1995

HARARE

(Zwe)



The races took place at an altitude of 1.473 metres.
The official rankings only show the top three finishers.

MEN

16 September

20 Km.

	Britz Chris		*1:28:06*
	Kimutai David		*1:31:02*
	Hassan Shemsu		*1:32:03*

WOMEN

15 September

5.000 mt. track

	Kara Dounia		*23:59.40*
	Ali Nagwa Ibrahim		*24:25.30*
	Komar Gete		*24:25.70*