

## HARD N FAST #4 – 16.07.22

### 5KM RESULTS

Place	Bib	Name	Time
1	135	Pineula Boom Bullets - Akarana, J16m 5km	0:26:20.7
2	129	Portage J19 Boys, Portage Crossing 5km	0:26:24.8
3	136	Manu Imua - MOCCL, Open Mixed 5km	0:28:23.1
4	134	Beyond The River Open Mix, Tu Tangi Ora	0:28:37.1
5	130	Portage J19 Girls -Portage, J19 Womens	0:29:09.7
6	137	Draw Right - Te Paerangi, Open Mix 5km	0:29:50.4
7	131	Tiare manea - Cook Islands, J16 Womens	0:30:00.1

### 10KM RESULTS

Place	Bib	Name	Time
1	204	Vaka Manu Black -Manukau OCCl, Open Mens	0:46:54.2
2	201	Pineula Blue -Akarana, Open Mens	0:47:06.8
3	206	Vaka Manu Silver -Manukau OCCl, OM	0:50:11.3
4	203	Pineula -Akarana, OM	0:50:54.0
5	205	Vaka Manu Red -Manukau OCCl, OM	0:52:48.1
6	207	Matukutureia OM, Te Pou Herenga	0:52:49.1
7	140	Masters Of Mayhem -Tu Tangi Ora, OM	0:54:14.1
8	209	Team Stroke Fast -Taniwha OCCl, Open Wom	0:55:19.5
9	202	Sons Of Beaches Moana -POCC, Open Mens	0:56:07.2
10	139	Portage OM -Portage Crossing, Open Men	1:00:08.5
11	138	Portage Malohi White -Portage, OW	1:00:30.1
12	210	Pineula Boom Bullets - Akarana, J16m	1:00:57.9
13	208	Whaeaproof -TePaerangi, Master Women	1:01:09.3
14	133	Portage MW, Portage Crossing 10km	1:05:42.5