



**INSINGIZI
TRAIL RUN**

SHORT COURSE

PRELIMINARY RESULTS



iNsingizi Trail Run - 5km



09 July 2023

Race #	Race Time	Name	Category	Overall Position	Gender Position	Cat. Position
324	0:34:00	SARAH-JANE ARNOLD	Open F	1	1	1
177	0:37:25	EMMA ARNOLD	Open F	2	2	2
105	0:37:56	HASAN KHAN	Open M	3	1	1
54	0:37:56	DONAVIN PIETERSE	Open M	3	1	1
76	0:38:59	HAMZA GOOLAM-MAHOMED	Open M	5	3	3
158	0:43:15	EMMA JONES	U12 F	6	3	1
2	0:43:23	GARETH JONES	Master M	7	4	1
205	0:55:13	MICHELLE SCHEEPERS	Grand Master F	8	4	1
317	0:55:18	WILLEM VERBIEST	Grand Master M	9	5	1