

RaceNumber	Name	Surname	Category	Position	TotalLaps	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6	Lap7	TotalTime
1002	Xander	Botha	Elite Men	1st	7	00:14:51	00:15:20	00:15:26	00:15:35	00:15:31	00:15:58	00:16:25	01:49:06
1005	Sebastian	Jahnke	Elite Men	2nd	7	00:15:14	00:15:38	00:15:58	00:16:35	00:19:14	-	-	01:22:40
1006	Jarek	Pawlikowski	Elite Men	3rd	7	00:19:49	00:20:56	00:21:01	00:20:27	-	-	-	01:22:13
1001	Reyners	Barnard	Elite Men	4th	7	00:15:51	00:17:05	00:20:55	-	-	-	-	00:53:50
1601	Heather	Trumble	Master Women	1st	3	32:56.2	33:49.9	35:14.8	-	-	-	-	42:01.0
1	Kian	Victor	Nipper Boys	1st	2	00:15:53	00:17:49	-	-	-	-	-	00:33:42
202	Devon	De Klerk	Sprog Boys	1st	2	00:35:16	00:46:07	-	-	-	-	-	01:21:23
201	Kaylin	Prinsloo	Sprog Girls	1st	2	00:23:11	00:26:02	-	-	-	-	-	00:49:13
401	CJ	Van Eyk	Sub Junior Men	1st	4	00:26:19	00:23:18	00:25:44	00:27:36	-	-	-	01:42:56
402	Aldin	Haupt	Sub Junior Men	2nd	4	00:26:22	00:29:35	00:25:39	00:27:13	-	-	-	01:48:49
1207	Rowan	Grobler	Sub Veteran Men	1st	6	00:15:05	00:15:35	00:16:45	00:15:58	00:16:54	00:17:10	-	01:37:27
1202	Chris	du Preez	Sub Veteran Men	2nd	6	00:15:52	00:15:54	00:16:23	00:16:43	00:16:43	00:17:06	-	01:38:41
1214	Johan	Wentzel	Sub Veteran Men	3rd	6	00:15:47	00:16:37	00:16:59	00:17:09	00:17:40	00:17:32	-	01:41:44
1212	Darren	Wilson	Sub Veteran Men	4th	6	00:17:48	00:16:06	00:17:48	00:17:56	00:17:52	00:19:56	-	01:47:26
1203	Julius	Cobbett	Sub Veteran Men	5th	6	00:15:38	00:24:21	00:17:31	00:17:26	00:16:34	00:17:11	-	01:48:40
1210	Cobus (Jacobus de Wet)	Richter	Sub Veteran Men	6th	6	00:17:46	00:18:32	00:18:22	00:18:51	00:19:00	00:18:43	-	01:51:14
1206	Giovanni	Focaraccio	Sub Veteran Men	7th	6	00:19:20	00:20:28	00:21:30	00:21:29	00:21:56	00:21:24	-	02:06:07
1201	Stefan	Naude	Sub Veteran Men	8th	6	00:42:44	00:00:41	00:22:08	-	-	-	-	01:05:33
1213	Carel	Wolhuter	Sub Veteran Men	9th	6	00:21:15	00:23:52	-	-	-	-	-	00:45:08
1209	Glen	Ramsden	Sub Veteran Men	10th	6	00:17:48	-	-	-	-	-	-	00:17:48
1204	Annie	David	Sub Veteran Women	1st	5	00:18:26	00:18:21	00:19:12	00:34:06	00:35:24	-	-	02:05:30
1405	sean	o'flynn-madden	Veteran Men	1st	5	00:15:08	00:15:40	00:15:59	00:16:04	00:15:41	-	-	01:18:31
1402	Daniel	Paul	Veteran Men	2nd	5	00:15:40	00:15:43	00:15:44	00:15:48	00:15:47	-	-	01:18:42
1404	Malcolm	Heathfield	Veteran Men	3rd	5	00:16:05	00:16:17	00:16:34	00:16:39	00:16:30	-	-	01:22:06
1401	Derick	Coetzee	Veteran Men	4th	5	00:19:51	00:20:19	00:21:05	00:21:09	00:23:17	-	-	01:45:40
1407	Yvonne	Prinsloo	Veteran Women	1st	4	18:30.3	18:40.2	19:19.9	20:07.8	-	-	-	16:38.3
602	Frans	Nel	Youth Men	1st	5	00:15:26	00:16:00	00:16:37	00:17:06	00:16:38	-	-	01:21:48
601	Justin	Coetzee	Youth Men	2nd	5	00:16:56	00:19:35	00:20:09	00:19:24	00:20:44	-	-	01:36:48