

45 km 2019

POS	P/GESL	NOMMER	NAAM	VAN	GESLAG	OUDERDOM	TYD	CXM	CAT
1	1	361	Hans-Willem	Moolman	M	17	01:28:04	JM	
2	2	304	Benino	Hans	M	17	01:28:11		
3	3	301	MJ	Marais	M	17	01:29:40		
4	4	390	Braam	Wannenburg	M		01:29:46		
5	5	381	Vusi	Marenene	M		01:30:24		
6	6	398	Breyton	Hendriks	M	15	01:37:24	YM	
7	7	399	Christoff	Vos	M		01:37:30		
8	8	305	Wadrick	Pienaar	M	17	01:38:04		
9	1	369	Kirstin	Roelofse	V	17	01:40:56		
10	2	317	Charlissa	Schultz	V	17	01:41:22		
11	9	357	Abrie	Van Tonder	M	33	01:42:32		
12	10	363	Revaldo	Jacobs	M		01:43:13		
13	11	339	André	Roode	M	16	01:43:25		
14	12	393	Dean	Fourie	M		01:43:32		
15	13	359	Thinus	Eloff	M	55	01:43:37		
16	14	341	Dian	Aslett	M		01:43:57		
17	3	342	Mia	Bester	V	18	01:44:21		
18	4	344	Alissa	Coetzer	V	15	01:49:18		
19	15	374	Morné	Veitch	M	30	01:49:32		
20	16	368	Michael	Wood	M	23	01:50:32		
21	17	373	Willie	Oosthuizen	M		01:50:57		
22	18	371	Waldo	Snyman	M	13	01:52:08		
23	19	325	Zinedine	de Nil	M	15	01:52:53		
24	5	376	Martine	Nel	V		01:53:31		
25	20	323	Bart	de Nil	M	54	01:53:43		
26	21	370	Izak	Boshoff	M		01:53:53		
27	22	372	Jaye-Jaye	Joubert	M	15	01:53:58	YM	
28	23	388	Allan	Connely	M		01:56:01		
29	24	307	Murray	Reid	M	44	01:56:27		
30	6	396	Charlene	Davel	V		01:56:39		
31	25	397	Petrie	Davel	M		01:56:43		
32	56	354	Louis	Pienaar	M	41	01:57:16		
33	7	355	Jeanette	Hamilton	V	47	01:57:21		
34	26	378	Marius	Bernardo	M		01:57:35		
35	57	335	Christiaan	Kritzing	M	18	01:57:40	JM	
36	27	367	Herkie	Du Plessis	M		01:58:08		
37	28	366	Frikkie	Jonck	M		01:58:31		
38	29	377	Jacques	Jacobs	M		01:58:36		
39	8	382	Brenda	Swart	V		01:58:41		
40	9	384	Lianda	Smit	V		01:59:16		
41	58	340	Christiaan	Swanepoel	M	15	02:00:00		
42	30	383	Marlo	Barnard	M	15	02:00:46		
43	31	349	Reynier	van Jaarsveld	M	15	02:01:04		
44	32	403	Vernon	McKay	M		02:02:58		
45	33	380	Hennie	Van Rensburg	M		02:03:27		
46	34	362	Charles	Ewerts	M		02:03:58		
47	35	365	Janu	Minnie	M		02:05:01		
48	36	350	Sebastian	Strydom	M	15	02:05:06	YM	
49	10	386	Corné	Serfontein	V	52	02:05:25	MW	
50	37	309	Darron	Aslett	M	44	02:05:39		
51	38	313	Rider	Haggard	M	37	02:07:11		
52	11	364	Hanneke	Nortje	V		02:07:16		
53	39	385	Estian	Stander	M		02:08:02		
54	40	389	Johannes	Barkhuizen	M		02:08:07		
55	41	402	Jeandré	Van Tonder	M		02:08:17		
56	42	314	AJ	Myburgh	M	30	02:08:28		
57	43	314	Nico	Myburgh	M		02:08:28		
58	12	358	Willemien	Van Tonder	V	31	02:08:33		
59	44	356	Johan	Lindeque	M	58	02:09:59		
60	59	353	Hannes	Oosthuizen	M	15	02:10:11		
61	60	337	Christopher	Snyman	M	15	02:11:19		
62	13	302	Robyn-Lynne	Reid	V	45	02:12:40		
63	61	345	Cornelius	Van der Merwe	M	15	02:13:21		
64	14	346	Zoé	Arendt	V	15	02:14:45		
65	62	347	James	Krause	M	32	02:14:50		
66	15	400	Lize	Erasmus	V		02:15:22		
67	45	352	Diwan	Immink	M	15	02:17:13		
68	46	315	JF	Steenberg	M	52	02:18:00		
69	16	318	Chandré	Schultz	V	15	02:18:15		
70	17	321	Tess	Redelinghuys	V	52	02:19:37		
71	47	322	Muller	Redelinghuys	M	52	02:19:41		
72	48	334	Ferdi	Schreck	M	45	02:19:54		
73	18	306	Brigitte	Aubery	V	51	02:19:58		
74	19	401	Yvette	Pitts	V		02:20:32		
75	20	331	Anita	Lazarus	V	47	02:27:02		
76	63	330	Herman	Lazarus	M	50	02:27:08		
77	49	375	Thys	Myburgh	M		02:27:15		
78	21	312	Orpa	Haggard	V	38	02:29:28		
79	50	348	Michiel	Herholdt	M	15	02:30:50		
80	22	303	Charlize	Murphy	V	17	02:31:10		
81	51	391	Morné	Pienaar	M		02:31:40		
82	52	392	Thomas	Halgreen	M		02:31:45		

83	23	395	Annette	Pienaar	V		02:37:48		
84	53	387	Stephan	Muller	M		02:37:52		
85	54	308	Ramon	Aubery	M	51	02:48:11		
86	24	360	Isabel	Van der Merwe	V	43	02:53:21		
87	25	333	Marissa	Meyer	V	52	02:54:13		
88	55	326	Riëtte	Gelderblom	M	34	03:12:21		