

City Dash 2026

Pos.	Cat. Pos.	Cat.	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
1	1	Open	M306	Matias	Simon	Male		00:14:32	00:29:40	+00:00:00	02:58 min/km
2	2	Open	M004	Fule	Hamuyina	Male		00:14:32	00:30:15	+00:00:34	03:01 min/km
3	3	Open	M268	Asser	Nalukaku	Male		00:14:31	00:30:33	+00:00:52	03:03 min/km
4	4	Open	M128	Enock	Haufiku	Male		00:14:37	00:31:02	+00:01:21	03:06 min/km
5	5	Open	M109	Mathew	Angula	Male		00:14:47	00:31:11	+00:01:30	03:07 min/km
6	6	Open	M150	Geson	Koper	Male		00:15:17	00:31:59	+00:02:18	03:11 min/km
7	7	Open	M256	Megameno	Mateus	Male		00:15:16	00:32:24	+00:02:43	03:14 min/km
8	1	Veteran	M141	Matheus	Kadhingula	Male		00:15:18	00:32:28	+00:02:47	03:14 min/km
9	8	Open	M006	Nasimane	Shigwedha	Male		00:15:16	00:32:48	+00:03:07	03:16 min/km
10	1	Under 18	M277	Petrus Fimaneka	Nuule	Male		00:15:35	00:32:49	+00:03:08	03:16 min/km
11	2	Under 18	M136	Matt-Reece	Izaaks	Male		00:15:58	00:33:30	+00:03:49	03:21 min/km
12	3	Under 18	M013	Mathias	Kandishishi	Male		00:15:51	00:33:48	+00:04:07	03:22 min/km
13	2	Veteran	M270	Malakia	Namukomba	Male		00:15:49	00:33:57	+00:04:16	03:23 min/km
14	9	Open	M263	Thomas	Miller	Male		00:16:30	00:34:24	+00:04:43	03:26 min/km
15	10	Open	M264	Simon	Modestus	Male		00:16:38	00:34:38	+00:04:57	03:27 min/km
16	1	Open	F004	Tuuli	Angala	Female		00:16:58	00:35:50	+00:06:09	03:35 min/km

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17	11	Open	M293	Jeremia	Shaliaxwe	Male		00:16:59	00:35:52	+00:06:11	03:35 min/km
18	12	Open	M292	Tangeni	Sakaria	Male		00:15:05	00:36:09	+00:06:28	03:36 min/km
19	1	Veteran	F009	Alina	Armas	Female		00:16:58	00:36:10	+00:06:29	03:37 min/km
20	2	Open	F035	Salmi	Nduviteko	Female		00:16:58	00:36:50	+00:07:09	03:41 min/km
21	3	Open	F057	Martha	Shivolo	Female		00:17:46	00:37:04	+00:07:24	03:42 min/km
22	4	Under 18	M269	David	Nambinga	Male		00:17:01	00:37:49	+00:08:08	03:46 min/km
23	13	Open	M273	Phillipus	Nghitumbwa	Male		00:17:45	00:38:32	+00:08:52	03:51 min/km
24	14	Open	M308	Quinton	Sipholine	Male		00:17:44	00:38:42	+00:09:01	03:52 min/km
25	15	Open	M115	Kai-Uwe	Brettschneider	Male		00:18:35	00:39:01	+00:09:20	03:54 min/km
26	16	Open	M318	Willie Mac	Van Zyl	Male		00:18:08	00:39:33	+00:09:53	03:57 min/km
27	5	Under 18	M338	Titus	Endjambi	Male		00:18:27	00:40:00	+00:10:19	04:00 min/km
28	17	Open	M275	Martin	Nkanga	Male		00:18:46	00:40:01	+00:10:20	04:00 min/km
29	3	Veteran	M010	Derve	Van Rensbug	Male		00:19:13	00:40:01	+00:10:20	04:00 min/km
30	6	Under 18	M258	David	Mbonge	Male		00:18:32	00:40:25	+00:10:44	04:02 min/km
31	18	Open	M112	Richard	April	Male		00:18:59	00:40:30	+00:10:49	04:03 min/km
32	7	Under 18	M335	Ondjizembi	Kaukumangera	Male		00:19:00	00:40:56	+00:11:15	04:05 min/km

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Pos.	Cat. Pos.	Cat.	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
33	19	Open	M120	Alex	Delle Donne	Male		00:19:53	00:41:02	+00:11:21	04:06 min/km
34	2	Veteran	F060	Nicole	Spangenberg	Female		00:19:32	00:41:16	+00:11:35	04:07 min/km
35	20	Open	M114	Ferdinand	baard	Male		00:19:00	00:41:34	+00:11:53	04:09 min/km
36	21	Open	M330	Kennedy	Johannes	Male		00:20:31	00:42:04	+00:12:23	04:12 min/km
37	22	Open	M003	George	Hainana	Male		00:20:35	00:42:10	+00:12:29	04:13 min/km
38	23	Open	M147	Ntsaku	Khoza	Male		00:20:43	00:42:13	+00:12:32	04:13 min/km
39	24	Open	M288	Jan	Rohlfs	Male		00:19:53	00:42:22	+00:12:41	04:14 min/km
40	25	Open	M140	Gabriel	Joseph	Male		00:20:22	00:42:27	+00:12:46	04:14 min/km
41	26	Open	M009	Sakeus	Paulus	Male		00:20:15	00:42:34	+00:12:53	04:15 min/km
42	27	Open	M137	Lemegius	Jeremia	Male		00:20:13	00:42:48	+00:13:07	04:16 min/km
43	8	Under 18	M262	Kyle	Middleton	Male		00:20:35	00:42:49	+00:13:08	04:16 min/km
44	9	Under 18	M261	Fynn	Middleton	Male		00:20:35	00:43:03	+00:13:22	04:18 min/km
45	28	Open	M123	Patrick	Farrell	Male		00:21:21	00:43:13	+00:13:32	04:19 min/km
46	29	Open	M311	Lesley	Titus	Male		00:20:41	00:44:07	+00:14:26	04:24 min/km
47	10	Under 18	M101	Marcel	Ahrens	Male		00:22:00	00:44:13	+00:14:32	04:25 min/km
48	4	Veteran	M321	Joas	Wahengo	Male		00:20:43	00:44:22	+00:14:41	04:26 min/km

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Pos.	Cat. Pos.	Cat.	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
49	30	Open	M266	GERVASI US KUDUMO FIDEL CASTRO	MUKOYA	Male		00:20:49	00:44:27	+00:14:46	04:26 min/km
50	4	Open	F017	Maike	Epler	Female		00:21:10	00:44:34	+00:14:53	04:27 min/km
51	31	Open	M344	Matthew	Mouton	Male		00:21:52	00:44:52	+00:15:11	04:29 min/km
52	32	Open	M283	Luan	Reinders	Male		00:22:18	00:45:20	+00:15:39	04:32 min/km
53	33	Open	M309	Davidson	Tembo	Male		00:21:26	00:45:41	+00:16:00	04:34 min/km
54	34	Open	M125	Rowan	Franciscus	Male		00:21:07	00:45:51	+00:16:10	04:35 min/km
55	11	Under 18	M284	Noah	Rijnen	Male		00:21:11	00:45:54	+00:16:13	04:35 min/km
56	35	Open	M129	Immanuel	Heita	Male		00:21:09	00:46:04	+00:16:23	04:36 min/km
57	5	Open	F103	Soini	Andreas	Female		00:20:55	00:46:07	+00:16:26	04:36 min/km
58	1	Wheel Chair	M146	Nico	Kharuxus	Male		00:17:02	00:46:21	+00:16:40	04:38 min/km
59	1	Under 18	F048	Martha magano	Samuel	Female		00:21:34	00:46:28	+00:16:48	04:38 min/km
60	5	Veteran	M322	Johann	Wasserfall	Male		00:22:08	00:46:40	+00:16:59	04:40 min/km
61	36	Open	M317	Teagan	Van Wyk	Male		00:23:05	00:46:58	+00:17:17	04:41 min/km
62	37	Open	M286	JP	Rix	Male		00:24:02	00:47:19	+00:17:38	04:43 min/km
63	6	Open	F073	Rauna Mo otongelo	Willihem	Female		00:22:14	00:47:23	+00:17:42	04:44 min/km
64	38	Open	M13	Ileni	Hitula	Male		00:21:4	00:47:2	+00:17:4	04:44

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			0					4	6	5	min/km
65	39	Open	M121	Darius	du Plessis	Male		00:23:57	00:47:36	+00:17:55	04:45 min/km
66	40	Open	M108	Joe	Amwele	Male		00:23:02	00:47:39	+00:17:58	04:45 min/km
67	41	Open	M007	Mokhethi	Ramats'abane	Male		00:22:28	00:47:59	+00:18:18	04:47 min/km
68	2	Wheel Chair	M126	Roodly	Gowaseb	Male		00:16:59	00:48:00	+00:18:19	04:48 min/km
69	42	Open	M011	Amani	Beuaks	Male		00:23:04	00:48:07	+00:18:26	04:48 min/km
70	43	Open	M255	Jason	Maasdorp	Male		00:23:45	00:48:07	+00:18:26	04:48 min/km
71	12	Under 18	M116	Tristen	Buttner	Male		00:22:01	00:48:11	+00:18:30	04:49 min/km
72	6	Veteran	M267	Alfred	Mureko	Male		00:23:16	00:48:16	+00:18:35	04:49 min/km
73	44	Open	M324	Leighton	Wemmert	Male		00:21:57	00:48:17	+00:18:36	04:49 min/km
74	13	Under 18	M337	Lorenzo	Mogotsi	Male		00:22:43	00:48:24	+00:18:43	04:50 min/km
75	7	Open	F041	Tiofilia	Nunyang	Female		00:23:00	00:48:24	+00:18:43	04:50 min/km
76	3	Veteran	F032	Rosalia	Martins-Hausiku	Female		00:23:09	00:48:26	+00:18:45	04:50 min/km
77	7	Veteran	M313	Lorence Uatieua Thabo	Tjonga	Male		00:23:24	00:48:42	+00:19:01	04:52 min/km
78	8	Veteran	M135	Boris	Isaacks	Male		00:24:02	00:48:51	+00:19:10	04:53 min/km
79	9	Veteran	M001	Lacho	Abed	Male		00:22:46	00:49:14	+00:19:33	04:55 min/km

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80	10	Veteran	M254	Derick	Loteryman	Male		00:23:46	00:49:21	+00:19:40	04:56 min/km
81	4	Veteran	F007	Ndemufayo	ANGULA	Female		00:22:57	00:49:25	+00:19:44	04:56 min/km
82	45	Open	M332	Bertwald	Nangoro	Male		00:22:54	00:49:26	+00:19:46	04:56 min/km
83	8	Open	F029	Leane	Laker	Female		00:24:18	00:49:34	+00:19:53	04:57 min/km
84	46	Open	M295	John Mario	Shikindo	Male		00:23:10	00:49:34	+00:19:53	04:57 min/km
85	11	Veteran	M304	Andrias	Shipena	Male		00:23:42	00:49:54	+00:20:13	04:59 min/km
86	47	Open	M134	Benjamin	Iiyambo	Male		00:23:20	00:50:09	+00:20:28	05:00 min/km
87	12	Veteran	M326	Tibor	Raith	Male		00:23:03	00:50:10	+00:20:29	05:01 min/km
88	48	Open	M325	Vakufilapo	Wilhelm	Male		00:22:36	00:50:27	+00:20:46	05:02 min/km
89	49	Open	M142	Tuikila	Kaiyamo	Male		00:23:43	00:50:31	+00:20:51	05:03 min/km
90	50	Open	M323	Jean-Paul	Wehnert	Male		00:24:04	00:50:40	+00:20:59	05:04 min/km
91	51	Open	M132	Filemon	Iiyambo	Male		00:24:05	00:50:56	+00:21:15	05:05 min/km
92	9	Open	F016	Marcelle	Eloff	Female		00:24:47	00:51:18	+00:21:37	05:07 min/km
93	10	Open	F053	Laulinda	Shifoleni	Female		00:23:34	00:51:18	+00:21:37	05:07 min/km
94	11	Open	F061	Nastassja	Strauss	Female		00:23:42	00:51:21	+00:21:40	05:08 min/km
95	12	Open	F054	Charne	Shimwino	Female		00:23:44	00:51:21	+00:21:40	05:08 min/km

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96	5	Veteran	F045	Hileni	Rijnen	Female		00:24:47	00:51:22	+00:21:41	05:08 min/km
97	14	Under 18	M334	Morgan	Majiedt	Male		00:24:18	00:51:24	+00:21:44	05:08 min/km
98	13	Open	F013	Friederike	Baur	Female		00:24:36	00:51:36	+00:21:55	05:09 min/km
99	52	Open	M119	Etienne	De Villiers	Male		00:23:54	00:51:40	+00:21:59	05:10 min/km
100	53	Open	M107	Vilho	Amukwa	Male		00:23:07	00:51:51	+00:22:10	05:11 min/km
101	6	Veteran	F042	Amore	Pienaar	Female		00:25:31	00:52:09	+00:22:28	05:12 min/km
102	54	Open	M145	Jay Evra	Kapiya	Male		00:23:13	00:52:13	+00:22:32	05:13 min/km
103	55	Open	M310	Naftali	Thomas	Male		00:25:13	00:52:21	+00:22:40	05:14 min/km
104	14	Open	F018	Lilian	Gesami-Steytler	Female		00:25:20	00:52:24	+00:22:43	05:14 min/km
105	13	Veteran	M251	Marius	Kruger	Male		00:24:21	00:52:32	+00:22:52	05:15 min/km
106	14	Veteran	M005	Loemare	Mugnatira	Male		00:24:30	00:52:36	+00:22:56	05:15 min/km
107	15	Veteran	M291	Hagen	Romeis	Male		00:25:32	00:52:50	+00:23:09	05:17 min/km
108	15	Under 18	M340	Denzel	Voetse	Male		00:24:18	00:53:14	+00:23:33	05:19 min/km
109	16	Veteran	M131	Johannes	Hugo	Male		00:25:38	00:53:18	+00:23:37	05:19 min/km
110	2	Under 18	F001	Lena	Ahrens	Female		00:25:33	00:53:28	+00:23:47	05:20 min/km
111	15	Open	F058	Martha	Shiyanga	Female		00:25:00	00:53:44	+00:24:03	05:22 min/km

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112	7	Veteran	F024	Birgit	Hoffmann	Female		00:25:43	00:53:49	+00:24:08	05:22 min/km
113	16	Open	F030	Jacinta	Lima	Female		00:25:01	00:53:50	+00:24:09	05:23 min/km
114	17	Open	F102	Taati	Siblile	Female		00:25:46	00:53:52	+00:24:11	05:23 min/km
115	56	Open	M327	Edson	Da Costa	Male		00:24:14	00:54:02	+00:24:21	05:24 min/km
116	18	Open	F070	Olga	Wenk	Female		00:25:33	00:54:02	+00:24:21	05:24 min/km
117	19	Open	F033	Penelao	Nangolo	Female		00:24:24	00:54:09	+00:24:28	05:24 min/km
118	8	Veteran	F099	Young	Geame	Female		00:25:14	00:54:13	+00:24:32	05:25 min/km
119	20	Open	F046	Charlize	Rix	Female		00:26:24	00:54:28	+00:24:47	05:26 min/km
120	57	Open	M002	Quinton	Steenkamp	Male		00:25:12	00:54:36	+00:24:56	05:27 min/km
121	21	Open	F101	Izanne	Olivier	Female		00:25:38	00:54:46	+00:25:05	05:28 min/km
122	58	Open	M144	Katuna	Kamuhanga	Male		00:26:12	00:55:05	+00:25:24	05:30 min/km
123	17	Veteran	M316	Ethan	Van Drunen	Male		00:25:56	00:55:18	+00:25:37	05:31 min/km
124	59	Open	M347	Paulus	Shapwa	Male		00:24:30	00:55:27	+00:25:46	05:32 min/km
125	60	Open	M307	Mike	Sinvula	Male		00:25:08	00:55:41	+00:26:00	05:34 min/km
126	22	Open	F066	Loide	Uuzigo	Female		00:25:00	00:55:46	+00:26:05	05:34 min/km
127	61	Open	M143	Marvin	Kamati	Male		00:26:12	00:55:58	+00:26:17	05:35 min/km

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128	62	Open	M105	Junias	Alugodhi	Male		00:24:35	00:56:08	+00:26:27	05:36 min/km
129	63	Open	M139	Hidipo	Johannes	Male		00:25:34	00:56:23	+00:26:42	05:38 min/km
130	3	Under 18	F020	Nicole	Groenewald	Female		00:26:25	00:56:32	+00:26:51	05:39 min/km
131	23	Open	F021	Tekla	Haihambo	Female		00:25:16	00:56:36	+00:26:55	05:39 min/km
132	24	Open	F037	Loide	Nghiishililwa	Female		00:26:23	00:56:51	+00:27:10	05:41 min/km
133	64	Open	M280	Immanuel	Phillipus	Male		00:29:15	00:57:54	+00:28:13	05:47 min/km
134	25	Open	F100	Linda	Shitumbapo	Female		00:28:18	00:58:23	+00:28:42	05:50 min/km
135	18	Veteran	M008	Elvis	Makale	Male		00:28:05	00:58:46	+00:29:05	05:52 min/km
136	9	Veteran	F008	Francesca	Annese Mouton	Female		00:28:18	00:59:01	+00:29:20	05:54 min/km
137	26	Open	F097	Mitcheline	Kangootui	Female		-	00:59:38	+00:29:57	05:57 min/km
138	27	Open	F064	Elzette	Swartz	Female		00:28:23	00:59:54	+00:30:13	05:59 min/km
139	4	Under 18	F105	Lucia T	Nghipandulwa	Female		00:26:24	01:00:52	+00:31:12	06:05 min/km
140	28	Open	F028	E	Kruger	Female		00:32:12	01:01:21	+00:31:40	06:08 min/km
141	16	Under 18	M339	Obed	Daweb	Male		00:24:43	01:03:43	+00:34:02	06:22 min/km
142	65	Open	M272	Johannes	Nghinapupi	Male		00:27:39	01:03:44	+00:34:03	06:22 min/km
143	17	Under 18	M336	Desmond	Garises	Male		00:29:17	01:05:06	+00:35:25	06:30 min/km

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144	10	Veteran	F104	Nashilongo	Gervasius	Female		00:30:39	01:05:40	+00:35:59	06:34 min/km
145	66	Open	M305	Paul	Sichone	Male		00:37:56	01:05:41	+00:36:00	06:34 min/km
146	67	Open	M149	Tomas	Kiliopas	Male		00:31:42	01:08:58	+00:39:17	06:53 min/km
147	19	Veteran	M124	Stefanus	Feris	Male		00:40:14	01:09:09	+00:39:28	06:54 min/km
148	20	Veteran	M117	Antonius	Christians	Male		00:40:03	01:10:32	+00:40:51	07:03 min/km
149	29	Open	F052	Sigrid	Shaanika	Female		00:32:38	01:12:10	+00:42:29	07:13 min/km
150	5	Under 18	F080	Uetusapi	Korupanda	Female		00:32:18	01:12:40	+00:43:00	07:16 min/km
151	21	Veteran	M302	Denson	Shilongo	Male		00:45:13	01:18:44	+00:49:03	07:52 min/km
152	68	Open	M315	Matheus	Tomas	Male		00:33:52	-	-	
153	30	Open	F003	Rejoice	Amutenya	Female		00:33:52	-	-	
154	69	Open	M319	Gerhard	Vetira	Male		00:33:53	-	-	
155	11	Veteran	F071	Tania	Wiese	Female		00:33:53	-	-	
156	70	Open	M113	Rehabeam	Auala	Male		00:33:53	-	-	
157	22	Veteran	M122	Johan	Du plessis	Male		00:33:53	-	-	
158	71	Open	M127	Calum	Gunning	Male		00:33:53	-	-	
159	72	Open	M260	Blessing	Mbukude	Male		00:33:53	-	-	
160	73	Open	M138	Kennedy	Johannes	Male		00:33:54	-	-	
161	31	Open	F014	NWinnie	Benjamin	Female		00:38:39	-	-	
162	74	Open	M34	Tendani	Apulile	Male		00:43:0	-	-	

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6								2			
163	75	Open	M301	Epaphras	Shilengifa	Male		00:45:47	-	-	
164	32	Open	F089	Rauna	Haipingge	Female		00:51:14	-	-	
165	33	Open	F039	Fenni	Nghiitwikwa	Female		00:51:15	-	-	
166	34	Open	F090	Celda	Amakali	Female		00:56:03	-	-	
167	12	Veteran	F084	Indila	Kautondokwa	Female		01:01:00	-	-	
168	35	Open	F023	Selma	Haludilu	Female		01:01:01	-	-	