

Trail Time Trial Leader Board - All Results 5KM

Date

Thursday, 25 March 2021



Column Labels		
	5	
Row Labels	Time.	Pace.
George Karas	24:54	00:04:59
Sheraaz Snyman	25:27	00:05:05
Julie Parry	26:15	00:05:15
Matthew Brislin	26:24	00:05:17
Dean Kruger	26:27	00:05:17
Russell Bradbrooke	26:36	00:05:19
Mias Steenberg	26:46	00:05:21
Daleen Massyn	26:49	00:05:22
Rob Walker-Campbell	27:09	00:05:26
Carmen Walker-Campbell	27:41	00:05:32
Hendri Massyn	28:32	00:05:42
Mark de Klerk	28:39	00:05:44
Sandy Duvenhage	29:34	00:05:55
Rita Loots	30:22	00:06:04
Sissy Pieterse	30:50	00:06:10
Valeska Muller	30:50	00:06:10
Riaad Snyman	30:53	00:06:11
Lauren Keve	31:00	00:06:12
Bennie Bronn	31:00	00:06:12
Megan Adams	31:04	00:06:13
Benjamin O'Neil	31:31	00:06:18
Matthew Pantland	32:01	00:06:24
Philip Koegelenberg	32:04	00:06:25
Inge Kuhne	32:09	00:06:26
Marika Bauermeister	32:48	00:06:34
Cheri Morside	33:05	00:06:37
Wade Swart	33:32	00:06:42
Lauren Burn	33:50	00:06:46
Theo Adams	34:00	00:06:48
Pearl Adams	34:00	00:06:48
Elizabeth	34:00	00:06:48
Phia Swartz	35:00	00:07:00
Grant Duvenhage	35:00	00:07:00
Michel Bega	35:01	00:07:00
Leo Bega	35:01	00:07:00
Cathy Duvenhage	35:03	00:07:01
Sally Stumbles	35:03	00:07:01
Claire Lord	35:25	00:07:05
Wendy Koegelenberg	36:54	00:07:23
Hein Hefer	37:33	00:07:31
Nick Loots	37:33	00:07:31
Amy Stumbles	37:48	00:07:34
Francesca Monzeglio	37:51	00:07:34

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Column Labels

	5	
Monique Bradbrooke	38:38	00:07:44
Gordon Richardson	39:10	00:07:50
Heidi Cerfontyne	39:42	00:07:56
Hannah Cerfontyne	39:42	00:07:56
Richard Pearse	48:00	00:09:36