

PE Half Ironman Final Results

21 March 2004

Port Elizabeth Half Ironman								21-Mar-04					Final results				
Results by Winning Time																	
Place all	Place cat	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	1	04:01:34	5	Timo	Bracht	M	Pro	Germany	12	00:25:31	00:01:09	1	02:11:52	40.95	00:01:26	7	01:21:35
2	2	04:02:40	2	Raynard	Tissink	M	Pro	South Africa	10	00:25:29	00:01:28	2	02:15:35	39.83	00:01:11	3	01:18:57
3	3	04:05:54	8	Gilles	Reboul	M	Pro	France	4	00:24:10	00:01:12	3	02:20:22	38.47	00:01:12	4	01:18:58
4	4	04:11:55	4	Neveu	Cyrille	M	Pro	France	3	00:24:09	00:01:24	5	02:24:25	37.39	00:01:01	5	01:20:56
5	5	04:13:23	17	Dennis	Looze	M	Pro	Holland	1	00:23:26	00:01:15	4	02:21:11	38.25	00:01:13	14	01:26:18
6	6	04:16:57	7	Alexander	Fruhwirth	M	Pro	Austria	7	00:25:24	00:01:18	14	02:27:29	36.61	00:01:15	6	01:21:31
7	7	04:19:08	10	Gernot	Seidl	M	Pro	Austria	70	00:29:22	00:01:39	6	02:24:51	37.28	00:01:14	10	01:22:01
8	8	04:21:14	6	Norbert	Langbrandtner	M	Pro	Austria	19	00:25:36	00:01:19	12	02:27:14	36.68	00:01:21	11	01:25:45
9	9	04:21:27	1	Lothar	Leder	M	Pro	Germany	11	00:25:30	00:01:14	13	02:27:29	36.61	00:01:14	12	01:26:00
10	10	04:23:14	14	Andreas	Di Bernardo	M	Pro	Austria	135	00:32:04	00:02:02	9	02:25:59	36.99	00:01:29	9	01:21:40
11	1	04:26:42	308	Albuin	Schwarz	M	AG 30-34	Austria	30	00:27:03	00:01:28	7	02:25:31	37.11	00:01:21	29	01:31:18
12	1	04:30:34	21	Kathleen	Smet	F	Pro	Belgium	14	00:25:33	00:01:35	28	02:34:42	34.91	00:01:43	18	01:27:01
13	11	04:31:34	9	Glen	Gore	M	Pro	South Africa	2	00:24:00	00:01:20	58	02:38:39	34.04	00:01:12	15	01:26:22
14	3	04:31:42	338	Markus	Strini	M	AG 30-34	Austria	77	00:29:31	00:02:07	17	02:30:10	35.96	00:01:37	21	01:28:17
15	1	04:32:40	171	Patrick	Hofer	M	AG 35-39	South Africa	27	00:26:58	00:01:44	25	02:33:33	35.17	00:01:20	24	01:29:05
16	1	04:32:54	341	Bernhard	Svejda	M	AG 18-24	Austria	42	00:27:39	00:01:41	16	02:29:59	36.01	00:01:06	32	01:32:31
17	12	04:33:26	18	Phillipe Jean	Van Der Leeuw	M	Pro	South Africa	61	00:28:40	00:01:47	8	02:25:47	37.04	00:01:14	44	01:35:58
18	13	04:35:10	16	Stephan	Szekeres	M	Pro	Hungary	8	00:25:26	00:01:13	23	02:33:02	35.29	00:01:16	37	01:34:13
19	1	04:35:16	352	Winfried	Traub	M	AG 40-44	Germany	17	00:25:35	00:01:24	15	02:29:21	36.16	00:01:41	55	01:37:15
20	1	04:36:04	200	Frederic	Kohl	M	AG 25-29	Austria	13	00:25:33	00:01:29	11	02:27:00	36.73	00:00:00	71	01:42:02
21	4	04:36:42	302	Mark	Sack	M	AG 30-34	South Africa	25	00:26:48	00:02:30	34	02:35:36	34.70	00:02:04	26	01:29:44
22	2	04:37:06	245	Terence	Mitchell	M	AG 35-39	South Africa	76	00:29:30	00:02:15	38	02:35:58	34.62	00:01:29	20	01:27:54
23	2	04:37:31	23	Edith	Niederfriniger	F	Pro	Italy	21	00:25:47	00:01:38	78	02:40:59	33.54	00:00:00	25	01:29:07
24	1	04:37:48	395	James	Welsh	M	AG 45-49	South Africa	74	00:29:29	00:02:51	52	02:37:37	34.26	00:01:34	13	01:26:18
25	14	04:38:50	15	Andrew	Payne	M	Pro	South Africa	36	00:27:09	00:01:53	21	02:32:12	35.48	00:01:13	47	01:36:23
26	3	04:40:24	213	Hugo	Lemmen	M	AG 35-39	South Africa	40	00:27:37	00:02:29	26	02:33:50	35.10	00:01:18	41	01:35:10
27	4	04:40:46	317	Taro	Shirato	M	AG 35-39	Japan	31	00:27:04	00:01:43	40	02:36:13	34.57	00:02:03	36	01:33:42
28	5	04:41:03	336	Richard	Stoffel	M	AG 35-39	Switzerland	192	00:34:30	00:02:25	36	02:35:46	34.67	00:01:32	17	01:26:49
29	6	04:41:34	204	Michael	Kruse	M	AG 35-39	Germany	115	00:31:09	00:01:55	46	02:36:54	34.42	00:01:26	27	01:30:10
30	2	04:41:49	226	Wayne	Mac Farlane	M	AG 40-44	South Africa	41	00:27:38	00:02:07	31	02:35:15	34.78	00:01:21	42	01:35:28
31	3	04:42:26	433	Heidi	Jesberger	F	Pro	Germany	54	00:28:20	00:01:56	55	02:38:06	34.15	00:01:22	34	01:32:42
32	15	04:42:28	435	Kai	Mueller	M	Pro	Germany	20	00:25:44	00:01:31	45	02:36:48	34.44	00:01:29	51	01:36:54
33	5	04:42:34	118	Fabien	Escomel	M	AG 30-34	France	73	00:29:27	00:03:07	20	02:32:01	35.52	00:02:11	43	01:35:47

Results by Winning Time

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34	7	04:44:01	351	Leon	Tobias	M	AG 35-39	South Africa	91	00:29:52	00:02:37	49	02:37:26	34.30	00:01:52	30	01:32:12
35	6	04:44:30	182	Mauritz	Jansen v Rensburg	M	AG 30-34	South Africa	60	00:28:39	00:01:41	64	02:39:35	33.84	00:01:58	33	01:32:38
36	8	04:44:45	39	Hugh	Basel	M	AG 35-39	South Africa	22	00:26:03	00:02:39	33	02:35:21	34.76	00:01:42	58	01:39:00
37	16	04:45:33	11	Clive	Chowles	M	Pro	South Africa	18	00:25:35	00:01:37	10	02:26:58	36.74	00:01:35	115	01:49:46
38	7	04:46:30	198	Michael	Klein	M	AG 30-34	Germany	66	00:29:16	00:03:01	100	02:45:00	32.73	00:01:57	19	01:27:16
39	4	04:46:43	25	Nicole	Best	F	Pro	Germany	52	00:28:07	00:01:33	85	02:42:16	33.28	00:01:11	35	01:33:35
40	9	04:47:03	270	Mark	Page	M	AG 35-39	South Africa	72	00:29:25	00:02:34	41	02:36:24	34.53	00:01:47	50	01:36:54
41	8	04:47:50	319	Heinrich	Sickl	M	AG 30-34	Austria	64	00:28:43	00:02:16	37	02:35:54	34.64	00:01:18	62	01:39:39
42	2	04:48:27	35	Greg	Anderson	M	AG 45-49	South Africa	105	00:30:59	00:03:23	50	02:37:31	34.28	00:01:46	39	01:34:47
43	5	04:48:28	22	Sophie	Delemer	F	Pro	France	33	00:27:07	00:01:40	81	02:41:45	33.39	00:01:52	46	01:36:05
44	6	04:48:42	20	Fernanda	Keller	F	Pro	Brazil	46	00:27:55	00:01:49	119	02:48:27	32.06	00:01:31	23	01:29:01
45	1	04:48:55	384	Wilhelm	Wagner	M	AG 50-54	Austria	117	00:31:11	00:02:11	43	02:36:40	34.47	00:01:56	52	01:36:57
46	9	04:49:02	307	Eddie	Schurmann	M	AG 30-34	South Africa	161	00:33:25	00:02:46	86	02:42:16	33.28	00:01:44	22	01:28:51
47	10	04:49:32	379	Mike	Von Holdt	M	AG 30-34	South Africa	51	00:28:06	00:02:09	51	02:37:33	34.27	00:01:24	66	01:40:19
48	17	04:49:52	13	Freddy	Lampret	M	Pro	South Africa	16	00:25:34	00:01:29	32	02:35:19	34.77	00:01:50	88	01:45:40
49	2	04:49:58	212	Jacques	Lemmen	M	AG 18-24	South Africa	49	00:28:03	00:02:26	24	02:33:27	35.19	00:01:34	81	01:44:27
50	1	04:50:02	137	Claudia	Frank	F	AG 30-34	Germany	80	00:29:35	00:01:39	53	02:37:47	34.22	00:01:39	60	01:39:22
51	7	04:50:23	27	Robyn	Adendorff	F	Pro	South Africa	93	00:29:57	00:01:58	70	02:39:51	33.78	00:01:35	53	01:37:01
52	3	04:51:16	185	Evan	Jones	M	AG 40-44	South Africa	100	00:30:31	00:02:38	84	02:42:02	33.33	00:01:35	38	01:34:29
53	10	04:51:37	218	Jaco Johann	Loots	M	AG 35-39	South Africa	79	00:29:32	00:04:08	18	02:31:56	35.54	00:03:03	74	01:42:58
54	3	04:51:45	205	Guido	Kuhlmann	M	AG 18-24	Germany	163	00:33:31	00:02:01	96	02:43:56	32.94	00:00:00	31	01:32:16
55	4	04:51:55	34	Steve	Amos	M	AG 40-44	South Africa	308	00:39:45	00:02:56	80	02:41:26	33.45	00:01:15	16	01:26:33
56	2	04:52:13	288	Jochen	Reinhart	M	AG 25-29	Germany	29	00:27:02	00:01:28	44	02:36:47	34.44	00:01:19	87	01:45:36
57	3	04:52:51	376	Dawid	Visser	M	AG 25-29	South Africa	178	00:34:07	00:02:14	35	02:35:44	34.67	00:01:33	59	01:39:13
58	11	04:54:25	380	Francois	Vorster	M	AG 30-34	South Africa	50	00:28:05	00:02:10	72	02:40:08	33.72	00:01:53	72	01:42:08
59	12	04:56:47	300	Angus	Ryan	M	AG 30-34	South Africa	26	00:26:56	00:02:21	67	02:39:45	33.80	00:01:56	90	01:45:49
60	2	04:56:54	81	Kenneth	Curr	M	AG 50-54	South Africa	24	00:26:46	00:01:58	73	02:40:21	33.68	00:01:34	93	01:46:14
61	13	04:57:21	51	Brett	Botha	M	AG 30-34	South Africa	203	00:34:48	00:03:15	109	02:46:58	32.34	00:01:31	28	01:30:48
62	14	04:57:52	360	Barry	Van der merwe	M	AG 30-34	South Africa	98	00:30:19	00:02:19	93	02:43:19	33.06	00:01:39	65	01:40:16
63	11	04:58:15	155	Clive	Groves	M	AG 35-39	South Africa	35	00:27:09	00:02:47	83	02:41:59	33.34	00:02:23	78	01:43:58
64	15	04:58:22	131	Jean	Fourie	M	AG 30-34	South Africa	193	00:34:31	00:02:00	77	02:40:55	33.56	00:01:25	61	01:39:31
65	16	04:58:48	402	Craig	Wilson	M	AG 30-34	South Africa	37	00:27:11	00:02:16	59	02:38:57	33.97	00:01:24	110	01:49:00
66	12	04:59:09	149	Andrew	Gowans	M	AG 35-39	South Africa	97	00:30:15	00:01:59	68	02:39:46	33.80	00:01:33	86	01:45:35
67	17	04:59:18	390	Neville	Watt	M	AG 30-34	South Africa	6	00:24:22	00:02:35	47	02:37:10	34.36	00:01:38	138	01:53:33
68	18	04:59:32	261	Russell	Nugent	M	AG 30-34	South Africa	132	00:31:54	00:03:03	42	02:36:30	34.51	00:01:52	92	01:46:13
69	19	04:59:41	470	Brett	van Coller	M	AG 30-34	South Africa	129	00:31:46	00:02:45	91	02:42:58	33.14	00:02:09	64	01:40:04
70	20	05:00:10	79	Derek	Creed	M	AG 30-34	South Africa	88	00:29:52	00:04:58	120	02:48:33	32.04	00:01:54	40	01:34:53
71	1	05:00:56	367	Christelle	Van Niekerk	F	AG 25-29	South Africa	39	00:27:30	00:02:07	89	02:42:41	33.19	00:01:27	97	01:47:11
72	5	05:01:11	350	Peter	Tietz	M	AG 40-44	Germany	113	00:31:07	00:02:09	29	02:34:43	34.90	00:00:00	134	01:53:11

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73	13	05:01:25	37	Daniel	Bach	M	AG 35-39	France	82	00:29:36	00:02:21	71	02:40:05	33.73	00:01:28	104	01:47:56
74	21	05:02:25	281	Stephen	Pratt	M	AG 30-34	South Africa	152	00:33:11	00:01:49	19	02:31:58	35.53	00:01:25	144	01:54:01
75	14	05:02:27	67	Christophe	Castagnetti	M	AG 35-39	France	118	00:31:13	00:02:37	110	02:47:18	32.28	00:01:26	63	01:39:52
76	15	05:03:14	437	Piers	Pirow	M	AG 35-39	South Africa	32	00:27:05	00:01:44	39	02:36:07	34.59	00:01:36	167	01:56:42
77	6	05:03:33	63	Dean	Britz	M	AG 40-44	South Africa	109	00:31:05	00:03:38	99	02:44:18	32.87	00:01:54	73	01:42:38
78	4	05:03:45	69	Brett	Chilcott	M	AG 25-29	South Africa	38	00:27:12	00:02:45	69	02:39:50	33.78	00:01:49	127	01:52:08
79	22	05:04:28	88	Graham	Daniel	M	AG 30-34	South Africa	67	00:29:17	00:02:06	61	02:39:09	33.93	00:03:46	117	01:50:09
80	4	05:04:44	146	Greg	Goodall	M	AG 18-24	South Africa	23	00:26:03	00:02:01	98	02:44:15	32.88	00:01:20	123	01:51:04
81	23	05:05:28	138	Roland	Fuchs	M	AG 30-34	Germany	241	00:36:49	00:02:10	103	02:45:54	32.55	00:01:51	57	01:38:44
82	7	05:05:52	233	Richard	Marshall	M	AG 40-44	South Africa	158	00:33:18	00:02:58	63	02:39:25	33.87	00:01:49	106	01:48:22
83	8	05:06:12	24	Kim	Carter	F	Pro	South Africa	9	00:25:27	00:01:36	166	02:53:40	31.09	00:02:05	76	01:43:24
84	5	05:06:27	139	Thomas	Fuller	M	AG 25-29	South Africa	28	00:27:00	00:02:14	133	02:49:50	31.80	00:01:28	91	01:45:55
85	24	05:06:30	335	Peter	Stiff	M	AG 30-34	South Africa	144	00:32:19	00:03:40	142	02:50:38	31.65	00:01:43	56	01:38:09
86	16	05:06:51	129	Bruce	Flint	M	AG 35-39	South Africa	182	00:34:10	00:02:16	57	02:38:21	34.10	00:02:00	116	01:50:04
87	25	05:06:56	436	matthias	Filser	M	AG 30-34	Deutschland	90	00:29:52	00:02:11	118	02:48:23	32.07	00:01:08	85	01:45:23
88	6	05:07:25	55	Damian	Bradley	M	AG 25-29	South Africa	83	00:29:37	00:02:30	65	02:39:42	33.81	00:01:43	143	01:53:54
89	26	05:07:35	315	Trevor	Shacknofsky	M	AG 30-34	South Africa	160	00:33:24	00:03:25	101	02:45:04	32.72	00:01:43	79	01:43:59
90	8	05:07:54	173	Emil	Hougaard	M	AG 40-44	South Africa	126	00:31:44	00:02:42	127	02:49:00	31.95	00:01:06	75	01:43:22
91	17	05:08:02	334	Axel	Steinbrinker	M	AG 35-39	South Africa	248	00:37:10	00:03:25	123	02:48:42	32.01	00:01:52	49	01:36:53
92	5	05:08:32	68	Jason	Cederwall	M	AG 18-24	South Africa	56	00:28:28	00:02:25	79	02:41:10	33.50	00:02:14	146	01:54:15
93	27	05:08:52	439	Shamus	Kreuger	M	AG 30-34	South Africa	57	00:28:29	00:02:49	74	02:40:22	33.67	00:02:34	147	01:54:37
94	18	05:08:52	235	Andreas	Mausfeld	M	AG 35-39	South Africa	303	00:39:23	00:03:46	105	02:46:07	32.51	00:02:56	48	01:36:40
95	28	05:09:12	260	Glenn	Nugent	M	AG 30-34	South Africa	124	00:31:42	00:03:16	97	02:44:08	32.90	00:01:21	108	01:48:45
96	29	05:09:33	362	Johann	Van Der Vyver	M	AG 30-34	South Africa	92	00:29:53	00:03:14	30	02:35:04	34.82	00:01:49	193	01:59:32
97	1	05:10:01	243	Johann	Michelon	M	AG 55-59	Austria	297	00:38:53	00:03:24	54	02:38:03	34.17	00:01:54	103	01:47:47
98	30	05:10:02	301	Clive	Sack	M	AG 30-34	South Africa	145	00:32:29	00:02:58	27	02:34:25	34.97	00:01:43	182	01:58:26
99	2	05:10:09	209	Cara	Lee	F	AG 30-34	South Africa	114	00:31:09	00:02:28	139	02:50:24	31.69	00:01:14	83	01:44:54
100	19	05:10:14	104	Anton	Du Plessis	M	AG 35-39	South Africa	128	00:31:45	00:02:22	56	02:38:15	34.12	00:01:30	163	01:56:23
101	1	05:10:24	349	Anita	Tietz	F	AG 35-39	Germany	107	00:31:01	00:02:23	117	02:47:52	32.17	00:01:45	99	01:47:24
102	6	05:11:23	38	Chris	Baker	M	AG 18-24	South Africa	44	00:27:49	00:02:01	62	02:39:16	33.90	00:01:40	199	02:00:36
103	20	05:11:50	86	Hannes	Czeitschner	M	AG 35-39	South Africa	259	00:37:26	00:03:43	60	02:38:57	33.97	00:02:00	114	01:49:43
104	21	05:11:51	278	Andrew	Poole	M	AG 35-39	South Africa	154	00:33:14	00:03:25	90	02:42:54	33.15	00:00:00	128	01:52:19
105	22	05:12:21	74	Stuart	Connacher	M	AG 35-39	South Africa	47	00:27:56	00:02:34	175	02:54:42	30.91	00:01:46	84	01:45:22
106	23	05:12:37	279	Timothy	Pope	M	AG 35-39	South Africa	140	00:32:13	00:02:39	115	02:47:43	32.20	00:01:19	107	01:48:44
107	7	05:13:55	166	Joseph	Hendriks	M	AG 25-29	South Africa	171	00:33:53	00:02:18	121	02:48:35	32.03	00:02:11	96	01:46:58
108	31	05:14:27	126	Francois	Finlay	M	AG 30-34	South Africa	48	00:28:00	00:02:51	124	02:48:43	32.01	00:02:18	129	01:52:35
109	24	05:14:36	296	Paul Bernhard	Rose	M	AG 35-39	Germany	120	00:31:15	00:01:57	94	02:43:34	33.01	00:01:34	162	01:56:16
110	25	05:15:57	216	Simon	Longhurst	M	AG 35-39	South Africa	34	00:27:07	00:02:34	186	02:56:19	30.63	00:02:33	98	01:47:23
111	26	05:16:08	283	Kobie	Pruis	M	AG 35-39	South Africa	110	00:31:05	00:02:51	106	02:46:34	32.42	00:02:07	137	01:53:29

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112	32	05:16:34	419	Pierre	Conradie	M	AG 30-34	South Africa	166	00:33:37	00:03:57	95	02:43:43	32.98	00:00:00	155	01:55:16
113	9	05:16:39	197	Martin	Klein	M	AG 40-44	Germany	62	00:28:40	00:02:45	88	02:42:34	33.22	00:01:58	202	02:00:42
114	33	05:16:59	159	Justin	Hand	M	AG 30-34	South Africa	186	00:34:18	00:04:22	179	02:55:10	30.83	00:01:45	68	01:41:23
115	9	05:17:10	26	Sibis	Mouton	F	Pro	South Africa	127	00:31:44	00:01:35	113	02:47:31	32.23	00:01:13	152	01:55:06
116	10	05:18:02	191	Martin	Kees	M	AG 40-44	Germany	150	00:33:03	00:03:03	102	02:45:33	32.62	00:01:18	150	01:55:04
117	2	05:19:15	370	Janel	van Schoor	F	AG 35-39	South Africa	133	00:31:55	00:04:13	247	03:02:36	29.57	00:03:18	54	01:37:13
118	34	05:19:58	416	Joggie	Rossouw	M	AG 30-34	South Africa	147	00:32:32	00:03:31	137	02:50:23	31.69	00:02:16	124	01:51:16
119	27	05:20:14	309	Joachim	Schwarzer	M	AG 35-39	Germany	167	00:33:39	00:02:39	128	02:49:03	31.94	00:01:44	133	01:53:09
120	11	05:20:24	353	Jostein	Trodahl	M	AG 40-44	Norway	301	00:39:15	00:03:43	160	02:52:51	31.24	00:02:36	70	01:42:00
121	35	05:21:03	434	Werner	Smit	M	AG 30-34	South Africa	189	00:34:25	00:03:24	154	02:51:57	31.40	00:01:38	113	01:49:38
122	3	05:21:53	90	Guy	de Cafmeyer	M	AG 45-49	South Africa	175	00:34:02	00:07:26	87	02:42:30	33.23	00:02:47	153	01:55:08
123	12	05:21:59	187	Mark	Kapnoudhis	M	AG 40-44	South Africa	230	00:36:22	00:03:40	130	02:49:08	31.93	00:02:19	120	01:50:31
124	13	05:22:00	248	Christopher	Mortimer	M	AG 40-44	South Africa	59	00:28:37	00:05:40	221	02:59:54	30.02	00:03:04	82	01:44:46
125	14	05:22:02	246	Kevin	Mitchell	M	AG 40-44	South Africa	314	00:39:55	00:03:22	144	02:50:46	31.62	00:01:41	95	01:46:18
126	15	05:23:19	144	Kevin	Gillmer	M	AG 40-44	South Africa	122	00:31:36	00:03:12	213	02:59:09	30.14	00:01:45	100	01:47:38
127	3	05:23:30	388	Anni Harverson	Walls	F	AG 30-34	South Africa	210	00:35:07	00:04:15	174	02:54:34	30.93	00:01:54	101	01:47:41
128	8	05:24:13	50	Clinton	Bosch	M	AG 25-29	South Africa	94	00:29:59	00:03:16	111	02:47:23	32.26	00:01:57	209	02:01:39
129	36	05:24:15	91	Gustavo	de Muelenaere Correa	M	AG 30-34	South Africa	251	00:37:15	00:07:11	66	02:39:43	33.81	00:05:00	151	01:55:05
130	28	05:24:42	113	Nick	Ellis	M	AG 35-39	South Africa	300	00:39:11	00:02:58	82	02:41:55	33.35	00:01:50	185	01:58:48
131	29	05:25:37	325	Marc	Smith	M	AG 35-39	South Africa	280	00:38:27	00:03:35	211	02:58:57	30.18	00:03:02	69	01:41:36
132	7	05:25:42	108	Michel	Du Preez	M	AG 18-24	South Africa	151	00:33:05	00:04:15	116	02:47:47	32.18	00:01:30	188	01:59:05
133	37	05:26:02	344	Nathaniel	Swearingen	M	AG 30-34	USA	15	00:25:34	00:02:02	129	02:49:06	31.93	00:02:15	234	02:07:05
134	1	05:26:10	407	Cheryl	Young	F	AG 40-44	South Africa	45	00:27:54	00:02:29	243	03:02:22	29.61	00:02:36	121	01:50:48
135	38	05:26:17	58	Brenton	Ashby	M	AG 30-34	South Africa	218	00:35:45	00:02:33	171	02:54:12	31.00	00:00:00	141	01:53:47
136	2	05:26:23	133	Larine	Fourie	F	AG 25-29	South Africa	284	00:38:33	00:03:11	235	03:01:25	29.77	00:01:54	67	01:41:21
137	4	05:27:11	294	Tracy	Rogers	F	AG 30-34	South Africa	226	00:36:12	00:02:29	248	03:03:00	29.51	00:01:54	77	01:43:34
138	3	05:27:26	239	Wendy	McMillan-Turner	F	AG 25-29	South Africa	156	00:33:17	00:02:39	150	02:51:31	31.49	00:01:31	183	01:58:29
139	39	05:27:31	42	James	Best	M	AG 30-34	South Africa	330	00:41:15	00:02:51	145	02:50:48	31.62	00:00:00	130	01:52:38
140	40	05:27:49	327	Gary	Snelling	M	AG 30-34	South Africa	227	00:36:14	00:02:38	141	02:50:28	31.68	00:01:27	169	01:57:04
141	4	05:27:53	382	Gerhard	Vosloo	M	AG 45-49	South Africa	214	00:35:22	00:03:02	143	02:50:39	31.64	00:01:40	170	01:57:10
142	41	05:27:54	386	Quinton	Walker	M	AG 30-34	South Africa	281	00:38:30	00:03:19	114	02:47:35	32.22	00:02:46	159	01:55:43
143	5	05:27:58	210	Chris	Lee	M	AG 45-49	South Africa	155	00:33:14	00:03:04	134	02:49:57	31.77	00:01:40	198	02:00:03
144	9	05:28:12	268	Erick	Oosthuizen	M	AG 25-29	South Africa	207	00:35:01	00:03:45	125	02:48:51	31.98	00:02:10	181	01:58:24
145	42	05:28:38	228	Leon	Marais	M	AG 30-34	South Africa	197	00:34:37	00:03:22	161	02:52:55	31.23	00:02:08	157	01:55:36
146	30	05:28:49	180	Paul	Ingpen	M	AG 35-39	South Africa	95	00:30:02	00:02:43	108	02:46:42	32.39	00:01:37	245	02:07:45
147	43	05:28:55	110	Shawn	Du Toit	M	AG 30-34	South Africa	106	00:30:59	00:02:20	147	02:51:02	31.57	00:01:45	217	02:02:49
148	10	05:28:58	289	Geoffrey	Rhodes	M	AG 25-29	South Africa	153	00:33:12	00:04:23	168	02:53:48	31.07	00:02:22	154	01:55:13
149	31	05:29:03	12	Kobus	De Vos	M	AG 35-39	South Africa	337	00:41:45	00:03:58	76	02:40:23	33.67	00:01:40	207	02:01:16
150	16	05:29:23	44	Gellie	Bibis	M	AG 40-44	South Africa	96	00:30:06	00:04:16	135	02:50:11	31.73	00:02:39	211	02:02:11

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151	32	05:29:23	199	Bernard	Kloppers	M	AG 35-39	South Africa	292	00:38:46	00:03:14	164	02:53:37	31.10	00:02:04	125	01:51:41
152	17	05:30:07	130	Anton	Fourie	M	AG 40-44	South Africa	199	00:34:38	00:03:49	195	02:57:15	30.47	00:04:10	119	01:50:15
153	44	05:30:34	178	Jon F	Iannaccone	M	AG 30-34	USA	234	00:36:37	00:04:38	226	03:00:26	29.93	00:03:06	89	01:45:47
154	45	05:30:40	321	Brendon	Slabbert	M	AG 30-34	South Africa	225	00:36:11	00:03:37	180	02:55:27	30.78	00:01:51	139	01:53:33
155	2	05:31:00	425	Branko Franc	Mlinar	M	AG 55-59	Slovenia	275	00:38:17	00:03:03	257	03:03:51	29.37	00:01:43	80	01:44:06
156	18	05:31:07	31	David	Albeldas	M	AG 40-44	South Africa	71	00:29:23	00:03:13	92	02:43:12	33.09	00:02:17	271	02:13:02
157	6	05:31:28	89	Johan	de Beer	M	AG 45-49	South Africa	347	00:42:35	00:05:52	367	03:27:55	25.97	00:03:25	2	01:11:41
158	46	05:32:09	94	Warren Scott	Dickson	M	AG 30-34	South Africa	63	00:28:43	00:03:12	146	02:51:00	31.58	00:02:44	229	02:06:31
159	7	05:32:21	385	Scott	Walchek	M	AG 45-49	USA	68	00:29:18	00:02:39	132	02:49:31	31.86	00:03:22	243	02:07:31
160	19	05:32:30	355	Kim	Tucker	M	AG 40-44	South Africa	134	00:31:59	00:04:38	205	02:57:41	30.39	00:03:21	149	01:54:50
161	11	05:33:19	348	Norman Bruce	Thomson	M	AG 25-29	South Africa	215	00:35:37	00:03:16	194	02:57:08	30.49	00:01:53	156	01:55:25
162	8	05:33:33	331	Roger	Steele	M	AG 45-49	South Africa	273	00:38:12	00:03:35	190	02:56:29	30.60	00:02:02	136	01:53:15
163	9	05:33:53	85	Allen	Cuttler	M	AG 45-49	South Africa	213	00:35:22	00:03:31	203	02:57:27	30.43	00:03:33	145	01:54:01
164	8	05:34:02	207	Jacov	Lalou	M	AG 18-24	South Africa	304	00:39:23	00:02:49	138	02:50:23	31.69	00:02:18	190	01:59:08
165	20	05:34:04	273	Andre	Pepler	M	AG 40-44	South Africa	216	00:35:41	00:05:19	252	03:03:22	29.45	00:01:36	105	01:48:06
166	21	05:34:16	241	Matthaus	Meier	M	AG 40-44	Switzerland	180	00:34:08	00:04:04	191	02:56:37	30.57	00:03:00	164	01:56:27
167	5	05:34:22	36	Gaby	Andres	F	AG 30-34	Luxemburg	287	00:38:39	00:02:45	217	02:59:33	30.08	00:01:33	126	01:51:53
168	9	05:34:34	158	George Richard Scott	Halliford	M	AG 18-24	South Africa	141	00:32:14	00:03:32	266	03:05:47	29.07	00:02:06	122	01:50:55
169	1	05:34:47	391	Sarah	Webb	F	AG 45-49	South Africa	311	00:39:48	00:04:48	232	03:01:00	29.83	00:02:54	94	01:46:16
170	3	05:35:03	99	Megan	Dobson	F	AG 35-39	South Africa	217	00:35:43	00:03:18	215	02:59:25	30.10	00:02:53	140	01:53:44
171	47	05:35:03	330	Sean	Southgate	M	AG 30-34	South Africa	119	00:31:14	00:03:38	222	03:00:00	30.00	00:02:56	171	01:57:16
172	3	05:35:15	230	Derick	Marcisz	M	AG 50-54	South Africa	257	00:37:25	00:03:37	149	02:51:25	31.50	00:01:49	204	02:00:59
173	48	05:35:18	54	Riaan	Botha	M	AG 30-34	South Africa	123	00:31:37	00:01:59	136	02:50:22	31.70	00:01:26	255	02:09:52
174	12	05:35:32	413	Riaan	Venter	M	AG 25-29	South-Africa	272	00:38:12	00:03:48	151	02:51:38	31.46	00:02:30	192	01:59:25
175	33	05:36:11	145	Steffen	Goerig	M	AG 35-39	Germany	355	00:43:58	00:03:08	104	02:46:06	32.51	00:02:20	201	02:00:39
176	49	05:36:20	311	Ibrahim	Seedat	M	AG 30-34	South Africa	332	00:41:25	00:03:57	197	02:57:21	30.45	00:03:23	118	01:50:14
177	50	05:36:46	403	Ross	Wilson	M	AG 30-34	South Africa	55	00:28:25	00:02:30	245	03:02:32	29.58	00:02:06	205	02:01:13
178	51	05:36:46	387	Michael	Wallisch	M	AG 30-34	Germany	142	00:32:14	00:04:19	156	02:52:26	31.32	00:03:24	221	02:04:23
179	22	05:36:49	66	Alan	Campbell	M	AG 40-44	South Africa	211	00:35:09	00:03:37	283	03:08:38	28.63	00:00:00	112	01:49:26
180	34	05:36:50	83	Neil	Currie	M	AG 35-39	South Africa	307	00:39:34	00:02:53	176	02:54:53	30.88	00:02:07	173	01:57:23
181	13	05:37:11	33	Collin	Allin	M	AG 25-29	South Africa	184	00:34:16	00:03:09	193	02:56:55	30.52	00:02:15	200	02:00:37
182	52	05:37:12	52	Fanie	Botha	M	AG 30-34	South Africa	205	00:34:53	00:04:02	75	02:40:22	33.67	00:01:52	285	02:16:02
183	53	05:37:49	61	Richard	Brighton	M	AG 30-34	South Africa	224	00:36:01	00:02:42	199	02:57:22	30.45	00:02:03	196	01:59:42
184	10	05:38:30	234	Daniel	Marton	M	AG 18-24	Austria	181	00:34:09	00:04:12	223	03:00:00	30.00	00:02:02	178	01:58:08
185	54	05:38:34	259	Hans	Neumayr	M	AG 30-34	Austria	168	00:33:46	00:05:03	157	02:52:33	31.30	00:01:57	224	02:05:15
186	4	05:38:34	202	Justine	Krige	F	AG 25-29	South Africa	103	00:30:53	00:02:56	225	03:00:16	29.95	00:02:06	212	02:02:23
187	55	05:38:35	106	Pieter	Du Plessis	M	AG 30-34	South Africa	320	00:40:31	00:03:30	159	02:52:38	31.28	00:02:42	191	01:59:14
188	5	05:39:37	64	Ingrid	Brown	F	AG 25-29	South Africa	176	00:34:05	00:03:10	212	02:59:03	30.16	00:02:04	206	02:01:15
189	56	05:39:40	117	Leon	Erasmus	M	AG 30-34	South Africa	228	00:36:16	00:03:45	167	02:53:46	31.08	00:02:58	218	02:02:54

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190	4	05:40:13	156	George	Groves	M	AG 50-54	South Africa	276	00:38:18	00:03:27	233	03:01:09	29.81	00:01:35	160	01:55:43
191	11	05:40:22	45	Gareth	Blanckenberg	M	AG 18-24	South Africa	65	00:29:13	00:01:46	112	02:47:31	32.23	00:02:00	304	02:19:52
192	6	05:40:46	208	Adelheid	Larch	F	AG 30-34	Italy	196	00:34:36	00:03:03	229	03:00:46	29.87	00:03:17	187	01:59:05
193	35	05:41:29	365	Johann	Van der Westhuysen	M	AG 35-39	South Africa	344	00:42:23	00:03:53	177	02:54:57	30.87	00:02:55	172	01:57:21
194	7	05:41:57	59	Jane	Brewer	F	AG 30-34	South Africa	125	00:31:43	00:03:41	255	03:03:49	29.38	00:04:14	184	01:58:30
195	14	05:42:04	47	Eugene	Bonthuys	M	AG 25-29	South Africa	312	00:39:49	00:02:59	48	02:37:20	34.32	00:00:00	313	02:21:56
196	57	05:42:21	371	Patrick	van Schoor	M	AG 30-34	South Africa	43	00:27:48	00:04:00	239	03:01:39	29.73	00:02:40	228	02:06:13
197	58	05:42:28	410	Jon	Allen	M	AG 30-34	South Africa	84	00:29:37	00:03:23	152	02:51:48	31.43	00:02:09	280	02:15:30
198	36	05:42:37	78	Chris	Cox	M	AG 35-39	South Africa	201	00:34:45	00:04:08	198	02:57:22	30.45	00:03:36	216	02:02:47
199	23	05:43:07	132	Johan	Fourie	M	AG 40-44	South Africa	104	00:30:56	00:04:03	228	03:00:45	29.88	00:00:00	241	02:07:24
200	37	05:43:11	427	John James	Donovan	M	AG 35-39	South Africa	149	00:33:03	00:03:50	140	02:50:24	31.69	00:02:34	272	02:13:21
201	24	05:43:12	193	Andre	Kilian	M	AG 40-44	South Africa	177	00:34:06	00:03:41	258	03:04:00	29.35	00:02:36	186	01:58:49
202	10	05:43:29	227	Mike	Malherbe	M	AG 45-49	South Africa	143	00:32:16	00:04:04	201	02:57:25	30.44	00:02:39	235	02:07:05
203	15	05:43:54	274	Wynand Petrus	Van Zyl	M	AG 25-29	South Africa	263	00:37:37	00:05:03	227	03:00:44	29.88	00:02:21	179	01:58:09
204	12	05:44:27	115	Gerhard Marthinus	Els	M	AG 18-24	South Africa	53	00:28:17	00:04:41	126	02:48:57	31.96	00:04:56	293	02:17:36
205	16	05:44:45	157	Michel	Haenggi	M	AG 25-29	Switzerland	256	00:37:24	00:02:12	250	03:03:06	29.49	00:01:14	203	02:00:48
206	13	05:45:28	381	Leon	Vorster	M	AG 18-24	South Africa	111	00:31:07	00:02:24	234	03:01:17	29.79	00:02:53	246	02:07:48
207	38	05:45:31	153	Paul	Gripper	M	AG 35-39	South Africa	165	00:33:36	00:03:29	188	02:56:24	30.61	00:02:33	252	02:09:29
208	25	05:45:32	147	Leon	Goodman	M	AG 40-44	South Africa	294	00:38:48	00:03:55	158	02:52:37	31.28	00:02:53	238	02:07:19
209	59	05:45:39	70	Mike	Clarke	M	AG 30-34	South Africa	326	00:40:55	00:05:12	170	02:54:02	31.03	00:02:57	214	02:02:33
210	6	05:45:59	140	Kerry	Garner	F	AG 25-29	South Africa	89	00:29:52	00:01:55	131	02:49:09	31.92	00:01:53	319	02:23:11
211	26	05:46:01	295	Gary	Roscoe	M	AG 40-44	South Africa	296	00:38:50	00:03:53	183	02:55:39	30.74	00:02:34	223	02:05:04
212	8	05:46:05	215	Kerry	Longhurst	F	AG 30-34	South Africa	164	00:33:35	00:02:30	290	03:10:59	28.28	00:02:15	168	01:56:46
213	27	05:46:07	109	Andre	Du Toit	M	AG 40-44	South Africa	139	00:32:09	00:03:12	148	02:51:07	31.56	00:02:30	291	02:17:08
214	28	05:46:15	168	Roy	Herbst	M	AG 40-44	South Africa	229	00:36:17	00:04:32	308	03:14:23	27.78	00:02:00	111	01:49:03
215	11	05:47:18	291	Neil	Ridley	M	AG 45-49	South Africa	108	00:31:04	00:03:02	316	03:16:44	27.45	00:01:49	148	01:54:39
216	12	05:47:19	125	Jonathan	Fine	M	AG 45-49	South Africa	328	00:41:01	00:05:02	237	03:01:28	29.76	00:03:17	165	01:56:30
217	17	05:47:22	363	Andre	van der Westhuizen	M	AG 25-29	South Africa	298	00:39:05	00:03:36	153	02:51:49	31.43	00:02:33	258	02:10:19
218	7	05:47:26	369	Melanie	van Rooyen	F	AG 25-29	South Africa	240	00:36:46	00:03:03	294	03:11:31	28.20	00:02:12	142	01:53:53
219	8	05:48:10	181	Natasja	James	F	AG 25-29	South Africa	252	00:37:16	00:05:53	272	03:06:38	28.93	00:01:43	166	01:56:40
220	13	05:48:27	244	Kevin	Millar	M	AG 45-49	South Africa	191	00:34:29	00:04:39	267	03:06:03	29.03	00:03:22	197	01:59:55
221	14	05:48:39	231	Trevor	Marle	M	AG 18-24	South Africa	99	00:30:22	00:04:05	169	02:53:57	31.04	00:01:52	298	02:18:23
222	29	05:48:50	280	Holger	Poppendieck	M	AG 40-44	Germany	380	00:47:41	00:05:19	182	02:55:34	30.76	00:02:24	177	01:57:51
223	18	05:49:14	77	Paul	Copson	M	AG 25-29	South Africa	102	00:30:46	00:06:32	307	03:14:09	27.81	00:04:47	132	01:52:59
224	19	05:50:26	101	Martin	Dommayer	M	AG 25-29	Austria	265	00:37:38	00:03:20	276	03:07:34	28.79	00:02:48	189	01:59:07
225	4	05:50:41	276	Michelle	Pickering	F	AG 35-39	South Africa	350	00:43:07	00:04:20	300	03:13:19	27.93	00:02:12	102	01:47:42
226	20	05:51:01	393	Charles	Wells	M	AG 25-29	South Africa	58	00:28:36	00:03:37	246	03:02:35	29.57	00:02:21	273	02:13:52
227	39	05:51:02	128	Olivier	Fleurot	M	AG 35-39	Switzerland	270	00:38:04	00:03:06	192	02:56:47	30.55	00:03:03	257	02:10:02
228	40	05:51:03	134	Charl	Francis	M	AG 35-39	South Africa	148	00:33:02	00:02:31	189	02:56:25	30.61	00:02:06	290	02:16:59

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229	30	05:51:17	432	Christian	Rendl	M	AG 40-44	Austria	78	00:29:31	00:03:45	155	02:52:07	31.37	00:02:42	320	02:23:12
230	41	05:51:26	221	Pierre	Loubser	M	AG 35-39	South Africa	258	00:37:26	00:03:29	256	03:03:50	29.37	00:02:32	220	02:04:09
231	42	05:51:39	293	Evan	Rogers	M	AG 35-39	South Africa	75	00:29:29	00:20:45	291	03:11:07	28.26	00:01:19	109	01:48:59
232	60	05:51:56	43	Stephen	Bestbier	M	AG 30-34	South Africa	85	00:29:39	00:05:39	207	02:57:58	30.34	00:03:24	278	02:15:16
233	43	05:53:10	71	Anton	Coetzee	M	AG 35-39	South Africa	87	00:29:49	00:04:53	265	03:05:40	29.08	00:02:58	254	02:09:51
234	61	05:53:33	400	Luke	Williamson	M	AG 30-34	South Africa	238	00:36:45	00:03:49	185	02:56:11	30.65	00:00:00	289	02:16:48
235	62	05:53:55	30	Brian	Abbott	M	AG 30-34	South Africa	277	00:38:20	00:04:32	271	03:06:33	28.95	00:01:58	213	02:02:32
236	9	05:54:23	255	Jackie	Nel	F	AG 25-29	South Africa	206	00:34:56	00:04:16	224	03:00:05	29.99	00:02:19	269	02:12:47
237	31	05:55:36	141	Paolo	Garzola	M	AG 40-44	South Africa	266	00:37:44	00:03:49	184	02:55:43	30.73	00:01:50	288	02:16:30
238	44	05:56:19	287	Dominique	Ravily	M	AG 35-39	France	274	00:38:13	00:06:07	163	02:53:05	31.20	00:04:21	275	02:14:32
239	1	05:56:29	431	Regina	Kroll	F	AG 18-24	Austria	69	00:29:19	00:03:44	285	03:09:28	28.50	00:02:30	265	02:11:27
240	63	05:56:52	412	Mathew	Browne	M	AG 30-34	South Africa	372	00:45:27	00:07:06	231	03:00:57	29.84	00:05:47	174	01:57:35
241	64	05:56:53	428	Johannes	Albertyn	M	AG 30-34	South Africa	371	00:45:09	00:07:28	244	03:02:27	29.60	00:04:13	175	01:57:36
242	5	05:56:57	420	Nic	Louw	M	AG 50-54	South Africa	334	00:41:30	00:05:13	305	03:13:48	27.86	00:03:12	135	01:53:14
243	45	05:57:19	372	Casper	van Wyk	M	AG 35-39	South Africa	360	00:44:20	00:03:59	264	03:05:25	29.12	00:01:36	210	02:01:59
244	32	05:57:23	48	Pieta	Booyens	M	AG 40-44	South Africa	349	00:42:57	00:03:33	242	03:02:21	29.61	00:01:24	236	02:07:07
245	65	05:57:25	343	Jacques	Swartz	M	AG 30-34	South Africa	254	00:37:17	00:03:21	172	02:54:22	30.97	00:02:03	308	02:20:22
246	10	05:57:25	214	Kathrin	Loesing	F	AG 25-29	Germany	327	00:40:57	00:03:54	278	03:08:06	28.71	00:02:49	208	02:01:39
247	14	05:57:49	41	Mark	Bellinger	M	AG 45-49	South Africa	239	00:36:46	00:03:18	196	02:57:20	30.45	00:02:07	296	02:18:18
248	9	05:57:55	186	Janice	Kallmeyer	F	AG 30-34	South Africa	208	00:35:02	00:03:17	273	03:06:39	28.93	00:01:38	263	02:11:18
249	66	05:58:42	160	Mark	Handman	M	AG 30-34	South Africa	101	00:30:38	00:04:02	238	03:01:28	29.76	00:02:22	305	02:20:12
250	46	05:58:52	219	Charles	Losper	M	AG 35-39	South Africa	212	00:35:20	00:03:15	200	02:57:25	30.44	00:02:36	306	02:20:15
251	33	05:59:01	237	Kevin	Mc Caughey	M	AG 40-44	South Africa	183	00:34:15	00:04:39	279	03:08:15	28.69	00:02:41	251	02:09:11
252	47	05:59:20	96	George	Dimopoulos	M	AG 35-39	South Africa	331	00:41:23	00:03:15	165	02:53:39	31.10	00:01:30	303	02:19:32
253	48	05:59:29	238	Victor	McLoughlin	M	AG 35-39	South Africa	345	00:42:28	00:06:05	219	02:59:44	30.05	00:03:33	244	02:07:39
254	49	05:59:36	373	Leon	Van Wyk	M	AG 35-39	Kingdom of Swaziland	343	00:42:20	00:04:00	230	03:00:46	29.87	00:02:37	256	02:09:52
255	10	05:59:52	421	Andrea	Sickl	F	AG 30-34	Austria	366	00:44:47	00:03:09	270	03:06:20	28.98	00:02:19	219	02:03:16
256	5	06:01:52	297	Silvia	Rose	F	AG 35-39	Argentina	317	00:40:23	00:02:38	173	02:54:26	30.96	00:03:12	310	02:21:12
257	50	06:02:23	222	Barrie	Low	M	AG 35-39	South Africa	338	00:41:53	00:07:00	301	03:13:26	27.92	00:03:57	161	01:56:06
258	67	06:03:07	203	Justin	Kruger	M	AG 30-34	South Africa	262	00:37:33	00:07:20	288	03:10:15	28.38	00:03:27	222	02:04:31
259	6	06:03:26	345	Sonja	Terblanche-Otto	F	AG 35-39	South Africa	250	00:37:14	00:03:45	187	02:56:20	30.62	00:03:14	317	02:22:53
260	68	06:04:09	72	Neil	Collett	M	AG 30-34	South Africa	255	00:37:18	00:04:37	329	03:20:52	26.88	00:01:48	194	01:59:34
261	11	06:05:29	223	Tanya	Luckman	F	AG 25-29	South Africa	285	00:38:34	00:03:56	295	03:11:45	28.16	00:04:05	237	02:07:09
262	51	06:05:29	167	Ian	Hendry	M	AG 35-39	South Africa	198	00:34:37	00:04:37	162	02:52:56	31.22	00:01:33	346	02:31:45
263	15	06:05:41	163	Gavin	Harvey	M	AG 45-49	South Africa	204	00:34:50	00:04:38	268	03:06:04	29.02	00:02:24	294	02:17:45
264	21	06:05:53	356	Bryan	Turner	M	AG 25-29	South Africa	121	00:31:16	00:02:44	350	03:24:36	26.39	00:01:37	226	02:05:40
265	2	06:06:04	217	Salome	Loots	F	AG 40-44	South Africa	242	00:36:50	00:04:48	286	03:09:37	28.48	00:03:34	262	02:11:15
266	34	06:06:21	272	Mike	Pelteret	M	AG 40-44	South Africa	222	00:35:59	00:05:48	210	02:58:44	30.21	00:04:12	312	02:21:38
267	35	06:07:57	323	Ivor	Smith	M	AG 40-44	South Africa	246	00:37:02	00:04:38	330	03:20:57	26.87	00:02:34	215	02:02:46

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268	16	06:07:57	339	Franzt	Struwig	M	AG 45-49	South Africa	374	00:45:38	00:06:07	304	03:13:46	27.87	00:04:07	180	01:58:18
269	11	06:08:04	73	Debbie	Collier	F	AG 30-34	South Africa	138	00:32:08	00:03:08	277	03:07:43	28.77	00:01:56	318	02:23:09
270	36	06:08:12	116	Schalk	Engelbrecht	M	AG 40-44	South Africa	200	00:34:42	00:05:37	284	03:09:13	28.54	00:02:45	283	02:15:56
271	15	06:08:25	404	David	Wood	M	AG 18-24	South Africa	268	00:37:53	00:04:00	318	03:17:15	27.38	00:03:23	227	02:05:54
272	17	06:08:37	120	Tim	Ferguson	M	AG 45-49	USA	319	00:40:27	00:03:58	202	02:57:26	30.43	00:02:02	325	02:24:44
273	69	06:09:28	303	Gregory	Sacks	M	AG 30-34	South Africa	185	00:34:16	00:03:10	253	03:03:24	29.44	00:04:19	322	02:24:18
274	3	06:09:29	263	Jennifer	O'Hanlon	F	AG 40-44	South Africa	130	00:31:48	00:05:15	332	03:21:34	26.79	00:03:29	240	02:07:24
275	12	06:09:39	206	Rebecca	Laird	F	AG 30-34	South Africa	202	00:34:45	00:04:11	319	03:17:28	27.35	00:02:50	259	02:10:25
276	37	06:09:40	174	Clint	Howes	M	AG 40-44	South Africa	169	00:33:47	00:02:21	218	02:59:39	30.06	00:05:17	337	02:28:36
277	22	06:09:46	95	Shaun	Diener	M	AG 25-29	South Africa	112	00:31:07	00:02:44	206	02:57:53	30.36	00:01:56	365	02:36:05
278	23	06:10:04	254	Baron	Naude	M	AG 25-29	South Africa	378	00:46:22	00:06:51	333	03:21:34	26.79	00:02:37	131	01:52:39
279	38	06:10:19	170	Michael	Hodgson	M	AG 40-44	South Africa	174	00:33:58	00:05:34	241	03:02:20	29.62	00:03:37	326	02:24:50
280	70	06:10:28	172	John	Hooper	M	AG 30-34	South Africa	81	00:29:36	00:02:47	302	03:13:39	27.89	00:02:20	314	02:22:06
281	2	06:11:53	422	Judith	Fall	F	AG 18-24	Austria	356	00:44:06	00:04:25	306	03:13:57	27.84	00:02:36	232	02:06:49
282	71	06:12:14	430	Michael	Van der Mescht	M	AG 30-34	South Africa	253	00:37:16	00:03:27	236	03:01:25	29.77	00:02:37	333	02:27:29
283	52	06:12:55	49	Ben	Booyesen	M	AG 35-39	South Africa	269	00:37:55	00:07:10	353	03:25:17	26.31	00:04:55	176	01:57:38
284	53	06:13:00	152	Robbie	Grant	M	AG 35-39	South Africa	305	00:39:29	00:02:53	315	03:16:33	27.47	00:01:59	267	02:12:05
285	16	06:13:31	250	Siyabulela (Jabu)	Mpengesi	M	AG 18-24	South Africa	315	00:40:17	00:01:40	310	03:14:38	27.74	00:02:01	277	02:14:55
286	54	06:13:32	347	George	Thom	M	AG 35-39	South Africa	247	00:37:05	00:06:32	209	02:58:21	30.28	00:00:00	345	02:31:34
287	55	06:13:32	107	Simon	Du Plooy	M	AG 35-39	South Africa	306	00:39:33	00:04:32	299	03:13:16	27.94	00:02:05	274	02:14:07
288	56	06:13:41	40	Charles	Baxter	M	AG 35-39	South Africa	219	00:35:45	00:04:59	178	02:55:00	30.86	00:04:21	353	02:33:36
289	18	06:13:57	150	Go-go	Goz	M	AG 45-49	South Africa	282	00:38:32	00:05:43	323	03:18:36	27.19	00:00:00	261	02:11:05
290	57	06:14:23	251	Chandra	Naidu	M	AG 35-39	South Africa	409	00:57:38	00:07:44	208	02:58:10	30.31	00:03:00	247	02:07:53
291	39	06:14:25	111	Allan	Eccles	M	AG 40-44	South Africa	367	00:44:48	00:03:01	260	03:04:17	29.30	00:01:23	309	02:20:56
292	40	06:14:25	340	Edward	Sturrock	M	AG 40-44	South Africa	221	00:35:58	00:06:20	220	02:59:54	30.02	00:03:17	338	02:28:57
293	7	06:14:32	236	Kerry	Mc Caughey	F	AG 35-39	South Africa	237	00:36:44	00:06:33	327	03:19:50	27.02	00:04:24	233	02:07:01
294	12	06:14:40	195	Ronelle	Kind	F	AG 25-29	South Africa	286	00:38:37	00:05:23	320	03:17:28	27.35	00:03:38	253	02:09:34
295	24	06:15:19	98	Gregory	Dixon	M	AG 25-29	South Africa	364	00:44:30	00:05:15	321	03:17:28	27.35	00:02:43	225	02:05:22
296	58	06:17:12	103	Urs	Dreher	M	AG 35-39	Switzerland	195	00:34:34	00:05:25	263	03:05:16	29.15	00:02:15	340	02:29:41
297	41	06:17:37	265	Andrzej	Okreglicki	M	AG 40-44	South Africa	377	00:46:04	00:07:33	345	03:23:25	26.55	00:04:52	158	01:55:42
298	42	06:17:41	266	Etienne	Olivier	M	AG 40-44	South Africa	362	00:44:24	00:08:51	107	02:46:36	32.41	00:03:24	357	02:34:27
299	43	06:17:42	337	Francois	Strauss	M	AG 40-44	South Africa	231	00:36:23	00:05:44	181	02:55:27	30.78	00:04:03	364	02:36:05
300	6	06:17:45	62	Paul	Brink	M	AG 50-54	South Africa	235	00:36:40	00:04:50	262	03:05:09	29.16	00:02:42	336	02:28:23
301	72	06:17:54	46	Warren	Boardman-Smith	M	AG 30-34	South Africa	260	00:37:27	00:04:07	259	03:04:03	29.34	00:05:40	331	02:26:37
302	59	06:17:54	333	Willie	Stegmann	M	AG 35-39	South Africa	244	00:37:01	00:04:02	216	02:59:26	30.09	00:02:35	361	02:34:49
303	60	06:18:20	438	Peter	Guellich	M	AG 35-39	South Africa	365	00:44:42	00:04:53	275	03:07:24	28.81	00:03:35	295	02:17:45
304	17	06:19:02	304	Bruce	Sandmann	M	AG 18-24	South Africa	352	00:43:09	00:05:05	122	02:48:38	32.02	00:02:55	375	02:39:15
305	44	06:20:08	429	Alec	Riddle	M	AG 40-44	South Africa	146	00:32:31	00:04:23	261	03:04:43	29.23	00:05:18	352	02:33:12
306	73	06:20:10	220	Robert	Losper	M	AG 30-34	South Africa	209	00:35:06	00:03:59	280	03:08:30	28.65	00:01:46	343	02:30:49

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307	18	06:20:51	318	Daniel	Sibusiso	M	AG 18-24	South Africa	162	00:33:31	00:03:46	381	03:34:06	25.22	00:01:58	242	02:07:30
308	4	06:21:39	292	LouAnn	Rivett	F	AG 40-44	South Africa	86	00:29:47	00:03:01	358	03:26:11	26.19	00:04:01	299	02:18:39
309	8	06:22:00	378	Anka	Volkman	F	AG 35-39	South Africa	288	00:38:41	00:04:40	355	03:25:25	26.29	00:02:46	260	02:10:29
310	45	06:22:02	405	Kevin	Woolward	M	AG 40-44	South Africa		00:00:00	00:00:00		00:00:00		04:46:04	45	01:35:58
311	25	06:22:19	135	Rory	Francis	M	AG 25-29	South Africa	289	00:38:43	00:02:53	214	02:59:15	30.12	00:02:59	370	02:38:29
312	19	06:22:27	411	Jan-Cor	Brink	M	AG 18-24	South Africa	342	00:42:19	00:07:38	289	03:10:58	28.28	00:03:09	297	02:18:23
313	3	06:22:38	188	Susanne	Kaufmann	F	AG 18-24	Switzerland	267	00:37:48	00:04:11	331	03:21:02	26.86	00:03:11	287	02:16:25
314	7	06:23:15	401	Norrie	Williamson	M	AG 50-54	South Africa	340	00:42:13	00:06:55	363	03:26:53	26.10	00:07:35	195	01:59:38
315	19	06:24:10	177	Roger	Hunziker	M	AG 45-49	Switzerland	363	00:44:26	00:05:03	324	03:18:50	27.16	00:03:02	270	02:12:48
316	1	06:24:22	75	Rob	Connacher	M	AG 70+	South Africa	261	00:37:30	00:04:36	240	03:01:56	29.68	00:03:26	366	02:36:55
317	26	06:24:41	383	Chris	Wagner	M	AG 25-29	South Africa	358	00:44:15	00:06:11	349	03:24:28	26.41	00:02:27	239	02:07:20
318	1	06:24:43	179	Jeanette	Igra	F	AG 55-59	Israel	291	00:38:45	00:02:53	287	03:09:55	28.43	00:03:03	342	02:30:08
319	74	06:24:49	269	Julian	Oosthuizen	M	AG 30-34	South Africa	190	00:34:29	00:05:09	204	02:57:28	30.43	00:05:03	384	02:42:40
320	1	06:25:01	285	Greyson	Quarles	M	AG 60-64	USA	293	00:38:47	00:04:18	249	03:03:03	29.50	00:05:00	354	02:33:52
321	61	06:27:05	332	Etienne	Steenkamp	M	AG 35-39	South Africa	188	00:34:25	00:04:26	251	03:03:19	29.46	00:03:43	380	02:41:12
322	4	06:27:19	417	Julie	Lampret	F	AG 18-24	South Africa	223	00:36:00	00:03:33	364	03:26:58	26.09	00:01:52	301	02:18:57
323	46	06:27:37	418	Christopher	Shipley	M	AG 40-44	South Africa	159	00:33:23	00:04:21	359	03:26:13	26.18	00:02:13	311	02:21:26
324	13	06:27:52	258	Nikki	Nel	F	AG 30-34	South Africa	353	00:43:17	00:05:25	328	03:20:34	26.92	00:02:41	284	02:15:56
325	2	06:28:51	257	Robert	Nel	M	AG 60-64	South Africa	376	00:46:00	00:05:40	361	03:26:33	26.14	00:02:45	248	02:07:53
326	47	06:29:05	151	Greg	Grant	M	AG 40-44	South Africa	381	00:47:48	00:05:10	303	03:13:40	27.88	00:02:56	302	02:19:32
327	20	06:30:33	127	Alan	Fleetwood	M	AG 45-49	South Africa	359	00:44:18	00:09:34	352	03:25:17	26.31	00:00:00	264	02:11:24
328	62	06:30:56	441	Brett	Suann	M	AG 35-39	Singapore	368	00:44:48	00:06:04	337	03:21:57	26.74	00:02:00	286	02:16:06
329	75	06:30:59	76	Gert	Conradie	M	AG 30-34	South Africa	385	00:48:17	00:07:36	274	03:07:01	28.87	00:05:26	316	02:22:39
330	48	06:31:30	357	Jean-Paul	Van Belle	M	AG 40-44	South Africa	383	00:48:05	00:05:17	254	03:03:42	29.39	00:00:00	356	02:34:26
331	76	06:31:36	253	Theo	Naude	M	AG 30-34	South Africa	137	00:32:05	00:04:52	282	03:08:36	28.63	00:02:32	386	02:43:30
332	2	06:32:13	284	Georganna	Quarles	F	AG 45-49	USA	390	00:49:48	00:04:28	341	03:22:46	26.63	00:03:16	266	02:11:55
333	63	06:32:15	394	Warren	Wells	M	AG 35-39	South Africa	243	00:36:59	00:07:29	317	03:16:47	27.44	00:05:33	327	02:25:26
334	20	06:32:18	329	Andrew	Souter	M	AG 18-24	South Africa	245	00:37:01	00:05:36	281	03:08:30	28.65	00:03:56	367	02:37:14
335	21	06:33:48	229	Miles	March	M	AG 18-24	South Africa	187	00:34:21	00:03:42	385	03:35:18	25.08	00:03:15	292	02:17:12
336	49	06:34:21	306	Heinrich	Schulze	M	AG 40-44	South Africa	271	00:38:10	00:06:20	322	03:18:00	27.27	00:04:20	334	02:27:31
337	64	06:34:21	364	Gerhardt	van der Westhuizen	M	AG 35-39	South Africa	375	00:45:48	00:06:16	311	03:14:53	27.71	00:04:11	321	02:23:13
338	21	06:35:04	361	Ezzat	Van Der Ross	M	AG 45-49	South Africa	370	00:45:08	00:05:46	362	03:26:53	26.10	00:02:44	276	02:14:33
339	65	06:36:22	232	Peter	Marriott	M	AG 35-39	South Africa	279	00:38:21	00:05:26	269	03:06:05	29.02	00:03:17	385	02:43:14
340	22	06:37:02	342	Francois Daniel	Swart	M	AG 45-49	South Africa	392	00:50:26	00:08:25	360	03:26:30	26.15	00:04:54	231	02:06:47
341	13	06:37:10	299	Lucie	Runnalls	F	AG 25-29	South Africa	333	00:41:29	00:05:32	339	03:22:25	26.68	00:03:21	323	02:24:22
342	22	06:37:10	424	Morne	Moolman	M	AG 18-24	South Africa	313	00:39:51	00:07:44	313	03:15:58	27.55	00:04:28	339	02:29:10
343	14	06:37:36	105	Agne	Du Plessis	F	AG 25-29	South Africa	321	00:40:31	00:08:04	369	03:28:55	25.85	00:04:23	282	02:15:43
344	77	06:37:41	312	Chris	Senekal	M	AG 30-34	South Africa	173	00:33:54	00:07:24	293	03:11:10	28.25	00:06:33	372	02:38:40
345	78	06:37:42	313	Dawie	Senekal	M	AG 30-34	South Africa	172	00:33:54	00:07:24	292	03:11:07	28.25	00:06:37	373	02:38:41

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346	79	06:38:04	183	Hardus	Jansen van Rensburg	M	AG 30-34	South Africa	351	00:43:08	00:04:08	377	03:32:46	25.38	00:02:25	281	02:15:37
347	23	06:38:15	389	Matthew	Walton	M	AG 45-49	South Africa	264	00:37:37	00:07:00	297	03:12:34	28.04	00:06:08	362	02:34:56
348	24	06:38:38	368	Rick	Van Putten	M	AG 45-49	South Africa	386	00:48:44	00:04:52	343	03:22:51	26.62	00:03:19	300	02:18:52
349	14	06:40:23	100	Clare	Dodd	F	AG 30-34	South Africa	357	00:44:14	00:05:37	389	03:36:23	24.96	00:05:24	250	02:08:45
350	50	06:40:31	366	Haldane	van Horen	M	AG 40-44	South Africa	316	00:40:21	00:05:39	298	03:13:16	27.94	00:02:53	369	02:38:22
351	1	06:41:04	252	Mary	Nathan	F	AG 60-64	USA	396	00:51:50	00:04:34	379	03:33:26	25.30	00:03:05	249	02:08:10
352	8	06:42:05	164	Louis	Hattingh	M	AG 50-54	South Africa	131	00:31:52	00:03:48	312	03:15:56	27.56	00:03:10	394	02:47:19
353	80	06:42:34	97	Thinus	Dippenaar	M	AG 30-34	South Africa	220	00:35:51	00:05:05	372	03:29:35	25.76	00:04:13	335	02:27:49
354	25	06:43:06	328	Neil	Son Hing	M	AG 45-49	South Africa	348	00:42:41	00:04:57	296	03:12:03	28.12	00:03:07	377	02:40:18
355	81	06:44:17	189	Paul	Kaye	M	AG 30-34	South Africa	278	00:38:21	00:07:08	335	03:21:37	26.78	00:03:01	355	02:34:09
356	82	06:44:17	225	Mike	Luscombe	M	AG 30-34	South Africa	325	00:40:48	00:05:15	314	03:16:04	27.54	00:04:50	368	02:37:19
357	51	06:44:28	399	Kobus	Williams	M	AG 40-44	South Africa	290	00:38:44	00:05:50	347	03:23:41	26.51	00:03:17	351	02:32:56
358	23	06:45:33	190	Munier	Kearns	M	AG 18-24	South Africa	179	00:34:07	00:04:30	400	03:49:32	23.53	00:02:04	279	02:15:19
359	83	06:45:58	256	Morne	Nel	M	AG 30-34	South Africa	401	00:53:30	00:08:06	370	03:29:10	25.82	00:02:57	268	02:12:15
360	52	06:47:42	346	Theo	Reyneke	M	AG 40-44	South Africa	283	00:38:32	00:05:28	374	03:30:34	25.65	00:03:12	341	02:29:56
361	84	06:50:53	211	Mark	Lee	M	AG 30-34	South Africa	236	00:36:42	00:03:26	334	03:21:35	26.79	00:05:09	387	02:44:00
362	53	06:51:50	192	Cyrus	Kets	M	AG 40-44	South Africa	233	00:36:36	00:03:01	387	03:35:44	25.03	00:01:56	358	02:34:34
363	27	06:51:51	374	Gordon	van Wyk	M	AG 25-29	South Africa	249	00:37:13	00:02:39	344	03:23:20	26.56	00:06:12	383	02:42:27
364	28	06:53:37	271	Grant	Parkin	M	AG 25-29	South Africa	170	00:33:47	00:04:58	398	03:45:30	23.95	00:02:40	332	02:26:42
365	66	06:53:43	60	Pieter	Breytenbach	M	AG 35-39	South Africa	324	00:40:46	00:06:44	375	03:31:17	25.56	00:02:25	350	02:32:31
366	85	06:54:14	398	Craig	Williams	M	AG 30-34	South Africa	295	00:38:49	00:05:15	383	03:35:02	25.11	00:02:52	349	02:32:16
367	86	06:54:16	175	David	Hudson	M	AG 30-34	South Africa	302	00:39:18	00:04:40	368	03:28:22	25.92	00:03:27	371	02:38:29
368	54	06:55:40	414	Garth	Wright	M	AG 40-44	South Africa	310	00:39:47	00:06:26	336	03:21:49	26.76	00:06:36	379	02:41:02
369	5	06:56:58	298	Abigail	Ruby	F	AG 18-24	USA	323	00:40:45	00:03:34	346	03:23:29	26.54	00:02:38	392	02:46:31
370	3	06:57:22	392	Roland	Weilemann	M	AG 60-64	Germany	389	00:49:39	00:05:29	348	03:24:22	26.42	00:03:15	359	02:34:37
371	67	06:57:38	84	Grant	Curtis	M	AG 35-39	South Africa	336	00:41:40	00:07:30	326	03:19:45	27.03	00:04:22	388	02:44:21
372	4	06:59:09	415	Rolf	Kordes	M	AG 60-64	South Africa	395	00:51:38	00:04:41	395	03:39:42	24.58	00:02:53	307	02:20:15
373	6	07:01:39	264	Sarah	O'Hanlon	F	AG 18-24	South Africa	194	00:34:34	00:02:23	386	03:35:33	25.05	00:03:25	390	02:45:44
374	87	07:01:41	80	Johan	Cronje	M	AG 30-34	South Africa	341	00:42:15	00:11:44	391	03:36:47	24.91	00:04:37	329	02:26:17
375	68	07:01:41	249	Johan	Mostert	M	AG 35-39	South Africa	387	00:49:13	00:04:55	390	03:36:36	24.93	00:04:40	330	02:26:18
376	9	07:01:57	165	Christopher	Hatton	M	AG 50-54	South Africa	388	00:49:27	00:08:30	402	03:52:24	23.24	00:05:03	230	02:06:34
377	3	07:02:09	56	John	Brand	M	AG 55-59	South Africa	391	00:49:58	00:09:15	357	03:25:48	26.24	00:04:56	347	02:32:12
378	69	07:02:09	397	Christopher	Wilcox	M	AG 35-39	South Africa	361	00:44:22	00:06:17	356	03:25:27	26.28	00:04:31	381	02:41:31
379	55	07:02:48	142	Derek	Gerber	M	AG 40-44	South Africa	404	00:55:20	00:07:25	354	03:25:23	26.29	00:03:42	344	02:30:58
380	70	07:02:57	375	Johann	Vermaak	M	AG 35-39	South Africa	329	00:41:11	00:05:35	392	03:37:57	24.78	00:03:30	360	02:34:44
381	2	07:03:57	136	Vivian	Francis	M	AG 70+	South Africa	399	00:52:46	00:03:14	325	03:19:42	27.04	00:03:28	389	02:44:46
382	56	07:05:25	409	Roberto	Zorzini	M	AG 40-44	Italy	322	00:40:43	00:05:52	309	03:14:38	27.74	00:04:48	401	02:59:24
383	15	07:08:38	82	Tracy	Currall	F	AG 25-29	South Africa	398	00:52:43	00:04:55	397	03:42:04	24.32	00:04:20	324	02:24:36
384	71	07:10:05	305	Andre	Schoombee	M	AG 35-39	South Africa	299	00:39:10	00:06:13	396	03:39:53	24.56	00:04:03	378	02:40:46

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385	3	07:10:29	57	Caroline	Brawner	F	AG 45-49	South Africa	335	00:41:31	00:07:05	405	03:56:31	22.83	00:03:15	315	02:22:06
386	57	07:11:05	275	Anthony	Pickering	M	AG 40-44	South Africa	382	00:48:05	00:04:46	351	03:25:11	26.32	00:03:59	396	02:49:05
387	4	07:17:52	377	Lourett	Visser	F	AG 45-49	South Africa	379	00:47:21	00:05:33	394	03:39:28	24.60	00:03:28	382	02:42:03
388	26	07:18:28	423	Dale	Bryce-Borthwick	M	AG 45-49	South Africa	397	00:52:11	00:06:47	393	03:38:14	24.74	00:02:19	374	02:38:57
389	72	07:19:47	282	Myk	Prescott	M	AG 35-39	South Africa	400	00:52:58	00:02:53	338	03:22:20	26.69	00:02:38	400	02:58:59
390	5	07:20:30	143	Roz	Gerber	F	AG 45-49	South Africa	369	00:45:07	00:06:29	407	03:59:31	22.54	00:03:36	328	02:25:47
391	9	07:20:31	267	Lynette	Olivier	F	AG 35-39	South Africa	410	00:59:00	00:08:12	340	03:22:32	26.66	00:04:47	391	02:45:59
392	5	07:20:31	161	Christine	Hart	F	AG 40-44	South Africa	402	00:54:00	00:04:06	399	03:45:53	23.91	00:04:18	348	02:32:15
393	3	07:24:23	176	Richard	Hunter	M	AG 70+	USA	354	00:43:48	00:05:27	382	03:34:33	25.17	00:03:41	399	02:56:53
394	10	07:24:38	286	Brigitte	Ravily	F	AG 35-39	France	394	00:51:35	00:04:54	388	03:36:07	24.99	00:04:47	393	02:47:16
395	88	07:29:40	123	Marthinus Stephanus	Ferreira	M	AG 30-34	South Africa	339	00:42:01	00:06:24	380	03:33:53	25.25	00:03:25	405	03:03:57
396	27	07:29:59	290	Tony	Richings	M	AG 45-49	South Africa	373	00:45:32	00:04:50	406	03:58:20	22.66	00:05:39	363	02:35:39
397	89	07:32:27	184	lukas	jansen van vuuren	M	AG 30-34	South Africa	393	00:51:22	00:11:21	376	03:32:37	25.40	00:04:55	397	02:52:12
398	10	07:38:13	154	Johan	Grobler	M	AG 50-54	Swaziland	407	00:56:02	00:06:21	373	03:30:18	25.68	00:03:09	402	03:02:24
399	1	07:46:37	316	Mickie	Shapiro	F	AG 65-69	USA	403	00:54:32	00:04:47	404	03:55:15	22.95	00:04:43	395	02:47:20
400	58	07:46:52	53	Johan Floris	Botha	M	AG 40-44	South Africa	405	00:55:29	00:08:34	378	03:33:08	25.34	00:06:55	404	03:02:47
401	90	07:46:52	148	Yadre	Gouws	M	AG 30-34	South Africa	406	00:55:42	00:08:15	384	03:35:15	25.09	00:04:55	403	03:02:45
402	6	07:49:21	196	Carola	Kirchner	F	AG 40-44	Namibia	384	00:48:10	00:04:06	408	04:15:02	21.17	00:02:44	376	02:39:19
403	6	07:49:32	224	Lusan	Luscombe	F	AG 45-49	South Africa	318	00:40:26	00:05:38	401	03:51:38	23.31	00:07:02	406	03:04:48
404	29	07:50:04	326	Freddie	Smuts	M	AG 25-29	South Africa	309	00:39:46	00:04:53	365	03:27:10	26.07	00:01:45	407	03:36:31
405	1	08:04:59	442	Neville	Muir	M	AG 65-69	South Africa	411	01:05:14	00:08:05	403	03:52:47	23.20	00:04:49	398	02:54:05
Place all	Place cat	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
DQ	DQ	DQ	242	Evert	Meintjes	M	AG 30-34	South Africa	116	00:31:10	00:03:30	22	02:32:55	35.31	00:01:33	8	01:21:36
Place all	Place cat	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
0	0	DNF	406	Sinclair	Yeh	M	AG 25-29	USA	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	122	Jeanne-MariΘ	Ferreira	F	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	65	Wayne	Brown	M	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	119	Franck	Escomel	M	AG 30-34	France	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	162	Craig	Hartley	M	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	169	Jan	Hnizdo	M	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	262	Michael	O'Halloran	M	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	324	Wilson	Smith	M	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	426	Andries	De Villiers	M	AG 30-34	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	194	Kirsten	Kincade	F	AG 35-39	USA	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	102	Wayne	Domnick	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	112	Simon	Edmonds	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	114	Shaun	Ellis	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00

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0	0	DNF	121	Etienne	Ferreira	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	320	Duncan	Siegfried	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	354	Andries	Truscott	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	408	Issy	Zimmerman	M	AG 35-39	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	87	Bernard	Dalton	M	AG 40-44	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	124	Roderick	Fick	M	AG 40-44	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	310	Russell	Scott	M	AG 40-44	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	314	Mark	Sexton	M	AG 40-44	Great Britain	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	359	James	Van Den Bergh	M	AG 45-49	USA	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	240	Mike	McMullin	M	AG 50-54	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	93	Hermanus	Dekker	M	AG 55-59	South Africa	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	3	Chris	Lieto	M	Pro	USA	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00
0	0	DNF	19	Werner	Leitner	M	Pro	Austria	0	00:00:00	00:00:00	0	00:00:00	0.00	00:00:00	0	00:00:00

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