

## DR SAM NUJOMA 21KM

Date of event: 12 May 19

ATHLETICS NAMIBIA

12 May 19

### 21KM (RUNNING)

| POSITION | EVENT | SURNAME      | NAME          | TIME        | CATEGORY         | GENDER           |
|----------|-------|--------------|---------------|-------------|------------------|------------------|
| 1        | 21KM  | Shaliawe     | Jeremia       | 01:09:45.29 | (30) OPEN        | POS 1 OF 69 (M)  |
| 2        | 21KM  | Kauanivi     | Mynhardt      | 01:10:11.98 | (35) SUB VETERAN | POS 2 OF 69 (M)  |
| 3        | 21KM  | Kadhingula   | Matheus       | 01:10:37.09 | (37) SUB VETERAN | POS 3 OF 69 (M)  |
| 4        | 21KM  | Rainhold     | Tomas Hilifa  | 01:10:46.86 | (28) OPEN        | POS 4 OF 69 (M)  |
| 5        | 21KM  | Paulus       | Simoni        | 01:12:10.47 | (21) OPEN        | POS 5 OF 69 (M)  |
| 6        | 21KM  | Egumbo       | David         | 01:12:45.21 | (29) OPEN        | POS 6 OF 69 (M)  |
| 7        | 21KM  | Lisias       | Theofilus     | 01:14:42.59 | (19) JUNIOR      | POS 7 OF 69 (M)  |
| 8        | 21KM  | Shiimi       | Gabriel       | 01:14:45.62 | (42) VETERAN     | POS 8 OF 69 (M)  |
| 9        | 21KM  | David        | Salomo        | 01:14:47.48 | (44) VETERAN     | POS 9 OF 69 (M)  |
| 10       | 21KM  | Tjivambi     | Aaron         | 01:17:13.95 | (36) SUB VETERAN | POS 10 OF 69 (M) |
| 11       | 21KM  | Kathima      | Herman        | 01:17:24.77 | (17) JUNIOR      | POS 11 OF 69 (M) |
| 12       | 21KM  | Johannes     | Helalia       | 01:17:51.40 | (38) SUB VETERAN | POS 1 OF 27 (F)  |
| 13       | 21KM  | Ndunga       | Kristof       | 01:18:30.64 | (53) MASTER      | POS 12 OF 69 (M) |
| 14       | 21KM  | Koper        | Geson         | 01:20:46.30 | (22) OPEN        | POS 13 OF 69 (M) |
| 15       | 21KM  | Naigambo     | Beata         | 01:21:04.70 | (39) SUB VETERAN | POS 2 OF 27 (F)  |
| 16       | 21KM  | Mutota       | Mathias       | 01:26:15.27 | (50) MASTER      | POS 14 OF 69 (M) |
| 17       | 21KM  | Namwaapo     | Paulus        | 01:28:11.13 | (21) OPEN        | POS 15 OF 69 (M) |
| 18       | 21KM  | Haitope      | Ester         | 01:29:20.22 | (29) OPEN        | POS 3 OF 27 (F)  |
| 19       | 21KM  | Steenkamp    | Wim           | 01:29:45.31 | (35) SUB VETERAN | POS 16 OF 69 (M) |
| 20       | 21KM  | Shilongo     | Shiivomwene   | 01:31:24.12 | (23) OPEN        | POS 4 OF 27 (F)  |
| 21       | 21KM  | Shapwa       | Victoria      | 01:31:58.69 | (26) OPEN        | POS 5 OF 27 (F)  |
| 22       | 21KM  | Van Den Berg | Jaco          | 01:32:26.74 | (29) OPEN        | POS 17 OF 69 (M) |
| 23       | 21KM  | Kheibeb      | Alfred        | 01:32:32.31 | (37) SUB VETERAN | POS 18 OF 69 (M) |
| 24       | 21KM  | Kanu         | Chidi Alex    | 01:32:35.05 | (49) VETERAN     | POS 19 OF 69 (M) |
| 25       | 21KM  | Mariathasam  | Vincent       | 01:32:37.02 | (35) SUB VETERAN | POS 20 OF 69 (M) |
| 26       | 21KM  | Barnard      | Eric          | 01:33:17.89 | (45) VETERAN     | POS 21 OF 69 (M) |
| 27       | 21KM  | Kotze        | Tyrone        | 01:33:50.81 | (35) SUB VETERAN | POS 22 OF 69 (M) |
| 28       | 21KM  | Marais       | Konrad        | 01:34:50.96 | (26) OPEN        | POS 23 OF 69 (M) |
| 29       | 21KM  | Tobias       | Simon         | 01:35:24.87 | (35) SUB VETERAN | POS 24 OF 69 (M) |
| 30       | 21KM  | Eshitile     | Sarti         | 01:35:28.67 | (30) OPEN        | POS 6 OF 27 (F)  |
| 31       | 21KM  | Dreyer       | Risa          | 01:36:01.64 | (30) OPEN        | POS 7 OF 27 (F)  |
| 32       | 21KM  | Negoli       | Jermia        | 01:36:31.86 | (34) OPEN        | POS 25 OF 69 (M) |
| 33       | 21KM  | Shilongo     | Benny         | 01:38:34.57 | (23) OPEN        | POS 26 OF 69 (M) |
| 34       | 21KM  | Papama       | Albert        | 01:38:39.14 | (54) MASTER      | POS 27 OF 69 (M) |
| 35       | 21KM  | Acebes       | Gerardo       | 01:40:00.30 | (51) MASTER      | POS 28 OF 69 (M) |
| 36       | 21KM  | Abraham      | Jafet         | 01:40:07.62 | (38) SUB VETERAN | POS 29 OF 69 (M) |
| 37       | 21KM  | Nel          | Eldo          | 01:40:16.74 | (35) SUB VETERAN | POS 30 OF 69 (M) |
| 38       | 21KM  | Shigwedha    | Ndinomukulili | 01:43:28.18 | (35) SUB VETERAN | POS 31 OF 69 (M) |
| 39       | 21KM  | Pretorius    | Julian        | 01:44:46.35 | (35) SUB VETERAN | POS 32 OF 69 (M) |
| 40       | 21KM  | Akukuthela   | Rakela        | 01:45:13.23 | (42) VETERAN     | POS 8 OF 27 (F)  |
| 41       | 21KM  | Nambahu      | Emilia        | 01:45:35.30 | (50) MASTER      | POS 9 OF 27 (F)  |
| 42       | 21KM  | Shiyuka      | Josia         | 01:45:44.88 | (29) OPEN        | POS 33 OF 69 (M) |

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**21KM (RUNNING)**

| POSITION | EVENT | SURNAME   | NAME           | TIME        | CATEGORY         | GENDER           |
|----------|-------|-----------|----------------|-------------|------------------|------------------|
| 43       | 21KM  | Ndjambula | Kenneth        | 01:46:37.27 | (38) SUB VETERAN | POS 34 OF 69 (M) |
| 44       | 21KM  | Angala    | Tuuli          | 01:47:31.05 | (19) JUNIOR      | POS 10 OF 27 (F) |
| 45       | 21KM  | James     | Stephen        | 01:49:06.37 | (31) OPEN        | POS 35 OF 69 (M) |
| 46       | 21KM  | Herma     | Achim          | 01:50:35.66 | (62) MASTER      | POS 36 OF 69 (M) |
| 47       | 21KM  | Mutumbu   | Oliver         | 01:51:25.34 | (33) OPEN        | POS 37 OF 69 (M) |
| 48       | 21KM  | Nyathi    | Keletso        | 01:51:49.84 | (40) VETERAN     | POS 38 OF 69 (M) |
| 49       | 21KM  | Honiball  | Morne          | 01:52:21.94 | (36) SUB VETERAN | POS 39 OF 69 (M) |
| 50       | 21KM  | Shaanika  | Saltiel        | 01:52:37.19 | (35) SUB VETERAN | POS 40 OF 69 (M) |
| 51       | 21KM  | Fielding  | Frank          | 01:52:47.27 | (56) MASTER      | POS 41 OF 69 (M) |
| 52       | 21KM  | Alugongo  | Immanuel       | 01:53:04.44 | (47) VETERAN     | POS 42 OF 69 (M) |
| 53       | 21KM  | Wiese     | Tania          | 01:53:21.20 | (37) SUB VETERAN | POS 11 OF 27 (F) |
| 54       | 21KM  | Shingenge | David          | 01:53:51.44 | (37) SUB VETERAN | POS 43 OF 69 (M) |
| 55       | 21KM  | Chinyoka  | Takaruda       | 01:54:56.89 | (42) VETERAN     | POS 44 OF 69 (M) |
| 56       | 21KM  | Thiel     | Mark           | 01:55:06.15 | (35) SUB VETERAN | POS 45 OF 69 (M) |
| 57       | 21KM  | Kuzeeko   | Ujandjua Mercy | 01:56:02.98 | (35) SUB VETERAN | POS 12 OF 27 (F) |
| 58       | 21KM  | Pote      | Henry          | 01:56:22.91 | (46) VETERAN     | POS 46 OF 69 (M) |
| 59       | 21KM  | Katjindee | Marvin         | 01:56:27.46 | (34) OPEN        | POS 47 OF 69 (M) |
| 60       | 21KM  | Absai     | Joe            | 01:56:29.57 | (58) MASTER      | POS 48 OF 69 (M) |
| 61       | 21KM  | Kisting   | Denver         | 01:56:40.17 | (36) SUB VETERAN | POS 49 OF 69 (M) |
| 62       | 21KM  | Pieters   | Wesley         | 01:56:41.39 | (33) OPEN        | POS 50 OF 69 (M) |
| 63       | 21KM  | Steenkamp | Quinton        | 01:56:57.11 | (33) OPEN        | POS 51 OF 69 (M) |
| 64       | 21KM  | Hinz      | Melissa        | 01:57:16.16 | (33) OPEN        | POS 13 OF 27 (F) |
| 65       | 21KM  | Haufiku   | Fabian         | 01:57:46.73 | (53) MASTER      | POS 52 OF 69 (M) |
| 66       | 21KM  | Colmer    | Derick         | 01:58:38.26 | (38) SUB VETERAN | POS 53 OF 69 (M) |
| 67       | 21KM  | Luanda    | John           | 02:00:03.54 | (28) OPEN        | POS 54 OF 69 (M) |
| 68       | 21KM  | Cloete    | Adriaan        | 02:00:04.96 | (37) SUB VETERAN | POS 55 OF 69 (M) |
| 69       | 21KM  | Hangula   | Abraham        | 02:02:03.74 | (39) SUB VETERAN | POS 56 OF 69 (M) |
| 70       | 21KM  | Sanberg   | Esther         | 02:04:09.86 | (37) SUB VETERAN | POS 14 OF 27 (F) |
| 71       | 21KM  | Amwaalwa  | Jeremia        | 02:05:26.23 | (30) OPEN        | POS 57 OF 69 (M) |
| 72       | 21KM  | Fahrbach  | Beate          | 02:06:11.42 | (39) SUB VETERAN | POS 15 OF 27 (F) |
| 73       | 21KM  | Botes     | Daniel         | 02:06:48.81 | (59) MASTER      | POS 58 OF 69 (M) |
| 74       | 21KM  | Links     | Michael        | 02:10:46.44 | (33) OPEN        | POS 59 OF 69 (M) |
| 75       | 21KM  | Willwerth | Arndt          | 02:14:55.15 | (54) MASTER      | POS 60 OF 69 (M) |
| 76       | 21KM  | Brockmann | Karin          | 02:15:06.15 | (56) MASTER      | POS 16 OF 27 (F) |
| 77       | 21KM  | Muller    | Anneli         | 02:16:55.90 | (35) SUB VETERAN | POS 17 OF 27 (F) |
| 78       | 21KM  | Agbamu    | Efeoghene      | 02:17:53.60 | (39) SUB VETERAN | POS 18 OF 27 (F) |
| 79       | 21KM  | Guthrie   | Iain           | 02:19:51.76 | (51) MASTER      | POS 61 OF 69 (M) |
| 80       | 21KM  | Seiler    | Heiko          | 02:20:46.38 | (52) MASTER      | POS 62 OF 69 (M) |
| 81       | 21KM  | Olivier   | Allenice       | 02:25:00.94 | (32) OPEN        | POS 19 OF 27 (F) |
| 82       | 21KM  | Cloete    | Vincia         | 02:26:29.53 | (36) SUB VETERAN | POS 20 OF 27 (F) |
| 83       | 21KM  | Tshekuzah | Joe            | 02:27:50.95 | (41) VETERAN     | POS 63 OF 69 (M) |
| 84       | 21KM  | Uxamb     | Brian          | 02:27:54.84 | (34) OPEN        | POS 64 OF 69 (M) |
| 85       | 21KM  | Nuwuseb   | Sedney         | 02:27:56.21 | (39) SUB VETERAN | POS 65 OF 69 (M) |

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| POSITION | EVENT | SURNAME       | NAME    | TIME        | CATEGORY         | GENDER           |
|----------|-------|---------------|---------|-------------|------------------|------------------|
| 86       | 21KM  | Kupferschmidt | Susanne | 02:29:35.81 | (53) MASTER      | POS 21 OF 27 (F) |
| 87       | 21KM  | Jansen Van    | Desiree | 02:29:38.49 | (33) OPEN        | POS 22 OF 27 (F) |
| 88       | 21KM  | Mieze         | Ivodia  | 02:29:47.17 | (35) SUB VETERAN | POS 23 OF 27 (F) |
| 89       | 21KM  | Nicol-wilson  | Verile  | 02:30:20.64 | (39) SUB VETERAN | POS 66 OF 69 (M) |
| 90       | 21KM  | Ekanjjo       | Shali   | 02:31:14.82 | (42) VETERAN     | POS 67 OF 69 (M) |
| 91       | 21KM  | Mieze         | Ellis   | 02:34:42.56 | (42) VETERAN     | POS 68 OF 69 (M) |
| 92       | 21KM  | Sheya         | Tuna    | 02:37:15.13 | (44) VETERAN     | POS 69 OF 69 (M) |
| 93       | 21KM  | Guedes        | Paula   | 02:37:45.99 | (30) OPEN        | POS 24 OF 27 (F) |
| 94       | 21KM  | Cornelissen   | Elme    | 02:40:44.70 | (47) VETERAN     | POS 25 OF 27 (F) |
| 95       | 21KM  | Lingenfelder  | Herna   | 02:40:44.98 | (52) MASTER      | POS 26 OF 27 (F) |
| 96       | 21KM  | Muyangi       | Seminah | 02:41:33.40 | (37) SUB VETERAN | POS 27 OF 27 (F) |

**10KM (RUNNING)**

| POSITION | EVENT | SURNAME       | NAME        | TIME        | CATEGORY         | GENDER           |
|----------|-------|---------------|-------------|-------------|------------------|------------------|
| 1        | 10KM  | Goel          | Viuds       | 00:36:47.79 | (45) VETERAN     | POS 1 OF 70 (M)  |
| 2        | 10KM  | Chandra       | Joydeep     | 00:36:50.15 | (32) OPEN        | POS 2 OF 70 (M)  |
| 3        | 10KM  | Van Graan     | J G         | 00:39:44.53 | (36) SUB VETERAN | POS 3 OF 70 (M)  |
| 4        | 10KM  | Igawaxab      | Venantius   | 00:40:38.61 | (41) VETERAN     | POS 4 OF 70 (M)  |
| 5        | 10KM  | Eelu          | Rauna       | 00:40:40.32 | (27) OPEN        | POS 1 OF 77 (F)  |
| 6        | 10KM  | Mungunda      | Kondjooua   | 00:41:43.55 | (25) OPEN        | POS 5 OF 70 (M)  |
| 7        | 10KM  | Rowles        | Andrew      | 00:43:31.10 | (42) VETERAN     | POS 6 OF 70 (M)  |
| 8        | 10KM  | Schafer       | Max         | 00:46:11.96 | (52) MASTER      | POS 7 OF 70 (M)  |
| 9        | 10KM  | Ipangelwa     | Gelasius    | 00:46:20.24 | (40) VETERAN     | POS 8 OF 70 (M)  |
| 10       | 10KM  | Hakwenye      | Johannes    | 00:46:21.92 | (38) SUB VETERAN | POS 9 OF 70 (M)  |
| 11       | 10KM  | Jeremia       | Beata       | 00:47:16.40 | (16) JUNIOR      | POS 2 OF 77 (F)  |
| 12       | 10KM  | Nghikambe     | Andreas     | 00:47:18.64 | (37) SUB VETERAN | POS 10 OF 70 (M) |
| 13       | 10KM  | Meeks         | Richard     | 00:47:32.63 | (49) VETERAN     | POS 11 OF 70 (M) |
| 14       | 10KM  | Amon          | Joseph      | 00:47:58.76 | (52) MASTER      | POS 12 OF 70 (M) |
| 15       | 10KM  | Van Graan     | Louise      | 00:48:02.77 | (36) SUB VETERAN | POS 3 OF 77 (F)  |
| 16       | 10KM  | Imbili        | Ananias     | 00:48:27.54 | (14) JUNIOR      | POS 13 OF 70 (M) |
| 17       | 10KM  | Munduhafa     | Gerson      | 00:48:30.74 | (13) JUNIOR      | POS 14 OF 70 (M) |
| 18       | 10KM  | Afonso        | Alexander   | 00:48:32.67 | (30) OPEN        | POS 15 OF 70 (M) |
| 19       | 10KM  | Reinders      | Luan        | 00:49:05.11 | (29) OPEN        | POS 16 OF 70 (M) |
| 20       | 10KM  | Shimwegfeleni | Petrus      | 00:49:43.85 | (26) OPEN        | POS 17 OF 70 (M) |
| 21       | 10KM  | Amakali       | Frans       | 00:50:17.90 | (38) SUB VETERAN | POS 18 OF 70 (M) |
| 22       | 10KM  | Du Plessis    | Johan       | 00:50:23.28 | (45) VETERAN     | POS 19 OF 70 (M) |
| 23       | 10KM  | Isaac         | Finnety     | 00:50:55.36 | (32) OPEN        | POS 20 OF 70 (M) |
| 24       | 10KM  | Johannes      | Israel Issy | 00:51:37.08 | (35) SUB VETERAN | POS 21 OF 70 (M) |
| 25       | 10KM  | Muadinohamba  | Jerry       | 00:51:45.71 | (47) VETERAN     | POS 22 OF 70 (M) |
| 26       | 10KM  | Festus        | Hafeni      | 00:52:37.00 | (25) OPEN        | POS 23 OF 70 (M) |
| 27       | 10KM  | Brinkmann     | Mark        | 00:52:42.20 | (49) VETERAN     | POS 24 OF 70 (M) |
| 28       | 10KM  | Vollgraaff    | Marco       | 00:52:44.04 | (33) OPEN        | POS 25 OF 70 (M) |

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| POSITION | EVENT | SURNAME       | NAME          | TIME        | CATEGORY         | GENDER           |
|----------|-------|---------------|---------------|-------------|------------------|------------------|
| 29       | 10KM  | Thiel         | Rhyna         | 00:52:45.28 | (37) SUB VETERAN | POS 4 OF 77 (F)  |
| 30       | 10KM  | litula        | Petrus        | 00:53:06.06 | (24) OPEN        | POS 26 OF 70 (M) |
| 31       | 10KM  | Dreyer        | Nicholaas     | 00:54:00.65 | (32) OPEN        | POS 27 OF 70 (M) |
| 32       | 10KM  | Katonyala     | Petrus        | 00:54:20.92 | (32) OPEN        | POS 28 OF 70 (M) |
| 33       | 10KM  | Magunde       | Drayton       | 00:55:34.26 | (27) OPEN        | POS 29 OF 70 (M) |
| 34       | 10KM  | Cloete        | Valenchio     | 00:55:36.63 | (24) OPEN        | POS 30 OF 70 (M) |
| 35       | 10KM  | Kamukono      | Walter        | 00:56:12.88 | (25) OPEN        | POS 31 OF 70 (M) |
| 36       | 10KM  | Reiff         | Heiko         | 00:56:22.83 | (39) SUB VETERAN | POS 32 OF 70 (M) |
| 37       | 10KM  | Van Wyk       | Andre         | 00:56:34.85 | (43) VETERAN     | POS 33 OF 70 (M) |
| 38       | 10KM  | Dreyer        | Maans         | 00:56:56.20 | (58) MASTER      | POS 34 OF 70 (M) |
| 39       | 10KM  | Munting       | Paul          | 00:57:06.03 | (50) MASTER      | POS 35 OF 70 (M) |
| 40       | 10KM  | Ashipala      | Nangolo       | 00:57:30.03 | (33) OPEN        | POS 36 OF 70 (M) |
| 41       | 10KM  | Nangwali      | Sofia         | 00:57:36.84 | (14) JUNIOR      | POS 5 OF 77 (F)  |
| 42       | 10KM  | De Witt       | Surina        | 00:57:51.92 | (31) OPEN        | POS 6 OF 77 (F)  |
| 43       | 10KM  | Visser        | Luzaan        | 00:57:59.99 | (32) OPEN        | POS 7 OF 77 (F)  |
| 44       | 10KM  | Annese-mouton | Francesca     | 00:58:11.53 | (53) MASTER      | POS 8 OF 77 (F)  |
| 45       | 10KM  | Van Wyk       | Oscar         | 00:58:15.43 | (45) VETERAN     | POS 37 OF 70 (M) |
| 46       | 10KM  | Morris        | Stefanus      | 00:58:30.98 | (48) VETERAN     | POS 38 OF 70 (M) |
| 47       | 10KM  | Ishitila      | Che           | 00:58:44.38 | (39) SUB VETERAN | POS 39 OF 70 (M) |
| 48       | 10KM  | Valentin      | Lynn-mari     | 00:59:02.41 | (30) OPEN        | POS 9 OF 77 (F)  |
| 49       | 10KM  | Nicol-wilson  | Izuba         | 00:59:13.01 | (9) JUNIOR       | POS 40 OF 70 (M) |
| 50       | 10KM  | Husselman     | Ernest        | 00:59:14.65 | (20) OPEN        | POS 41 OF 70 (M) |
| 51       | 10KM  | Van Wyk       | Abri          | 00:59:16.89 | (33) OPEN        | POS 42 OF 70 (M) |
| 52       | 10KM  | Prins         | Jackie        | 00:59:21.36 | (43) VETERAN     | POS 10 OF 77 (F) |
| 53       | 10KM  | Rukamba       | Julianus      | 00:59:37.37 | (32) OPEN        | POS 43 OF 70 (M) |
| 54       | 10KM  | Davids        | Isak Delberth | 00:59:52.07 | (43) VETERAN     | POS 44 OF 70 (M) |
| 55       | 10KM  | Goroh         | Inna          | 01:00:10.92 | (34) OPEN        | POS 45 OF 70 (M) |
| 56       | 10KM  | Itewa         | Eliphas       | 01:00:16.20 | (35) SUB VETERAN | POS 46 OF 70 (M) |
| 57       | 10KM  | Nesongano     | Mufaro        | 01:00:19.74 | (33) OPEN        | POS 47 OF 70 (M) |
| 58       | 10KM  | Amukwaya      | Esty          | 01:00:23.15 | (31) OPEN        | POS 11 OF 77 (F) |
| 59       | 10KM  | Angula        | Klaudia       | 01:00:27.67 | (35) SUB VETERAN | POS 12 OF 77 (F) |
| 60       | 10KM  | Mcnally       | Glenn         | 01:00:35.45 | (51) MASTER      | POS 48 OF 70 (M) |
| 61       | 10KM  | Angermund     | Franco        | 01:00:46.96 | (38) SUB VETERAN | POS 49 OF 70 (M) |
| 62       | 10KM  | Shilikomwenyo | Puniko        | 01:00:51.98 | (26) OPEN        | POS 13 OF 77 (F) |
| 63       | 10KM  | Vivo          | Martina       | 01:00:57.04 | (38) SUB VETERAN | POS 14 OF 77 (F) |
| 64       | 10KM  | Nyeemwatya    | Indileni      | 01:01:11.48 | (35) SUB VETERAN | POS 15 OF 77 (F) |
| 65       | 10KM  | Bishi         | Alec          | 01:01:18.39 | (54) MASTER      | POS 50 OF 70 (M) |
| 66       | 10KM  | Gontes        | Sieglinde     | 01:01:25.57 | (50) MASTER      | POS 16 OF 77 (F) |
| 67       | 10KM  | De Lange      | Birgit        | 01:01:27.81 | (38) SUB VETERAN | POS 17 OF 77 (F) |
| 68       | 10KM  | Ndorokaze     | Steven        | 01:01:45.89 | (40) VETERAN     | POS 51 OF 70 (M) |
| 69       | 10KM  | Mostert       | Jan Louis     | 01:01:54.28 | (33) OPEN        | POS 52 OF 70 (M) |
| 70       | 10KM  | Van Der Smit  | Jj            | 01:01:55.72 | (33) OPEN        | POS 53 OF 70 (M) |
| 71       | 10KM  | Shiyanga      | Martha        | 01:02:20.18 | (33) OPEN        | POS 18 OF 77 (F) |

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**10KM (RUNNING)**

| POSITION | EVENT | SURNAME       | NAME          | TIME        | CATEGORY         | GENDER           |
|----------|-------|---------------|---------------|-------------|------------------|------------------|
| 72       | 10KM  | Martens       | Susan         | 01:03:02.49 | (66) MASTER      | POS 19 OF 77 (F) |
| 73       | 10KM  | Shaenae       | Toekie        | 01:03:26.36 | (38) SUB VETERAN | POS 20 OF 77 (F) |
| 74       | 10KM  | Mujoro        | Uatjizaiye    | 01:03:45.27 | (30) OPEN        | POS 54 OF 70 (M) |
| 75       | 10KM  | Lukas         | Frieda        | 01:04:15.63 | (25) OPEN        | POS 21 OF 77 (F) |
| 76       | 10KM  | Uutoni        | Hilma         | 01:04:22.01 | (32) OPEN        | POS 22 OF 77 (F) |
| 77       | 10KM  | Ikela         | Sam           | 01:04:32.04 | (39) SUB VETERAN | POS 55 OF 70 (M) |
| 78       | 10KM  | Martin        | Jean          | 01:04:45.96 | (45) VETERAN     | POS 56 OF 70 (M) |
| 79       | 10KM  | Herselman     | Corne Winette | 01:04:52.40 | (45) VETERAN     | POS 23 OF 77 (F) |
| 80       | 10KM  | Shaanika      | Beata         | 01:05:15.12 | (34) OPEN        | POS 24 OF 77 (F) |
| 81       | 10KM  | Haludilu      | Martha        | 01:05:29.53 | (24) OPEN        | POS 25 OF 77 (F) |
| 82       | 10KM  | Hengari       | Glory         | 01:05:45.50 | (35) SUB VETERAN | POS 26 OF 77 (F) |
| 83       | 10KM  | Kibble        | Rosslyn       | 01:06:00.76 | (75) MASTER      | POS 27 OF 77 (F) |
| 84       | 10KM  | Fallis        | Karin         | 01:06:04.15 | (47) VETERAN     | POS 28 OF 77 (F) |
| 85       | 10KM  | Slinger       | Elke          | 01:06:09.38 | (39) SUB VETERAN | POS 29 OF 77 (F) |
| 86       | 10KM  | Nangonya      | Alma          | 01:06:46.50 | (30) OPEN        | POS 30 OF 77 (F) |
| 87       | 10KM  | Kaiyamo       | Elia Tuikila  | 01:06:48.76 | (26) OPEN        | POS 57 OF 70 (M) |
| 88       | 10KM  | Hamunyela     | Keman         | 01:06:55.40 | (30) OPEN        | POS 58 OF 70 (M) |
| 89       | 10KM  | Nangula       | Jade          | 01:06:57.89 | (21) OPEN        | POS 31 OF 77 (F) |
| 90       | 10KM  | Hakaye        | Amalia        | 01:07:00.93 | (32) OPEN        | POS 32 OF 77 (F) |
| 91       | 10KM  | Kaunazondunge | Vatoorora     | 01:07:13.33 | (29) OPEN        | POS 33 OF 77 (F) |
| 92       | 10KM  | Angula        | Loide         | 01:07:32.95 | (19) JUNIOR      | POS 34 OF 77 (F) |
| 93       | 10KM  | Fillipus      | Helvi         | 01:07:35.39 | (33) OPEN        | POS 35 OF 77 (F) |
| 94       | 10KM  | Mwilima       | Ntwala        | 01:07:37.40 | (38) SUB VETERAN | POS 36 OF 77 (F) |
| 95       | 10KM  | Zatjirua      | Tuhupa        | 01:07:39.09 | (37) SUB VETERAN | POS 37 OF 77 (F) |
| 96       | 10KM  | Nuuyoma       | Iyaloo        | 01:08:05.42 | (13) JUNIOR      | POS 38 OF 77 (F) |
| 97       | 10KM  | Mouton        | Marissa       | 01:08:09.69 | (36) SUB VETERAN | POS 39 OF 77 (F) |
| 98       | 10KM  | Silva         | Jose          | 01:08:11.69 | (33) OPEN        | POS 59 OF 70 (M) |
| 99       | 10KM  | Kavendjii     | Clive         | 01:08:17.10 | (44) VETERAN     | POS 60 OF 70 (M) |
| 100      | 10KM  | Du Toit       | Leonie        | 01:08:31.29 | (58) MASTER      | POS 40 OF 77 (F) |
| 101      | 10KM  | Shituula      | Diina         | 01:08:55.30 | (33) OPEN        | POS 41 OF 77 (F) |
| 102      | 10KM  | Sheya         | Ndaendomwenyo | 01:09:04.98 | (37) SUB VETERAN | POS 42 OF 77 (F) |
| 103      | 10KM  | Sabuta        | Diddy Godfrey | 01:09:06.46 | (14) JUNIOR      | POS 61 OF 70 (M) |
| 104      | 10KM  | Roos          | Elfrieda      | 01:09:58.64 | (31) OPEN        | POS 43 OF 77 (F) |
| 105      | 10KM  | Murerwa       | Winnet        | 01:10:13.13 | (38) SUB VETERAN | POS 44 OF 77 (F) |
| 106      | 10KM  | Rukambe       | Eliphas       | 01:11:00.90 | (47) VETERAN     | POS 62 OF 70 (M) |
| 107      | 10KM  | Ndjoonduezu   | Sandra        | 01:12:56.25 | (49) VETERAN     | POS 45 OF 77 (F) |
| 108      | 10KM  | Haukongo      | Petrus        | 01:12:59.81 | (28) OPEN        | POS 63 OF 70 (M) |
| 109      | 10KM  | De Waldt      | Indepentia    | 01:13:03.13 | (40) VETERAN     | POS 46 OF 77 (F) |
| 110      | 10KM  | Mwadhina      | Roswita Rose  | 01:13:27.30 | (28) OPEN        | POS 47 OF 77 (F) |
| 111      | 10KM  | Nekongo       | Tomas         | 01:13:32.07 | (35) SUB VETERAN | POS 64 OF 70 (M) |
| 112      | 10KM  | Matundu       | Marina        | 01:13:40.92 | (43) VETERAN     | POS 48 OF 77 (F) |
| 113      | 10KM  | Nkoshi        | Sesilia       | 01:13:46.99 | (29) OPEN        | POS 49 OF 77 (F) |
| 114      | 10KM  | Jahs          | Valentino     | 01:13:48.13 | (34) OPEN        | POS 65 OF 70 (M) |

**DR SAM NUJOMA 21KM**

Date of event: 12 May 19

**10KM (RUNNING)**

| POSITION | EVENT | SURNAME         | NAME           | TIME        | CATEGORY         | GENDER           |
|----------|-------|-----------------|----------------|-------------|------------------|------------------|
| 115      | 10KM  | Ithete          | Sam            | 01:14:04.84 | (32) OPEN        | POS 66 OF 70 (M) |
| 116      | 10KM  | Roeber          | Gunther        | 01:14:16.86 | (50) MASTER      | POS 67 OF 70 (M) |
| 117      | 10KM  | Nyandoro        | James          | 01:14:29.20 | (45) VETERAN     | POS 68 OF 70 (M) |
| 118      | 10KM  | Kasera          | Adeline        | 01:14:50.00 | (28) OPEN        | POS 50 OF 77 (F) |
| 119      | 10KM  | Ashipembe       | Basilia        | 01:14:55.06 | (34) OPEN        | POS 51 OF 77 (F) |
| 120      | 10KM  | Phillemon       | Fenolia        | 01:15:04.30 | (27) OPEN        | POS 52 OF 77 (F) |
| 121      | 10KM  | Mutumbu         | Chenai         | 01:15:51.47 | (35) SUB VETERAN | POS 53 OF 77 (F) |
| 122      | 10KM  | Kakwambi        | Ndeshi         | 01:16:01.46 | (30) OPEN        | POS 54 OF 77 (F) |
| 123      | 10KM  | Ndanyengwa      | Martha         | 01:16:14.24 | (33) OPEN        | POS 55 OF 77 (F) |
| 124      | 10KM  | Guthrie         | Hannah         | 01:16:29.74 | (14) JUNIOR      | POS 56 OF 77 (F) |
| 125      | 10KM  | Nakapela        | Anna Dhiginina | 01:16:33.44 | (21) OPEN        | POS 57 OF 77 (F) |
| 126      | 10KM  | Tjipitua        | Nangosora      | 01:17:23.68 | (32) OPEN        | POS 58 OF 77 (F) |
| 127      | 10KM  | Karwapa         | Segomotso      | 01:18:02.71 | (25) OPEN        | POS 59 OF 77 (F) |
| 128      | 10KM  | Festus          | Johanna        | 01:18:38.73 | (21) OPEN        | POS 60 OF 77 (F) |
| 129      | 10KM  | Guthrie         | Emma           | 01:19:40.71 | (50) MASTER      | POS 61 OF 77 (F) |
| 130      | 10KM  | Kanu            | Rauna          | 01:19:50.55 | (42) VETERAN     | POS 62 OF 77 (F) |
| 131      | 10KM  | Du Plessis      | Natasha        | 01:19:59.30 | (37) SUB VETERAN | POS 63 OF 77 (F) |
| 132      | 10KM  | Tjueza          | Jozikee        | 01:20:04.14 | (46) VETERAN     | POS 64 OF 77 (F) |
| 133      | 10KM  | Mweshamekange   | Indileni       | 01:20:14.65 | (26) OPEN        | POS 65 OF 77 (F) |
| 134      | 10KM  | Mateus          | Essar          | 01:20:15.99 | (24) OPEN        | POS 69 OF 70 (M) |
| 135      | 10KM  | limbaba         | Lydia          | 01:21:13.98 | (28) OPEN        | POS 66 OF 77 (F) |
| 136      | 10KM  | Gawas           | Marcia         | 01:22:43.65 | (33) OPEN        | POS 67 OF 77 (F) |
| 137      | 10KM  | Myburgh         | Sam            | 01:22:45.06 | (68) MASTER      | POS 70 OF 70 (M) |
| 138      | 10KM  | Nambahu         | Sara           | 01:23:18.39 | (31) OPEN        | POS 68 OF 77 (F) |
| 139      | 10KM  | Nekongo         | Waiting        | 01:23:21.54 | (35) SUB VETERAN | POS 69 OF 77 (F) |
| 140      | 10KM  | Nicol-wilson    | Melvina        | 01:23:34.54 | (13) JUNIOR      | POS 70 OF 77 (F) |
| 141      | 10KM  | Shifotoka       | Frieda Omagano | 01:23:35.35 | (29) OPEN        | POS 71 OF 77 (F) |
| 142      | 10KM  | Karuaihe-martin | Patty          | 01:24:06.53 | (48) VETERAN     | POS 72 OF 77 (F) |
| 143      | 10KM  | Kalola          | Helvi          | 01:24:46.91 | (34) OPEN        | POS 73 OF 77 (F) |
| 144      | 10KM  | Nel             | Sofia          | 01:26:27.03 | (39) SUB VETERAN | POS 74 OF 77 (F) |
| 145      | 10KM  | Van Wyk         | Gail           | 01:38:09.63 | (46) VETERAN     | POS 75 OF 77 (F) |
| 146      | 10KM  | Ya Toivo        | Vicki          | 01:40:32.82 | (70) MASTER      | POS 76 OF 77 (F) |
| 147      | 10KM  | Nakapela        | Johanna        | 01:53:28.44 | (24) OPEN        | POS 77 OF 77 (F) |

**10W (WALKING)**

| POSITION | EVENT | SURNAME | NAME  | TIME        | CATEGORY    | GENDER         |
|----------|-------|---------|-------|-------------|-------------|----------------|
| 1        | 10W   | Gordon  | Susan | 01:16:50.00 | (64) MASTER | POS 1 OF 1 (F) |

**5KM (RUNNING)**

| POSITION | EVENT | SURNAME | NAME    | TIME        | CATEGORY         | GENDER          |
|----------|-------|---------|---------|-------------|------------------|-----------------|
| 1        | 5KM   | Shipena | Gotrieb | 00:19:43.48 | (27) OPEN        | POS 1 OF 45 (M) |
| 2        | 5KM   | Indongo | Julius  | 00:19:46.10 | (36) SUB VETERAN | POS 2 OF 45 (M) |

**DR SAM NUJOMA 21KM**

Date of event: 12 May 19

**5KM (RUNNING)**

| POSITION | EVENT | SURNAME          | NAME       | TIME        | CATEGORY         | GENDER           |
|----------|-------|------------------|------------|-------------|------------------|------------------|
| 3        | 5KM   | April            | Richard    | 00:19:47.32 | (39) SUB VETERAN | POS 3 OF 45 (M)  |
| 4        | 5KM   | Kalwenya         | Martin     | 00:19:53.29 | (42) VETERAN     | POS 4 OF 45 (M)  |
| 5        | 5KM   | Titus            | Lesley     | 00:22:05.93 | (31) OPEN        | POS 5 OF 45 (M)  |
| 6        | 5KM   | Makahamadze      | Peter      | 00:28:21.52 | (29) OPEN        | POS 6 OF 45 (M)  |
| 7        | 5KM   | Mapumba          | Paulus     | 00:28:23.66 | (24) OPEN        | POS 7 OF 45 (M)  |
| 8        | 5KM   | Bester           | Wallace    | 00:29:26.03 | (33) OPEN        | POS 8 OF 45 (M)  |
| 9        | 5KM   | Gaeb             | Herold     | 00:29:40.75 | (33) OPEN        | POS 9 OF 45 (M)  |
| 10       | 5KM   | Uuyuni           | Ralph      | 00:30:35.10 | (24) OPEN        | POS 10 OF 45 (M) |
| 11       | 5KM   | Shiimi Ya Shiimi | Aina       | 00:31:00.40 | (26) OPEN        | POS 1 OF 46 (F)  |
| 12       | 5KM   | Tshwaro          | Donaldt    | 00:31:11.75 | (37) SUB VETERAN | POS 11 OF 45 (M) |
| 13       | 5KM   | Eloff            | Karin      | 00:31:49.68 | (45) VETERAN     | POS 2 OF 46 (F)  |
| 14       | 5KM   | Buckley          | Averyl     | 00:32:16.84 | (34) OPEN        | POS 3 OF 46 (F)  |
| 15       | 5KM   | Nuukala          | Emmency    | 00:32:21.60 | (28) OPEN        | POS 4 OF 46 (F)  |
| 16       | 5KM   | Timoteus         | Liina      | 00:32:23.90 | (28) OPEN        | POS 5 OF 46 (F)  |
| 17       | 5KM   | Nel              | Annamarie  | 00:32:26.03 | (41) VETERAN     | POS 6 OF 46 (F)  |
| 18       | 5KM   | Shiwayu          | George     | 00:32:28.42 | (37) SUB VETERAN | POS 12 OF 45 (M) |
| 19       | 5KM   | Amukwa           | Pandu      | 00:34:17.11 | (19) JUNIOR      | POS 13 OF 45 (M) |
| 20       | 5KM   | Human            | Dinah      | 00:34:37.77 | (32) OPEN        | POS 7 OF 46 (F)  |
| 21       | 5KM   | Shonghela        | Paulina    | 00:35:59.93 | (26) OPEN        | POS 8 OF 46 (F)  |
| 22       | 5KM   | Sheya            | Rebekka    | 00:36:05.39 | (23) OPEN        | POS 9 OF 46 (F)  |
| 23       | 5KM   | Nuumbembe        | Paulus Ali | 00:36:44.35 | (44) VETERAN     | POS 14 OF 45 (M) |
| 24       | 5KM   | Nuumbembe        | Nangula    | 00:36:46.42 | (42) VETERAN     | POS 10 OF 46 (F) |
| 25       | 5KM   | Brinkmann        | Yenik      | 00:36:55.69 | (14) JUNIOR      | POS 15 OF 45 (M) |
| 26       | 5KM   | Tjingaete        | Silba      | 00:36:58.18 | (36) SUB VETERAN | POS 11 OF 46 (F) |
| 27       | 5KM   | Nikodemus        | Sheefeni   | 00:37:09.51 | (34) OPEN        | POS 16 OF 45 (M) |
| 28       | 5KM   | Kariko           | Walter     | 00:37:13.43 | (32) OPEN        | POS 17 OF 45 (M) |
| 29       | 5KM   | Phillemon        | Selma      | 00:37:29.16 | (36) SUB VETERAN | POS 12 OF 46 (F) |
| 30       | 5KM   | Mpofu            | Njabulo    | 00:38:33.09 | (34) OPEN        | POS 18 OF 45 (M) |
| 31       | 5KM   | Masanzu          | Ackim      | 00:38:41.22 | (29) OPEN        | POS 19 OF 45 (M) |
| 32       | 5KM   | Links            | Darrel     | 00:40:15.53 | (9) JUNIOR       | POS 20 OF 45 (M) |
| 33       | 5KM   | Joseph           | Release    | 00:40:18.07 | (11) JUNIOR      | POS 21 OF 45 (M) |
| 34       | 5KM   | Shikongo         | Kleria     | 00:40:30.38 | (24) OPEN        | POS 13 OF 46 (F) |
| 35       | 5KM   | Kambonde         | Jacobina   | 00:40:32.40 | (25) OPEN        | POS 14 OF 46 (F) |
| 36       | 5KM   | Lukas            | Aili       | 00:40:34.47 | (20) OPEN        | POS 15 OF 46 (F) |
| 37       | 5KM   | Elago            | Tungeni    | 00:40:38.27 | (26) OPEN        | POS 22 OF 45 (M) |
| 38       | 5KM   | Links            | Dustin     | 00:40:40.51 | (29) OPEN        | POS 23 OF 45 (M) |
| 39       | 5KM   | Burger           | Riaan      | 00:40:58.65 | (31) OPEN        | POS 24 OF 45 (M) |
| 40       | 5KM   | Silume           | Evodia     | 00:41:05.51 | (28) OPEN        | POS 16 OF 46 (F) |
| 41       | 5KM   | Hamutenya        | Charlotte  | 00:41:07.25 | (26) OPEN        | POS 17 OF 46 (F) |
| 42       | 5KM   | Naimhwaka        | Erwin      | 00:41:15.18 | (43) VETERAN     | POS 25 OF 45 (M) |
| 43       | 5KM   | Masanzu          | John       | 00:41:46.03 | (52) MASTER      | POS 26 OF 45 (M) |
| 44       | 5KM   | Kadhikwa         | Secilia    | 00:42:53.96 | (35) SUB VETERAN | POS 18 OF 46 (F) |
| 45       | 5KM   | Mbeeli           | Mirjam     | 00:43:12.51 | (35) SUB VETERAN | POS 19 OF 46 (F) |

**DR SAM NUJOMA 21KM**

Date of event: 12 May 19

**5KM (RUNNING)**

| POSITION | EVENT | SURNAME    | NAME            | TIME        | CATEGORY          | GENDER           |
|----------|-------|------------|-----------------|-------------|-------------------|------------------|
| 46       | 5KM   | Nambinga   | Elizabeth       | 00:43:15.90 | (25) OPEN         | POS 20 OF 46 (F) |
| 47       | 5KM   | Mutilifa   | Sauma           | 00:43:17.82 | (20) OPEN         | POS 27 OF 45 (M) |
| 48       | 5KM   | Eksteen    | Sybil           | 00:43:22.52 | (38) SUB VETERAN  | POS 21 OF 46 (F) |
| 49       | 5KM   | Ndjambula  | Kimberley       | 00:43:49.66 | (14) JUNIOR       | POS 28 OF 45 (M) |
| 50       | 5KM   | Ekongo     | John            | 00:43:54.99 | (38) SUB VETERAN  | POS 29 OF 45 (M) |
| 51       | 5KM   | Silas      | Shihama         | 00:43:59.11 | (39) SUB VETERAN  | POS 30 OF 45 (M) |
| 52       | 5KM   | Silas      | Joesephine      | 00:44:04.36 | (32) OPEN         | POS 22 OF 46 (F) |
| 53       | 5KM   | Masawi     | Tiri            | 00:44:27.42 | (33) OPEN         | POS 23 OF 46 (F) |
| 54       | 5KM   | Kahrihab   | Daniel          | 00:44:30.52 | (27) OPEN         | POS 31 OF 45 (M) |
| 55       | 5KM   | Dyason     | Graeme          | 00:44:38.26 | (66) GRAND MASTER | POS 32 OF 45 (M) |
| 56       | 5KM   | Johannes   | Laina           | 00:44:59.75 | (36) SUB VETERAN  | POS 24 OF 46 (F) |
| 57       | 5KM   | Ketjizeere | Corna           | 00:45:04.01 | (47) VETERAN      | POS 25 OF 46 (F) |
| 58       | 5KM   | Shipanga   | Anna            | 00:45:06.44 | (24) OPEN         | POS 26 OF 46 (F) |
| 59       | 5KM   | Ekandjo    | Tim             | 00:45:44.02 | (41) VETERAN      | POS 33 OF 45 (M) |
| 60       | 5KM   | Ekandjo    | Inga            | 00:45:50.99 | (20) OPEN         | POS 27 OF 46 (F) |
| 61       | 5KM   | Momberg    | Tanya           | 00:45:54.05 | (45) VETERAN      | POS 28 OF 46 (F) |
| 62       | 5KM   | Jacobs     | Anna-maria      | 00:45:56.33 | (50) MASTER       | POS 29 OF 46 (F) |
| 63       | 5KM   | Tsauses    | Delsie          | 00:46:10.88 | (46) VETERAN      | POS 30 OF 46 (F) |
| 64       | 5KM   | Shamhe     | Victoria        | 00:46:22.16 | (40) VETERAN      | POS 31 OF 46 (F) |
| 65       | 5KM   | Mweduthano | Julia           | 00:46:25.68 | (44) VETERAN      | POS 32 OF 46 (F) |
| 66       | 5KM   | Namundjebo | Hilda           | 00:46:27.82 | (20) OPEN         | POS 33 OF 46 (F) |
| 67       | 5KM   | Petrus     | Isabel          | 00:47:06.14 | (34) OPEN         | POS 34 OF 46 (F) |
| 68       | 5KM   | Mwazi      | Vernon          | 00:47:08.31 | (31) OPEN         | POS 34 OF 45 (M) |
| 69       | 5KM   | Kangowa    | Kazie           | 00:47:26.77 | (35) SUB VETERAN  | POS 35 OF 46 (F) |
| 70       | 5KM   | Links      | Angelo          | 00:47:52.01 | (31) OPEN         | POS 35 OF 45 (M) |
| 71       | 5KM   | Mbidi      | Daniel          | 00:47:57.96 | (42) VETERAN      | POS 36 OF 45 (M) |
| 72       | 5KM   | Wolfaardt  | Lilly           | 00:48:00.52 | (7) JUNIOR        | POS 36 OF 46 (F) |
| 73       | 5KM   | Nambambi   | Theresia        | 00:48:48.29 | (24) OPEN         | POS 37 OF 46 (F) |
| 74       | 5KM   | Wolf       | M. Plaatje      | 00:48:56.32 | (37) SUB VETERAN  | POS 37 OF 45 (M) |
| 75       | 5KM   | Haitengi   | Piotr           | 00:50:05.94 | (33) OPEN         | POS 38 OF 45 (M) |
| 76       | 5KM   | Muramwi    | Andrew          | 00:50:23.16 | (36) SUB VETERAN  | POS 39 OF 45 (M) |
| 77       | 5KM   | Boskovic   | Draga           | 00:50:27.41 | (68) GRAND MASTER | POS 38 OF 46 (F) |
| 78       | 5KM   | Utonih     | Selma Penna Snr | 00:51:14.97 | (64) GRAND MASTER | POS 39 OF 46 (F) |
| 79       | 5KM   | Utonih     | Selma-penna     | 00:51:16.47 | (28) OPEN         | POS 40 OF 46 (F) |
| 80       | 5KM   | Kambazembi | Princess        | 00:51:23.57 | (60) GRAND MASTER | POS 41 OF 46 (F) |
| 81       | 5KM   | Mbeeli     | Lizelle         | 00:52:29.08 | (28) OPEN         | POS 42 OF 46 (F) |
| 82       | 5KM   | Nangolo    | Victoria        | 00:52:31.21 | (34) OPEN         | POS 43 OF 46 (F) |
| 83       | 5KM   | Wehl       | Renate          | 00:52:55.28 | (32) OPEN         | POS 44 OF 46 (F) |
| 84       | 5KM   | Siririka   | Paheja          | 00:52:59.28 | (28) OPEN         | POS 40 OF 45 (M) |
| 85       | 5KM   | Beukes     | Natalie         | 00:53:34.14 | (43) VETERAN      | POS 45 OF 46 (F) |
| 86       | 5KM   | Beukes     | Josslyn         | 00:53:36.78 | (16) JUNIOR       | POS 46 OF 46 (F) |
| 87       | 5KM   | Mupetami   | Limba           | 00:57:07.34 | (30) OPEN         | POS 41 OF 45 (M) |
| 88       | 5KM   | Nanyeni    | Linekela        | 01:07:50.38 | (37) SUB VETERAN  | POS 42 OF 45 (M) |

## DR SAM NUJOMA 21KM

Date of event: 12 May 19

### 5KM (RUNNING)

| POSITION | EVENT | SURNAME      | NAME    | TIME        | CATEGORY    | GENDER |              |
|----------|-------|--------------|---------|-------------|-------------|--------|--------------|
| 89       | 5KM   | lingwafa     | Petrus  | 01:14:40.61 | (25) OPEN   | POS    | 43 OF 45 (M) |
| 90       | 5KM   | Kajovi       | Kefilwe | 01:47:37.86 | (17) JUNIOR | POS    | 44 OF 45 (M) |
| 91       | 5KM   | Ndamanomhata | Paulus  | 01:48:45.02 | (32) OPEN   | POS    | 45 OF 45 (M) |