

Date	Participant	AGE	Distance	Hrs	Minutes	Seconds	Base Target	Base > 10%	Base > 20%	Base > 30%	Time (HH:MM:SS)	Pace (HH:MM:SS)	Implied 5km Time	PB - PRE	PB - POST	PTS - COMPLETE	PTS - PB	PTS - TARGET	P
11-May-22	Chester Dioka	39	8,01	0	29	9	00:23:42	00:21:20	00:18:57	00:16:35	00:29:09	00:03:38	00:18:12	00:17:59	00:17:59	1	0	3	
11-May-22	Elme Middlemost	43	5,01	0	19	38	00:24:17	00:21:52	00:19:26	00:17:00	00:19:38	00:03:55	00:19:36	00:19:52	00:19:36	1	2	2	
11-May-22	Erick van der Colff	47	8,025	0	37	18	00:25:28	00:22:56	00:20:23	00:17:50	00:37:18	00:04:39	00:23:14	00:22:44	00:22:44	1	0	1	
11-May-22	Janke du Plessis	36	7,308	0	34	3	00:23:42	00:21:20	00:18:57	00:16:35	00:34:03	00:04:40	00:23:18	00:21:59	00:21:59	1	0	1	
11-May-22	Juan Pierre Brandsen	30	5,01	0	23	36	00:23:06	00:20:48	00:18:29	00:16:10	00:23:36	00:04:43	00:23:33	00:26:55	00:23:33	1	2	0	
11-May-22	Janika Botha	30	6,36	0	30	4	00:23:06	00:20:48	00:18:29	00:16:10	00:30:04	00:04:44	00:23:38	00:22:13	00:22:13	1	0	0	
11-May-22	Erick van der Colff	47	6,138	0	29	57	00:25:28	00:22:56	00:20:23	00:17:50	00:29:57	00:04:53	00:24:24	00:22:44	00:22:44	1	0	1	
11-May-22	Nols Kennedy	43	5,075	0	24	48	00:24:17	00:21:52	00:19:26	00:17:00	00:24:48	00:04:53	00:24:26	00:22:39	00:22:39	1	0	0	
11-May-22	Theo Botha	39	5,222	0	26	32	00:23:42	00:21:20	00:18:57	00:16:35	00:26:32	00:05:05	00:25:24	00:22:16	00:22:16	1	0	0	
11-May-22	Ronnie van der Walt	41	15,25	1	18	2	00:24:17	00:21:52	00:19:26	00:17:00	01:18:02	00:05:07	00:25:35	00:23:52	00:23:52	1	0	0	
11-May-22	Jandri Olivier	34	10,39	0	53	23	00:23:06	00:20:48	00:18:29	00:16:10	00:53:23	00:05:08	00:25:41	00:25:57	00:25:41	1	2	0	
11-May-22	Willem Nieuwoudt	58	8,042	0	41	46	00:27:15	00:24:32	00:21:48	00:19:05	00:41:46	00:05:12	00:25:58	00:24:36	00:24:36	1	0	1	
11-May-22	Chrisna Nieuwoudt	57	8,004	0	42	10	00:27:15	00:24:32	00:21:48	00:19:05	00:42:10	00:05:16	00:26:20	00:26:31	00:26:20	1	2	1	
11-May-22	Steven De Lange	31	5,121	0	27	18	00:23:06	00:20:48	00:18:29	00:16:10	00:27:18	00:05:20	00:26:39	00:19:20	00:19:20	1	0	0	
11-May-22	Craig Mobey	53	5,005	0	26	59	00:26:04	00:23:28	00:20:51	00:18:15	00:26:59	00:05:23	00:26:57	00:27:22	00:26:57	1	2	0	
11-May-22	Pieter Roos	39	5,016	0	27	29	00:23:42	00:21:20	00:18:57	00:16:35	00:27:29	00:05:29	00:27:24	00:25:42	00:25:42	1	0	0	
11-May-22	Misha Laubscher	32	5,014	0	27	57	00:23:06	00:20:48	00:18:29	00:16:10	00:27:57	00:05:34	00:27:52	00:25:12	00:25:12	1	0	0	
11-May-22	Russell Nugent	52	8,871	0	50	6	00:26:04	00:23:28	00:20:51	00:18:15	00:50:06	00:05:39	00:28:14	00:23:23	00:23:23	1	0	0	
11-May-22	Richard Wicht	50	6,088	0	35	10	00:26:04	00:23:28	00:20:51	00:18:15	00:35:10	00:05:47	00:28:53	00:29:55	00:28:53	1	2	0	
11-May-22	Andries Coetzee	30	9,73	0	58	18	00:23:06	00:20:48	00:18:29	00:16:10	00:58:18	00:06:00	00:29:58	00:27:23	00:27:23	1	0	0	
11-May-22	Estelle Geerkens	49	6,97	0	43	33	00:25:28	00:22:56	00:20:23	00:17:50	00:43:33	00:06:15	00:31:14	00:24:08	00:24:08	1	0	0	
11-May-22	Kevin Crole	54	5,008	0	32	32	00:26:04	00:23:28	00:20:51	00:18:15	00:32:32	00:06:30	00:32:29	00:31:09	00:31:09	1	0	0	
11-May-22	Maria Compion	41	5,009	0	33	25	00:24:17	00:21:52	00:19:26	00:17:00	00:33:25	00:06:40	00:33:21	00:33:19	00:33:19	1	0	0	
11-May-22	Johan Duvenhage	53	5,014	0	33	35	00:26:04	00:23:28	00:20:51	00:18:15	00:33:35	00:06:42	00:33:29	00:33:40	00:33:29	1	2	0	
11-May-22	Riana Burger	37	6,001	0	40	53	00:23:42	00:21:20	00:18:57	00:16:35	00:40:53	00:06:49	00:34:04	00:31:51	00:31:51	1	0	0	
11-May-22	Hengie McInnes	55	8,216	0	57	4	00:27:15	00:24:32	00:21:48	00:19:05	00:57:04	00:06:57	00:34:44	00:33:39	00:33:39	1	0	0	
11-May-22	Lizette Mobey	55	5,009	0	35	59	00:27:15	00:24:32	00:21:48	00:19:05	00:35:59	00:07:11	00:35:55	00:36:09	00:35:55	1	2	0	
11-May-22	Betsy Wall	45	5,15	0	41	43	00:25:28	00:22:56	00:20:23	00:17:50	00:41:43	00:08:06	00:40:30	00:35:25	00:35:25	1	0	0	
11-May-22	Wilna van Emmenis	60	5,161	0	52	32	00:29:02	00:26:08	00:23:13	00:20:19	00:52:32	00:10:11	00:50:54	00:49:47	00:49:47	1	0	0	