

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	3	Coetsee	Charl	M	08:42.0	17:35.4	26:44.8	36:14.9	45:48.6	55:04.8	08:42.0	08:53.4	09:09.4	09:30.1	09:33.7	09:16.2
2	55	Van Der Westhuizen	Martin	M	08:42.0	17:34.0	26:44.4	36:16.0	45:45.5	55:05.1	08:42.0	08:52.1	09:10.4	09:31.6	09:29.5	09:19.6
3	102	Alberts	Gerhard	M	08:41.3	17:31.4	27:02.5	36:41.8	46:23.8	56:18.7	08:41.3	08:50.1	09:31.1	09:39.3	09:42.0	09:54.9
4	136	Herbst	Pieter	M	09:08.2	18:45.4	28:29.7	38:27.3	48:11.8	57:37.0	09:08.2	09:37.1	09:44.3	09:57.6	09:44.5	09:25.3
5	143	Roestoff	Schalk	M	08:57.3	18:42.6	28:22.5	38:17.3	48:07.1	57:48.0	08:57.3	09:45.2	09:40.0	09:54.7	09:49.8	09:40.9
6	141	Trichard	Jean-Louis	M	08:56.8	18:47.0	28:46.6	38:47.9	48:30.2	58:10.6	08:56.8	09:50.2	09:59.6	10:01.4	09:42.3	09:40.4
7	110	Van Rooyen	Erik	M	09:10.2	19:14.6	29:04.4	38:47.4	48:31.3	58:12.8	09:10.2	10:04.4	09:49.7	09:43.0	09:43.9	09:41.6
8	17	Kemp	Herman	M	09:26.7	19:15.7	29:06.0	38:49.6	48:32.2	58:14.0	09:26.7	09:49.0	09:50.3	09:43.6	09:42.6	09:41.8
9	180	De Bruyn	Vic	M	09:29.1	19:13.6	29:05.8	38:54.1	48:29.2	58:22.0	09:29.1	09:44.6	09:52.2	09:48.2	09:35.2	09:52.8
10	233	Cotton	Marc	M	09:37.9	19:58.3	29:55.3	40:01.4	50:35.3		09:37.9	10:20.5	09:57.0	10:06.1	10:34.0	
11	156	Correia	Tian	M	09:47.1	19:55.7	29:54.0	40:03.1	50:43.9		09:47.1	10:08.7	09:58.2	10:09.1	10:40.8	
12	42	Macleod	Neil	M	10:12.1	20:22.5	30:34.1	40:42.2	50:54.6		10:12.1	10:10.3	10:11.6	10:08.2	10:12.4	
13	163	Smith	Manie	M	09:55.5	20:39.4	30:35.4	40:40.6	50:54.8		09:55.5	10:43.9	09:56.0	10:05.2	10:14.1	
14	70	Koen	Louis	M	09:47.3	20:09.2	30:32.2	40:38.4	50:57.8		09:47.3	10:21.9	10:23.0	10:06.2	10:19.4	
15	57	Pretorius	Thys	M	09:49.8	20:26.9	30:34.5	40:39.8	50:58.0		09:49.8	10:37.1	10:07.6	10:05.3	10:18.2	
16	133	De Beer	Henk	M	10:48.7	20:57.0	31:03.8	41:17.2	51:28.5		10:48.7	10:08.3	10:06.8	10:13.4	10:11.3	
17	78	Van Jaarsveld	Bernard	M	09:59.0	20:21.5	30:32.0	41:14.5	51:48.4		09:59.0	10:22.5	10:10.5	10:42.5	10:33.9	
18	239	VD Bank	Vincent	M	10:35.2	20:45.4	31:08.3	41:24.7	51:56.8		10:35.2	10:10.2	10:23.0	10:16.4	10:32.1	
19	82	Booth	Ryan	M	09:55.6	20:20.5	30:40.9	41:25.9	52:20.2		09:55.6	10:24.9	10:20.4	10:45.1	10:54.2	
20	231	Keith	Wilson	M	09:54.0	20:10.4	30:41.3	41:33.1	52:33.4		09:54.0	10:16.4	10:30.9	10:51.7	11:00.4	
21	33	Buys	Stephan	M	10:13.8	20:45.6	30:58.7	41:28.6	52:33.9		10:13.8	10:31.9	10:13.1	10:29.9	11:05.3	
22	125	Ferreira	Francois	M	10:00.8	20:24.5	31:06.4	41:40.4	52:39.2		10:00.8	10:23.7	10:41.9	10:34.0	10:58.8	
23	66	Van Zyl	Hanno	M	09:51.3	20:21.1	31:00.3	41:48.9	52:52.3		09:51.3	10:29.7	10:39.3	10:48.5	11:03.4	
24	77	Roberts	Eben	M	09:54.7	20:40.5	31:29.5	42:20.0	52:57.2		09:54.7	10:45.8	10:48.9	10:50.6	10:37.2	
25	37	Coetzee	Tobie	M	10:27.3	21:05.4	31:39.9	42:16.5	53:05.9		10:27.3	10:38.2	10:34.4	10:36.6	10:49.4	
26	108	Bekker	Maricel	F	10:02.7	20:47.4	31:31.1	42:19.3	53:18.7		10:02.7	10:44.7	10:43.7	10:48.2	10:59.4	
27	151	Boshoff	Gerhard	M	09:43.3	19:57.6	29:53.3	40:04.0	53:21.9		09:43.3	10:14.2	09:55.7	10:10.7	13:18.0	
28	234	Van Reenen	Jano	M	10:22.1	21:05.4	31:53.7	42:38.0	53:23.9		10:22.1	10:43.4	10:48.3	10:44.2	10:45.9	
29	123	VD Merwe	Janco	M	10:28.3	21:06.4	31:52.5	42:44.8	53:41.2		10:28.3	10:38.2	10:46.1	10:52.2	10:56.4	
30	118	Swanepoel	Ferreira	M	10:32.8	21:13.2	32:13.2	43:02.9	53:42.2		10:32.8	10:40.4	11:00.0	10:49.7	10:39.3	
31	97	Van Straaten	Tommie	M	10:32.2	21:28.0	32:15.9	43:03.0	54:02.2		10:32.2	10:55.8	10:47.8	10:47.1	10:59.2	
32	90	Gillomee	Lize-Mari	F	10:31.3	21:27.1	32:16.5	43:01.5	54:03.3		10:31.3	10:55.9	10:49.3	10:45.0	11:01.8	
33	186	Holtzhousen	Jean-Jacques	M	10:31.7	21:03.1	31:55.0	42:57.4	54:07.7		10:31.7	10:31.4	10:51.9	11:02.4	11:10.2	
34	9	Burger	Fourie	M	10:34.7	21:29.9	32:19.3	43:29.4	54:40.9		10:34.7	10:55.2	10:49.4	11:10.1	11:11.6	
35	105	De Lange	Mornay	M	11:09.4	22:10.8	33:18.9	44:17.5	55:37.7		11:09.4	11:01.3	11:08.1	10:58.6	11:20.2	
36	4	De Wet	Philip	M	11:11.4	22:17.4	33:19.4	44:21.9	55:38.1		11:11.4	11:06.0	11:02.0	11:02.5	11:16.2	
37	1	Matthzyer	Dwight	M	10:53.0	22:19.2	33:23.5	44:37.1	55:47.8		10:53.0	11:26.3	11:04.2	11:13.6	11:10.7	
38	8	Koster	Martin	M	11:17.0	22:21.2	33:36.5	44:45.7	55:52.1		11:17.0	11:04.2	11:15.3	11:09.2	11:06.3	
39	130	Mellet	Lourens	M	10:48.3	22:11.0	33:22.3	44:48.2	56:08.8		10:48.3	11:22.7	11:11.2	11:26.0	11:20.6	
40	23	Claase	Adian	M	10:31.5	21:25.9	32:38.5	44:31.2	56:13.0		10:31.5	10:54.4	11:12.6	11:52.6	11:41.9	
41	171	Pretorius	Rinus	M	11:10.6	22:34.6	33:54.8	45:14.0	56:22.5		11:10.6	11:24.0	11:20.1	11:19.3	11:08.5	
42	36	Pienaar	Andre	M	11:02.8	22:29.6	34:11.4	46:01.0	57:57.1		11:02.8	11:26.9	11:41.7	11:49.6	11:56.1	
43	242	Oelofse	Pieter	M	11:57.8	23:26.4	34:47.4	46:20.8	58:03.6		11:57.8	11:28.6	11:21.0	11:33.5	11:42.8	
44	45	Koekemoer	Mar-Ques	M	11:10.8	22:48.7	34:28.8	46:28.4	58:11.8		11:10.8	11:37.9	11:40.1	11:59.6	11:43.4	
45	75	Maritz	Debbie	F	11:19.8	22:56.5	34:31.7	46:24.6	58:20.6		11:19.8	11:36.8	11:35.2	11:52.9	11:56.0	

46	126	Booyesen	Werner	M	11:03.0	22:46.3	34:35.9	46:45.3	58:26.5			11:03.0	11:43.3	11:49.6	12:09.4	11:41.2
47	63	Van Niekerk	Zane	M	11:03.2	23:08.7	34:51.6	46:59.9	58:47.1			11:03.2	12:05.5	11:42.9	12:08.3	11:47.2
48	124	Calitz	Jacques	M	11:25.9	23:21.7	34:53.6	46:58.7	58:51.9			11:25.9	11:55.8	11:31.9	12:05.1	11:53.2
49	81	Booth	Brian	M	11:34.3	23:15.1	34:47.4	47:00.8	58:54.7			11:34.3	11:40.9	11:32.2	12:13.4	11:53.9
50	169	Du Plessis	Adri	M	11:41.9	23:35.5	35:14.4	47:13.9	59:08.0			11:41.9	11:53.6	11:38.9	11:59.5	11:54.1
51	153	De Bruin	Corne	M	11:40.9	23:39.1	35:34.2	47:33.8	59:34.6			11:40.9	11:58.2	11:55.1	11:59.6	12:00.8
52	46	Koekemoer	Jean-Jacques	M	11:31.2	23:12.0	35:04.6	47:28.9	59:37.6			11:31.2	11:40.8	11:52.6	12:24.3	12:08.8
53	84	Van Wyk	Neil	M	11:35.7	23:29.4	35:49.7	48:13.1				11:35.7	11:53.8	12:20.3	12:23.4	
54	83	Pienaar	Hanro	M	10:57.9	22:54.9	36:27.5	48:39.6				10:57.9	11:57.0	13:32.6	12:12.1	
55	39	Van Heerden	Morne	M	11:53.4	24:12.6	36:29.0	48:42.6				11:53.4	12:19.2	12:16.4	12:13.6	
56	160	Du Plooy	Rudi	M	11:40.7	23:49.1	36:15.6	48:50.2				11:40.7	12:08.4	12:26.5	12:34.7	
57	159	Du Plooy	Wian	M	12:19.4	24:32.3	36:51.8	49:23.1				12:19.4	12:12.9	12:19.6	12:31.3	
58	236	Erasmus	Rassie	M	12:55.5	25:04.7	37:11.5	49:26.2				12:55.5	12:09.2	12:06.8	12:14.8	
59	237	Erasmus	Jacques	M	11:29.4	24:25.6	37:13.5	49:28.1				11:29.4	12:56.2	12:47.9	12:14.6	
60	5	Fullaway	Neil	M	11:55.4	24:50.5	37:07.1	49:43.7				11:55.4	12:55.1	12:16.6	12:36.6	
61	226	Siebert	Derek	M	12:47.9	25:26.2	37:48.8	49:58.3				12:47.9	12:38.3	12:22.6	12:09.5	
62	14	Cronje	Michelle	F	13:18.8	25:36.2	37:48.8	50:11.7				13:18.8	12:17.4	12:12.6	12:22.9	
63	238	VD Bank	Simone	F	12:25.7	24:56.3	37:19.3	50:20.0				12:25.7	12:30.7	12:23.0	13:00.6	
64	230	Wilsnach	Zane	M	13:04.1	25:36.2	38:05.4	50:36.4				13:04.1	12:32.1	12:29.2	12:31.0	
65	116	Griessel	Sone	F	12:21.5	24:59.9	38:13.4	51:03.6				12:21.5	12:38.4	13:13.6	12:50.2	
66	129	Jacobs	David	M	13:51.5	26:35.2	39:18.7	51:53.5				13:51.5	12:43.7	12:43.5	12:34.9	
67	135	Piek	Lehann	M	12:29.3	24:58.5	38:13.0	52:17.2				12:29.3	12:29.2	13:14.5	14:04.2	
68	2	Matthyzer	Alonzo	M	13:04.0	25:56.7	39:51.6	52:34.8				13:04.0	12:52.7	13:54.9	12:43.2	
69	10	Grove	Stephan	M	13:04.6	25:56.8	39:52.0	52:35.3				13:04.6	12:52.3	13:55.2	12:43.4	
70	95	Correia	Marco	M	13:03.3	25:57.7	39:54.8	52:42.2				13:03.3	12:54.3	13:57.2	12:47.4	
71	16	Stroebel	Leoni	F	13:55.2	26:48.3	39:46.0	52:44.0				13:55.2	12:53.1	12:57.7	12:58.0	
72	208	Kridiotis	Caarus	M	12:53.7	26:13.2	39:35.0	52:44.4				12:53.7	13:19.5	13:21.8	13:09.4	
73	20	Davis	Dave	M	13:21.2	26:11.9	39:34.4	52:44.8				13:21.2	12:50.7	13:22.5	13:10.4	
74	150	De Wet	Jannie	M	12:50.9	25:24.9	38:38.1	52:46.7				12:50.9	12:34.0	13:13.2	14:08.6	
75	235	Van Schalkwyk	Kobus	M	12:20.7	24:33.8	36:56.7	53:16.9				12:20.7	12:13.1	12:22.8	16:20.3	
76	134	Piek	Johann	M	13:53.1	27:02.1	40:20.9	53:28.5				13:53.1	13:09.1	13:18.8	13:07.6	
77	241	Holtzhousen	Mauritz	M	21:06.0	31:56.8	42:59.3	54:09.9				21:06.0	10:50.8	11:02.5	11:10.6	
78	122	VD Merwe	Eduan	M	13:08.3	26:24.0	40:00.8	54:12.6				13:08.3	13:15.6	13:36.8	14:11.8	
79	190	Mogashoa	Makobane	M	16:12.4	29:03.4	41:36.9	55:06.6				16:12.4	12:50.9	12:33.5	13:29.8	
80	232	Skibbe	Callie	M	14:18.7	27:40.6	41:31.2	55:27.9				14:18.7	13:21.9	13:50.6	13:56.8	
81	79	Kriel	Corra	F	14:48.9	28:45.7	42:25.6	57:11.0				14:48.9	13:56.8	13:39.8	14:45.4	
82	86	Van Niekerk	Hayley	F	14:16.7	28:24.1	43:09.3	57:35.9				14:16.7	14:07.4	14:45.2	14:26.6	
83	85	Van Niekerk	Tertius	M	14:17.5	28:25.2	43:10.3	57:37.9				14:17.5	14:07.7	14:45.2	14:27.5	
84	69	Grobler	Braam	M	13:03.5	28:49.8	43:37.8	58:10.0				13:03.5	15:46.3	14:48.0	14:32.2	
85	240	Du Toit	Leresia	F	13:53.1	28:34.1	43:49.4	58:38.5				13:53.1	14:41.0	15:15.3	14:49.1	
86	128	Pretorius	D.P	M	14:57.3	30:11.9	45:04.6	59:59.7				14:57.3	15:14.6	14:52.7	14:55.1	
87	172	Cairns	Nathan	M	13:48.1	28:15.9	41:59.1					13:48.1	14:27.8	13:43.2		
88	115	Griessel	Danie	M	19:03.0	31:47.3	45:50.4					19:03.0	12:44.3	14:03.0		
89	146	Van Straten	Janice	F	14:54.9	30:08.7	46:17.4					14:54.9	15:13.8	16:08.7		
90	147	Robb	Neal	M	14:55.1	30:09.1	46:18.4					14:55.1	15:14.0	16:09.3		
91	34	Buys	Daniel	M	13:54.0	31:36.4	49:25.8					13:54.0	17:42.4	17:49.5		
92	127	Booyesen	Emma	F	16:16.9	32:43.5	49:32.4					16:16.9	16:26.6	16:48.9		

93	40	Birdsall	Jayce	M	16:46.1	33:27.8	50:47.0					16:46.1	16:41.6	17:19.2		
94	96	Correia	Tonie	M	12:48.4	32:20.0	51:08.8					12:48.4	19:31.6	18:48.8		
95	157	Correia	Andriette	F	25:46.8	41:54.7	59:31.6					25:46.8	16:07.9	17:36.9		
96	11	du plessis	cornelius	M	25:55.6	40:44.7						25:55.6	14:49.1			
97	158	Du Plooy	Erik	M	20:30.5	42:47.0						20:30.5	22:16.5			
98	227	Loots	Michelle	F	21:28.6	46:48.9						21:28.6	25:20.3			
99	228	Pretorius	Monique	F	21:31.9	46:53.1						21:31.9	25:21.1			
100	94	Correia	Juan	M	32:22.3	51:03.0						32:22.3	18:40.7			
101	209	Van Schalkwyk	Jean Pierre	M	53:52.8							53:52.8				