

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
1	1	Open	3165	Shawapala	Kandjabanga	Male		00:06:52	00:29:52	+00:00:00	02:59 min/km
2	2	Open	4076	Lukas	Thomas	Male		00:06:07	00:30:43	+00:00:51	03:04 min/km
3	1	Open	2784	Michelle	Suren	Female		-	00:33:25	+00:03:32	03:20 min/km
4	2	Open	117	Kaunapawa	Angula	Female		-	00:37:02	+00:07:10	03:42 min/km
5	3	Open	213	York	Ahrens	Male		00:19:03	00:40:23	+00:10:31	04:02 min/km
6	4	Open	2844	Jaco	Van der walt	Male		00:20:07	00:42:31	+00:12:38	04:15 min/km
7	3	Open	527	Elizabeth	Kalola	Female		00:14:16	00:42:54	+00:13:01	04:17 min/km
8	5	Open	928	Heiko	Reiff	Male		00:21:00	00:42:57	+00:13:05	04:17 min/km
9	6	Open	493	Christiaan	Janse van Rensburg	Male		00:20:46	00:43:28	+00:13:36	04:20 min/km
10	7	Open	223	Andicio Zanverico De koe	De koe	Male		00:20:47	00:43:32	+00:13:40	04:21 min/km
11	8	Open	4098	Tulinawa	Kalimba	Male		00:10:51	00:43:39	+00:13:47	04:21 min/km
12	9	Open	354	Adriaan	Grobler	Male		00:20:47	00:43:41	+00:13:48	04:22 min/km
13	10	Open	621	Helmut	Mahongo	Male		00:21:25	00:44:38	+00:14:46	04:27 min/km
14	11	Open	941	Luke	Schmidt	Male		00:20:46	00:44:59	+00:15:07	04:29 min/km
15	12	Open	2803	Erastus	Taapopi	Male		00:21:46	00:45:39	+00:15:47	04:33 min/km
16	13	Open	575	Ernest	Katondoka	Male		00:12:39	00:45:42	+00:15:50	04:34 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
17	14	Open	424	James	Hidileko	Male		00:21:26	00:45:46	+00:15:53	04:34 min/km
18	15	Open	2925	Armando	Afrikaner	Male		00:11:15	00:45:47	+00:15:54	04:34 min/km
19	16	Open	537	Silvanus	Kamulu	Male		00:22:13	00:45:51	+00:15:58	04:35 min/km
20	17	Open	557	Simson	Kapolo	Male		00:21:09	00:46:48	+00:16:56	04:40 min/km
21	18	Open	870	Zeus	Nicol-Wilson	Male		00:22:32	00:47:15	+00:17:22	04:43 min/km
22	19	Open	677	Deena Pragasen	Moodliar	Male		00:22:45	00:47:53	+00:18:00	04:47 min/km
23	20	Open	2783	Brett	Strydom	Male		00:22:52	00:48:05	+00:18:12	04:48 min/km
24	21	Open	942	Harold	Schmidt	Male		00:25:09	00:48:18	+00:18:25	04:49 min/km
25	22	Open	224	Cuan	Ahrens	Male		00:24:23	00:48:34	+00:18:42	04:51 min/km
26	23	Open	2850	Ruvan	van Staden	Male		00:25:28	00:48:56	+00:19:04	04:53 min/km
27	24	Open	2841	Harold	Uwu-khaeb	Male		00:24:13	00:48:58	+00:19:06	04:53 min/km
28	4	Open	3177	Bertha	Simon	Female		-	00:49:00	+00:19:07	04:54 min/km
29	25	Open	4094	Natangwe	Haihambo	Male		00:22:39	00:49:05	+00:19:12	04:54 min/km
30	26	Open	2731	Thomas	Shitilifa	Male		00:23:41	00:49:11	+00:19:18	04:55 min/km
31	27	Open	2942	Nico	Miranda	Male		00:23:43	00:49:27	+00:19:34	04:56 min/km
32	5	Open	3116	Kondjouua	Mungunda	Female		00:23:21	00:49:55	+00:20:02	04:59 min/km

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Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
33	28	Open	874	Zion	Nicol-Wilson	Male		00:22:33	00:49:56	+00:20:03	04:59 min/km
34	29	Open	4130	Simon	Amupolo	Male		00:12:48	00:50:13	+00:20:20	05:01 min/km
35	30	Open	894	Johannes	Orr	Male		00:25:43	00:50:16	+00:20:24	05:01 min/km
36	6	Open	4061	Emilia	Elia	Female		00:22:59	00:50:18	+00:20:26	05:01 min/km
37	31	Open	592	Bonifasius	Kotokeni	Male		00:23:37	00:50:18	+00:20:26	05:01 min/km
38	32	Open	873	Verile	Nicol-Wilson	Male		00:22:52	00:50:26	+00:20:34	05:02 min/km
39	7	Open	2766	Una	Smith	Female		00:25:06	00:50:48	+00:20:55	05:04 min/km
40	33	Open	2990	Petrus	Kapenambili	Male		00:23:42	00:50:49	+00:20:57	05:04 min/km
41	34	Open	2988	Rehito	Perema	Male		00:23:43	00:50:52	+00:21:00	05:05 min/km
42	35	Open	260	Nico	Du Plessis	Male		00:25:20	00:50:56	+00:21:04	05:05 min/km
43	36	Open	262	Francois	Du Plessis	Male		00:25:20	00:50:56	+00:21:04	05:05 min/km
44	37	Open	878	Kaishin	Niwa	Male		00:24:08	00:50:59	+00:21:06	05:05 min/km
45	38	Open	574	McDonald	Katjingisia	Male		00:24:15	00:51:08	+00:21:16	05:06 min/km
46	39	Open	4099	Vladimir	Chlonba	Male		00:24:41	00:51:20	+00:21:27	05:08 min/km
47	8	Open	880	Lelani	Noeth	Female		00:25:02	00:51:21	+00:21:28	05:08 min/km
48	40	Open	438	Simon	lipinge	Male		00:25:03	00:51:27	+00:21:35	05:08 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
49	9	Open	4073	Eva	Van Den Hauwe	Female		00:25:59	00:51:39	+00:21:47	05:09 min/km
50	10	Open	2847	Sebrinah	Van Rooyen	Female		00:25:10	00:51:49	+00:21:57	05:10 min/km
51	41	Open	288	Tony	Fetoyeto	Male		00:23:32	00:51:49	+00:21:57	05:10 min/km
52	42	Open	681	Max	Moresche	Male		00:25:22	00:51:55	+00:22:03	05:11 min/km
53	43	Open	106	Peter	Andreas	Male		00:25:22	00:51:56	+00:22:03	05:11 min/km
54	44	Open	243	Curtis	Dentlinger	Male		00:25:08	00:51:58	+00:22:06	05:11 min/km
55	11	Open	310	Hileni	Gabriel	Female		00:26:06	00:51:59	+00:22:06	05:11 min/km
56	45	Open	455	Aaron	Immanuel	Male		00:10:51	00:51:59	+00:22:06	05:11 min/km
57	46	Open	242	Marcus	Dentlinger	Male		00:25:09	00:52:01	+00:22:08	05:12 min/km
58	47	Open	831	Lewis	Nelago	Male		00:24:25	00:52:02	+00:22:09	05:12 min/km
59	48	Open	317	Elgeno	Gamatham	Male		00:24:13	00:52:03	+00:22:11	05:12 min/km
60	49	Open	3148	Jaco	Fourie	Male		-	00:52:07	+00:22:14	05:12 min/km
61	50	Open	231	Lysias Shau	Aluma	Male		00:25:08	00:52:11	+00:22:19	05:13 min/km
62	51	Open	903	Lukas	Petrus	Male		00:23:11	00:52:12	+00:22:20	05:13 min/km
63	12	Open	2889	Michelle	Viviers	Female		00:25:30	00:52:13	+00:22:20	05:13 min/km
64	52	Open	2892	Enrik	von Alvensleben	Male		00:25:44	00:52:19	+00:22:27	05:13 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
65	53	Open	672	TLHABANO	MODISE	Male		00:26:56	00:52:22	+00:22:30	05:14 min/km
66	54	Open	153	Tangeni Daniel	Benjamen	Male		00:27:31	00:52:40	+00:22:47	05:16 min/km
67	55	Open	2992	Jason	Potfar	Male		00:24:29	00:52:40	+00:22:48	05:16 min/km
68	56	Open	4102	Constanc	Sechogele	Male		00:26:23	00:52:47	+00:22:54	05:16 min/km
69	57	Open	696	Theofelus	Mulunga	Male		00:24:14	00:52:50	+00:22:58	05:17 min/km
70	58	Open	500	Johannes	Johannes	Male		00:25:24	00:52:57	+00:23:05	05:17 min/km
71	59	Open	490	Festus	Jafet	Male		00:26:16	00:53:18	+00:23:26	05:19 min/km
72	60	Open	419	watze	Hepkema	Male		00:26:14	00:53:26	+00:23:33	05:20 min/km
73	61	Open	792	Jan Nicolaas	Naude	Male		00:27:01	00:53:43	+00:23:50	05:22 min/km
74	62	Open	833	David	Nels	Male		00:26:15	00:53:44	+00:23:51	05:22 min/km
75	63	Open	3003	Tiarnan	Keown-Kisting	Male		00:25:01	00:53:45	+00:23:53	05:22 min/km
76	13	Open	415	Shekupe	Hefingo	Female		00:26:06	00:53:51	+00:23:58	05:23 min/km
77	64	Open	2851	Marnus	Van wyk	Male		00:26:21	00:53:51	+00:23:58	05:23 min/km
78	14	Open	809	Rauna	Ndilula	Female		00:25:05	00:53:55	+00:24:02	05:23 min/km
79	65	Open	2828	Berthold	Totong	Male		00:25:21	00:53:55	+00:24:03	05:23 min/km
80	66	Open	4046	Samuel	Kanganzi	Male		00:26:27	00:53:57	+00:24:04	05:23 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
81	67	Open	290	Frank	Fielding	Male		00:26:11	00:53:57	+00:24:04	05:23 min/km
82	68	Open	2800	Samuel	Swartz	Male		00:24:31	00:53:59	+00:24:06	05:23 min/km
83	15	Open	429	Lena	Holztrattner	Female		00:25:45	00:54:00	+00:24:08	05:24 min/km
84	69	Open	2986	Simeon	Palema	Male		00:24:30	00:54:07	+00:24:14	05:24 min/km
85	16	Open	2888	Luzaan	Visser	Female		00:26:22	00:54:08	+00:24:16	05:24 min/km
86	17	Open	2774	Ulrike	Steidler	Female		00:26:25	00:54:13	+00:24:21	05:25 min/km
87	18	Open	2745	Ilona	Sickel	Female		00:26:29	00:54:22	+00:24:29	05:26 min/km
88	70	Open	893	Andreas	Onesmus	Male		00:26:09	00:54:25	+00:24:33	05:26 min/km
89	19	Open	422	Isabelle	Hertel	Female		00:26:24	00:54:31	+00:24:39	05:27 min/km
90	20	Open	663	Daniela	Metzger	Female		00:26:25	00:54:31	+00:24:39	05:27 min/km
91	71	Open	641	Aldrien	Masule	Male		00:24:48	00:54:38	+00:24:45	05:27 min/km
92	72	Open	764	Sakeus	Nambala	Male		00:25:00	00:54:47	+00:24:55	05:28 min/km
93	73	Open	581	Mike	Kavalata	Male		00:24:40	00:54:47	+00:24:55	05:28 min/km
94	74	Open	471	Phillemon	Israel	Male		00:25:36	00:54:48	+00:24:55	05:28 min/km
95	75	Open	2708	NAFTAL	Shindongo	Male		00:25:57	00:55:16	+00:25:24	05:31 min/km
96	76	Open	671	Milton	Misihairabgwi	Male		00:25:02	00:55:21	+00:25:28	05:32 min/km

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97	77	Open	420	Achim	Herma	Male		00:26:38	00:55:24	+00:25:32	05:32 min/km
98	21	Open	739	Johanna	Mwatange	Female		00:26:10	00:55:26	+00:25:34	05:32 min/km
99	78	Open	824	Nathan	Nekomba	Male		00:25:26	00:55:27	+00:25:34	05:32 min/km
100	79	Open	955	Harrison	Shako	Male		00:27:08	00:55:31	+00:25:38	05:33 min/km
101	80	Open	881	Luandro	Noeth	Male		00:26:22	00:55:31	+00:25:38	05:33 min/km
102	81	Open	2874	Jaco	Van Zyl	Male		00:25:52	00:55:33	+00:25:41	05:33 min/km
103	82	Open	491	Heino	Jakob	Male		00:28:15	00:55:40	+00:25:48	05:34 min/km
104	83	Open	232	Jan	de Vries	Male		00:27:25	00:55:41	+00:25:49	05:34 min/km
105	84	Open	265	Abrie	du Plooy	Male		00:26:19	00:55:43	+00:25:51	05:34 min/km
106	85	Open	865	Eunea	Ngombe	Male		00:22:30	00:55:47	+00:25:54	05:34 min/km
107	22	Open	4127	Izzy	Johannes	Female		00:28:40	00:55:47	+00:25:55	05:34 min/km
108	23	Open	393	Sarafina	Handimba	Female		00:26:50	00:55:55	+00:26:03	05:35 min/km
109	86	Open	617	Siyabonga	Madonsela	Male		00:29:04	00:55:57	+00:26:04	05:35 min/km
110	87	Open	669	Carpio	Minnaar	Male		00:26:03	00:56:01	+00:26:09	05:36 min/km
111	88	Open	118	Fillipus	Absalom	Male		00:28:33	00:56:03	+00:26:11	05:36 min/km
112	24	Open	2825	SIRIE	Topulathana	Female		00:26:16	00:56:06	+00:26:13	05:36 min/km

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113	89	Open	2915	Edison	Xoagub	Male		00:26:15	00:56:06	+00:26:14	05:36 min/km
114	90	Open	4072	Marc	Needham	Male		00:27:48	00:56:07	+00:26:15	05:36 min/km
115	25	Open	810	Lala	Ndinoshiho	Female		00:27:09	00:56:09	+00:26:17	05:36 min/km
116	91	Open	3114	Tangeni	Benyamene	Male		00:25:37	00:56:13	+00:26:20	05:37 min/km
117	26	Open	349	Heidi	Greyvenstein	Female		00:27:43	00:56:14	+00:26:22	05:37 min/km
118	27	Open	999	Beverly	Shilongo	Female		00:29:09	00:56:19	+00:26:27	05:37 min/km
119	92	Open	4148	Philipp	Sonntag	Male		00:27:41	00:56:23	+00:26:30	05:38 min/km
120	93	Open	954	David	Shajanonghoshi	Male		00:26:10	00:56:25	+00:26:33	05:38 min/km
121	28	Open	4119	Mercie	Kuceeko	Female		00:28:10	00:56:30	+00:26:38	05:39 min/km
122	94	Open	653	Lourens	Mbaoroka	Male		00:30:32	00:56:32	+00:26:39	05:39 min/km
123	29	Open	890	Indileni	Nyeemwatya	Female		00:26:41	00:56:38	+00:26:45	05:39 min/km
124	95	Open	4100	Eliafer	Uugwanga	Male		00:26:28	00:56:39	+00:26:46	05:39 min/km
125	30	Open	496	Juliet	Januarie	Female		00:28:08	00:56:39	+00:26:46	05:39 min/km
126	96	Open	2923	Silvernito	Cloete	Male		00:26:52	00:56:43	+00:26:50	05:40 min/km
127	31	Open	521	Taati	Kalenga	Female		00:26:48	00:56:46	+00:26:54	05:40 min/km
128	32	Open	249	Juriene Arrasta	Diergaardt	Female		00:26:50	00:56:49	+00:26:57	05:40 min/km

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129	97	Open	4104	Japhet	Jacob	Male		00:28:40	00:56:57	+00:27:05	05:41 min/km
130	98	Open	974	Yakubu	Shehu	Male		00:26:07	00:56:59	+00:27:06	05:41 min/km
131	99	Open	128	Rodrigo	Acebes	Male		00:26:17	00:57:07	+00:27:14	05:42 min/km
132	100	Open	323	Dantago	Gawanab	Male		00:29:10	00:57:15	+00:27:22	05:43 min/km
133	101	Open	148	Leandro	Azevedo	Male		00:29:10	00:57:15	+00:27:22	05:43 min/km
134	102	Open	623	Enjo	Malan	Male		00:29:06	00:57:16	+00:27:23	05:43 min/km
135	103	Open	550	CK	Kanyama	Male		00:28:18	00:57:20	+00:27:28	05:44 min/km
136	33	Open	233	Kayla	De wee	Female		00:26:17	00:57:32	+00:27:39	05:45 min/km
137	104	Open	184	Sean	Brown	Male		00:27:39	00:57:32	+00:27:40	05:45 min/km
138	105	Open	3191	Leon	Feris	Male		00:27:49	00:57:33	+00:27:41	05:45 min/km
139	106	Open	905	Isaiah	Philander	Male		00:27:49	00:57:34	+00:27:41	05:45 min/km
140	107	Open	778	John	Nangolo	Male		00:25:23	00:57:40	+00:27:48	05:46 min/km
141	108	Open	4101	Tristian	Prinslee	Male		00:25:34	00:57:43	+00:27:50	05:46 min/km
142	34	Open	4116	Abigail	Wright	Female		00:29:18	00:57:47	+00:27:54	05:46 min/km
143	109	Open	2985	Theo	Visser	Male		00:27:27	00:57:48	+00:27:56	05:46 min/km
144	110	Open	981	Nashawn Jorge	Shigwedha	Male		00:27:51	00:57:50	+00:27:58	05:47 min/km

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145	111	Open	253	Joaquin	Dos Ramos	Male		00:29:31	00:57:56	+00:28:04	05:47 min/km
146	112	Open	4137	Ndangi	Negonga	Male		00:27:12	00:58:05	+00:28:13	05:48 min/km
147	35	Open	2728	Modino Teopo	Shishiveni	Female		00:25:01	00:58:05	+00:28:13	05:48 min/km
148	36	Open	2814	Marney	Tjauha	Female		00:29:28	00:58:13	+00:28:21	05:49 min/km
149	113	Open	708	Rodrick	Musiyandaka	Male		00:29:28	00:58:13	+00:28:21	05:49 min/km
150	114	Open	523	Graham	Kali	Male		00:30:37	00:58:14	+00:28:22	05:49 min/km
151	37	Open	2907	Helena	wassenaar	Female		00:28:18	00:58:15	+00:28:23	05:49 min/km
152	115	Open	4097	Kefas	Munene	Male		00:33:04	00:58:17	+00:28:24	05:49 min/km
153	38	Open	230	Leonie	de Lange	Female		00:27:31	00:58:19	+00:28:27	05:49 min/km
154	116	Open	936	Marcio francisco dos santos	Santos	Male		00:27:11	00:58:21	+00:28:29	05:50 min/km
155	117	Open	508	Georg	Judmann	Male		00:27:33	00:58:26	+00:28:34	05:50 min/km
156	118	Open	207	Patrick	Cino West	Male		00:26:17	00:58:31	+00:28:39	05:51 min/km
157	39	Open	830	Otilie	Nelago	Female		00:27:00	00:58:34	+00:28:41	05:51 min/km
158	119	Open	4115	Alexander	Galloway	Male		00:29:20	00:58:38	+00:28:45	05:51 min/km
159	40	Open	600	Punaje	Kuvare	Female		00:29:11	00:58:39	+00:28:46	05:51 min/km
160	120	Open	2739	Nathaniel	Shonena	Male		00:30:35	00:58:42	+00:28:50	05:52 min/km

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161	41	Open	188	Katja	Buttner	Female		00:27:42	00:58:43	+00:28:50	05:52 min/km
162	121	Open	272	Alfred Edward	Eksteen	Male		00:28:41	00:58:48	+00:28:56	05:52 min/km
163	122	Open	368	Leonard	Amunime	Male		00:26:30	00:58:55	+00:29:02	05:53 min/km
164	123	Open	193	tendai	Chakanya	Male		00:28:50	00:58:59	+00:29:06	05:53 min/km
165	124	Open	287	Carlos	Fernandez	Male		00:30:15	00:59:04	+00:29:12	05:54 min/km
166	42	Open	595	Hilke	Kruger	Female		00:28:59	00:59:06	+00:29:13	05:54 min/km
167	125	Open	685	Charlton	Mouton	Male		00:28:39	00:59:06	+00:29:13	05:54 min/km
168	126	Open	278	Jason	Engelbrecht	Male		00:27:36	00:59:08	+00:29:16	05:54 min/km
169	127	Open	647	Greg	May	Male		00:27:32	00:59:09	+00:29:17	05:54 min/km
170	128	Open	411	Quitty Gotpen	Haulofu	Male		00:28:34	00:59:12	+00:29:19	05:55 min/km
171	43	Open	4019	Elretha	Hansen	Female		-	00:59:13	+00:29:20	05:55 min/km
172	44	Open	4032	Vicky	Dan	Female		00:28:39	00:59:14	+00:29:22	05:55 min/km
173	129	Open	758	Tuli	Nakanyala	Male		00:28:40	00:59:14	+00:29:22	05:55 min/km
174	45	Open	2706	Antonia	Shinana	Female		00:28:26	00:59:15	+00:29:22	05:55 min/km
175	130	Open	492	Marco	Jakob	Male		00:28:46	00:59:16	+00:29:23	05:55 min/km
176	131	Open	899	Wayne	Paulus	Male		00:28:32	00:59:16	+00:29:23	05:55 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
177	132	Open	3126	Graeme	Jacobs	Male		00:28:17	00:59:17	+00:29:24	05:55 min/km
178	133	Open	871	Izuba	Nicol-Wilson	Male		00:27:46	00:59:21	+00:29:29	05:56 min/km
179	134	Open	2866	Oscar	van Wyk	Male		00:28:41	00:59:22	+00:29:29	05:56 min/km
180	135	Open	805	Kudzai john	Nderecha	Male		00:28:28	00:59:27	+00:29:34	05:56 min/km
181	136	Open	2801	Caleb	Swartz	Male		00:27:22	00:59:28	+00:29:36	05:56 min/km
182	137	Open	4106	Festus	Shidolo	Male		00:27:54	00:59:32	+00:29:40	05:57 min/km
183	138	Open	546	Tuhafeni Amarildo	Kandume	Male		00:27:55	00:59:44	+00:29:51	05:58 min/km
184	46	Open	418	Lucille	Hendrickse	Female		00:28:47	00:59:45	+00:29:52	05:58 min/km
185	47	Open	895	Claudia	Otto	Female		00:28:10	00:59:46	+00:29:54	05:58 min/km
186	139	Open	828	Abelin	Nel	Male		00:26:39	00:59:52	+00:30:00	05:59 min/km
187	140	Open	143	Dean	Augustin	Male		00:29:38	00:59:54	+00:30:02	05:59 min/km
188	48	Open	4143	Astrid	Long	Female		00:29:30	01:00:03	+00:30:10	06:00 min/km
189	49	Open	580	Hambeleleni	Kautanevali	Female		00:28:42	01:00:11	+00:30:19	06:01 min/km
190	141	Open	140	Sackaria	Adreas	Male		00:28:42	01:00:11	+00:30:19	06:01 min/km
191	50	Open	670	Jane	Misihairabgwi	Female		00:28:14	01:00:13	+00:30:20	06:01 min/km
192	142	Open	384	Simeon	Hamukwaya	Male		00:28:41	01:00:14	+00:30:22	06:01 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
193	143	Open	869	Penda	Ngula	Male		00:29:01	01:00:24	+00:30:32	06:02 min/km
194	51	Open	733	Sepiso	Mwange	Female		00:28:44	01:00:28	+00:30:35	06:02 min/km
195	144	Open	266	Domingos	Dumbu	Male		00:24:57	01:00:37	+00:30:45	06:03 min/km
196	145	Open	634	Kenneth	Martin	Male		00:28:43	01:00:43	+00:30:50	06:04 min/km
197	146	Open	541	Silas	Kandenge	Male		00:30:03	01:00:45	+00:30:52	06:04 min/km
198	147	Open	2859	Xavier	Van Wyk	Male		-	01:00:47	+00:30:54	06:04 min/km
199	52	Open	724	Nelly	Mvula	Female		00:28:36	01:00:51	+00:30:58	06:05 min/km
200	148	Open	413	David	Hechter	Male		00:28:50	01:00:53	+00:31:00	06:05 min/km
201	53	Open	2773	Bonolo	Steenkamp	Female		00:28:37	01:00:54	+00:31:01	06:05 min/km
202	149	Open	366	Andelino	Hailonga	Male		00:29:27	01:00:56	+00:31:03	06:05 min/km
203	54	Open	2794	Bernadette	Swartz	Female		00:28:42	01:00:57	+00:31:05	06:05 min/km
204	55	Open	239	Kara	De Wet	Female		00:29:11	01:00:57	+00:31:05	06:05 min/km
205	150	Open	4126	Fivemon	Nattum	Male		00:29:19	01:00:57	+00:31:05	06:05 min/km
206	56	Open	263	Karoline	Du Plessis	Female		00:30:26	01:00:59	+00:31:06	06:05 min/km
207	151	Open	2922	Rehabeam	Ngandula	Male		00:28:52	01:00:59	+00:31:07	06:05 min/km
208	57	Open	177	Hannah	Brendell	Female		00:30:27	01:01:00	+00:31:08	06:06 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
209	152	Open	975	Ernestus	Shende	Male		00:27:56	01:01:00	+00:31:08	06:06 min/km
210	58	Open	2937	Jasmine	Korner	Female		00:28:16	01:01:03	+00:31:10	06:06 min/km
211	153	Open	2921	Ellis	Shimhanda	Male		00:28:16	01:01:04	+00:31:12	06:06 min/km
212	154	Open	126	Gerardo	Acebes	Male		00:30:16	01:01:06	+00:31:14	06:06 min/km
213	155	Open	4017	Muamer	K Hengombe	Male		00:28:14	01:01:14	+00:31:22	06:07 min/km
214	59	Open	208	Shamila	Cloete	Female		00:28:32	01:01:16	+00:31:23	06:07 min/km
215	156	Open	3002	Ronan	Keown-Kisting	Male		00:24:07	01:01:17	+00:31:25	06:07 min/km
216	60	Open	679	Sophy	Moonde	Female		00:27:59	01:01:20	+00:31:28	06:08 min/km
217	157	Open	4120	Vladiimil	Sieiner	Male		00:29:31	01:01:21	+00:31:28	06:08 min/km
218	158	Open	2860	Marco	Van Wyk	Male		00:29:33	01:01:21	+00:31:28	06:08 min/km
219	159	Open	175	Neil	Bouwer	Male		00:29:16	01:01:24	+00:31:31	06:08 min/km
220	61	Open	603	Michelle	Laker	Female		00:29:05	01:01:26	+00:31:34	06:08 min/km
221	160	Open	2927	Morne	Nell	Male		00:29:29	01:01:28	+00:31:36	06:08 min/km
222	161	Open	933	Noriaki	Sadamoto	Male		00:29:33	01:01:29	+00:31:36	06:08 min/km
223	162	Open	560	Dr Vekarapo Mario	Karipata	Male		00:28:58	01:01:34	+00:31:41	06:09 min/km
224	163	Open	4103	Nadeem	Husselmann	Male		00:29:26	01:01:36	+00:31:43	06:09 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
225	62	Open	134	Paulina	Ashipala	Female		00:29:02	01:01:38	+00:31:46	06:09 min/km
226	63	Open	918	Jana	Ptacnikova Wahengo	Female		00:28:50	01:01:39	+00:31:47	06:09 min/km
227	164	Open	4146	Sam	Itamalo	Male		00:31:38	01:01:41	+00:31:49	06:10 min/km
228	165	Open	4002	Heinrich	Joodt	Male		00:30:41	01:01:44	+00:31:51	06:10 min/km
229	64	Open	174	Charlett	Bouwer	Female		00:29:14	01:01:51	+00:31:58	06:11 min/km
230	65	Open	203	Danika	Ahrens	Female		00:30:06	01:02:00	+00:32:07	06:12 min/km
231	166	Open	168	Keanon	Bok	Male		00:28:52	01:02:00	+00:32:08	06:12 min/km
232	167	Open	587	reinhold	kinda	Male		00:31:27	01:02:03	+00:32:11	06:12 min/km
233	66	Open	473	Helen	Itana	Female		00:29:57	01:02:04	+00:32:11	06:12 min/km
234	67	Open	4091	Lisa	Wehmeyer	Female		00:30:24	01:02:07	+00:32:14	06:12 min/km
235	168	Open	430	Junias	Huanda	Male		00:28:26	01:02:09	+00:32:17	06:12 min/km
236	68	Open	788	Anna	Nashidengo	Female		00:29:29	01:02:12	+00:32:20	06:13 min/km
237	69	Open	904	Albertina	Petrus	Female		00:27:28	01:02:13	+00:32:20	06:13 min/km
238	169	Open	638	Malakia	Mashuna	Male		00:32:34	01:02:18	+00:32:25	06:13 min/km
239	170	Open	718	Sem	Mutilifa	Male		00:30:45	01:02:24	+00:32:22	06:14 min/km
240	171	Open	661	Justus	Mbuere	Male		00:29:15	01:02:24	+00:32:32	06:14 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
241	172	Open	495	Gino	Januarie	Male		00:30:35	01:02:30	+00:32:37	06:15 min/km
242	173	Open	336	Jonell	Goliath	Male		00:28:09	01:02:37	+00:32:45	06:15 min/km
243	70	Open	2733	Rosavidis	Shivolo	Female		00:27:56	01:02:45	+00:32:53	06:16 min/km
244	174	Open	594	Sylvesther	Krohne	Male		00:28:59	01:02:51	+00:32:58	06:17 min/km
245	71	Open	819	HILENI	Neandje	Female		00:28:56	01:02:55	+00:33:03	06:17 min/km
246	72	Open	961	Pandu	Shangula	Female		00:28:55	01:02:56	+00:33:03	06:17 min/km
247	73	Open	877	Asteria	Nikanor	Female		00:28:55	01:02:56	+00:33:04	06:17 min/km
248	74	Open	760	Linda	Nakasole	Female		00:29:45	01:03:16	+00:33:23	06:19 min/km
249	75	Open	822	Uveniko	Negongo	Female		00:30:22	01:03:18	+00:33:26	06:19 min/km
250	76	Open	284	ColanÃ	Esterhuizen-Andreas	Female		00:30:56	01:03:25	+00:33:32	06:20 min/km
251	175	Open	4129	Paulus	Aihonya	Male		00:32:16	01:03:25	+00:33:33	06:20 min/km
252	176	Open	635	Shereef	Martin	Male		00:30:08	01:03:27	+00:33:35	06:20 min/km
253	177	Open	522	Cameron	Kali	Male		00:30:07	01:03:27	+00:33:35	06:20 min/km
254	77	Open	891	Elizma	Ockhuizen	Female		00:29:31	01:03:28	+00:33:36	06:20 min/km
255	178	Open	643	Cleophas	Matinhari	Male		00:28:46	01:03:31	+00:33:38	06:21 min/km
256	78	Open	195	Gaby	Ahrens	Female		00:31:25	01:03:31	+00:33:38	06:21 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
257	79	Open	551	Magano	Kanzi	Female		00:29:18	01:03:36	+00:33:43	06:21 min/km
258	80	Open	240	Jackie	De Witt	Female		00:30:09	01:03:41	+00:33:48	06:22 min/km
259	179	Open	849	Tonateni	Nghifenwa	Male		00:35:26	01:04:00	+00:34:07	06:24 min/km
260	81	Open	3184	Simone	Van Wyk	Female		-	01:04:08	+00:34:15	06:24 min/km
261	82	Open	632	Deodine	Markgraaf	Female		00:29:44	01:04:16	+00:34:23	06:25 min/km
262	180	Open	367	Tangeni Newman	Hans	Male		00:28:25	01:04:16	+00:34:23	06:25 min/km
263	83	Open	784	Jane	Naruses	Female		00:30:27	01:04:19	+00:34:27	06:25 min/km
264	181	Open	2879	Paul	van Zyl	Male		00:30:53	01:04:20	+00:34:28	06:26 min/km
265	84	Open	4051	Lolitha	Zemburuka	Female		-	01:04:21	+00:34:29	06:26 min/km
266	182	Open	892	KENJI	OHO	Male		00:31:45	01:04:21	+00:34:29	06:26 min/km
267	85	Open	442	Laimi	Iita	Female		00:29:46	01:04:23	+00:34:30	06:26 min/km
268	183	Open	4018	Linfred	Hartung	Male		00:30:21	01:04:51	+00:34:58	06:29 min/km
269	86	Open	339	Kim	Gorn	Female		00:29:15	01:04:57	+00:35:04	06:29 min/km
270	184	Open	4108	Wilbor	Henekert	Male		00:29:20	01:04:58	+00:35:06	06:29 min/km
271	87	Open	931	Hess	Robinson	Female		00:30:12	01:04:59	+00:35:06	06:29 min/km
272	185	Open	347	Franklin	Green	Male		00:30:59	01:05:02	+00:35:10	06:30 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
273	186	Open	688	Uapingena	Mueze	Male		00:30:56	01:05:04	+00:35:12	06:30 min/km
274	187	Open	211	Derick	Colmer	Male		00:31:39	01:05:07	+00:35:14	06:30 min/km
275	88	Open	348	Kayleen	Green	Female		00:30:59	01:05:08	+00:35:16	06:30 min/km
276	188	Open	3101	Festus	Shimanda	Male		-	01:05:14	+00:35:22	06:31 min/km
277	189	Open	883	Jason	Nott	Male		00:29:42	01:05:19	+00:35:26	06:31 min/km
278	190	Open	3169	Immanuel	Johannes	Male		00:28:00	01:05:19	+00:35:27	06:31 min/km
279	89	Open	394	Tulimevava	Hangala	Female		00:31:00	01:05:24	+00:35:32	06:32 min/km
280	90	Open	605	Maggy	Lenga	Female		00:31:22	01:05:26	+00:35:33	06:32 min/km
281	191	Open	2864	Gert	Van Wyk	Male		00:30:54	01:05:26	+00:35:33	06:32 min/km
282	192	Open	2909	Aubrey	WIMMERTH	Male		00:30:11	01:05:28	+00:35:35	06:32 min/km
283	91	Open	848	Josefina	Ngeno	Female		00:29:47	01:05:32	+00:35:40	06:33 min/km
284	193	Open	2793	Shane	Swartz	Male		00:31:13	01:05:37	+00:35:45	06:33 min/km
285	92	Open	520	Evelina	Kalenga	Female		00:31:43	01:05:40	+00:35:47	06:34 min/km
286	93	Open	902	Fiina	Petrus	Female		00:29:22	01:05:46	+00:35:54	06:34 min/km
287	94	Open	957	Suoma Nyambali	Shalongo	Female		00:30:41	01:05:57	+00:36:04	06:35 min/km
288	95	Open	159	Tarina	Biewenga	Female		00:30:47	01:05:57	+00:36:05	06:35 min/km

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Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
289	194	Open	218	Masimba	Dauramanzi	Male		00:30:57	01:06:04	+00:36:11	06:36 min/km
290	195	Open	971	Willem	Shayuka	Male		00:30:33	01:06:09	+00:36:17	06:36 min/km
291	196	Open	937	Saudai	Sapi	Male		00:31:46	01:06:12	+00:36:19	06:37 min/km
292	197	Open	326	Zayden Anthonie	Gerber	Male		00:30:10	01:06:12	+00:36:19	06:37 min/km
293	198	Open	601	Gerson	Kuzatjike	Male		00:30:13	01:06:20	+00:36:27	06:38 min/km
294	199	Open	864	Kondjeni	Nghitevelekwa	Male		00:30:25	01:06:20	+00:36:28	06:38 min/km
295	96	Open	344	Berrit	Graf	Female		00:33:45	01:06:25	+00:36:32	06:38 min/km
296	200	Open	976	ANDREAS TOOLENI NATANGWE	SHETE	Male		00:32:41	01:06:48	+00:36:56	06:40 min/km
297	97	Open	226	Marisja	De Koning	Female		00:31:31	01:07:01	+00:37:09	06:42 min/km
298	201	Open	982	Mathias	Shiikwa	Male		-	01:07:04	+00:37:11	06:42 min/km
299	98	Open	406	Albertina	Haufiku	Female		00:34:18	01:07:05	+00:37:13	06:42 min/km
300	99	Open	676	Vicky	Monteiro	Female		00:31:53	01:07:09	+00:37:16	06:42 min/km
301	100	Open	275	Martha	Eliaser	Female		-	01:07:10	+00:37:17	06:43 min/km
302	202	Open	3124	Jano	Du Plessis	Male		00:28:28	01:07:12	+00:37:19	06:43 min/km
303	203	Open	919	Ajeesh	Raj	Male		00:30:42	01:07:15	+00:37:22	06:43 min/km
304	101	Open	2872	Valerie	Van Zyl	Female		00:31:08	01:07:17	+00:37:24	06:43 min/km

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Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
305	102	Open	293	Happy Salmi	Filippus	Female		00:30:55	01:07:20	+00:37:28	06:44 min/km
306	103	Open	4138	Rachel	Kashals	Female		00:30:26	01:07:22	+00:37:29	06:44 min/km
307	204	Open	926	Leonardo	Rana	Male		00:30:57	01:07:22	+00:37:30	06:44 min/km
308	205	Open	889	James	Nyandoro	Male		00:31:04	01:07:24	+00:37:31	06:44 min/km
309	104	Open	887	Martha	Nuujoma-Domingos	Female		00:35:10	01:07:25	+00:37:32	06:44 min/km
310	206	Open	4078	Lossert	Shatumbu	Male		00:31:55	01:07:32	+00:37:40	06:45 min/km
311	105	Open	988	Sarastine	Shikola	Female		00:31:20	01:07:43	+00:37:51	06:46 min/km
312	207	Open	3186	Ronald	Elago	Male		00:31:48	01:07:44	+00:37:51	06:46 min/km
313	208	Open	3102	Petrus	Joseph	Male		00:29:23	01:07:46	+00:37:54	06:46 min/km
314	209	Open	462	Etuna	Ipinge	Male		00:31:33	01:07:48	+00:37:55	06:46 min/km
315	106	Open	984	Ndeshuuva	Shiimi	Female		00:31:34	01:07:48	+00:37:55	06:46 min/km
316	107	Open	4029	HILENI	NAMGONGO	Female		-	01:07:49	+00:37:57	06:46 min/km
317	210	Open	2863	Dylan	Van wyk	Male		00:34:45	01:07:54	+00:38:02	06:47 min/km
318	211	Open	2886	Chavarney	Visagie	Male		00:32:02	01:07:56	+00:38:04	06:47 min/km
319	108	Open	633	Cintia	Martin	Female		00:32:37	01:08:00	+00:38:08	06:48 min/km
320	109	Open	4133	Shellery	Kaiyamo	Female		00:31:40	01:08:04	+00:38:12	06:48 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
321	110	Open	157	Hendrina	Bester	Female		00:33:12	01:08:12	+00:38:19	06:49 min/km
322	212	Open	156	Andries	Bester	Male		00:33:11	01:08:12	+00:38:20	06:49 min/km
323	213	Open	474	Joshua	Itewa	Male		00:31:27	01:08:13	+00:38:20	06:49 min/km
324	111	Open	898	Kristiana	Paulus	Female		00:31:16	01:08:14	+00:38:21	06:49 min/km
325	112	Open	945	Jandine	Schoonbee	Female		00:33:30	01:08:19	+00:38:27	06:49 min/km
326	113	Open	4131	Ester	Hamatwi	Female		00:31:50	01:08:21	+00:38:29	06:50 min/km
327	214	Open	453	Matti	Izyenda	Male		00:33:09	01:08:22	+00:38:30	06:50 min/km
328	215	Open	616	Siyabonga	Madonsela	Male		00:32:30	01:08:24	+00:38:31	06:50 min/km
329	114	Open	501	DOSANTAR	JOHANNES	Female		00:32:09	01:08:27	+00:38:35	06:50 min/km
330	216	Open	531	Natango	Kamati	Male		00:34:47	01:08:45	+00:38:52	06:52 min/km
331	115	Open	280	Ester	Enkono	Female		00:34:16	01:08:47	+00:38:54	06:52 min/km
332	217	Open	3178	Simon Shaanika	Simon	Male		00:30:33	01:08:49	+00:38:57	06:52 min/km
333	116	Open	552	Gloria	Kapingana	Female		00:33:52	01:08:53	+00:39:01	06:53 min/km
334	218	Open	2914	Lubertho	Xamaseb	Male		00:31:21	01:09:07	+00:39:14	06:54 min/km
335	219	Open	660	Jakuaterua	Mbuende	Male		00:32:02	01:09:07	+00:39:14	06:54 min/km
336	117	Open	2867	Ashley	Van Wyk	Female		00:31:31	01:09:07	+00:39:15	06:54 min/km

City Dash 2026

Pos.	Cat .	Cat . P os.	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
337	220	Open	711	Mpindi	Musweu	Male		00:32:22	01:09:09	+00:39:16	06:54 min/km
338	221	Open	645	Rodriques	Mauha	Male		00:36:39	01:09:09	+00:39:17	06:54 min/km
339	118	Open	345	Odette	Grant	Female		00:34:10	01:09:11	+00:39:18	06:55 min/km
340	119	Open	3147	Allison	Fourie	Female		00:34:10	01:09:11	+00:39:19	06:55 min/km
341	120	Open	283	Minney	Esterhuizen	Female		00:34:16	01:09:12	+00:39:19	06:55 min/km
342	121	Open	2934	Shirlaine	Shekupe	Female		00:31:02	01:09:16	+00:39:24	06:55 min/km
343	122	Open	4084	Judith	Middleton	Female		00:32:34	01:09:17	+00:39:25	06:55 min/km
344	123	Open	854	Liina	Nghipandulwa	Female		00:32:04	01:09:17	+00:39:25	06:55 min/km
345	124	Open	178	Marlene	Brendell	Female		00:31:40	01:09:19	+00:39:27	06:55 min/km
346	222	Open	166	Keith	Bock	Male		00:31:41	01:09:19	+00:39:27	06:55 min/km
347	223	Open	190	Russel	Camm	Male		00:36:41	01:09:25	+00:39:32	06:56 min/km
348	224	Open	448	Jaden	Iiyambo	Male		00:35:04	01:09:34	+00:39:41	06:57 min/km
349	125	Open	777	Maggy	Nandago	Female		-	01:09:36	+00:39:43	06:57 min/km
350	126	Open	445	Amalia	Iithete	Female		00:32:54	01:09:47	+00:39:54	06:58 min/km
351	225	Open	927	Shanon	Rautenbach	Male		00:32:50	01:09:58	+00:40:06	06:59 min/km
352	226	Open	200	Munyaradzi	Chipfupa	Male		00:34:07	01:09:58	+00:40:06	06:59 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
353	227	Open	4090	Robert	Mataka	Male		00:32:10	01:10:03	+00:40:11	07:00 min/km
354	127	Open	409	Elina	Haulofu	Female		00:32:14	01:10:04	+00:40:12	07:00 min/km
355	228	Open	710	Felix	Musukubilli	Male		00:31:42	01:10:05	+00:40:12	07:00 min/km
356	229	Open	658	Raphael	Mbenzi	Male		00:31:40	01:10:06	+00:40:14	07:00 min/km
357	230	Open	825	Donald	Nekongo	Male		00:33:30	01:10:10	+00:40:18	07:01 min/km
358	128	Open	3175	Mei	Sato	Female		00:33:51	01:10:10	+00:40:18	07:01 min/km
359	231	Open	591	Donny	Korner	Male		00:33:30	01:10:19	+00:40:26	07:01 min/km
360	232	Open	748	Melchizedek	Mwundra	Male		00:32:46	01:10:23	+00:40:31	07:02 min/km
361	129	Open	566	Vulikeni	Kashikuka	Female		00:34:15	01:10:24	+00:40:31	07:02 min/km
362	130	Open	968	Esther	Shatona	Female		00:34:49	01:10:24	+00:40:32	07:02 min/km
363	233	Open	636	Tau	Masaka	Male		00:33:50	01:10:25	+00:40:32	07:02 min/km
364	131	Open	846	Rosina	Ngava	Female		00:33:09	01:10:29	+00:40:36	07:02 min/km
365	132	Open	192	Lorna	Celliers	Female		00:33:25	01:10:30	+00:40:37	07:03 min/km
366	133	Open	757	Laina	Nakambull	Female		00:33:16	01:10:30	+00:40:37	07:03 min/km
367	234	Open	2894	Henrico	Von Wielligh	Male		00:33:41	01:10:32	+00:40:40	07:03 min/km
368	235	Open	2855	Lamaz	Van Wyk	Male		00:33:12	01:10:37	+00:40:45	07:03 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
369	134	Open	2792	Leandre	Swartz	Female		00:33:39	01:10:37	+00:40:45	07:03 min/km
370	236	Open	2984	Richard	Feris	Male		00:33:39	01:10:38	+00:40:46	07:03 min/km
371	135	Open	4128	Uno	Nuujoma	Female		00:35:29	01:10:43	+00:40:50	07:04 min/km
372	136	Open	946	Nicole	Schwandt	Female		00:32:04	01:10:44	+00:40:51	07:04 min/km
373	137	Open	576	Fredrika	Katshuna	Female		00:33:45	01:10:49	+00:40:57	07:04 min/km
374	138	Open	568	Nona	Kashowa	Female		00:32:36	01:10:52	+00:40:59	07:05 min/km
375	237	Open	2726	Given	Shiponeni	Male		00:33:45	01:10:56	+00:41:03	07:05 min/km
376	238	Open	340	Innanoshe	Goroh	Male		00:31:40	01:11:04	+00:41:11	07:06 min/km
377	139	Open	664	Desiree	Meyer	Female		-	01:11:06	+00:41:13	07:06 min/km
378	140	Open	985	Helena	Shiimi	Female		00:32:45	01:11:09	+00:41:17	07:06 min/km
379	141	Open	202	Betty Rutendo	Chivasa	Female		00:33:15	01:11:14	+00:41:21	07:07 min/km
380	142	Open	2743	Elizabeth	Sibuku	Female		00:31:42	01:11:15	+00:41:23	07:07 min/km
381	143	Open	182	Agnetha	Brockerhoff	Female		00:33:32	01:11:18	+00:41:26	07:07 min/km
382	144	Open	227	Birgit	de Lange	Female		00:33:22	01:11:21	+00:41:28	07:08 min/km
383	145	Open	4110	Ellen	Beukes	Female		00:33:40	01:11:24	+00:41:31	07:08 min/km
384	146	Open	953	Tuwilika	Shaimemanya	Female		00:32:30	01:11:27	+00:41:34	07:08 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
385	147	Open	427	Patricia	Hoeksema	Female		00:32:35	01:11:31	+00:41:39	07:09 min/km
386	148	Open	726	Roswita	Mwadhina	Female		00:33:55	01:11:40	+00:41:47	07:10 min/km
387	149	Open	613	Mercy	M Situmbeko	Female		00:34:25	01:11:40	+00:41:48	07:10 min/km
388	239	Open	136	Herman	Asino	Male		-	01:11:46	+00:41:54	07:10 min/km
389	150	Open	135	Precious	Asino	Female		-	01:11:46	+00:41:54	07:10 min/km
390	151	Open	678	Esther	Moonde	Female		00:33:09	01:11:50	+00:41:58	07:11 min/km
391	240	Open	216	Azealo	Cupido	Male		00:32:38	01:11:51	+00:41:58	07:11 min/km
392	152	Open	228	Claire	de Lange	Female		00:33:18	01:11:52	+00:42:00	07:11 min/km
393	241	Open	4141	Gideon	Tsttomolccute	Male		00:34:26	01:12:04	+00:42:11	07:12 min/km
394	153	Open	823	Kristiana	Negumbo	Female		00:32:19	01:12:04	+00:42:12	07:12 min/km
395	242	Open	3048	Vasku	Kazungo	Male		00:33:56	01:12:06	+00:42:14	07:12 min/km
396	154	Open	2978	Syria	Simasiku	Female		-	01:12:12	+00:42:20	07:13 min/km
397	155	Open	624	Martha	Malule	Female		00:35:02	01:12:12	+00:42:20	07:13 min/km
398	243	Open	255	Gerold	Dreyer	Male		00:37:02	01:12:20	+00:42:27	07:14 min/km
399	156	Open	703	Violetta	Mureko	Female		00:34:22	01:12:24	+00:42:31	07:14 min/km
400	157	Open	940	Verna	Scheepers	Female		00:34:21	01:12:24	+00:42:32	07:14 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
401	158	Open	682	Sonya	Moses	Female		00:35:17	01:12:30	+00:42:37	07:15 min/km
402	159	Open	509	Rukee	Kaakunga	Female		00:35:01	01:12:30	+00:42:38	07:15 min/km
403	160	Open	745	Chileshe	Mwenya	Female		00:32:11	01:12:31	+00:42:38	07:15 min/km
404	244	Open	299	Sakaria	Amoonga	Male		00:35:40	01:12:35	+00:42:43	07:15 min/km
405	161	Open	630	Chuma	Marianne	Female		00:35:12	01:12:37	+00:42:44	07:15 min/km
406	162	Open	956	Lineekela	Shalongo	Female		00:34:40	01:12:48	+00:42:56	07:16 min/km
407	163	Open	371	Penny	Haitembu	Female		00:34:44	01:12:49	+00:42:56	07:16 min/km
408	245	Open	639	Elvin	Masiku	Male		00:33:24	01:12:51	+00:42:59	07:17 min/km
409	164	Open	2865	Suzette	Van wyk	Female		00:36:46	01:12:55	+00:43:03	07:17 min/km
410	165	Open	3021	Justina	Elago	Female		00:32:28	01:12:59	+00:43:07	07:17 min/km
411	166	Open	494	Erisna	Jansen	Female		00:35:36	01:13:03	+00:43:10	07:18 min/km
412	167	Open	4132	Aune	Victor	Female		00:33:58	01:13:03	+00:43:11	07:18 min/km
413	168	Open	793	Will-Mari	NaudÃ©	Female		00:33:59	01:13:11	+00:43:19	07:19 min/km
414	169	Open	2903	Elizabeth	Wang'oo	Female		00:33:48	01:13:23	+00:43:30	07:20 min/km
415	170	Open	257	Magaret	Du Plessis	Female		00:34:08	01:13:27	+00:43:34	07:20 min/km
416	171	Open	480	Justina Niithete Pene yambeko	Amweero	Female		00:38:02	01:13:35	+00:43:43	07:21 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
417	246	Open	4117	James	Kadamika	Male		00:34:48	01:13:37	+00:43:44	07:21 min/km
418	172	Open	3118	Margareth T	Shigwedha	Female		00:33:26	01:13:43	+00:43:51	07:22 min/km
419	247	Open	907	Willem	Pieters	Male		00:35:32	01:13:46	+00:43:54	07:22 min/km
420	173	Open	302	Stacy	Fredericks	Female		00:31:21	01:13:49	+00:43:56	07:22 min/km
421	174	Open	2861	Melodine	Van Wyk	Female		00:33:49	01:13:54	+00:44:02	07:23 min/km
422	175	Open	2980	Selma	Mwashindange	Female		00:36:17	01:14:02	+00:44:10	07:24 min/km
423	176	Open	4135	Hilja	Henok	Female		-	01:14:13	+00:44:20	07:25 min/km
424	177	Open	747	Victoria	Mwetulundila	Female		00:35:52	01:14:19	+00:44:26	07:25 min/km
425	248	Open	3100	Edward	Alukolo	Male		00:32:18	01:14:26	+00:44:33	07:26 min/km
426	178	Open	2808	Rakkel	Teofilus	Female		00:42:41	01:14:30	+00:44:37	07:27 min/km
427	179	Open	775	Maria	Namwandi	Female		00:33:08	01:14:37	+00:44:44	07:27 min/km
428	180	Open	222	Anthea	De Klerk	Female		-	01:14:37	+00:44:44	07:27 min/km
429	181	Open	151	Nicole	Basson	Female		-	01:14:37	+00:44:44	07:27 min/km
430	182	Open	841	Sharon	Neumbo	Female		00:35:02	01:14:37	+00:44:45	07:27 min/km
431	249	Open	693	Gordon	Muller	Male		00:34:42	01:14:40	+00:44:48	07:28 min/km
432	250	Open	586	Lawrence	Kiinge	Male		00:34:56	01:14:42	+00:44:50	07:28 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
433	183	Open	596	C	Kruger	Female		00:34:07	01:14:42	+00:44:50	07:28 min/km
434	184	Open	611	Elina	Lumbu	Female		00:33:36	01:14:43	+00:44:51	07:28 min/km
435	251	Open	742	Vernon	Mwazi	Male		00:35:31	01:14:48	+00:44:56	07:28 min/km
436	185	Open	879	Johanna	Nkandi	Female		00:35:29	01:14:50	+00:44:57	07:29 min/km
437	186	Open	694	Tuyakula	Mulongeni	Female		00:34:50	01:14:53	+00:45:01	07:29 min/km
438	187	Open	2890	Keira	von Alvensleben	Female		00:34:54	01:14:55	+00:45:02	07:29 min/km
439	188	Open	571	Jakobina	Katanga	Female		00:33:50	01:15:14	+00:45:21	07:31 min/km
440	252	Open	297	Wikus	Fourie	Male		00:35:30	01:15:19	+00:45:27	07:31 min/km
441	189	Open	820	Hileni Morning	Negonga	Female		00:34:19	01:15:23	+00:45:30	07:32 min/km
442	190	Open	2941	Maria	Fernandu	Female		00:34:07	01:15:26	+00:45:33	07:32 min/km
443	253	Open	2717	Lukas	Shipena	Male		00:33:14	01:15:34	+00:45:42	07:33 min/km
444	254	Open	328	Penouua	Gertze	Male		-	01:15:38	+00:45:46	07:33 min/km
445	255	Open	400	Nicky	Amushila	Male		00:35:01	01:15:44	+00:45:52	07:34 min/km
446	256	Open	4093	Fransisco	Immanuel	Male		00:33:52	01:15:46	+00:45:53	07:34 min/km
447	191	Open	435	Albertina Megameno	Ihuhwa	Female		00:34:31	01:15:55	+00:46:03	07:35 min/km
448	192	Open	517	Jean	Kahona	Female		00:36:05	01:15:56	+00:46:04	07:35 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
449	193	Open	295	Iris	Fischer	Female		00:36:09	01:16:03	+00:46:10	07:36 min/km
450	257	Open	2805	Joel	Talbot	Male		00:36:36	01:16:05	+00:46:12	07:36 min/km
451	194	Open	3019	Grace	Frans	Female		-	01:16:09	+00:46:16	07:36 min/km
452	195	Open	2761	Elke	Slinger	Female		00:36:22	01:16:10	+00:46:18	07:37 min/km
453	196	Open	729	Lonnely	Mwalwange	Female		00:34:53	01:16:12	+00:46:20	07:37 min/km
454	197	Open	544	Elina	Kandje	Female		00:34:40	01:16:23	+00:46:31	07:38 min/km
455	198	Open	301	Frieda	Fransiskus	Female		00:34:47	01:16:30	+00:46:37	07:39 min/km
456	199	Open	214	Hannah	Cronje	Female		00:36:10	01:16:30	+00:46:38	07:39 min/km
457	200	Open	2895	Vicki	Vosloo	Female		00:36:54	01:17:04	+00:47:12	07:42 min/km
458	201	Open	916	Megan	Pritchard	Female		00:36:49	01:17:13	+00:47:20	07:43 min/km
459	202	Open	2718	Eden	Shipena	Female		00:35:03	01:17:19	+00:47:27	07:43 min/km
460	203	Open	625	Julien	Malule	Female		00:34:52	01:17:20	+00:47:27	07:44 min/km
461	258	Open	4066	Frost	Nyakunu	Male		00:38:19	01:17:32	+00:47:40	07:45 min/km
462	204	Open	398	Etuhole	Hango	Female		00:35:46	01:17:34	+00:47:42	07:45 min/km
463	205	Open	2846	Bianca	Van Rooyen	Female		00:35:33	01:17:37	+00:47:45	07:45 min/km
464	259	Open	451	Jermias	Iiyambo	Male		00:28:30	01:18:04	+00:48:11	07:48 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
465	206	Open	437	Kendell	Linane	Female		-	01:18:15	+00:48:23	07:49 min/km
466	207	Open	935	Shirley	Samuel	Female		00:36:13	01:18:17	+00:48:24	07:49 min/km
467	208	Open	707	Bertha	Musimwa	Female		00:35:27	01:18:19	+00:48:27	07:49 min/km
468	209	Open	759	Evelina	Nakanyala	Female		00:35:35	01:18:21	+00:48:28	07:50 min/km
469	260	Open	705	Howard	Musimwa	Male		00:35:28	01:18:22	+00:48:30	07:50 min/km
470	210	Open	4045	Natalia	Shatika	Female		-	01:18:25	+00:48:32	07:50 min/km
471	211	Open	958	Reginald	Shamalaza	Female		00:37:20	01:18:27	+00:48:35	07:50 min/km
472	212	Open	627	augustina	manuel	Female		00:37:29	01:18:28	+00:48:35	07:50 min/km
473	213	Open	441	Pashukeni	Iita	Female		00:38:52	01:18:28	+00:48:36	07:50 min/km
474	261	Open	912	Chalton	Pietersen	Male		00:36:20	01:18:30	+00:48:38	07:51 min/km
475	214	Open	1000	Rebecca	Shilongo	Female		-	01:18:36	+00:48:43	07:51 min/km
476	215	Open	588	Saara	Konata	Female		00:36:18	01:18:37	+00:48:45	07:51 min/km
477	216	Open	853	Delvalene	Nghimbwasha	Female		00:38:03	01:18:41	+00:48:49	07:52 min/km
478	262	Open	604	Jean-Pierre	Le Clus	Male		00:38:08	01:18:41	+00:48:49	07:52 min/km
479	217	Open	273	Benonia	Elias	Female		00:35:46	01:18:46	+00:48:53	07:52 min/km
480	218	Open	276	Mbute	Emvula	Female		-	01:18:46	+00:48:53	07:52 min/km

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Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
481	219	Open	2829	Karen	Trumper	Female		00:37:41	01:18:49	+00:48:56	07:52 min/km
482	220	Open	754	ildiko	nagy	Female		00:37:44	01:18:49	+00:48:57	07:52 min/km
483	221	Open	130	Iyaloo	Aron	Female		-	01:18:56	+00:49:03	07:53 min/km
484	222	Open	756	Precious	Naibas	Female		-	01:18:58	+00:49:06	07:53 min/km
485	223	Open	322	Izane	Garises	Female		-	01:18:58	+00:49:06	07:53 min/km
486	224	Open	355	Chantel	Groenewald	Female		00:37:22	01:19:10	+00:49:18	07:55 min/km
487	225	Open	4089	Elizabeth	Kandjabanga	Female		00:35:54	01:19:16	+00:49:24	07:55 min/km
488	226	Open	512	Kojao	Kaeka	Female		00:36:38	01:19:20	+00:49:28	07:56 min/km
489	227	Open	569	Issador	Kastoor	Female		00:38:06	01:19:24	+00:49:32	07:56 min/km
490	228	Open	2939	Joyce	Kaulinge	Female		00:38:06	01:19:32	+00:49:40	07:57 min/km
491	229	Open	152	Anne-Me	Bekker	Female		00:34:57	01:19:37	+00:49:45	07:57 min/km
492	230	Open	111	Camilia Julia	Abrahams	Female		00:38:02	01:19:37	+00:49:45	07:57 min/km
493	231	Open	538	NUKONGO	Kamungu	Female		00:36:48	01:19:42	+00:49:49	07:58 min/km
494	232	Open	811	Hilma	Ndivaye	Female		00:36:46	01:19:42	+00:49:50	07:58 min/km
495	233	Open	426	Hilia	Hitula	Female		00:39:18	01:19:43	+00:49:51	07:58 min/km
496	234	Open	4121	Delicia	Van Wyk	Female		00:38:12	01:19:43	+00:49:51	07:58 min/km

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Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
497	235	Open	796	Eva-Lisa	Nawa	Female		00:33:46	01:20:01	+00:50:08	08:00 min/km
498	236	Open	628	Faith	Marais	Female		00:37:55	01:20:02	+00:50:09	08:00 min/km
499	237	Open	2720	Sheen	Shipiki	Female		00:38:06	01:20:04	+00:50:11	08:00 min/km
500	238	Open	599	Lydia	Kuutondokwa	Female		00:36:32	01:20:07	+00:50:14	08:00 min/km
501	239	Open	2897	Silvia	Wabomba	Female		00:37:30	01:20:09	+00:50:17	08:00 min/km
502	240	Open	4030	Ashiva	Beukes	Female		00:38:05	01:20:15	+00:50:23	08:01 min/km
503	263	Open	4109	Simeon	Shlomboleni	Male		00:38:08	01:20:19	+00:50:27	08:01 min/km
504	241	Open	642	Lydia	Matheus	Female		00:37:22	01:20:20	+00:50:28	08:02 min/km
505	242	Open	666	Latungala	Mhanda	Female		00:38:11	01:20:21	+00:50:29	08:02 min/km
506	243	Open	2836	Jay-Lee	Ullrich	Female		00:37:55	01:20:23	+00:50:31	08:02 min/km
507	264	Open	436	Jayden	Iikuti	Male		-	01:20:26	+00:50:33	08:02 min/km
508	244	Open	369	Rebecca	Haipinge	Female		00:38:56	01:20:35	+00:50:43	08:03 min/km
509	245	Open	502	Angi	Johannes	Female		00:38:23	01:20:41	+00:50:49	08:04 min/km
510	265	Open	3000	Eli	Mouton	Male		00:35:25	01:20:43	+00:50:50	08:04 min/km
511	266	Open	2991	Lamek	Kuume	Male		00:37:16	01:20:43	+00:50:51	08:04 min/km
512	246	Open	533	Johanna	Kambala	Female		00:39:52	01:20:46	+00:50:53	08:04 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
513	247	Open	920	Michelle	Ramakhutla	Female		00:37:24	01:20:47	+00:50:54	08:04 min/km
514	267	Open	4062	Hesron	Kapanga	Male		00:36:32	01:20:51	+00:50:58	08:05 min/km
515	248	Open	365	Grace	Hailonga	Female		00:36:57	01:21:00	+00:51:08	08:06 min/km
516	249	Open	720	Anneli Linda	Mutumbulwa	Female		00:37:06	01:21:00	+00:51:08	08:06 min/km
517	268	Open	171	Twazamo	Agapitus	Male		00:36:58	01:21:01	+00:51:08	08:06 min/km
518	250	Open	555	Anna	Kapolo	Female		00:37:04	01:21:04	+00:51:12	08:06 min/km
519	269	Open	4123	Akira	Sanno	Male		00:37:20	01:21:07	+00:51:15	08:06 min/km
520	251	Open	977	Kristine	Shetunyenga	Female		00:38:25	01:21:12	+00:51:19	08:07 min/km
521	252	Open	329	Karen	Gevers	Female		00:39:08	01:21:16	+00:51:23	08:07 min/km
522	253	Open	183	Esmarel Tallita	Bronkhorst	Female		00:37:28	01:21:16	+00:51:24	08:07 min/km
523	254	Open	4074	Celine	Shilongo	Female		00:38:08	01:21:23	+00:51:31	08:08 min/km
524	255	Open	185	Shanelle	Brown	Female		00:38:08	01:21:36	+00:51:43	08:09 min/km
525	256	Open	2845	Sonika	Van Rooyen	Female		00:39:06	01:21:45	+00:51:52	08:10 min/km
526	257	Open	583	DeunÃ©	Keys	Female		00:39:04	01:21:45	+00:51:53	08:10 min/km
527	258	Open	2821	Operi	Tjipuka	Female		00:33:00	01:21:46	+00:51:53	08:10 min/km
528	259	Open	4144	Ndesaeefa	Kashala	Female		00:37:52	01:21:52	+00:51:59	08:11 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
529	260	Open	454	Elina	Ileka	Female		00:36:59	01:21:52	+00:52:00	08:11 min/km
530	261	Open	312	Beata	Gabriel	Female		00:36:59	01:21:53	+00:52:01	08:11 min/km
531	262	Open	109	Monique	Andreas	Female		-	01:22:03	+00:52:10	08:12 min/km
532	263	Open	554	Judith	Kapofi	Female		00:37:54	01:22:06	+00:52:14	08:12 min/km
533	264	Open	960	Toxie	Shangula	Female		00:38:09	01:22:06	+00:52:14	08:12 min/km
534	265	Open	4134	Beatra	Paulus	Female		00:37:08	01:22:14	+00:52:21	08:13 min/km
535	266	Open	629	Blanca	Mareka	Female		00:37:34	01:22:24	+00:52:31	08:14 min/km
536	267	Open	987	Judith	Shikale	Female		00:37:37	01:22:37	+00:52:45	08:15 min/km
537	268	Open	799	Alina	Ndadi	Female		00:38:10	01:22:43	+00:52:51	08:16 min/km
538	269	Open	4112	Aune	Victor	Female		00:36:33	01:22:48	+00:52:56	08:16 min/km
539	270	Open	456	Monde	Inambao-Samwele	Female		-	01:22:51	+00:52:59	08:17 min/km
540	271	Open	2858	Jo-Ann	Van Wyk	Female		00:39:05	01:22:57	+00:53:05	08:17 min/km
541	270	Open	2768	Rhydian	Snyders	Male		00:37:22	01:23:00	+00:53:08	08:18 min/km
542	272	Open	608	Elzethe	Louw	Female		00:38:29	01:23:05	+00:53:12	08:18 min/km
543	273	Open	701	Spendu	Mupetami	Female		00:40:03	01:23:07	+00:53:14	08:18 min/km
544	271	Open	113	Grant	Angermund	Male		00:40:45	01:23:20	+00:53:28	08:20 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
545	274	Open	990	Vicky	Shikongo	Female		00:38:35	01:23:25	+00:53:32	08:20 min/km
546	275	Open	659	Audrey	Mbonjani	Female		00:39:00	01:23:26	+00:53:34	08:20 min/km
547	276	Open	674	Charlotte	Moller	Female		00:39:31	01:23:29	+00:53:36	08:20 min/km
548	277	Open	802	Fideria	Ndapopile	Female		00:37:47	01:23:32	+00:53:39	08:21 min/km
549	278	Open	4147	Petrina	Mutota	Female		00:38:00	01:23:33	+00:53:41	08:21 min/km
550	279	Open	465	Kristine	Isalla	Female		00:39:49	01:23:53	+00:54:00	08:23 min/km
551	280	Open	529	Sarah	Kalumbu	Female		00:39:32	01:23:55	+00:54:02	08:23 min/km
552	281	Open	2767	Mandie	Snyders	Female		00:38:30	01:24:02	+00:54:10	08:24 min/km
553	272	Open	762	Nico	Nambahu	Male		00:38:30	01:24:05	+00:54:13	08:24 min/km
554	282	Open	107	Disney	Andreas	Female		00:39:59	01:24:08	+00:54:15	08:24 min/km
555	283	Open	503	Frieda	Johannes	Female		00:40:39	01:24:30	+00:54:37	08:27 min/km
556	284	Open	4082	Josephina	Kalimba	Female		00:39:06	01:24:38	+00:54:46	08:27 min/km
557	285	Open	986	Selma	Shikale	Female		00:45:28	01:24:39	+00:54:46	08:27 min/km
558	286	Open	333	Jean Jenny	Goagoses	Female		00:39:08	01:24:41	+00:54:48	08:28 min/km
559	273	Open	626	Damien	Mandjolo	Male		00:39:13	01:24:42	+00:54:49	08:28 min/km
560	274	Open	2839	ELVIN	USHUKA	Male		00:40:30	01:24:49	+00:54:57	08:28 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
561	275	Open	514	Vijanda	Kaeka	Male		00:36:50	01:25:31	+00:55:38	08:33 min/km
562	276	Open	401	Chevan	Hansen	Male		00:41:21	01:26:00	+00:56:08	08:36 min/km
563	287	Open	2831	Tuli	Ugulu	Female		00:41:30	01:26:03	+00:56:11	08:36 min/km
564	288	Open	2777	Arenda	Steyn	Female		00:39:48	01:26:04	+00:56:12	08:36 min/km
565	277	Open	300	Andreas	Frai	Male		00:38:25	01:26:19	+00:56:26	08:37 min/km
566	289	Open	4111	Aune	Victor	Female		00:38:39	01:26:19	+00:56:27	08:37 min/km
567	278	Open	609	Enos	Lucas	Male		00:42:08	01:26:24	+00:56:32	08:38 min/km
568	290	Open	4013	Winny	Munekamba	Female		00:40:05	01:26:26	+00:56:34	08:38 min/km
569	291	Open	565	Fransina	Kashani	Female		00:41:05	01:26:41	+00:56:48	08:40 min/km
570	292	Open	808	Heveleni	Ndilipuye	Female		00:46:45	01:26:44	+00:56:51	08:40 min/km
571	279	Open	270	Gereau	Einbeck	Male		00:39:45	01:26:45	+00:56:53	08:40 min/km
572	293	Open	298	Amelia	Fragoso	Female		00:40:08	01:26:52	+00:57:00	08:41 min/km
573	294	Open	461	Martha	Inkono	Female		00:41:37	01:26:55	+00:57:02	08:41 min/km
574	280	Open	314	Karel	Gaeb	Male		00:42:12	01:27:03	+00:57:11	08:42 min/km
575	281	Open	4118	Maruel	Katyinee	Male		00:35:08	01:27:13	+00:57:20	08:43 min/km
576	295	Open	524	Enata	Kalimbo	Female		00:38:10	01:27:21	+00:57:28	08:44 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
577	296	Open	179	Kristen	Brits	Female		00:39:45	01:27:33	+00:57:40	08:45 min/km
578	297	Open	362	Josefina	Amukwaya	Female		00:40:08	01:27:33	+00:57:41	08:45 min/km
579	282	Open	579	Sam	Kaulinge	Male		00:39:45	01:27:35	+00:57:42	08:45 min/km
580	283	Open	331	Christiano	Goagoseb	Male		00:39:53	01:27:36	+00:57:43	08:45 min/km
581	298	Open	2998	Tianna	Smith	Female		00:38:05	01:27:45	+00:57:52	08:46 min/km
582	299	Open	3130	Shanice	van Wyk	Female		-	01:27:45	+00:57:53	08:46 min/km
583	300	Open	4096	Liezel	Shooya	Female		00:40:01	01:27:53	+00:58:00	08:47 min/km
584	301	Open	162	Lizanri	Binneman	Female		00:42:18	01:27:53	+00:58:01	08:47 min/km
585	302	Open	2749	Nicole	Simasiku	Female		00:41:53	01:28:01	+00:58:08	08:48 min/km
586	303	Open	444	Yatana	litana	Female		00:41:01	01:28:21	+00:58:29	08:50 min/km
587	304	Open	852	Joyce	Nghiitete	Female		00:41:01	01:28:23	+00:58:31	08:50 min/km
588	305	Open	416	Florida	Heingo	Female		00:43:34	01:28:25	+00:58:33	08:50 min/km
589	306	Open	3142	Kevelien	Uris	Female		-	01:28:35	+00:58:43	08:51 min/km
590	307	Open	173	Hiba	Bouslama	Female		00:41:49	01:28:38	+00:58:45	08:51 min/km
591	308	Open	4077	Phortune	Ekandjo	Female		00:41:14	01:28:40	+00:58:47	08:52 min/km
592	309	Open	2896	Zabrina	Vries	Female		00:40:25	01:28:49	+00:58:56	08:52 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
593	284	Open	2959	Walter	Degwa	Male		00:42:49	01:28:58	+00:59:05	08:53 min/km
594	310	Open	815	Melanie	Ndjago	Female		00:40:46	01:29:05	+00:59:12	08:54 min/km
595	311	Open	542	Kutjiuaje	Kandetu	Female		00:41:43	01:29:09	+00:59:16	08:54 min/km
596	312	Open	2840	Terttu	Uuyuni	Female		00:41:30	01:29:16	+00:59:23	08:55 min/km
597	313	Open	380	Julia	Hamukonda	Female		00:43:24	01:29:18	+00:59:26	08:55 min/km
598	314	Open	4107	Diana	Shikale	Female		00:41:25	01:29:22	+00:59:30	08:56 min/km
599	315	Open	2790	JurnÃ©	Swartz	Female		00:39:44	01:29:25	+00:59:32	08:56 min/km
600	316	Open	4075	Clara	Hasheela	Female		00:41:16	01:29:26	+00:59:34	08:56 min/km
601	317	Open	2715	Monika	Shinyemba	Female		-	01:29:29	+00:59:36	08:56 min/km
602	318	Open	2740	Rose	Shoopala	Female		00:42:35	01:29:29	+00:59:37	08:56 min/km
603	319	Open	123	Miriam	Araxas	Female		00:41:53	01:29:34	+00:59:41	08:57 min/km
604	320	Open	2702	Rebecca	Shilongo	Female		00:39:35	01:29:36	+00:59:43	08:57 min/km
605	321	Open	2852	Adri	Van Wyk	Female		-	01:29:44	+00:59:52	08:58 min/km
606	322	Open	176	Nancy	Brandt	Female		00:44:03	01:29:45	+00:59:53	08:58 min/km
607	323	Open	2848	Mariette	Van Rooyen	Female		00:42:12	01:29:46	+00:59:53	08:58 min/km
608	324	Open	637	Vimbai	Mashanda	Female		00:43:44	01:29:47	+00:59:55	08:58 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
609	325	Open	2965	Jandja	Kasete	Female		00:42:08	01:29:52	+00:59:59	08:59 min/km
610	326	Open	2968	Ester	Mukongo	Female		00:43:31	01:29:52	+01:00:00	08:59 min/km
611	327	Open	2967	Tuuli	Shapumba	Female		00:43:31	01:29:52	+01:00:00	08:59 min/km
612	328	Open	187	Tia	Buchani	Female		00:41:32	01:29:52	+01:00:00	08:59 min/km
613	329	Open	2964	Hileni	Uulamba	Female		00:42:22	01:29:53	+01:00:00	08:59 min/km
614	330	Open	3168	Trefina	Nampeya	Female		00:42:22	01:29:53	+01:00:00	08:59 min/km
615	285	Open	2963	Ben	Shikongo	Male		00:42:22	01:29:53	+01:00:00	08:59 min/km
616	331	Open	2950	Jovakazona	Tjiroze	Female		00:42:16	01:29:53	+01:00:00	08:59 min/km
617	286	Open	2957	Jerry	Kotrieb	Male		00:42:11	01:29:53	+01:00:01	08:59 min/km
618	332	Open	486	Elize	Jacobs	Female		00:44:26	01:29:54	+01:00:02	08:59 min/km
619	333	Open	649	Birgit	Mayer	Female		00:44:21	01:29:54	+01:00:02	08:59 min/km
620	287	Open	706	Masimba	Musimwa	Male		00:43:23	01:29:59	+01:00:07	08:59 min/km
621	288	Open	2804	YUJI	TAKEKAWA	Male		00:38:52	01:30:06	+01:00:13	09:00 min/km
622	334	Open	4069	Eveline	Nehemia	Female		-	01:30:07	+01:00:14	09:00 min/km
623	289	Open	794	Annanias	Nauseb	Male		00:43:47	01:30:09	+01:00:16	09:00 min/km
624	335	Open	271	Hertha	Ekandjo	Female		00:48:50	01:30:13	+01:00:21	09:01 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
625	336	Open	191	Wilhelmin	Camm	Female		00:41:58	01:30:19	+01:00:26	09:01 min/km
626	337	Open	342	Salvine	Gouws	Female		00:43:53	01:30:29	+01:00:37	09:02 min/km
627	338	Open	4081	Tjihuze	Kameheke	Female		00:44:38	01:30:32	+01:00:39	09:03 min/km
628	339	Open	4007	Hileni	Niita Uusiku	Female		00:43:02	01:30:38	+01:00:46	09:03 min/km
629	340	Open	4015	Mildred	Claassen	Female		00:49:45	01:30:41	+01:00:48	09:04 min/km
630	341	Open	516	Khoetide	Kahandjanju	Female		00:44:06	01:30:42	+01:00:50	09:04 min/km
631	290	Open	4047	Muhammad	Sharief Boois	Male		00:47:48	01:30:49	+01:00:56	09:04 min/km
632	291	Open	3170	Dandago	Garoeb	Male		00:42:06	01:30:52	+01:00:59	09:05 min/km
633	292	Open	2994	Jean-Paul	Smith	Male		00:41:40	01:30:56	+01:01:03	09:05 min/km
634	342	Open	115	Tuwilika	Angolo	Female		00:42:20	01:30:56	+01:01:04	09:05 min/km
635	343	Open	829	Courtney amber	nel	Female		00:34:15	01:30:58	+01:01:06	09:05 min/km
636	344	Open	2703	Kaino	Shilongo	Female		00:41:54	01:31:05	+01:01:13	09:06 min/km
637	345	Open	452	Ndapandula	Iiyambo	Female		00:42:04	01:31:08	+01:01:16	09:06 min/km
638	346	Open	470	Mathilde Taati	Ishitile	Female		00:43:36	01:31:09	+01:01:16	09:06 min/km
639	347	Open	338	Rauna	Gonsalves	Female		00:41:43	01:31:15	+01:01:23	09:07 min/km
640	293	Open	2952	Abraham	Johannes	Male		00:43:10	01:31:27	+01:01:35	09:08 min/km

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Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
641	348	Open	4022	GETRUDE	SHIYAGAYA	Female		00:47:13	01:31:43	+01:01:51	09:10 min/km
642	294	Open	161	Dennis	Bille	Male		00:42:51	01:31:46	+01:01:53	09:10 min/km
643	349	Open	170	Daisy	Boois	Female		00:44:30	01:32:32	+01:02:40	09:15 min/km
644	350	Open	403	Suama	Hasheela	Female		00:42:44	01:32:47	+01:02:54	09:16 min/km
645	351	Open	4080	Hilia	Shinene	Female		00:43:36	01:32:50	+01:02:57	09:17 min/km
646	352	Open	2727	Maggie	Shipopyeni	Female		00:43:57	01:33:01	+01:03:08	09:18 min/km
647	295	Open	3196	Johnny	Mushindi	Male		00:46:25	01:33:02	+01:03:10	09:18 min/km
648	296	Open	4054	Mathew	Marshall Iyambo	Male		00:48:34	01:33:02	+01:03:10	09:18 min/km
649	353	Open	4016	Johanna	Kadhikua	Female		00:41:48	01:33:08	+01:03:15	09:18 min/km
650	354	Open	4000	Shanice	Amia	Female		00:45:47	01:33:15	+01:03:22	09:19 min/km
651	297	Open	791	Gabriel	Natanael	Male		-	01:33:16	+01:03:23	09:19 min/km
652	355	Open	414	Diina	Hedimbi	Female		-	01:33:17	+01:03:24	09:19 min/km
653	356	Open	391	Mascha	Hamutenya	Female		-	01:33:28	+01:03:35	09:20 min/km
654	357	Open	995	Megameno	Shikongo	Female		-	01:33:35	+01:03:43	09:21 min/km
655	358	Open	640	Norah	Masuku	Female		00:43:44	01:33:38	+01:03:46	09:21 min/km
656	359	Open	929	Hillary	Rhoman	Female		00:43:44	01:33:39	+01:03:47	09:21 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
657	360	Open	2977	Ndapewa	Muyale	Female		00:46:14	01:34:05	+01:04:12	09:24 min/km
658	361	Open	4114	Hilma	Shongolo	Female		00:39:43	01:34:07	+01:04:15	09:24 min/km
659	362	Open	851	Bertha Tuwilika	Nghihalwa	Female		00:52:39	01:34:11	+01:04:19	09:25 min/km
660	363	Open	210	Ivaline	Coetzee	Female		00:45:00	01:34:15	+01:04:22	09:25 min/km
661	364	Open	631	Zanele	Marima	Female		00:45:14	01:34:21	+01:04:28	09:26 min/km
662	365	Open	692	Shelley	Mulenamaswe	Female		00:44:16	01:34:34	+01:04:42	09:27 min/km
663	366	Open	582	Kachana	Kawaile	Female		00:44:15	01:34:35	+01:04:42	09:27 min/km
664	367	Open	446	Martha	lithete	Female		00:42:25	01:34:43	+01:04:50	09:28 min/km
665	368	Open	530	Selma	Kalumbu	Female		00:43:00	01:34:46	+01:04:54	09:28 min/km
666	369	Open	4009	Helena	Ndoroma	Female		00:43:36	01:34:49	+01:04:57	09:28 min/km
667	370	Open	836	Sarah Nelago Panduleni	Nengola	Female		00:43:10	01:34:53	+01:05:01	09:29 min/km
668	371	Open	217	Anna	Daniel	Female		00:43:22	01:34:57	+01:05:04	09:29 min/km
669	372	Open	783	Keitaalo	Nanyeni	Female		00:42:39	01:35:03	+01:05:10	09:30 min/km
670	373	Open	798	Helena	Ndadi	Female		00:43:18	01:35:12	+01:05:20	09:31 min/km
671	374	Open	540	Evelyn	Kandenge	Female		00:42:38	01:35:18	+01:05:25	09:31 min/km
672	375	Open	350	Liezl	Griffiths	Female		00:43:56	01:35:20	+01:05:27	09:32 min/km

City Dash 2026

Pos.	Cat. P. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
673	376	Open	4052	SANDRA	MULISA	Female		00:45:59	01:35:20	+01:05:28	09:32 min/km
674	377	Open	4038	Mezeri	Tjimbundu	Female		00:45:30	01:35:23	+01:05:31	09:32 min/km
675	298	Open	167	Byron	Bock	Male		00:44:35	01:35:24	+01:05:31	09:32 min/km
676	378	Open	690	TJITJIRI	MUHARUKUA	Female		00:42:30	01:35:32	+01:05:39	09:33 min/km
677	379	Open	4027	Tjiuapeua	Kandando	Female		00:42:31	01:35:35	+01:05:42	09:33 min/km
678	380	Open	814	JaÃnnele	Ndjadila	Female		00:47:42	01:35:35	+01:05:43	09:33 min/km
679	381	Open	4140	Rosa	Kantema	Female		00:44:13	01:35:41	+01:05:49	09:34 min/km
680	382	Open	532	Amanda	Kamati	Female		00:44:06	01:35:42	+01:05:50	09:34 min/km
681	383	Open	803	Appolonia	Ndazapo	Female		00:44:10	01:35:42	+01:05:50	09:34 min/km
682	384	Open	652	Memory	Mbai	Female		-	01:35:43	+01:05:51	09:34 min/km
683	385	Open	909	Hanlie	Pieters	Female		00:46:22	01:36:15	+01:06:22	09:37 min/km
684	386	Open	201	Christine	Chisenga	Female		00:44:49	01:36:15	+01:06:22	09:37 min/km
685	387	Open	2765	Kariena	Smit	Female		00:46:23	01:36:15	+01:06:23	09:37 min/km
686	299	Open	2762	Thinus	Smit	Male		00:46:23	01:36:16	+01:06:24	09:37 min/km
687	388	Open	235	Emmerita	Ambata	Female		00:45:56	01:36:17	+01:06:25	09:37 min/km
688	389	Open	2842	Sanja	Van den Berg	Female		00:46:42	01:36:18	+01:06:26	09:37 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
689	300	Open	330	Dewayne	Goagoseb	Male		00:45:56	01:36:19	+01:06:26	09:37 min/km
690	390	Open	751	Eva	Naftali	Female		00:44:29	01:36:34	+01:06:42	09:39 min/km
691	391	Open	308	Dilon	Fredricks	Female		00:43:39	01:36:56	+01:07:03	09:41 min/km
692	392	Open	795	Hileni	Nauyoma	Female		00:45:16	01:37:04	+01:07:12	09:42 min/km
693	393	Open	545	Dea-da	Kandjii	Female		00:45:51	01:37:18	+01:07:25	09:43 min/km
694	394	Open	906	Fenolia	Phillemon	Female		00:43:28	01:37:21	+01:07:29	09:44 min/km
695	395	Open	181	Eryn	Britz	Female		-	01:37:22	+01:07:30	09:44 min/km
696	396	Open	4113	Rainhilde	Shetunyenga	Female		00:43:28	01:37:23	+01:07:31	09:44 min/km
697	397	Open	948	Danelle	Schweickhardt	Female		-	01:37:26	+01:07:33	09:44 min/km
698	398	Open	687	Sheillah	Muchila	Female		00:44:42	01:37:37	+01:07:45	09:45 min/km
699	301	Open	4033	NICOLAI	VAN WYK	Male		00:52:57	01:37:39	+01:07:46	09:45 min/km
700	399	Open	673	Tshegofatso	Mogotsi	Female		00:46:41	01:37:47	+01:07:55	09:46 min/km
701	400	Open	4105	Laina	Shatipamba	Female		00:44:50	01:37:53	+01:08:01	09:47 min/km
702	401	Open	949	Sise	Sedi	Female		00:43:31	01:37:57	+01:08:05	09:47 min/km
703	302	Open	269	Charles	Eichab	Male		00:46:15	01:37:57	+01:08:05	09:47 min/km
704	402	Open	3098	Elizabeth	Amunwe	Female		00:42:52	01:38:05	+01:08:13	09:48 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
705	403	Open	3099	Maria	Namulo	Female		00:42:51	01:38:09	+01:08:16	09:48 min/km
706	404	Open	2823	Rinounongo	Tjirera	Female		00:45:22	01:38:13	+01:08:20	09:49 min/km
707	405	Open	3171	Ester	Jatileni	Female		00:45:09	01:38:13	+01:08:20	09:49 min/km
708	406	Open	3172	Ruth Naango	Jatileni	Female		00:45:19	01:38:15	+01:08:22	09:49 min/km
709	303	Open	700	Mclean	Munzenze	Male		00:41:10	01:38:20	+01:08:28	09:50 min/km
710	407	Open	386	Juliana	Hamunyela	Female		00:46:42	01:38:25	+01:08:33	09:50 min/km
711	408	Open	722	Beverly	Muulu	Female		00:46:31	01:38:28	+01:08:36	09:50 min/km
712	304	Open	723	Irvin Heaven	Muulu	Male		00:46:32	01:38:29	+01:08:36	09:50 min/km
713	409	Open	2916	Tjivariko	Zauana	Female		00:52:58	01:38:31	+01:08:39	09:51 min/km
714	410	Open	4043	Kylie	Diergaardt	Female		00:48:37	01:38:33	+01:08:40	09:51 min/km
715	305	Open	578	JOHN ISAAC	KAULINGE	Male		00:48:26	01:38:35	+01:08:42	09:51 min/km
716	411	Open	204	Philanda	Christiaan	Female		00:48:28	01:38:38	+01:08:45	09:51 min/km
717	412	Open	205	JEMIMAH	Christiaan	Female		00:48:27	01:38:39	+01:08:47	09:51 min/km
718	306	Open	2999	Pierce	Mouton	Male		00:35:55	01:38:41	+01:08:48	09:52 min/km
719	307	Open	122	Petrus	Anton	Male		00:49:20	01:39:10	+01:09:17	09:55 min/km
720	308	Open	2742	Ayanda	Sibanda	Male		00:49:32	01:39:11	+01:09:18	09:55 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
721	413	Open	373	Mamicky	Hakandume	Female		00:49:31	01:39:21	+01:09:28	09:56 min/km
722	414	Open	686	Constance	Moyo	Female		00:48:40	01:39:26	+01:09:33	09:56 min/km
723	309	Open	294	David N	Ambunda	Male		00:50:07	01:39:30	+01:09:38	09:57 min/km
724	415	Open	3022	Suama	Metaatu	Female		00:47:53	01:39:45	+01:09:53	09:58 min/km
725	416	Open	4085	Katjivisa	Keimuine	Female		00:47:56	01:39:45	+01:09:53	09:58 min/km
726	310	Open	2981	Nathan	Phirri	Male		00:35:18	01:39:50	+01:09:57	09:59 min/km
727	417	Open	450	Nangombe	Iiyambo	Female		00:46:29	01:39:55	+01:10:03	09:59 min/km
728	418	Open	4092	Klaudia	Mbeeli	Female		00:46:34	01:39:55	+01:10:03	09:59 min/km
729	419	Open	390	Mascha	Hamutenya	Female		-	01:39:56	+01:10:04	09:59 min/km
730	420	Open	562	Karii	Karumendu	Female		00:48:48	01:40:00	+01:10:07	10:00 min/km
731	421	Open	2812	Sadã©	Titus	Female		00:46:35	01:40:02	+01:10:09	10:00 min/km
732	311	Open	127	Kino	Arends	Male		00:48:48	01:40:02	+01:10:10	10:00 min/km
733	422	Open	125	Andrea	Arends	Female		00:48:49	01:40:03	+01:10:10	10:00 min/km
734	423	Open	425	Ndalinoshisho	Hishikushitja	Female		00:48:38	01:40:14	+01:10:21	10:01 min/km
735	424	Open	2818	Jahena	Tjaverua	Female		00:47:18	01:40:16	+01:10:24	10:01 min/km
736	425	Open	994	Toini	Shikongo	Female		00:49:04	01:40:19	+01:10:27	10:01 min/km

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
737	312	Open	2748	Schneider	Sikopo	Male		00:46:13	01:40:19	+01:10:27	10:01 min/km
738	426	Open	644	Silba	Matundu	Female		00:44:31	01:40:27	+01:10:35	10:02 min/km
739	427	Open	3199	Tuvayuke	Makalicha	Female		00:46:29	01:40:30	+01:10:37	10:03 min/km
740	428	Open	770	Frieda	Namene	Female		00:45:30	01:41:10	+01:11:18	10:07 min/km
741	429	Open	752	Ester	Naftali	Female		00:45:39	01:41:11	+01:11:19	10:07 min/km
742	430	Open	2904	Talitha	Wassenaar	Female		00:49:49	01:41:13	+01:11:20	10:07 min/km
743	313	Open	2906	Theodorus	Wassenaar	Male		00:49:43	01:41:13	+01:11:21	10:07 min/km
744	314	Open	2996	Tristan	Smith	Male		00:36:00	01:41:43	+01:11:51	10:10 min/km
745	431	Open	376	NATALIA	HALWEENDO	Female		00:46:58	01:41:46	+01:11:54	10:10 min/km
746	315	Open	321	Morgan	Gaomab	Male		00:48:39	01:41:57	+01:12:04	10:11 min/km
747	432	Open	311	Victoria	Amos	Female		00:48:30	01:42:05	+01:12:12	10:12 min/km
748	316	Open	4087	F	Shikongo	Male		00:47:23	01:42:12	+01:12:19	10:13 min/km
749	433	Open	2822	Janingapara	Tjirare	Female		00:54:57	01:42:30	+01:12:37	10:15 min/km
750	434	Open	813	Laurentia	Ndjadila	Female		00:49:51	01:42:30	+01:12:37	10:15 min/km
751	435	Open	515	Cordula	Kahambundu	Female		00:54:57	01:42:30	+01:12:38	10:15 min/km
752	436	Open	4048	MINDTY	CLARKE	Female		00:49:43	01:42:36	+01:12:43	10:15 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
753	437	Open	4057	Loini	Isaak	Female		00:49:37	01:42:37	+01:12:44	10:15 min/km
754	317	Open	746	Jason	Mwenyo	Male		00:49:35	01:42:38	+01:12:45	10:15 min/km
755	438	Open	247	Magnaem	Ambata	Female		00:49:37	01:42:40	+01:12:47	10:16 min/km
756	439	Open	2741	Helvi	Shuudifonya	Female		00:50:28	01:42:50	+01:12:57	10:17 min/km
757	440	Open	4071	Amoray	Wimmerth	Female		00:49:56	01:42:50	+01:12:57	10:17 min/km
758	441	Open	4083	Layla	Witbooi	Female		00:55:10	01:42:53	+01:13:00	10:17 min/km
759	442	Open	2933	Anishia	Mokaleng	Female		00:52:41	01:42:58	+01:13:05	10:17 min/km
760	443	Open	475	Senia	Amutse	Female		00:46:47	01:43:07	+01:13:14	10:18 min/km
761	444	Open	2807	Magda	Talbot	Female		00:52:25	01:43:25	+01:13:33	10:20 min/km
762	445	Open	657	Meme Gwamushiku	Mbenzi	Female		00:50:02	01:45:08	+01:15:15	10:30 min/km
763	318	Open	4050	Dwayne	Gouws	Male		00:55:05	01:45:29	+01:15:37	10:32 min/km
764	446	Open	4004	Ermelinde	Gobotsamang Dirks	Female		00:48:23	01:45:34	+01:15:41	10:33 min/km
765	447	Open	731	Saimie	Mwandingi	Female		00:49:26	01:46:14	+01:16:22	10:37 min/km
766	448	Open	713	Njahi Emicky	Mutakalilumo	Female		00:49:25	01:46:18	+01:16:25	10:37 min/km
767	449	Open	612	Winfred	Lupalezwi	Female		00:49:26	01:46:18	+01:16:26	10:37 min/km
768	450	Open	2869	Jenny	Van Wyk	Female		00:55:14	01:46:19	+01:16:26	10:37 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
769	451	Open	697	Leni Selma	Mumbala	Female		00:49:24	01:46:32	+01:16:39	10:39 min/km
770	452	Open	4125	Ruusa	Shindondola	Female		00:49:22	01:46:32	+01:16:40	10:39 min/km
771	453	Open	4040	RAUHA	ALUMANA	Female		00:50:51	01:46:56	+01:17:04	10:41 min/km
772	454	Open	511	Justina	Kadamika	Female		00:50:03	01:47:21	+01:17:29	10:44 min/km
773	319	Open	320	Denilson	Gaoaseb	Male		00:46:01	01:47:25	+01:17:33	10:44 min/km
774	455	Open	728	Shival	Mwale	Female		00:45:52	01:47:26	+01:17:33	10:44 min/km
775	456	Open	121	Ndeumona	Angula	Female		00:53:51	01:47:28	+01:17:35	10:44 min/km
776	457	Open	358	Elise	Gustav	Female		00:53:51	01:47:31	+01:17:39	10:45 min/km
777	458	Open	528	Nadula	Kalomho	Female		00:53:49	01:47:31	+01:17:39	10:45 min/km
778	459	Open	614	Ntelamo Laura	Mabuku	Female		00:47:53	01:48:38	+01:18:45	10:51 min/km
779	460	Open	882	Eugenia	Nots'i	Female		00:47:47	01:48:38	+01:18:45	10:51 min/km
780	461	Open	194	Liffie	Champion	Female		00:50:44	01:48:39	+01:18:47	10:51 min/km
781	462	Open	4058	HELENA	TJINDU	Female		00:52:03	01:48:41	+01:18:49	10:52 min/km
782	463	Open	4041	ZELDA	GONTES	Female		00:53:16	01:48:42	+01:18:49	10:52 min/km
783	320	Open	547	Matias	Kanenguni	Male		00:45:25	01:49:09	+01:19:17	10:54 min/km
784	464	Open	206	Mumzy	Chukwu	Female		00:52:15	01:50:02	+01:20:09	11:00 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
785	465	Open	3181	IKUME	SISEHO	Female		00:51:38	01:50:02	+01:20:10	11:00 min/km
786	466	Open	3179	Maria	Simubali	Female		00:51:37	01:50:03	+01:20:11	11:00 min/km
787	467	Open	3117	Wendy	Basson	Female		00:52:20	01:50:40	+01:20:48	11:04 min/km
788	468	Open	3115	Azalia	Strauss	Female		00:52:20	01:50:41	+01:20:48	11:04 min/km
789	321	Open	885	Paul	Nujoma	Male		00:58:02	01:51:13	+01:21:21	11:07 min/km
790	469	Open	464	Caino	Ipinge	Female		00:58:02	01:51:16	+01:21:24	11:07 min/km
791	470	Open	4005	GEORGIA	KHOI-AOS	Female		01:00:27	01:51:26	+01:21:33	11:08 min/km
792	471	Open	2993	Twahekelekw a	Nakale	Female		00:50:52	01:51:31	+01:21:39	11:09 min/km
793	472	Open	4053	MIRJAM	HANGULA	Female		00:53:08	01:51:51	+01:21:59	11:11 min/km
794	473	Open	110	Marathe	Angermund	Female		00:54:09	01:52:30	+01:22:37	11:15 min/km
795	474	Open	3189	PENEYAMB EKO	LAMEK	Female		00:52:10	01:52:30	+01:22:38	11:15 min/km
796	475	Open	234	Cynthia	Amadhila	Female		00:55:52	01:54:30	+01:24:38	11:27 min/km
797	476	Open	285	KamoÃŒsa	Fernandes	Female		00:55:15	01:55:15	+01:25:23	11:31 min/km
798	477	Open	2910	Ronnell	Witbooi	Female		00:57:56	01:55:54	+01:26:02	11:35 min/km
799	478	Open	4025	Nangula	Wedeinge	Female		01:11:43	01:55:55	+01:26:02	11:35 min/km
800	479	Open	334	Blessing	Goagoses	Female		00:55:37	01:55:56	+01:26:03	11:35 min/km

City Dash 2026

Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
801	480	Open	2868	Jane	Van Wyk	Female		00:55:35	01:55:56	+01:26:04	11:35 min/km
802	481	Open	332	Jessica	Goagoses	Female		00:55:33	01:55:57	+01:26:05	11:35 min/km
803	482	Open	959	Ndinamukulili	Shambabi	Female		01:13:06	01:58:10	+01:28:17	11:49 min/km
804	483	Open	539	Saara	Kamwi	Female		00:55:02	01:59:15	+01:29:23	11:55 min/km
805	322	Open	962	Karlus	Shaningwa	Male		01:15:17	02:02:20	+01:32:28	12:14 min/km
806	484	Open	4070	Ludyckie	Vlees	Female		00:58:55	02:03:13	+01:33:20	12:19 min/km
807	485	Open	2734	Magano Mweneni	Shivolo	Female		01:27:31	02:05:21	+01:35:29	12:32 min/km
808	486	Open	860	Kauna	Nghisheefa	Female		01:00:19	02:05:40	+01:35:47	12:34 min/km
809	487	Open	780	Taina	Nankela	Female		01:00:21	02:05:40	+01:35:48	12:34 min/km
810	488	Open	2928	Helalia	Hainghumbi	Female		01:15:49	02:08:07	+01:38:14	12:48 min/km
811	489	Open	3140	Charmaine	Indongo	Female		00:58:20	02:08:58	+01:39:05	12:53 min/km
812	490	Open	2979	Kiah	Vlees	Female		-	02:09:52	+01:40:00	12:59 min/km
813	491	Open	2931	Ester	Sakeus	Female		01:16:10	02:10:30	+01:40:38	13:03 min/km
814	323	Open	4067	Standley	Montzinger	Male		00:59:30	02:10:31	+01:40:38	13:03 min/km
815	324	Open	221	Eurico	De Almeida	Male		00:18:52	-	-	
816	492	Open	119	Tanga-Ohole	Angula	Female		00:18:52	-	-	
817	325	Open	133	Hiskia	Ashimbamba	Male		00:18:5	-	-	

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
		n						2			
818	493	Open	481	Astrid	Jacobi	Female		00:18:53	-	-	
819	326	Open	567	Gebhard	Kashima	Male		00:18:53	-	-	
820	327	Open	2747	Olavi	Sikongo	Male		00:18:53	-	-	
821	328	Open	507	Simeon	Josef	Male		00:18:53	-	-	
822	494	Open	469	Kaija	Amutenya	Female		00:18:53	-	-	
823	495	Open	651	Michelle	Mbaele	Female		00:18:53	-	-	
824	329	Open	901	Malcolm	Petersen	Male		00:18:53	-	-	
825	330	Open	884	Panduleni	Ntinda	Male		00:18:53	-	-	
826	331	Open	548	Max	Kangandjera	Male		00:18:53	-	-	
827	496	Open	589	Rikambura	Kondjara	Female		00:18:53	-	-	
828	497	Open	667	Ashleigh	Miglietti	Female		00:18:53	-	-	
829	332	Open	789	Sam Letushila	Nashidaya	Male		00:18:53	-	-	
830	333	Open	771	Augustinus	Namutuwa	Male		00:18:53	-	-	
831	334	Open	2714	Paulus	Shinyama	Male		00:18:53	-	-	
832	498	Open	943	Ruda	Schoeman	Female		00:18:53	-	-	
833	499	Open	199	Adryce Nondumiso	Chinembiri	Female		00:18:53	-	-	
834	335	Open	534	Thomas	Kambanda	Male		00:18:53	-	-	
835	500	Open	459	Mirjam	Ingo	Female		00:18:53	-	-	
836	501	Open	165	Dora	Block	Female		00:18:53	-	-	
837	502	Open	691	Martha	Mukete	Female		00:18:53	-	-	
838	336	Open	434	Paulus	Ihalwa	Male		00:18:53	-	-	

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Pos.	Cat . P os.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
839	503	Open	992	Paulina Nasiku	Shikongo	Female		00:18:53	-	-	
840	504	Open	2736	Ilona	Shivute	Female		00:18:53	-	-	
841	337	Open	3183	Breschnew	Toivo	Male		00:18:53	-	-	
842	505	Open	2737	Maria Ndeyapo	Shiyanga	Female		00:18:53	-	-	
843	338	Open	991	Kefas Natangwe	Shikongo	Male		00:18:53	-	-	
844	339	Open	2789	Salomon	Swartbooi	Male		00:18:53	-	-	
845	340	Open	2782	Jan louis	Steyn	Male		00:18:53	-	-	
846	506	Open	250	Grace	Doise	Female		00:18:53	-	-	
847	507	Open	2809	WINNIE GIFT	THOMAS	Female		00:18:53	-	-	
848	508	Open	2810	Lizl	Timbo	Female		00:18:53	-	-	
849	341	Open	357	Hans-Eckard	GrÄ¶nning	Male		00:18:53	-	-	
850	509	Open	2843	Esmerelda	Van der Merwe	Female		00:18:53	-	-	
851	510	Open	2871	Le-Anne	Van Zyl	Female		00:18:53	-	-	
852	342	Open	2775	Rayan	Stephanus	Male		00:18:53	-	-	
853	511	Open	309	Nicole	Freygang	Female		00:18:53	-	-	
854	512	Open	412	Roswindis	Amushila	Female		00:18:54	-	-	
855	513	Open	896	Marelize	Otto	Female		00:18:54	-	-	
856	514	Open	2700	Justine Ndikuna	Shilongo	Female		00:18:54	-	-	
857	515	Open	180	Rosalind	Britz	Female		00:18:54	-	-	
858	516	Open	186	Iwanette	Bruwer	Female		00:18:54	-	-	
859	343	Open	296	Fabian Heino	Fleermuys	Male		00:18:54	-	-	
860	344	Open	286	Werner	Ambuga	Male		00:18:5	-	-	

City Dash 2026

Pos.	Cat. Pos.	Cat	No.	First Name	Last Name	Gender	Club	5km CP	Finish	Diff	Pace
n								5			
861	345	Open	504	Jose	Johannes	Male		00:27:21	-	-	
862	346	Open	585	Cyprianus	Khaiseb	Male		00:31:13	-	-	
863	517	Open	316	Gillian	Gaes	Female		00:39:33	-	-	
864	518	Open	2709	Anna	Shindongo	Female		01:13:12	-	-	