



**“INTERIM MANAGEMENT’S DISCUSSION AND ANALYSIS –
QUARTERLY HIGHLIGHTS”**

SINTANA ENERGY INC.

THREE AND NINE MONTHS ENDED SEPTEMBER 30, 2023

(EXPRESSED IN CANADIAN DOLLARS)

Introduction

The following interim Management's Discussion & Analysis ("Interim MD&A") of Sintana Energy Inc. ("Sintana" or the "Company") for the three and nine months ended September 30, 2023 has been prepared to provide material updates to the business operations, liquidity and capital resources of the Company since its last annual management discussion & analysis, being the Management's Discussion & Analysis ("Annual MD&A") for the fiscal year ended December 31, 2022. This Interim MD&A does not provide a general update to the Annual MD&A, or reflect any non-material events since the date of the Annual MD&A.

This Interim MD&A has been prepared in compliance with section 2.2.1 of Form 51-102F1, in accordance with National Instrument 51-102 – Continuous Disclosure Obligations. This discussion should be read in conjunction with the Company's Annual MD&A, audited annual consolidated financial statements for the years ended December 31, 2022, and December 31, 2021, together with the notes thereto, and unaudited condensed interim consolidated financial statements for the three and nine months ended September 30, 2023, together with the notes thereto. Results are reported in Canadian dollars, unless otherwise noted. The Company's unaudited condensed interim consolidated financial statements and the financial information contained in this Interim MD&A are prepared in accordance with International Financial Reporting Standards ("IFRS") as issued by the International Accounting Standards Board ("IASB") and interpretations of the IFRS Interpretations Committee. The unaudited condensed interim consolidated financial statements have been prepared in accordance with International Standard 34 - Interim Financial Reporting. Accordingly, information contained herein is presented as of November 29, 2023, unless otherwise indicated.

For purposes of preparing this Interim MD&A, management, in conjunction with the Board of Directors (the "Board"), considered the materiality of information. Information is considered material if: (i) such information results in, or would reasonably be expected to result in, a significant change in the market price or value of Sintana common shares; (ii) there is a substantial likelihood that a reasonable investor would consider it important in making an investment decision; and / or (iii) it would significantly alter the total mix of information available to investors. Management, in conjunction with the Board, evaluated materiality with reference to all relevant circumstances, including potential market sensitivity.

Information about the Company and its operations can be obtained from the offices of the Company or on the System for Electronic Documents Analysis and Retrieval ("SEDAR+") and is available for review under the Company's profile on the SEDAR+ website (www.sedarplus.ca).

Description of Business

Sintana is a Canadian crude oil and natural gas ("hydrocarbons") exploration and development company listed on the TSX Venture Exchange ("TSXV") under the symbol "SEI", and on the OTC market in the United States under the symbol "SEUSF". Sintana is primarily engaged in hydrocarbons exploration and development activities in Namibia and also holds an interest in Colombia. The Company's exploration strategy is to acquire, explore, develop and produce superior quality assets with significant hydrocarbon reserves potential. Its primary assets are held through its 49% interest in all of the issued and outstanding shares of Inter Oil (Pty) Ltd. ("Inter Oil"). Inter Oil is a private Namibian company which indirectly holds a strategic portfolio of offshore petroleum exploration license ("PEL") including (i) a 15% (Sintana: 7.35%) carried interest in PEL 87; (ii) a 10% (Sintana: 4.9%) carried interest in each of PELs 82 and 83; and (iii) a 10% (Sintana: 4.9%) carried interest in PEL 90. Inter Oil also holds a 30% (Sintana: 14.7%) interest in a subsidiary which, in turn, holds a 90% interest in onshore PEL 103. In addition, Sintana holds private participation interests of 25% unconventional (carried) and 100% conventional in the potential hydrocarbon resources of the 43,158 acres Valle Medio Magdalena 37 ("VMM-37") Block in Colombia.

Cautionary Note Regarding Forward-Looking Information

This Interim MD&A contains certain forward-looking information and forward-looking statements, as defined in applicable securities laws (collectively referred to herein as “forward-looking statements”). These statements relate to future events and / or the Company’s future performance. All statements other than statements of historical fact are forward-looking statements. Often, but not always, forward-looking statements can be identified by the use of words such as “plans”, “expects”, “is expected”, “budget”, “scheduled”, “estimates”, “continues”, “forecasts”, “projects”, “predicts”, “intends”, “anticipates” or “believes”, or variations of, or the negatives of, such words and phrases, or statements that certain actions, events or results “may”, “could”, “would”, “should”, “might” or “will” be taken, occur or be achieved. Forward-looking statements involve known and unknown risks, uncertainties and other factors that could cause actual results to differ materially from those anticipated in such forward-looking statements. The forward-looking statements in this Interim MD&A speak only as of the date of this Interim MD&A or as of the date specified in such statement. The following table outlines certain significant forward-looking statements contained in this Interim MD&A and provides the material assumptions used to develop such forward-looking statements and material risk factors that could cause actual results to differ materially from the forward-looking statements.

Forward-looking statements	Assumptions	Risk factors
The Company will be able to remain a going concern and continue its business activities	The Company has anticipated all material costs; the operating and exploration activities of the Company for the twelve-months period ending September 30, 2024, and the costs associated therewith, will be consistent with the Company’s current expectations regarding costs and timing	Unforeseen costs to the Company will arise; any particular operating cost increase or decrease from the date of estimate, including with respect to loss of or change in joint venture partners or in ability to secure joint venture partners, as applicable; changes in operating and exploration activities; changes in economic conditions; timing of expenditures
The Company’s need to raise additional capital in order to meet its working capital needs. See “Liquidity and Financial Position” below	The exploration and operating activities of the Company on a going forward basis, and the costs associated therewith, will be consistent with Sintana’s current expectations; debt and equity markets; exchange and interest rates and other applicable economic conditions will be favourable to Sintana; availability of financing	Changes in debt and equity markets; timing and availability of external financing on acceptable terms; increases in costs; changes in operating and exploration activities; interest and exchange rates fluctuations; changes in economic conditions, planned operations and associated costs
The potential of Sintana’s participation interests to contain hydrocarbons reserves that may and can be developed, produced and sold at rates and costs that result in an adequate financial return on invested capital. See “Petroleum and Natural Gas Update” below	Financing will be available for future exploration and development of Sintana’s private participation interests; the actual results of exploration and development activities will be favourable; operating, exploration, development and production costs will not exceed expectations; the Company will be able to retain and attract skilled staff and joint venture partners, as necessary; all requisite regulatory and governmental approvals for exploration projects and other operations will be received on a timely basis upon terms	Price volatility for hydrocarbons; uncertainties involved in interpreting geological and geophysical data and Sintana’s expectations regarding the conventional and unconventional plays and uncertainties in confirming valid private participation interests; the possibility that future exploration results will not be consistent with Sintana’s expectations; availability of financing for and actual results of Sintana’s exploration and development activities; increases in

Sintana Energy Inc.
Interim Management’s Discussion & Analysis – Quarterly Highlights
Three and Nine Months Ended September 30, 2023
Discussion dated: November 29, 2023

	acceptable to Sintana; applicable political and economic conditions will be favourable; the market prices for hydrocarbons and applicable interest and exchange rates will be favourable; no legal disputes exist or arise with respect to the Company’s private participation interests; Sintana’s expectations regarding the potential of its participation interests to contain hydrocarbons reserves	costs, including as a result of the loss of or change in joint venture partners or inability to secure joint venture partners, as applicable; environmental compliance and changes in environmental and other local legislation and regulation; interest and exchange rates fluctuations; changes in economic and political conditions; the Company’s ability to retain and attract skilled staff and obtain all required permits in a timely manner on acceptable terms
Management’s outlook regarding future trends. See “Trends and Economic Conditions”	Financing will be available for exploration and operating activities; the market prices for hydrocarbons will be favourable; economic and political conditions will be favourable	Price volatility for hydrocarbons; changes in debt and equity markets; interest and exchange rates fluctuations; changes in economic and political conditions; availability of financing
Inter Oil, which indirectly holds working interests on five PELs in Namibia, will successfully explore and develop the PELs. See “Petroleum and Natural Gas Update” below	Inter Oil will continue to proceed with the projects; the market prices of hydrocarbons will be favourable; all requisite permits, equipment, materials, supplies, services, partners, access and personnel will be obtained in a timely manner upon acceptable terms; proposed exploration and development activities and the costs associated therewith will occur as anticipated; actual results of exploration are positive; financing will be available upon acceptable terms, as applicable; political, contractual, regulatory and economic considerations will remain favourable	Price volatility for hydrocarbons; changes in debt and equity markets; increases in costs; interest rates and exchange rates fluctuations; changes in economic, contractual, regulatory and political conditions; availability of permits, equipment, materials, supplies, services, partners, access, personnel and financing; proposed exploration and development activities will not occur as anticipated; the success of neighbouring properties will not be consistent with the results of drilling on any of Inter Oil’s properties; actual results of exploration are inconsistent with expectations
The currently dormant (8+ years) arbitration proceeding, if ever reopened, will not result in an adverse ruling and significant additional costs	The currently dormant arbitration proceeding will not be reopened and if it is the outcome will not result in a significant award of damages	The now dormant arbitration proceeding is reopened and results in significant additional costs
The Hercules rig will remain on the Mopane-1X location and drill ahead to the target formation. It will then be moved back to the Mopane-2X location and proceed with the planned drilling program to target depth.	Inter Oil will continue to proceed with its projects as currently planned; the market prices of hydrocarbons will be favourable; all requisite permits, equipment, materials, supplies, services, partners, access and personnel will be obtained in a timely manner upon acceptable terms; proposed exploration and development activities and the costs associated therewith will occur as anticipated; actual results of exploration are positive; financing will be available upon	Price volatility for hydrocarbons; changes in debt and equity markets; increases in costs; interest rates and exchange rates fluctuations; changes in economic, contractual, regulatory and political conditions; availability of permits, equipment, materials, supplies, services, partners, access, personnel and financing; proposed exploration and development activities will not occur as anticipated;

	acceptable terms, as applicable; political, contractual, regulatory and economic considerations will remain favourable	the success of neighbouring properties will not be consistent with the results of drilling on any of Inter Oil's properties; actual results of exploration are inconsistent with expectations
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Inherent in forward-looking statements are risks, uncertainties and other factors beyond Sintana’s ability to predict or control. Additional risk factors are described in the “Risk Factors” section below. Readers are cautioned that the above table does not contain an exhaustive list of any and all relevant factors and / or assumptions that could affect forward-looking statements, and that assumptions underlying such statements might prove to be incorrect. Actual results and developments are likely to materially differ from those expressed or implied by forward-looking statements contained in this Interim MD&A.

Forward-looking statements involve known and unknown risks, including regulatory, contractual and political risks, uncertainties and other factors that could cause Sintana’s actual results, performance and / or achievements to be materially different from any of its projected results, performance and / or achievements expressed or implied by forward-looking statements. All forward-looking statements herein are qualified by this cautionary statement. Accordingly, readers should not place undue reliance on forward-looking statements. The Company undertakes no obligation to update publicly, or otherwise revise, any forward-looking statements whether as a result of new information or future events or otherwise, except as may be required by law and / or regulation. If the Company does update one or more forward-looking statements, no inference should be drawn that it will make additional updates with respect to those or other forward-looking statements, unless required by law.

Certain information contained herein is considered “analogous information” as defined in National Instrument 51-101 (“NI 51-101”). Such analogous information has not been prepared in accordance with NI 51-101 and the Canadian Oil and Gas Evaluation Handbook. In particular, this document may note specific analogous oil discoveries and corresponding details of said discoveries in the area of the Company’s private participation interests and makes certain assumptions about such interests as a result of such analogous information and potential recovery rates as a result thereof. Such information is based on public data and information obtained from the public disclosure of other parties who are active in the area, and the Company has no way of verifying the accuracy of such information and cannot determine whether the source of the information is independent. Such information, when presented, is intended to help demonstrate that hydrocarbons could be present in commercially recoverable quantities in the five PELs as well as the VMM-37 Block. There is no certainty that such results will be achieved by the Company and such information should not be construed as estimates of future reserves or resources or future production levels of Sintana.

Trends and Economic Conditions

The Company is focused on the acquisition, exploration, development, production and / or sales of hydrocarbons resources.

There are significant uncertainties regarding the market prices for hydrocarbons and the availability of equity and / or other financing for purposes of acquisition, exploration, development, production and / or sales activities. The future performance of the Company is largely tied to the successful exploration, development and production of its property interests; associated regulatory actions, including approval of contracts, permits and work programs to drill, hydraulically stimulate and produce wells; associated sales of hydrocarbons and overall financial markets. Financial and commodities markets are likely to be volatile, reflecting ongoing concerns regarding the impact of COVID-19 and the war in Ukraine, the stability of the global economy and global growth prospects. Uncertainties in financial and commodities markets and delays in regulatory actions have also led to increased difficulties in borrowing and raising funds. Energy

Sintana Energy Inc.
Interim Management’s Discussion & Analysis – Quarterly Highlights
Three and Nine Months Ended September 30, 2023
Discussion dated: November 29, 2023

companies worldwide have been materially and adversely affected by these trends. As a result, the Company might encounter difficulties raising equity and / or other capital without excessively diluting the interests of existing shareholders. These trends may limit the ability of the Company to further explore and / or develop hydrocarbons resources discovered on its applicable property interests.

The volatility of financial and commodities markets is a significant risk for the Company and the industry. As a result, investors might divest assets perceived as higher risk in comparison to other investments. Companies similar to Sintana are considered substantially above average risk investments and are highly speculative. The volatility of markets, and investor sentiment, could make it difficult for Sintana to access capital markets in order to raise the capital it will need to fund future expenditures. See also “Risk Factors”.

Financial and Operational Highlights

During the nine months ended September 30, 2023, 4,331,833 broker warrants with an exercise price of \$0.15 and expiry date of March 8, 2024 and 1,962,500 purchase warrants with an exercise price of \$0.25 were exercised for gross proceeds of \$1,140,400.

Petroleum and Natural Gas Update

Exploration Expenditures

	Three Months Ended September 30, 2023	Three Months Ended September 30, 2022	Nine Months Ended September 30, 2023	Nine Months Ended September 30, 2022
Exploration Expenditures	\$	\$	\$	\$
VMM-37 Block, Magdalena Basin, Colombia				
Administrative and general	8,403	11,655	26,584	30,179
Professional fees	2,280	3,066	6,577	8,015
Total	10,683	14,721	33,161	38,194

Namibia

On March 8, 2022, Sintana announced that it had closed on the previously reported acquisition of a 49% ownership interest in Inter Oil which indirectly holds various interests in five Petroleum Exploration Licenses (PELs— 1 onshore; and 4 offshore).

Three of the offshore blocks are located in the highly prospective Orange Basin:

- PEL 90 is immediately north of TotalEnergies Venus-1 discovery well – post-drill recoverable reserves, as reported by industry experts, are estimated to be in excess of 3 billion barrels. Two rigs are currently drilling and testing additional wells:
 - Inter Oil 10% (Sintana: 4.9%); approximately 1.3 million acres (gross); approximately 2,000 mi² (gross)
 - In October 2022, an affiliate of Inter Oil closed on a farmout agreement with Chevron. In exchange for 80% of the Inter Oil interest, Chevron will carry Inter Oil through initial

exploration activities including a large 3D seismic program (completed in Q223) and the initial exploration well

- Drilling is projected to commence in Q424.
- PEL 83 is immediately north of Shell's Graff-1X, La Rona-1X, Jonker-1X and Jonker-1A discovery wells – post-drill recoverable reserves, as reported by industry experts, are estimated to be in excess of 2 billion barrels. Shell has announced a 10 well drilling program to further explore and test this highly prospective license.
 - Inter Oil 10% (Sintana: 4.9%); approximately 2.4 million acres (gross); approximately 3,700 mi² (gross)
 - The license is also adjacent to the reported 1.3 TCF Kudu gas field currently being developed by BW Energy
 - Inter Oil is carried through the commencement of production
 - Drilling is expected to commence in November 2023.
- PEL 87 is immediately north of PEL 90 and contains one of the largest sub-sea fan complexes identified in Africa – the “Saturn Superfan”
 - Inter Oil 15% (Sintana: 7.35%); approximately 2.7 million acres (gross); approximately 4,200 mi² (gross)
 - Inter Oil is carried for a 3D seismic program (recently completed) and the exploration phase of drilling activity
 - Drilling is expected to commence in the Q424.
- The remaining licenses, PEL 82 and PEL 103 are in the research phase of exploration. No seismic programs or drilling activities are planned for 2023.

VMM-37 Block (Sintana: Conventional – 100% private participation interest; Unconventional – 25% private participation interest - carried)

In March 2011, 100% of the License Contract covering the 43,158 acres VMM-37 Block in Colombia was awarded to a wholly-owned Panama subsidiary of the Company, Patriot Energy Oil and Gas Inc. and its wholly-owned Colombian branch, Patriot Energy Sucursal Colombia, (both entities hereinafter referred to as “Patriot”).

In November 2012, Patriot executed a Farmout Agreement (the "Exxon Agreement") with ExxonMobil Exploration Colombia Limited and ExxonMobil Exploration Colombia Limited Sucursal Colombia (both entities hereinafter referred to as “Exxon”), whereby Exxon acquired contractual rights to an undivided 70% private participation interest and operatorship in the unconventional formations of the VMM-37 Block, subject to completion of a defined Work Program.

On October 8, 2020, the the Agencia Nacional de Hidrocarburos (“ANH”) issued requirements and a timeline for submission of bids for proposed research pilot projects and contract awards (a “CEPI”). Ecopetrol was awarded a CEPI (Kale) in a block approximately five miles northeast of the Manati Blanco

#1 well location at the VMM-37 Block. On April 7, 2021, the ANH announced that a CEPI (Platero) had been awarded to Exxon. It is located in the southwest quadrant of the VMM-37 Block. The Platero CEPI Contract was executed in June 2021.

On November 23, 2021, Sintana announced an Amendment to the Exxon Agreement (the "Amendment Agreement"). The Amendment Agreement provides Patriot the option to participate in post-contracts occurring after the Platero #1 CEPI work program is completed. In consideration of Exxon's work in connection with the CEPI, Patriot agreed to adjust its carried participation interest in the unconventional resources from 30% to 25%. Patriot and Exxon entered into the Amendment Agreement to reflect this adjustment and to ratify the commercial arrangement between the parties.

On February 15, 2022, an environmental permit application was submitted for the drilling and hydraulic stimulation of the Platero #1 well on the VMM-37 Block.

On August 7, 2022, Mr. Gustavo Petro was inaugurated as President of Colombia. One of his objectives is to reduce Colombia production and use of hydrocarbons. His stated policy is to never allow hydraulic stimulation in, and production from, unconventional formations.

On April 18, 2023, the Company announced that Exxon had sent Patriot a notice stating that, based on the terms of the Exxon Agreement, it had decided to withdraw from the Exxon Agreement as of May 31, 2023. The notice also states that Exxon will withdraw from the Platero CEPI with the ANH effective after obtaining required government approvals. The Company fully reserves its rights under the contracts governing VMM-37 and applicable laws and regulations.

On July 20, 2023, the Company announced that its subsidiaries, Patriot Energy Oil and Gas Inc. and Patriot had filed an arbitration claim against Exxon. Causes of action include Breach / Repudiation of the terms of the Exxon Agreement, and associated Joint Operating Agreement and License Contract associated with VMM-37. There can be no assurances regarding the outcome or timing of such arbitration claim.

Technical Information

Douglas Manner, Chief Executive Officer of Sintana, has reviewed and verified the technical content of the information contained in this Interim MD&A.

Related Party Transactions

Related parties include directors, officers, close family members and enterprises that are controlled by the individuals listed below as well as certain persons performing similar functions. Related party transactions are conducted at standard commercial terms.

The below noted transactions occurred in the normal course of business and are measured at the exchange amount, as agreed to by the parties, and approved by the Board in strict adherence to conflict of interest laws and regulations.

Remuneration of directors and key management personnel of the Company was as follows:

Sintana Energy Inc.
Interim Management's Discussion & Analysis – Quarterly Highlights
Three and Nine Months Ended September 30, 2023
Discussion dated: November 29, 2023

Salaries and Benefits ⁽¹⁾ (Includes deferred)	Three Months Ended September 30, 2023 \$	Three Months Ended September 30, 2022 \$	Nine Months Ended September 30, 2023 \$	Nine Months Ended September 30, 2022 \$
Deferred salaries and benefits				
Keith D. Spickelmier - Director / Executive Chairman	nil	nil	nil	42,206
Douglas G. Manner - Director / Chief Executive Officer	nil	nil	nil	42,206
Robert Bose – Director / President	nil	nil	nil	45,539
David L. Cherry – Chief Operating Officer	nil	nil	nil	42,206
Sean J. Austin - Vice President, Controller, Corporate Secretary & Treasurer	nil	nil	nil	37,986
Bruno C. Maruzzo – Independent Director	nil	nil	nil	5,000
Dean Gendron – Independent Director	nil	nil	nil	5,000
Knowledge Katti - Independent Director	nil	nil	nil	1,667
Total deferred salaries and benefits	nil	nil	nil	221,810
Salaries and benefits paid				
Keith D. Spickelmier - Director / Executive Chairman	28,176	24,244	84,779	169,372
Douglas G. Manner - Director / Chief Executive Officer	28,176	24,244	84,779	93,082
Robert Bose – Director / President	28,176	24,244	84,779	153,408
David L. Cherry – Chief Operating Officer	28,176	24,244	84,779	137,485
Sean J. Austin - Vice President, Controller, Corporate Secretary & Treasurer	40,249	36,399	121,113	196,767
Bruno C. Maruzzo – Independent Director	8,100	5,000	24,318	40,000
Dean Gendron – Independent Director	8,100	5,000	24,318	40,000
Knowledge Katti – Independent Director	8,100	5,000	24,318	10,000
Total salaries and benefits paid	177,253	148,375	533,183	840,114
Total	177,253	148,375	533,183	1,061,924

Sintana Energy Inc.
Interim Management’s Discussion & Analysis – Quarterly Highlights
Three and Nine Months Ended September 30, 2023
Discussion dated: November 29, 2023

(1) Salaries and benefits include director fees. Balances for deferred compensation due to directors and key management personnel of \$3,147,787 are included in deferred compensation as at September 30, 2023 (December 31, 2022 - \$4,064,501) and include the retiring allowance payable to Lee A. Pettigrew.

(2) Effective as of July 31, 2016, the employment by the Company of Lee A. Pettigrew, former Vice President - Canadian Operations, ceased. Pursuant to his employment agreement, Mr. Pettigrew was entitled to 12 months base salary as a retiring allowance plus accumulated deferred compensation. As at September 30, 2023, he was owed \$142,750 (US\$105,584) (December 31, 2022 - \$143,003 (US\$105,584)) and this amount is reported as deferred compensation.

Share-based expense (Stock options and RSUs)	Three Months Ended September 30, 2023 \$	Three Months Ended September 30, 2022 \$	Nine Months Ended September 30, 2023 \$	Nine Months Ended September 30, 2022 \$
Keith D. Spickelmier - Director / Executive Chairman	33,536	19,782	104,230	226,414
Douglas G. Manner - Director / Chief Executive Officer	33,536	19,782	104,230	226,414
Robert Bose – Director / President	33,536	19,310	104,230	224,732
David L. Cherry – Chief Operating Officer	33,536	19,782	104,230	226,414
Sean J. Austin - Vice President, Controller, Corporate Secretary & Treasurer	33,536	19,782	104,230	226,414
Bruno C. Maruzzo – Independent Director	16,768	9,890	52,115	113,228
Dean Gendron - Independent Director	16,768	9,890	52,115	113,228
Knowledge Katti, Independent Director	16,768	9,419	52,115	111,502
Carmelo Marrelli, Chief Financial Officer	4,239	5,024	13,762	26,158
Total	222,223	132,661	691,257	1,494,504

The Company has entered into the following transactions with related parties:

During the three and nine months ended September 30, 2023, the Company paid professional fees and disbursements totaling \$16,499 and \$62,286, respectively (three and nine months ended September 30, 2022 - \$15,731 and \$53,126, respectively) to Marrelli Support Services Inc., and certain of its affiliates, together known as the "Marrelli Group", for: (i) Carmelo Marrelli, beneficial owner of the Marrelli Group, to act as the Chief Financial Officer of the Company, (ii) regulatory filing services, and (iii) press release services. The Marrelli Group was owed \$6,153 (December 31, 2022 - \$17,597) and these amounts were included in accounts payable and accrued liabilities.

Discussion of Operations

Three months ended September 30, 2023 compared with three months ended September 30, 2022

Sintana's net loss totalled \$702,570 for the three months ended September 30, 2023, with basic and diluted loss per share of \$0.00. This compares with a net loss of \$698,302 for the three months ended September 30, 2022, with basic and diluted loss per share of \$0.00. The increase of \$4,268 in net loss was principally due to:

- General and administrative expenses increased by \$167,293. General and administrative expenses totalled \$582,569 for the three months ended September 30, 2023 (three months ended September 30, 2022 - \$415,276) and consisted of salaries and benefits of \$493,542 (three months ended September 30, 2022 - \$312,745), professional fees of \$76,507 (three months ended September 30, 2022 - \$26,268), administrative and general expenses of \$2,434 (three months ended September 30, 2022 - \$22,812), investor relations of \$55,909 (three months ended September 30, 2022 - \$53,451), travel expenses of \$10,773 (three months ended September 30, 2022 - \$nil) and reporting issuer costs of \$nil (three months ended September 30, 2022 - \$nil). This was offset by interest income of \$56,596 (three months ended September 30, 2022 - \$nil).
 - The Company incurred an increase in salaries and benefits of \$180,797 for the three months ended September 30, 2023, compared to the three months ended September 30, 2022. The increase was the result of the vesting over time of options and RSUs and payment of bonuses.
 - The Company incurred an increase in professional fees of \$50,239 for the three months ended September 30, 2023, compared to the three months ended September 30, 2022. The increase can be attributed to higher audit and accounting fees during three months ended September 30, 2023 compared to the three months ended September 30, 2022.
- The Company incurred a foreign exchange loss of \$91,148 compared to a loss of \$284,915 in the period ended September 30, 2022, which was primarily attributable to US dollar and Canadian dollar exchange rate fluctuations.
- Finance interest expense was \$nil for the three months ended September 30, 2023 compared to \$3,040 for the three months ended September 30, 2022.
- The Company recorded a joint venture loss of \$41,826 for the three months ended September 30, 2023 compared to \$4,333 for the three months ended September 30, 2022. This is due to the Company's share of Inter Oil expenses during the period.

Sintana Energy Inc.
Interim Management's Discussion & Analysis – Quarterly Highlights
Three and Nine Months Ended September 30, 2023
Discussion dated: November 29, 2023

Nine months ended September 30, 2023 compared with nine months ended September 30, 2022

Sintana's net loss totalled \$2,126,660 for the nine months ended September 30, 2023, with basic and diluted loss per share of \$0.01. This compares with a net loss of \$3,912,040 for the nine months ended September 30, 2022, with basic and diluted loss per share of \$0.02. The decrease of \$1,785,380 in net loss was principally due to:

- General and administrative expenses decreased by \$1,287,425. General and administrative expenses totalled \$2,005,553 for the nine months ended September 30, 2023 (nine months ended September 30, 2022 - \$3,292,978) and consisted of salaries and benefits of \$1,482,139 (nine months ended September 30, 2022 - \$2,785,210), professional fees of \$342,262 (nine months ended September 30, 2022 - \$272,700), administrative and general expenses of \$47,620 (nine months ended September 30, 2022 - \$78,926), investor relations of \$218,124 (nine months ended September 30, 2022 - \$120,174), travel expenses of \$46,560 (nine months ended September 30, 2022 - \$nil) and reporting issuer costs of \$47,395 (nine months ended September 30, 2022 - \$35,968). This was offset by interest income of \$178,547 (nine months ended September 30, 2022 - \$nil).
 - The Company incurred a decrease in salaries and benefits of \$1,303,071 for the nine months ended September 30, 2023, compared to the nine months ended September 30, 2022. The decrease was the result of the vesting over time of options and RSUs and payment of bonuses.
 - The Company incurred an increase in professional fees of \$69,562 for the nine months ended September 30, 2023, compared to the nine months ended September 30, 2022. The increase can be attributed to higher audit and accounting fees during three months ended September 30, 2023 compared to the three months ended September 30, 2022.
- The Company incurred a foreign exchange loss of \$35,265 compared to a loss of \$404,361 in the period ended September 30, 2022, which was primarily attributable to US dollar and Canadian dollar exchange rate fluctuations.
- Finance interest expense was \$nil for the nine months ended September 30, 2023 compared to \$9,120 for the nine months ended September 30, 2022.
- The Company incurred costs related to the acquisition of Inter Oil of \$nil for the nine months ended September 30, 2023 compared to \$231,894 for the nine months ended September 30, 2022.
- The Company recorded a joint venture loss of \$123,200 for the nine months ended September 30, 2023 compared to loss of \$3,886 for the nine months ended September 30, 2022. This is due to the Company's share of Inter Oil revenues and expenses during the period.

Cash Flow

At September 30, 2023, the Company had cash of \$4,809,430. The decrease in cash of \$1,526,485 from the December 31, 2022 cash balance of \$6,335,915 was a result of net cash outflows for operating activities of \$2,537,624, cash outflows for investing activities of \$126,724 and cash inflows for financing activities of \$1,137,863. Operating activities cash flows were mainly affected by a net loss of \$2,126,660, offset by non-cash activities in share-based compensation of \$810,152, gain of accounts payable of \$70,519, joint venture loss of \$123,200 and net change in non-cash working capital balances of \$1,273,797. The change in working capital balances was due to an increase in accounts receivable and

other assets of \$231,747, a decrease in accounts payable and other liabilities of \$125,336 and a decrease of \$916,714 in deferred compensation. Investing activities cash flows were affected by addition to funding in joint venture of \$126,724. Financing activities were affected by proceeds from warrants exercised of \$1,140,400 which was offset by share issue costs of \$2,537.

Liquidity and Financial Position

The Company derives no income from operations and limited working capital. Accordingly, the activities of the Company have been financed by cash raised through private placements of securities, convertible debentures, exercise of warrants and sales of non-core assets. As the Company does not expect to generate positive cash flows from operations in the near future, it will continue to rely primarily on additional financings to raise capital.

At the date of this Interim MD&A, the Company estimates that its cash balance is adequate to carry on business activities for the next 24 months, assuming no material transactions during this period. During the nine months ended September 30, 2023, the Company received proceeds of \$1,440,400 from the exercise of warrants. Thereafter unless it commences producing hydrocarbons in sufficient quantities to meet the Company's ongoing need for additional working capital, the Company might need to secure additional financing. The most significant variables for cash movements are expected to be the size, timing and results of the Company's compliance requirements and its ability to continue to access additional capital to fund its ongoing activities. Although the Company has been successful in raising funds to date, there is no assurance that future equity capital and / or debt capital will be available to the Company in the amounts or at the times required or on terms that are acceptable to the Company, if at all. See "Risk Factors" below.

Outlook

Produced volumes and pricing for crude oil, natural gas, LNG and downstream activities and products have been and are expected to be for the foreseeable future very volatile. Given interest rate increases, uncertain availability of financing and the securing of joint venture partners and other events out of management's control, it is difficult to plan for and manage exploration, development and production activities. The Company is mindful of the these events and uncertainties. See "Risk Factors" for additional details.

Although there can be no assurance that additional funding will be available to the Company, management believes that its projects are delivering positive results and should attract investment under normal market conditions. Hence, management believes it is likely to obtain additional funding for its projects in due course. As a result of the successful raise in March 2022, ongoing exercise of warrants and farmout of a partial interest in PEL 90, the Company does not expect to require additional funding in the foreseeable future.

The Company routinely evaluates various business development opportunities.

Disclosure of Internal Controls

Management has established processes to provide it with sufficient knowledge to support representations that it has exercised reasonable diligence to ensure that (i) the unaudited condensed interim consolidated financial statements do not contain any untrue statement of material fact or omit to state a material fact required to be stated or that is necessary to make a statement not misleading in light of the circumstances under which it is made, as of the date of and for the periods presented by the unaudited condensed interim consolidated financial statements, and (ii) the unaudited condensed interim

consolidated financial statements fairly present in all material respects the financial condition, results of operations and cash flow of the Company, as of the date of and for the periods presented.

In contrast to the certificate required for non-venture issuers under National Instrument 52-109 Certification of Disclosure in Issuers' Annual and Interim Filings ("NI 52-109"), the Venture Issuer Basic Certificate does not include representations relating to the establishment and maintenance of disclosure controls and procedures ("DC&P") and internal control over financial reporting ("ICFR"), as defined in NI 52-109. In particular, the certifying officers filing such certificate are not making any representations relating to the establishment and maintenance of:

(i) controls and other procedures designed to provide reasonable assurance that information required to be disclosed by the issuer in its annual filings, interim filings or other reports filed or submitted under securities legislation is recorded, processed, summarized and reported within the time periods specified in securities legislation; and

(ii) a process to provide reasonable assurance regarding the reliability of financial reporting and the preparation of unaudited condensed interim consolidated financial statements for external purposes in accordance with the issuer's GAAP (IFRS).

The Company's certifying officers are responsible for ensuring that processes are in place to provide them with sufficient knowledge to support the representations they are making in the certificate. Investors should be aware that inherent limitations on the ability of certifying officers of a venture issuer to design and implement on a cost effective basis DC&P and ICFR as defined in NI 52-109 may result in additional risks to the quality, reliability, transparency and timeliness of interim and annual filings and other reports provided under securities legislation.

Risk Factors

An investment in the securities of the Company is highly speculative and involves numerous and significant risks. Such investment should be undertaken only by investors whose financial resources are sufficient to enable them to assume these risks and who have no need for immediate liquidity in their investment. Prospective investors should carefully consider the risk factors that have affected, and which in the future are reasonably expected to affect, the Company and its financial position. Please refer to the section entitled "Risk Factors" in the Company's Annual MD&A for the fiscal year ended December 31, 2022, available on SEDAR+ at www.sedarplus.ca.

Subsequent Events

(i) Subsequent to period end, 1,709,500 broker warrants with an exercise price of \$0.25 and expiry date of March 8, 2024 were exercised for gross proceeds of \$427,375.

(ii) On November 16, 2023, the Mopane-2X well on Petroleum Exploration License 83 (PEL 83) commenced drilling operations. As planned, the well was drilled to a predetermined initial depth by the semi-submersible rig, Hercules, with top hole operations completed. The rig was then moved to the Mopane-1X location and commenced initial drilling activities similar to those listed above for the 2X well. The Hercules rig will remain on the Mopane-1X location and drill ahead to the target formation. It will then be moved back to the Mopane-2X location and proceed with the planned drilling program to target depth. An option to flow test one of these wells is included in the drilling contract. Sintana holds an indirect 4.9% interest in PEL 83.

PEL 83 is located in the heart of Namibia's highly prospective Orange Basin and immediately north of PEL 39, home to Shell's basin opening world class discoveries at Graff-1, La Rona-1 and Jonker-1 and immediately west of the Kudu gas field.