

#BreakFree Game Changers Family Run 2024

Results 10km

Pl.	Race no.	Name	Time(hh:mm:ss)	Pace(min/km)	GenderRank
10km					
Male Junior 15 & Under					
1.	276	Ndeiluka, Tileni	54:39	5:27	27
Male Open 16-39					
1.	285	Paulus, Daniel	31:13	3:07	1
2.	284	Paulus, Simon	32:10	3:12	2
3.	288	Rainhold, Tomas Hilifa	32:33	3:15	3
4.	260	Matheus, Jesaya	33:36	3:21	4
5.	261	Matias, Simon	33:38	3:21	5
6.	222	Hekandjo, Tulipondjo	34:39	3:27	6
7.	219	Hamutima, Fule	35:39	3:33	7
8.	256	Likuwa, John Chrisostom mbeghu	36:20	3:37	8
9.	281	Nkanga, Martin	44:28	4:26	10
10.	267	Mungeyi, Hipondoka	45:49	4:34	11
11.	287	Philander, Logan	46:04	4:36	12
12.	193	Aludhilu, Aludhilu Tangeni	47:09	4:42	13
13.	194	Ambuga, Simeon	47:10	4:42	14
14.	308	Siyayo, Muyahe Gifty	47:25	4:44	15
15.	258	Lumbu, Jonas	50:08	5:00	16
16.	279	Nghifikwa, Moses	50:13	5:01	17
17.	275	Ndakondjele, Venasiu	50:15	5:01	18
18.	237	Johannes, Kennedy	50:48	5:04	19
19.	282	Nuukongo, Leevi	51:30	5:08	21
20.	268	Mungeyi, Severinus	51:39	5:09	22
21.	277	Ndozi-okia, Joseph	52:26	5:14	23
22.	253	Lazarus, Shikesho	52:43	5:16	24
23.	274	Nashidengo, Pauly	53:01	5:18	25
24.	202	Dabrowski, Colton	53:23	5:20	26
25.	301	Shilamba, Jerold	56:33	5:39	30
26.	208	Fernandes, Nuno	56:59	5:41	31
27.	203	de Hangula, Bollah-Braz T.V	57:35	5:45	32
28.	271	Namupala, Leevi	57:47	5:46	33
29.	218	Hamutenya, Kleopas	58:42	5:52	35
30.	213	Haitembu, Shafo	58:53	5:53	36
31.	317	Twaffies, Gerson	59:53	5:59	37
32.	319	Uutako, Paavo	1:01:37	6:09	38
33.	236	Johannes, Issy	1:03:22	6:20	39
34.	221	Heita, Immanuel	1:03:40	6:21	40
35.	302	Shilomboleni, Simeon	1:04:40	6:27	41
36.	226	Indongo, Gerhard	1:05:26	6:32	43

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37.	249	Kazana, Gido	1:05:32	6:33	44
38.	297	Shikindo, John Mario	1:05:44	6:34	45
39.	328	Josef, Matheus	1:05:53	6:35	46
40.	230	Itembu, Deon	1:06:59	6:41	47
41.	228	Itamalo, Abraham	1:09:10	6:54	48
42.	313	thomas, marthin	1:11:02	7:06	50
43.	205	Deathth, William	1:11:30	7:08	51
44.	270	Nakapunda, Daevid	1:11:40	7:09	53
45.	220	Hasheela, Raimo	1:12:15	7:13	54
46.	210	Gebhardt, Paul	1:16:19	7:37	56
47.	217	Hamukoto, Sylvia	1:16:35	7:39	57
48.	283	Oosthuizen, Adiele	1:17:56	7:47	58
49.	289	Rimbi, Gilbertha Jill	1:19:54	7:59	59
50.	306	Simataa, Hift	1:24:52	8:29	60
51.	291	Sanzila, Mooka L.	1:25:16	8:31	61
52.	215	Haluodi, Freddy	1:56:42	11:40	62

Female Open 16-39

1.	305	Shivolo, Martha	34:48	3:28	1
2.	223	Haitope, Lavinia	38:27	3:50	2
3.	272	Nandjovo, Maria	52:18	5:13	3
4.	231	Iyambo, Victoria	57:34	5:45	5
5.	206	Dias, Pombili	59:48	5:58	7
6.	298	Shikonekeni, Elizabeth	1:00:22	6:02	8
7.	333	Shishiveni, Modino	1:04:33	6:27	9
8.	259	Makolijah, Isabellah	1:05:15	6:31	10
9.	334	Otto, Vistoria	1:05:32	6:33	12
10.	280	Nghiishililwa, Pandu Loide	1:05:45	6:34	13
11.	225	Iyambo, Sharon	1:05:53	6:35	14
12.	255	Likando, Mercy	1:07:02	6:42	15
13.	295	Shapumba, Hilma	1:10:32	7:03	17
14.	311	Swartz, Elzette	1:10:58	7:05	20
15.	204	Death, Charne	1:11:30	7:08	22
16.	242	Kandenge, Alvina	1:12:22	7:14	24
17.	278	Nekundi, Emilie	1:12:50	7:16	26
18.	335	Lumbu, Hileni	1:14:40	7:27	27
19.	200	Cloete, Jenine	1:20:06	8:00	30
20.	241	Kamati, Albertina	1:22:51	8:17	32
21.	229	Itana, Helen	1:23:14	8:19	33
22.	296	Sheya, Tulimevava	1:25:14	8:31	34
23.	299	Shikongo, Gregentia	1:25:27	8:32	35
24.	343	Tune, Jade	1:25:40	8:33	36

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Pl.	Race no.	Name	Time(hh:mm:ss)	Pace(min/km)	GenderRank
25.	199	Chirimanyemba, Josephine	1:25:49	8:34	37
26.	197	Boois, Desiree	1:25:54	8:35	38
27.	195	Amos, Victoria	1:26:31	8:39	39
28.	320	Vaarima, Nepolo	1:26:33	8:39	40
29.	307	Siseho, Tabo	1:28:13	8:49	41
30.	265	Mubita, Cynthia	1:32:32	9:15	43
31.	209	Gaes, Flora	1:36:47	9:40	46
32.	243	Kanime, Johanna	1:43:32	10:21	48
33.	303	Shimpanda, Leena	1:56:33	11:39	49

Male Master 40-49

1.	269	Nakanyala, Tuli	51:20	5:07	20
2.	198	Britz, Michael	56:11	5:37	28
3.	324	Wahengo, Joas	56:17	5:37	29
4.	246	Katenda, Lukas	58:10	5:48	34
5.	227	Isaacks, Boris	1:10:59	7:05	49
6.	300	Shikongo, Toivo	1:11:40	7:09	52

Female Master 40-49

1.	310	Swartz, Bernadette	57:21	5:44	4
2.	212	Gesami-Steytler, Lilian	59:15	5:55	6
3.	207	Esterhuizen, Magreth	1:10:21	7:02	16
4.	309	Steyl, Nicola	1:10:42	7:04	18
5.	294	Shapua, Saara	1:10:57	7:05	19
6.	292	Shaanika, Beata	1:11:00	7:05	21
7.	244	Kanu, Rauna	1:12:30	7:14	25
8.	240	Kalomo, Nancy	1:16:48	7:40	28
9.	239	Kalenga, Evelina	1:20:57	8:05	31
10.	224	Hikumwah, Gift	1:32:23	9:14	42
11.	325	Zaaruka, Doreen	1:37:26	9:44	47

Male Grand Master 50+

1.	350	Kristof, Ndunga	42:16	4:13	9
2.	323	von Wielligh, Henrico	1:05:09	6:30	42
3.	264	Minders, Lodewyk	1:12:17	7:13	55

Female Grand Master 50+

1.	254	Lehoho, Lydia	1:05:23	6:32	11
2.	263	Minders, Marylane	1:12:17	7:13	23
3.	238	Josea, Hedwicht	1:17:08	7:42	29
4.	262	Mayer, Birgit	1:33:12	9:19	44
5.	232	Jacobs, Elize	1:33:13	9:19	45