Race Number	Surname	Name	Gender	Lap1	Lap2	Lap3	Lap4	Lap5	Lap6		Lap1 Time	Lap2 Time	Lap3 Time	Lap4 Time	Lap5 Time	Lap6 Time	Total Laps	Series Position
26	Struwig	Ockert	M	08:45.0	18:02.5	27:20.6	36:44.3	45:51.6	55:05.7		08:45.0	09:17.5	09:18.1	09:23.7	09:07.3	09:14.0	24	1
11	Blake	Craig	M	09:15.0	18:44.8	28:02.0	37:15.7	46:30.8	55:31.8		09:15.0	09:29.9	09:17.2	09:13.6	09:15.2	09:01.0	18	
75	Coetsee	Charl	M	09:06.1	18:34.0	37:15.7	Miss	46:32.1	55:32.7		09:06.1	09:27.8	18:41.7	Miss	09:16.5	09:00.5	16	
153	Jacobs	De Klerk	M	08:57.9	18:29.9	28:01.7	37:11.7	46:30.3	55:33.2		08:57.9	09:32.1	09:31.8	09:10.0	09:18.6	09:02.9	12	
156	Moelich	Gerrit	M	09:25.6	18:59.9	28:05.6	37:19.0	46:31.2	55:34.0		09:25.6	09:34.3	09:05.7	09:13.4	09:12.2	09:02.8	12	
51	Kotze	Daniel	M	09:09.1	18:44.2	28:01.7	37:14.1	46:31.2	55:38.4		09:09.1	09:35.1	09:17.5	09:12.4	09:17.0	09:07.3	24	2
155	Vd Westhuizen	Martin	M	09:51.1	19:15.4	28:36.1	38:00.0	47:27.2	56:58.2		09:51.1	09:24.3	09:20.7	09:23.8	09:27.3	09:31.0	12	
49	Van der Merwe	Werner	M	09:10.9	19:02.2	28:44.0	38:11.2	47:43.0	57:04.2		09:10.9	09:51.3	09:41.8	09:27.1	09:31.9	09:21.2	24	3
62	Bruyn	Vic	M	09:25.1	19:01.0	28:37.6	38:11.8	47:44.3	57:04.2		09:25.1	09:35.9	09:36.5	09:34.2	09:32.5	09:19.9	22	6
17	Bezuidenhout	Aldo	M	09:24.8	19:01.8	28:38.9	38:11.8	47:42.4	57:05.0		09:24.8	09:37.0	09:37.1	09:32.9	09:30.6	09:22.6	24	4
141	Potgieter	Ryno	M	09:25.6	19:00.7	28:38.0	38:12.2	47:43.4	57:06.1		09:25.6	09:35.0	09:37.3	09:34.3	09:31.1	09:22.7	18	
77	Alberts	Gerhard	M	09:09.5	18:44.0	28:01.7	37:21.0	47:37.8	58:39.5		09:09.5	09:34.6	09:17.6	09:19.4	10:16.7	11:01.7	12	
166	Mol	Bernard	M	09:42.4	20:00.8	29:52.9	39:39.4	49:24.0	59:05.0		09:42.4	10:18.4	09:52.1	09:46.4	09:44.7	09:40.9	6	
9	Van Der Westhuizen	Paul	M	10:00.7	20:00.9	29:52.9	39:39.4	49:23.3	59:10.9		10:00.7	10:00.2	09:52.0	09:46.4	09:43.9	09:47.6	23	5
48	Bester	Joshua	M	Miss	19:36.9	29:41.8	39:44.5	49:29.6			Miss	19:36.9	10:04.9	10:02.7	09:45.1		21	7
117	Kemp	Herman	M	09:13.9	19:32.9	29:53.7	39:40.4	49:40.9			09:13.9	10:19.0	10:20.8	09:46.7	10:00.5		15	
67	Pretorius	Thys	M	10:15.5	20:37.6	31:01.6	41:14.5	51:19.3			10:15.5	10:22.0	10:24.1	10:12.9	10:04.8		20	8
23	Stroebel	Morne	M	10:00.9	20:04.6	30:42.5	41:14.8	51:28.5			10:00.9	10:03.7	10:37.9	10:32.3	10:13.7		20	9
56	Coetzee	Tobie	M	10:13.8	20:37.7	31:00.6	41:20.3	52:07.4			10:13.8	10:24.0	10:22.9	10:19.6	10:47.2		20	10
35	Piek	Liehann	M	10:34.7	21:18.9	31:37.8	42:03.8	52:33.5			10:34.7	10:44.2	10:18.9	10:26.0	10:29.7		20	
29	Booysen	Werner	M	10:27.4	21:10.8	31:36.2	42:13.7	52:47.2			10:27.4	10:43.3	10:25.4	10:37.5	10:33.5		19	
63	Roberts	Eben	M	10:23.5	21:02.1	32:06.1	42:39.1	52:50.4			10:23.5	10:38.6	11:04.0	10:33.0	10:11.3		20	
20	Mellet	Lourens	M	10:27.8	21:42.9	32:05.6	42:41.5	52:50.8			10:27.8	11:15.1	10:22.7	10:35.9	10:09.3		15	
10	Claassen	Adian	M	10:15.5	21:05.7	31:47.7	42:41.6	52:54.7			10:15.5	10:50.2	10:42.0	10:53.9	10:13.1		19	
43	Koekemoer	Jean-Jacques	M	10:15.1	21:06.2	31:47.2	42:42.1	52:55.1			10:15.1	10:51.0	10:41.0	10:54.9	10:13.0		20	
60	Mostert	Wiehan	M	10:15.6	20:54.8	31:28.3	42:14.1	53:02.7			10:15.6	10:39.1	10:33.5	10:45.8	10:48.6		20	
8	La Grange	Dehan	M	10:11.5	20:47.2	31:29.2	42:13.2	53:03.6			10:11.5	10:35.7	10:42.0	10:44.1	10:50.4		19	
15	De Lange	Mornay	M	10:52.5	21:41.4	32:07.7	42:40.5	53:09.2			10:52.5	10:49.0	10:26.2	10:32.8	10:28.7		15	
2	Pienaar	Andre	M	10:45.1	21:27.1	32:29.9	43:41.1	54:37.9			10:45.1	10:41.9	11:02.9	11:11.1	10:56.9		20	
14	Smith	Strauss	M	11:06.4	22:16.1	33:26.7	44:23.7	55:28.4			11:06.4	11:09.7	11:10.6	10:57.0	11:04.7		19	
165	Meiring	Jan	M	11:00.2	22:08.3	33:26.1	44:27.2	55:35.2			11:00.2	11:08.1	11:17.8	11:01.1	11:08.0		5	
158	Dlamini	Simo	M	10:31.2	21:39.8	32:51.7	44:55.1	56:09.9			10:31.2	11:08.6	11:11.9	12:03.4	11:14.8		15	
124	Hergeth	Viktor	M	10:56.7	22:26.3	33:45.5	44:57.3	56:10.7			10:56.7	11:29.6	11:19.2	11:11.8	11:13.4		10	
61	Mostert	Werner	M	10:50.7	22:38.8	33:49.6	44:48.3	56:39.2			10:50.7	11:48.1	11:10.8	10:58.7	11:50.9		20	
109	Correia	Tian	M	09:54.5	20:55.1	31:28.1	44:09.0	56:57.7			09:54.5	11:00.6	10:33.0	12:40.9	12:48.6		16	
21	McLean	Diaan	M	11:02.5	22:33.5	34:03.8	45:30.4	57:00.4			11:02.5	11:31.1	11:30.3	11:26.6	11:30.0		15	
79	Van Straten	Tommie	M	11:26.1	22:59.4	34:31.6	46:15.8	57:28.2			11:26.1	11:33.3	11:32.3	11:44.2	11:12.4		18	
128	Fullaway	Neil	M	12:02.3	23:38.1	34:50.6	46:29.6	57:29.4			12:02.3	11:35.9	11:12.4	11:39.0	10:59.8		9	
39	Correia	Tonie	M	12:36.6	25:27.1	37:49.5	50:17.3	57:33.7			12:36.6	12:50.5	12:22.4	12:27.8	07:16.3		15	
169	Van Niekerk	Etienne	M	11:44.9	23:31.9	34:56.4	46:21.7	57:36.9			11:44.9	11:47.1	11:24.5	11:25.3	11:15.2		5	
174	Koen	Louis	M	11:23.2	23:34.4	35:05.1	46:26.4	58:31.4			11:23.2	12:11.2	11:30.7	11:21.3	12:05.0		5	
93	Henn	Diwan	M	11:54.0	24:11.8	36:24.9	48:04.0	59:10.0			11:54.0	12:17.8	12:13.1	11:39.1	11:06.0		18	
164	Cloete	Marizel	F	11:47.7	23:34.8	35:22.0	47:14.1	59:30.0			11:47.7	11:47.1	11:47.3	11:52.1	12:15.9		10	
172	Coetzee	Ankia	F	12:05.0	23:32.7	35:15.3	47:09.8				12:05.0	11:27.7	11:42.7	11:54.5			9	
160	Hayward	Jacques	M	15:12.9	22:38.9	30:55.9	47:28.5				15:12.9	07:25.9	08:17.0	16:32.6			4	

36	Duvenage	Kobus	M	11:23.2	23:15.5	35:27.9	48:03.9				11:23.2	11:52.3	12:12.5	12:35.9			19	
170	Van der Westhuizen	Berrie	M	12:09.2	24:35.1	36:53.5	49:23.3				12:09.2	12:25.8	12:18.4	12:29.7			4	
41	Peirce	Adam	M	12:41.4	24:47.0	37:38.0	49:38.2				12:41.4	12:05.6	12:51.0	12:00.3			16	
40	Pierce	Ryan	M	12:41.5	25:19.0	37:36.2	49:43.7				12:41.5	12:37.5	12:17.1	12:07.5			15	
159	Siebert	Derek	M	12:51.5	25:20.7	37:52.9	49:49.9				12:51.5	12:29.2	12:32.2	11:57.0			4	
107	Pretorius	Danie	M	12:43.5	25:08.5	37:46.8	50:07.0				12:43.5	12:25.0	12:38.2	12:20.3			12	
120	Matthyzer	Dwight	M	11:15.8	23:55.5	37:08.6	50:10.9				11:15.8	12:39.7	13:13.0	13:02.4			14	
152	Smith	Stefan	M	11:41.5	24:35.1	37:21.0	50:20.0				11:41.5	12:53.6	12:46.0	12:59.0			8	
34	Piek	Johann	M	12:51.9	25:22.0	38:00.0	51:11.9				12:51.9	12:30.0	12:38.1	13:11.9			12	
163	Julyan	William	M	12:10.7	25:03.6	38:58.5	51:17.4				12:10.7	12:52.9	13:54.9	12:19.0			4	
167	Potgieter	Gerhard	M	09:56.4	31:01.5	41:19.6	51:20.7				09:56.4	21:05.1	10:18.1	10:01.1			4	
162	Craucamp	Flippie	M	12:10.9	25:03.6	38:57.4	51:23.4				12:10.9	12:52.7	13:53.8	12:26.0			4	
5	Viljoen	Tersia	F	13:07.9	26:08.3	38:48.5	51:30.6				13:07.9	13:00.4	12:40.2	12:42.1			16	1
22	Pienaar	Eddie	M	12:35.4	25:31.3	38:37.7	51:42.5				12:35.4	12:56.0	13:06.4	13:04.8			16	
119	Matthyzer	Alonzo	M	12:00.9	24:56.2	39:58.5	51:58.4				12:00.9	12:55.2	15:02.3	11:59.8			14	
38	Correia	Marco	M	12:05.4	25:54.7	39:31.5	52:34.5				12:05.4	13:49.3	13:36.8	13:03.0			16	
98	Pretorius	DP	M	13:12.3	25:55.6	39:04.0	52:56.2				13:12.3	12:43.3	13:08.4	13:52.2			12	
31	Lategan	Luan	M	10:24.2	31:47.9	42:42.3	53:01.3				10:24.2	21:23.7	10:54.4	10:19.0			18	
161	Hayward	Heindro	M	12:14.8	25:30.9	38:49.6	53:11.2				12:14.8	13:16.1	13:18.8	14:21.6			4	
121	Van der Wath	Estiaan	M	13:20.7	27:08.5	40:27.6	54:07.7				13:20.7	13:47.8	13:19.1	13:40.1			12	
28	Smith	Ruan	M	13:37.6	27:30.0	41:25.7	55:28.9				13:37.6	13:52.4	13:55.8	14:03.2			16	
30	Booysen	Emma	F	14:02.9	28:01.0	41:56.3	56:20.0				14:02.9	13:58.1	13:55.3	14:23.7			16	2
168	Nel	HJ	M	11:10.8	34:14.4	45:06.5	56:22.9				11:10.8	23:03.5	10:52.2	11:16.4			4	
44	Van Niekerk	Stefan	M	13:25.8	29:29.9	46:18.3	59:51.7				13:25.8	16:04.1	16:48.4	13:33.4			16	
78	Van der Merwe	Janco	M	10:47.6	21:43.6	32:07.1					10:47.6	10:56.0	10:23.5				18	
12	Dewet	Jannie	M	14:17.5	27:26.0	40:33.8					14:17.5	13:08.5	13:07.8				14	
138	Fincham	Jeanne	F	14:27.5	28:15.3	41:53.2					14:27.5	13:47.8	13:37.9				8	
149	Zylstra	Beau	M	12:03.1	24:50.9	42:05.5					12:03.1	12:47.8	17:14.6				7	
87	Rautenbach	Ryno	M	13:58.5	28:14.5	43:11.4					13:58.5	14:16.0	14:56.9				12	
171	Gray	Gerald	M	15:03.6	30:31.2	47:13.5					15:03.6	15:27.5	16:42.3				3	
45	Van Niekerk	Francois	M	15:14.4	30:55.9	47:27.6					15:14.4	15:41.4	16:31.7				14	
104	Van der Bank	Darius	M	15:57.7	32:31.2	47:32.4					15:57.7	16:33.5	15:01.2				8	
7	la Grange	Theo	M	14:50.8	30:56.3	48:24.6					14:50.8	16:05.5	17:28.2				13	
114	Bosch	Gian	M	18:07.3	33:32.7	50:10.6					18:07.3	15:25.4	16:38.0				5	
88	Birdsall	Jayce	M	16:04.4	33:21.3	51:32.5					16:04.4	17:16.9	18:11.2				12	
108	Lowings	Rynard	M	16:11.9	33:37.0	51:45.2					16:11.9	17:25.1	18:08.1				8	
47	Jansen van Rensburg	Keegan	M	20:38.8	44:15.0	51:48.3					20:38.8	23:36.1	07:33.3				8	
154	Mostert	Mi-Kayla	F	16:54.7	38:10.7	56:38.1					16:54.7	21:16.0	18:27.4				6	
65	Pretorius	Monique	F	16:31.7	34:44.7						16:31.7	18:12.9					8	
89	Garay	Salvi	M	20:14.2	42:33.7						20:14.2	22:19.4					8	
101	Pereira	Filipe	M	20:14.1	42:34.1						20:14.1	22:20.0					9	
173	Pereira	Ricardo	M	28:12.4	54:16.7						28:12.4	26:04.3					2	
103	Garay	Alonzo	M	29:10.4							29:10.4						4	
102	Garay	Gabriella	F	31:36.7							31:36.7						4	
81	Ahmed	Hishain	M	34:00.0							34:00.0						5	
3	Stroebel	George	M	DNF													4	
18	Veldhuysen	Louis	M	DNF													8	

19	de Bruin	Corne	M	DNF													8	
1	Newby	Eric	M	DNF													9	
4	de Villiers	Lilamari	F	DNF													12	
6	Pullinger	Ronald	M	DNF													12	
16	Venter	Marius	M	DNF													12	
13	Los	Oene	M	DNF													15	
53	De Villiers	Lilamari	F	DNF													1	
55	De Villiers	Anje-Me	F	DNF													1	
139	Oosthuizen	Lehan	M	DNF													1	
144	Van Niekerk	Tertius	M	DNF													1	
25	van Wyk	Nikki	M	DNF													10	
42	Du Plessis	Cornelius	M	DNF													10	
57	Hattingh	Franjo	M	DNF													10	
58	Hattingh	Kobus	M	DNF													10	
76	Van Zyl	Hanno	M	DNF													10	
92	Booth	Ryan	M	DNF													10	
94	Vermaas	Adri	M	DNF													10	
113	Van Rooyen	Andre	M	DNF													10	
115	Pretorius	Rinus	M	DNF													10	
122	Maritz	Debbie	F	DNF													10	
82	Holtzhausen	Jean-Jacques	M	DNF													11	
95	Hattingh	Stefan	M	DNF													11	
73	Boshoff	Gerhard	M	DNF													12	
112	Fourie	Marc	M	DNF													12	
130	Steyn	HB	M	DNF													12	
151	MacLoed	Neil	M	DNF													12	
24	van Wyk	Neil	M	DNF													14	
33	Green	Ria	F	DNF													14	4
27	Field	Matt	M	DNF													15	
59	Steyn	Marisca	F	DNF													15	3
72	Van Schalkwyk	JP	M	DNF													15	
64	Korkie	Pieter	M	DNF													18	
80	Oberholzer	Arno	M	DNF													18	
52	De Villiers	Ter	M	DNF													2	
74	Boshoff	Gerhard	M	DNF													2	
85	Buys	Danie	M	DNF													2	
86	Buys	Daniel	M	DNF													2	
125	Pienaar	Ane	F	DNF													2	
126	Pienaar	Bekker	M	DNF													2	
148	Waters	Samuel	M	DNF													2	
157	De Abrei	Jose	M	DNF													2	
111	Van der Linde	FC	M	DNF													3	
123	Olivier	Andre	M	DNF													3	
90	Kruger	Dewald	M	DNF													4	
91	Janse van Rensburg	Niclaas	M	DNF													4	
99	Van Tonder	Hannes	M	DNF													4	
110	Van der Merwe	Heyter	M	DNF													4	

140	Oosthuizen	Pieter	M	DNF													4	
145	Van Niekerk	Dayna	F	DNF													4	
70	Boshoff	Keanan	M	DNF													5	
83	Holtzhausen	Mauritz	M	DNF													5	
84	Calitz	Jacques	M	DNF													5	
97	Cloete	Zelda	F	DNF													5	
100	Botha	Christoff	M	DNF													5	
105	Greyling	Andries	M	DNF													5	
106	Scheepers	Donovan	M	DNF													5	
116	Van Schalkwyk	Kobus	M	DNF													5	
118	Nel	Bruwer	M	DNF													5	
127	Pienaar	JJ	M	DNF													5	
132	De Bruyn	Theuns	M	DNF													5	
133	Greyling	Andries	M	DNF													5	
135	Zijlstra	Jay	M	DNF													5	
137	McLeod	Neil	M	DNF													5	
143	Redelinghuys	Dwayne	M	DNF													5	
150	Van Rooyen	Erik	M	DNF													5	
32	Stander	Chaan	M	DNF													6	
68	Maarsingh	Dirk	M	DNF													6	
69	Boshoff	Brenden	M	DNF													6	
71	Fouche	Pieter	M	DNF													6	
134	Scheepers	Donovan	M	DNF													6	
131	Green	Brent	M	DNF													62	
147	Risseeuw	Pieter	M	DNF													7	
37	Correia	Juan	M	DNF													8	
50	Wessels	Wouter	M	DNF													8	
129	Maritz	Marco	M	DNF													8	
46	Wilsnach	Zane	M	DNF													9	
136	Hatting	Kobus	M	DNF													9	