

**NEDBANK RUNNING CLUB LVCC  
LVCC TT**

**08-Feb-24**

**5KM**

Ingo		23.14
Sandy		25.4
Deon Cronje		28.56
Andries		31.1
Mandla Nxumalo		32.04

**3KM**

Adriaan (jnr)		28.09
Thandi		28.09





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