

Pos.	Cat. Pos.	Cat.	No.	Name	Surname	Gen.	Time	Diff.	Pace
1	1	50-59	MX13180	Michael	Taylor	Male	01:20:17	-	05:21 min/km
2	1	40-49	MX13725	Eddie	Kriel	Male	01:20:24	+00:07.327	05:21 min/km
3	1	Open	MX12780	Paul	Scrutton	Male	01:20:52	+00:34.840	05:23 min/km
4	1	35-39	MX12283	Brandon	Stewal	Male	01:22:34	+02:17.342	05:30 min/km
5	2	40-49	MX12243	Richard	Brown	Male	01:22:53	+02:35.740	05:31 min/km
6	2	Open	MX14862	Dale	Scrutton	Male	01:23:20	+03:02.570	05:33 min/km
7	3	40-49	MX14913	Chris	Eden	Male	01:23:22	+03:05.292	05:33 min/km
8	3	Open	MX12450	Dean	Greeff	Male	01:25:45	+05:28.256	05:43 min/km
9	4	40-49	MX12120	Matthew	Morgan	Male	01:27:28	+07:11.210	05:49 min/km
10	5	40-49	MX13467	Derek	Schulze	Male	01:27:37	+07:20.275	05:50 min/km
11	1	40-49	MX15114	Debbie	O'Leary	Female	01:27:48	+07:30.421	05:51 min/km
12	2	50-59	MX12558	Neill	Scrutton	Male	01:28:15	+07:58.441	05:53 min/km
13	1	Open	MX14637	Diana	Henry	Female	01:28:55	+08:37.709	05:55 min/km
14	1	50-59	MX14840	Hilary	Campbell	Female	01:29:49	+09:31.778	05:59 min/km
15	2	40-49	MX13745	Victoria	Hulley	Female	01:30:37	+10:20.272	06:02 min/km
16	6	40-49	MX13471	Jayde	Theunissen	Male	01:31:58	+11:41.016	06:07 min/km
17	7	40-49	MX12941	Hennie	Van Wyk	Male	01:32:43	+12:26.194	06:10 min/km
18	8	40-49	MX14365	Gavin	George	Male	01:33:38	+13:21.010	06:14 min/km
19	1	35-39	MX12987	Lizil	Knoester	Female	01:41:39	+21:21.667	06:46 min/km
20	3	40-49	MX14018	Trish	Vosse	Female	01:41:54	+21:36.889	06:47 min/km
21	4	40-49	MX12743	Kim	Brown	Female	01:42:37	+22:20.306	06:50 min/km
22	2	35-39	MX12545	Leonie	Jacobs	Female	01:42:39	+22:21.489	06:50 min/km
23	2	35-39	MX13414	Melany	Lotter	Male	01:43:13	+22:55.671	06:52 min/km
24	3	50-59	MX15026	Theo	Pieterse	Male	01:43:34	+23:17.274	06:54 min/km
25	9	40-49	MX12235	Paul	Gebhardt	Male	01:43:45	+23:28.211	06:55 min/km
26	2	Open	MX13406	Megan	Taylor	Female	01:43:54	+23:36.785	06:55 min/km
27	4	Open	MX15160	Andrew	Taylor	Male	01:43:55	+23:37.978	06:55 min/km
28	5	Open	MX14470	Shaun	Van Staden	Male	01:44:01	+23:43.843	06:56 min/km
29	5	40-49	MX13935	Armine	Schaefer	Female	01:45:00	+24:42.541	06:59 min/km
30	3	35-39	MX13449	Zariette	Greeff	Female	01:45:03	+24:45.722	07:00 min/km
31	3	35-39	MX12688	Sean	Fietje	Male	01:45:28	+25:10.929	07:01 min/km
32	10	40-49	MX13201	Craig	Cothill	Male	01:46:03	+25:46.085	07:04 min/km
33	4	50-59	MX14360	Wayne	Kets	Male	01:46:32	+26:14.628	07:06 min/km
34	6	40-49	MX14926	Juliet	Morgan	Female	01:46:48	+26:30.540	07:07 min/km
35	4	35-39	MX12550	Debbie	Morgan	Female	01:46:50	+26:32.745	07:07 min/km
36	7	40-49	MX12236	Yolande	Brand	Female	01:47:19	+27:01.627	07:09 min/km
37	5	35-39	MX12096	Tammy	Wolhuter	Female	01:48:24	+28:07.377	07:13 min/km
38	11	40-49	MX15086	David	Sinclair	Male	01:49:00	+28:42.951	07:15 min/km
39	4	35-39	MX14474	Patrick Lee	Mitchell	Male	01:49:25	+29:07.763	07:17 min/km
40	8	40-49	MX12244	Claire	Gebhardt	Female	01:49:26	+29:08.605	07:17 min/km
41	12	40-49	MX13389	Chris	Omahony	Male	01:49:35	+29:17.910	07:18 min/km
42	9	40-49	MX14710	Darryn	Jacobs	Female	01:49:39	+29:22.266	07:18 min/km
43	13	40-49	MX13887	Marco	Freitas	Male	01:51:05	+30:47.882	07:24 min/km
44	10	40-49	MX12248	Mirelle	Combrink	Female	01:51:38	+31:21.424	07:26 min/km
45	5	35-39	MX12598	Anton	Otto	Male	01:52:17	+32:00.361	07:29 min/km
46	14	40-49	MX14028	Bruce Scott	Minnie	Male	01:52:41	+32:24.133	07:30 min/km

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47	5	50-59	MX12265	Paul	Cumming	Male	01:52:43	+32:25.835	07:30 min/km
48	3	Open	MX13344	Hayley	Cumming	Female	01:52:44	+32:26.661	07:30 min/km
49	6	35-39	MX14074	Bruce	Talbot	Male	01:52:49	+32:32.258	07:31 min/km
50	6	Open	MX14618	Nicholas	Prinsloo	Male	01:53:15	+32:57.756	07:32 min/km
51	11	40-49	MX13133	Alison	Mandy	Female	01:54:41	+34:24.072	07:38 min/km
52	12	40-49	MX13235	Zena	Brown	Female	01:54:43	+34:26.194	07:38 min/km
53	6	50-59	MX14901	Neil	Butcher	Male	01:56:15	+35:58.423	07:45 min/km
54	13	40-49	MX15385	Venessa	Lund	Female	01:56:19	+36:02.331	07:45 min/km
55	7	35-39	MX12702	Aldyn	Debbo	Male	01:58:46	+38:29.007	07:55 min/km
56	4	Open	MX12803	Leslie	Grandet	Female	02:04:07	+43:49.713	08:16 min/km
57	0	60+	MX14863	Carolyn	Williamson	Female	02:04:17	+44:00.282	08:17 min/km
58	8	35-39	MX15117	Sebastian	Nicolettz	Male	02:05:13	+44:56.269	08:20 min/km
59	14	40-49	MX12706	Jackie	Evers	Female	02:05:16	+44:59.328	08:21 min/km
60	15	40-49	MX12269	Ciska	Thurman	Female	02:05:29	+45:12.282	08:21 min/km
61	15	40-49	MX13955	Chris	Thurman	Male	02:05:30	+45:13.038	08:22 min/km
62	16	40-49	MX14942	Helen	Greeff	Female	02:05:57	+45:40.189	08:23 min/km
63	5	Open	MX14838	Benita	Trytsman	Female	02:05:59	+45:42.335	08:23 min/km
64	0	60+	MX14650	Carol	Barnard	Female	02:30:01	+1:09:43.754	10:00 min/km
65	9	35-39	MX13472	Didier	Schmitz	Male	02:32:22	+1:12:04.856	10:09 min/km
66	10	35-39	MX12058	Jaisheel	Mistry	Male	02:38:02	+1:17:44.552	10:32 min/km
67	16	40-49	MX15219	Lyndon	Pinnock	Male	02:38:21	+1:18:03.962	10:33 min/km
68	17	40-49	MX14032	Liz	Pinnock	Female	02:38:23	+1:18:06.328	10:33 min/km
69	18	40-49	MX12217	Maritsa	Minnie	Female	02:55:06	+1:34:48.712	11:40 min/km
70	7	Open	MX12716	Kimson	Chan	Male	03:01:33	+1:41:15.742	12:06 min/km