

Pos.	Cat. Pos.	Cat.	No.	Name	Surname	Gen.	Time	Diff.	Pace
1	1	35-39	MX13152	Dan	Von Tonder	Male	00:48:21	-	04:50 min/km
2	1	50-59	MX13570	David Brittain	Brittain	Male	00:55:00	+06:38.857	05:29 min/km
3	1	Open	MX12450	Dean	Greeff	Male	00:55:45	+07:24.223	05:34 min/km
4	2	Open	MX12450	Dean	Greeff	Male	00:55:45	+07:24.223	05:34 min/km
5	1	40-49	MX14002	Maphuti	Phaka	Female	00:56:10	+07:49.332	05:37 min/km
6	1	40-49	MX15450	Alain	Le Roux	Male	00:57:25	+09:03.562	05:44 min/km
7	3	Open	MX14717	Robin	Roux	Male	01:00:22	+12:00.957	06:02 min/km
8	2	40-49	MX15222	Etienne	Muller	Male	01:00:42	+12:20.442	06:04 min/km
9	1	Open	MX14300	Nina	Furness	Female	01:00:43	+12:22.062	06:04 min/km
10	0	60+	MX14651	Thinus	Botha	Male	01:02:51	+14:30.426	06:17 min/km
11	1	50-59	MX14504	Cindy-Lee	Brown	Female	01:02:53	+14:31.699	06:17 min/km
12	1	Junior	MX12513	Jessica	James	Female	01:03:11	+14:49.880	06:19 min/km
13	4	Open	MX13439	Michael-Jon	Van Onselen	Male	01:03:45	+15:24.156	06:22 min/km
14	3	40-49	MX14515	Trevor	Wells	Male	01:03:47	+15:25.489	06:22 min/km
15	4	40-49	MX14984	Grant	Booyens	Male	01:03:51	+15:29.665	06:23 min/km
16	2	Junior	MX14622	Thea	Holdt	Female	01:04:20	+15:58.670	06:25 min/km
17	2	50-59	MX12473	Peter	Holdt	Male	01:04:21	+16:00.291	06:26 min/km
18	1	35-39	MX15294	Sim	Warber	Female	01:04:40	+16:19.165	06:28 min/km
19	5	40-49	MX13624	Michael	Kemp	Male	01:04:42	+16:21.406	06:28 min/km
20	2	Open	MX13992	Tegan	Crymble	Female	01:05:00	+16:39.215	06:30 min/km
21	2	35-39	MX13722	Anli	Swart	Female	01:05:37	+17:16.102	06:33 min/km
22	3	35-39	MX14219	Nicole	Ferreira	Female	01:05:39	+17:17.553	06:33 min/km
23	2	40-49	MX14729	Angela	Boulle	Female	01:05:43	+17:21.577	06:34 min/km
24	4	35-39	MX12773	Carey	Smith	Female	01:05:45	+17:24.363	06:34 min/km
25	5	Open	MX15123	Eric	Newby	Male	01:06:23	+18:01.584	06:38 min/km
26	3	Open	MX12981	Esthea	Le Roux	Female	01:06:24	+18:03.010	06:38 min/km
27	6	Open	MX12955	Byron	Walters	Male	01:06:27	+18:06.129	06:38 min/km
28	0	60-69	MX13764	Karin	Missing	Female	01:08:47	+20:25.579	06:52 min/km
29	7	Open	MX14685	Douglas	Desmond	Male	01:09:43	+21:21.657	06:58 min/km
30	8	Open	MX14070	Stefan	Victor	Male	01:11:21	+22:59.625	07:08 min/km
31	6	40-49	MX12022	Ryan	Mulholland	Male	01:13:16	+24:54.859	07:19 min/km
32	7	40-49	MX12059	Ryan	Kobus	Male	01:14:04	+25:43.259	07:24 min/km
33	9	Open	MX13646	Guy	Mcmahon	Male	01:14:07	+25:45.567	07:24 min/km
34	8	40-49	MX13857	Gavin	Tweddle	Male	01:14:48	+26:26.877	07:28 min/km
35	2	50-59	MX14603	Fleur	Morris	Female	01:15:18	+26:57.379	07:31 min/km
36	3	50-59	MX13149	Richard	Bewsey	Male	01:15:21	+26:59.500	07:32 min/km
37	3	40-49	MX12737	Janine	Bewsey	Female	01:15:23	+27:01.870	07:32 min/km
38	4	50-59	MX13984	Daryn	Brown	Male	01:15:49	+27:27.619	07:34 min/km
39	10	Open	MX12489	Brad	Mitchell	Male	01:16:01	+27:39.644	07:36 min/km
40	11	Open	MX14690	Gideon	Oosthuizen	Male	01:16:28	+28:07.348	07:38 min/km
41	4	Open	MX15377	Janine	Rayner	Female	01:16:36	+28:14.606	07:39 min/km
42	4	40-49	MX14635	Kim	Le Roux	Female	01:16:43	+28:22.305	07:40 min/km
43	1	Junior	MX14288	Ashley	Becker	Male	01:16:58	+28:37.015	07:41 min/km
44	3	50-59	MX15002	Gerda	Pieterse	Female	01:17:00	+28:38.839	07:41 min/km
45	4	50-59	MX13085	Deborah	Kets	Female	01:17:21	+28:59.694	07:44 min/km
46	5	35-39	MX15489	Nicola	Oussov	Female	01:17:32	+29:10.509	07:45 min/km

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47	2	35-39	MX14544	Dylan	Missing	Male	01:17:40	+29:19.001	07:46 min/km
48	6	35-39	MX14759	Carolyn	Missing	Female	01:17:42	+29:21.169	07:46 min/km
49	5	50-59	MX14568	Mark	Temlett	Male	01:18:05	+29:44.112	07:48 min/km
50	6	50-59	MX14662	Anthony	Harris	Male	01:18:11	+29:50.197	07:49 min/km
51	9	40-49	MX14869	Brandan	Watcham	Male	01:18:34	+30:13.026	07:51 min/km
52	7	50-59	MX14813	Werner	Nell	Male	01:18:49	+30:27.670	07:52 min/km
53	5	40-49	MX13979	Jenny	Batchelor	Female	01:19:09	+30:47.530	07:54 min/km
54	0	60+	MX14859	Steve	Burbidge	Male	01:19:32	+31:10.856	07:57 min/km
55	10	40-49	MX12343	Bradley	Cloete	Male	01:19:41	+31:20.314	07:58 min/km
56	5	50-59	MX15277	Lindsay	Pittaway	Female	01:20:02	+31:40.553	08:00 min/km
57	6	50-59	MX13316	Wilna	Pieters	Female	01:20:17	+31:56.150	08:01 min/km
58	7	35-39	MX12252	Le-Anne	Timmermans	Female	01:20:20	+31:59.330	08:02 min/km
59	11	40-49	MX14781	Alfred William	Still	Male	01:20:37	+32:16.283	08:03 min/km
60	8	50-59	MX15360	Brian	Jacobs	Male	01:20:40	+32:18.633	08:03 min/km
61	12	40-49	MX13818	Andrew	Wiseman	Male	01:20:42	+32:20.540	08:04 min/km
62	5	Open	MX12601	Alrette	Scheepers	Female	01:20:53	+32:31.449	08:05 min/km
63	6	Open	MX12609	Nadine	De Beer	Female	01:20:54	+32:32.932	08:05 min/km
64	7	50-59	MX14996	Karen	Soderholm	Female	01:21:02	+32:41.001	08:06 min/km
65	7	Open	MX15253	Marie	Oosthuizen	Female	01:21:23	+33:02.350	08:08 min/km
66	8	Open	MX15211	Chrizel	Jordaan	Female	01:21:24	+33:02.737	08:08 min/km
67	8	35-39	MX13162	Libby	Redding	Female	01:21:46	+33:24.653	08:10 min/km
68	6	40-49	MX14989	Jane	Little	Female	01:21:48	+33:26.845	08:10 min/km
69	8	50-59	MX14313	Rose	O Hare	Female	01:22:00	+33:39.286	08:12 min/km
70	9	35-39	MX13674	Dominique	Mulholland	Female	01:22:07	+33:45.795	08:12 min/km
71	10	35-39	MX14442	Siphokazi	Mayaba	Female	01:22:08	+33:47.171	08:12 min/km
72	3	35-39	MX15439	Richard	Lewis	Male	01:22:10	+33:49.291	08:13 min/km
73	9	Open	MX13469	Bianca	Krusekopf	Female	01:22:14	+33:52.691	08:13 min/km
74	0	60+	MX14649	Llew	Walters	Male	01:22:59	+34:38.157	08:17 min/km
75	9	50-59	MX12819	Jenny	Walters	Female	01:23:01	+34:40.058	08:18 min/km
76	2	Junior	MX13918	Richard	Bohn	Male	01:23:47	+35:25.448	08:22 min/km
77	13	40-49	MX12062	Hendrik	Bohn	Male	01:23:48	+35:26.653	08:22 min/km
78	12	Open	MX15119	Dellamaine	Du Toit	Male	01:24:56	+36:34.642	08:29 min/km
79	7	40-49	MX13400	Lisa	Contardo	Female	01:25:03	+36:41.629	08:30 min/km
80	8	40-49	MX14598	Mandy	Haupt	Female	01:26:29	+38:07.839	08:38 min/km
81	9	40-49	MX12758	Carla	Herbst	Female	01:26:32	+38:10.859	08:39 min/km
82	10	40-49	MX12103	Ronel	Wallis	Female	01:26:34	+38:12.984	08:39 min/km
83	4	35-39	MX13610	Jason	Walker	Male	01:26:36	+38:15.205	08:39 min/km
84	11	40-49	MX13413	Dee	Edwards	Female	01:26:38	+38:16.761	08:39 min/km
85	10	50-59	MX12512	Tracy	Miles	Female	01:27:38	+39:17.297	08:45 min/km
86	12	40-49	MX12849	Wendy	Seller	Female	01:29:00	+40:39.058	08:54 min/km
87	13	40-49	MX13121	Joanne	Attenborough	Female	01:29:15	+40:53.787	08:55 min/km
88	11	35-39	MX12304	Maria	Fourtounas	Female	01:29:28	+41:07.205	08:56 min/km
89	14	40-49	MX15101	Besham	Suredin	Male	01:29:55	+41:34.334	08:59 min/km
90	3	Junior	MX13797	Erin	Jacobs	Female	01:30:34	+42:12.460	09:03 min/km
91	12	35-39	MX13101	Zelda	Bredenhann	Female	01:31:10	+42:48.586	09:06 min/km
92	13	35-39	MX12137	Rozanne	Mitchell	Female	01:32:00	+43:39.211	09:12 min/km

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93	10	Open	MX14491	Sarah	Scutts	Female	01:32:27	+44:06.297	09:14 min/km
94	14	40-49	MX12396	Rentia	Kruger	Female	01:33:40	+45:19.187	09:22 min/km
95	15	40-49	MX13080	Neels	Kruger	Male	01:33:57	+45:35.492	09:23 min/km
96	15	40-49	MX14942	Helen	Greeff	Female	01:35:57	+47:36.156	09:35 min/km
97	13	Open	MX13653	Sivuyile	Mkontwana	Male	01:37:47	+49:25.822	09:46 min/km
98	11	50-59	MX14790	Marjon	Meyer	Female	01:39:29	+51:07.985	09:56 min/km
99	9	50-59	MX13368	Amanda	Becker	Male	01:40:21	+51:59.622	10:02 min/km
100	16	40-49	MX12534	Nicolene	Goertz	Female	01:40:55	+52:33.728	10:05 min/km
101	12	50-59	MX15031	Sue	Pons	Female	01:43:55	+55:33.508	10:23 min/km
102	13	50-59	MX15454	Bridgit	Clemmow	Female	01:50:04	+1:01:42.659	11:00 min/km
103	3	Junior	MX12329	Andrew	Becker	Male	01:56:09	+1:07:48.357	11:36 min/km
104	17	40-49	MX13654	Chrysty	Swift	Female	01:56:13	+1:07:51.656	11:37 min/km
105	14	50-59	MX15121	Laurie	Snyman	Female	01:56:46	+1:08:24.760	11:40 min/km
106	4	Junior	MX15009	Colby Ross	Still	Male	01:58:02	+1:09:40.622	11:48 min/km