



Lauriston Mews 12;
 Viking Rd 49; Glen Lauriston; 0185;
 Website: www.xcosa.biz;
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Position	Race Number	Name	Lap1	Lap2	Lap3	Lap4	Lap5	Total Time
Category: Elite Men								
1	1156	FRANS NEL	00:12:16	00:13:15	00:13:20	00:13:34	00:13:19	01:05:44
2	1148	WERNER PIETERSON	00:18:07	00:20:11	00:19:54	00:19:31		LPD
Category: Elite Women								
1	1155	CARMEN BASSINTHWAIGHTE	00:21:51	00:18:40	00:18:59	00:18:41		01:18:10
2	1157	CECILIA SWANEPOEL	00:24:24	00:26:32	00:25:48			LPD
Category: Junior Men								
1	954	JASON ABBOT	00:13:29	00:14:04	00:14:50	00:15:14	00:14:23	01:12:00
2	955	JOSHUA FOUCHE	00:14:24	00:14:58	00:15:54	00:15:08	00:14:53	01:15:16
3	953	CAMERON MACNAIR	00:14:10	00:15:36	00:16:25	00:15:55	00:15:29	01:17:35
Category: Master Men								
1	1809	MICHAEL MCDERMETT	00:15:50	00:15:08	00:15:55	00:15:44		01:02:37
Category: Master Women								
1	1808	CHRISTELLE LE ROUX	00:21:39	00:21:42	00:21:50			01:05:11
Category: Nipper Boys								
1	31	Marco Strydom	00:18:13					00:18:13
2	26	WILLIAM MILLS	00:22:15					00:22:15
3	30	SEAN RUWADO	00:40:48					00:40:48
Category: Sprog Boys								
1	217	BERTIE ANDERSON	00:19:59	00:22:11				00:42:10
2	218	MARCEL MOORE	00:28:37	00:32:02				01:00:38
Category: Sprog Girls								
1	216	Marjone Strydom	00:19:45	00:21:18				00:41:03
2	215	LAURIESIAN BRETT	00:24:05	00:26:05				00:50:10
Category: Sub Veteran Men								
1	1389	JOHAN MOLLER	00:14:29	00:15:40	00:15:57	00:15:39	00:15:17	01:17:02
2	1390	GREG OLIVIER	00:17:28	00:18:52	00:18:38	00:18:19		01:13:17
Category: Veteran Men								
1	1586	Sean O'Flynn-madden	00:14:22	00:15:15	00:15:48	00:15:20	00:15:37	01:16:22
Category: Youth Men								
1	633	JARED COWAN	00:14:04	00:15:01	00:15:23	00:14:07		00:58:35
2	627	JOHAN JOOSTE	00:15:13	00:15:48	00:17:03	00:15:42		01:03:46