

Position	Race Number	Name	Surname	Total Laps	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6	Lap7	Lap8	Total Time
Category: Elite Men													
1	512	Phillip	Buys	7	00:13:24	00:13:42	00:13:55	00:14:02	00:13:57	00:14:04	00:14:10	-	01:37:14
2	507	Marc	Bassingthwaighte	7	00:13:40	00:14:14	00:14:27	00:14:54	00:14:57	00:15:07	00:15:03	-	01:42:23
3	506	Shaun	Silver	7	00:13:45	00:14:25	00:14:46	00:15:00	00:15:16	00:15:24	00:14:38	-	01:43:15
4	508	Dreyer	van Huysteen	7	00:15:52	00:15:59	00:16:30	00:16:52	00:16:35	00:17:01	00:17:31	-	01:56:21
5	514	Ruan	van Heerden	7	00:16:48	00:17:47	00:17:56	00:18:21	00:18:10	00:19:12	-	-	01:48:13
6	502	Robert	Malan	7	00:17:29	00:18:03	00:18:08	00:18:04	00:18:44	00:18:54	-	-	01:49:21
7	501	Tyrone	Kourie	7	00:18:46	00:19:08	00:19:12	00:20:14	00:19:59	00:21:14	-	-	01:58:32
8	500	Edward	Jeffrey	7	00:18:06	00:18:52	00:19:27	00:21:50	-	-	-	-	01:18:15
9	505	Kyle	Wood	7	00:14:30	00:15:26	00:15:44	-	-	-	-	-	00:45:40
10	504	Jaco	Prinsloo	7	00:27:49	00:36:04	-	-	-	-	-	-	01:03:53
11	511	Jacques	Ferreira	7	00:35:59	-	-	-	-	-	-	-	00:35:59
12	510	Gustav	Theunissen	7	00:36:00	-	-	-	-	-	-	-	00:36:00
Category: Elite Women													
1	509	Carla	van Huysteen	6	00:16:48	00:17:16	00:17:10	00:17:16	00:17:23	00:17:41	-	-	01:43:34
2	503	Nadia	Packham-Thiessen	6	00:21:05	00:22:40	00:24:18	00:25:25	00:25:56	00:26:27	-	-	02:25:51
3	513	Tshegofatso	Masilo	6	00:00:00	-	-	-	-	-	-	-	00:00:00
Category: Junior Men													
1	403	Ferdi	Botha	6	00:14:29	00:14:58	00:15:20	00:15:31	00:15:49	00:16:02	-	-	01:32:09
2	407	Roko	Popich	6	00:14:41	00:15:33	00:15:50	00:15:41	00:16:13	00:16:32	-	-	01:34:30
3	405	Edwin	Hill	6	00:16:30	00:17:26	00:17:26	00:17:46	00:19:36	00:16:09	-	-	01:44:53
4	401	Heinrich	Greve	6	00:17:02	00:18:48	00:20:02	00:20:35	00:19:47	-	-	-	01:36:14
5	402	Christiaan	De Beer	6	00:17:25	00:18:40	00:19:48	00:21:36	00:19:45	-	-	-	01:37:14
6	409	Juan	Van Der Walt	6	00:18:29	00:19:46	00:20:54	00:21:24	00:21:42	-	-	-	01:42:15
7	408	Mario	Van Der Walt	6	00:15:47	00:16:20	00:16:33	00:19:07	-	-	-	-	01:07:46
8	404	Stefan	Colmanet	6	00:15:48	00:17:01	-	-	-	-	-	-	00:32:49
9	406	Werner	v heerden	6	00:16:48	00:17:55	-	-	-	-	-	-	00:34:44
10	400	Jacques	Buys	6	00:17:27	00:18:12	-	-	-	-	-	-	00:35:40
Category: Master Women													
1	802	Heather	Trumble	3	00:30:11	00:33:33	00:35:01	-	-	-	-	-	01:38:45
Category: Nipper Boys													
1	2	Ben	du Plessis	2	00:20:28	00:21:19	-	-	-	-	-	-	00:41:47
2	4	Kian	Victor	2	00:21:37	00:23:34	-	-	-	-	-	-	00:45:11
3	3	Faure	Louw	2	00:36:18	00:47:05	-	-	-	-	-	-	01:23:23
4	1	Jaco	Venter	2	00:40:57	00:48:20	-	-	-	-	-	-	01:29:16
Category: Sprog Boys													
1	104	Chris	du Plessis	2	00:17:59	00:18:53	-	-	-	-	-	-	00:36:51
2	103	Devon	de Klerk	2	00:30:28	01:05:12	-	-	-	-	-	-	01:35:40
Category: Sprog Girls													
1	101	Kaylin	Prinsloo	2	00:23:58	00:27:10	-	-	-	-	-	-	00:51:08
2	102	Rimori	Sutton	2	00:30:07	00:31:17	-	-	-	-	-	-	01:01:25
3	105	Bryony	Mc Donogh	2	00:30:58	00:31:19	-	-	-	-	-	-	01:02:17
Category: Sub Junior Boys													
1	203	Ruan	van Zyl	4	00:16:29	00:18:46	00:18:09	00:17:19	-	-	-	-	01:10:43
2	205	Agostinho	Correia	4	00:17:25	00:18:15	00:17:45	00:18:01	-	-	-	-	01:11:26
3	202	Dean	Packham	4	00:17:40	00:19:15	00:19:16	00:19:43	-	-	-	-	01:15:55
4	206	Brad	Bloomer	4	00:26:41	-	-	-	-	-	-	-	00:26:41
Category: Sub Junior Girls													
1	200	Rebecca	Bloomer	3	00:17:30	00:08:47	00:31:09	-	-	-	-	-	00:57:26
2	201	Mariette	Kemp	3	00:20:56	00:22:06	00:22:42	-	-	-	-	-	01:05:43
3	204	Niclaudine	de Klerk	3	00:00:00	-	-	-	-	-	-	-	00:00:00
Category: Sub Veteran Men													
1	604	Andrew	Grobler	6	00:15:27	00:16:04	00:16:01	00:16:17	00:16:29	00:16:44	-	-	01:37:03
2	608	Johan	Maartens	6	00:17:03	00:17:24	00:17:17	00:16:55	00:17:16	00:16:30	-	-	01:42:27
3	611	Darren	Wilson	6	00:16:34	00:17:13	00:17:18	00:17:34	00:17:51	00:18:36	-	-	01:45:06
4	618	Coenle	van Eck	6	00:17:20	00:17:28	00:17:59	00:17:55	00:17:43	00:17:26	-	-	01:45:50
5	615	Jaco	Lange	6	00:16:40	00:17:39	00:17:25	00:18:00	00:18:27	00:17:53	-	-	01:46:04
6	602	Charl	Enslin	6	00:17:00	00:17:25	00:17:50	00:18:21	00:18:08	00:18:04	-	-	01:46:48
7	616	Jason	Martin	6	00:17:26	00:18:27	00:18:25	00:19:21	00:20:44	00:20:16	-	-	01:54:40
8	619	Andre	Swart	6	00:17:53	00:18:56	00:19:16	00:19:36	00:19:47	00:19:56	-	-	01:55:24
9	613	Brendon	Mccarthy	6	00:18:21	00:18:37	00:19:03	00:19:37	00:19:47	00:21:00	-	-	01:56:25
10	609	Kevin	Malan	6	00:19:31	00:20:14	00:20:27	00:20:40	00:20:52	00:20:50	-	-	02:02:34
11	617	Jacques	De Waal	6	00:21:36	00:23:56	00:27:56	00:33:51	-	-	-	-	01:47:19
12	600	Bradley	Duncan	6	00:20:27	00:23:38	00:24:49	-	-	-	-	-	01:08:53
13	605	Willie	Lightfoot	6	00:20:56	00:23:22	00:25:07	-	-	-	-	-	01:09:25
Category: Sub Veteran Women													
1	612	Colette	Consani	5	00:26:23	00:29:13	00:31:18	00:31:25	00:29:49	-	-	-	02:28:09
2	601	Marika	Kruger Muller	5	00:42:12	-	-	-	-	-	-	-	00:42:12
Category: Veteran Men													
1	704	Daniel	Paul	5	00:16:02	00:16:15	00:15:56	00:16:15	00:16:29	-	-	-	01:20:59
2	705	Leon	Prinsloo	5	00:16:29	00:17:17	00:17:56	00:17:55	00:17:29	-	-	-	01:27:06
3	707	Richard	Sutton	5	00:20:54	00:21:11	00:20:31	00:20:22	00:20:28	-	-	-	01:43:26
4	709	Izak	Coetzee	5	00:20:55	00:22:01	00:23:06	00:23:32	00:22:37	-	-	-	01:52:11
5	710	Martin	Pretorius	5	00:20:34	00:21:34	00:20:58	-	-	-	-	-	01:03:06
6	712	Greg	Bloomer	5	00:19:57	00:21:52	00:23:12	-	-	-	-	-	01:05:02
7	703	Brian	Packham	5	00:22:37	00:23:24	00:25:22	-	-	-	-	-	01:11:24
8	702	Piet	Lombaard	5	00:22:50	00:25:34	00:26:23	-	-	-	-	-	01:14:46
Category: Veteran Women													
1	713	Helen	Gibbings	4	00:19:09	00:19:56	00:19:43	00:19:38	-	-	-	-	01:18:26
2	706	Yvonne	Prinsloo	4	00:19:14	00:19:56	00:19:40	00:21:12	-	-	-	-	01:20:02
3	708	Nataly	Barbosa	4	00:19:51	00:21:54	00:22:15	00:21:52	-	-	-	-	01:25:51
4	701	Loryn	Bloomer	4	00:26:06	00:29:10	00:29:23	00:29:54	-	-	-	-	01:54:33
5	711	Erika	Geldenhuis	4	00:00:00	-	-	-	-	-	-	-	00:00:00
Category: Youth Men													
1	302	Joel	Hieber	5	00:14:32	00:15:10	00:15:22	00:15:30	00:15:38	-	-	-	01:16:13
2	305	Wade	Prinsloo	5	00:16:34	00:23:31	00:16:40	00:16:44	00:17:19	-	-	-	01:30:48
3	309	Mornay	Van Heerden	5	00:17:22	00:17:59	00:21:46	00:20:35	00:20:51	-	-	-	01:38:34
4	303	Frans	Nel	5	00:15:56	00:16:17	00:17:08	-	-	-	-	-	00:49:21
5	306	SD	Steyn	5	00:21:40	00:25:40	00:24:07	-	-	-	-	-	01:11:27
6	308	Ivan	van Staden	5	00:28:07	00:31:58	00:31:23	-	-	-	-	-	01:31:28
7	300	De Wet	Cilliers	5	00:22:03	-	-	-	-	-	-	-	00:22:03
Category: Youth Women													
1	301	Claudia	Enslin	4	00:20:52	00:21:52	00:22:34	00:22:55	-	-	-	-	01:28:12