

Position	Race Number	Surname	Name	Gender	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6	Lap1 Time	Lap2 Time	Lap3 Time	Lap4 Time	Lap5 Time	Lap6 Time
1	106	Fourie	Marc	M	08:09.3	16:48.5	25:34.8	34:25.8	43:26.2	52:34.1	08:09.3	08:39.2	08:46.3	08:51.0	09:00.3	09:08.0
2	60	Korkie	Pieter Ben	M	08:08.8	16:49.9	25:34.4	34:24.8	43:26.9	52:34.1	08:08.8	08:41.1	08:44.5	08:50.4	09:02.1	09:07.2
3	55	Van Der Westhuizen	Martin	M	08:25.6	17:26.8	26:29.3	35:29.7	44:33.2	53:37.0	08:25.6	09:01.2	09:02.5	09:00.4	09:03.5	09:03.8
4	3	Coetsee	Charl	M	08:26.5	17:26.6	26:29.6	35:29.5	44:34.5	53:37.0	08:26.5	09:00.0	09:03.1	08:59.9	09:04.9	09:02.6
5	48	Fourie	Jean	M	08:25.3	17:25.9	26:27.9	35:30.2	44:34.3	53:38.1	08:25.3	09:00.6	09:02.0	09:02.3	09:04.2	09:03.7
6	61	Blake	Craig	M	09:09.3	18:19.5	27:43.4	37:01.6	46:27.0	55:50.8	09:09.3	09:10.2	09:23.9	09:18.2	09:25.4	09:23.8
7	102	Alberts	Gerhard	M	08:55.6	18:18.7	27:41.4	37:01.2	46:25.2	56:18.3	08:55.6	09:23.1	09:22.7	09:19.8	09:24.0	09:53.1
8	141	Trichard	Jean-Louis	M	08:26.7	17:57.0	27:38.6	37:02.0	46:36.6	56:31.1	08:26.7	09:30.3	09:41.6	09:23.4	09:34.5	09:54.5
9	112	Hattingh	Franjo	M	09:07.8	18:29.1	28:09.2	37:38.4	47:05.5	56:35.5	09:07.8	09:21.3	09:40.1	09:29.2	09:27.1	09:30.0
10	103	Moelich	Gerrit	M	09:10.5	18:41.4	28:10.5	37:38.7	47:06.1	56:35.8	09:10.5	09:31.0	09:29.1	09:28.2	09:27.4	09:29.7
11	136	Herbst	Pieter	M	09:08.5	18:39.6	28:10.5	37:39.3	47:05.2	56:37.9	09:08.5	09:31.1	09:30.9	09:28.8	09:25.9	09:32.7
12	71	Oberholzer	Arnou	M	09:09.3	18:40.6	28:08.1	37:39.1	47:23.8	57:09.5	09:09.3	09:31.3	09:27.5	09:31.0	09:44.7	09:45.6
13	143	Roestoff	Schalk	M	09:01.0	18:30.0	28:07.9	37:38.4	47:23.6	57:09.6	09:01.0	09:28.9	09:37.9	09:30.5	09:45.2	09:46.0
14	64	Boshoff	Paul	M	09:00.6	18:32.8	28:09.1	37:37.4	47:22.0	57:10.4	09:00.6	09:32.1	09:36.3	09:28.3	09:44.7	09:48.4
15	78	Van Jaarsveld	Bernard	M	09:09.7	18:41.4	28:09.9	37:40.0	47:23.0	57:10.4	09:09.7	09:31.8	09:28.5	09:30.1	09:43.0	09:47.5
16	99	Green	Brent	M	09:09.9	18:41.4	28:09.8	37:56.8	48:15.0	58:29.1	09:09.9	09:31.6	09:28.4	09:47.0	10:18.2	10:14.0
17	17	Kemp	Herman	M	09:27.6	19:34.3	29:25.0	39:41.3	49:51.1	59:30.0	09:27.6	10:06.7	09:50.7	10:16.3	10:09.8	09:38.9
18	173	Steyn	HB	M	09:25.8	19:13.0	29:15.2	39:39.9	49:49.4		09:25.8	09:47.2	10:02.3	10:24.6	10:09.6	
19	117	Taljaard	Calvin	M	09:10.9	19:14.0	29:15.6	39:41.9	49:51.5		09:10.9	10:03.1	10:01.6	10:26.3	10:09.6	
20	167	Marais	Janus	M	09:33.7	19:34.8	29:45.3	39:52.5	50:11.1		09:33.7	10:01.1	10:10.6	10:07.2	10:18.6	
21	33	Buys	Stephan	M	09:28.9	19:33.7	29:46.1	39:52.1	50:12.5		09:28.9	10:04.8	10:12.4	10:06.0	10:20.4	
22	163	Smith	Manie	M	09:23.5	19:31.5	29:44.6	39:53.3	50:12.5		09:23.5	10:08.0	10:13.1	10:08.6	10:19.3	
23	180	De Bruyn	Vic	M	10:16.5	20:00.0	30:13.8	40:24.2	50:27.8		10:16.5	09:43.5	10:13.7	10:10.4	10:03.6	
24	67	Olivier	Chante	F	09:28.5	19:33.2	29:45.3	39:52.5	50:29.8		09:28.5	10:04.8	10:12.1	10:07.2	10:37.3	
25	156	Correia	Tian	M	09:48.7	20:00.2	30:13.8	40:23.4	50:30.6		09:48.7	10:11.5	10:13.5	10:09.7	10:07.1	
26	42	Macleod	Neil	M	09:28.0	19:32.7	29:45.9	40:01.6	50:53.9		09:28.0	10:04.7	10:13.2	10:15.7	10:52.3	
27	56	Van Zyl	Christiaan	M	09:30.4	19:41.7	30:02.7	40:27.9	51:17.3		09:30.4	10:11.3	10:21.0	10:25.2	10:49.5	
28	57	Pretorius	Thys	M	09:51.3	20:16.1	30:34.3	41:03.2	51:30.0		09:51.3	10:24.7	10:18.2	10:28.9	10:26.7	
29	70	Koen	Louis	M	09:51.9	20:16.7	30:34.8	41:04.1	51:30.2		09:51.9	10:24.7	10:18.1	10:29.3	10:26.1	
30	82	Booth	Ryan	M	09:58.6	20:16.4	30:53.6	41:21.8	51:31.6		09:58.6	10:17.7	10:37.2	10:28.2	10:09.8	
31	66	Van Zyl	Hanno	M	09:30.2	19:34.8	30:02.6	40:39.3	51:36.0		09:30.2	10:04.6	10:27.8	10:36.7	10:56.7	
32	182	Le Roux	JP	M	10:28.4	21:00.6	31:14.5	41:22.3	52:02.0		10:28.4	10:32.2	10:13.9	10:07.8	10:39.7	
33	35	Steyn	Marisca	F	09:57.8	20:14.9	30:52.8	41:37.2	52:28.9		09:57.8	10:17.1	10:37.8	10:44.5	10:51.7	
34	108	Bekker	Maricel	F	09:57.0	20:14.7	30:52.6	41:37.4	52:29.2		09:57.0	10:17.7	10:37.9	10:44.9	10:51.8	
35	125	Ferreira	Francois	M	09:54.0	20:34.0	31:07.5	41:57.1	52:51.7		09:54.0	10:40.0	10:33.5	10:49.6	10:54.6	
36	54	Reynolds	Wally	M	10:23.8	20:53.9	31:36.5	42:25.8	53:23.3		10:23.8	10:30.1	10:42.6	10:49.3	10:57.5	
37	6	Zijlstra	Jay	M	09:59.2	20:17.3	30:55.2	42:26.4	53:35.9		09:59.2	10:18.1	10:37.8	11:31.2	11:09.5	
38	15	Wessels	Wouter	M	10:24.0	20:55.7	31:32.6	42:39.5	53:36.0		10:24.0	10:31.7	10:36.8	11:06.9	10:56.5	
39	177	Prinsloo	Kobus	M	11:08.9	21:45.2	32:06.4	42:51.5	53:39.3		11:08.9	10:36.3	10:21.2	10:45.2	10:47.7	
40	37	Coetzee	Tobie	M	10:09.4	20:48.7	31:29.1	42:27.5	53:42.9		10:09.4	10:39.3	10:40.5	10:58.3	11:15.4	
121	142	Futter	Dean	M	09:56.0	20:45.2	31:39.0	42:43.0	53:45.0		09:56.0	10:49.2	10:54.0	11:04.0	11:02.0	
41	168	Kgengure	Olebogeng	M	11:06.7	21:36.3	32:05.8	43:03.1	54:10.7		11:06.7	10:29.7	10:29.5	10:57.3	11:07.6	
42	161	Van Niekerk	Etienne	M	10:38.8	21:28.2	32:22.1	43:08.7	54:16.8		10:38.8	10:49.5	10:53.9	10:46.6	11:08.1	
43	97	Van Straaten	Tommie	M	10:50.3	21:41.0	32:18.7	43:26.7	54:45.7		10:50.3	10:50.7	10:37.7	11:08.0	11:18.9	

44	23	Claase	Adian	M	10:26.2	21:18.4	32:19.4	43:17.3	54:49.2			10:26.2	10:52.2	11:00.9	10:58.0	11:31.8
45	123	VD Merwe	Janco	M	11:13.4	21:46.1	32:43.9	43:55.3	55:11.3			11:13.4	10:32.7	10:57.7	11:11.4	11:16.0
46	186	Holtzhousen	Jean-Jacques	M	10:30.0	21:20.8	32:20.2	43:40.7	55:31.4			10:30.0	10:50.8	10:59.4	11:20.5	11:50.7
47	90	Gillomee	Lize-Mari	F	10:38.1	21:33.8	32:57.1	44:22.2	55:47.3			10:38.1	10:55.7	11:23.3	11:25.1	11:25.1
48	105	De Lange	Mornay	M	11:29.6	22:25.5	33:20.2	44:40.7	55:49.6			11:29.6	10:55.9	10:54.6	11:20.5	11:08.9
49	4	De Wet	Philip	M	11:35.3	22:35.3	33:40.2	44:45.3	55:49.9			11:35.3	11:00.0	11:04.9	11:05.1	11:04.6
50	183	Le Roux	Gerald	M	11:16.9	22:47.2	34:01.7	45:30.1	56:35.1			11:16.9	11:30.3	11:14.5	11:28.4	11:05.1
51	9	Burger	Fourie	M	11:20.3	22:12.5	33:45.8	45:31.0	56:37.6			11:20.3	10:52.2	11:33.3	11:45.3	11:06.5
52	36	Pienaar	Andre	M	11:24.8	22:30.7	33:48.4	45:11.1	56:40.8			11:24.8	11:06.0	11:17.7	11:22.7	11:29.6
53	1	Matthzyer	Dwight	M	11:03.0	22:20.4	33:44.2	45:18.2	56:42.0			11:03.0	11:17.4	11:23.8	11:34.0	11:23.7
54	179	Van Wyk	Nikkie	M	11:15.9	22:46.4	34:02.3	45:31.9	56:43.2			11:15.9	11:30.4	11:16.0	11:29.6	11:11.3
55	8	Koster	Martin	M	11:18.7	22:41.6	34:08.3	45:32.4	56:45.5			11:18.7	11:22.9	11:26.7	11:24.0	11:13.1
56	53	VD Merwe	Danie	M	10:58.1	22:16.5	33:40.9	45:09.1	56:48.1			10:58.1	11:18.4	11:24.4	11:28.3	11:39.0
57	76	Nell	Dieter	M	10:49.1	22:19.8	33:54.7	45:26.2	57:09.5			10:49.1	11:30.7	11:34.9	11:31.6	11:43.2
58	185	VD Merwe	Deon	M	11:40.7	22:57.9	34:20.4	45:44.4	57:10.6			11:40.7	11:17.1	11:22.5	11:24.0	11:26.2
59	166	Duvenage	Kobus	M	11:18.9	22:28.8	33:57.1	45:40.3	57:25.1			11:18.9	11:09.9	11:28.3	11:43.2	11:44.7
60	75	Maritz	Debbie	F	11:17.5	22:31.7	33:59.1	45:41.2	57:41.6			11:17.5	11:14.2	11:27.4	11:42.1	12:00.4
61	144	Los	Oene	M	11:10.9	22:20.6	33:54.7	45:31.3	57:41.7			11:10.9	11:09.7	11:34.1	11:36.6	12:10.5
62	98	Willemse	Allenore	F	11:33.7	22:58.9	34:28.4	46:14.7	58:04.7			11:33.7	11:25.3	11:29.5	11:46.3	11:50.0
63	81	Booth	Brian	M	11:36.0	23:01.1	34:28.6	46:31.5	58:21.4			11:36.0	11:25.1	11:27.6	12:02.9	11:49.9
64	187	Burger	Etienne	M	12:58.9	24:00.6	35:02.0	46:26.1	58:21.9			12:58.9	11:01.7	11:01.4	11:24.1	11:55.8
65	63	Van Niekerk	Zane	M	11:12.3	22:44.7	34:43.5	46:38.2	58:27.0			11:12.3	11:32.4	11:58.8	11:54.7	11:48.8
66	162	Visser	Johann	M	11:09.3	22:51.0	34:41.3	47:04.2	58:53.9			11:09.3	11:41.6	11:50.3	12:22.9	11:49.8
67	135	Piek	Lehann	M	11:32.7	22:49.8	34:23.8	46:15.2	58:56.9			11:32.7	11:17.1	11:34.0	11:51.3	12:41.7
68	93	Smith	Armand	M	10:57.0	22:30.2	34:43.1	47:07.4	58:57.0			10:57.0	11:33.2	12:12.9	12:24.3	11:49.6
69	152	Pretorius	Danie	M	11:50.0	23:31.7	35:19.9	47:20.1	58:58.4			11:50.0	11:41.8	11:48.1	12:00.2	11:38.3
70	169	Du Plessis	Adri	F	11:54.3	23:33.8	35:20.5	47:13.0	59:11.9			11:54.3	11:39.5	11:46.7	11:52.5	11:58.9
71	39	Van Heerden	Morne	M	11:51.6	23:31.0	35:18.7	47:22.0	59:34.6			11:51.6	11:39.4	11:47.7	12:03.3	12:12.6
72	32	Field	Matt	M	11:19.1	22:48.8	34:36.0	47:00.7	59:40.8			11:19.1	11:29.7	11:47.2	12:24.7	12:40.1
73	5	Fullaway	Neil	M	12:08.1	23:57.0	36:06.7	48:35.7	59:58.0			12:08.1	11:48.9	12:09.7	12:29.0	11:22.2
74	178	Kistein	Tanya	F	09:55.2	20:42.1	31:30.7	42:56.2				09:55.2	10:46.9	10:48.7	11:25.5	
75	174	Weideman	Ian	M	10:00.1	20:43.8	31:37.0	43:45.3				10:00.1	10:43.7	10:53.2	12:08.3	
76	24	Field	Basil	M	10:55.9	22:10.1	33:28.0	44:56.0				10:55.9	11:14.1	11:18.0	11:28.0	
77	148	Griessel	Johan	M	10:35.8	21:40.4	33:35.6	45:05.4				10:35.8	11:04.5	11:55.2	11:29.8	
78	104	De Kiewit	Dale	M	10:37.4	21:37.2	33:36.5	45:06.1				10:37.4	10:59.8	11:59.3	11:29.6	
79	171	Pretorius	Rinus	M	11:25.9	22:32.6	34:00.1	45:11.4				11:25.9	11:06.7	11:27.5	11:11.3	
80	160	Du Plooy	Rudi	M	11:27.6	22:49.8	34:01.7	46:04.0				11:27.6	11:22.1	11:11.9	12:02.3	
81	124	Calitz	Jacques	M	11:24.1	23:26.4	35:11.9	47:21.0				11:24.1	12:02.3	11:45.5	12:09.1	
82	46	Koekemoer	Jean-Jacques	M	10:57.5	22:51.8	35:16.9	47:50.4				10:57.5	11:54.3	12:25.1	12:33.5	
83	11	du plessis	cornelius	M	11:26.7	23:57.9	36:13.4	48:51.6				11:26.7	12:31.2	12:15.4	12:38.2	
84	84	Van Wyk	Neil	M	12:00.1	24:07.8	36:35.4	48:55.0				12:00.1	12:07.7	12:27.6	12:19.6	
85	126	Booyesen	Werner	M	11:27.8	23:26.4	36:00.2	48:57.4				11:27.8	11:58.6	12:33.8	12:57.2	
86	68	Venter	Marius	M	11:40.3	23:50.2	36:12.7	48:58.5				11:40.3	12:09.9	12:22.5	12:45.7	
87	154	Hattingh	Kobus	M	12:52.2	25:18.4	37:17.6	49:56.9				12:52.2	12:26.2	11:59.2	12:39.2	
88	153	De Bruin	Corne	M	12:10.7	24:21.4	36:34.0	49:57.7				12:10.7	12:10.7	12:12.6	13:23.7	

89	176	McLean	Diaan	M	12:06.3	25:36.6	37:54.6	50:09.7			12:06.3	13:30.3	12:18.0	12:15.2		
90	184	McDonald	Donovan	M	12:07.7	24:24.1	37:24.9	50:19.6			12:07.7	12:16.4	13:00.8	12:54.7		
91	14	Cronje	Michelle	F	13:08.2	25:22.3	37:49.4	50:31.6			13:08.2	12:14.1	12:27.1	12:42.2		
92	192	Stevens	John	M	13:29.9	25:55.1	37:48.7	50:50.3			13:29.9	12:25.1	11:53.6	13:01.6		
93	116	Griessel	Sone	F	12:26.6	25:23.4	37:59.4	50:51.5			12:26.6	12:56.7	12:36.0	12:52.2		
94	96	Correia	Tonie	M	11:42.1	24:35.7	37:23.3	51:02.8			11:42.1	12:53.6	12:47.6	13:39.6		
95	95	Correia	Marco	M	11:25.1	23:48.5	36:32.5	51:04.0			11:25.1	12:23.4	12:43.9	14:31.6		
96	188	Burger	Marnu	M	13:06.9	25:25.6	38:02.5	51:09.1			13:06.9	12:18.6	12:36.9	13:06.6		
97	83	Pienaar	Hanro	M	12:23.8	25:47.1	38:32.6	51:39.1			12:23.8	13:23.3	12:45.5	13:06.5		
98	13	Pautz	Anthony	M	12:39.9	26:08.3	39:01.5	51:59.1			12:39.9	13:28.4	12:53.2	12:57.6		
99	165	Hastings	Jade	M	13:22.9	25:53.6	38:01.9	52:13.9			13:22.9	12:30.7	12:08.3	14:12.0		
100	150	De Wet	Jannie	M	13:31.5	26:20.8	39:02.1	52:19.8			13:31.5	12:49.3	12:41.4	13:17.7		
101	129	Jacobs	David	M	13:55.8	27:08.1	39:58.9	53:32.2			13:55.8	13:12.2	12:50.9	13:33.3		
102	170	Green	Ria	F	13:08.8	26:26.8	40:00.5	53:32.9			13:08.8	13:18.0	13:33.7	13:32.4		
103	86	Van Niekerk	Hayley	F	14:30.5	27:38.8	40:30.2	53:48.9			14:30.5	13:08.3	12:51.4	13:18.7		
104	74	Kersop	Wynand	M	12:38.0	26:06.9	39:55.8	53:49.6			12:38.0	13:28.9	13:48.9	13:53.8		
105	85	Van Niekerk	Tertius	M	14:30.5	27:39.3	40:30.8	53:50.7			14:30.5	13:08.8	12:51.5	13:20.0		
106	2	Matthyzer	Alonzo	M	11:53.8	26:08.3	40:44.3	54:16.1			11:53.8	14:14.5	14:36.0	13:31.7		
107	10	Grove	Stephan	M	11:24.9	26:09.8	40:42.7	54:20.1			11:24.9	14:44.9	14:32.9	13:37.4		
108	16	Stroebel	Leoni	F	15:10.7	28:08.1	40:59.2	54:23.1			15:10.7	12:57.5	12:51.1	13:23.8		
109	79	Kriel	Corra	F	13:55.3	27:19.5	40:59.2	54:23.1			13:55.3	13:24.2	13:39.7	13:23.9		
110	190	Mogashoa	Makobane	M	13:51.6	27:16.1	40:36.7	54:51.7			13:51.6	13:24.5	13:20.6	14:15.0		
111	193	Neethling	Willem	M	15:14.1	28:24.5	41:34.0	56:10.2			15:14.1	13:10.3	13:09.5	14:36.2		
112	122	VD Merwe	Eduan	M	13:58.7	27:43.2	41:36.0	56:19.3			13:58.7	13:44.5	13:52.8	14:43.3		
113	89	La Grange	Theo	M	13:53.3	27:40.4	42:03.2	56:34.9			13:53.3	13:47.1	14:22.8	14:31.7		
114	172	Cairns	Nathan	M	13:57.3	27:34.0	41:56.9	56:39.2			13:57.3	13:36.7	14:22.9	14:42.2		
115	115	Griessel	Danie	M	14:14.8	28:30.0	42:22.2	56:54.7			14:14.8	14:15.3	13:52.2	14:32.5		
116	189	Hurter	Hendrik	M	13:16.5	28:03.7	42:20.7	57:33.9			13:16.5	14:47.2	14:17.0	15:13.3		
117	20	Davis	Dave	M	14:08.0	28:02.9	42:22.9	57:34.4			14:08.0	13:55.0	14:19.9	15:11.5		
118	128	Pretorius	D.P	M	14:26.4	29:29.6	44:41.7	59:26.4			14:26.4	15:03.2	15:12.2	14:44.6		
119	200	Stroebel	George	M	10:28.9	20:49.5	31:35.2				10:28.9	10:20.6	10:45.7			
120	159	Du Plooy	Wian	M	11:30.9	23:54.9	37:00.6				11:30.9	12:24.0	13:05.7			
122	134	Piek	Johann	M	14:43.6	29:58.1	44:37.9				14:43.6	15:14.5	14:39.8			
123	181	Tessendorf	Max	M	14:06.2	29:28.6	44:59.6				14:06.2	15:22.4	15:31.0			
124	155	Boshoff	Keanen	M	14:22.0	28:50.1	44:59.8				14:22.0	14:28.1	16:09.6			
125	164	Smith	Stian	M	14:29.4	28:56.1	46:06.6				14:29.4	14:26.7	17:10.5			
126	147	Robb	Neal	M	15:47.7	31:05.5	47:16.4				15:47.7	15:17.8	16:10.9			
127	146	Van Straten	Janice	F	15:47.2	31:05.4	47:17.6				15:47.2	15:18.2	16:12.2			
128	40	Birdsall	Jayce	M	17:49.5	37:19.4	59:03.3				17:49.5	19:29.9	21:43.8			
129	191	Grobler	Minsie	F	14:14.0	28:29.9					14:14.0	14:15.9				
130	34	Buys	Daniel	M	28:04.6	45:08.9					28:04.6	17:04.3				
131	158	Du Plooy	Erik	M	34:06.9	55:55.7					34:06.9	21:48.8				
132	175	Van Lill	Johan	M	30:51.6						30:51.6					
133	94	Correia	Juan	M	34:29.3						34:29.3					
134	157	Correia	Andriette	F	36:27.8						36:27.8					

