

**NEDBANK RUNNING CLUB LVCC
LVCC TT**

01-Feb-24

5KM

Sipho Willem		26.12
Mirandi Bekker		27.08
Karel		27.58
Joseph Khoza		28.15
Nathi Nxumalo		29.51
Paul		30.42
Erica		31.13
Thandi		31.35
Jaco Duvenhage		33.56
Andries		53.51
Spa		54.46
Wico		54.46

3KM

Pierre		32.25
Bongani		32.25
Johan Rademeyer		32.25
Lawrence Bloch		32.25





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