

**NEDBANK RUNNING CLUB LVCC
TIME TRAIL RESULTS HELD ON 14 March 2024**

Francois	5Km	28.5
Jaco Duvenhage	5Km	28.59
Mandre	5Km	23.2
Nathi Nxumalo	5Km	22.56
Thami	5Km	28.3



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