

Time Trial Leader Board - All Results 8KM



Date **Wednesday, 04 March 2020**

Column Labels		
	8	
Row Labels	Time.	Pace.
Thamasonga Moyo	31:30	00:03:56
Mthokokisi Ncube	31:49	00:03:59
Gary Fleming	41:15	00:05:09
John Delany	41:16	00:05:10
Gareth Reddell	41:32	00:05:12
Jacques Fouche	42:18	00:05:17
Gary Gordon	42:20	00:05:18
Peter Stainton	42:34	00:05:19
Glenn Gess	42:34	00:05:19
Kerwin Marais	42:55	00:05:22
Elzette Nienaber	43:05	00:05:23
Kimberly O Neil	44:32	00:05:34
Carli Van Niekerk	44:37	00:05:35
Russell Bradbrooke	46:30	00:05:49
Patrick Knowles	46:50	00:05:51
Ntessekawa Nikile	47:00	00:05:53
Stacey Duncan	47:32	00:05:56
Louise Botha	47:45	00:05:58
Charmaine Stainton	47:59	00:06:00
Kosie van	48:12	00:06:01
Dale Scholtz	49:51	00:06:14
Benjamin ONeil	49:54	00:06:14
Marius Botes	50:26	00:06:18
Shoayb Abrahams	54:10	00:06:46
Ilhaam Osman	54:10	00:06:46
Karen De Vos	55:05	00:06:53
A Van Zyl	56:52	00:07:07
Adele le Roux	58:07	00:07:16
Thomas O Connor	58:07	00:07:16