

Trail Time Trial Leader Board - All Results 5KM

Date

Thursday, 18 March 2021



Column Labels		
	5	
Row Labels	Time.	Pace.
Theo Adams	20:00	00:04:00
Naeem Williams	20:22	00:04:04
Oscar Benjamin	23:40	00:04:44
Hettie Kruger	24:58	00:05:00
Ross Wilson	25:00	00:05:00
Matthew Brislin	26:32	00:05:18
Deon Kruger	26:39	00:05:20
Carmen Walker-Campbell	27:10	00:05:26
Russell Bradbrooke	27:24	00:05:29
Meyer Theunissen	28:07	00:05:37
Bob Campbell	28:42	00:05:44
Mias Steenberg	28:53	00:05:47
Elrisia Roux	28:57	00:05:47
Mark de Klerk	29:02	00:05:48
Julie Parry	29:21	00:05:52
Debbie O'Leary	29:30	00:05:54
Anneline Kruger	30:54	00:06:11
Bennie Bronn	32:00	00:06:24
Andre Krige	32:00	00:06:24
Riaad Snyman	32:16	00:06:27
Chris Reed	32:20	00:06:28
John Edwards	32:20	00:06:28
Mark Nell	32:48	00:06:34
Pearl Adams	33:30	00:06:42
Kate Walker-Campbell	33:30	00:06:42
Alice Da Silva	33:55	00:06:47
Lauren Keve	34:00	00:06:48
Cherie Setzer	34:00	00:06:48
Lauren Burn	34:30	00:06:54
Claire Lord	34:35	00:06:55
Philip Setzer	34:40	00:06:56
Robert Swartz	36:39	00:07:20
Dean Jarvis	36:50	00:07:22
Hein Hefer	37:39	00:07:32
Nick Loots	37:59	00:07:36
Rita Loots	37:59	00:07:36
Wendy Koegelenberg	39:00	00:07:48
Gordon Richardson	39:17	00:07:51
Stacey-lee Strydom	40:00	00:08:00
Heidi Cerfontyne	40:56	00:08:11
Hannah Cerfontyne	40:56	00:08:11
Hester Smit	41:02	00:08:12
Sharise Smith	42:11	00:08:26

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Column Labels

	5	
Debbie Egan	42:42	00:08:32
Stephanie Maggs	58:31	00:11:42
Kooandra Naiah	1:05:02	00:13:00