

Position	Race Nr	Surname	Name	Gender	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6		Lap1 Time	Lap2 Time	Lap3 Time	Lap4 Time	Lap5 Time	Lap6 Time
1	60	Korkie	Pieter Ben	M	08:43.0	17:39.3	26:27.2	35:48.4	44:48.2	53:54.0		08:43.0	08:56.3	08:47.9	09:21.2	08:59.9	09:07.0
2	3	Coetsee	Charl	M	08:41.4	17:39.3	26:35.8	35:47.7	44:47.8	53:54.7		08:41.4	08:57.9	08:56.5	09:11.9	09:00.1	09:06.9
3	58	Maarsingh	Dirk	M	08:42.0	17:40.8	26:35.8	35:48.7	44:52.7	53:55.2		08:42.0	08:58.8	08:55.1	09:12.9	09:04.0	09:02.6
4	55	Van Der Westhuizen	Martin	M	08:40.4	17:40.8	26:36.0	35:48.7	44:52.9	53:57.5		08:40.4	09:00.4	08:55.2	09:12.7	09:04.2	09:04.6
5	48	Fourie	Jean	M	08:41.3	17:40.6	26:35.5	35:49.8	44:53.7	53:58.5		08:41.3	08:59.3	08:54.8	09:14.3	09:03.9	09:04.8
6	106	Fourie	Marc	M	08:42.4	17:40.3	26:27.5	36:36.4	45:48.8	55:22.0		08:42.4	08:57.9	08:47.2	10:09.0	09:12.4	09:33.2
7	38	Kotze	Daniel	M	08:41.2	17:41.7	26:56.1	36:37.0	45:48.5	55:23.8		08:41.2	09:00.6	09:14.4	09:40.9	09:11.6	09:35.2
8	102	Alberts	Gerhard	M	08:44.0	18:10.5	27:43.0	37:10.4	47:07.6	57:21.8		08:44.0	09:26.5	09:32.5	09:27.4	09:57.2	10:14.2
9	141	Trichard	Jean-Louis	M	09:01.8	18:37.6	28:18.6	38:07.0	47:54.1	57:31.7		09:01.8	09:35.8	09:41.0	09:48.4	09:47.2	09:37.5
10	112	Hattingh	Franjo	M	09:08.0	18:38.6	28:19.5	38:06.6	47:55.5	57:34.7		09:08.0	09:30.6	09:40.8	09:47.1	09:48.9	09:39.2
11	71	Oberholzer	Arnou	M	09:05.6	18:50.6	28:57.8	38:39.6	48:17.8	57:54.7		09:05.6	09:45.0	10:07.2	09:41.7	09:38.2	09:36.9
12	50	Jacobs	De Klerk	M	08:41.4	17:41.5	27:28.8	37:11.0	47:37.1	57:55.6		08:41.4	09:00.1	09:47.3	09:42.2	10:26.1	10:18.5
13	78	Van Jaarsveld	Bernard	M	09:09.2	18:40.6	28:34.8	38:38.9	48:19.5	57:57.6		09:09.2	09:31.4	09:54.2	10:04.1	09:40.6	09:38.1
14	118	Swanepoel	Ferreira	M	09:09.2	18:39.2	28:38.3	38:38.6	48:18.6	57:58.9		09:09.2	09:30.0	09:59.1	10:00.2	09:40.0	09:40.3
15	64	Boshoff	Paul	M	09:05.9	19:11.5	29:04.6	38:40.7	48:17.5	58:01.3		09:05.9	10:05.7	09:53.1	09:36.1	09:36.8	09:43.8
16	109	Serfontein	Lehan	M	09:47.9	19:21.5	28:59.3	38:41.5	48:21.0	58:22.2		09:47.9	09:33.6	09:37.8	09:42.2	09:39.5	10:01.2
17	88	Kruger	SW	M	09:07.3	18:40.1	28:34.4	38:40.0	48:19.5			09:07.3	09:32.8	09:54.3	10:05.6	09:39.6	
18	67	Olivier	Chante	F	09:08.7	18:40.4	28:38.5	38:42.2	49:30.1			09:08.7	09:31.7	09:58.1	10:03.7	10:47.9	
19	100	Potgieter	Ryno	M	09:53.3	19:50.5	29:46.9	39:44.8	50:04.5			09:53.3	09:57.2	09:56.4	09:58.0	10:19.7	
20	140	Winterbach	Andre	M	09:17.2	19:10.2	28:57.8	38:43.1	50:05.9			09:17.2	09:52.9	09:47.7	09:45.3	11:22.7	
21	99	Green	Brent	M	09:25.2	19:25.2	29:39.6	39:56.5	50:18.3			09:25.2	10:00.0	10:14.4	10:16.9	10:21.8	
22	17	Kemp	Herman	M	09:25.8	19:21.7	29:39.6	39:57.0	50:20.1			09:25.8	09:55.9	10:17.9	10:17.4	10:23.1	
23	56	Van Zyl	Christiaan	M	09:31.3	19:56.1	30:16.9	40:45.7	50:58.9			09:31.3	10:24.9	10:20.8	10:28.8	10:13.2	
24	25	Boshoff	Gerhard	M	09:31.3	19:56.1	30:16.9	40:45.7	50:58.9			09:31.3	10:24.9	10:20.8	10:28.8	10:13.2	
25	61	Blake	Craig	M	09:48.8	19:21.1	29:02.5	39:46.0	51:10.8			09:48.8	09:32.4	09:41.4	10:43.5	11:24.7	
26	117	Taljaard	Calvin	M	09:19.9	19:40.9	30:07.2	40:47.1	51:32.4			09:19.9	10:21.0	10:26.3	10:40.0	10:45.3	
27	57	Pretorius	Thys	M	09:50.2	19:52.9	30:15.5	40:49.1	51:33.9			09:50.2	10:02.7	10:22.6	10:33.6	10:44.8	
28	47	Blignaut	Japie	M	10:21.0	20:21.0	30:30.2	40:52.3	51:35.9			10:21.0	10:00.0	10:09.2	10:22.2	10:43.6	
29	49	Scott	Wally	M	09:53.0	20:08.8	30:30.8	41:16.9	52:13.6			09:53.0	10:15.8	10:22.0	10:46.1	10:56.7	
30	82	Booth	Ryan	M	09:58.8	20:17.3	30:31.7	41:09.8	52:14.3			09:58.8	10:18.5	10:14.4	10:38.2	11:04.5	
31	103	Moelich	Gerrit	M	09:51.6	20:08.2	30:29.5	41:15.9	52:16.7			09:51.6	10:16.6	10:21.3	10:46.4	11:00.9	
32	70	Koen	Louis	M	11:02.0	21:13.0	31:33.5	42:00.5	52:50.5			11:02.0	10:11.0	10:20.5	10:27.0	10:50.0	
33	66	Van Zyl	Hanno	M	09:52.2	20:08.2	30:38.4	41:42.8	53:14.6			09:52.2	10:16.1	10:30.2	11:04.4	11:31.9	
34	6	Zijlstra	Jay	M	10:04.5	20:25.4	31:10.0	42:09.6	53:21.4			10:04.5	10:20.9	10:44.6	10:59.6	11:11.8	
35	35	Steyn	Marisca	F	10:03.4	20:24.5	31:08.7	42:08.2	53:28.3			10:03.4	10:21.1	10:44.3	10:59.5	11:20.1	
36	33	Buys	Stephan	M	09:52.0	20:06.2	30:17.5	41:16.7	53:29.2			09:52.0	10:14.2	10:11.3	10:59.1	12:12.6	
37	125	Ferreira	Francois	M	10:09.8	21:00.2	31:38.4	42:43.1	53:30.4			10:09.8	10:50.4	10:38.2	11:04.7	10:47.3	
38	143	Roestoff	Schalk	M	09:06.0	18:38.2	28:36.7	40:25.0	53:46.4			09:06.0	09:32.2	09:58.5	11:48.3	13:21.4	
39	22	Coetzee	JJ	M	09:51.3	20:24.6	31:08.0	42:17.5	54:00.0			09:51.3	10:33.3	10:43.4	11:09.5	11:42.4	
40	110	Van Rooyen	Erik	M	09:23.8	20:07.3	30:16.9	41:41.2	54:02.4			09:23.8	10:43.5	10:09.6	11:24.2	12:21.2	
41	108	Bekker	Maricel	F	10:05.7	20:49.0	31:45.5	42:50.7	54:08.6			10:05.7	10:43.3	10:56.5	11:05.2	11:17.9	
42	77	Roberts	Eben	M	10:31.3	21:07.4	31:56.4	43:12.8	54:15.9			10:31.3	10:36.2	10:48.9	11:16.4	11:03.1	

43	15	Wessels	Wouter	M	10:05.3	20:21.5	31:09.8	42:41.9	54:33.4			10:05.3	10:16.3	10:48.3	11:32.1	11:51.5
44	123	VD Merwe	Janco	M	10:32.4	21:09.1	32:04.4	43:20.5	54:45.2			10:32.4	10:36.7	10:55.4	11:16.1	11:24.7
45	133	De Beer	Henk	M	11:43.3	22:14.4	32:53.9	43:58.2	55:03.5			11:43.3	10:31.0	10:39.5	11:04.3	11:05.3
46	54	Reynolds	Wally	M	10:58.2	21:43.8	32:43.2	44:02.1	55:06.5			10:58.2	10:45.6	10:59.3	11:19.0	11:04.4
47	37	Coetzee	Tobie	M	11:03.9	21:48.4	32:40.2	43:48.4	55:11.1			11:03.9	10:44.6	10:51.7	11:08.2	11:22.8
48	73	VD Merwe	David Barend	M	10:58.7	22:05.5	33:32.0	44:59.9	56:01.5			10:58.7	11:06.8	11:26.5	11:28.0	11:01.6
49	24	Field	Basil	M	10:57.2	22:09.1	33:31.8	44:58.9	56:20.3			10:57.2	11:11.9	11:22.7	11:27.0	11:21.4
50	52	Heyns	Riaan	M	11:02.0	22:03.2	33:31.6	44:58.5	56:21.0			11:02.0	11:01.2	11:28.3	11:26.9	11:22.5
51	137	Van Schalkwyk	Leon	M	10:31.6	21:09.1	31:58.2	44:24.6	56:27.6			10:31.6	10:37.5	10:49.1	12:26.3	12:03.0
52	97	Van Straaten	Tommie	M	11:01.3	22:04.5	33:26.2	45:01.1	56:41.1			11:01.3	11:03.2	11:21.7	11:35.0	11:40.0
53	23	Clase	Adian	M	10:26.2	21:09.4	32:35.7	44:40.8	57:08.2			10:26.2	10:43.2	11:26.3	12:05.1	12:27.4
54	42	Macleod	Neil	M	09:48.3	20:58.4	31:37.9	43:21.1	57:21.2			09:48.3	11:10.1	10:39.5	11:43.2	14:00.1
55	90	Gillomee	Lize-Mari	F	11:24.9	22:40.0	34:10.0	45:46.1	57:37.0			11:24.9	11:15.0	11:30.0	11:36.1	11:50.9
56	136	Herbst	Pieter	M	09:45.9	19:19.2	28:58.5	38:40.4	58:02.9			09:45.9	09:33.3	09:39.3	09:41.8	19:22.5
57	93	Smith	Armand	M	10:41.6	22:11.5	34:10.9	45:52.2	58:31.0			10:41.6	11:29.8	11:59.4	11:41.3	12:38.8
58	53	VD Merwe	Danie	M	11:39.5	23:21.4	34:52.6	47:00.2	58:33.2			11:39.5	11:41.9	11:31.2	12:07.6	11:33.1
59	4	De Wet	Philip	M	11:47.0	23:15.2	34:45.9	46:39.0	58:41.7			11:47.0	11:28.2	11:30.8	11:53.1	12:02.7
60	105	De Lange	Mornay	M	11:41.4	23:05.1	34:41.8	46:38.4	58:43.8			11:41.4	11:23.7	11:36.7	11:56.6	12:05.4
61	1	Matthyer	Dwight	M	11:24.1	23:03.9	34:59.7	47:09.0	58:59.8			11:24.1	11:39.9	11:55.7	12:09.3	11:50.8
62	45	Koekemoer	Mar-Ques	M	10:48.4	22:04.9	33:59.0	46:09.7	59:03.8			10:48.4	11:16.5	11:54.1	12:10.7	12:54.1
63	9	Burger	Fourie	M	10:47.0	22:06.5	34:11.6	46:11.3	59:05.0			10:47.0	11:19.5	12:05.1	11:59.8	12:53.7
64	87	Kruger	Stephan	M	10:45.8	22:05.5	34:00.1	46:08.5	59:12.1			10:45.8	11:19.7	11:54.6	12:08.4	13:03.5
65	98	Willemse	Allenore	F	11:52.3	23:21.4	35:00.4	47:11.8	59:17.7			11:52.3	11:29.0	11:39.0	12:11.4	12:06.0
66	135	Piek	Lehann	M	11:14.5	22:39.4	34:42.7	47:10.2	59:40.0			11:14.5	11:24.9	12:03.3	12:27.4	12:29.8
67	8	Koster	Martin	M	12:19.6	23:58.7	36:05.6	48:02.5				12:19.6	11:39.2	12:06.8	11:56.9	
68	41	Kotze	Kobus	M	10:47.8	21:35.7	33:26.6	46:35.8				10:47.8	10:47.9	11:50.9	13:09.2	
69	36	Pienaar	Andre	M	11:39.2	23:19.4	35:10.4	47:20.0				11:39.2	11:40.2	11:51.0	12:09.6	
70	76	Nell	Dieter	M	12:02.5	23:40.5	35:39.1	48:06.4				12:02.5	11:38.0	11:58.6	12:27.3	
71	104	De Kiewit	Dale	M	13:08.2	24:38.7	36:18.1	48:15.7				13:08.2	11:30.5	11:39.4	11:57.6	
72	101	Griessel	Johan	M	13:08.2	24:38.7	36:18.1	48:15.7				13:08.2	11:30.5	11:39.4	11:57.6	
73	144	Los	Oene	M	11:52.0	23:30.7	35:41.7	48:20.2				11:52.0	11:38.7	12:11.0	12:38.5	
74	75	Maritz	Debbie	F	11:52.6	23:29.8	35:40.3	48:21.0				11:52.6	11:37.2	12:10.5	12:40.7	
75	81	Booth	Brian	M	11:50.4	23:29.8	35:42.6	48:30.2				11:50.4	11:39.4	12:12.8	12:47.6	
76	130	Mellet	Lourens	M	12:08.0	24:10.8	36:23.5	49:07.5				12:08.0	12:02.7	12:12.7	12:44.0	
77	32	Field	Matt	M	12:04.2	23:41.3	36:11.0	49:20.8				12:04.2	11:37.1	12:29.7	13:09.8	
78	10	Grove	Stephan	M	11:15.7	22:54.7	34:59.9	49:26.4				11:15.7	11:39.0	12:05.2	14:26.6	
79	63	Van Niekerk	Zane	M	12:42.8	24:42.1	36:43.2	49:36.4				12:42.8	11:59.3	12:01.1	12:53.1	
80	84	Van Wyk	Neil	M	11:56.2	24:04.8	36:51.6	50:16.5				11:56.2	12:08.5	12:46.9	13:24.9	
81	39	Van Heerden	Morne	M	12:08.8	24:10.8	36:53.7	50:34.4				12:08.8	12:02.0	12:42.9	13:40.7	
82	107	B	Shaun	M	11:25.1	23:51.7	37:42.9	51:08.4				11:25.1	12:26.6	13:51.2	13:25.5	
83	124	Calitz	Jacques	M	12:32.4	24:48.0	37:11.0	51:29.4				12:32.4	12:15.7	12:22.9	14:18.5	
84	80	Van Noord	Greg	M	12:12.9	24:39.4	37:44.0	51:41.3				12:12.9	12:26.5	13:04.7	13:57.3	
85	95	Correia	Marco	M	11:30.9	24:00.2	37:48.5	51:41.8				11:30.9	12:29.3	13:48.3	13:53.3	
86	2	Matthyer	Alonzo	M	12:17.7	25:31.0	39:20.1	51:44.3				12:17.7	13:13.3	13:49.1	12:24.2	

87	5	Fullaway	Neil	M	13:02.5	25:17.1	38:15.0	52:10.2				13:02.5	12:14.6	12:57.9	13:55.2		
88	7	Zijlstra	Beau	M	11:29.5	23:59.4	37:49.1	52:21.0				11:29.5	12:29.9	13:49.6	14:31.9		
89	11	du plessis	cornelius	M	12:17.9	25:31.4	39:23.8	52:21.1				12:17.9	13:13.5	13:52.4	12:57.3		
90	111	Dixon	Ryan	M	11:27.5	24:08.0	38:46.2	52:36.4				11:27.5	12:40.6	14:38.1	13:50.2		
91	69	Grobler	Braam	M	12:10.5	24:08.0	38:44.6	52:43.6				12:10.5	11:57.5	14:36.6	13:59.0		
92	68	Venter	Marius	M	12:30.3	25:19.1	38:58.2	52:46.9				12:30.3	12:48.8	13:39.1	13:48.7		
93	43	Le Roux	Jac	M	13:21.2	26:33.4	39:31.3	53:13.2				13:21.2	13:12.3	12:57.9	13:41.8		
94	13	Pautz	Anthony	M	13:06.3	26:38.9	40:21.2	54:34.3				13:06.3	13:32.6	13:42.3	14:13.1		
95	31	De Klerk	Diederich	M	13:36.1	27:07.7	41:01.1	54:54.8				13:36.1	13:31.7	13:53.4	13:53.7		
96	21	Du Plessis	Elana	F	13:40.9	26:44.4	41:05.1	55:15.1				13:40.9	13:03.5	14:20.8	14:09.9		
97	16	Stroebel	Leoni	F	14:43.2	28:27.1	41:50.3	56:17.7				14:43.2	13:43.9	13:23.2	14:27.4		
98	122	VD Merwe	Eduan	M	13:58.4	27:57.5	42:45.5	58:24.9				13:58.4	13:59.1	14:47.9	15:39.4		
99	20	Davis	Dave	M	14:44.4	28:28.7	43:22.9	58:49.8				14:44.4	13:44.3	14:54.2	15:26.9		
100	83	Pienaar	Hanro	M	14:47.6	29:03.1	44:43.3	00:06.0				14:47.6	14:15.5	15:40.2	15:22.7		
101	142	Futter	Dean	M	09:53.0	20:08.8	31:05.0					09:53.0	10:15.8	10:56.2			
102	126	Booyen	Werner	M	13:13.3	26:05.5	39:20.3					13:13.3	12:52.2	13:14.8			
103	74	Kersop	Wynand	M	13:28.2	27:22.8	41:53.4					13:28.2	13:54.6	14:30.6			
104	120	VD Linde	Jacques	M	17:10.6	33:42.8	43:54.8					17:10.6	16:32.3	10:12.0			
105	138	Wigget	Robert	M	17:29.2	28:52.2	44:39.8					17:29.2	11:23.0	15:47.6			
106	115	Griessel	Danie	M	15:25.0	31:24.2	44:43.8					15:25.0	15:59.2	13:19.6			
107	116	Griessel	Sone	F	14:46.4	29:03.5	44:50.4					14:46.4	14:17.2	15:46.9			
108	19	Mol	Bernard	M	09:47.2	20:10.0	44:57.0					09:47.2	10:22.8	24:47.0			
109	14	Cronje	Michelle	F	14:45.6	28:44.1	46:55.6					14:45.6	13:58.5	18:11.5			
110	128	Pretorius	D.P	M	14:17.5	29:53.5	46:57.3					14:17.5	15:36.0	17:03.9			
111	59	Maarsingh	Carolin	F	15:53.2	31:21.4	48:01.0					15:53.2	15:28.2	16:39.6			
112	89	La Grange	Theo	M	15:25.5	32:19.3	48:43.4					15:25.5	16:53.8	16:24.1			
113	96	Correia	Tonie	M	17:20.0	30:34.2	48:55.1					17:20.0	13:14.3	18:20.8			
114	34	Buys	Daniel	M	14:43.8	33:27.3	53:09.0					14:43.8	18:43.6	19:41.7			
115	86	Van Niekerk	H	F	19:45.6	37:59.6	54:47.6					19:45.6	18:13.9	16:48.0			
116	85	Van Niekerk	Tertius	M	19:44.9	37:59.5	54:48.6					19:44.9	18:14.7	16:49.1			
117	127	Booyen	Emma	F	17:47.7	35:53.1	54:56.6					17:47.7	18:05.4	19:03.5			
118	79	Kriel	Corra	F	14:45.3	28:46.0						14:45.3	14:00.7				
119	134	Piek	Johann	M	14:48.0	29:43.3						14:48.0	14:55.3				
120	129	Jacobs	David	M	16:13.9	32:12.7						16:13.9	15:58.7				
121	119	VD Linde	Heinrich	M	17:09.4	33:40.2						17:09.4	16:30.8				
122	40	Birdsall	Jayle	M	18:51.6	39:16.9						18:51.6	20:25.3				
123	139	Knepsheld	Hermien	F	28:53.4	44:46.2						28:53.4	15:52.8				
124	146	Van Straten	Janice	F	28:29.9	45:39.5						28:29.9	17:09.6				
125	147	Robb	Neal	M	28:33.8	45:40.2						28:33.8	17:06.4				
126	145	Young	Nadine	F	28:32.2	45:43.1						28:32.2	17:10.9				
127	94	Correia	Juan	M	30:22.7	48:58.5						30:22.7	18:35.8				
128	46	Koekemoer	Jean-Jacques	M	10:57.1							10:57.1					
129	132	Stroebel	Ruben	M	17:54.2							17:54.2					
130	65	Van Rensburg	Herman	M	25:30.4							25:30.4					

