

**NEDBANK RUNNING CLUB LVCC
LVCC TT**

04-Jan-24

5km TT

Julian Middel		22.48
Deon Cronje		23.46
Chantel Middel		25.14
Ada Stroh		26.17
Christine Stroppel		26.17
Janue		26.26
Sue		26.26
Jason		27.17
Ingo		27.28
Dean		29.16
Sandy		30.03
Jaco Visser		30.25
Ian Middel		31.34
Sesi		31.5
Gerry Engelbrecht		31.51
Jaco Duvenhage		31.54
Brian		36.14
Francois		36.14
Karel		40.38

8KM

Fanie Bekker	1	47.38
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