

MARATHON CHAMPIONSHIPS

Date of event: 11 March 23

ROSSING

SWAKOP STRIDERS

OVERALL

13 March 23

10KM (RUNNING)

| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|------------------|-------------------|--------------------|--------------|---------------|
| 1 | 10KM | Iyambo | Paulus Ndangi | 00:29:20.44 (2:56) | (40) VETERAN | 1 OF 175 (M) |
| 2 | 10KM | Lukas | Joel | 00:29:20.77 (2:56) | (28) OPEN | 2 OF 175 (M) |
| 3 | 10KM | Shiimi | Abrosius | 00:30:00.08 (3:00) | (22) OPEN | 3 OF 175 (M) |
| 4 | 10KM | Uukongo | Josie | 00:30:15.22 (3:01) | (20) OPEN | 4 OF 175 (M) |
| 5 | 10KM | Kambwae | Bernadinus | 00:30:31.30 (3:03) | (25) OPEN | 5 OF 175 (M) |
| 6 | 10KM | Naitembu | Johannes | 00:30:55.90 (3:05) | (43) VETERAN | 6 OF 175 (M) |
| 7 | 10KM | Tangeni | Shikongo | 00:30:59.79 (3:05) | (17) JUNIOR | 7 OF 175 (M) |
| 8 | 10KM | Hosea | Frans | 00:31:30.83 (3:09) | (46) VETERAN | 8 OF 175 (M) |
| 9 | 10KM | Simon | Nakale | 00:31:35.63 (3:09) | (28) OPEN | 9 OF 175 (M) |
| 10 | 10KM | Shivolo | Martha Nuukongo | 00:32:08.91 (3:12) | (33) OPEN | 1 OF 233 (F) |
| 11 | 10KM | Paulus | Michael | 00:32:40.65 (3:16) | (22) OPEN | 10 OF 175 (M) |
| 12 | 10KM | Newawa | David | 00:32:45.33 (3:16) | (25) OPEN | 11 OF 175 (M) |
| 13 | 10KM | Kosmas | Kamenye | 00:32:48.43 (3:16) | (19) JUNIOR | 12 OF 175 (M) |
| 14 | 10KM | Komeya | Oscar | 00:32:52.03 (3:17) | (47) VETERAN | 13 OF 175 (M) |
| 15 | 10KM | Gerhard | Iina-maria | 00:33:06.26 (3:18) | (21) OPEN | 2 OF 233 (F) |
| 16 | 10KM | Silvester Katupo | Angula | 00:33:08.25 (3:18) | (32) OPEN | 14 OF 175 (M) |
| 17 | 10KM | Drotsky | Kensley | 00:33:16.11 (3:19) | (21) OPEN | 15 OF 175 (M) |
| 18 | 10KM | Kalola | Elizabeth | 00:33:18.62 (3:19) | (15) JUNIOR | 3 OF 233 (F) |
| 19 | 10KM | Braz | Gabriel Josh | 00:33:35.77 (3:21) | (53) MASTER | 16 OF 175 (M) |
| 20 | 10KM | Simon | Ananias | 00:33:56.88 (3:23) | (26) OPEN | 17 OF 175 (M) |
| 21 | 10KM | Van Wyk | Victor | 00:34:39.17 (3:27) | (14) JUNIOR | 18 OF 175 (M) |
| 22 | 10KM | Meroro | Sageus | 00:34:39.35 (3:27) | (38) OPEN | 19 OF 175 (M) |
| 23 | 10KM | Nghilukilwa | Tuhafeni Simon. C | 00:34:47.28 (3:28) | (28) OPEN | 20 OF 175 (M) |
| 24 | 10KM | Jeremia | Beata Aina | 00:35:03.64 (3:30) | (20) OPEN | 4 OF 233 (F) |
| 25 | 10KM | Kawela | Isak K | 00:35:03.83 (3:30) | (36) OPEN | 21 OF 175 (M) |
| 26 | 10KM | Angula | Flavian | 00:35:05.58 (3:30) | (24) OPEN | 22 OF 175 (M) |
| 27 | 10KM | Nduviteko | Salmi Mpingana | 00:35:34.74 (3:33) | (33) OPEN | 5 OF 233 (F) |
| 28 | 10KM | Kondjashili | Paulus | 00:35:47.01 (3:34) | (22) OPEN | 23 OF 175 (M) |
| 29 | 10KM | Shuliputjo | Elfriede | 00:36:14.22 (3:37) | (31) OPEN | 6 OF 233 (F) |
| 30 | 10KM | Johannes | Lasarus | 00:37:05.94 (3:42) | (26) OPEN | 24 OF 175 (M) |
| 31 | 10KM | Mutjavikua | Raturua | 00:37:06.00 (3:42) | (15) JUNIOR | 7 OF 233 (F) |
| 32 | 10KM | Venasiu | Simion | 00:37:26.75 (3:44) | (33) OPEN | 25 OF 175 (M) |
| 33 | 10KM | Kasera | Helena | 00:37:45.74 (3:46) | (25) OPEN | 8 OF 233 (F) |
| 34 | 10KM | Martin | Saraa | 00:38:10.91 (3:49) | (24) OPEN | 9 OF 233 (F) |
| 35 | 10KM | Shiweda | Ndinela | 00:38:52.96 (3:53) | (31) OPEN | 10 OF 233 (F) |
| 36 | 10KM | Partenbach | Easter Paul | 00:39:05.17 (3:54) | (49) VETERAN | 26 OF 175 (M) |
| 37 | 10KM | Mwesheendifa | Tuuliki | 00:39:05.38 (3:54) | (19) JUNIOR | 11 OF 233 (F) |
| 38 | 10KM | Snyders | Nathan | 00:39:14.42 (3:55) | (15) JUNIOR | 27 OF 175 (M) |
| 39 | 10KM | Litongo | Jerom | 00:39:14.60 (3:55) | (15) JUNIOR | 28 OF 175 (M) |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|----------------|-----------------|--------------------|--------------|---------------|
| 40 | 10KM | Titus | Joshua | 00:39:14.77 (3:55) | (14) JUNIOR | 29 OF 175 (M) |
| 41 | 10KM | Lohmann | Nele | 00:39:14.80 (3:55) | (18) JUNIOR | 12 OF 233 (F) |
| 42 | 10KM | Franciscus | Rowan | 00:39:14.99 (3:55) | (27) OPEN | 30 OF 175 (M) |
| 43 | 10KM | Kanelombe | Nangula | 00:39:45.74 (3:58) | (32) OPEN | 13 OF 233 (F) |
| 44 | 10KM | Itembu | Deon | 00:39:57.14 (3:59) | (29) OPEN | 31 OF 175 (M) |
| 45 | 10KM | Nekundi | Fillemon | 00:39:58.96 (3:59) | (19) JUNIOR | 32 OF 175 (M) |
| 46 | 10KM | Gauaseb | Marcel | 00:40:32.91 (4:03) | (18) JUNIOR | 33 OF 175 (M) |
| 47 | 10KM | Shoopala | Rabanus | 00:40:51.35 (4:05) | (51) MASTER | 34 OF 175 (M) |
| 48 | 10KM | Iiyambo | Maria | 00:40:54.00 (4:05) | (15) JUNIOR | 14 OF 233 (F) |
| 49 | 10KM | Nenhele | Liina | 00:40:56.14 (4:05) | (16) JUNIOR | 15 OF 233 (F) |
| 50 | 10KM | Nakale | Gabriel | 00:41:01.29 (4:06) | (42) VETERAN | 35 OF 175 (M) |
| 51 | 10KM | Nghikambe | Andreas | 00:41:11.78 (4:07) | (41) VETERAN | 36 OF 175 (M) |
| 52 | 10KM | Stefanus | Selma | 00:41:26.58 (4:08) | (24) OPEN | 16 OF 233 (F) |
| 53 | 10KM | Thuynsma | Eugene Marco | 00:41:35.38 (4:09) | (26) OPEN | 37 OF 175 (M) |
| 54 | 10KM | Shikongo | Martin | 00:41:55.75 (4:11) | (33) OPEN | 38 OF 175 (M) |
| 55 | 10KM | Kgosintwa | Joseph | 00:41:56.05 (4:11) | (40) VETERAN | 39 OF 175 (M) |
| 56 | 10KM | Nakasole | Ian | 00:42:24.62 (4:14) | (29) OPEN | 40 OF 175 (M) |
| 57 | 10KM | Lange | Helgo | 00:42:27.18 (4:14) | (33) OPEN | 41 OF 175 (M) |
| 58 | 10KM | Mbwalala | Natanael | 00:42:34.15 (4:15) | (28) OPEN | 42 OF 175 (M) |
| 59 | 10KM | Snyders | Gerhard | 00:42:39.27 (4:15) | (44) VETERAN | 43 OF 175 (M) |
| 60 | 10KM | Shipena | Desiderius | 00:42:55.94 (4:17) | (28) OPEN | 44 OF 175 (M) |
| 61 | 10KM | Nangombe | Phillemon | 00:43:07.02 (4:18) | (19) JUNIOR | 45 OF 175 (M) |
| 62 | 10KM | Hamulungu | Ladeus Mekondjo | 00:43:07.91 (4:18) | (21) OPEN | 46 OF 175 (M) |
| 63 | 10KM | Van Der Colf | Lynelle | 00:43:17.15 (4:19) | (37) OPEN | 17 OF 233 (F) |
| 64 | 10KM | Titus | Lesley | 00:43:33.62 (4:21) | (35) OPEN | 47 OF 175 (M) |
| 65 | 10KM | Gordon | Bryan Male | 00:43:45.07 (4:22) | (23) OPEN | 48 OF 175 (M) |
| 66 | 10KM | Nambahu | Johannes | 00:43:51.43 (4:23) | (35) OPEN | 49 OF 175 (M) |
| 67 | 10KM | Ithana | Kerth | 00:43:53.99 (4:23) | (29) OPEN | 18 OF 233 (F) |
| 68 | 10KM | Nghiloto | Jakobus | 00:44:04.96 (4:24) | (34) OPEN | 50 OF 175 (M) |
| 69 | 10KM | Ndamanomhata | Kanalelo | 00:44:20.18 (4:26) | (29) OPEN | 51 OF 175 (M) |
| 70 | 10KM | Naimbangu | Bernadette | 00:44:44.49 (4:28) | (24) OPEN | 19 OF 233 (F) |
| 71 | 10KM | Dieckmann | Pauline | 00:44:44.56 (4:28) | (18) JUNIOR | 20 OF 233 (F) |
| 72 | 10KM | Kambunga | Salmon Tangeni | 00:44:46.60 (4:28) | (40) VETERAN | 52 OF 175 (M) |
| 73 | 10KM | Gebhardt | Paul | 00:44:58.11 (4:29) | (33) OPEN | 53 OF 175 (M) |
| 74 | 10KM | Kashengu | Laimi | 00:44:59.00 (4:29) | (23) OPEN | 21 OF 233 (F) |
| 75 | 10KM | Davis-hannibal | Geronne | 00:44:59.01 (4:29) | (33) OPEN | 54 OF 175 (M) |
| 76 | 10KM | Jolonimu | Dumeni | 00:45:00.00 (4:30) | (26) OPEN | 55 OF 175 (M) |
| 77 | 10KM | Kathena | Erwin | 00:45:22.97 (4:32) | (13) JUNIOR | 56 OF 175 (M) |
| 78 | 10KM | Kasheeta | Werner | 00:45:33.60 (4:33) | (40) VETERAN | 57 OF 175 (M) |
| 79 | 10KM | Iita | Isaac | 00:45:33.88 (4:33) | (21) OPEN | 58 OF 175 (M) |
| 80 | 10KM | Iita | Kaarina | 00:45:40.56 (4:34) | (28) OPEN | 22 OF 233 (F) |
| 81 | 10KM | Kandundu | Laurence Tommy | 00:46:12.66 (4:37) | (46) VETERAN | 59 OF 175 (M) |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|--------------|------------------|--------------------|--------------|---------------|
| 82 | 10KM | Mbwalala | Heralia | 00:46:13.51 (4:37) | (30) OPEN | 23 OF 233 (F) |
| 83 | 10KM | Kagogo | Theophelus | 00:46:31.85 (4:39) | (32) OPEN | 60 OF 175 (M) |
| 84 | 10KM | Aipanda | Tomas | 00:46:39.38 (4:39) | (34) OPEN | 61 OF 175 (M) |
| 85 | 10KM | Ipito | Ileni | 00:46:42.43 (4:40) | (32) OPEN | 62 OF 175 (M) |
| 86 | 10KM | Mentzel | Julian | 00:46:53.44 (4:41) | (26) OPEN | 63 OF 175 (M) |
| 87 | 10KM | Namhadi | Marth | 00:47:08.14 (4:42) | (40) VETERAN | 24 OF 233 (F) |
| 88 | 10KM | Kambidhi | Ananias | 00:47:15.04 (4:43) | (29) OPEN | 64 OF 175 (M) |
| 89 | 10KM | Shilamba | Jerold | 00:47:15.61 (4:43) | (32) OPEN | 65 OF 175 (M) |
| 90 | 10KM | lilende | Tangeni | 00:47:16.38 (4:43) | (36) OPEN | 66 OF 175 (M) |
| 91 | 10KM | De Hilster | Kyle | 00:47:17.39 (4:43) | (14) JUNIOR | 67 OF 175 (M) |
| 92 | 10KM | lipinge | Thomas | 00:47:24.52 (4:44) | (34) OPEN | 68 OF 175 (M) |
| 93 | 10KM | Ndahangwapo | Dave | 00:47:37.16 (4:45) | (33) OPEN | 69 OF 175 (M) |
| 94 | 10KM | Uuyuni | Ralph | 00:47:37.72 (4:45) | (28) OPEN | 70 OF 175 (M) |
| 95 | 10KM | Nakapunda | David | 00:47:56.19 (4:47) | (31) OPEN | 71 OF 175 (M) |
| 96 | 10KM | Kalomho | Immanuel | 00:48:08.41 (4:48) | (39) OPEN | 72 OF 175 (M) |
| 97 | 10KM | Hamulungu | Tomas | 00:48:08.50 (4:48) | (23) OPEN | 73 OF 175 (M) |
| 98 | 10KM | Ndinoshiho | Lala | 00:48:08.72 (4:48) | (37) OPEN | 25 OF 233 (F) |
| 99 | 10KM | Mbwalala | Justina Nn | 00:48:20.43 (4:50) | (41) VETERAN | 26 OF 233 (F) |
| 100 | 10KM | Mbumbi Katuu | Victoria | 00:48:23.08 (4:50) | (55) MASTER | 27 OF 233 (F) |
| 101 | 10KM | Van Wyk | Abri | 00:48:25.41 (4:50) | (37) OPEN | 74 OF 175 (M) |
| 102 | 10KM | Shipepe | Erastus | 00:48:52.04 (4:53) | (33) OPEN | 75 OF 175 (M) |
| 103 | 10KM | Uxamb | Xander | 00:49:04.63 (4:54) | (15) JUNIOR | 76 OF 175 (M) |
| 104 | 10KM | Shilongo | Helena | 00:49:10.50 (4:55) | (27) OPEN | 28 OF 233 (F) |
| 105 | 10KM | Himmel | Marion | 00:49:11.22 (4:55) | (56) MASTER | 29 OF 233 (F) |
| 106 | 10KM | Kamati | Jacky Lady K | 00:49:15.32 (4:55) | (41) VETERAN | 30 OF 233 (F) |
| 107 | 10KM | Pretorius | Dian | 00:49:25.61 (4:56) | (14) JUNIOR | 77 OF 175 (M) |
| 108 | 10KM | Schrader | Gladwin | 00:49:25.68 (4:56) | (37) OPEN | 78 OF 175 (M) |
| 109 | 10KM | Petrus | Tuhafeni | 00:49:28.75 (4:56) | (28) OPEN | 79 OF 175 (M) |
| 110 | 10KM | Mertens | Enzo | 00:49:30.47 (4:57) | (14) JUNIOR | 80 OF 175 (M) |
| 111 | 10KM | Fouche | Elmarie | 00:49:32.20 (4:57) | (42) VETERAN | 31 OF 233 (F) |
| 112 | 10KM | Nambahu | Taimi | 00:49:32.54 (4:57) | (34) OPEN | 81 OF 175 (M) |
| 113 | 10KM | Ambiga | Josephat | 00:49:43.02 (4:58) | (40) VETERAN | 82 OF 175 (M) |
| 114 | 10KM | Van Wyk | Darian | 00:49:47.11 (4:58) | (38) OPEN | 83 OF 175 (M) |
| 115 | 10KM | Haimbondi | Jonas Tarantal | 00:50:06.63 (5:00) | (32) OPEN | 84 OF 175 (M) |
| 116 | 10KM | Van Niekerk | Johann | 00:50:10.51 (5:01) | (40) VETERAN | 85 OF 175 (M) |
| 117 | 10KM | Paulus | Rikeke | 00:50:19.80 (5:01) | (33) OPEN | 86 OF 175 (M) |
| 118 | 10KM | Nangombe | Kristof | 00:50:22.69 (5:02) | (33) OPEN | 87 OF 175 (M) |
| 119 | 10KM | Nell | Bjorn | 00:50:25.69 (5:02) | (31) OPEN | 88 OF 175 (M) |
| 120 | 10KM | Kalomho | Robert H | 00:50:33.22 (5:03) | (55) MASTER | 89 OF 175 (M) |
| 121 | 10KM | Uyumba | Ursula | 00:51:10.27 (5:07) | (31) OPEN | 32 OF 233 (F) |
| 122 | 10KM | Shilongo | Isidor Shafovino | 00:51:18.41 (5:07) | (43) VETERAN | 90 OF 175 (M) |
| 123 | 10KM | Wormsbacher | Anneke | 00:51:20.98 (5:08) | (37) OPEN | 33 OF 233 (F) |

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10KM (RUNNING)

| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|-----------------|-----------------|--------------------|-------------------|---------------|
| 124 | 10KM | Muranda | Presley Tjeripo | 00:51:40.40 (5:10) | (32) OPEN | 91 OF 175 (M) |
| 125 | 10KM | Van Den Heever | Renette | 00:51:44.74 (5:10) | (59) MASTER | 34 OF 233 (F) |
| 126 | 10KM | Sambiliye | Arlete | 00:51:44.99 (5:10) | (26) OPEN | 35 OF 233 (F) |
| 127 | 10KM | Kaipiti | Julius | 00:51:56.45 (5:11) | (41) VETERAN | 92 OF 175 (M) |
| 128 | 10KM | Mbwalala | Hendrina | 00:51:56.61 (5:11) | (37) OPEN | 36 OF 233 (F) |
| 129 | 10KM | Shikulo | Justine | 00:51:58.76 (5:11) | (47) VETERAN | 37 OF 233 (F) |
| 130 | 10KM | Marx | Floris | 00:52:11.65 (5:13) | (34) OPEN | 93 OF 175 (M) |
| 131 | 10KM | Ramothibe | Enrico | 00:52:15.51 (5:13) | (26) OPEN | 94 OF 175 (M) |
| 132 | 10KM | Fouche | Gerrit | 00:52:23.63 (5:14) | (44) VETERAN | 95 OF 175 (M) |
| 133 | 10KM | Ekanjo | Tangeni | 00:52:38.75 (5:15) | (45) VETERAN | 96 OF 175 (M) |
| 134 | 10KM | Haleinge | Suama | 00:52:45.53 (5:16) | (48) VETERAN | 38 OF 233 (F) |
| 135 | 10KM | Shivute | Frans | 00:52:46.68 (5:16) | (35) OPEN | 97 OF 175 (M) |
| 136 | 10KM | Tjaverua | Hipeune | 00:52:57.93 (5:17) | (29) OPEN | 98 OF 175 (M) |
| 137 | 10KM | Garrard | David | 00:52:58.10 (5:17) | (53) MASTER | 99 OF 175 (M) |
| 138 | 10KM | Mostert | Luther | 00:52:58.35 (5:17) | (41) VETERAN | 100 OF 175 |
| 139 | 10KM | Partenbach-fick | Sophy | 00:53:09.20 (5:18) | (49) VETERAN | 39 OF 233 (F) |
| 140 | 10KM | Angula | Remigius | 00:53:17.64 (5:19) | (42) VETERAN | 101 OF 175 |
| 141 | 10KM | Kamati | Matias | 00:53:23.13 (5:20) | (45) VETERAN | 102 OF 175 |
| 142 | 10KM | Shithigona | Tim | 00:53:31.10 (5:21) | (12) JUNIOR | 103 OF 175 |
| 143 | 10KM | Mavhundu | Prayer | 00:53:33.41 (5:21) | (36) OPEN | 104 OF 175 |
| 144 | 10KM | Shatona | Esther | 00:53:36.71 (5:21) | (40) VETERAN | 40 OF 233 (F) |
| 145 | 10KM | Mutenda | Robert | 00:54:10.24 (5:25) | (38) OPEN | 105 OF 175 |
| 146 | 10KM | Hamann | Marieke | 00:54:17.60 (5:25) | (28) OPEN | 41 OF 233 (F) |
| 147 | 10KM | Esterhuizen | Magreth | 00:54:44.19 (5:28) | (42) VETERAN | 42 OF 233 (F) |
| 148 | 10KM | lita | Asino | 00:54:47.66 (5:28) | (31) OPEN | 106 OF 175 |
| 149 | 10KM | Shaiemo | Dennis Hp | 00:55:07.09 (5:30) | (32) OPEN | 107 OF 175 |
| 150 | 10KM | Kahumba Shinana | Samuel Etoo | 00:55:10.70 (5:31) | (30) OPEN | 108 OF 175 |
| 151 | 10KM | Mhaka | Onias | 00:55:18.68 (5:31) | (43) VETERAN | 109 OF 175 |
| 152 | 10KM | Kaiyamo | Elia Tuikila | 00:55:25.99 (5:32) | (30) OPEN | 110 OF 175 |
| 153 | 10KM | Mondjila | Mondjila | 00:55:36.81 (5:33) | (35) OPEN | 111 OF 175 |
| 154 | 10KM | Shoowa | Ruusa | 00:55:36.98 (5:33) | (28) OPEN | 43 OF 233 (F) |
| 155 | 10KM | Uuyuni | Jordan Shikongo | 00:55:44.85 (5:34) | (49) VETERAN | 112 OF 175 |
| 156 | 10KM | liyambo | Eveline | 00:55:48.61 (5:34) | (44) VETERAN | 44 OF 233 (F) |
| 157 | 10KM | De Hilster | Craig | 00:56:03.18 (5:36) | (12) JUNIOR | 113 OF 175 |
| 158 | 10KM | Pretorius | Leanie | 00:56:11.58 (5:37) | (42) VETERAN | 45 OF 233 (F) |
| 159 | 10KM | Mdhlongwa | Forgiveness | 00:56:15.11 (5:37) | (34) OPEN | 46 OF 233 (F) |
| 160 | 10KM | Haupt | Colwyn | 00:56:17.61 (5:37) | (64) GRAND MASTER | 114 OF 175 |
| 161 | 10KM | Ndengu | Vatileni David | 00:56:30.64 (5:39) | (39) OPEN | 115 OF 175 |
| 162 | 10KM | Shinuna | Wilikka | 00:56:32.36 (5:39) | (33) OPEN | 47 OF 233 (F) |
| 163 | 10KM | Taapopi | Dhimbulukweni | 00:57:09.15 (5:42) | (32) OPEN | 48 OF 233 (F) |
| 164 | 10KM | Munyandi | Ngeno | 00:57:35.96 (5:45) | (21) OPEN | 116 OF 175 |
| 165 | 10KM | Nepembe | Henok | 00:57:36.15 (5:45) | (34) OPEN | 117 OF 175 |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|-----------------|-------------------|--------------------|-------------------|---------------|
| 166 | 10KM | Roets | Anton | 00:57:40.50 (5:46) | (49) VETERAN | 118 OF 175 |
| 167 | 10KM | Londen | Emilia | 00:58:40.71 (5:52) | (39) OPEN | 49 OF 233 (F) |
| 168 | 10KM | Burger | Adolf | 00:58:50.33 (5:53) | (59) MASTER | 119 OF 175 |
| 169 | 10KM | Engels | Louise | 00:59:33.59 (5:57) | (38) OPEN | 50 OF 233 (F) |
| 170 | 10KM | Engelbrecht | Phil-mari | 01:00:01.99 (6:00) | (38) OPEN | 51 OF 233 (F) |
| 171 | 10KM | Amunime | Leonard | 01:00:06.68 (6:00) | (35) OPEN | 120 OF 175 |
| 172 | 10KM | Milne | Naomi | 01:00:19.55 (6:01) | (53) MASTER | 52 OF 233 (F) |
| 173 | 10KM | Koekemoer | Marsha | 01:00:33.79 (6:03) | (41) VETERAN | 53 OF 233 (F) |
| 174 | 10KM | Velskoendraaier | Sophia | 01:00:50.55 (6:05) | (26) OPEN | 54 OF 233 (F) |
| 175 | 10KM | Shapumba | Hilma | 01:00:56.61 (6:05) | (25) OPEN | 55 OF 233 (F) |
| 176 | 10KM | Shipanga | Paulus | 01:01:25.22 (6:08) | (45) VETERAN | 121 OF 175 |
| 177 | 10KM | Van Eeden | Ju-ern | 01:01:39.49 (6:09) | (39) OPEN | 56 OF 233 (F) |
| 178 | 10KM | Amweero | Justina | 01:01:47.58 (6:10) | (32) OPEN | 57 OF 233 (F) |
| 179 | 10KM | Tjipe | Percy | 01:01:48.00 (6:10) | (45) VETERAN | 122 OF 175 |
| 180 | 10KM | De La Harpe | Colin | 01:01:49.05 (6:10) | (60) GRAND MASTER | 123 OF 175 |
| 181 | 10KM | Tjeriko | Ripuree | 01:01:56.03 (6:11) | (32) OPEN | 58 OF 233 (F) |
| 182 | 10KM | Miller | Ralette | 01:02:03.59 (6:12) | (40) VETERAN | 59 OF 233 (F) |
| 183 | 10KM | Miller | Stephen | 01:02:04.21 (6:12) | (25) OPEN | 124 OF 175 |
| 184 | 10KM | Shikongo | Immanuel | 01:02:27.66 (6:14) | (40) VETERAN | 125 OF 175 |
| 185 | 10KM | Uuyuni | Wendell | 01:02:37.53 (6:15) | (39) OPEN | 126 OF 175 |
| 186 | 10KM | Jacobie | Nicolette | 01:02:49.97 (6:16) | (41) VETERAN | 60 OF 233 (F) |
| 187 | 10KM | Chigova | Arthur T | 01:02:54.69 (6:17) | (40) VETERAN | 127 OF 175 |
| 188 | 10KM | Basson | Heribert | 01:03:02.33 (6:18) | (27) OPEN | 128 OF 175 |
| 189 | 10KM | Van Der Walt | Isabelle | 01:03:24.31 (6:20) | (37) OPEN | 61 OF 233 (F) |
| 190 | 10KM | Naruseb | Helvi | 01:03:43.85 (6:22) | (44) VETERAN | 62 OF 233 (F) |
| 191 | 10KM | Jemu | Mtabeni | 01:03:46.69 (6:22) | (38) OPEN | 129 OF 175 |
| 192 | 10KM | Ackermann | Henke | 01:03:49.30 (6:22) | (63) GRAND MASTER | 130 OF 175 |
| 193 | 10KM | Besser | Calvyn | 01:03:52.24 (6:23) | (59) MASTER | 131 OF 175 |
| 194 | 10KM | Onesmus | Neville | 01:04:02.97 (6:24) | (37) OPEN | 132 OF 175 |
| 195 | 10KM | Chipfupa | Munyaradzi | 01:04:03.12 (6:24) | (47) VETERAN | 133 OF 175 |
| 196 | 10KM | Josaphat | Nouwanga Lakela | 01:04:21.21 (6:26) | (31) OPEN | 63 OF 233 (F) |
| 197 | 10KM | Shitalangaho | Ndapewa | 01:04:43.21 (6:28) | (14) JUNIOR | 64 OF 233 (F) |
| 198 | 10KM | Hailapa | Petrina | 01:05:28.73 (6:32) | (38) OPEN | 65 OF 233 (F) |
| 199 | 10KM | Nakale | Emilia | 01:05:29.44 (6:32) | (36) OPEN | 66 OF 233 (F) |
| 200 | 10KM | Moses | Kristine | 01:05:40.48 (6:34) | (42) VETERAN | 67 OF 233 (F) |
| 201 | 10KM | Schrader | Tasneema | 01:05:44.72 (6:34) | (32) OPEN | 68 OF 233 (F) |
| 202 | 10KM | Engelbrecht | Hendrina | 01:06:06.57 (6:36) | (37) OPEN | 69 OF 233 (F) |
| 203 | 10KM | Kashe | Kake | 01:06:07.49 (6:36) | (32) OPEN | 134 OF 175 |
| 204 | 10KM | Gontes | Heltroud Karin | 01:06:08.65 (6:36) | (37) OPEN | 70 OF 233 (F) |
| 205 | 10KM | Shilipipo | Gershon Shilipipo | 01:06:27.60 (6:38) | (29) OPEN | 135 OF 175 |
| 206 | 10KM | Maasdorp | Shaun | 01:06:34.64 (6:39) | (38) OPEN | 136 OF 175 |
| 207 | 10KM | Dauramanzi | Masimba | 01:06:35.00 (6:39) | (46) VETERAN | 137 OF 175 |

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10KM (RUNNING)

| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|------------------|------------------|--------------------|-------------------|----------------|
| 208 | 10KM | Paulus | Emilia | 01:06:35.67 (6:39) | (28) OPEN | 71 OF 233 (F) |
| 209 | 10KM | Raynard | Raynier | 01:06:40.68 (6:40) | (34) OPEN | 138 OF 175 |
| 210 | 10KM | Asino | Idda | 01:06:46.19 (6:40) | (38) OPEN | 72 OF 233 (F) |
| 211 | 10KM | Scholtz | Monja | 01:06:50.00 (6:41) | (37) OPEN | 73 OF 233 (F) |
| 212 | 10KM | Kamulilo | Ester Magano | 01:06:50.75 (6:41) | (38) OPEN | 74 OF 233 (F) |
| 213 | 10KM | Isak | Agnes Maria | 01:06:57.77 (6:41) | (39) OPEN | 75 OF 233 (F) |
| 214 | 10KM | Parreira | Jackie | 01:07:01.00 (6:42) | (26) OPEN | 76 OF 233 (F) |
| 215 | 10KM | Sheunye | Penda | 01:07:09.63 (6:42) | (34) OPEN | 139 OF 175 |
| 216 | 10KM | Lehoho | Lydia | 01:07:10.91 (6:43) | (62) GRAND MASTER | 77 OF 233 (F) |
| 217 | 10KM | Gariseb | Stefanus | 01:07:12.55 (6:43) | (40) VETERAN | 140 OF 175 |
| 218 | 10KM | Muzingwani | Laura | 01:07:32.67 (6:45) | (36) OPEN | 78 OF 233 (F) |
| 219 | 10KM | Nell | Sharon | 01:07:37.74 (6:45) | (46) VETERAN | 79 OF 233 (F) |
| 220 | 10KM | Beukes | Danny | 01:07:40.85 (6:46) | (47) VETERAN | 141 OF 175 |
| 221 | 10KM | Emuno | Taimmy | 01:07:41.68 (6:46) | (42) VETERAN | 80 OF 233 (F) |
| 222 | 10KM | Sheehama | Anna | 01:07:49.73 (6:46) | (29) OPEN | 81 OF 233 (F) |
| 223 | 10KM | Calitz | Sanet | 01:07:54.75 (6:47) | (49) VETERAN | 82 OF 233 (F) |
| 224 | 10KM | Bilhawer | Rejoice | 01:08:07.18 (6:48) | (32) OPEN | 83 OF 233 (F) |
| 225 | 10KM | Himmel | Erich Ecki | 01:08:08.88 (6:48) | (64) GRAND MASTER | 142 OF 175 |
| 226 | 10KM | Kozlova | Daphne | 01:08:09.14 (6:48) | (39) OPEN | 84 OF 233 (F) |
| 227 | 10KM | Benjamin | Arthur | 01:08:09.21 (6:48) | (36) OPEN | 143 OF 175 |
| 228 | 10KM | Niimbala | Helena | 01:08:16.31 (6:49) | (30) OPEN | 85 OF 233 (F) |
| 229 | 10KM | Kaura | Muhindua | 01:08:17.62 (6:49) | (50) MASTER | 144 OF 175 |
| 230 | 10KM | Beck | Barbara | 01:08:23.05 (6:50) | (67) GRAND MASTER | 86 OF 233 (F) |
| 231 | 10KM | Rohas | Sorrenta | 01:08:33.67 (6:51) | (43) VETERAN | 87 OF 233 (F) |
| 232 | 10KM | Nangolo | Emilie Ndinelago | 01:08:38.08 (6:51) | (38) OPEN | 88 OF 233 (F) |
| 233 | 10KM | Ashipala | Augustina | 01:08:41.43 (6:52) | (36) OPEN | 89 OF 233 (F) |
| 234 | 10KM | Kabajani | Miya | 01:08:41.60 (6:52) | (37) OPEN | 90 OF 233 (F) |
| 235 | 10KM | Chisambo | Frans | 01:08:44.82 (6:52) | (66) GRAND MASTER | 145 OF 175 |
| 236 | 10KM | Stehle | Jacques | 01:08:48.45 (6:52) | (39) OPEN | 146 OF 175 |
| 237 | 10KM | Zaire | Rakotoka | 01:08:52.85 (6:53) | (32) OPEN | 147 OF 175 |
| 238 | 10KM | Shaama | Jessica | 01:08:53.63 (6:53) | (26) OPEN | 91 OF 233 (F) |
| 239 | 10KM | Van Niekerk | Juanita | 01:08:55.16 (6:53) | (56) MASTER | 92 OF 233 (F) |
| 240 | 10KM | Van Niekerk | Vonni | 01:08:55.79 (6:53) | (28) OPEN | 93 OF 233 (F) |
| 241 | 10KM | Nghikefelwa | Maria | 01:08:59.80 (6:53) | (43) VETERAN | 94 OF 233 (F) |
| 242 | 10KM | Nyandoro | James | 01:09:01.26 (6:54) | (49) VETERAN | 148 OF 175 |
| 243 | 10KM | Gertze Elago | Laurensia | 01:09:09.33 (6:54) | (56) MASTER | 95 OF 233 (F) |
| 244 | 10KM | Fourie | Antonette | 01:09:11.85 (6:55) | (70) GRAND MASTER | 96 OF 233 (F) |
| 245 | 10KM | Martin | Yamilla | 01:09:15.18 (6:55) | (24) OPEN | 97 OF 233 (F) |
| 246 | 10KM | Nyambe | Robby Matengu | 01:09:26.60 (6:56) | (59) MASTER | 149 OF 175 |
| 247 | 10KM | Walters | Amy | 01:09:26.60 (6:56) | (29) OPEN | 98 OF 233 (F) |
| 248 | 10KM | Ferreira-onesmus | Lorato | 01:09:39.88 (6:57) | (36) OPEN | 99 OF 233 (F) |
| 249 | 10KM | Nakanyala | Maria | 01:10:05.47 (7:00) | (24) OPEN | 100 OF 233 (F) |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|------------------|---------------------|--------------------|-------------------|----------------|
| 250 | 10KM | Gaeseb | Riaan Roach | 01:10:06.05 (7:00) | (33) OPEN | 150 OF 175 |
| 251 | 10KM | Schrader | Paul | 01:10:08.68 (7:00) | (50) MASTER | 151 OF 175 |
| 252 | 10KM | Landsberg | Adelene | 01:10:40.20 (7:04) | (32) OPEN | 101 OF 233 (F) |
| 253 | 10KM | Abel | Zandile Lazandre | 01:11:04.83 (7:06) | (29) OPEN | 102 OF 233 (F) |
| 254 | 10KM | Uises | Christofina Christy | 01:11:29.96 (7:08) | (37) OPEN | 103 OF 233 (F) |
| 255 | 10KM | Dreyer | Barbara | 01:11:32.47 (7:09) | (53) MASTER | 104 OF 233 (F) |
| 256 | 10KM | Ambiga | Ramana | 01:11:38.89 (7:09) | (37) OPEN | 105 OF 233 (F) |
| 257 | 10KM | Kuvare | Vasisee | 01:11:40.50 (7:10) | (39) OPEN | 106 OF 233 (F) |
| 258 | 10KM | October | Bronwynne | 01:11:42.01 (7:10) | (44) VETERAN | 152 OF 175 |
| 259 | 10KM | Herbst | Essie | 01:11:44.12 (7:10) | (64) GRAND MASTER | 107 OF 233 (F) |
| 260 | 10KM | Strauss | Alden | 01:12:01.23 (7:12) | (52) MASTER | 153 OF 175 |
| 261 | 10KM | Strauss | Candice | 01:12:07.61 (7:12) | (37) OPEN | 108 OF 233 (F) |
| 262 | 10KM | Oosthuysen | Estelle | 01:12:15.55 (7:13) | (59) MASTER | 109 OF 233 (F) |
| 263 | 10KM | Fourie | Hendrik | 01:12:15.82 (7:13) | (73) GRAND MASTER | 154 OF 175 |
| 264 | 10KM | Lehoho | Lucianno | 01:12:16.40 (7:13) | (25) OPEN | 155 OF 175 |
| 265 | 10KM | Fillipus | Toni | 01:12:16.66 (7:13) | (35) OPEN | 110 OF 233 (F) |
| 266 | 10KM | Amadhila | Vistorin | 01:12:25.56 (7:14) | (38) OPEN | 111 OF 233 (F) |
| 267 | 10KM | Hengari | Cynthia | 01:12:56.79 (7:17) | (40) VETERAN | 112 OF 233 (F) |
| 268 | 10KM | Mbeeli | Nikkie | 01:12:57.32 (7:17) | (47) VETERAN | 156 OF 175 |
| 269 | 10KM | Angula | Ekinsa | 01:12:57.58 (7:17) | (33) OPEN | 113 OF 233 (F) |
| 270 | 10KM | Ndiweteko | Paulus | 01:12:57.82 (7:17) | (42) VETERAN | 157 OF 175 |
| 271 | 10KM | Mwatukange | Martin | 01:12:58.09 (7:17) | (32) OPEN | 158 OF 175 |
| 272 | 10KM | Luanda | Victoria | 01:13:09.50 (7:18) | (29) OPEN | 114 OF 233 (F) |
| 273 | 10KM | Titus | Elina | 01:13:10.42 (7:19) | (32) OPEN | 115 OF 233 (F) |
| 274 | 10KM | Uunona | Hanna | 01:13:51.92 (7:23) | (33) OPEN | 116 OF 233 (F) |
| 275 | 10KM | Biewenga Mostert | Tarina | 01:13:59.33 (7:23) | (32) OPEN | 117 OF 233 (F) |
| 276 | 10KM | Visagie | Ronald | 01:14:07.99 (7:24) | (55) MASTER | 159 OF 175 |
| 277 | 10KM | Andreas | Kornelia | 01:14:19.11 (7:25) | (35) OPEN | 118 OF 233 (F) |
| 278 | 10KM | Nevonga | Martha | 01:14:19.29 (7:25) | (37) OPEN | 119 OF 233 (F) |
| 279 | 10KM | Kazondunge | Uejaa | 01:14:43.77 (7:28) | (39) OPEN | 120 OF 233 (F) |
| 280 | 10KM | Tjitemisa | Melinda | 01:14:43.91 (7:28) | (33) OPEN | 121 OF 233 (F) |
| 281 | 10KM | Haimbili | Bertha | 01:14:47.26 (7:28) | (33) OPEN | 122 OF 233 (F) |
| 282 | 10KM | Kotze | Scharlotte | 01:15:20.35 (7:32) | (46) VETERAN | 123 OF 233 (F) |
| 283 | 10KM | Shuukwanyama | Atuhe | 01:15:33.86 (7:33) | (28) OPEN | 124 OF 233 (F) |
| 284 | 10KM | Ruhozu | Margareth | 01:15:36.31 (7:33) | (32) OPEN | 125 OF 233 (F) |
| 285 | 10KM | Chigova | Victory T. | 01:15:36.35 (7:33) | (40) VETERAN | 126 OF 233 (F) |
| 286 | 10KM | Efraim | Kaarina | 01:15:37.69 (7:33) | (29) OPEN | 127 OF 233 (F) |
| 287 | 10KM | De Wee | Ramira | 01:15:38.94 (7:33) | (31) OPEN | 128 OF 233 (F) |
| 288 | 10KM | Botes | Amy | 01:15:47.31 (7:34) | (29) OPEN | 129 OF 233 (F) |
| 289 | 10KM | Mertens | Celina | 01:15:50.59 (7:35) | (19) JUNIOR | 130 OF 233 (F) |
| 290 | 10KM | Vihajo | Marilyn | 01:16:03.16 (7:36) | (39) OPEN | 131 OF 233 (F) |
| 291 | 10KM | Snyman | Janice | 01:16:36.82 (7:39) | (33) OPEN | 132 OF 233 (F) |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|-------------|----------------|--------------------|-------------------|----------------|
| 292 | 10KM | Mouton | Vannesa-mae | 01:16:52.71 (7:41) | (19) JUNIOR | 133 OF 233 (F) |
| 293 | 10KM | Shikongo | Taapita | 01:17:20.16 (7:44) | (34) OPEN | 134 OF 233 (F) |
| 294 | 10KM | Shangula | Toxie | 01:17:26.35 (7:44) | (37) OPEN | 135 OF 233 (F) |
| 295 | 10KM | Eises | Aletha | 01:17:26.52 (7:44) | (32) OPEN | 136 OF 233 (F) |
| 296 | 10KM | Muradzikwa | Shamiso | 01:17:28.08 (7:44) | (35) OPEN | 137 OF 233 (F) |
| 297 | 10KM | Nawaseb | Desmund | 01:17:28.58 (7:44) | (35) OPEN | 160 OF 175 |
| 298 | 10KM | Van Rooi | Nadine | 01:17:28.80 (7:44) | (36) OPEN | 138 OF 233 (F) |
| 299 | 10KM | Nepolo | Vaarima Dizona | 01:17:32.83 (7:45) | (30) OPEN | 139 OF 233 (F) |
| 300 | 10KM | Shikwaya | Rauna | 01:17:33.50 (7:45) | (32) OPEN | 140 OF 233 (F) |
| 301 | 10KM | Olavi | Ndamona | 01:17:49.85 (7:46) | (34) OPEN | 141 OF 233 (F) |
| 302 | 10KM | Mouton | Bettie | 01:18:06.28 (7:48) | (53) MASTER | 142 OF 233 (F) |
| 303 | 10KM | Shikongo | Ann-august | 01:18:29.54 (7:50) | (43) VETERAN | 143 OF 233 (F) |
| 304 | 10KM | Kasale | Mclyn | 01:18:37.82 (7:51) | (42) VETERAN | 161 OF 175 |
| 305 | 10KM | Mertens | Cadee | 01:18:50.45 (7:53) | (16) JUNIOR | 144 OF 233 (F) |
| 306 | 10KM | Bruwer | Stephny | 01:18:59.51 (7:53) | (49) VETERAN | 145 OF 233 (F) |
| 307 | 10KM | Matthies | Verena | 01:19:19.46 (7:55) | (40) VETERAN | 146 OF 233 (F) |
| 308 | 10KM | Wasserfall | Lize | 01:19:19.63 (7:55) | (32) OPEN | 147 OF 233 (F) |
| 309 | 10KM | Stephanus | Mersha | 01:19:29.24 (7:56) | (34) OPEN | 148 OF 233 (F) |
| 310 | 10KM | Mungendje | Utiomuni | 01:19:33.96 (7:57) | (38) OPEN | 149 OF 233 (F) |
| 311 | 10KM | Stephanus | Serinna | 01:19:40.57 (7:58) | (36) OPEN | 150 OF 233 (F) |
| 312 | 10KM | Raynard | Nicolene | 01:19:46.31 (7:58) | (34) OPEN | 151 OF 233 (F) |
| 313 | 10KM | Philander | Ruben | 01:19:46.69 (7:58) | (52) MASTER | 162 OF 175 |
| 314 | 10KM | Coetzee | Richardine | 01:19:53.71 (7:59) | (33) OPEN | 152 OF 233 (F) |
| 315 | 10KM | Malapi | Annatjie | 01:19:56.86 (7:59) | (43) VETERAN | 153 OF 233 (F) |
| 316 | 10KM | De Wee | Charne | 01:20:10.94 (8:01) | (28) OPEN | 154 OF 233 (F) |
| 317 | 10KM | Abraham | Veringuno | 01:20:13.49 (8:01) | (38) OPEN | 155 OF 233 (F) |
| 318 | 10KM | Goagoses | Jenin | 01:20:19.80 (8:01) | (23) OPEN | 156 OF 233 (F) |
| 319 | 10KM | Imene | Augustus | 01:20:35.63 (8:03) | (23) OPEN | 163 OF 175 |
| 320 | 10KM | Coetzee | Charlotte | 01:20:41.85 (8:04) | (49) VETERAN | 157 OF 233 (F) |
| 321 | 10KM | Hagen | Aloise | 01:21:04.08 (8:06) | (27) OPEN | 158 OF 233 (F) |
| 322 | 10KM | Dronia | Karin | 01:21:24.08 (8:08) | (45) VETERAN | 159 OF 233 (F) |
| 323 | 10KM | Hiimo | Wilka | 01:21:35.07 (8:09) | (31) OPEN | 160 OF 233 (F) |
| 324 | 10KM | Hekandjo | Rauna | 01:21:38.07 (8:09) | (31) OPEN | 161 OF 233 (F) |
| 325 | 10KM | Nekuta | Saara | 01:21:39.11 (8:09) | (28) OPEN | 162 OF 233 (F) |
| 326 | 10KM | Upingasana | Uanjenguaije | 01:21:44.80 (8:10) | (17) JUNIOR | 163 OF 233 (F) |
| 327 | 10KM | Titus | Antoinette | 01:21:53.33 (8:11) | (43) VETERAN | 164 OF 233 (F) |
| 328 | 10KM | Breytenbach | Alda-marie | 01:21:57.08 (8:11) | (50) MASTER | 165 OF 233 (F) |
| 329 | 10KM | Grobler | Tina | 01:22:01.72 (8:12) | (27) OPEN | 166 OF 233 (F) |
| 330 | 10KM | Iyambo | Johanna | 01:22:02.13 (8:12) | (44) VETERAN | 167 OF 233 (F) |
| 331 | 10KM | Jatamunua | Rejoice | 01:22:02.84 (8:12) | (32) OPEN | 168 OF 233 (F) |
| 332 | 10KM | Nambahu | Luna | 01:22:03.16 (8:12) | (31) OPEN | 169 OF 233 (F) |
| 333 | 10KM | Nghitaunapo | Temba | 01:22:04.00 (8:12) | (61) GRAND MASTER | 164 OF 175 |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|-------------------|-----------------|--------------------|-------------------|----------------|
| 334 | 10KM | Akweenda | Karina | 01:22:08.75 (8:12) | (38) OPEN | 170 OF 233 (F) |
| 335 | 10KM | Hagemann | Jeremiah | 01:22:18.60 (8:13) | (16) JUNIOR | 165 OF 175 |
| 336 | 10KM | Tjiriange | Rosy | 01:22:20.78 (8:14) | (27) OPEN | 171 OF 233 (F) |
| 337 | 10KM | Geises | Pamela | 01:23:13.06 (8:19) | (33) OPEN | 172 OF 233 (F) |
| 338 | 10KM | Shindodola | Saara | 01:23:15.02 (8:19) | (28) OPEN | 173 OF 233 (F) |
| 339 | 10KM | Homateni | Hendrina | 01:23:20.44 (8:20) | (35) OPEN | 174 OF 233 (F) |
| 340 | 10KM | Tjipura | Immanuel | 01:23:27.19 (8:20) | (47) VETERAN | 166 OF 175 |
| 341 | 10KM | Nekwaya | Suoma | 01:23:32.11 (8:21) | (32) OPEN | 175 OF 233 (F) |
| 342 | 10KM | Eelu | Mirjam Namene | 01:23:51.87 (8:23) | (47) VETERAN | 176 OF 233 (F) |
| 343 | 10KM | Kaure | Ferdinand Adolf | 01:23:57.40 (8:23) | (37) OPEN | 167 OF 175 |
| 344 | 10KM | Junius | Sonja | 01:24:09.40 (8:24) | (44) VETERAN | 177 OF 233 (F) |
| 345 | 10KM | Mbauruma-stephanu | Mercy | 01:24:16.36 (8:25) | (34) OPEN | 178 OF 233 (F) |
| 346 | 10KM | Gabriel | Gabriel | 01:24:18.66 (8:25) | (28) OPEN | 168 OF 175 |
| 347 | 10KM | Ananias | Josephina N | 01:24:38.69 (8:27) | (29) OPEN | 179 OF 233 (F) |
| 348 | 10KM | Amukwata | Linda | 01:24:49.80 (8:28) | (35) OPEN | 180 OF 233 (F) |
| 349 | 10KM | Clarke | Joanne | 01:24:58.99 (8:29) | (32) OPEN | 181 OF 233 (F) |
| 350 | 10KM | Moller | Imelda | 01:25:10.31 (8:31) | (44) VETERAN | 182 OF 233 (F) |
| 351 | 10KM | Indongo | Jati | 01:25:14.19 (8:31) | (32) OPEN | 183 OF 233 (F) |
| 352 | 10KM | Mutenda | Anna | 01:25:35.93 (8:33) | (38) OPEN | 184 OF 233 (F) |
| 353 | 10KM | Gwasira | Goodman | 01:25:47.08 (8:34) | (51) MASTER | 169 OF 175 |
| 354 | 10KM | Iiyambo | Emilia | 01:26:00.39 (8:36) | (37) OPEN | 185 OF 233 (F) |
| 355 | 10KM | Shilongo | Kristophina | 01:26:16.64 (8:37) | (32) OPEN | 186 OF 233 (F) |
| 356 | 10KM | Ngesheya | Ellen | 01:26:28.63 (8:38) | (41) VETERAN | 187 OF 233 (F) |
| 357 | 10KM | Katjinamunene | Sophie | 01:26:32.69 (8:39) | (42) VETERAN | 188 OF 233 (F) |
| 358 | 10KM | Uuyuni | Selma | 01:26:34.00 (8:39) | (33) OPEN | 189 OF 233 (F) |
| 359 | 10KM | Iitana | Bertha Mingana | 01:26:35.11 (8:39) | (42) VETERAN | 190 OF 233 (F) |
| 360 | 10KM | Benjamin | Alfeus | 01:26:44.00 (8:40) | (55) MASTER | 170 OF 175 |
| 361 | 10KM | Kasete | Zebra | 01:26:44.02 (8:40) | (50) MASTER | 171 OF 175 |
| 362 | 10KM | Junius | Elaine | 01:27:44.07 (8:46) | (40) VETERAN | 191 OF 233 (F) |
| 363 | 10KM | Shilunga | Selma | 01:27:44.81 (8:46) | (31) OPEN | 192 OF 233 (F) |
| 364 | 10KM | Angula | Ellen | 01:28:03.88 (8:48) | (31) OPEN | 193 OF 233 (F) |
| 365 | 10KM | Nell | Amoure | 01:28:14.29 (8:49) | (26) OPEN | 194 OF 233 (F) |
| 366 | 10KM | Michael | Olivia | 01:28:21.12 (8:50) | (31) OPEN | 195 OF 233 (F) |
| 367 | 10KM | Amutenya | Kaarina | 01:28:28.17 (8:50) | (32) OPEN | 196 OF 233 (F) |
| 368 | 10KM | Ileka | Stella | 01:28:40.90 (8:52) | (39) OPEN | 197 OF 233 (F) |
| 369 | 10KM | Cloete | Gretchen | 01:28:46.27 (8:52) | (42) VETERAN | 198 OF 233 (F) |
| 370 | 10KM | Shapaka | Eufemia | 01:29:04.36 (8:54) | (40) VETERAN | 199 OF 233 (F) |
| 371 | 10KM | Huerten | Alfred | 01:29:22.30 (8:56) | (64) GRAND MASTER | 172 OF 175 |
| 372 | 10KM | Lewis | Ronel | 01:29:33.62 (8:57) | (24) OPEN | 200 OF 233 (F) |
| 373 | 10KM | Namises | Charlene | 01:30:03.16 (9:00) | (49) VETERAN | 201 OF 233 (F) |
| 374 | 10KM | Moody | John | 01:30:13.76 (9:01) | (42) VETERAN | 173 OF 175 |
| 375 | 10KM | Kashala | Sister | 01:30:20.88 (9:02) | (28) OPEN | 202 OF 233 (F) |

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| POSITION | EVENT | SURNAME | NAME | TIME & MIN/KM | CATEGORY | GENDER |
|----------|-------|---------------|------------------|---------------------|--------------|----------------|
| 376 | 10KM | Ortner | Immaculata | 01:30:47.39 (9:04) | (46) VETERAN | 203 OF 233 (F) |
| 377 | 10KM | Ashipala | Eveline | 01:31:21.67 (9:08) | (50) MASTER | 204 OF 233 (F) |
| 378 | 10KM | Paulse | Gaylene | 01:32:47.82 (9:16) | (38) OPEN | 205 OF 233 (F) |
| 379 | 10KM | Johannes | Margareth | 01:32:53.74 (9:17) | (34) OPEN | 206 OF 233 (F) |
| 380 | 10KM | Benade | Roxanne | 01:32:56.46 (9:17) | (34) OPEN | 207 OF 233 (F) |
| 381 | 10KM | Kuiiri | Dicksey | 01:32:57.18 (9:17) | (57) MASTER | 208 OF 233 (F) |
| 382 | 10KM | Kuiiri | Diego Michael | 01:32:59.64 (9:17) | (33) OPEN | 174 OF 175 |
| 383 | 10KM | Kambindangolo | Orlanda | 01:33:18.73 (9:19) | (29) OPEN | 209 OF 233 (F) |
| 384 | 10KM | Taljaard | Katryn | 01:33:23.98 (9:20) | (47) VETERAN | 210 OF 233 (F) |
| 385 | 10KM | Gawanas | Anneline | 01:33:26.23 (9:20) | (43) VETERAN | 211 OF 233 (F) |
| 386 | 10KM | Johannes | Latoya | 01:33:35.78 (9:21) | (37) OPEN | 212 OF 233 (F) |
| 387 | 10KM | Shigwedha | Dortea | 01:33:45.86 (9:22) | (34) OPEN | 213 OF 233 (F) |
| 388 | 10KM | Nepolo | Lydia Sn | 01:33:49.68 (9:22) | (32) OPEN | 214 OF 233 (F) |
| 389 | 10KM | Kandjii | Dea-da | 01:34:49.29 (9:28) | (34) OPEN | 215 OF 233 (F) |
| 390 | 10KM | Lotto | Rauha | 01:36:30.65 (9:39) | (37) OPEN | 216 OF 233 (F) |
| 391 | 10KM | Dumeni | Lucia | 01:36:59.22 (9:41) | (29) OPEN | 217 OF 233 (F) |
| 392 | 10KM | De Jay | Chantal | 01:37:49.16 (9:46) | (41) VETERAN | 218 OF 233 (F) |
| 393 | 10KM | Hoabes | Lizelna | 01:38:11.40 (9:49) | (37) OPEN | 219 OF 233 (F) |
| 394 | 10KM | Shipiki | Ruusa | 01:38:49.00 (9:52) | (52) MASTER | 220 OF 233 (F) |
| 395 | 10KM | Shiindi | Liisa Taina | 01:38:53.71 (9:53) | (33) OPEN | 221 OF 233 (F) |
| 396 | 10KM | Shikololo | Ndahafa | 01:40:08.10 (10:00) | (40) VETERAN | 222 OF 233 (F) |
| 397 | 10KM | Kalwenya | Martha | 01:40:37.53 (10:03) | (27) OPEN | 223 OF 233 (F) |
| 398 | 10KM | Martin | Tuundjakuje | 01:41:11.66 (10:07) | (29) OPEN | 175 OF 175 |
| 399 | 10KM | Haradoes | Rejoyce | 01:41:40.27 (10:10) | (27) OPEN | 224 OF 233 (F) |
| 400 | 10KM | Shikuungeni | Herminas | 01:43:37.13 (10:21) | (31) OPEN | 225 OF 233 (F) |
| 401 | 10KM | Mbai | Julia | 01:43:46.34 (10:22) | (40) VETERAN | 226 OF 233 (F) |
| 402 | 10KM | Petrus | Agnes Popyeni | 01:43:56.46 (10:23) | (25) OPEN | 227 OF 233 (F) |
| 403 | 10KM | Mbai | Kaitetua Kate | 01:44:02.77 (10:24) | (32) OPEN | 228 OF 233 (F) |
| 404 | 10KM | Simpson | Lee-ann Lovina | 01:52:01.93 (11:12) | (28) OPEN | 229 OF 233 (F) |
| 405 | 10KM | Block | Camilia Lee-zan | 01:52:08.97 (11:12) | (27) OPEN | 230 OF 233 (F) |
| 406 | 10KM | Block | Laura-lee | 01:52:09.16 (11:12) | (23) OPEN | 231 OF 233 (F) |
| 407 | 10KM | Ndengu | Liisa Magano | 01:54:36.03 (11:27) | (43) VETERAN | 232 OF 233 (F) |
| 408 | 10KM | Shipiki | Gertrude Mwahafa | 02:05:52.97 (12:35) | (54) MASTER | 233 OF 233 (F) |