



The Legon Sprint Series
12th March 2017
University of Ghana, Legon, Accra

INDIVIDUAL					RELAY						
Rank	First Name	Surname	Number	Gender	Time	Rank	First Name	Surname	Team	Discipline	Time
1	Abdul-Rauf	Zakaria	15	Male	01:08:24	1	DANIEL	LAMPTEY	3	Swim	01:03:28
2	Samuel	Papai	1	Male	01:09:26		ISAAC	SACKEY	3	Bike	
3	KERVENNAL	PIERRE	3	Male	01:12:00		DAVID	BALAMI	3	Run	
4	ziad	orfali	20	Male	01:17:12	2	Paa Kwesi	Jackson	6	Swim	01:04:02
5	Havor	Bismark	12	Male	01:17:26		Wizzy	Semevor	6	Bike	
6	Steven	Bland	11	Male	01:21:23		John Michael	Asiedu	6	Run	
7	collins	Twum-Barimah	25	Male	01:24:39	3	Samantha	Tukenko	4	Swim	01:05:02
8	JIAN	YAO	8	Male	01:26:20		William	Nartey	4	Bike	
9	Jos	van der Ent	17	Male	01:28:28		Boakye	Yiadom	4	Run	
10	Abu	Ibrahim	23	Male	01:30:07	4	Nicolas	Huc	8	Swim	01:08:59
11	George	Frimpong	14	Male	01:30:28		Mark Twum	Ofosu	8	Bike	
12	Richard	Wright	19	Male	01:39:53		Patrick Wellu	Ziem	8	Run	
13	Milos	Siska	9	Male	01:40:19	5	Kow	Jackson	2	Swim	01:10:37
14	Roy	Zimmer	18	Male	01:42:08		Nana Beyin	Thompson	2	Bike	
15	Andile	Hlela	10	Male	01:45:58		Ben	Zema	2	Run	
	- Kevin	Terry	27	Male	01:49:03	6	Ebenezer	Osabutey	15	Swim	01:10:46
	- Seidu	Musah	6	Male	DNF		Mumuni	Alem	15	Bike	
	- SHUWEN	WANG	7	Male	DNS		Williams Awunime	Akuka	15	Run	
	- boaz	quartey	16	Male	DNS	7	Alexander Selacie	Adomey	14	Swim	01:10:50
	- Patrick	Beattie	21	Male	DNS		Maxwell	Boateng	14	Bike	
	- wisdom	akortia	24	Male	DNS		Abdul Razack	Umar	14	Run	
1	Laila Werburi	Zangwio	4	Female	01:26:58	8	Samuel Dare	Akinrodoye	18	Swim	01:11:21
2	FALGON	Valerie	26	Female	01:31:00		Richard Yaw	Atta	18	Bike	
3	Genevieve	Grandadam	2	Female	01:31:43		Yusif Yasir	Madugu	18	Run	
	- Claire	Durang	5	Female	DNS	9	Papa Yaw	Poku-Dwumoh	5	Swim	01:13:42
	- Franny	Bakker	13	Female	DNS		Suleman	Ibrahim	5	Bike	
	- grace	adjei	22	Female	DNS		Teddy	Ayawere	5	Run	
						10	Maayaa	Ayawere	1	Swim	01:23:30
							Ernest	Amoako	1	Bike	
							Safoah	Ntiamoah	1	Run	
						11	Elsie	Sowah	12	Swim	01:25:18
							Jonathan	Amoako-Atta	12	Bike	
							Maciej		12	Run	
						12	Damen	Browne	13	Swim	01:26:08
							Damen	Browne	13	Bike	
							Matevz	Cvetkovic	13	Run	
						13	Kofi	Anku	10	Swim	01:26:58
							Korbla	Dzotsi	10	Bike	
							Danny	Ntiamoah	10	Run	
						14	Kaimansa	Sowah	11	Swim	01:37:14
							Bernard	Owusu-Martinson	11	Bike	
							David	Pontalier	11	Run	
						15	Stephan	Steyn	17	Swim	01:38:04
							Alno	Crous	17	Bike	
							Stuart	Gibson	17	Run	
							- Jeannette	Prazen	16	Swim	DNS
							Thomas	Bentil	16	Bike	
							Meghan	Gillis	16	Run	
							- kai	Richardson	7	Swim	DNS
							Andrew	Richardson	7	Bike	
							Anna	Czarnik-Neimeyer	7	Run	
							- Ciara	Olmstead	9	Swim	DNS
							William	Olmstead	9	Bike	
							William	Olmstead	9	Run	