

| 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        | 60          | Korkie        | Pieter Ben | M      | 08:39.3 | 17:27.4 | 26:47.9 | 35:32.9 | 44:33.9 | 53:26.3 | 08:39.3   | 08:48.1   | 09:20.4   | 08:45.1   | 09:01.0   | 08:52.4   |
| 2        | 106         | Fourie        | Marc       | M      | 08:35.9 | 17:26.3 | 26:47.5 | 35:27.2 | 44:34.9 | 53:26.7 | 08:35.9   | 08:50.3   | 09:21.2   | 08:39.7   | 09:07.7   | 08:51.8   |
| 3        | 3           | Coetsee       | Charl      | M      | 08:39.9 | 17:28.1 | 26:47.0 | 35:32.9 | 44:33.9 | 53:29.4 | 08:39.9   | 08:48.2   | 09:19.0   | 08:45.9   | 09:01.0   | 08:55.4   |
| 4        | 102         | Alberts       | Gerhard    | M      | 08:40.1 | 17:30.4 | 26:49.6 | 35:51.3 | 45:18.4 | 54:54.2 | 08:40.1   | 08:50.3   | 09:19.2   | 09:01.7   | 09:27.0   | 09:35.9   |
| 5        | 195         | Malherbe      | Jacques    | M      | 08:40.8 | 18:14.0 | 27:26.9 | 36:30.0 | 45:45.9 | 54:58.7 | 08:40.8   | 09:33.1   | 09:12.9   | 09:03.1   | 09:15.9   | 09:12.8   |
| 6        | 48          | Fourie        | Jean       | M      | 08:41.2 | 17:33.7 | 26:46.5 | 35:52.8 | 45:47.5 | 55:37.9 | 08:41.2   | 08:52.5   | 09:12.9   | 09:06.3   | 09:54.7   | 09:50.4   |
| 7        | 141         | Trichard      | Jean-Louis | M      | 08:41.2 | 17:28.4 | 26:48.8 | 36:27.6 | 45:46.8 | 55:49.2 | 08:41.2   | 08:47.2   | 09:20.4   | 09:38.8   | 09:19.2   | 10:02.5   |
| 8        | 61          | Blake         | Craig      | M      | 09:07.1 | 18:21.3 | 27:35.7 | 36:58.4 | 46:23.7 | 55:57.2 | 09:07.1   | 09:14.1   | 09:14.4   | 09:22.7   | 09:25.3   | 09:33.5   |
| 9        | 136         | Herbst        | Pieter     | M      | 09:07.6 | 18:21.3 | 27:35.4 | 36:59.7 | 46:36.3 | 56:38.8 | 09:07.6   | 09:13.7   | 09:14.1   | 09:24.3   | 09:36.6   | 10:02.6   |
| 10       | 207         | Lambrechts    | Niel       | M      | 09:08.3 | 18:23.4 | 27:36.0 | 37:11.3 | 48:06.7 | 57:58.1 | 09:08.3   | 09:15.1   | 09:12.6   | 09:35.3   | 10:55.4   | 09:51.4   |
| 11       | 173         | Steyn         | HB         | M      | 09:08.0 | 18:23.0 | 27:40.9 | 37:35.9 | 47:53.5 | 58:05.1 | 09:08.0   | 09:15.1   | 09:17.8   | 09:55.1   | 10:17.6   | 10:11.7   |
| 12       | 64          | Boshoff       | Paul       | M      | 09:22.8 | 18:50.3 | 28:38.4 | 38:27.4 | 48:23.6 | 58:08.3 | 09:22.8   | 09:27.5   | 09:48.1   | 09:49.0   | 09:56.2   | 09:44.7   |
| 13       | 78          | Van Jaarsveld | Bernard    | M      | 09:32.3 | 19:15.8 | 29:16.3 | 39:12.7 | 49:03.5 | 58:36.6 | 09:32.3   | 09:43.5   | 10:00.6   | 09:56.3   | 09:50.8   | 09:33.2   |
| 14       | 199         | Van Heerden   | Jaco       | M      | 09:27.0 | 19:13.9 | 29:15.7 | 39:13.1 | 49:05.8 | 58:38.9 | 09:27.0   | 09:46.9   | 10:01.8   | 09:57.4   | 09:52.7   | 09:33.1   |
| 15       | 71          | Oberholzer    | Arnou      | M      | 09:31.4 | 19:14.5 | 29:15.3 | 39:11.1 | 49:03.0 | 58:39.5 | 09:31.4   | 09:43.1   | 10:00.8   | 09:55.8   | 09:51.9   | 09:36.5   |
| 16       | 17          | Kemp          | Herman     | M      | 09:24.8 | 19:18.7 | 29:18.3 | 39:12.1 | 49:03.7 | 58:40.5 | 09:24.8   | 09:53.9   | 09:59.6   | 09:53.8   | 09:51.6   | 09:36.7   |
| 17       | 156         | Correia       | Tian       | M      | 09:31.1 | 19:15.5 | 29:16.4 | 39:11.7 | 49:04.2 | 59:00.5 | 09:31.1   | 09:44.4   | 10:00.9   | 09:55.4   | 09:52.5   | 09:56.3   |
| 18       | 143         | Roestoff      | Schalk     | M      | 09:08.0 | 18:24.8 | 27:36.1 | 37:51.7 | 49:04.7 | 59:04.6 | 09:08.0   | 09:16.9   | 09:11.3   | 10:15.6   | 11:13.0   | 09:59.8   |
| 19       | 58          | Maarsingh     | Dirk       | M      | 09:14.5 | 18:24.0 | 27:34.1 | 36:58.2 | 48:06.7 |         | 09:14.5   | 09:09.6   | 09:10.0   | 09:24.2   | 11:08.4   |           |
| 20       | 221         | Maarsingh     | Berno      | M      | 09:15.0 | 18:24.4 | 27:34.7 | 36:59.7 | 48:07.1 |         | 09:15.0   | 09:09.4   | 09:10.3   | 09:25.0   | 11:07.4   |           |
| 21       | 216         | Laubscher     | Rion       | M      | 09:32.3 | 19:15.0 | 29:15.4 | 39:32.6 | 50:20.3 |         | 09:32.3   | 09:42.7   | 10:00.4   | 10:17.2   | 10:47.7   |           |
| 22       | 220         | Stroebel      | Morne      | M      | 09:33.9 | 19:23.8 | 29:42.0 | 40:02.3 | 50:32.7 |         | 09:33.9   | 09:49.9   | 10:18.3   | 10:20.3   | 10:30.3   |           |
| 23       | 19          | Mol           | Bernard    | M      | 09:36.8 | 19:52.3 | 30:03.3 | 40:23.4 | 50:45.1 |         | 09:36.8   | 10:15.5   | 10:11.0   | 10:20.1   | 10:21.7   |           |
| 24       | 142         | Futter        | Dean       | M      | 09:51.8 | 19:54.4 | 30:04.2 | 40:25.3 | 50:45.8 |         | 09:51.8   | 10:02.7   | 10:09.8   | 10:21.1   | 10:20.5   |           |
| 25       | 57          | Pretorius     | Thys       | M      | 09:59.7 | 19:54.8 | 30:05.2 | 40:25.7 | 50:56.1 |         | 09:59.7   | 09:55.1   | 10:10.4   | 10:20.4   | 10:30.4   |           |
| 26       | 6           | Zijlstra      | Jay        | M      | 09:57.9 | 19:55.3 | 30:04.6 | 40:25.3 | 51:05.1 |         | 09:57.9   | 09:57.4   | 10:09.3   | 10:20.6   | 10:39.8   |           |
| 27       | 70          | Koen          | Louis      | M      | 09:59.4 | 19:55.3 | 30:26.2 | 40:50.4 | 51:12.1 |         | 09:59.4   | 09:56.0   | 10:30.9   | 10:24.2   | 10:21.7   |           |
| 28       | 66          | Van Zyl       | Hanno      | M      | 09:36.0 | 19:56.7 | 30:28.4 | 40:51.4 | 51:13.3 |         | 09:36.0   | 10:20.7   | 10:31.7   | 10:23.0   | 10:21.9   |           |
| 29       | 123         | VD Merwe      | Janco      | M      | 10:03.3 | 20:04.5 | 30:28.9 | 40:50.1 | 51:13.3 |         | 10:03.3   | 10:01.2   | 10:24.4   | 10:21.1   | 10:23.2   |           |
| 30       | 37          | Coetzee       | Tobie      | M      | 10:05.6 | 20:03.9 | 30:31.1 | 40:52.4 | 51:14.2 |         | 10:05.6   | 09:58.2   | 10:27.2   | 10:21.4   | 10:21.7   |           |
| 31       | 196         | Koekepan      | Koos       | M      | 09:57.6 | 20:06.2 | 30:28.9 | 40:54.6 | 51:43.1 |         | 09:57.6   | 10:08.6   | 10:22.7   | 10:25.7   | 10:48.5   |           |
| 32       | 54          | Reynolds      | Wally      | M      | 10:26.4 | 20:50.2 | 31:11.9 | 41:29.4 | 52:02.4 |         | 10:26.4   | 10:23.8   | 10:21.7   | 10:17.5   | 10:33.0   |           |
| 33       | 108         | Bekker        | Maricel    | F      | 10:03.0 | 20:14.4 | 30:56.0 | 41:41.3 | 52:15.8 |         | 10:03.0   | 10:11.3   | 10:41.7   | 10:45.3   | 10:34.5   |           |
| 34       | 35          | Steyn         | Marisca    | F      | 10:02.3 | 20:15.8 | 30:56.0 | 41:41.7 | 52:16.5 |         | 10:02.3   | 10:13.5   | 10:40.2   | 10:45.7   | 10:34.8   |           |
| 35       | 47          | Blight        | Japie      | M      | 10:20.3 | 20:51.3 | 31:12.9 | 41:32.9 | 52:16.8 |         | 10:20.3   | 10:30.9   | 10:21.7   | 10:19.9   | 10:43.9   |           |
| 36       | 161         | Van Niekerk   | Etienne    | M      | 10:23.8 | 21:02.6 | 31:54.4 | 42:43.6 | 53:21.3 |         | 10:23.8   | 10:38.8   | 10:51.8   | 10:49.2   | 10:37.8   |           |
| 37       | 200         | Stroebel      | George     | M      | 10:02.1 | 20:15.5 | 30:56.6 | 41:42.4 | 53:24.8 |         | 10:02.1   | 10:13.4   | 10:41.1   | 10:45.8   | 11:42.4   |           |
| 38       | 9           | Burger        | Fourie     | M      | 10:39.3 | 21:07.1 | 31:43.6 | 42:32.9 | 53:27.7 |         | 10:39.3   | 10:27.8   | 10:36.5   | 10:49.2   | 10:54.9   |           |
| 39       | 90          | Gillomee      | Lize-Mari  | F      | 10:28.9 | 21:17.7 | 32:03.3 | 42:46.0 | 53:32.6 |         | 10:28.9   | 10:48.8   | 10:45.6   | 10:42.7   | 10:46.6   |           |
| 40       | 4           | De Wet        | Philip     | M      | 10:46.9 | 21:18.5 | 32:02.0 | 42:46.3 | 53:33.3 |         | 10:46.9   | 10:31.6   | 10:43.5   | 10:44.4   | 10:47.0   |           |

|    |     |               |              |   |         |         |         |         |         |  |  |         |         |         |         |         |  |
|----|-----|---------------|--------------|---|---------|---------|---------|---------|---------|--|--|---------|---------|---------|---------|---------|--|
| 41 | 226 | Bosman        | Eduan        | M | 11:26.1 | 21:54.2 | 32:28.4 | 43:02.2 | 53:37.0 |  |  | 11:26.1 | 10:28.1 | 10:34.2 | 10:33.9 | 10:34.8 |  |
| 42 | 105 | De Lange      | Mornay       | M | 10:46.4 | 21:20.0 | 32:03.0 | 42:45.7 | 53:37.9 |  |  | 10:46.4 | 10:33.6 | 10:43.0 | 10:42.8 | 10:52.2 |  |
| 43 | 125 | Ferreira      | Francois     | M | 10:04.9 | 20:43.2 | 31:40.9 | 42:48.3 | 53:47.0 |  |  | 10:04.9 | 10:38.3 | 10:57.8 | 11:07.4 | 10:58.7 |  |
| 44 | 162 | Visser        | Johann       | M | 10:38.5 | 21:21.9 | 32:03.8 | 42:46.8 | 53:52.5 |  |  | 10:38.5 | 10:43.4 | 10:41.9 | 10:43.0 | 11:05.7 |  |
| 45 | 185 | VD Merwe      | Deon         | M | 10:40.1 | 21:23.2 | 32:18.3 | 43:18.9 | 54:42.7 |  |  | 10:40.1 | 10:43.1 | 10:55.2 | 11:00.6 | 11:23.8 |  |
| 46 | 201 | Van Heerden   | Johan        | M | 10:36.3 | 21:22.4 | 32:26.4 | 43:37.7 | 54:55.0 |  |  | 10:36.3 | 10:46.1 | 11:04.0 | 11:11.3 | 11:17.3 |  |
| 47 | 198 | Van Heerden   | Yolandi      | F | 10:36.1 | 21:21.9 | 32:05.1 | 43:11.1 | 54:55.4 |  |  | 10:36.1 | 10:45.8 | 10:43.2 | 11:06.0 | 11:44.3 |  |
| 48 | 23  | Claassen      | Adian        | M | 10:28.1 | 21:18.1 | 32:15.2 | 43:39.6 | 55:09.7 |  |  | 10:28.1 | 10:49.9 | 10:57.2 | 11:24.4 | 11:30.1 |  |
| 49 | 179 | Van Wyk       | Nikkie       | M | 11:24.4 | 22:09.3 | 33:11.5 | 44:10.9 | 55:27.0 |  |  | 11:24.4 | 10:44.9 | 11:02.3 | 10:59.3 | 11:16.1 |  |
| 50 | 45  | Koekemoer     | Mar-Ques     | M | 10:41.3 | 21:26.7 | 32:40.3 | 44:14.4 | 55:36.2 |  |  | 10:41.3 | 10:45.4 | 11:13.6 | 11:34.1 | 11:21.8 |  |
| 51 | 1   | Matthzyer     | Dwight       | M | 10:25.5 | 21:48.7 | 33:14.3 | 44:25.3 | 55:42.2 |  |  | 10:25.5 | 11:23.3 | 11:25.6 | 11:11.0 | 11:16.9 |  |
| 52 | 76  | Nell          | Dieter       | M | 10:37.6 | 21:43.1 | 33:11.9 | 44:36.3 | 55:50.1 |  |  | 10:37.6 | 11:05.5 | 11:28.8 | 11:24.4 | 11:13.8 |  |
| 53 | 24  | Field         | Basil        | M | 11:03.6 | 22:07.8 | 33:14.3 | 44:16.7 | 55:54.5 |  |  | 11:03.6 | 11:04.2 | 11:06.6 | 11:02.4 | 11:37.8 |  |
| 54 | 130 | Mellet        | Lourens      | M | 10:55.6 | 21:56.4 | 33:09.7 | 44:38.4 | 56:04.8 |  |  | 10:55.6 | 11:00.8 | 11:13.3 | 11:28.7 | 11:26.4 |  |
| 55 | 53  | VD Merwe      | Danie        | M | 11:17.5 | 22:11.4 | 33:19.0 | 44:42.1 | 56:07.6 |  |  | 11:17.5 | 10:53.9 | 11:07.6 | 11:23.1 | 11:25.5 |  |
| 56 | 211 | Buys          | Danie        | M | 11:31.5 | 14:52.4 | 32:12.4 | 45:14.1 | 56:17.6 |  |  | 11:31.5 | 03:20.8 | 17:20.0 | 13:01.7 | 11:03.5 |  |
| 57 | 32  | Field         | Matt         | M | 11:15.1 | 22:14.3 | 33:17.4 | 44:38.3 | 56:24.9 |  |  | 11:15.1 | 10:59.2 | 11:03.1 | 11:20.9 | 11:46.5 |  |
| 58 | 160 | Du Plooy      | Rudi         | M | 11:06.7 | 22:08.8 | 33:22.5 | 44:53.6 | 56:28.0 |  |  | 11:06.7 | 11:02.1 | 11:13.7 | 11:31.2 | 11:34.4 |  |
| 59 | 171 | Pretorius     | Rinus        | M | 11:30.1 | 22:48.2 | 34:07.1 | 45:20.9 | 56:44.4 |  |  | 11:30.1 | 11:18.0 | 11:18.9 | 11:13.8 | 11:23.5 |  |
| 60 | 36  | Pienaar       | Andre        | M | 11:12.0 | 22:18.4 | 33:49.0 | 45:17.6 | 56:52.2 |  |  | 11:12.0 | 11:06.4 | 11:30.7 | 11:28.6 | 11:34.6 |  |
| 61 | 63  | Van Niekerk   | Zane         | M | 10:55.1 | 22:12.2 | 33:27.3 | 45:07.6 | 56:58.1 |  |  | 10:55.1 | 11:17.1 | 11:15.1 | 11:40.2 | 11:50.5 |  |
| 62 | 204 | Van Jaarsveld | Michall      | M | 10:36.6 | 22:06.4 | 33:22.1 | 45:09.4 | 57:16.6 |  |  | 10:36.6 | 11:29.8 | 11:15.7 | 11:47.3 | 12:07.2 |  |
| 63 | 46  | Koekemoer     | Jean-Jacques | M | 10:52.4 | 22:07.5 | 33:21.2 | 45:26.1 | 57:17.1 |  |  | 10:52.4 | 11:15.2 | 11:13.7 | 12:04.9 | 11:51.0 |  |
| 64 | 218 | Kruger        | Damien       | M | 11:10.1 | 22:21.4 | 33:45.3 | 45:35.7 | 57:31.2 |  |  | 11:10.1 | 11:11.3 | 11:23.9 | 11:50.3 | 11:55.5 |  |
| 65 | 97  | Van Straaten  | Tommie       | M | 11:20.8 | 21:18.3 | 34:44.2 | 45:16.1 | 57:43.4 |  |  | 11:20.8 | 09:57.6 | 13:25.8 | 10:31.9 | 12:27.4 |  |
| 66 | 135 | Piek          | Lehann       | M | 11:22.1 | 22:15.3 | 33:34.0 | 45:35.7 | 57:44.2 |  |  | 11:22.1 | 10:53.2 | 11:18.7 | 12:01.7 | 12:08.6 |  |
| 67 | 100 | Potgieter     | Ryno         | M | 12:14.6 | 24:19.2 | 37:04.5 | 48:07.4 | 58:10.2 |  |  | 12:14.6 | 12:04.6 | 12:45.3 | 11:02.9 | 10:02.8 |  |
| 68 | 124 | Calitz        | Jacques      | M | 11:11.5 | 22:14.0 | 34:18.3 | 46:38.6 | 58:47.6 |  |  | 11:11.5 | 11:02.5 | 12:04.3 | 12:20.3 | 12:09.0 |  |
| 69 | 219 | Botha         | Christoff    | M | 11:43.3 | 23:14.7 | 34:52.8 | 47:01.2 | 58:51.3 |  |  | 11:43.3 | 11:31.3 | 11:38.1 | 12:08.5 | 11:50.1 |  |
| 70 | 144 | Los           | Oene         | M | 11:40.8 | 23:04.6 | 34:59.5 | 46:54.7 | 58:56.7 |  |  | 11:40.8 | 11:23.9 | 11:54.9 | 11:55.1 | 12:02.1 |  |
| 71 | 75  | Maritz        | Debbie       | F | 11:39.5 | 23:12.4 | 34:53.2 | 46:59.0 | 59:13.2 |  |  | 11:39.5 | 11:32.9 | 11:40.8 | 12:05.8 | 12:14.2 |  |
| 72 | 8   | Koster        | Martin       | M | 11:34.3 | 23:07.8 | 35:44.5 | 48:23.2 | 59:49.1 |  |  | 11:34.3 | 11:33.6 | 12:36.6 | 12:38.7 | 11:25.9 |  |
| 73 | 182 | Le Roux       | JP           | M | 09:55.0 | 19:52.6 | 30:32.0 | 42:19.6 |         |  |  | 09:55.0 | 09:57.6 | 10:39.4 | 11:47.5 |         |  |
| 74 | 10  | Grove         | Stephan      | M | 11:21.0 | 21:59.3 | 34:42.4 | 46:29.4 |         |  |  | 11:21.0 | 10:38.3 | 12:43.0 | 11:47.0 |         |  |
| 75 | 215 | Laubscher     | Ryon         | M | 11:13.5 | 22:43.4 | 34:58.7 | 47:07.7 |         |  |  | 11:13.5 | 11:29.9 | 12:15.3 | 12:08.9 |         |  |
| 76 | 169 | Du Plessis    | Adri         | F | 11:14.8 | 22:53.9 | 34:58.8 | 47:09.7 |         |  |  | 11:14.8 | 11:39.1 | 12:04.8 | 12:10.9 |         |  |
| 77 | 153 | De Bruin      | Corne        | M | 11:53.3 | 23:50.8 | 35:58.8 | 48:11.9 |         |  |  | 11:53.3 | 11:57.5 | 12:08.0 | 12:13.1 |         |  |
| 78 | 184 | Mc Donald     | Donovan      | M | 12:04.5 | 24:05.1 | 36:17.5 | 48:34.4 |         |  |  | 12:04.5 | 12:00.6 | 12:12.4 | 12:16.8 |         |  |
| 79 | 197 | Van Heerden   | Franco       | M | 11:17.2 | 23:14.1 | 36:20.7 | 49:14.9 |         |  |  | 11:17.2 | 11:57.0 | 13:06.5 | 12:54.3 |         |  |
| 80 | 33  | Buys          | Stephan      | M | 09:32.9 | 19:16.7 | 29:16.6 | 49:36.4 |         |  |  | 09:32.9 | 09:43.9 | 09:59.9 | 20:19.7 |         |  |
| 81 | 222 | De Jager      | Zylia        | F | 12:21.0 | 25:01.0 | 37:19.0 | 49:56.5 |         |  |  | 12:21.0 | 12:39.9 | 12:18.0 | 12:37.5 |         |  |
| 82 | 42  | Macleod       | Neil         | M | 19:18.4 | 29:17.4 | 39:38.6 | 50:19.7 |         |  |  | 19:18.4 | 09:59.1 | 10:21.2 | 10:41.1 |         |  |

|     |     |             |               |   |         |         |         |         |  |  |         |         |         |         |  |  |
|-----|-----|-------------|---------------|---|---------|---------|---------|---------|--|--|---------|---------|---------|---------|--|--|
| 83  | 176 | McLean      | Diaan         | M | 11:58.0 | 24:30.8 | 37:24.8 | 50:23.1 |  |  | 11:58.0 | 12:32.7 | 12:54.0 | 12:58.3 |  |  |
| 84  | 150 | De Wet      | Jannie        | M | 14:09.7 | 26:25.1 | 38:39.1 | 51:08.6 |  |  | 14:09.7 | 12:15.4 | 12:13.9 | 12:29.6 |  |  |
| 85  | 83  | Pienaar     | Hanro         | M | 11:39.4 | 23:11.2 | 38:27.3 | 51:15.3 |  |  | 11:39.4 | 11:31.7 | 15:16.2 | 12:48.0 |  |  |
| 86  | 116 | Griessel    | Sone          | F | 13:13.9 | 25:34.0 | 38:27.8 | 51:19.2 |  |  | 13:13.9 | 12:20.2 | 12:53.8 | 12:51.4 |  |  |
| 87  | 120 | VD Linde    | Jacques       | M | 16:56.6 | 26:49.2 | 36:15.1 | 51:38.8 |  |  | 16:56.6 | 09:52.6 | 09:25.9 | 15:23.8 |  |  |
| 88  | 224 | Cilliers    | Clewin        | M | 13:52.8 | 26:09.4 | 38:50.6 | 51:46.4 |  |  | 13:52.8 | 12:16.6 | 12:41.2 | 12:55.8 |  |  |
| 89  | 16  | Stroebel    | Leoni         | F | 13:41.6 | 26:22.7 | 39:07.2 | 51:55.7 |  |  | 13:41.6 | 12:41.1 | 12:44.5 | 12:48.5 |  |  |
| 90  | 205 | Van Zyl     | Tara-Lea      | F | 13:33.3 | 25:49.3 | 38:48.1 | 52:07.0 |  |  | 13:33.3 | 12:16.0 | 12:58.8 | 13:18.9 |  |  |
| 91  | 225 | Badenhorst  | Ryno          | M | 13:16.2 | 25:42.9 | 38:25.6 | 52:08.4 |  |  | 13:16.2 | 12:26.7 | 12:42.6 | 13:42.8 |  |  |
| 92  | 126 | Booyesen    | Werner        | M | 11:13.0 | 25:31.3 | 39:10.1 | 52:38.1 |  |  | 11:13.0 | 14:18.4 | 13:38.8 | 13:28.0 |  |  |
| 93  | 122 | VD Merwe    | Eduan         | M | 12:56.7 | 25:44.3 | 38:56.1 | 52:46.1 |  |  | 12:56.7 | 12:47.5 | 13:11.8 | 13:50.1 |  |  |
| 94  | 193 | Neethling   | Willem        | M | 12:05.6 | 25:20.3 | 38:48.3 | 52:54.8 |  |  | 12:05.6 | 13:14.7 | 13:27.9 | 14:06.6 |  |  |
| 95  | 74  | Kersop      | Wynand        | M | 11:58.0 | 24:48.1 | 38:21.2 | 52:59.3 |  |  | 11:58.0 | 12:50.0 | 13:33.2 | 14:38.1 |  |  |
| 96  | 96  | Correia     | Tonie         | M | 13:14.8 | 26:45.6 | 40:16.7 | 53:34.4 |  |  | 13:14.8 | 13:30.8 | 13:31.1 | 13:17.7 |  |  |
| 97  | 190 | Mogashoa    | Makobane      | M | 14:08.8 | 26:42.0 | 40:22.8 | 53:56.3 |  |  | 14:08.8 | 12:33.2 | 13:40.8 | 13:33.5 |  |  |
| 98  | 172 | Cairns      | Nathan        | M | 13:14.3 | 26:42.6 | 40:28.3 | 53:58.1 |  |  | 13:14.3 | 13:28.3 | 13:45.6 | 13:29.9 |  |  |
| 99  | 115 | Griessel    | Danie         | M | 14:16.6 | 27:18.6 | 40:52.8 | 54:03.1 |  |  | 14:16.6 | 13:02.0 | 13:34.2 | 13:10.3 |  |  |
| 100 | 194 | Roodt       | Marlise       | F | 13:20.0 | 26:09.5 | 40:00.6 | 54:12.0 |  |  | 13:20.0 | 12:49.5 | 13:51.1 | 14:11.4 |  |  |
| 101 | 21  | Du Plessis  | Elana         | F | 13:20.4 | 26:10.7 | 40:05.2 | 54:15.4 |  |  | 13:20.4 | 12:50.3 | 13:54.5 | 14:10.2 |  |  |
| 102 | 128 | Pretorius   | D.P           | M | 13:45.6 | 27:19.9 | 40:43.1 | 54:34.8 |  |  | 13:45.6 | 13:34.3 | 13:23.2 | 13:51.7 |  |  |
| 103 | 129 | Jacobs      | David         | M | 14:11.5 | 27:18.0 | 40:55.7 | 54:37.3 |  |  | 14:11.5 | 13:06.5 | 13:37.8 | 13:41.6 |  |  |
| 104 | 20  | Davis       | Dave          | M | 14:11.9 | 27:11.7 | 41:05.0 | 54:51.2 |  |  | 14:11.9 | 12:59.8 | 13:53.3 | 13:46.2 |  |  |
| 105 | 89  | La Grange   | Theo          | M | 13:38.9 | 27:21.1 | 41:10.5 | 55:35.5 |  |  | 13:38.9 | 13:42.2 | 13:49.4 | 14:25.0 |  |  |
| 106 | 208 | Kridiotis   | Caarus        | M | 13:42.0 | 27:18.3 | 41:19.6 | 55:41.3 |  |  | 13:42.0 | 13:36.3 | 14:01.3 | 14:21.7 |  |  |
| 107 | 81  | Booth       | Brian         | M | 18:27.4 | 31:07.3 | 43:56.3 | 57:52.2 |  |  | 18:27.4 | 12:40.0 | 12:49.0 | 13:55.9 |  |  |
| 108 | 85  | Van Niekerk | Tertius       | M | 15:11.5 | 29:44.8 | 43:49.4 | 57:56.9 |  |  | 15:11.5 | 14:33.3 | 14:04.6 | 14:07.5 |  |  |
| 109 | 86  | Van Niekerk | Hayley        | F | 15:13.2 | 29:44.8 | 43:49.4 | 57:56.9 |  |  | 15:13.2 | 14:31.5 | 14:04.6 | 14:07.5 |  |  |
| 110 | 134 | Piek        | Johann        | M | 14:35.5 | 28:48.7 | 43:38.2 | 58:29.4 |  |  | 14:35.5 | 14:13.1 | 14:49.5 | 14:51.2 |  |  |
| 111 | 79  | Kriel       | Corra         | F | 14:59.7 | 29:20.2 | 43:55.6 | 59:03.2 |  |  | 14:59.7 | 14:20.5 | 14:35.3 | 15:07.7 |  |  |
| 112 | 82  | Booth       | Ryan          | M | 09:45.9 | 19:56.3 | 30:35.1 |         |  |  | 09:45.9 | 10:10.5 | 10:38.8 |         |  |  |
| 113 | 203 | Coetzee     | Ankia         | F | 11:22.6 | 22:36.1 | 34:37.3 |         |  |  | 11:22.6 | 11:13.5 | 12:01.2 |         |  |  |
| 114 | 2   | Matthyer    | Alonzo        | M | 11:22.4 | 22:59.4 | 36:30.3 |         |  |  | 11:22.4 | 11:37.0 | 13:30.9 |         |  |  |
| 115 | 206 | Nel         | Johan Phillip | M | 13:13.9 | 26:37.0 | 40:55.1 |         |  |  | 13:13.9 | 13:23.2 | 14:18.1 |         |  |  |
| 116 | 181 | Tessendorf  | Max           | M | 14:44.4 | 29:50.6 | 45:12.9 |         |  |  | 14:44.4 | 15:06.2 | 15:22.3 |         |  |  |
| 117 | 93  | Smith       | Armand        | M | 10:48.5 | 22:08.0 | 45:24.2 |         |  |  | 10:48.5 | 11:19.5 | 23:16.1 |         |  |  |
| 118 | 155 | Boshoff     | Keanen        | M | 15:06.3 | 30:33.6 | 45:39.7 |         |  |  | 15:06.3 | 15:27.4 | 15:06.0 |         |  |  |
| 119 | 212 | Coetzee     | Phillip       | M | 15:54.2 | 30:53.4 | 45:46.5 |         |  |  | 15:54.2 | 14:59.2 | 14:53.1 |         |  |  |
| 120 | 147 | Robb        | Neal          | M | 16:11.1 | 31:54.5 | 46:30.8 |         |  |  | 16:11.1 | 15:43.4 | 14:36.3 |         |  |  |
| 121 | 146 | Van Straten | Janice        | F | 16:11.8 | 31:55.0 | 46:31.5 |         |  |  | 16:11.8 | 15:43.2 | 14:36.5 |         |  |  |
| 122 | 68  | Venter      | Marius        | M | 12:48.4 | 25:28.1 | 47:24.9 |         |  |  | 12:48.4 | 12:39.7 | 21:56.8 |         |  |  |
| 123 | 11  | du plessis  | cornelius     | M | 23:12.8 | 35:46.6 | 48:51.1 |         |  |  | 23:12.8 | 12:33.8 | 13:04.5 |         |  |  |
| 124 | 127 | Booyesen    | Emma          | F | 16:54.0 | 32:34.4 | 49:13.4 |         |  |  | 16:54.0 | 15:40.4 | 16:39.0 |         |  |  |

|     |     |               |             |   |         |         |         |  |  |  |         |         |         |  |  |  |
|-----|-----|---------------|-------------|---|---------|---------|---------|--|--|--|---------|---------|---------|--|--|--|
| 125 | 40  | Birdsall      | Jayle       | M | 16:16.0 | 33:39.4 | 51:22.7 |  |  |  | 16:16.0 | 17:23.4 | 17:43.3 |  |  |  |
| 126 | 119 | VD Linde      | Heinrich    | M | 16:55.7 | 34:03.0 | 51:37.4 |  |  |  | 16:55.7 | 17:07.3 | 17:34.4 |  |  |  |
| 127 | 214 | Laubscher     | Reece       | M | 16:47.0 | 34:41.5 | 52:49.2 |  |  |  | 16:47.0 | 17:54.5 | 18:07.6 |  |  |  |
| 128 | 202 | Henegan       | Lliam       | M | 16:30.6 | 34:19.3 | 52:59.7 |  |  |  | 16:30.6 | 17:48.7 | 18:40.4 |  |  |  |
| 129 | 209 | Van Schalkwyk | Jean Pierre | M | 27:12.8 | 41:06.4 | 54:52.6 |  |  |  | 27:12.8 | 13:53.6 | 13:46.1 |  |  |  |
| 130 | 94  | Correia       | Juan        | M | 20:35.1 | 40:53.1 | 59:55.0 |  |  |  | 20:35.1 | 20:18.0 | 19:02.0 |  |  |  |
| 131 | 157 | Correia       | Andriette   | F | 20:34.9 | 40:53.6 | 59:55.7 |  |  |  | 20:34.9 | 20:18.7 | 19:02.1 |  |  |  |
| 132 | 110 | Van Rooyen    | Erik        | M | 09:26.1 | 19:40.4 |         |  |  |  | 09:26.1 | 10:14.3 |         |  |  |  |
| 133 | 210 | Booyesen      | Gert        | M | 11:17.4 | 22:54.8 |         |  |  |  | 11:17.4 | 11:37.4 |         |  |  |  |
| 134 | 7   | Zijlstra      | Beau        | M | 12:27.4 | 26:34.3 |         |  |  |  | 12:27.4 | 14:06.9 |         |  |  |  |
| 135 | 95  | Correia       | Marco       | M | 12:39.1 | 26:35.0 |         |  |  |  | 12:39.1 | 13:55.8 |         |  |  |  |
| 136 | 158 | Du Plooy      | Erik        | M | 16:58.3 | 35:52.0 |         |  |  |  | 16:58.3 | 18:53.7 |         |  |  |  |
| 137 | 39  | Van Heerden   | Morne       | M | 24:40.6 | 37:01.7 |         |  |  |  | 24:40.6 | 12:21.1 |         |  |  |  |
| 138 | 213 | Nel           | Herman      | M | 24:17.5 | 50:48.0 |         |  |  |  | 24:17.5 | 26:30.5 |         |  |  |  |
| 139 | 217 | Bruwer        | MJ          | M | 24:18.7 | 50:49.4 |         |  |  |  | 24:18.7 | 26:30.7 |         |  |  |  |
| 140 | 34  | Buys          | Daniel      | M | 48:21.9 |         |         |  |  |  | 48:21.9 |         |         |  |  |  |