

Namaqua Quest Trail Run 2015

Day 4 - Toringberg

Distance : 26.4 km

Overall Finish Position - Indicative Only (1 Day Runners Included)

Pos	Race#	Name	Time	Avg Speed (km/h)	Category
1	4020	Andrea Biffi	02:30:47	10.51	Senior Men
2	4059	Mazu Ndandani	02:37:13	10.08	Senior Men
3	4050	Grant Wolff	02:59:31	8.82	Senior Men
4	4041	Piers Cruickshanks	03:05:06	8.56	Senior Men
5	S011	Jacques Theron	03:05:08	8.56	1 Day : Senior Men
6	4045	Conrad Van den Berg	03:05:20	8.55	Senior Ladies
7	4007	Nicky Booyens	03:09:15	8.37	Master Men
8	4044	Dean Moldenhauer	03:11:30	8.27	Senior Ladies
9	4042	Lisl Grobler	03:11:55	8.25	Senior Ladies
10	4060	Johan Bronkhorst	03:11:57	8.25	Senior Men
11	4013	Willie Coetzee	03:13:00	8.21	Senior Men
12	4033	Ryan Clarke	03:23:44	7.77	Veteran Men
13	4038	David Francis	03:23:45	7.77	Veteran Men
14	4037	Ross Botes	03:25:42	7.70	Master Men
15	4035	Brett Boardman	03:26:08	7.68	Senior Ladies
16	4070	Kirsty Smit	03:26:17	7.68	Veteran Ladies
17	4036	Neil Van Straaten	03:26:26	7.67	Veteran Men
18	4019	Paola Vignani	03:31:46	7.48	Veteran Ladies
19	4074	Hilton Murray	03:35:15	7.36	Master Ladies
20	S014	Matt Biden	03:42:37	7.12	1 Day : Senior Men
21	4009	Morgan Naicker	03:43:24	7.09	Veteran Men
22	4068	Gerhard Pienaar	03:44:45	7.05	Senior Ladies
23	4010	Lientjie Best	03:49:20	6.91	Master Men
24	4011	Manie Kotze	03:49:21	6.91	Veteran Men
25	4016	Boeta Van Tonder	03:49:22	6.91	Senior Men
26	4061	Johan Coetzee	03:52:08	6.82	Master Men
27	4062	Achim Herma	03:52:08	6.82	Senior Ladies
28	4049	John Van Onselen	03:55:11	6.74	Senior Ladies
29	4001	Chris Liebenberg	04:02:34	6.53	Veteran Ladies
30	4002	Waldo Kemp	04:02:37	6.53	Veteran Men
31	4034	Kerryn Alcock	04:03:51	6.50	Veteran Ladies
32	4039	Dean Mellows	04:03:55	6.49	Veteran Men
33	4054	Charles Schuman	04:08:58	6.36	Senior Ladies
34	4055	Susanne Viljoen	04:08:59	6.36	Senior Ladies
35	4076	Cecile Balkema	04:09:19	6.35	Senior Ladies
36	4077	Rosie Carey	04:09:20	6.35	Veteran Men
37	4051	Grant Buser	04:11:23	6.30	Veteran Men
38	4053	Colleen Nicholas	04:11:24	6.30	Veteran Ladies
39	4005	Paul Cumming	04:11:45	6.29	Veteran Men
40	4040	Tony Mellows	04:11:58	6.29	Master Ladies
41	4056	Pieter Schuman	04:15:50	6.19	Master Men

42	4052	Michelle Coskey	04:18:58	6.12	Veteran Men
43	4029	Michael Diezun	04:21:21	6.06	Master Men
44	S015	David Swan	04:21:53	6.05	1 Day : Master Men
45	4032	Corni Van Der Merwe	04:25:37	5.96	Senior Ladies
46	4017	Sonja Zittlau	04:30:24	5.86	Senior Ladies
47	4018	Christa Venter	04:30:24	5.86	Master Ladies
48	4003	Mari-Louise Janse van Rensburg	04:32:25	5.81	Senior Men
49	4004	Stefanie Zietsman	04:32:27	5.81	Veteran Men
50	4027	Martin Ferreira	04:37:39	5.71	Master Men
51	4026	Genevieve Ferreira	04:37:40	5.70	Master Ladies
52	4006	Timothy Dowd	04:37:44	5.70	Senior Men
53	4008	Peter Koedyk	04:40:11	5.65	Master Men
54	S009	Irma Liebenberg	04:42:47	5.60	1 Day : Master Ladies
55	4063	Duduzile Dlamini	04:44:46	5.56	Veteran Ladies
56	4071	Chrissie Jay	04:44:47	5.56	Senior Men
57	S016	Leida Schuman	04:50:37	5.45	1 Day : Veteran Ladies
58	4046	Joey Lascelles	04:54:35	5.38	Senior Ladies
59	4047	Vaughan Lascelles	04:54:36	5.38	Master Men
60	S012	Adel Cotzee	04:54:38	5.38	1 Day : Veteran Ladies
61	4058	Francois Viljoen	04:57:01	5.33	Master Men
62	4028	Este Bezuidenhout	04:57:02	5.33	Veteran Ladies
63	4057	Lynette Viljoen	04:57:12	5.33	Veteran Ladies
64	4021	Phillip Marais	05:07:39	5.15	Senior Men
65	4072	Francis Rogan	05:14:34	5.04	Veteran Ladies
66	4022	Christina Van Der Breggen	05:18:52	4.97	Veteran Ladies
67	4024	Craig Styber	05:18:54	4.97	Veteran Men
68	4014	Linda Labuschagne	05:23:13	4.90	Master Men
69	4015	Peet Labuschagne	05:23:15	4.90	Senior Men
70	S005	Lizet Murray	05:23:17	4.90	1 Day : Veteran Ladies
71	S006	Liezel Engelbrecht	05:23:18	4.90	1 Day : Veteran Ladies
72	S002	Koos Walters	05:46:40	4.57	1 Day : Veteran Men
73	S003	Alida Bester	05:46:41	4.57	1 Day : Veteran Ladies
74	4066	Joan Bennett	05:47:05	4.56	Veteran Men
75	S004	Christine Van Zyl	05:47:20	4.56	1 Day : Veteran Ladies
76	4065	Sanet Du Toit	05:48:50	4.54	Master Ladies
77	S013	Miles Murray	05:50:29	4.52	1 Day : Veteran Men
78	4023	Dianie Lampreent	05:50:31	4.52	Master Men
79	4025	Steven King	05:50:46	4.52	Veteran Men
80	4073	Marlene Nell	05:54:52	4.46	Master Ladies
81	S008	Marissa Kilian	05:55:14	4.46	1 Day : Senior Ladies
82	4030	Edna Bouwer	05:56:47	4.44	Veteran Ladies
83	4031	Marius Bouwer	05:56:48	4.44	Master Ladies
84	4067	Leslie Pienaar	06:39:09	3.97	Veteran Men
85	4067	Leslie Pienaar	06:39:09	3.97	Senior Ladies

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Category : 1 Day Event

05-09-2015

Pos	Race#	Name	Time	Avg Speed (km/h)	Category
1	S011	Jacques Theron	03:05:08	8.56	1 Day : Senior Men
2	S014	Matt Biden	03:42:37	7.12	1 Day : Senior Men
3	S015	David Swan	04:21:53	6.05	1 Day : Master Men
4	S009	Irma Liebenberg	04:42:47	5.60	1 Day : Master Ladies
5	S016	Leida Schuman	04:50:37	5.45	1 Day : Veteran Ladies
6	S012	Adel Cotzee	04:54:38	5.38	1 Day : Veteran Ladies
7	S005	Lizet Murray	05:23:17	4.90	1 Day : Veteran Ladies
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12	S013	Miles Murray	05:50:29	4.52	1 Day : Veteran Men
13	S008	Marissa Kilian	05:55:14	4.46	1 Day : Senior Ladies