

**NEDBANK RUNNING CLUB LVCC
LVCC TT**

25-Jan-24

5KM

Reon van Aardt		21.21
Julian Middel		22.57
Jaco Visser		23.56
Mirandi Bekker		24.46
Jason		27.03
Nathi Nxumalo		27.29
Gladys		27.29
Fanie Bekker		28.25
Leja		29.39
Christine Stoppel		30.06
Sesi		31.53
Shano Sevenster		32.19
Johan Rademeyer		33.47
Clarissa		34
Janue		34.28
Ian Middel		39.2
Mandla Nxumalo		40.03

3KM

Clarissa		28.51
Wico		28.51
Andries		29.55
Leja		29.55
Pierre		29.55
Robyn		31.31
Romi		31.31





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