Female		-	31:08.843	03:06 min/km
1404	Amy	Walters	Female		-	32:41.737	03:16 min/km
988	Jan	Musulwe	Male	Nedbank Staff	-	32:41.815	03:16 min/km
1821	Maria	Sheya	Female		-	34:26.882	03:26 min/km
1830	Mary-Kathleen	Mckenzie	Female		-	34:32.816	03:27 min/km
597	Malcolm	Petersen	Male	Trio Debt Collection Services	-	35:35.915	03:33 min/km
2	Agnes	Haiyambo	Female	Nedbank Staff	-	35:41.988	03:34 min/km
1741	Kristien	Booyesen	Female		-	36:14.792	03:37 min/km
1608	Halleluya	Ndimulunde	Female		-	36:16.777	03:37 min/km
1728	Kaveraa	Kahambundu	Female		-	36:36.531	03:39 min/km
1443	Billy	Kavita	Male		-	37:11.035	03:43 min/km
1778	Linea	Negonga	Female		-	37:25.965	03:44 min/km
1829	marthin	thomas	Male		-	38:40.720	03:52 min/km
83	Melleney	Scheffers	Female	Nedbank Staff	-	38:45.749	03:52 min/km
1583	Freddy	Haluodi	Male		-	38:48.254	03:52 min/km

1903	Ndina	Showa	Female		-	39:02.231	03:54 min/km
1515	Ekonia	Mudjanima	Male		-	39:55.191	03:59 min/km
1547	Erastus	Hanghome	Male		-	40:32.339	04:03 min/km
2825	Al-Dylan	Carew	Male	Team Carew	-	42:01.688	04:12 min/km
1875	Mutonde	Florence Sheehama	Female		-	42:10.262	04:13 min/km
426	Vijanda	Kandjii	Male	BDO Namibia	-	42:29.152	04:14 min/km
847	Hinsley	Mwashekele	Male	Team Mwashii	-	42:44.522	04:16 min/km
1915	Nomhle	Masuku	Female		-	43:00.667	04:18 min/km
2125	Penohole	Nekamba	Female		-	43:04.658	04:18 min/km
288	Donald	Matthys - The Namibian	Male	Nedbank Media	-	43:04.963	04:18 min/km
290	Ericky	Iipumbu - NAMPA	Male	Nedbank Media	-	43:05.962	04:18 min/km
280	Charmaine	Ngatjiheue - The Namibian	Female	Nedbank Media	-	43:06.119	04:18 min/km
226	Viaan	Maletzky	Male	Nedbank Staff	-	44:42.702	04:28 min/km
2808	Vipua	Kakero	Female		-	44:59.371	04:29 min/km
739	Ndina	Eriki	Female	Pupkewitz Megatech	-	45:27.097	04:32 min/km
1907	NGUUNDJA	MAURIHUNGIRIRE	Male		-	46:11.314	04:37 min/km
1702	Johanna	Muulyao	Female		-	46:15.178	04:37 min/km
2170	Rose	Aihuki	Female		-	46:18.099	04:37 min/km
669	Salmi	Negonga Shigwedha	Female	Kasi Vibe Namibia	-	46:25.974	04:38 min/km
1430	Bella	Muundjua	Female		-	47:41.520	04:46 min/km
419	Luzaan	Pretorius	Female	BDO Namibia	-	47:58.613	04:47 min/km
127	Othilie	Nangolo	Male	Nedbank Staff	-	48:11.627	04:49 min/km
90	Metarere	Koujo	Male	Nedbank Staff	-	48:11.862	04:49 min/km
833	Elzita	Beukes	Female	Showmax Namibia	-	48:34.050	04:51 min/km
1880	Naftali	Indongo	Male		-	48:41.744	04:52 min/km
58	Maria	Kamati	Female	Nedbank Staff	-	48:59.484	04:53 min/km
1479	Colane	Esterhuizen	Female		-	49:48.253	04:58 min/km
1518	Elias	Ntinda	Male		-	49:50.953	04:59 min/km
558	Tommy	Thomas	Male	EY Namibia	-	49:56.606	04:59 min/km
1529	Elizabeth	Nkole	Female		-	50:37.108	05:03 min/km
677	Julien	Musambani	Female	LIVESTOCK AND LIVESTOCK PRODUCTS BOARD OF NAM	-	50:57.803	05:05 min/km
2786	Ukarapo	Puriza	Female		-	51:12.797	05:07 min/km
300	Tiri	Masawi - The Namibian	Male	Nedbank Media	-	52:20.208	05:14 min/km
1701	Johanna	Iihuhwa	Female		-	52:22.726	05:14 min/km
1627	Hilka	Nakale	Female		-	52:56.114	05:17 min/km
1881	Nalucha	Milinga	Female		-	54:30.872	05:27 min/km
494	Dominique	Namene	Female	EY Namibia	-	54:39.423	05:27 min/km
550	Siphathisiwe	Ndlovu	Female	EY Namibia	-	55:23.479	05:32 min/km
1895	Ndamonao	Ilovu	Male		-	55:35.667	05:33 min/km
10	Jemaine	Maurihungirire	Male	Nedbank Staff	-	55:54.001	05:35 min/km
1867	Monika	Sheefeni	Female		-	57:14.174	05:43 min/km
2811	Waylin	Beukes	Male		-	58:56.075	05:53 min/km
511	Jen	Shikulo	Female	EY Namibia	-	1:28:44.405	08:52 min/km
560	Uetuesa	Murangi	Female	EY Namibia	-	1:43:52.422	10:23 min/km
1897	Ndapewa	Shaanika	Female		1:06:39.407	1:06:39.407	13:19 min/km
1435	Bertha	Ingo	Female		1:06:41.101	1:06:41.101	13:20 min/km