

MTB LONG - Sunday (Open)

Pos	Name	Bib#	Gender	Time	Gap	WBO2023-MTB	
1	RUSSELL, Matthew	4078	Men	1:47:31		1:47:31	(1st)
2	KEULER, Herman	4047	Men	1:49:09	1'38"	1:49:09	(2nd)
3	LOUW, Francois	4051	Men	1:49:09	1'38"	1:49:09	(3rd)
4	OOSTHUIZEN, Mulder	4067	Men	1:49:12	1'41"	1:49:12	(4th)
5	PHILLIPS, Luke	4070	Men	1:51:25	3'54"	1:51:25	(5th)
6	GELDENHUYS, Hanro	4139	Men	1:53:22	5'51"	1:53:22	(6th)
7	GIBBINGS, Paul	4137	Men	1:53:22	5'51"	1:53:22	(7th)
8	GROBLER, Matthew	4031	Men	1:56:25	8'54"	1:56:25	(8th)
9	O'NEILL, Michael	4136	Men	1:56:34	9'03"	1:56:34	(9th)
10	LARSEN, Nicolas	4049	Men	2:00:23	12'52"	2:00:23	(10th)
11	BOTHA, Frederick	4005	Men	2:01:11	13'40"	2:01:11	(11th)
12	LACOCK, Jacobus	4164	Men	2:01:11	13'40"	2:01:11	(12th)
13	MEYER, Ruan	4135	Men	2:01:24	13'53"	2:01:24	(13th)
14	KLEIN, Timothy	4046	Men	2:01:24	13'53"	2:01:24	(14th)
15	VISSER, Vernon	4103	Men	2:01:38	14'07"	2:01:38	(15th)
16	SETZKORN, Tyla	4121	Women	2:01:41	14'10"	2:01:41	(16th)
17	DAVIS HANNIBAL, Neill	4011	Men	2:02:32	15'01"	2:02:32	(17th)
18	VAN DER WALT, Darius	4154	Men	2:03:25	15'54"	2:03:25	(18th)
19	DE KOCK, Hendrik	4155	Men	2:03:25	15'54"	2:03:25	(19th)
20	VAN DER BERG, Nina	4152	Women	2:03:25	15'54"	2:03:25	(20th)
21	EDWARDS, William	4022	Men	2:03:52	16'21"	2:03:52	(21st)
22	VENN, Jason	4120	Men	2:03:55	16'24"	2:03:55	(22nd)
23	VENN, Matthew	4119	Men	2:03:56	16'25"	2:03:56	(23rd)
24	VAN DER BERG, Merwede	4153	Men	2:05:00	17'29"	2:05:00	(24th)
25	DE CLERCQ, Nicholas	4122	Men	2:06:10	18'39"	2:06:10	(25th)
26	JANNECKE, Heinwill	4042	Men	2:06:12	18'41"	2:06:12	(26th)
27	DUGAS, Jonathan	4132	Men	2:07:06	19'35"	2:07:06	(27th)
28	WENTZEL, Konrad	4106	Men	2:07:12	19'41"	2:07:12	(28th)
29	SNYMAN, Wernu	4083	Men	2:07:55	20'24"	2:07:55	(29th)
30	VAN DER WALT, Walden	4093	Men	2:07:55	20'24"	2:07:55	(30th)
31	VISSER, Bremer	4100	Men	2:09:56	22'25"	2:09:56	(31st)
32	MULLER, S.P	4113	Men	2:09:56	22'25"	2:09:56	(32nd)
33	VOSLOO, Daniel	4105	Men	2:10:47	23'16"	2:10:47	(33rd)
34	KEEN, Ross	4044	Men	2:11:54	24'23"	2:11:54	(34th)
35	GIFFORD, Kyle	4151	Men	2:12:54	25'23"	2:12:54	(35th)
36	DE WET, Rudi	4142	Men	2:14:16	26'45"	2:14:16	(36th)
37	HUNT, Steven	4146	Men	2:14:23	26'52"	2:14:23	(37th)
38	MULLER, Niel	4062	Men	2:14:50	27'19"	2:14:50	(38th)
39	STARKE, Robert	4127	Men	2:15:20	27'49"	2:15:20	(39th)
40	BOSHOFF, Charl	4004	Men	2:15:49	28'18"	2:15:49	(40th)
41	DE WET, Neil	4110	Men	2:15:51	28'20"	2:15:51	(41st)
42	KOTZE, Philip	4141	Men	2:15:51	28'20"	2:15:51	(42nd)
43	GROBLER, Jacques	4128	Men	2:17:01	29'30"	2:17:01	(43rd)
44	SHER, Bryan	4080	Men	2:18:16	30'45"	2:18:16	(44th)
45	DEMPERS, Daniël	4014	Men	2:19:58	32'27"	2:19:58	(45th)
46	VERMAAK, David John	4097	Men	2:21:54	34'23"	2:21:54	(46th)
47	PEARSON, Warren	4148	Men	2:21:55	34'24"	2:21:55	(47th)
48	FARRER, Michael	4145	Men	2:21:55	34'24"	2:21:55	(48th)
49	COURTS, Jason	4009	Men	2:23:49	36'18"	2:23:49	(49th)
50	SLABBERT, Helene	4082	Women	2:27:11	39'40"	2:27:11	(50th)
51	MIEK, TONY	4130	Men	2:27:15	39'44"	2:27:15	(51st)
52	MUCKART, Andrew	4060	Men	2:27:26	39'55"	2:27:26	(52nd)
53	NAUDÉ-CROUS, Kika	4064	Women	2:28:51	41'20"	2:28:51	(53rd)
54	VERMEULEN, Rozelle	4098	Women	2:28:53	41'22"	2:28:53	(54th)

55	DU PLESSIS, Marius	4017	Men	2:29:36	42'05"	2:29:36	(55th)
56	THERON, Thomas	4086	Men	2:32:07	44'36"	2:32:07	(56th)
57	SOLE, Stuart	4150	Men	2:34:53	47'22"	2:34:53	(57th)
58	LEAR, Sascha	4147	Women	2:35:46	48'15"	2:35:46	(58th)
59	MARAIS, Francois	4112	Men	2:35:47	48'16"	2:35:47	(59th)
60	ELLIOTT, Johan	4023	Men	2:38:06	50'35"	2:38:06	(60th)
61	ROUX, Megan	4077	Women	2:41:19	53'48"	2:41:19	(61st)
62	SUTER, Anthony	4134	Men	2:42:36	55'05"	2:42:36	(62nd)
63	DURRANT, Nick	4021	Men	2:43:00	55'29"	2:43:00	(63rd)
64	PRETORIUS, Riaan	4073	Men	2:44:54	57'23"	2:44:54	(64th)
65	MULLER, Jozef	4131	Men	2:45:06	57'35"	2:45:06	(65th)
66	TEUBES, Paul	4085	Men	2:46:49	59'18"	2:46:49	(66th)
67	CHAPMAN, Jaysen	4007	Men	2:46:57	59'26"	2:46:57	(67th)
68	DE STADLER, Shane	4133	Men	2:50:46	1h3'15"	2:50:46	(68th)
69	GROENEWALD, Hainro	4032	Men	2:50:48	1h3'17"	2:50:48	(69th)
70	ROUX, Anton	4076	Men	2:52:55	1h5'24"	2:52:55	(70th)
71	VERWAYEN, Troy	4099	Men	2:52:55	1h5'24"	2:52:55	(71st)
72	WILMOT, Len	4109	Men	2:52:57	1h5'26"	2:52:57	(72nd)
73	VAN DER SLUYS, Tania	4092	Women	2:52:58	1h5'27"	2:52:58	(73rd)
74	CLAASSEN, Marius	4162	Men	2:52:59	1h5'28"	2:52:59	(74th)
75	VLOK, Jampie	4104	Men	2:52:59	1h5'28"	2:52:59	(75th)
76	WESSEL, Dewet	4107	Men	2:54:58	1h7'27"	2:54:58	(76th)
77	MARX, Josh	4149	Men	2:55:15	1h7'44"	2:55:15	(77th)
78	BATT, George Edward	4001	Men	2:55:19	1h7'48"	2:55:19	(78th)
79	VIS, Thys	4118	Men	2:55:58	1h8'27"	2:55:58	(79th)
80	LOUW, Izane	4053	Women	2:56:57	1h9'26"	2:56:57	(80th)
81	DAVIS, Simon	4010	Men	2:57:27	1h9'56"	2:57:27	(81st)
82	HANEKOM, Willem	4161	Men	2:57:29	1h9'58"	2:57:29	(82nd)
83	DE WET, Van Zyl	4158	Men	2:58:14	1h10'43"	2:58:14	(83rd)
84	HERFURTH, Olof	4160	Men	2:58:16	1h10'45"	2:58:16	(84th)
85	VAN ZYL, Gideon	4159	Men	2:58:17	1h10'46"	2:58:17	(85th)
86	VAN DER RIET, Lisa	4091	Women	2:59:40	1h12'09"	2:59:40	(86th)
87	VAN DER RIET, Anton	4090	Men	2:59:41	1h12'10"	2:59:41	(87th)
88	THONISSEN, Jack	4087	Men	2:59:45	1h12'14"	2:59:45	(88th)
89	WILL, Donovan	4108	Men	2:59:46	1h12'15"	2:59:46	(89th)
90	IBBOTSON, Andrew	4040	Men	3:00:08	1h12'37"	3:00:08	(90th)
91	OTTO, Daniel	4069	Women	3:00:11	1h12'40"	3:00:11	(91st)
92	POHL, Kesia	4071	Women	3:00:12	1h12'41"	3:00:12	(92nd)
93	DU TOIT, Janco	4020	Men	3:00:13	1h12'42"	3:00:13	(93rd)
94	MARAIS, Francois	4054	Men	3:00:15	1h12'44"	3:00:15	(94th)
95	BRUNOT, Romain-François	4006	Men	3:01:38	1h14'07"	3:01:38	(95th)
96	ROOS, Lisette	4016	Women	3:06:34	1h19'03"	3:06:34	(96th)
97	KEET, Christopher	4045	Men	3:06:38	1h19'07"	3:06:38	(97th)
98	GRAY, Michael	4029	Men	3:08:31	1h21'00"	3:08:31	(98th)
99	LOUW, Gavin	4052	Men	3:08:35	1h21'04"	3:08:35	(99th)
100	VAN DER MERWE, David	4089	Men	3:08:48	1h21'17"	3:08:48	(100th)
101	LOUW, Chrizanne	4050	Women	3:11:22	1h23'51"	3:11:22	(101st)
102	OOSTHUIZEN, Devan	4066	Men	3:11:24	1h23'53"	3:11:24	(102nd)
103	DU PLESSIES, Lourens	4144	Men	3:11:29	1h23'58"	3:11:29	(103rd)
104	HERGETH, VIKTOR	4124	Men	3:11:55	1h24'24"	3:11:55	(104th)
105	WILKINSON, Jacques	4129	Men	3:13:23	1h25'52"	3:13:23	(105th)
106	DAVY, Roy	4012	Men	3:14:42	1h27'11"	3:14:42	(106th)
107	MARAIS, Susarah Wilhelmina	4165	Women	3:14:42	1h27'11"	3:14:42	(107th)
108	GUILD, Dale	4033	Men	3:16:48	1h29'17"	3:16:48	(108th)
109	SHOUT, Dan	4081	Men	3:16:50	1h29'19"	3:16:50	(109th)
110	JANSEN, Sean	4043	Men	3:18:09	1h30'38"	3:18:09	(110th)
111	CROUS, Johantie	4140	Women	3:28:16	1h40'45"	3:28:16	(111th)

112	POKHVISHCHEV, Ihor	4072	Men	3:29:02	1h41'31"	3:29:02	(112th)
113	SMIT, Elandre	4116	Men	3:29:10	1h41'39"	3:29:10	(113th)
114	HOWIE, Shane	4039	Men	3:30:13	1h42'42"	3:30:13	(114th)
115	MODINGER, Lisel	4057	Women	3:31:29	1h43'58"	3:31:29	(115th)
116	GIBB, Colin	4026	Men	3:31:31	1h44'00"	3:31:31	(116th)
117	VAN DER WESTHUIZEN, Petro	4094	Women	3:32:48	1h45'17"	3:32:48	(117th)
118	STANDER, Hekanki	4156	Women	3:50:07	2h2'36"	3:50:07	(118th)
119	VANDUFFEL, Tine	4123	Men	3:50:08	2h2'37"	3:50:08	(119th)
120	DEVENISH, Jenna	4015	Women	3:59:26	2h11'55"	3:59:26	(120th)
121	GROBBELAAR, Michiel	4030	Men	4:05:36	2h18'05"	4:05:36	(121st)
122	HOOGWERF, Paul	4037	Men	4:08:46	2h21'15"	4:08:46	(122nd)
123	MYLREA, Douglas	4063	Men	4:08:46	2h21'15"	4:08:46	(123rd)
124	INGLIS, Judge	4163	Men	4:08:46	2h21'15"	4:08:46	(124th)
125	STELZNER, Sam	4084	Men	4:08:46	2h21'15"	4:08:46	(125th)
126	VAN DER VYVER, Nikki	5035	Women	4:17:36	2h30'05"	4:17:36	(126th)
127	VAN DER VYVER, Paul	5036	Men	4:17:36	2h30'05"	4:17:36	(127th)

MTB - Long Men

Pos	Name	Bib#	Age	Time	Gap	WBO2023-MTB	
1	RUSSELL, Matthew	4078	17	1:47:31		1:47:31	(1st)
2	KEULER, Herman	4047	42	1:49:09	1'38"	1:49:09	(2nd)
3	LOUW, Francois	4051	43	1:49:09	1'38"	1:49:09	(3rd)
4	OOSTHUIZEN, Mulder	4067	23	1:49:12	1'41"	1:49:12	(4th)
5	PHILLIPS, Luke	4070	29	1:51:25	3'54"	1:51:25	(5th)
6	GELDENHUYS, Hanro	4139	33	1:53:22	5'51"	1:53:22	(6th)
7	GIBBINGS, Paul	4137	43	1:53:22	5'51"	1:53:22	(7th)
8	GROBLER, Matthew	4031	29	1:56:25	8'54"	1:56:25	(8th)
9	O'NEILL, Michael	4136	33	1:56:34	9'03"	1:56:34	(9th)
10	LARSEN, Nicolas	4049	36	2:00:23	12'52"	2:00:23	(10th)
11	BOTHA, Frederick	4005	36	2:01:11	13'40"	2:01:11	(11th)
12	LACOCK, Jacobus	4164	44	2:01:11	13'40"	2:01:11	(12th)
13	MEYER, Ruan	4135	42	2:01:24	13'53"	2:01:24	(13th)
14	KLEIN, Timothy	4046	25	2:01:24	13'53"	2:01:24	(14th)
15	VISSER, Vernon	4103	41	2:01:38	14'07"	2:01:38	(15th)
16	DAVIS HANNIBAL, Neill	4011	37	2:02:32	15'01"	2:02:32	(16th)
17	VAN DER WALT, Darius	4154	43	2:03:25	15'54"	2:03:25	(17th)
18	DE KOCK, Hendrik	4155	40	2:03:25	15'54"	2:03:25	(18th)
19	EDWARDS, William	4022	53	2:03:52	16'21"	2:03:52	(19th)
20	VENN, Jason	4120	57	2:03:55	16'24"	2:03:55	(20th)
21	VENN, Matthew	4119	22	2:03:56	16'25"	2:03:56	(21st)
22	VAN DER BERG, Merwede	4153	59	2:05:00	17'29"	2:05:00	(22nd)
23	DE CLERCQ, Nicholas	4122	25	2:06:10	18'39"	2:06:10	(23rd)
24	JANNECKE, Heinwill	4042	40	2:06:12	18'41"	2:06:12	(24th)
25	DUGAS, Jonathan	4132	22	2:07:06	19'35"	2:07:06	(25th)
26	WENTZEL, Konrad	4106	46	2:07:12	19'41"	2:07:12	(26th)
27	SNYMAN, Wernu	4083	20	2:07:55	20'24"	2:07:55	(27th)
28	VAN DER WALT, Walden	4093	20	2:07:55	20'24"	2:07:55	(28th)
29	VISSER, Bremer	4100	26	2:09:56	22'25"	2:09:56	(29th)
30	MULLER, S.P	4113	24	2:09:56	22'25"	2:09:56	(30th)
31	VOSLOO, Daniel	4105	27	2:10:47	23'16"	2:10:47	(31st)
32	KEEN, Ross	4044	38	2:11:54	24'23"	2:11:54	(32nd)
33	GIFFORD, Kyle	4151	38	2:12:54	25'23"	2:12:54	(33rd)
34	DE WET, Rudi	4142	61	2:14:16	26'45"	2:14:16	(34th)
35	HUNT, Steven	4146	35	2:14:23	26'52"	2:14:23	(35th)
36	MULLER, Niel	4062	40	2:14:50	27'19"	2:14:50	(36th)
37	STARKE, Robert	4127	39	2:15:20	27'49"	2:15:20	(37th)

38	BOSHOFF, Charl	4004	49	2:15:49	28'18"	2:15:49	(38th)
39	DE WET, Neil	4110	29	2:15:51	28'20"	2:15:51	(39th)
40	KOTZE, Philip	4141	20	2:15:51	28'20"	2:15:51	(40th)
41	GROBLER, Jacques	4128	25	2:17:01	29'30"	2:17:01	(41st)
42	SHER, Bryan	4080	62	2:18:16	30'45"	2:18:16	(42nd)
43	DEMPERS, Daniël	4014	37	2:19:58	32'27"	2:19:58	(43rd)
44	VERMAAK, David John	4097	60	2:21:54	34'23"	2:21:54	(44th)
45	PEARSON, Warren	4148	48	2:21:55	34'24"	2:21:55	(45th)
46	FARRER, Michael	4145	59	2:21:55	34'24"	2:21:55	(46th)
47	COURTS, Jason	4009	49	2:23:49	36'18"	2:23:49	(47th)
48	MIEK, TONY	4130	60	2:27:15	39'44"	2:27:15	(48th)
49	MUCKART, Andrew	4060	33	2:27:26	39'55"	2:27:26	(49th)
50	DU PLESSIS, Marius	4017	50	2:29:36	42'05"	2:29:36	(50th)
51	THERON, Thomas	4086	25	2:32:07	44'36"	2:32:07	(51st)
52	SOLE, Stuart	4150	28	2:34:53	47'22"	2:34:53	(52nd)
53	MARAIS, Francois	4112	38	2:35:47	48'16"	2:35:47	(53rd)
54	ELLIOTT, Johan	4023	43	2:38:06	50'35"	2:38:06	(54th)
55	SUTER, Anthony	4134	46	2:42:36	55'05"	2:42:36	(55th)
56	DURRANT, Nick	4021	49	2:43:00	55'29"	2:43:00	(56th)
57	PRETORIUS, Riaan	4073	47	2:44:54	57'23"	2:44:54	(57th)
58	MULLER, Jozef	4131	35	2:45:06	57'35"	2:45:06	(58th)
59	TEUBES, Paul	4085	50	2:46:49	59'18"	2:46:49	(59th)
60	CHAPMAN, Jaysen	4007	34	2:46:57	59'26"	2:46:57	(60th)
61	DE STADLER, Shane	4133	35	2:50:46	1h3'15"	2:50:46	(61st)
62	GROENEWALD, Hainro	4032	41	2:50:48	1h3'17"	2:50:48	(62nd)
63	ROUX, Anton	4076	52	2:52:55	1h5'24"	2:52:55	(63rd)
64	VERWAYEN, Troy	4099	24	2:52:55	1h5'24"	2:52:55	(64th)
65	WILMOT, Len	4109	49	2:52:57	1h5'26"	2:52:57	(65th)
66	CLAASSEN, Marius	4162	54	2:52:59	1h5'28"	2:52:59	(66th)
67	VLOK, Jampie	4104	50	2:52:59	1h5'28"	2:52:59	(67th)
68	WESSEL, Dewet	4107	43	2:54:58	1h7'27"	2:54:58	(68th)
69	MARX, Josh	4149	32	2:55:15	1h7'44"	2:55:15	(69th)
70	BATT, George Edward	4001	32	2:55:19	1h7'48"	2:55:19	(70th)
71	VIS, Thys	4118	61	2:55:58	1h8'27"	2:55:58	(71st)
72	DAVIS, Simon	4010	49	2:57:27	1h9'56"	2:57:27	(72nd)
73	HANEKOM, Willem	4161	55	2:57:29	1h9'58"	2:57:29	(73rd)
74	DE WET, Van Zyl	4158	38	2:58:14	1h10'43"	2:58:14	(74th)
75	HERFURTH, Olof	4160	38	2:58:16	1h10'45"	2:58:16	(75th)
76	VAN ZYL, Gideon	4159	46	2:58:17	1h10'46"	2:58:17	(76th)
77	VAN DER RIET, Anton	4090	55	2:59:41	1h12'10"	2:59:41	(77th)
78	THONISSEN, Jack	4087	39	2:59:45	1h12'14"	2:59:45	(78th)
79	WILL, Donovan	4108	39	2:59:46	1h12'15"	2:59:46	(79th)
80	IBBOTSON, Andrew	4040	64	3:00:08	1h12'37"	3:00:08	(80th)
81	DU TOIT, Janco	4020	26	3:00:13	1h12'42"	3:00:13	(81st)
82	MARAIS, Francois	4054	34	3:00:15	1h12'44"	3:00:15	(82nd)
83	BRUNOT, Romain-François	4006	42	3:01:38	1h14'07"	3:01:38	(83rd)
84	KEET, Christopher	4045	31	3:06:38	1h19'07"	3:06:38	(84th)
85	GRAY, Michael	4029	58	3:08:31	1h21'00"	3:08:31	(85th)
86	LOUW, Gavin	4052	41	3:08:35	1h21'04"	3:08:35	(86th)
87	VAN DER MERWE, David	4089	30	3:08:48	1h21'17"	3:08:48	(87th)
88	OOSTHUIZEN, Devan	4066	24	3:11:24	1h23'53"	3:11:24	(88th)
89	DU PLESSIES, Lourens	4144	30	3:11:29	1h23'58"	3:11:29	(89th)
90	HERGETH, VIKTOR	4124	61	3:11:55	1h24'24"	3:11:55	(90th)
91	WILKINSON, Jacques	4129	37	3:13:23	1h25'52"	3:13:23	(91st)
92	DAVY, Roy	4012	41	3:14:42	1h27'11"	3:14:42	(92nd)
93	GUILD, Dale	4033	41	3:16:48	1h29'17"	3:16:48	(93rd)
94	SHOUT, Dan	4081	42	3:16:50	1h29'19"	3:16:50	(94th)

95	JANSEN, Sean	4043	53	3:18:09	1h30'38"	3:18:09	(95th)
96	POKHVISHCHEV, Ihor	4072	43	3:29:02	1h41'31"	3:29:02	(96th)
97	SMIT, Elandre	4116	16	3:29:10	1h41'39"	3:29:10	(97th)
98	HOWIE, Shane	4039	33	3:30:13	1h42'42"	3:30:13	(98th)
99	GIBB, Colin	4026	44	3:31:31	1h44'00"	3:31:31	(99th)
100	VANDUFFEL, Tine	4123		3:50:08	2h2'37"	3:50:08	(100th)
101	GROBBELAAR, Michiel	4030	36	4:05:36	2h18'05"	4:05:36	(101st)
102	HOOGWERF, Paul	4037	31	4:08:46	2h21'15"	4:08:46	(102nd)
103	MYLREA, Douglas	4063	32	4:08:46	2h21'15"	4:08:46	(103rd)
104	INGLIS, Judge	4163	31	4:08:46	2h21'15"	4:08:46	(104th)
105	STELZNER, Sam	4084	31	4:08:46	2h21'15"	4:08:46	(105th)
106	VAN DER VYVER, Paul	5036	53	4:17:36	2h30'05"	4:17:36	(106th)

MTB - Long Women

Pos	Name	Bib#	Age	Time	Gap	WBO2023-MTB
1	SETZKORN, Tyla	4121	25	2:01:41		2:01:41 (1st)
2	VAN DER BERG, Nina	4152	28	2:03:25	1'44"	2:03:25 (2nd)
3	SLABBERT, Helene	4082	31	2:27:11	25'30"	2:27:11 (3rd)
4	NAUDÉ-CROUS, Kika	4064	40	2:28:51	27'10"	2:28:51 (4th)
5	VERMEULEN, Rozelle	4098	39	2:28:53	27'12"	2:28:53 (5th)
6	LEAR, Sascha	4147	34	2:35:46	34'05"	2:35:46 (6th)
7	ROUX, Megan	4077	21	2:41:19	39'38"	2:41:19 (7th)
8	VAN DER SLUYS, Tania	4092	45	2:52:58	51'17"	2:52:58 (8th)
9	LOUW, Izane	4053	23	2:56:57	55'16"	2:56:57 (9th)
10	VAN DER RIET, Lisa	4091	46	2:59:40	57'59"	2:59:40 (10th)
11	OTTO, Daniel	4069	28	3:00:11	58'30"	3:00:11 (11th)
12	POHL, Kesia	4071	22	3:00:12	58'31"	3:00:12 (12th)
13	ROOS, Lisette	4016	45	3:06:34	1h4'53"	3:06:34 (13th)
14	LOUW, Chrizanne	4050	22	3:11:22	1h9'41"	3:11:22 (14th)
15	MARAIS, Susarah Wilhelmina	4165	36	3:14:42	1h13'01"	3:14:42 (15th)
16	CROUS, Johantie	4140	46	3:28:16	1h26'35"	3:28:16 (16th)
17	MODINGER, Lisel	4057	43	3:31:29	1h29'48"	3:31:29 (17th)
18	VAN DER WESTHUIZEN, Petro	4094	46	3:32:48	1h31'07"	3:32:48 (18th)
19	STANDER, Hekanki	4156	34	3:50:07	1h48'26"	3:50:07 (19th)
20	DEVENISH, Jenna	4015	24	3:59:26	1h57'45"	3:59:26 (20th)
21	VAN DER VYVER, Nikki	5035	51	4:17:36	2h15'55"	4:17:36 (21st)