

5

Mongongo (Ricinodendron rautanenii), abundant source of protein among Bushmen in the Kalahari desert.[23] Also of interest as a source of oil for skin care.

2L

9L

2L

Start

2L

6L

2L

2L

1 2 10L

3 81

4 7L

5

6 5L

7 8 2L

9

Stop

2R

10R

8R

7R

6R

5R

2R

2R

2R

1

2 7L

3

4 10L

5 15L

6

2R

7R

9R

10R

15R

2R

Item escription		3L-7L:18L-18R Outside Track:Middle 2.09					8L-12L:18L-18R Middle Track:Middle						13L-17L:18L-18R Inside Track:Middle 1.02						e	18L-18R:17R-13R Middle: Inside Track 1.02							18L-18R:12R-8R Middle:Middle Track 1.14						18L-18R:7R-3R Middle:Outside Track 2.09						
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