

Pos.	Cat. Pos.	Cat.	No.	Name	Surname	Gen.	Time	Diff.	Pace
1	1	40-49	MX13365	Phillipe	Van Der Leeuw	Male	02:07:24	-	05:05 min/km
2	1	35-39	MX14369	Egor	Oussov	Male	02:10:48	+03:24.146	05:13 min/km
3	2	35-39	MX14076	Brett	Eaton	Male	02:11:07	+03:43.633	05:14 min/km
4	2	40-49	MX13821	Adrian	Storie	Male	02:18:13	+10:49.686	05:31 min/km
5	1	35-39	MX12752	Angela	Ghemo	Female	02:18:39	+11:15.238	05:32 min/km
6	3	40-49	MX14834	Leo	Stagg	Male	02:28:37	+21:12.820	05:56 min/km
7	1	50-59	MX13283	Oliver	Ruhl	Male	02:50:38	+43:14.093	06:49 min/km
8	4	40-49	MX12012	Daniel	Robus	Male	02:53:20	+45:56.195	06:55 min/km
9	5	40-49	MX15357	Warren	Twersky	Male	02:53:22	+45:57.983	06:56 min/km
10	2	50-59	MX14821	Brendan	Becker	Male	02:53:27	+46:03.537	06:56 min/km
11	3	35-39	MX14575	Craig	Smith	Male	02:54:09	+46:45.189	06:57 min/km
12	3	50-59	MX14007	Fernando	Santos	Male	02:57:46	+50:21.851	07:06 min/km
13	6	40-49	MX14082	Conrad	Woollatt	Male	02:58:25	+51:00.870	07:08 min/km
14	4	50-59	MX14776	Mike	Pithey	Male	03:01:25	+54:01.384	07:15 min/km
15	4	35-39	MX15232	Ryan	Clarke	Male	03:03:28	+56:04.555	07:20 min/km
16	5	35-39	MX14366	Chris	Pretorius	Male	03:04:41	+57:17.157	07:23 min/km
17	6	35-39	MX12405	Martin	Bredenhann	Male	03:09:19	+1:01:55.277	07:34 min/km
18	2	35-39	MX12728	Madre	Marx	Female	03:09:21	+1:01:56.792	07:34 min/km
19	7	35-39	MX13631	Jono	Edwards	Male	03:10:22	+1:02:58.522	07:36 min/km
20	1	Open	MX12729	Willem Hendrik	Boshoff	Male	03:10:30	+1:03:06.093	07:37 min/km
21	7	40-49	MX12465	David	Ballam	Male	03:10:37	+1:03:13.691	07:37 min/km
22	8	40-49	MX12690	Jaco	Pietersen	Male	03:10:41	+1:03:17.501	07:37 min/km
23	9	40-49	MX13205	Adrian	Van De Vyver	Male	03:10:47	+1:03:23.477	07:37 min/km
24	10	40-49	MX15383	Herman	Potgieter	Male	03:10:49	+1:03:24.931	07:37 min/km
25	11	40-49	MX12953	Stuart	Marshall	Male	03:11:28	+1:04:03.751	07:39 min/km
26	1	40-49	MX13338	Samantha	Morard	Female	03:12:21	+1:04:57.595	07:41 min/km
27	2	40-49	MX14715	Molatelo Catherine	Ramaphakela	Female	03:12:27	+1:05:02.862	07:41 min/km
28	12	40-49	MX14689	Eugene	Greeff	Male	03:12:28	+1:05:04.459	07:41 min/km
29	13	40-49	MX14658	Frikkie	Coetzer	Male	03:34:26	+1:27:02.565	08:34 min/km
30	14	40-49	MX12023	Hannes	van der Merwe	Male	03:42:00	+1:34:36.524	08:52 min/km
31	5	50-59	MX14467	Gavin	Sacks	Male	03:43:06	+1:35:42.619	08:55 min/km
32	3	40-49	MX15171	Carin	Scholtz	Female	03:43:46	+1:36:22.674	08:57 min/km
33	15	40-49	MX12064	Errol Craig	Gornall	Male	03:48:03	+1:40:39.421	09:07 min/km
34	6	50-59	MX13420	Jason	Burke	Male	03:51:56	+1:44:32.652	09:16 min/km
35	8	35-39	MX14297	Justice	Utete	Male	03:52:37	+1:45:13.436	09:18 min/km
36	0	60+	MX12246	Frank	Stobber	Male	03:57:12	+1:49:48.059	09:29 min/km
37	4	40-49	MX12102	Cecilia	Ballam	Female	04:05:32	+1:58:08.026	09:49 min/km
38	16	40-49	MX14411	Malcolm	Haefner	Male	04:05:34	+1:58:09.980	09:49 min/km
39	5	40-49	MX15227	Melanie	Swanepoel	Female	04:06:53	+1:59:29.072	09:52 min/km
40	17	40-49	MX12165	Stefan	Ulland	Male	04:07:36	+2:00:12.292	09:54 min/km
41	6	40-49	MX13849	Julie	Reid	Female	04:13:48	+2:06:23.965	10:09 min/km
42	3	35-39	MX12394	Melanie	Augustyn	Female	04:13:51	+2:06:26.791	10:09 min/km
43	1	Open	MX14539	Emma	Emmerich	Female	04:13:53	+2:06:29.191	10:09 min/km
44	7	50-59	MX14938	Clint	Holing	Male	04:17:17	+2:09:53.281	10:17 min/km
45	18	40-49	MX15250	Andrew	Beggs	Male	05:01:31	+2:54:07.025	12:03 min/km