

Pos.	Cat. Pos.	Cat.	No.	Name	Surname	Gen.	Time	Diff.	Pace
1	1	Junior	MX13902	Jan	Kruger	Male	00:20:39	-	04:07 min/km
2	1	50-59	MX12116	Mandy	Scrutton	Female	00:28:05	+07:26.045	05:36 min/km
3	1	50-59	MX12476	Harry	Kouskos	Male	00:28:06	+07:27.699	05:37 min/km
4	1	Open	MX12607	Bradley	Schwedhelm	Male	00:29:45	+09:06.105	05:56 min/km
5	2	Junior	MX14740	Connor	Rowan	Male	00:31:05	+10:26.622	06:13 min/km
6	2	Open	MX14357	Daniel	Zoutendyk	Male	00:32:37	+11:58.613	06:31 min/km
7	1	Open	MX12540	Bianca	Van Staden	Female	00:33:05	+12:25.984	06:36 min/km
8	3	Junior	MX15164	Marcio	Wiseman	Male	00:33:38	+12:59.256	06:43 min/km
9	1	40-49	MX14746	Natalie	Zoutendyk	Female	00:33:57	+13:18.145	06:47 min/km
10	2	50-59	MX13451	Sandra	Pieters	Female	00:34:16	+13:37.055	06:51 min/km
11	2	50-59	MX12041	Allan	Zoutendyk	Male	00:34:41	+14:01.855	06:56 min/km
12	2	Open	MX13456	Samantha	Van Der Merwe	Female	00:36:40	+16:01.734	07:20 min/km
13	0	60+	MX13448	Gustav	Preller	Male	00:36:47	+16:07.870	07:21 min/km
14	2	40-49	MX12321	Yvette	Ellis	Female	00:38:02	+17:23.799	07:36 min/km
15	3	40-49	MX13418	Brenda	Bleiker	Female	00:38:11	+17:32.208	07:38 min/km
16	4	40-49	MX13418	Brenda	Bleiker	Female	00:38:11	+17:32.208	07:38 min/km
17	4	Junior	MX40330	Theo	Enslin	Male	00:38:15	+17:36.020	07:38 min/km
18	5	40-49	MX14760	Esther	Bruinette	Female	00:38:50	+18:11.092	07:45 min/km
19	1	Junior	MX13847	Kate	Enslin	Female	00:39:58	+19:19.522	07:59 min/km
20	3	50-59	MX12950	Lorelei	Temlett	Female	00:40:07	+19:28.462	08:01 min/km
21	3	Open	MX13532	Gillian	Mcmahon	Female	00:40:12	+19:33.664	08:02 min/km
22	1	40-49	MX15244	Theo	Enslin	Male	00:40:30	+19:51.214	08:05 min/km
23	0	60+	MX12775	Clare	Rayner	Female	00:41:50	+21:11.217	08:21 min/km
24	3	Open	MX12171	Riko	De Klerk	Male	00:42:09	+21:29.959	08:25 min/km
25	1	35-39	MX15011	Ingrid	Friend	Female	00:43:57	+23:18.410	08:47 min/km
26	4	50-59	MX12327	Geraldine	Harris	Female	00:44:09	+23:30.033	08:49 min/km
27	4	Open	MX13950	Ronelle	Van Tonder	Female	00:44:28	+23:49.539	08:53 min/km
28	0	60+	MX14306	Rina	De Klerk-Weyer	Female	00:44:39	+24:00.587	08:55 min/km
29	6	40-49	MX13278	Leigh	Twersky	Female	00:44:42	+24:02.942	08:56 min/km
30	5	50-59	MX15267	Debbie	Vrdoljak	Female	00:44:44	+24:05.727	08:56 min/km
31	7	40-49	MX13164	Caron	Whitfield	Female	00:44:47	+24:08.243	08:57 min/km
32	5	Open	MX12247	Zandile	Masopha	Female	00:45:03	+24:23.848	09:00 min/km
33	0	60+	MX14723	Monique	Lincoln	Male	00:46:31	+25:52.807	09:18 min/km
34	2	40-49	MX12458	Mauritz	Van Der Hewee	Male	00:48:04	+27:24.998	09:36 min/km
35	8	40-49	MX12700	Magdaleen	Van Der Hewee	Female	00:48:05	+27:26.365	09:37 min/km
36	2	35-39	MX15294	Sim	Warber	Female	00:49:40	+29:01.539	09:56 min/km
37	3	35-39	MX15294	Sim	Warber	Female	00:49:40	+29:01.539	09:56 min/km
38	3	40-49	MX13624	Michael	Kemp	Male	00:49:42	+29:03.780	09:56 min/km
39	4	40-49	MX13624	Michael	Kemp	Male	00:49:42	+29:03.780	09:56 min/km
40	5	40-49	MX12736	Robert	Green	Male	00:50:50	+30:11.173	10:09 min/km
41	5	Junior	MX14615	Mieke	Greyvensteyn	Male	00:51:00	+30:21.102	10:11 min/km
42	2	Junior	MX13057	Georgina	Kirner-Green	Female	00:51:04	+30:25.704	10:12 min/km
43	1	35-39	MX14683	Werner	Greyvensteyn	Male	00:51:11	+30:32.400	10:14 min/km
44	6	Open	MX13445	Stephany	Kirner-Green	Female	00:51:13	+30:33.967	10:14 min/km
45	7	Open	MX15141	Tamryn	Neill	Female	00:54:28	+33:49.014	10:53 min/km
46	6	40-49	MX14079	Renalde	Pretorius	Male	00:56:16	+35:36.983	11:15 min/km

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47	3	Junior	MX14975	Johanna	Bohn	Female	00:56:20	+35:40.964	11:15 min/km
48	9	40-49	MX14947	Marlen	Bohn	Female	00:56:22	+35:43.500	11:16 min/km
49	4	35-39	MX14516	Celia	Meldrum	Female	00:56:39	+36:00.339	11:19 min/km
50	7	40-49	MX12183	Willem	Versfeld	Male	00:58:07	+37:28.163	11:37 min/km
51	5	35-39	MX14376	Theresa	Braithwaite	Female	00:58:10	+37:31.098	11:37 min/km
52	6	50-59	MX14331	Wini	Preller	Female	01:06:36	+45:57.192	13:19 min/km