

# Trans Augrabies MTB Age-Gender Adjusted Results



Augrabies Falls National Park  
15 - 17 June 2019

Allcomers Challenge : 99 participants																
POS in	All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
1	1	12	GWB	Mare Malherbe	05:35:56	<b>03:24:15</b>	04:59:59	<b>03:02:23</b>	04:09:13	<b>02:31:31</b>	14:45:08	39.20%	<b>08:58:10</b>	<b>3</b>		
2	1	107	VMB	Gert Nel	03:41:48	<b>03:23:11</b>	03:24:17	<b>03:07:09</b>	02:53:23	<b>02:38:50</b>	09:59:28	8.39%	<b>09:09:10</b>	<b>3</b>		
3	2	83	VMB	Schalk Van Der Merwe	03:37:53	<b>03:19:36</b>	03:34:33	<b>03:16:33</b>	02:54:46	<b>02:40:06</b>	10:07:12	8.39%	<b>09:16:15</b>	<b>3</b>		
4	1	24	MMB	Mark Kapnoudhis	04:10:30	<b>03:28:28</b>	03:53:50	<b>03:14:36</b>	03:07:18	<b>02:35:52</b>	11:11:38	16.78%	<b>09:18:56</b>	<b>3</b>		
5	1	37	GMB	Heinrich Kammeyer	04:38:57	<b>03:28:44</b>	04:18:54	<b>03:13:44</b>	03:35:20	<b>02:41:08</b>	12:33:11	25.17%	<b>09:23:36</b>	<b>3</b>		
6	1	89	MMA	Nicky Van Blerk	04:01:34	<b>03:31:11</b>	03:47:03	<b>03:18:29</b>	03:05:50	<b>02:42:27</b>	10:54:27	12.58%	<b>09:32:07</b>	<b>3</b>		
7	2	67	GMB	Hoffie Conradie	04:42:54	<b>03:31:42</b>	04:30:30	<b>03:22:25</b>	03:35:43	<b>02:41:25</b>	12:49:07	25.17%	<b>09:35:32</b>	<b>3</b>		
8	1	93	VMA	Werner Pretorius	03:41:28	<b>03:32:11</b>	03:34:31	<b>03:25:32</b>	02:52:56	<b>02:45:41</b>	10:08:55	4.19%	<b>09:43:24</b>	<b>3</b>		
9	1	58	SVA	Izak Strauss	03:35:58	<b>03:35:58</b>	03:24:15	<b>03:24:15</b>	02:53:25	<b>02:53:25</b>	09:53:38	0.00%	<b>09:53:38</b>	<b>3</b>		
10	1	49	GMA	Dennis Lawrie	04:36:26	<b>03:38:28</b>	04:26:39	<b>03:30:44</b>	03:45:29	<b>02:58:12</b>	12:48:34	20.97%	<b>10:07:24</b>	<b>3</b>		
11	1	64	VWA	Anna Le Roux	04:36:59	<b>03:46:34</b>	04:18:37	<b>03:31:33</b>	03:29:19	<b>02:51:13</b>	12:24:55	18.20%	<b>10:09:21</b>	<b>3</b>		
12	2	17	GMA	Dolf Engels	04:37:12	<b>03:39:04</b>	04:31:39	<b>03:34:41</b>	03:45:03	<b>02:57:51</b>	12:53:54	20.97%	<b>10:11:37</b>	<b>3</b>		
13	2	79	VMA	Willie Van Heerden	03:47:10	<b>03:37:39</b>	03:47:02	<b>03:37:31</b>	03:06:01	<b>02:58:13</b>	10:40:13	4.19%	<b>10:13:23</b>	<b>3</b>		
14	2	91	MMA	Christo Van Niekerk	04:14:19	<b>03:42:19</b>	04:00:19	<b>03:30:05</b>	03:27:37	<b>03:01:30</b>	11:42:15	12.58%	<b>10:13:54</b>	<b>3</b>		
15	3	21	VMB	Johann De Wet	04:02:43	<b>03:42:21</b>	03:56:52	<b>03:37:00</b>	03:16:38	<b>03:00:08</b>	11:16:13	8.39%	<b>10:19:29</b>	<b>3</b>		
16	1	22	SVB	Naude Engels	03:40:31	<b>03:38:19</b>	03:38:48	<b>03:36:37</b>	03:06:58	<b>03:05:06</b>	10:26:17	1.00%	<b>10:20:01</b>	<b>3</b>		
17	2	92	SVB	Timothy Russell	03:47:51	<b>03:45:34</b>	03:38:11	<b>03:36:00</b>	03:04:26	<b>03:02:35</b>	10:30:28	1.00%	<b>10:24:10</b>	<b>3</b>		
18	3	70	MMA	Kevin Haward	04:17:36	<b>03:45:12</b>	04:14:44	<b>03:42:41</b>	03:21:51	<b>02:56:27</b>	11:54:11	12.58%	<b>10:24:20</b>	<b>3</b>		
19	1	76	SXB	Kateryna Tertienko	04:29:01	<b>03:48:40</b>	04:10:59	<b>03:33:20</b>	03:35:05	<b>03:02:49</b>	12:15:05	15.00%	<b>10:24:49</b>	<b>3</b>		
20	4	75	VMB	Lucas De Kock	04:06:38	<b>03:45:56</b>	03:53:50	<b>03:34:13</b>	03:23:59	<b>03:06:52</b>	11:24:27	8.39%	<b>10:27:01</b>	<b>3</b>		
21	3	90	SVB	Dreyer Van Niekerk	03:46:14	<b>03:43:58</b>	03:48:17	<b>03:46:00</b>	03:07:53	<b>03:06:00</b>	10:42:24	1.00%	<b>10:35:59</b>	<b>3</b>		
22	1	44	MWA	Ingrid Landman	05:15:35	<b>03:51:38</b>	04:56:26	<b>03:37:35</b>	04:18:46	<b>03:09:56</b>	14:30:47	26.60%	<b>10:39:09</b>	<b>3</b>		
23	2	66	MMB	Steve Reid	04:42:52	<b>03:55:24</b>	04:30:31	<b>03:45:07</b>	03:35:59	<b>02:59:44</b>	12:49:22	16.78%	<b>10:40:16</b>	<b>3</b>		
24	3	19	VMA	Carl Marais	03:58:52	<b>03:48:51</b>	03:53:25	<b>03:43:38</b>	03:16:06	<b>03:07:53</b>	11:08:23	4.19%	<b>10:40:23</b>	<b>3</b>		
25	1	57	GWA	Therese Van Der Colf	05:55:06	<b>03:50:49</b>	05:37:27	<b>03:39:21</b>	04:54:38	<b>03:11:31</b>	16:27:11	35.00%	<b>10:41:40</b>	<b>3</b>		
26	3	9	MMB	Hambly Quantrill	04:44:08	<b>03:56:27</b>	04:34:40	<b>03:48:35</b>	03:39:51	<b>03:02:58</b>	12:58:39	16.78%	<b>10:48:00</b>	<b>3</b>		
27	4	80	VMA	Dewald Goossen	04:06:36	<b>03:56:16</b>	03:54:45	<b>03:44:55</b>	03:20:03	<b>03:11:40</b>	11:21:24	4.19%	<b>10:52:51</b>	<b>3</b>		
28	5	84	VMB	Pierre Nel	04:19:07	<b>03:57:23</b>	04:02:13	<b>03:41:54</b>	03:31:38	<b>03:13:53</b>	11:52:58	8.39%	<b>10:53:09</b>	<b>3</b>		
29	6	69	VMB	Hendrik Muller	04:17:35	<b>03:55:58</b>	04:14:42	<b>03:53:20</b>	03:22:05	<b>03:05:08</b>	11:54:22	8.39%	<b>10:54:26</b>	<b>3</b>		
30	2	98	SVA	Renier Botha	03:58:46	<b>03:58:46</b>	03:46:43	<b>03:46:43</b>	03:09:21	<b>03:09:21</b>	10:54:50	0.00%	<b>10:54:50</b>	<b>3</b>		
31	3	1	GMA	Bernard De Witt	04:59:22	<b>03:56:35</b>	04:47:46	<b>03:47:25</b>	04:05:09	<b>03:13:45</b>	13:52:17	20.97%	<b>10:57:45</b>	<b>3</b>		
32	1	41	MWB	Carolyn Janik	05:49:08	<b>04:01:36</b>	05:29:44	<b>03:48:11</b>	04:43:09	<b>03:15:56</b>	16:02:01	30.80%	<b>11:05:43</b>	<b>3</b>		
33	5	86	VMA	Pieter Stapelberg	04:21:09	<b>04:10:12</b>	04:02:48	<b>03:52:38</b>	03:21:51	<b>03:13:24</b>	11:45:48	4.19%	<b>11:16:14</b>	<b>3</b>		

# Trans Augrabies MTB

## Age-Gender Adjusted Results



Augrabies Falls National Park  
15 - 17 June 2019

Allcomers Challenge : 99 participants																
POS in	All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
34	4	33	MMB	Francois Strauss	05:09:37	<b>04:17:40</b>	04:46:13	<b>03:58:11</b>	03:40:46	<b>03:03:43</b>	13:36:36	16.78%	<b>11:19:34</b>	3		
35	7	52	VMB	Warner Williams	04:43:36	<b>04:19:48</b>	04:16:29	<b>03:54:58</b>	03:22:56	<b>03:05:54</b>	12:23:01	8.39%	<b>11:20:41</b>	3		
36	6	72	VMA	Gavin Mulder	04:23:01	<b>04:12:00</b>	04:03:50	<b>03:53:37</b>	03:26:38	<b>03:17:59</b>	11:53:29	4.19%	<b>11:23:35</b>	3		
37	2	47	MWB	Ingeborg Winsauer	06:44:30	<b>04:39:55</b>	05:19:30	<b>03:41:06</b>	04:29:15	<b>03:06:19</b>	16:33:15	30.80%	<b>11:27:20</b>	3		
38	5	35	MMB	Niel Maritz	05:09:38	<b>04:17:41</b>	04:46:15	<b>03:58:13</b>	03:52:52	<b>03:13:47</b>	13:48:45	16.78%	<b>11:29:41</b>	3		
39	8	65	VMB	Johan Booysen	04:44:16	<b>04:20:25</b>	04:18:19	<b>03:56:39</b>	03:35:13	<b>03:17:10</b>	12:37:48	8.39%	<b>11:34:13</b>	3		
40	1	25	SMB	Matthew Kapnoudhis	04:10:31	<b>04:08:01</b>	04:17:31	<b>04:14:56</b>	03:13:45	<b>03:11:49</b>	11:41:47	1.00%	<b>11:34:46</b>	3		
41	7	10	VMA	Renier De Waal	04:17:55	<b>04:07:07</b>	04:17:30	<b>04:06:43</b>	03:30:03	<b>03:21:15</b>	12:05:28	4.19%	<b>11:35:04</b>	3		
42	3	32	SVA	Conrad Strauss	03:41:57	<b>03:41:57</b>	04:51:04	<b>04:51:04</b>	03:03:39	<b>03:03:39</b>	11:36:40	0.00%	<b>11:36:40</b>	3		
43	8	102	VMA	Styen Pienaar	04:40:56	<b>04:29:10</b>	04:02:15	<b>03:52:06</b>	03:24:54	<b>03:16:19</b>	12:08:05	4.19%	<b>11:37:35</b>	3		
44	2	85	SMB	Pieter Heyns	04:21:08	<b>04:18:31</b>	04:01:37	<b>03:59:12</b>	03:22:05	<b>03:20:04</b>	11:44:50	1.00%	<b>11:37:47</b>	3		
45	4	11	GMA	Johan Malherbe	05:35:53	<b>04:25:27</b>	05:00:01	<b>03:57:06</b>	04:09:15	<b>03:16:59</b>	14:45:09	20.97%	<b>11:39:32</b>	3		
46	4	55	MMA	Wayne Hinde	04:40:17	<b>04:05:01</b>	04:32:47	<b>03:58:28</b>	04:09:47	<b>03:38:22</b>	13:22:51	12.58%	<b>11:41:51</b>	3		
47	5	110	MMA	Andre Kruger	04:56:28	<b>04:19:10</b>	04:38:17	<b>04:03:17</b>	03:54:54	<b>03:25:21</b>	13:29:39	12.58%	<b>11:47:48</b>	3		
48	4	61	SVA	Kobus Burger	04:19:23	<b>04:19:23</b>	04:02:11	<b>04:02:11</b>	03:27:22	<b>03:27:22</b>	11:48:56	0.00%	<b>11:48:56</b>	3		
49	9	34	VMB	Chris Oppermann	04:49:25	<b>04:25:08</b>	04:39:32	<b>04:16:05</b>	03:42:18	<b>03:23:39</b>	13:11:15	8.39%	<b>12:04:52</b>	3		
50	9	99	VMA	Charl Du Plessis	04:46:04	<b>04:34:05</b>	04:23:54	<b>04:12:51</b>	03:36:13	<b>03:27:09</b>	12:46:11	4.19%	<b>12:14:05</b>	3		
51	10	28	VMB	Arno Kock	05:07:56	<b>04:42:06</b>	04:37:56	<b>04:14:37</b>	03:41:17	<b>03:22:43</b>	13:27:09	8.39%	<b>12:19:26</b>	3		
52	2	101	SXB	Juanita Kammeyer	06:05:40	<b>05:10:49</b>	04:27:50	<b>03:47:40</b>	03:58:07	<b>03:22:24</b>	14:31:37	15.00%	<b>12:20:52</b>	3		
53	6	59	MMA	Martin Behm	05:13:33	<b>04:34:06</b>	04:52:20	<b>04:15:33</b>	04:05:10	<b>03:34:19</b>	14:11:03	12.58%	<b>12:23:59</b>	3		
54	3	63	SXB	Kelly Myles	05:48:59	<b>04:56:38</b>	05:10:46	<b>04:24:09</b>	03:37:06	<b>03:04:32</b>	14:36:51	15.00%	<b>12:25:19</b>	3		
55	6	31	MMB	Bertus Kilian	05:13:12	<b>04:20:39</b>	04:46:14	<b>03:58:12</b>	05:01:00	<b>04:10:30</b>	15:00:26	16.78%	<b>12:29:20</b>	3		
56	7	48	MMB	Arnulf Winsauer	05:20:41	<b>04:26:52</b>	05:19:33	<b>04:25:56</b>	04:33:16	<b>03:47:25</b>	15:13:30	16.78%	<b>12:40:13</b>	3		
57	7	45	MMA	Alec Landman	05:15:34	<b>04:35:52</b>	04:56:27	<b>04:19:09</b>	04:18:57	<b>03:46:22</b>	14:30:58	12.58%	<b>12:41:24</b>	3		
58	4	13	SVB	Dewald Engels	04:37:11	<b>04:34:25</b>	04:31:38	<b>04:28:55</b>	03:45:17	<b>03:43:02</b>	12:54:06	1.00%	<b>12:46:22</b>	3		
59	11	97	VMB	Andre Smith	05:22:30	<b>04:55:27</b>	04:46:11	<b>04:22:10</b>	03:56:33	<b>03:36:42</b>	14:05:14	8.39%	<b>12:54:19</b>	3		
60	3	15	MWB	Diana Wucher	06:36:42	<b>04:34:31</b>	06:20:53	<b>04:23:34</b>	05:48:28	<b>04:01:08</b>	18:46:03	30.80%	<b>12:59:14</b>	3		
61	8	42	MMA	Sonie Muller	05:37:32	<b>04:55:04</b>	05:14:16	<b>04:34:44</b>	04:03:34	<b>03:32:56</b>	14:55:22	12.58%	<b>13:02:44</b>	3		
62	5	77	SVB	Quintin Van Dyk	04:52:02	<b>04:49:07</b>	04:38:39	<b>04:35:52</b>	03:44:29	<b>03:42:14</b>	13:15:10	1.00%	<b>13:07:13</b>	3		
63	4	62	SXB	Julie Parker	05:49:00	<b>04:56:39</b>	05:10:44	<b>04:24:07</b>	04:27:29	<b>03:47:22</b>	15:27:13	15.00%	<b>13:08:08</b>	3		
64	6	38	SVB	Greg Boudouris	04:57:42	<b>04:54:43</b>	04:35:31	<b>04:32:46</b>	03:49:21	<b>03:47:03</b>	13:22:34	1.00%	<b>13:14:32</b>	3		
65	5	68	SXB	Andrea Stier	05:32:47	<b>04:42:52</b>	05:29:45	<b>04:40:17</b>	04:43:40	<b>04:01:07</b>	15:46:12	15.00%	<b>13:24:16</b>	3		
66	5	27	GMA	Danie Jackson	06:07:31	<b>04:50:27</b>	05:58:23	<b>04:43:14</b>	05:08:10	<b>04:03:33</b>	17:14:04	20.97%	<b>13:37:13</b>	3		

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POS in	All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
67	2	18	VWA	Nicola Marais	06:28:59	05:18:11	05:34:36	04:33:42	04:42:41	03:51:14	16:46:16	18.20%	13:43:08	3		
68	2	14	MWA	Kerstin Klein	06:36:41	04:51:10	06:20:51	04:39:33	05:48:42	04:15:57	18:46:14	26.60%	13:46:39	3		
69	9	71	MMA	David Steytler	05:42:35	04:59:29	05:38:28	04:55:53	04:48:24	04:12:07	16:09:27	12.58%	14:07:30	3		
70	6	96	SXB	Annemarie Fleming	06:16:41	05:20:11	05:38:24	04:47:38	05:00:25	04:15:21	16:55:30	15.00%	14:23:10	3		
71	3	82	MWA	Laura Kirker	07:14:34	05:18:58	06:31:02	04:47:01	06:23:24	04:41:25	20:09:00	26.60%	14:47:24	3		
72	4	40	MWA	Renate Wiemers	07:09:30	05:15:15	06:37:52	04:52:02	06:23:43	04:41:39	20:11:05	26.60%	14:48:56	3		
73	8	26	MMB	Theo Janse Van Rensburg	06:52:00	05:42:52	05:58:22	04:58:14	05:07:27	04:15:52	17:57:49	16.78%	14:56:58	3		
74	5	50	SVA	Japie Wiese	05:41:31	05:41:31	05:25:26	05:25:26	04:04:21	04:04:21	15:11:18	0.00%	15:11:18	3		
75	12	23	VMB	Pieter Knipschild	06:03:58	05:33:26	05:58:20	05:28:16	04:48:42	04:24:29	16:51:00	8.39%	15:26:11	3		
76	10	4	MMA	Jacques Matthee	05:43:35	05:00:22	06:17:24	05:29:55	05:40:22	04:57:33	17:41:21	12.58%	15:27:50	3		
77	5	51	MWA	Sonja Swanevelder	07:16:14	05:20:12	07:18:42	05:22:00	06:34:16	04:49:24	21:09:12	26.60%	15:31:36	3		
78	1	56	VWB	Liezl Meiring	06:56:43	05:23:22	07:18:39	05:40:24	05:46:29	04:28:52	20:01:51	22.40%	15:32:38	3		
79	11	108	MMA	Noel Lehmensich	06:34:22	05:44:45	06:17:23	05:29:55	05:23:18	04:42:38	18:15:03	12.58%	15:57:18	3		
80	3	103	SMB	Lawrence Kilian	05:59:22	05:55:46	05:22:45	05:19:31	04:56:14	04:53:16	16:18:21	1.00%	16:08:34	3		
81	6	106	SVA	Richard Van Rooyen	05:49:07	05:49:07	05:30:22	05:30:22	05:10:02	05:10:02	16:29:31	0.00%	16:29:31	3		
82	7	87	SVB	Jurie Koortzen	06:04:59	06:01:20	06:48:34	06:44:29	03:50:47	03:48:29	16:44:20	1.00%	16:34:17	3		
83	12	3	MMA	Paul Wright	06:57:03	06:04:35	06:33:35	05:44:04	05:36:35	04:54:14	19:07:13	12.58%	16:42:54	3		
84	9	39	MMB	Martin Wiemers	07:09:28	05:57:24	06:37:52	05:31:06	06:23:56	05:19:31	20:11:16	16.78%	16:48:01	3		
85	8	81	SVB	Jan Klopper	05:09:39	05:06:33	05:25:24	05:22:09	06:33:47	06:29:51	17:08:50	1.00%	16:58:33	3		
86	3	20	VWA	Susan De Wet	07:16:12	05:56:49	07:18:40	05:58:50	06:34:32	05:22:44	21:09:24	18.20%	17:18:22	3		
87	7	104	SVA	Andries Kruger	07:16:35	07:16:35	05:52:52	05:52:52	04:29:32	04:29:32	17:38:59	0.00%	17:38:59	3		
88	10	100	VMA	Wynand Blom	07:12:39	06:54:31	07:01:32	06:43:52	05:10:11	04:57:11	19:24:22	4.19%	18:35:35	3		
-	-	8	GMA	Piet Van Der Linde	05:08:53	04:04:07	04:48:50	03:48:16	-	-	-	20.97%	-	2	DNF	
-	-	16	GMA	Thomas Soutschka	07:03:35	05:34:45	07:15:28	05:44:09	-	-	-	20.97%	-	2	DNF	
-	-	46	GMB	Kowie Strauss	06:18:37	04:43:19	05:58:24	04:28:11	-	-	-	25.17%	-	2	DNF	
-	-	5	MMA	Andrew De Haast	06:57:02	06:04:34	06:33:33	05:44:02	-	-	-	12.58%	-	2	DNF	
-	-	43	MWB	Danielle De Kock	06:18:37	04:22:00	05:58:26	04:08:02	-	-	-	30.80%	-	2	DNF	
-	-	105	SMA	Cilliers Wilsenach	04:43:21	04:33:02	04:25:35	04:15:55	-	-	-	3.64%	-	2	DNF	
-	-	94	SWB	Danine Heathcote	06:05:02	05:10:17	06:48:30	05:47:14	-	-	-	15.00%	-	2	DNF	
-	-	78	VMA	Wally Claassen	04:40:57	04:29:11	04:20:30	04:09:35	-	-	-	4.19%	-	2	DNF	
-	-	6	VMB	Brian Heunis	05:37:33	05:09:14	05:14:17	04:47:55	-	-	-	8.39%	-	2	DNF	
-	-	2	SVA	Malcolm Du Plessis	05:15:12	05:15:12	-	-	-	-	-	0.00%	-	1	DNF	
-	-	36	VMB	Jaco Badenhorst	04:28:03	04:05:34	-	-	-	-	-	8.39%	-	1	DNF	

# Trans Augrabies MTB

## Age-Gender Adjusted Results



Augrabies Falls National Park  
15 - 17 June 2019

Men Only Challenge : 77 participants																
POS in	All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
1	1	107	VMB	Gert Nel	03:41:48	<b>03:23:11</b>	03:24:17	<b>03:07:09</b>	02:53:23	<b>02:38:50</b>	09:59:28	8.39%	<b>09:09:10</b>	<b>3</b>		
2	2	83	VMB	Schalk Van Der Merwe	03:37:53	<b>03:19:36</b>	03:34:33	<b>03:16:33</b>	02:54:46	<b>02:40:06</b>	10:07:12	8.39%	<b>09:16:15</b>	<b>3</b>		
3	1	24	MMB	Mark Kapnoudhis	04:10:30	<b>03:28:28</b>	03:53:50	<b>03:14:36</b>	03:07:18	<b>02:35:52</b>	11:11:38	16.78%	<b>09:18:56</b>	<b>3</b>		
4	1	37	GMB	Heinrich Kammeyer	04:38:57	<b>03:28:44</b>	04:18:54	<b>03:13:44</b>	03:35:20	<b>02:41:08</b>	12:33:11	25.17%	<b>09:23:36</b>	<b>3</b>		
5	1	89	MMA	Nicky Van Blerk	04:01:34	<b>03:31:11</b>	03:47:03	<b>03:18:29</b>	03:05:50	<b>02:42:27</b>	10:54:27	12.58%	<b>09:32:07</b>	<b>3</b>		
6	2	67	GMB	Hoffie Conradie	04:42:54	<b>03:31:42</b>	04:30:30	<b>03:22:25</b>	03:35:43	<b>02:41:25</b>	12:49:07	25.17%	<b>09:35:32</b>	<b>3</b>		
7	1	93	VMA	Werner Pretorius	03:41:28	<b>03:32:11</b>	03:34:31	<b>03:25:32</b>	02:52:56	<b>02:45:41</b>	10:08:55	4.19%	<b>09:43:24</b>	<b>3</b>		
8	1	58	SVA	Izak Strauss	03:35:58	<b>03:35:58</b>	03:24:15	<b>03:24:15</b>	02:53:25	<b>02:53:25</b>	09:53:38	0.00%	<b>09:53:38</b>	<b>3</b>		
9	1	49	GMA	Dennis Lawrie	04:36:26	<b>03:38:28</b>	04:26:39	<b>03:30:44</b>	03:45:29	<b>02:58:12</b>	12:48:34	20.97%	<b>10:07:24</b>	<b>3</b>		
10	2	17	GMA	Dolf Engels	04:37:12	<b>03:39:04</b>	04:31:39	<b>03:34:41</b>	03:45:03	<b>02:57:51</b>	12:53:54	20.97%	<b>10:11:37</b>	<b>3</b>		
11	2	79	VMA	Willie Van Heerden	03:47:10	<b>03:37:39</b>	03:47:02	<b>03:37:31</b>	03:06:01	<b>02:58:13</b>	10:40:13	4.19%	<b>10:13:23</b>	<b>3</b>		
12	2	91	MMA	Christo Van Niekerk	04:14:19	<b>03:42:19</b>	04:00:19	<b>03:30:05</b>	03:27:37	<b>03:01:30</b>	11:42:15	12.58%	<b>10:13:54</b>	<b>3</b>		
13	3	21	VMB	Johann De Wet	04:02:43	<b>03:42:21</b>	03:56:52	<b>03:37:00</b>	03:16:38	<b>03:00:08</b>	11:16:13	8.39%	<b>10:19:29</b>	<b>3</b>		
14	1	22	SVB	Naude Engels	03:40:31	<b>03:38:19</b>	03:38:48	<b>03:36:37</b>	03:06:58	<b>03:05:06</b>	10:26:17	1.00%	<b>10:20:01</b>	<b>3</b>		
15	2	92	SVB	Timothy Russell	03:47:51	<b>03:45:34</b>	03:38:11	<b>03:36:00</b>	03:04:26	<b>03:02:35</b>	10:30:28	1.00%	<b>10:24:10</b>	<b>3</b>		
16	3	70	MMA	Kevin Haward	04:17:36	<b>03:45:12</b>	04:14:44	<b>03:42:41</b>	03:21:51	<b>02:56:27</b>	11:54:11	12.58%	<b>10:24:20</b>	<b>3</b>		
17	4	75	VMB	Lucas De Kock	04:06:38	<b>03:45:56</b>	03:53:50	<b>03:34:13</b>	03:23:59	<b>03:06:52</b>	11:24:27	8.39%	<b>10:27:01</b>	<b>3</b>		
18	3	90	SVB	Dreyer Van Niekerk	03:46:14	<b>03:43:58</b>	03:48:17	<b>03:46:00</b>	03:07:53	<b>03:06:00</b>	10:42:24	1.00%	<b>10:35:59</b>	<b>3</b>		
19	2	66	MMB	Steve Reid	04:42:52	<b>03:55:24</b>	04:30:31	<b>03:45:07</b>	03:35:59	<b>02:59:44</b>	12:49:22	16.78%	<b>10:40:16</b>	<b>3</b>		
20	3	19	VMA	Carl Marais	03:58:52	<b>03:48:51</b>	03:53:25	<b>03:43:38</b>	03:16:06	<b>03:07:53</b>	11:08:23	4.19%	<b>10:40:23</b>	<b>3</b>		
21	3	9	MMB	Hambly Quantrill	04:44:08	<b>03:56:27</b>	04:34:40	<b>03:48:35</b>	03:39:51	<b>03:02:58</b>	12:58:39	16.78%	<b>10:48:00</b>	<b>3</b>		
22	4	80	VMA	Dewald Goossen	04:06:36	<b>03:56:16</b>	03:54:45	<b>03:44:55</b>	03:20:03	<b>03:11:40</b>	11:21:24	4.19%	<b>10:52:51</b>	<b>3</b>		
23	5	84	VMB	Pierre Nel	04:19:07	<b>03:57:23</b>	04:02:13	<b>03:41:54</b>	03:31:38	<b>03:13:53</b>	11:52:58	8.39%	<b>10:53:09</b>	<b>3</b>		
24	6	69	VMB	Hendrik Muller	04:17:35	<b>03:55:58</b>	04:14:42	<b>03:53:20</b>	03:22:05	<b>03:05:08</b>	11:54:22	8.39%	<b>10:54:26</b>	<b>3</b>		
25	2	98	SVA	Renier Botha	03:58:46	<b>03:58:46</b>	03:46:43	<b>03:46:43</b>	03:09:21	<b>03:09:21</b>	10:54:50	0.00%	<b>10:54:50</b>	<b>3</b>		
26	3	1	GMA	Bernard De Witt	04:59:22	<b>03:56:35</b>	04:47:46	<b>03:47:25</b>	04:05:09	<b>03:13:45</b>	13:52:17	20.97%	<b>10:57:45</b>	<b>3</b>		
27	5	86	VMA	Pieter Stapelberg	04:21:09	<b>04:10:12</b>	04:02:48	<b>03:52:38</b>	03:21:51	<b>03:13:24</b>	11:45:48	4.19%	<b>11:16:14</b>	<b>3</b>		
28	4	33	MMB	Francois Strauss	05:09:37	<b>04:17:40</b>	04:46:13	<b>03:58:11</b>	03:40:46	<b>03:03:43</b>	13:36:36	16.78%	<b>11:19:34</b>	<b>3</b>		
29	7	52	VMB	Warner Williams	04:43:36	<b>04:19:48</b>	04:16:29	<b>03:54:58</b>	03:22:56	<b>03:05:54</b>	12:23:01	8.39%	<b>11:20:41</b>	<b>3</b>		
30	6	72	VMA	Gavin Mulder	04:23:01	<b>04:12:00</b>	04:03:50	<b>03:53:37</b>	03:26:38	<b>03:17:59</b>	11:53:29	4.19%	<b>11:23:35</b>	<b>3</b>		
31	5	35	MMB	Niel Maritz	05:09:38	<b>04:17:41</b>	04:46:15	<b>03:58:13</b>	03:52:52	<b>03:13:47</b>	13:48:45	16.78%	<b>11:29:41</b>	<b>3</b>		
32	8	65	VMB	Johan Booysen	04:44:16	<b>04:20:25</b>	04:18:19	<b>03:56:39</b>	03:35:13	<b>03:17:10</b>	12:37:48	8.39%	<b>11:34:13</b>	<b>3</b>		
33	1	25	SMB	Matthew Kapnoudhis	04:10:31	<b>04:08:01</b>	04:17:31	<b>04:14:56</b>	03:13:45	<b>03:11:49</b>	11:41:47	1.00%	<b>11:34:46</b>	<b>3</b>		

# Trans Augrabies MTB

## Age-Gender Adjusted Results



Augrabies Falls National Park  
15 - 17 June 2019

Men Only Challenge : 77 participants																
POS in	All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
34	7	10	VMA	Renier De Waal	04:17:55	<b>04:07:07</b>	04:17:30	<b>04:06:43</b>	03:30:03	<b>03:21:15</b>	12:05:28	4.19%	<b>11:35:04</b>	3		
35	3	32	SVA	Conrad Strauss	03:41:57	<b>03:41:57</b>	04:51:04	<b>04:51:04</b>	03:03:39	<b>03:03:39</b>	11:36:40	0.00%	<b>11:36:40</b>	3		
36	8	102	VMA	Styen Pienaar	04:40:56	<b>04:29:10</b>	04:02:15	<b>03:52:06</b>	03:24:54	<b>03:16:19</b>	12:08:05	4.19%	<b>11:37:35</b>	3		
37	2	85	SMB	Pieter Heyns	04:21:08	<b>04:18:31</b>	04:01:37	<b>03:59:12</b>	03:22:05	<b>03:20:04</b>	11:44:50	1.00%	<b>11:37:47</b>	3		
38	4	11	GMA	Johan Malherbe	05:35:53	<b>04:25:27</b>	05:00:01	<b>03:57:06</b>	04:09:15	<b>03:16:59</b>	14:45:09	20.97%	<b>11:39:32</b>	3		
39	4	55	MMA	Wayne Hinde	04:40:17	<b>04:05:01</b>	04:32:47	<b>03:58:28</b>	04:09:47	<b>03:38:22</b>	13:22:51	12.58%	<b>11:41:51</b>	3		
40	5	110	MMA	Andre Kruger	04:56:28	<b>04:19:10</b>	04:38:17	<b>04:03:17</b>	03:54:54	<b>03:25:21</b>	13:29:39	12.58%	<b>11:47:48</b>	3		
41	4	61	SVA	Kobus Burger	04:19:23	<b>04:19:23</b>	04:02:11	<b>04:02:11</b>	03:27:22	<b>03:27:22</b>	11:48:56	0.00%	<b>11:48:56</b>	3		
42	9	34	VMB	Chris Oppermann	04:49:25	<b>04:25:08</b>	04:39:32	<b>04:16:05</b>	03:42:18	<b>03:23:39</b>	13:11:15	8.39%	<b>12:04:52</b>	3		
43	9	99	VMA	Charl Du Plessis	04:46:04	<b>04:34:05</b>	04:23:54	<b>04:12:51</b>	03:36:13	<b>03:27:09</b>	12:46:11	4.19%	<b>12:14:05</b>	3		
44	10	28	VMB	Arno Kock	05:07:56	<b>04:42:06</b>	04:37:56	<b>04:14:37</b>	03:41:17	<b>03:22:43</b>	13:27:09	8.39%	<b>12:19:26</b>	3		
45	6	59	MMA	Martin Behm	05:13:33	<b>04:34:06</b>	04:52:20	<b>04:15:33</b>	04:05:10	<b>03:34:19</b>	14:11:03	12.58%	<b>12:23:59</b>	3		
46	6	31	MMB	Bertus Kilian	05:13:12	<b>04:20:39</b>	04:46:14	<b>03:58:12</b>	05:01:00	<b>04:10:30</b>	15:00:26	16.78%	<b>12:29:20</b>	3		
47	7	48	MMB	Arnulf Winsauer	05:20:41	<b>04:26:52</b>	05:19:33	<b>04:25:56</b>	04:33:16	<b>03:47:25</b>	15:13:30	16.78%	<b>12:40:13</b>	3		
48	7	45	MMA	Alec Landman	05:15:34	<b>04:35:52</b>	04:56:27	<b>04:19:09</b>	04:18:57	<b>03:46:22</b>	14:30:58	12.58%	<b>12:41:24</b>	3		
49	4	13	SVB	Dewald Engels	04:37:11	<b>04:34:25</b>	04:31:38	<b>04:28:55</b>	03:45:17	<b>03:43:02</b>	12:54:06	1.00%	<b>12:46:22</b>	3		
50	11	97	VMB	Andre Smith	05:22:30	<b>04:55:27</b>	04:46:11	<b>04:22:10</b>	03:56:33	<b>03:36:42</b>	14:05:14	8.39%	<b>12:54:19</b>	3		
51	8	42	MMA	Sonie Muller	05:37:32	<b>04:55:04</b>	05:14:16	<b>04:34:44</b>	04:03:34	<b>03:32:56</b>	14:55:22	12.58%	<b>13:02:44</b>	3		
52	5	77	SVB	Quintin Van Dyk	04:52:02	<b>04:49:07</b>	04:38:39	<b>04:35:52</b>	03:44:29	<b>03:42:14</b>	13:15:10	1.00%	<b>13:07:13</b>	3		
53	6	38	SVB	Greg Boudouris	04:57:42	<b>04:54:43</b>	04:35:31	<b>04:32:46</b>	03:49:21	<b>03:47:03</b>	13:22:34	1.00%	<b>13:14:32</b>	3		
54	5	27	GMA	Danie Jackson	06:07:31	<b>04:50:27</b>	05:58:23	<b>04:43:14</b>	05:08:10	<b>04:03:33</b>	17:14:04	20.97%	<b>13:37:13</b>	3		
55	9	71	MMA	David Steytler	05:42:35	<b>04:59:29</b>	05:38:28	<b>04:55:53</b>	04:48:24	<b>04:12:07</b>	16:09:27	12.58%	<b>14:07:30</b>	3		
56	8	26	MMB	Theo Janse Van Rensburg	06:52:00	<b>05:42:52</b>	05:58:22	<b>04:58:14</b>	05:07:27	<b>04:15:52</b>	17:57:49	16.78%	<b>14:56:58</b>	3		
57	5	50	SVA	Japie Wiese	05:41:31	<b>05:41:31</b>	05:25:26	<b>05:25:26</b>	04:04:21	<b>04:04:21</b>	15:11:18	0.00%	<b>15:11:18</b>	3		
58	12	23	VMB	Pieter Knipschild	06:03:58	<b>05:33:26</b>	05:58:20	<b>05:28:16</b>	04:48:42	<b>04:24:29</b>	16:51:00	8.39%	<b>15:26:11</b>	3		
59	10	4	MMA	Jacques Matthee	05:43:35	<b>05:00:22</b>	06:17:24	<b>05:29:55</b>	05:40:22	<b>04:57:33</b>	17:41:21	12.58%	<b>15:27:50</b>	3		
60	11	108	MMA	Noel Lehmensich	06:34:22	<b>05:44:45</b>	06:17:23	<b>05:29:55</b>	05:23:18	<b>04:42:38</b>	18:15:03	12.58%	<b>15:57:18</b>	3		
61	3	103	SMB	Lawrence Kilian	05:59:22	<b>05:55:46</b>	05:22:45	<b>05:19:31</b>	04:56:14	<b>04:53:16</b>	16:18:21	1.00%	<b>16:08:34</b>	3		
62	6	106	SVA	Richard Van Rooyen	05:49:07	<b>05:49:07</b>	05:30:22	<b>05:30:22</b>	05:10:02	<b>05:10:02</b>	16:29:31	0.00%	<b>16:29:31</b>	3		
63	7	87	SVB	Jurie Koortzen	06:04:59	<b>06:01:20</b>	06:48:34	<b>06:44:29</b>	03:50:47	<b>03:48:29</b>	16:44:20	1.00%	<b>16:34:17</b>	3		
64	12	3	MMA	Paul Wright	06:57:03	<b>06:04:35</b>	06:33:35	<b>05:44:04</b>	05:36:35	<b>04:54:14</b>	19:07:13	12.58%	<b>16:42:54</b>	3		
65	9	39	MMB	Martin Wiemers	07:09:28	<b>05:57:24</b>	06:37:52	<b>05:31:06</b>	06:23:56	<b>05:19:31</b>	20:11:16	16.78%	<b>16:48:01</b>	3		
66	8	81	SVB	Jan Klopper	05:09:39	<b>05:06:33</b>	05:25:24	<b>05:22:09</b>	06:33:47	<b>06:29:51</b>	17:08:50	1.00%	<b>16:58:33</b>	3		

# Trans Augrabies MTB

## Age-Gender Adjusted Results



Augrabies Falls National Park  
15 - 17 June 2019

POS in		Men Only Challenge : 77 participants													
All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
67	7	104	SVA	Andries Kruger	07:16:35	<b>07:16:35</b>	05:52:52	<b>05:52:52</b>	04:29:32	<b>04:29:32</b>	17:38:59	0.00%	<b>17:38:59</b>	<b>3</b>	
68	10	100	VMA	Wynand Blom	07:12:39	<b>06:54:31</b>	07:01:32	<b>06:43:52</b>	05:10:11	<b>04:57:11</b>	19:24:22	4.19%	<b>18:35:35</b>	<b>3</b>	
-	-	8	GMA	Piet Van Der Linde	05:08:53	<b>04:04:07</b>	04:48:50	<b>03:48:16</b>	-	-	-	20.97%	-	<b>2</b>	DNF
-	-	16	GMA	Thomas Soutschka	07:03:35	<b>05:34:45</b>	07:15:28	<b>05:44:09</b>	-	-	-	20.97%	-	<b>2</b>	DNF
-	-	46	GMB	Kowie Strauss	06:18:37	<b>04:43:19</b>	05:58:24	<b>04:28:11</b>	-	-	-	25.17%	-	<b>2</b>	DNF
-	-	5	MMA	Andrew De Haast	06:57:02	<b>06:04:34</b>	06:33:33	<b>05:44:02</b>	-	-	-	12.58%	-	<b>2</b>	DNF
-	-	105	SMA	Cilliers Wilsenach	04:43:21	<b>04:33:02</b>	04:25:35	<b>04:15:55</b>	-	-	-	3.64%	-	<b>2</b>	DNF
-	-	78	VMA	Wally Claassen	04:40:57	<b>04:29:11</b>	04:20:30	<b>04:09:35</b>	-	-	-	4.19%	-	<b>2</b>	DNF
-	-	6	VMB	Brian Heunis	05:37:33	<b>05:09:14</b>	05:14:17	<b>04:47:55</b>	-	-	-	8.39%	-	<b>2</b>	DNF
-	-	2	SVA	Malcolm Du Plessis	05:15:12	<b>05:15:12</b>	-	-	-	-	-	0.00%	-	<b>1</b>	DNF
-	-	36	VMB	Jaco Badenhorst	04:28:03	<b>04:05:34</b>	-	-	-	-	-	8.39%	-	<b>1</b>	DNF

# Trans Augrabies MTB

## Age-Gender Adjusted Results



Augrabies Falls National Park  
15 - 17 June 2019

POS in		Ladies Only Challenge : 22 participants													
All	Cat	No	Cat	Name	Day 1-T	Day 1-R	Day 2-T	Day 2-R	Day 3-T	Day 3-R	Real -T	H-Cap	Result	Stgs	Status
1	1	12	GWB	Mare Malherbe	05:35:56	<b>03:24:15</b>	04:59:59	<b>03:02:23</b>	04:09:13	<b>02:31:31</b>	14:45:08	39.20%	<b>08:58:10</b>	<b>3</b>	
2	1	64	VWA	Anna Le Roux	04:36:59	<b>03:46:34</b>	04:18:37	<b>03:31:33</b>	03:29:19	<b>02:51:13</b>	12:24:55	18.20%	<b>10:09:21</b>	<b>3</b>	
3	1	76	SXB	Kateryna Tertiienko	04:29:01	<b>03:48:40</b>	04:10:59	<b>03:33:20</b>	03:35:05	<b>03:02:49</b>	12:15:05	15.00%	<b>10:24:49</b>	<b>3</b>	
4	1	44	MWA	Ingrid Landman	05:15:35	<b>03:51:38</b>	04:56:26	<b>03:37:35</b>	04:18:46	<b>03:09:56</b>	14:30:47	26.60%	<b>10:39:09</b>	<b>3</b>	
5	1	57	GWA	Therese Van Der Colf	05:55:06	<b>03:50:49</b>	05:37:27	<b>03:39:21</b>	04:54:38	<b>03:11:31</b>	16:27:11	35.00%	<b>10:41:40</b>	<b>3</b>	
6	1	41	MWB	Carolin Janik	05:49:08	<b>04:01:36</b>	05:29:44	<b>03:48:11</b>	04:43:09	<b>03:15:56</b>	16:02:01	30.80%	<b>11:05:43</b>	<b>3</b>	
7	2	47	MWB	Ingeborg Winsauer	06:44:30	<b>04:39:55</b>	05:19:30	<b>03:41:06</b>	04:29:15	<b>03:06:19</b>	16:33:15	30.80%	<b>11:27:20</b>	<b>3</b>	
8	2	101	SXB	Juanita Kammeyer	06:05:40	<b>05:10:49</b>	04:27:50	<b>03:47:40</b>	03:58:07	<b>03:22:24</b>	14:31:37	15.00%	<b>12:20:52</b>	<b>3</b>	
9	3	63	SXB	Kelly Myles	05:48:59	<b>04:56:38</b>	05:10:46	<b>04:24:09</b>	03:37:06	<b>03:04:32</b>	14:36:51	15.00%	<b>12:25:19</b>	<b>3</b>	
10	3	15	MWB	Diana Wucher	06:36:42	<b>04:34:31</b>	06:20:53	<b>04:23:34</b>	05:48:28	<b>04:01:08</b>	18:46:03	30.80%	<b>12:59:14</b>	<b>3</b>	
11	4	62	SXB	Julie Parker	05:49:00	<b>04:56:39</b>	05:10:44	<b>04:24:07</b>	04:27:29	<b>03:47:22</b>	15:27:13	15.00%	<b>13:08:08</b>	<b>3</b>	
12	5	68	SXB	Andrea Stier	05:32:47	<b>04:42:52</b>	05:29:45	<b>04:40:17</b>	04:43:40	<b>04:01:07</b>	15:46:12	15.00%	<b>13:24:16</b>	<b>3</b>	
13	2	18	VWA	Nicola Marais	06:28:59	<b>05:18:11</b>	05:34:36	<b>04:33:42</b>	04:42:41	<b>03:51:14</b>	16:46:16	18.20%	<b>13:43:08</b>	<b>3</b>	
14	2	14	MWA	Kerstin Klein	06:36:41	<b>04:51:10</b>	06:20:51	<b>04:39:33</b>	05:48:42	<b>04:15:57</b>	18:46:14	26.60%	<b>13:46:39</b>	<b>3</b>	
15	6	96	SXB	Annemarie Fleming	06:16:41	<b>05:20:11</b>	05:38:24	<b>04:47:38</b>	05:00:25	<b>04:15:21</b>	16:55:30	15.00%	<b>14:23:10</b>	<b>3</b>	
16	3	82	MWA	Laura Kirker	07:14:34	<b>05:18:58</b>	06:31:02	<b>04:47:01</b>	06:23:24	<b>04:41:25</b>	20:09:00	26.60%	<b>14:47:24</b>	<b>3</b>	
17	4	40	MWA	Renate Wiemers	07:09:30	<b>05:15:15</b>	06:37:52	<b>04:52:02</b>	06:23:43	<b>04:41:39</b>	20:11:05	26.60%	<b>14:48:56</b>	<b>3</b>	
18	5	51	MWA	Sonja Swanevelder	07:16:14	<b>05:20:12</b>	07:18:42	<b>05:22:00</b>	06:34:16	<b>04:49:24</b>	21:09:12	26.60%	<b>15:31:36</b>	<b>3</b>	
19	1	56	VWB	Liezl Meiring	06:56:43	<b>05:23:22</b>	07:18:39	<b>05:40:24</b>	05:46:29	<b>04:28:52</b>	20:01:51	22.40%	<b>15:32:38</b>	<b>3</b>	
20	3	20	VWA	Susan De Wet	07:16:12	<b>05:56:49</b>	07:18:40	<b>05:58:50</b>	06:34:32	<b>05:22:44</b>	21:09:24	18.20%	<b>17:18:22</b>	<b>3</b>	
-	-	43	MWB	Danielle De Kock	06:18:37	<b>04:22:00</b>	05:58:26	<b>04:08:02</b>	-	-	-	30.80%	-	<b>2</b>	DNF
-	-	94	SWB	Danine Heathcote	06:05:02	<b>05:10:17</b>	06:48:30	<b>05:47:14</b>	-	-	-	15.00%	-	<b>2</b>	DNF

# Trans Augrabies MTB 2019

Augrabies Falls National Park



15-17 June 2019

## Category : All Other Events : Final

Cat	Pos	Cat	No	Name	Day 1	Day 2	Day 3	Result
	1	MD1	713	Jannes Fourie	-	-	03:52:14	03:52:14
	2	MD1	715	Charl Du Plessis	-	-	05:17:11	05:17:11
	3	MD1	505	Nico Fleming	06:10:20	-	-	06:10:20
	4	MD1	503	John Smit	06:23:04	-	-	06:23:04
	1	MD3	706	Petri Hanekom	-	-	03:43:55	03:43:55
	2	MD3	712	Heindrich Van Der Colff	-	-	03:51:27	03:51:27
	3	MD3	704	Rudolph Botha	-	-	04:58:54	04:58:54
	4	MD3	703	Michael Van Den Heever	-	-	05:32:57	05:32:57
	5	MD3	710	Jacobus Botha	-	-	05:33:25	05:33:25
	6	MD3	7	Gert Heese	-	-	05:48:49	05:48:49
	7	MD3	709	Petrie Nieuwoudt	-	-	06:05:46	06:05:46
	8	MD3	707	Theo Botha	-	-	06:05:58	06:05:58
	1	M12	202	Jannes Fourie	05:24:58	04:54:26	-	10:19:24
	2	M12	203	Martin Baird	06:40:17	06:22:02	-	13:02:19
	1	M13	301	Marno Hanekom	05:42:43	-	03:57:32	09:40:15
	2	M13	302	J D Goosen	05:42:47	-	03:57:31	09:40:18
	3	M13	304	Eduard Kilian	05:53:05	-	04:43:48	10:36:53
	1	M23	401	Arno Oppermann	-	05:43:58	04:45:11	10:29:09
	2	M23	404	Renier Jordan	-	05:43:59	04:45:10	10:29:09
	3	M23	402	Deon Du Toit	-	06:02:47	05:22:20	11:25:07
	1	LD1	504	Juanita Goldberg	07:04:42	-	-	07:04:42
	1	LD2	601	Wilmarie Koortzen	-	06:48:33	-	06:48:33
	1	LD3	702	Hanneke Pienaar-Steenekamp	-	-	04:59:59	04:59:59
	2	LD3	701	Coreen Voom	-	-	05:03:13	05:03:13
	3	LD3	705	Christa Klopper	-	-	06:18:00	06:18:00
	4	LD3	708	Mandi Jordaan	-	-	06:23:16	06:23:16
	1	L23	403	Hanneri Du Toit	-	06:02:46	05:22:19	11:25:05