



## 2019 Trail Run 4km



RaceNumber	Distance	surname	firstname	Age	IDNo	gender	GenderPos	Category	CatPosition	RaceTime	OverallPos	Speed
1113	4	Marshall	Tiffany	12	2007/11/20	Female	1	Open Run (F)	1	00:28:10	2	8.52
1110	4	Pieters	Lyndie	32	1987/02/09	Female	2	Open Run (F)	2	00:29:23	3	8.17
1107	4	Harris	Christey	23	1996/06/18	Female	3	Open Run (F)	3	00:29:33	4	8.12
1106	4	Coetser	Alicia	27	1992/08/07	Female	4	Open Run (F)	4	00:30:18	5	7.92
1112	4	Prinsloo	Liandra	37	1982/01/13	Female	5	Open Run (F)	5	00:31:51	7	7.54
1105	4	Pretorius	Lara	50	1969/01/23	Female	6	Open Run (F)	6	00:32:17	8	7.43
1108	4	Willemse	Neldi	38	1981/01/09	Female	7	Open Run (F)	7	00:44:17	9	5.42
1114	4	Luis	Lydia	40	1979/06/02	Female	8	Open Run (F)	8	00:44:26	10	5.40
1115	4	McIntosh	Belinda	45	1974/04/25	Female	9	Open Run (F)	9	00:44:38	11	5.38
1116	4	Gates	Marelize	50	1969/03/14	Female	10	Open Run (F)	10	00:44:40	12	5.37
1117	4	van Staden	Linda	35	1984/01/22	Female	11	Open Run (F)	11	00:44:48	13	5.36
1100	4	van Tubberg	Leoni	60	1959/12/03	Female	12	Open Run (F)	12	00:50:31	14	4.75
1102	4	Wahl	Frances	55	1964/07/18	Female	13	Open Run (F)	13	00:50:34	15	4.75
1109	4	Lubbe	Luan	12	2007/08/28	Male	1	Open Run (M)	1	00:28:03	1	8.56
1111	4	Prinsloo	Steyn	37	1982/10/25	Male	2	Open Run (M)	2	00:31:48	6	7.55
1103	4	Wahl	Cor	57	1962/12/03	Male	3	Open Run (M)	3	00:50:37	16	4.74
1101	4	Van Tubbergh	Leon	61	1958/01/04	Male	4	Open Run (M)	4	00:50:40	17	4.74