

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	PTS - TOTAL
05-Jan-22	Ettienne Coetzer	38	14,789	1	2	39	00:23:42	00:21:20	00:18:57	00:16:35	01:02:39	00:04:14	00:21:11		00:21:11	1	0	2	
05-Jan-22	Anton Janse van Rensburg	47	5	0	21	17	00:25:28	00:22:56	00:20:23	00:17:50	00:21:17	00:04:15	00:21:17		00:21:17	1	0	2	
05-Jan-22	Pieter Laubscher	37	5,015	0	22	1	00:23:42	00:21:20	00:18:57	00:16:35	00:22:01	00:04:23	00:21:57		00:21:57	1	0	1	
05-Jan-22	Stiaan von Wielligh	36	5	0	23	11	00:23:42	00:21:20	00:18:57	00:16:35	00:23:11	00:04:38	00:23:11		00:23:11	1	0	1	
05-Jan-22	Theo Botha	39	6,058	0	28	14	00:23:42	00:21:20	00:18:57	00:16:35	00:28:14	00:04:40	00:23:18		00:23:18	1	0	1	
05-Jan-22	Janika Botha	29	6,01	0	28	11	00:23:06	00:20:48	00:18:29	00:16:10	00:28:11	00:04:41	00:23:27		00:23:27	1	0	0	
05-Jan-22	Nols Kennedy	42	5,038	0	23	44	00:24:17	00:21:52	00:19:26	00:17:00	00:23:44	00:04:43	00:23:33		00:23:33	1	0	1	
05-Jan-22	Ronnie van der Walt	40	10,23	0	50	33	00:24:17	00:21:52	00:19:26	00:17:00	00:50:33	00:04:56	00:24:42		00:24:42	1	0	0	
05-Jan-22	Misha Laubscher	31	5,014	0	25	38	00:23:06	00:20:48	00:18:29	00:16:10	00:25:38	00:05:07	00:25:34		00:25:34	1	0	0	
05-Jan-22	Rikus Hattingh	30	10,427	0	54	7	00:23:06	00:20:48	00:18:29	00:16:10	00:54:07	00:05:11	00:25:57		00:25:57	1	0	0	
05-Jan-22	Jandri Olivier	33	5,52	0	29	37	00:23:06	00:20:48	00:18:29	00:16:10	00:29:37	00:05:22	00:26:50		00:26:50	1	0	0	
05-Jan-22	Johan Visser	28	8,293	0	45	13	00:23:06	00:20:48	00:18:29	00:16:10	00:45:13	00:05:27	00:27:16		00:27:16	1	0	0	
05-Jan-22	Erick van der Colff	46	11,007	1	0	12	00:25:28	00:22:56	00:20:23	00:17:50	01:00:12	00:05:28	00:27:21		00:27:21	1	0	0	
05-Jan-22	Daryl de Wee	26	5,027	0	27	32	00:23:06	00:20:48	00:18:29	00:16:10	00:27:32	00:05:29	00:27:23		00:27:23	1	0	0	
05-Jan-22	Chrisna Nieuwoudt	57	12,848	1	10	30	00:27:15	00:24:32	00:21:48	00:19:05	01:10:30	00:05:29	00:27:26		00:27:26	1	0	0	
05-Jan-22	Estelle Geerkens	48	5,89	0	32	29	00:25:28	00:22:56	00:20:23	00:17:50	00:32:29	00:05:31	00:27:34		00:27:34	1	0	0	
05-Jan-22	Ishmael Molahleli	50	5,33	0	29	36	00:26:04	00:23:28	00:20:51	00:18:15	00:29:36	00:05:33	00:27:46		00:27:46	1	0	0	
05-Jan-22	Lorna Groenewald	31	5,07	0	29	14	00:23:06	00:20:48	00:18:29	00:16:10	00:29:14	00:05:46	00:28:50		00:28:50	1	0	0	
05-Jan-22	Sonja von Wielligh	36	5,009	0	29	20	00:23:42	00:21:20	00:18:57	00:16:35	00:29:20	00:05:51	00:29:17		00:29:17	1	0	0	
05-Jan-22	Piet Muller	36	6,52	0	38	25	00:23:42	00:21:20	00:18:57	00:16:35	00:38:25	00:05:54	00:29:28		00:29:28	1	0	0	
05-Jan-22	Monique Jansen van Vuuren	30	5,109	0	30	45	00:23:06	00:20:48	00:18:29	00:16:10	00:30:45	00:06:01	00:30:06		00:30:06	1	0	0	
05-Jan-22	Elme Middlemost	43	15,013	1	33	24	00:24:17	00:21:52	00:19:26	00:17:00	01:33:24	00:06:13	00:31:06		00:31:06	1	0	0	
05-Jan-22	Kevin Crole	54	5,077	0	32	25	00:26:04	00:23:28	00:20:51	00:18:15	00:32:25	00:06:23	00:31:56		00:31:56	1	0	0	
05-Jan-22	Gretchen Visser	56	6,255	0	40	2	00:27:15	00:24:32	00:21:48	00:19:05	00:40:02	00:06:24	00:32:00		00:32:00	1	0	0	
05-Jan-22	Craig Mobey	52	5,144	0	34	35	00:26:04	00:23:28	00:20:51	00:18:15	00:34:35	00:06:43	00:33:37		00:33:37	1	0	0	
05-Jan-22	Ramon Titus	43	12,116	1	22	21	00:24:17	00:21:52	00:19:26	00:17:00	01:22:21	00:06:48	00:33:59		00:33:59	1	0	0	
05-Jan-22	Julie Estey	39	8,697	1	0	22	00:23:42	00:21:20	00:18:57	00:16:35	01:00:22	00:06:56	00:34:42		00:34:42	1	0	0	
05-Jan-22	Samantha Winterbottom	46	10	1	12	30	00:25:28	00:22:56	00:20:23	00:17:50	01:12:30	00:07:15	00:36:15		00:36:15	1	0	0	
05-Jan-22	Betsy Wall	45	10,712	1	18	11	00:25:28	00:22:56	00:20:23	00:17:50	01:18:11	00:07:18	00:36:30		00:36:30	1	0	0	
05-Jan-22	Johan Duvenhage	53	8,005	0	59	55	00:26:04	00:23:28	00:20:51	00:18:15	00:59:55	00:07:29	00:37:25		00:37:25	1	0	0	
05-Jan-22	Charles Bailie	43	5,029	0	38	33	00:24:17	00:21:52	00:19:26	00:17:00	00:38:33	00:07:40	00:38:20		00:38:20	1	0	0	
05-Jan-22	Lizette Mobey	54	5,008	0	41	22	00:26:04	00:23:28	00:20:51	00:18:15	00:41:22	00:08:16	00:41:18		00:41:18	1	0	0	
05-Jan-22	Anneke van Emmenis	31	5	0	45	51	00:23:06	00:20:48	00:18:29	00:16:10	00:45:51	00:09:10	00:45:51		00:45:51	1	0	0	
05-Jan-22	Anneri Konig	36	5,085	0	54	41	00:23:42	00:21:20	00:18:57	00:16:35	00:54:41	00:10:45	00:53:46		00:53:46	1	0	0	
05-Jan-22	Wilna van Emmenis	60	5,192	0	56	4	00:29:02	00:26:08	00:23:13	00:20:19	00:56:04	00:10:48	00:54:00		00:54:00	1	0	0	
05-Jan-22	Ntombi Nqeto	43	6,274	1	15	29	00:24:17	00:21:52	00:19:26	00:17:00	01:15:29	00:12:02	01:00:09		01:00:09	1	0	0	
12-Jan-22	Steven De Lange	31	7,113	0	29	27	00:23:06	00:20:48	00:18:29	00:16:10	00:29:27	00:04:08	00:20:42	00:00:00	00:20:42	1	0	2	
12-Jan-22	Janika Botha	29	5,01	0	22	24	00:23:06	00:20:48	00:18:29	00:16:10	00:22:24	00:04:28	00:22:21	00:23:27	00:22:21	1	2	1	
12-Jan-22	Theo Botha	39	5,193	0	23	29	00:23:42	00:21:20	00:18:57	00:16:35	00:23:29	00:04:31	00:22:37	00:23:18	00:22:37	1	2	1	
12-Jan-22	Nols Kennedy	42	5,02	0	23	39	00:24:17	00:21:52	00:19:26	00:17:00	00:23:39	00:04:43	00:23:33	00:23:33	00:23:33	1	0	1	
12-Jan-22	Russell Nugent	52	12,574	1	1	12	00:26:04	00:23:28	00:20:51	00:18:15	01:01:12	00:04:52	00:24:20	00:00:00	00:24:20	1	0	1	
12-Jan-22	Chester Dioka	39	46,567	3	51	25	00:23:42	00:21:20	00:18:57	00:16:35	03:51:25	00:04:58	00:24:51	00:00:00	00:24:51	1	0	0	
12-Jan-22	Misha Laubscher	31	5,008	0	25	39	00:23:06	00:20:48	00:18:29	00:16:10	00:25:39	00:05:07	00:25:37	00:25:34	00:25:34	1	0	0	
12-Jan-22	Ronnie van der Walt	40	10,04	0	52	23	00:24:17	00:21:52	00:19:26	00:17:00	00:52:23	00:05:13	00:26:05	00:24:42	00:24:42	1	0	0	
12-Jan-22	Erick van der Colff	46	10,006	0	52	25	00:25:28	00:22:56	00:20:23	00:17:50	00:52:25	00:05:14	00:26:12	00:27:21	00:26:12	1	2	0	
12-Jan-22	Estelle Geerkens	48	6,15	0	32	24	00:25:28	00:22:56	00:20:23	00:17:50	00:32:24	00:05:16	00:26:20	00:27:34	00:26:20	1	2	0	
12-Jan-22	Rikus Hattingh	30	5	0	26	25	00:23:06	00:20:48	00:18:29	00:16:10	00:26:25	00:05:17	00:26:25	00:25:57	00:25:57	1	0	0	
12-Jan-22	Tokkolicious Nugent	42	7	0	37	19	00:24:17	00:21:52	00:19:26	00:17:00	00:37:19	00:05:20	00:26:39	00:00:00	00:26:39	1	0	0	
12-Jan-22	Elme Middlemost	43	25,021	2	13	24	00:24:17	00:21:52	00:19:26	00:17:00	02:13:24	00:05:20	00:26:39	00:31:06	00:26:39	1	2	0	
12-Jan-22	Ishmael Molahleli	50	5,05	0	28	15	00:26:04	00:23:28	00:20:51	00:18:15	00:28:15	00:05:36	00:27:58	00:27:46	00:27:46	1	0	0	
12-Jan-22	Ramon Titus	43	8,01	0	45	6	00:24:17	00:21:52	00:19:26	00:17:00	00:45:06	00:05:38	00:28:09	00:33:59	00:28:09	1	2	0	
12-Jan-22	Rouise Snyman	23	10,666	1	0	21	00:23:06	00:20:48	00:18:29	00:16:10	01:00:21	00:05:39	00:28:17	00:00:00	00:28:17	1	0	0	
12-Jan-22	Chrisna Nieuwoudt	57	5,116	0	28	57	00:27:15	00:24:32	00:21:48	00:19:05	00:28:57	00:05:40	00:28:18	00:27:26	00:27:26	1	0	0	
12-Jan-22	Elzabe Liebenberg	49	5,025	0	28	28	00:25:28	00:22:56	00:20:23	00:17:50	00:28:28	00:05:40	00:28:20	00:00:00	00:28:20	1	0	0	
12-Jan-22	Johan Visser	28	7,943	0	45	2	00:23:06	00:20:48	00:18:29	00:16:10	00:45:02	00:05:40	00:28:21	00:27:16	00:27:16	1	0	0	
12-Jan-22	Daryl de Wee	26	5,058	0	29	23	00:23:06	00:20:48	00:18:29	00:16:10	00:29:23	00:05:49	00:29:03	00:27:23	00:27:23	1	0	0	
12-Jan-22	Sonja von Wielligh	36	5,008	0	29	15	00:23:42	00:21:20	00:18:57	00:16:35	00:29:15	00:05:50	00:29:12	00:29:17	00:29:12	1	2	0	
12-Jan-22	Pieter Laubscher	37	8,009	0	46	51	00:23:42	00:21:20	00:18:57	00:16:35	00:46:51	00:05:51	00:29:15	00:21:57	00:21:57	1	0	0	
12-Jan-22	Georgin de Wee	29	5,072	0	30	4	00:23:06	00:20:48	00:18:29	00:16:10	00:30:04	00:05:56	00:29:38	00:00:00	00:29:38	1	0	0	
12-Jan-22	Carla Spangenberg	39	6,041	0	36	2	00:23:42	00:21:20	00:18:57	00:16:35	00:36:02	00:05:58	00:29:49	00:00:00	00:29:49	1	0	0	
12-Jan-22	Andries Coetzee	30	12,025	1	13	54	00:23:06	00:20:48	00:18:29	00:16:10	01:13:54	00:06:09	00:30:44	00:00:00	00:30:44	1	0	0	
12-Jan-22	Piet Muller	36	6,3	0	40	3	00:23:42	00:21:20	00:18:57	00:16:35	00:40:03	00:06:21	00:31:47	00:29:28	00:29:28	1	0	0	

12-Jan-22	Raymond du Plessis	36	5,687	0	36	16	00:23:42	00:21:20	00:18:57	00:16:35	00:36:16	00:06:23	00:31:53	00:00:00	00:31:53	1	0	0
12-Jan-22	Gretchen Visser	56	7,01	0	45	6	00:27:15	00:24:32	00:21:48	00:19:05	00:45:06	00:06:26	00:32:10	00:32:00	00:32:00	1	0	0
12-Jan-22	Kevin Crole	54	5,008	0	32	20	00:26:04	00:23:28	00:20:51	00:18:15	00:32:20	00:06:27	00:32:17	00:31:56	00:31:56	1	0	0
12-Jan-22	Hengie McInnes	55	10,673	1	11	57	00:27:15	00:24:32	00:21:48	00:19:05	01:11:57	00:06:44	00:33:42	00:00:00	00:33:42	1	0	0
12-Jan-22	Nicky Glickman	49	10,07	1	9	9	00:25:28	00:22:56	00:20:23	00:17:50	01:09:09	00:06:52	00:34:20	00:00:00	00:34:20	1	0	0
12-Jan-22	Maria Compion	40	5,004	0	34	50	00:24:17	00:21:52	00:19:26	00:17:00	00:34:50	00:06:58	00:34:48	00:00:00	00:34:48	1	0	0
12-Jan-22	Prasidh Ramson	45	7,172	0	52	32	00:25:28	00:22:56	00:20:23	00:17:50	00:52:32	00:07:19	00:36:37	00:00:00	00:36:37	1	0	0
12-Jan-22	Johan Duvenhage	53	5,002	0	37	15	00:26:04	00:23:28	00:20:51	00:18:15	00:37:15	00:07:27	00:37:14	00:07:25	00:37:14	1	2	0
12-Jan-22	Julie Estey	39	12,17	1	33	8	00:23:42	00:21:20	00:18:57	00:16:35	01:33:08	00:07:39	00:38:16	00:34:42	00:34:42	1	0	0
12-Jan-22	Craig Mobey	53	5,015	0	41	26	00:26:04	00:23:28	00:20:51	00:18:15	00:41:26	00:08:16	00:41:19	00:33:37	00:33:37	1	0	0
12-Jan-22	Samantha Winterbottom	46	5	0	41	23	00:25:28	00:22:56	00:20:23	00:17:50	00:41:23	00:08:17	00:41:23	00:36:15	00:36:15	1	0	0
12-Jan-22	Lizette Mobey	54	5,022	0	41	54	00:26:04	00:23:28	00:20:51	00:18:15	00:41:54	00:08:21	00:41:43	00:41:18	00:41:18	1	0	0
12-Jan-22	Anneke van Emmenis	31	5	0	47	36	00:23:06	00:20:48	00:18:29	00:16:10	00:47:36	00:09:31	00:47:36	00:45:51	00:45:51	1	0	0
12-Jan-22	Wilna van Emmenis	60	6,371	1	14	19	00:29:02	00:26:08	00:23:13	00:20:19	01:14:19	00:11:40	00:58:19	00:54:00	00:54:00	1	0	0
12-Jan-22	Willem Nieuwoudt	58	9,114	1	52	56	00:27:15	00:24:32	00:21:48	00:19:05	01:52:56	00:12:23	01:01:57	00:00:00	01:01:57	1	0	0
12-Jan-22	Ntombi Nqeto	43	10,476	2	11	52	00:24:17	00:21:52	00:19:26	00:17:00	02:11:52	00:12:35	01:02:56	01:00:09	01:00:09	1	0	0
12-Jan-22	Anneri Konig	36	5,051	1	25	58	00:23:42	00:21:20	00:18:57	00:16:35	01:25:58	00:17:01	01:25:06	00:53:46	00:53:46	1	0	0
18-Jan-22	Ettienne Coetzer	38	6,232	0	22	37	00:23:42	00:21:20	00:18:57	00:16:35	00:22:37	00:03:38	00:18:09	00:21:11	00:18:09	1	2	3
18-Jan-22	Chester Dioka	39	5,009	0	18	39	00:23:42	00:21:20	00:18:57	00:16:35	00:18:39	00:03:43	00:18:37	00:24:51	00:18:37	1	2	3
18-Jan-22	Steven De Lange	31	5,035	0	19	31	00:23:06	00:20:48	00:18:29	00:16:10	00:19:31	00:03:53	00:19:23	00:20:42	00:19:23	1	2	2
18-Jan-22	Elme Middlemost	43	5,003	0	20	30	00:24:17	00:21:52	00:19:26	00:17:00	00:20:30	00:04:06	00:20:29	00:26:39	00:20:29	1	2	2
18-Jan-22	Pieter Laubscher	37	9,498	0	39	42	00:23:42	00:21:20	00:18:57	00:16:35	00:39:42	00:04:11	00:20:54	00:21:57	00:20:54	1	2	2
18-Jan-22	Anton Janse van Rensburg	47	5	0	21	27	00:25:28	00:22:56	00:20:23	00:17:50	00:21:27	00:04:17	00:21:27	00:21:17	00:21:17	1	0	2
18-Jan-22	Nols Kennedy	42	5,094	0	23	5	00:24:17	00:21:52	00:19:26	00:17:00	00:23:05	00:04:32	00:22:39	00:23:33	00:22:39	1	2	1
18-Jan-22	Rikus Hattingh	30	5,603	0	26	5	00:23:06	00:20:48	00:18:29	00:16:10	00:26:05	00:04:39	00:23:17	00:25:57	00:23:17	1	2	0
18-Jan-22	Ishmael Molahleli	50	5,62	0	27	9	00:26:04	00:23:28	00:20:51	00:18:15	00:27:09	00:04:50	00:24:09	00:27:46	00:24:09	1	2	1
18-Jan-22	Theo Botha	39	6,029	0	29	14	00:23:42	00:21:20	00:18:57	00:16:35	00:29:14	00:04:51	00:24:15	00:22:37	00:22:37	1	0	0
18-Jan-22	Carli van der Westhuizen	32	5,028	0	24	37	00:23:06	00:20:48	00:18:29	00:16:10	00:24:37	00:04:54	00:24:29	00:00:00	00:24:29	1	0	0
18-Jan-22	Misha Laubscher	31	5,011	0	25	15	00:23:06	00:20:48	00:18:29	00:16:10	00:25:15	00:05:02	00:25:12	00:25:34	00:25:12	1	2	0
18-Jan-22	Erick van der Colff	46	5,008	0	25	30	00:25:28	00:22:56	00:20:23	00:17:50	00:25:30	00:05:06	00:25:28	00:26:12	00:25:28	1	2	1
18-Jan-22	Elzabe Liebenberg	49	5,152	0	26	22	00:25:28	00:22:56	00:20:23	00:17:50	00:26:22	00:05:07	00:25:35	00:28:20	00:25:35	1	2	0
18-Jan-22	Estelle Geerkens	49	5,32	0	27	15	00:25:28	00:22:56	00:20:23	00:17:50	00:27:15	00:05:07	00:25:37	00:26:20	00:25:37	1	2	0
18-Jan-22	Johan Visser	28	8,529	0	45	3	00:23:06	00:20:48	00:18:29	00:16:10	00:45:03	00:05:17	00:26:25	00:27:16	00:26:25	1	2	0
18-Jan-22	Chrisna Nieuwoudt	57	5,326	0	28	32	00:27:15	00:24:32	00:21:48	00:19:05	00:28:32	00:05:21	00:26:47	00:27:26	00:26:47	1	2	1
18-Jan-22	Rouise Snyman	23	12,124	1	6	41	00:23:06	00:20:48	00:18:29	00:16:10	01:06:41	00:05:30	00:27:30	00:28:17	00:27:30	1	2	0
18-Jan-22	John Bensley	23	5,596	0	31	18	00:23:06	00:20:48	00:18:29	00:16:10	00:31:18	00:05:36	00:27:58	00:00:00	00:27:58	1	0	0
18-Jan-22	Ronnie van der Walt	40	8,039	0	45	17	00:24:17	00:21:52	00:19:26	00:17:00	00:45:17	00:05:38	00:28:10	00:24:42	00:24:42	1	0	0
18-Jan-22	Ramon Titus	43	12,034	1	8	0	00:24:17	00:21:52	00:19:26	00:17:00	01:08:00	00:05:39	00:28:15	00:28:09	00:28:09	1	0	0
18-Jan-22	Jandri Olivier	33	5,22	0	29	33	00:23:06	00:20:48	00:18:29	00:16:10	00:29:33	00:05:40	00:28:18	00:26:50	00:26:50	1	0	0
18-Jan-22	Wakes Mjekula	57	12,324	1	10	36	00:27:15	00:24:32	00:21:48	00:19:05	01:10:36	00:05:44	00:28:39	00:00:00	00:28:39	1	0	0
18-Jan-22	Willem Nieuwoudt	58	7,804	0	44	52	00:27:15	00:24:32	00:21:48	00:19:05	00:44:52	00:05:45	00:28:45	01:01:57	00:28:45	1	2	0
18-Jan-22	Tokkolicious Nugent	42	5	0	29	0	00:24:17	00:21:52	00:19:26	00:17:00	00:29:00	00:05:48	00:29:00	00:26:39	00:26:39	1	0	0
18-Jan-22	Craig Mobey	53	5,012	0	29	25	00:26:04	00:23:28	00:20:51	00:18:15	00:29:25	00:05:52	00:29:21	00:33:37	00:29:21	1	2	0
18-Jan-22	Carla Spangenberg	39	6,038	0	37	49	00:23:42	00:21:20	00:18:57	00:16:35	00:37:49	00:06:16	00:31:19	00:29:49	00:29:49	1	0	0
18-Jan-22	Gretchen Visser	56	7,111	0	45	2	00:27:15	00:24:32	00:21:48	00:19:05	00:45:02	00:06:20	00:31:40	00:32:00	00:31:40	1	2	0
18-Jan-22	Katryn Hough	40	6,618	0	42	45	00:24:17	00:21:52	00:19:26	00:17:00	00:42:45	00:06:28	00:32:18	00:00:00	00:32:18	1	0	0
18-Jan-22	Raymond du Plessis	36	5,663	0	36	37	00:23:42	00:21:20	00:18:57	00:16:35	00:36:37	00:06:28	00:32:20	00:31:53	00:31:53	1	0	0
18-Jan-22	Kevin Crole	54	5,016	0	32	54	00:26:04	00:23:28	00:20:51	00:18:15	00:32:54	00:06:34	00:32:48	00:31:56	00:31:56	1	0	0
18-Jan-22	Hengie McInnes	55	10,05	1	7	38	00:27:15	00:24:32	00:21:48	00:19:05	01:07:38	00:06:44	00:33:39	00:33:42	00:33:39	1	2	0
18-Jan-22	Riana Burger	37	5,005	0	33	47	00:23:42	00:21:20	00:18:57	00:16:35	00:33:47	00:06:45	00:33:45	00:00:00	00:33:45	1	0	0
18-Jan-22	Betsy Wall	45	10,334	1	13	12	00:25:28	00:22:56	00:20:23	00:17:50	01:13:12	00:07:05	00:35:25	00:36:30	00:35:25	1	2	0
18-Jan-22	Elmarie Spangenberg	26	10,011	1	12	31	00:23:06	00:20:48	00:18:29	00:16:10	01:12:31	00:07:15	00:36:13	00:00:00	00:36:13	1	0	0
18-Jan-22	Hanri van der Merwe	25	10,011	1	12	31	00:23:06	00:20:48	00:18:29	00:16:10	01:12:31	00:07:15	00:36:13	00:00:00	00:36:13	1	0	0
18-Jan-22	Prasidh Ramson	45	8,077	0	58	34	00:25:28	00:22:56	00:20:23	00:17:50	00:58:34	00:07:15	00:36:15	00:36:37	00:36:15	1	2	0
18-Jan-22	Maria Compion	40	5,255	0	39	15	00:24:17	00:21:52	00:19:26	00:17:00	00:39:15	00:07:28	00:37:21	00:34:48	00:34:48	1	0	0
18-Jan-22	Julie Estey	39	11,937	1	30	8	00:23:42	00:21:20	00:18:57	00:16:35	01:30:08	00:07:33	00:37:45	00:34:42	00:34:42	1	0	0
18-Jan-22	Lizette Mobey	54	5,019	0	43	55	00:26:04	00:23:28	00:20:51	00:18:15	00:43:55	00:08:45	00:43:45	00:41:18	00:41:18	1	0	0
18-Jan-22	Wilna van Emmenis	60	5,02	1	0	22	00:29:02	00:26:08	00:23:13	00:20:19	01:00:22	00:12:02	01:00:08	00:54:00	00:54:00	1	0	0
26-Jan-22	Jacob Mathloko	38	5,154	0	19	18	00:23:42	00:21:20	00:18:57	00:16:35	00:19:18	00:03:45	00:18:43	00:00:00	00:18:43	1	0	3
26-Jan-22	Chester Dioka	39	5,01	0	19	40	00:23:42	00:21:20	00:18:57	00:16:35	00:19:40	00:03:56	00:19:38	00:18:37	00:18:37	1	0	2
26-Jan-22	Ettienne Coetzer	38	5,965	0	24	2	00:23:42	00:21:20	00:18:57	00:16:35	00:24:02	00:04:02	00:20:09	00:18:09	00:18:09	1	0	2
26-Jan-22	Elme Middlemost	43	5,028	0	20	38	00:24:17	00:21:52	00:19:26	00:17:00	00:20:38	00:04:06	00:20:31	00:20:29	00:20:29	1	0	2
26-Jan-22	Pieter Laubscher	37	7,932	0	32	34	00:23:42	00:21:20	00:18:57	00:16:35	00:32:34	00:04						

26-Jan-22	Anton Janse van Rensburg	47	5	0	20	54	00:25:28	00:22:56	00:20:23	00:17:50	00:20:54	00:04:11	00:20:54	00:21:17	00:20:54	1	2	2
26-Jan-22	Janika Botha	29	5,02	0	22	50	00:23:06	00:20:48	00:18:29	00:16:10	00:22:50	00:04:33	00:22:45	00:22:21	00:22:21	1	0	1
26-Jan-22	Rikus Hattingh	30	14,687	1	8	9	00:23:06	00:20:48	00:18:29	00:16:10	01:08:09	00:04:38	00:23:12	00:23:17	00:23:12	1	2	0
26-Jan-22	Ettienne Coetzer	38	14,57	1	9	23	00:23:42	00:21:20	00:18:57	00:16:35	01:09:23	00:04:46	00:23:49	00:18:09	00:18:09	1	0	0
26-Jan-22	Theo Botha	39	9,248	0	45	9	00:23:42	00:21:20	00:18:57	00:16:35	00:45:09	00:04:53	00:24:25	00:22:37	00:22:37	1	0	0
26-Jan-22	Elme Middlemost	43	22,397	1	53	41	00:24:17	00:21:52	00:19:26	00:17:00	01:53:41	00:05:05	00:25:23	00:20:29	00:20:29	1	0	0
26-Jan-22	Ishmael Molahleli	50	5,36	0	27	28	00:26:04	00:23:28	00:20:51	00:18:15	00:27:28	00:05:07	00:25:37	00:24:09	00:24:09	1	0	1
26-Jan-22	Estelle Geerkens	49	5,13	0	26	31	00:25:28	00:22:56	00:20:23	00:17:50	00:26:31	00:05:10	00:25:51	00:25:37	00:25:37	1	0	0
26-Jan-22	Ronnie van der Walt	40	10,15	0	52	53	00:24:17	00:21:52	00:19:26	00:17:00	00:52:53	00:05:13	00:26:03	00:24:42	00:24:42	1	0	0
26-Jan-22	Kate Nugent	18	6	0	31	40	00:23:06	00:20:48	00:18:29	00:16:10	00:31:40	00:05:17	00:26:23	00:00:00	00:26:23	1	0	0
26-Jan-22	Rouise Snyman	23	5,215	0	27	53	00:23:06	00:20:48	00:18:29	00:16:10	00:27:53	00:05:21	00:26:44	00:27:30	00:26:44	1	2	0
26-Jan-22	Jandri Olivier	33	5,3	0	28	30	00:23:06	00:20:48	00:18:29	00:16:10	00:28:30	00:05:23	00:26:53	00:26:50	00:26:50	1	0	0
26-Jan-22	Willem Nieuwoudt	58	6,012	0	32	46	00:27:15	00:24:32	00:21:48	00:19:05	00:32:46	00:05:27	00:27:15	00:28:45	00:27:15	1	2	1
26-Jan-22	Chrisna Nieuwoudt	57	8,011	0	43	41	00:27:15	00:24:32	00:21:48	00:19:05	00:43:41	00:05:27	00:27:16	00:26:47	00:26:47	1	0	0
26-Jan-22	Andries Coetzee	30	7,976	0	43	41	00:23:06	00:20:48	00:18:29	00:16:10	00:43:41	00:05:29	00:27:23	00:30:44	00:27:23	1	2	0
26-Jan-22	Steven De Lange	31	5,022	0	27	48	00:23:06	00:20:48	00:18:29	00:16:10	00:27:48	00:05:32	00:27:41	00:19:23	00:19:23	1	0	0
26-Jan-22	Awie van Wyk	31	10,019	0	55	28	00:23:06	00:20:48	00:18:29	00:16:10	00:55:28	00:05:32	00:27:41	00:00:00	00:27:41	1	0	0
26-Jan-22	Johan Visser	28	8,009	0	45	6	00:23:06	00:20:48	00:18:29	00:16:10	00:45:06	00:05:38	00:28:09	00:26:25	00:26:25	1	0	0
26-Jan-22	Russell Nugent	52	7,227	0	40	53	00:26:04	00:23:28	00:20:51	00:18:15	00:40:53	00:05:39	00:28:17	00:24:20	00:24:20	1	0	0
26-Jan-22	Rikus Hattingh	30	6,004	0	34	5	00:23:06	00:20:48	00:18:29	00:16:10	00:34:05	00:05:41	00:28:23	00:23:17	00:23:17	1	0	0
26-Jan-22	Erick van der Colff	46	11	1	3	2	00:25:28	00:22:56	00:20:23	00:17:50	01:03:02	00:05:44	00:28:39	00:25:28	00:25:28	1	0	0
26-Jan-22	Nols Kennedy	42	5,008	0	28	48	00:24:17	00:21:52	00:19:26	00:17:00	00:28:48	00:05:45	00:28:45	00:22:39	00:22:39	1	0	0
26-Jan-22	Wakes Mjekula	57	13,646	1	18	31	00:27:15	00:24:32	00:21:48	00:19:05	01:18:31	00:05:45	00:28:46	00:28:39	00:28:39	1	0	0
26-Jan-22	Elzabe Liebenberg	49	5,187	0	29	56	00:25:28	00:22:56	00:20:23	00:17:50	00:29:56	00:05:46	00:28:51	00:25:35	00:25:35	1	0	0
26-Jan-22	Van Zyl Lochner	46	10,489	1	5	20	00:25:28	00:22:56	00:20:23	00:17:50	01:05:20	00:06:14	00:31:09	00:00:00	00:31:09	1	0	0
26-Jan-22	Raymond du Plessis	36	5,659	0	35	32	00:23:42	00:21:20	00:18:57	00:16:35	00:35:32	00:06:17	00:31:24	00:31:53	00:31:24	1	2	0
26-Jan-22	Carla Spangenberg	39	8,024	0	50	27	00:23:42	00:21:20	00:18:57	00:16:35	00:50:27	00:06:17	00:31:26	00:29:49	00:29:49	1	0	0
26-Jan-22	Hanri van der Merwe	25	6,037	0	38	8	00:23:06	00:20:48	00:18:29	00:16:10	00:38:08	00:06:19	00:31:35	00:36:13	00:31:35	1	2	0
26-Jan-22	Gretchen Visser	56	6,01	0	38	15	00:27:15	00:24:32	00:21:48	00:19:05	00:38:15	00:06:22	00:31:49	00:31:40	00:31:40	1	0	0
26-Jan-22	Riana Burger	37	5,001	0	31	51	00:23:42	00:21:20	00:18:57	00:16:35	00:31:51	00:06:22	00:31:51	00:33:45	00:31:51	1	2	0
26-Jan-22	Tokkolicious Nugent	42	7	0	45	0	00:24:17	00:21:52	00:19:26	00:17:00	00:45:00	00:06:26	00:32:09	00:26:39	00:26:39	1	0	0
26-Jan-22	Kevin Crole	54	10,123	1	8	33	00:26:04	00:23:28	00:20:51	00:18:15	01:08:33	00:06:46	00:33:52	00:31:56	00:31:56	1	0	0
26-Jan-22	Hengie McInnes	55	10,253	1	10	27	00:27:15	00:24:32	00:21:48	00:19:05	01:10:27	00:06:52	00:34:21	00:33:39	00:33:39	1	0	0
26-Jan-22	Johan Duvenhage	53	5,004	0	36	9	00:26:04	00:23:28	00:20:51	00:18:15	00:36:09	00:07:13	00:36:07	00:37:14	00:36:07	1	2	0
26-Jan-22	Julie Estey	39	13,252	1	36	21	00:23:42	00:21:20	00:18:57	00:16:35	01:36:21	00:07:16	00:36:21	00:34:42	00:34:42	1	0	0
26-Jan-22	Maria Compion	40	5,01	0	39	2	00:24:17	00:21:52	00:19:26	00:17:00	00:39:02	00:07:47	00:38:57	00:34:48	00:34:48	1	0	0
26-Jan-22	Lizette Mobey	54	5,01	0	39	43	00:26:04	00:23:28	00:20:51	00:18:15	00:39:43	00:07:56	00:39:38	00:41:18	00:39:38	1	2	0
26-Jan-22	Craig Mobey	53	5,002	0	39	54	00:26:04	00:23:28	00:20:51	00:18:15	00:39:54	00:07:59	00:39:53	00:29:21	00:29:21	1	0	0
26-Jan-22	Wilna van Emmenis	60	5,225	0	58	30	00:29:02	00:26:08	00:23:13	00:20:19	00:58:30	00:11:12	00:55:59	00:54:00	00:54:00	1	0	0
26-Jan-22	John Bensley	23	5,09	3	31	45	00:23:06	00:20:48	00:18:29	00:16:10	03:31:45	00:41:36	03:28:00	00:27:58	00:27:58	1	0	0
02-Feb-22	Chester Dioka	39	5,005	0	18	4	00:23:42	00:21:20	00:18:57	00:16:35	00:18:04	00:03:37	00:18:03	00:18:37	00:18:03	1	2	3
02-Feb-22	Pieter Laubscher	37	10,003	0	42	15	00:23:42	00:21:20	00:18:57	00:16:35	00:42:15	00:04:13	00:21:07	00:20:32	00:20:32	1	0	2
02-Feb-22	Ettienne Coetzer	38	16,182	1	13	1	00:23:42	00:21:20	00:18:57	00:16:35	01:13:01	00:04:31	00:22:34	00:18:09	00:18:09	1	0	1
02-Feb-22	Janika Botha	29	5,2	0	23	51	00:23:06	00:20:48	00:18:29	00:16:10	00:23:51	00:04:35	00:22:56	00:22:21	00:22:21	1	0	1
02-Feb-22	Elme Middlemost	43	10,02	0	45	59	00:24:17	00:21:52	00:19:26	00:17:00	00:45:59	00:04:35	00:22:57	00:20:29	00:20:29	1	0	1
02-Feb-22	Alison Dolan	52	15,847	1	14	1	00:26:04	00:23:28	00:20:51	00:18:15	01:14:01	00:04:40	00:23:21	00:00:00	00:23:21	1	0	2
02-Feb-22	Anton Janse van Rensburg	47	5	0	23	38	00:25:28	00:22:56	00:20:23	00:17:50	00:23:38	00:04:44	00:23:38	00:20:54	00:20:54	1	0	1
02-Feb-22	Estelle Geerkens	49	6,11	0	29	30	00:25:28	00:22:56	00:20:23	00:17:50	00:29:30	00:04:50	00:24:08	00:25:37	00:24:08	1	2	1
02-Feb-22	Erick van der Colff	46	5,011	0	24	45	00:25:28	00:22:56	00:20:23	00:17:50	00:24:45	00:04:56	00:24:42	00:25:28	00:24:42	1	2	1
02-Feb-22	Nols Kennedy	42	5,091	0	25	52	00:24:17	00:21:52	00:19:26	00:17:00	00:25:52	00:05:05	00:25:24	00:22:39	00:22:39	1	0	0
02-Feb-22	Theo Botha	39	7,402	0	37	44	00:23:42	00:21:20	00:18:57	00:16:35	00:37:44	00:05:06	00:25:29	00:22:37	00:22:37	1	0	0
02-Feb-22	Steven De Lange	31	6,955	0	36	16	00:23:06	00:20:48	00:18:29	00:16:10	00:36:16	00:05:13	00:26:04	00:19:23	00:19:23	1	0	0
02-Feb-22	Misha Laubscher	31	5,011	0	26	19	00:23:06	00:20:48	00:18:29	00:16:10	00:26:19	00:05:15	00:26:16	00:25:12	00:25:12	1	0	0
02-Feb-22	Chrisna Nieuwoudt	57	5,912	0	31	39	00:27:15	00:24:32	00:21:48	00:19:05	00:31:39	00:05:21	00:26:46	00:26:47	00:26:46	1	2	1
02-Feb-22	Johan Visser	28	8,327	0	45	2	00:23:06	00:20:48	00:18:29	00:16:10	00:45:02	00:05:24	00:27:02	00:26:25	00:26:25	1	0	0
02-Feb-22	Ronnie van der Walt	40	15,05	1	21	40	00:24:17	00:21:52	00:19:26	00:17:00	01:21:40	00:05:26	00:27:08	00:24:42	00:24:42	1	0	0
02-Feb-22	Elzabe Liebenberg	49	5,135	0	28	39	00:25:28	00:22:56	00:20:23	00:17:50	00:28:39	00:05:35	00:27:54	00:25:35	00:25:35	1	0	0
02-Feb-22	Ramon Titus	43	10,544	0	59	0	00:24:17	00:21:52	00:19:26	00:17:00	00:59:00	00:05:36	00:27:59	00:28:09	00:27:59	1	2	0
02-Feb-22	Tokkolicious Nugent	42	11	1	2	0	00:24:17	00:21:52	00:19:26	00:17:00	01:02:00	00:05:38	00:28:11	00:26:39	00:26:39	1	0	0
02-Feb-22	Willem Nieuwoudt	58	11,821	1	7	23	00:27:15	00:24:32	00:21:48	00:19:05	01:07:23	00:05:42	00:28:30	00:27:15	00:27:15	1	0	0
02-Feb-22	Jandri Olivier	33	7,2	0	41	24	00:23:06	00:20:48	00:18:29	00:16:10	00:41:24	00:05:45	00:28:45	00:26:50	00:26:50	1	0	0
02-Feb-22	Daryl de Wee	26	6,023	0	36	45	00:23:06	00:20:48	00:18:29	00:16:10	00:36:45	00:06:06	00:30:30	00:27:23	00:27:23	1	0	0
02-Feb-22	Georgin de Wee	29	6,004	0	36	44	00:23:06	00:20:48	00:18:29	00:16:10	00:36:44	00:06:07	00:30:35</					

02-Feb-22	Carla Spangenberg	39	7,023	0	45	0	00:23:42	00:21:20	00:18:57	00:16:35	00:45:00	00:06:24	00:32:02	00:29:49	00:29:49	1	0	0
02-Feb-22	Kevin Crole	54	5,014	0	32	10	00:26:04	00:23:28	00:20:51	00:18:15	00:32:10	00:06:25	00:32:05	00:31:56	00:31:56	1	0	0
02-Feb-22	Hanri van der Merwe	26	5,159	0	33	32	00:23:06	00:20:48	00:18:29	00:16:10	00:33:32	00:06:30	00:32:30	00:31:35	00:31:35	1	0	0
02-Feb-22	Craig Mobey	53	5,008	0	32	42	00:26:04	00:23:28	00:20:51	00:18:15	00:32:42	00:06:32	00:32:39	00:29:21	00:29:21	1	0	0
02-Feb-22	Andries Coetzee	30	11,167	1	15	11	00:23:06	00:20:48	00:18:29	00:16:10	01:15:11	00:06:44	00:33:40	00:27:23	00:27:23	1	0	0
02-Feb-22	Samantha Winterbottom	46	5	0	34	59	00:25:28	00:22:56	00:20:23	00:17:50	00:34:59	00:07:00	00:34:59	00:36:15	00:34:59	1	2	0
02-Feb-22	Julie Estey	39	6,236	0	44	41	00:23:42	00:21:20	00:18:57	00:16:35	00:44:41	00:07:10	00:35:50	00:34:42	00:34:42	1	0	0
02-Feb-22	Johan Duvenhage	53	5,009	0	35	56	00:26:04	00:23:28	00:20:51	00:18:15	00:35:56	00:07:10	00:35:52	00:36:07	00:35:52	1	2	0
02-Feb-22	Prasidh Ramson	45	7,328	0	55	26	00:25:28	00:22:56	00:20:23	00:17:50	00:55:26	00:07:34	00:37:49	00:36:15	00:36:15	1	0	0
02-Feb-22	Maria Compion	40	5,025	0	39	11	00:24:17	00:21:52	00:19:26	00:17:00	00:39:11	00:07:48	00:38:59	00:34:48	00:34:48	1	0	0
02-Feb-22	Charles Bailie	43	5,299	0	41	37	00:24:17	00:21:52	00:19:26	00:17:00	00:41:37	00:07:51	00:39:16	00:38:20	00:38:20	1	0	0
02-Feb-22	Lizette Mobey	54	5,007	0	40	46	00:26:04	00:23:28	00:20:51	00:18:15	00:40:46	00:08:09	00:40:43	00:39:38	00:39:38	1	0	0
02-Feb-22	Anneke van Emmenis	31	7,3	1	11	5	00:23:06	00:20:48	00:18:29	00:16:10	01:11:05	00:09:44	00:48:41	00:45:51	00:45:51	1	0	0
02-Feb-22	Anneri Konig	36	5,47	0	59	56	00:23:42	00:21:20	00:18:57	00:16:35	00:59:56	00:10:57	00:54:47	00:53:46	00:53:46	1	0	0
02-Feb-22	Wilna van Emmenis	60	7,526	1	23	2	00:29:02	00:26:08	00:23:13	00:20:19	01:23:02	00:11:02	00:55:10	00:54:00	00:54:00	1	0	0
09-Feb-22	Chester Dioka	39	5,016	0	18	18	00:23:42	00:21:20	00:18:57	00:16:35	00:18:18	00:03:39	00:18:14	00:18:03	00:18:03	1	0	3
09-Feb-22	Steven De Lange	31	6,118	0	24	16	00:23:06	00:20:48	00:18:29	00:16:10	00:24:16	00:03:58	00:19:50	00:19:23	00:19:23	1	0	2
09-Feb-22	Pieter Laubscher	37	8,006	0	32	29	00:23:42	00:21:20	00:18:57	00:16:35	00:32:29	00:04:03	00:20:17	00:20:32	00:20:17	1	2	2
09-Feb-22	Elme Middlemost	43	5,006	0	20	21	00:24:17	00:21:52	00:19:26	00:17:00	00:20:21	00:04:04	00:20:20	00:20:29	00:20:20	1	2	2
09-Feb-22	Anton Janse van Rensburg	47	5	0	20	27	00:25:28	00:22:56	00:20:23	00:17:50	00:20:27	00:04:05	00:20:27	00:20:54	00:20:27	1	2	2
09-Feb-22	Ettienne Coetzer	38	16,588	1	11	53	00:23:42	00:21:20	00:18:57	00:16:35	01:11:53	00:04:20	00:21:40	00:18:09	00:18:09	1	0	1
09-Feb-22	Janika Botha	29	5,03	0	22	29	00:23:06	00:20:48	00:18:29	00:16:10	00:22:29	00:04:28	00:22:21	00:22:21	00:22:21	1	2	1
09-Feb-22	Rikus Hattingh	30	5	0	22	52	00:23:06	00:20:48	00:18:29	00:16:10	00:22:52	00:04:34	00:22:52	00:23:12	00:22:52	1	2	1
09-Feb-22	Nols Kennedy	42	5,013	0	23	5	00:24:17	00:21:52	00:19:26	00:17:00	00:23:05	00:04:36	00:23:01	00:22:39	00:22:39	1	0	1
09-Feb-22	Erick van der Colff	46	5	0	24	11	00:25:28	00:22:56	00:20:23	00:17:50	00:24:11	00:04:50	00:24:11	00:24:42	00:24:11	1	2	1
09-Feb-22	Tokkolicious Nugent	42	8	0	39	0	00:24:17	00:21:52	00:19:26	00:17:00	00:39:00	00:04:53	00:24:22	00:26:39	00:24:22	1	2	0
09-Feb-22	Willem Nieuwoudt	58	12,833	1	4	41	00:27:15	00:24:32	00:21:48	00:19:05	01:04:41	00:05:02	00:25:12	00:27:15	00:25:12	1	2	1
09-Feb-22	Ishmael Molahleli	50	5,19	0	26	42	00:26:04	00:23:28	00:20:51	00:18:15	00:26:42	00:05:09	00:25:43	00:24:09	00:24:09	1	0	1
09-Feb-22	Ronnie van der Walt	40	15,04	1	18	14	00:24:17	00:21:52	00:19:26	00:17:00	01:18:14	00:05:12	00:26:01	00:24:42	00:24:42	1	0	0
09-Feb-22	Misha Laubscher	31	5,016	0	26	26	00:23:06	00:20:48	00:18:29	00:16:10	00:26:26	00:05:16	00:26:21	00:25:12	00:25:12	1	0	0
09-Feb-22	Jandri Olivier	33	5,45	0	28	48	00:23:06	00:20:48	00:18:29	00:16:10	00:28:48	00:05:17	00:26:25	00:26:50	00:26:25	1	2	0
09-Feb-22	Russell Nugent	52	11,392	1	2	26	00:26:04	00:23:28	00:20:51	00:18:15	01:02:26	00:05:29	00:27:24	00:24:20	00:24:20	1	0	0
09-Feb-22	Daryl de Wee	26	6,019	0	33	2	00:23:06	00:20:48	00:18:29	00:16:10	00:33:02	00:05:29	00:27:26	00:27:23	00:27:23	1	0	0
09-Feb-22	Chrisna Nieuwoudt	57	7,73	0	42	36	00:27:15	00:24:32	00:21:48	00:19:05	00:42:36	00:05:31	00:27:33	00:26:46	00:26:46	1	0	0
09-Feb-22	Estelle Geerkens	49	6,53	0	36	2	00:25:28	00:22:56	00:20:23	00:17:50	00:36:02	00:05:31	00:27:35	00:24:08	00:24:08	1	0	0
09-Feb-22	Ramon Titus	43	14,008	1	17	40	00:24:17	00:21:52	00:19:26	00:17:00	01:17:40	00:05:33	00:27:43	00:27:59	00:27:43	1	2	0
09-Feb-22	Elzabe Liebenberg	49	5,096	0	28	46	00:25:28	00:22:56	00:20:23	00:17:50	00:28:46	00:05:39	00:28:13	00:25:35	00:25:35	1	0	0
09-Feb-22	Andries Coetzee	30	17,36	1	38	5	00:23:06	00:20:48	00:18:29	00:16:10	01:38:05	00:05:39	00:28:15	00:27:23	00:27:23	1	0	0
09-Feb-22	Johan Visser	28	8,144	0	47	22	00:23:06	00:20:48	00:18:29	00:16:10	00:47:22	00:05:49	00:29:05	00:26:25	00:26:25	1	0	0
09-Feb-22	John Bensley	23	5,016	0	29	23	00:23:06	00:20:48	00:18:29	00:16:10	00:29:23	00:05:51	00:29:17	00:27:58	00:27:58	1	0	0
09-Feb-22	Awie van Wyk	31	14,017	1	24	15	00:23:06	00:20:48	00:18:29	00:16:10	01:24:15	00:06:01	00:30:03	00:27:41	00:27:41	1	0	0
09-Feb-22	Raymond du Plessis	36	5,626	0	34	30	00:23:42	00:21:20	00:18:57	00:16:35	00:34:30	00:06:08	00:30:40	00:31:24	00:30:40	1	2	0
09-Feb-22	Craig Mobey	53	5,002	0	31	24	00:26:04	00:23:28	00:20:51	00:18:15	00:31:24	00:06:17	00:31:23	00:29:21	00:29:21	1	0	0
09-Feb-22	Carla Spangenberg	39	5,034	0	31	42	00:23:42	00:21:20	00:18:57	00:16:35	00:31:42	00:06:18	00:31:29	00:29:49	00:29:49	1	0	0
09-Feb-22	Sonja Franke	42	6,383	0	40	38	00:24:17	00:21:52	00:19:26	00:17:00	00:40:38	00:06:22	00:31:50	00:00:00	00:31:50	1	0	0
09-Feb-22	Kevin Crole	54	5,01	0	32	22	00:26:04	00:23:28	00:20:51	00:18:15	00:32:22	00:06:28	00:32:18	00:31:56	00:31:56	1	0	0
09-Feb-22	Gretchen Visser	56	6,831	0	45	8	00:27:15	00:24:32	00:21:48	00:19:05	00:45:08	00:06:36	00:33:02	00:31:40	00:31:40	1	0	0
09-Feb-22	Riana Burger	37	5,004	0	33	26	00:23:42	00:21:20	00:18:57	00:16:35	00:33:26	00:06:41	00:33:24	00:31:51	00:31:51	1	0	0
09-Feb-22	Hanri van der Merwe	26	7,03	0	47	6	00:23:06	00:20:48	00:18:29	00:16:10	00:47:06	00:06:42	00:33:30	00:31:35	00:31:35	1	0	0
09-Feb-22	Danie La Grange	39	6,018	0	40	40	00:23:42	00:21:20	00:18:57	00:16:35	00:40:40	00:06:45	00:33:47	00:00:00	00:33:47	1	0	0
09-Feb-22	Leandri Husselman	30	5,063	0	34	40	00:23:06	00:20:48	00:18:29	00:16:10	00:34:40	00:06:51	00:34:14	00:00:00	00:34:14	1	0	0
09-Feb-22	Johan Duvenhage	53	5,01	0	35	57	00:26:04	00:23:28	00:20:51	00:18:15	00:35:57	00:07:11	00:35:53	00:35:52	00:35:52	1	0	0
09-Feb-22	Samantha Winterbottom	46	5	0	36	1	00:25:28	00:22:56	00:20:23	00:17:50	00:36:01	00:07:12	00:36:01	00:34:59	00:34:59	1	0	0
09-Feb-22	Julie Estey	39	8,628	1	2	52	00:23:42	00:21:20	00:18:57	00:16:35	01:02:52	00:07:17	00:36:26	00:34:42	00:34:42	1	0	0
09-Feb-22	Prasidh Ramson	45	7,511	0	57	6	00:25:28	00:22:56	00:20:23	00:17:50	00:57:06	00:07:36	00:38:01	00:36:15	00:36:15	1	0	0
09-Feb-22	Juanita Goldberg	31	5,086	0	39	44	00:23:06	00:20:48	00:18:29	00:16:10	00:39:44	00:07:49	00:39:04	00:00:00	00:39:04	1	0	0
09-Feb-22	Maria Compion	41	5,004	0	39	49	00:24:17	00:21:52	00:19:26	00:17:00	00:39:49	00:07:57	00:39:47	00:34:48	00:34:48	1	0	0
09-Feb-22	Anneke van Emmenis	31	5	0	50	26	00:23:06	00:20:48	00:18:29	00:16:10	00:50:26	00:10:05	00:50:26	00:45:51	00:45:51	1	0	0
09-Feb-22	Wilna van Emmenis	60	5,116	0	57	5	00:29:02	00:26:08	00:23:13	00:20:19	00:57:05	00:11:09	00:55:47	00:54:00	00:54:00	1	0	0
16-Feb-22	Chester Dioka	39	5,015	0	18	2	00:23:42	00:21:20	00:18:57	00:16:35	00:18:02	00:03:36	00:17:59	00:18:03	00:17:59	1	2	3
16-Feb-22	Steven De Lange	31	5	0	19	20	00:23:06	00:20:48	00:18:29	00:16:10	00:19:20	00:03:52	00:19:20	00:19:23	00:19:20	1	2	2
16-Feb-22	Pieter Laubscher	37	8,007	0	32	28	00:23:42	00:21:20	00:18:57	00:16:35	00:32:28	00:04:03	00:20:16	00:20:17	00:20:16	1	2	2
16-Feb-22	Elme Middlemost	43	5,005	0	20	31	00:24:17	00:21:52	00:19:26	00:17:00	00:20:31	00:04:06	00:20:30	00:20:20				

16-Feb-22	Anton Janse van Rensburg	47	5	0	21	44	00:25:28	00:22:56	00:20:23	00:17:50	00:21:44	00:04:21	00:21:44	00:20:27	00:20:27	1	0	2
16-Feb-22	Theo Botha	39	5,231	0	23	18	00:23:42	00:21:20	00:18:57	00:16:35	00:23:18	00:04:27	00:22:16	00:22:37	00:22:16	1	2	1
16-Feb-22	Janika Botha	29	5,1	0	23	6	00:23:06	00:20:48	00:18:29	00:16:10	00:23:06	00:04:32	00:22:39	00:22:21	00:22:21	1	0	1
16-Feb-22	Ishmael Molahleli	50	5,22	0	24	16	00:26:04	00:23:28	00:20:51	00:18:15	00:24:16	00:04:39	00:23:15	00:24:09	00:23:15	1	2	2
16-Feb-22	Erick van der Colff	46	5,013	0	24	35	00:25:28	00:22:56	00:20:23	00:17:50	00:24:35	00:04:54	00:24:31	00:24:11	00:24:11	1	0	1
16-Feb-22	Tokkolicious Nugent	42	7	0	35	0	00:24:17	00:21:52	00:19:26	00:17:00	00:35:00	00:05:00	00:25:00	00:24:22	00:24:22	1	0	0
16-Feb-22	Jaco Bruwer	30	10,006	0	53	46	00:23:06	00:20:48	00:18:29	00:16:10	00:53:46	00:05:22	00:26:52	00:00:00	00:26:52	1	0	0
16-Feb-22	Chrisna Nieuwoudt	57	9,703	0	52	26	00:27:15	00:24:32	00:21:48	00:19:05	00:52:26	00:05:24	00:27:01	00:26:46	00:26:46	1	0	1
16-Feb-22	Russell Nugent	52	5,138	0	27	49	00:26:04	00:23:28	00:20:51	00:18:15	00:27:49	00:05:25	00:27:04	00:24:20	00:24:20	1	0	0
16-Feb-22	Ronnie van der Walt	40	10,73	0	58	16	00:24:17	00:21:52	00:19:26	00:17:00	00:58:16	00:05:26	00:27:09	00:24:42	00:24:42	1	0	0
16-Feb-22	Misha Laubscher	31	5,108	0	28	3	00:23:06	00:20:48	00:18:29	00:16:10	00:28:03	00:05:29	00:27:27	00:25:12	00:25:12	1	0	0
16-Feb-22	Daryl de Wee	26	6,048	0	33	36	00:23:06	00:20:48	00:18:29	00:16:10	00:33:36	00:05:33	00:27:47	00:27:23	00:27:23	1	0	0
16-Feb-22	Estelle Geerkens	49	7,61	0	44	29	00:25:28	00:22:56	00:20:23	00:17:50	00:44:29	00:05:51	00:29:14	00:24:08	00:24:08	1	0	0
16-Feb-22	Rikus Hattingh	30	5,285	0	32	11	00:23:06	00:20:48	00:18:29	00:16:10	00:32:11	00:06:05	00:30:27	00:22:52	00:22:52	1	0	0
16-Feb-22	Richard Wicht	50	6,225	0	38	3	00:26:04	00:23:28	00:20:51	00:18:15	00:38:03	00:06:07	00:30:34	00:30:52	00:30:34	1	2	0
16-Feb-22	Gretchen Visser	56	7,294	0	45	4	00:27:15	00:24:32	00:21:48	00:19:05	00:45:04	00:06:11	00:30:54	00:31:40	00:30:54	1	2	0
16-Feb-22	Andries Coetzee	30	10,317	1	4	2	00:23:06	00:20:48	00:18:29	00:16:10	01:04:02	00:06:12	00:31:02	00:27:23	00:27:23	1	0	0
16-Feb-22	Carla Spangenberg	39	5,013	0	32	3	00:23:42	00:21:20	00:18:57	00:16:35	00:32:03	00:06:24	00:31:58	00:29:49	00:29:49	1	0	0
16-Feb-22	Elzabe Liebenberg	49	7,959	0	51	3	00:25:28	00:22:56	00:20:23	00:17:50	00:51:03	00:06:25	00:32:04	00:25:35	00:25:35	1	0	0
16-Feb-22	Kevin Crole	54	5,01	0	32	23	00:26:04	00:23:28	00:20:51	00:18:15	00:32:23	00:06:28	00:32:19	00:31:56	00:31:56	1	0	0
16-Feb-22	Riana Burger	37	5,004	0	33	55	00:23:42	00:21:20	00:18:57	00:16:35	00:33:55	00:06:47	00:33:53	00:31:51	00:31:51	1	0	0
16-Feb-22	Hengie McInnes	55	10,022	1	8	0	00:27:15	00:24:32	00:21:48	00:19:05	01:08:00	00:06:47	00:33:56	00:33:39	00:33:39	1	0	0
16-Feb-22	Maria Compion	41	5,01	0	34	6	00:24:17	00:21:52	00:19:26	00:17:00	00:34:06	00:06:48	00:34:02	00:34:48	00:34:02	1	2	0
16-Feb-22	Johan Duvenhage	53	5,005	0	34	30	00:26:04	00:23:28	00:20:51	00:18:15	00:34:30	00:06:54	00:34:28	00:35:52	00:34:28	1	2	0
16-Feb-22	Van Zyl Lochner	46	8,493	1	3	20	00:25:28	00:22:56	00:20:23	00:17:50	01:03:20	00:07:27	00:37:17	00:31:09	00:31:09	1	0	0
16-Feb-22	Leandri Husselman	30	5	0	37	58	00:23:06	00:20:48	00:18:29	00:16:10	00:37:58	00:07:36	00:37:58	00:34:14	00:34:14	1	0	0
16-Feb-22	Craig Mobey	53	5,008	0	42	39	00:26:04	00:23:28	00:20:51	00:18:15	00:42:39	00:08:31	00:42:35	00:29:21	00:29:21	1	0	0
16-Feb-22	Julie Estey	39	10,264	1	32	55	00:23:42	00:21:20	00:18:57	00:16:35	01:32:55	00:09:03	00:45:16	00:34:42	00:34:42	1	0	0
16-Feb-22	Wilna van Emmenis	60	7,551	1	24	9	00:29:02	00:26:08	00:23:13	00:20:19	01:24:09	00:11:09	00:55:43	00:54:00	00:54:00	1	0	0
23-Feb-22	Anton Janse van Rensburg	47	5	0	20	5	00:25:28	00:22:56	00:20:23	00:17:50	00:20:05	00:04:01	00:20:05	00:20:27	00:20:05	1	2	3
23-Feb-22	Elme Middlemost	43	5,023	0	20	11	00:24:17	00:21:52	00:19:26	00:17:00	00:20:11	00:04:01	00:20:05	00:20:20	00:20:05	1	2	2
23-Feb-22	Chester Dioka	39	5,009	0	20	41	00:23:42	00:21:20	00:18:57	00:16:35	00:20:41	00:04:08	00:20:39	00:17:59	00:17:59	1	0	2
23-Feb-22	Janika Botha	29	5,01	0	22	21	00:23:06	00:20:48	00:18:29	00:16:10	00:22:21	00:04:28	00:22:18	00:22:21	00:22:18	1	2	1
23-Feb-22	Willem Nieuwoudt	58	13,09	1	4	25	00:27:15	00:24:32	00:21:48	00:19:05	01:04:25	00:04:55	00:24:36	00:25:12	00:24:36	1	2	1
23-Feb-22	Monique Jansen van Vuuren	30	5,019	0	25	9	00:23:06	00:20:48	00:18:29	00:16:10	00:25:09	00:05:01	00:25:03	00:30:06	00:25:03	1	2	0
23-Feb-22	Ishmael Molahleli	50	5,01	0	25	18	00:26:04	00:23:28	00:20:51	00:18:15	00:25:18	00:05:03	00:25:15	00:23:15	00:23:15	1	0	1
23-Feb-22	Daryl de Wee	26	6,035	0	31	3	00:23:06	00:20:48	00:18:29	00:16:10	00:31:03	00:05:09	00:25:43	00:27:23	00:25:43	1	2	0
23-Feb-22	Jandri Olivier	33	5,41	0	28	5	00:23:06	00:20:48	00:18:29	00:16:10	00:28:05	00:05:11	00:25:57	00:26:25	00:25:57	1	2	0
23-Feb-22	Misha Laubscher	31	5,011	0	26	17	00:23:06	00:20:48	00:18:29	00:16:10	00:26:17	00:05:15	00:26:14	00:25:12	00:25:12	1	0	0
23-Feb-22	Ronnie van der Walt	40	10,08	0	53	24	00:24:17	00:21:52	00:19:26	00:17:00	00:53:24	00:05:18	00:26:29	00:24:42	00:24:42	1	0	0
23-Feb-22	Rouise Snyman	23	5,256	0	28	6	00:23:06	00:20:48	00:18:29	00:16:10	00:28:06	00:05:21	00:26:44	00:26:44	00:26:44	1	2	0
23-Feb-22	Steven De Lange	31	7,222	0	38	45	00:23:06	00:20:48	00:18:29	00:16:10	00:38:45	00:05:22	00:26:50	00:19:20	00:19:20	1	0	0
23-Feb-22	Chrisna Nieuwoudt	57	7,365	0	41	1	00:27:15	00:24:32	00:21:48	00:19:05	00:41:01	00:05:34	00:27:51	00:26:46	00:26:46	1	0	0
23-Feb-22	Andries Coetzee	30	8,29	0	46	48	00:23:06	00:20:48	00:18:29	00:16:10	00:46:48	00:05:39	00:28:14	00:27:23	00:27:23	1	0	0
23-Feb-22	Pieter Laubscher	37	6,005	0	34	22	00:23:42	00:21:20	00:18:57	00:16:35	00:34:22	00:05:43	00:28:37	00:20:16	00:20:16	1	0	0
23-Feb-22	Erick van der Colff	46	5,011	0	29	43	00:25:28	00:22:56	00:20:23	00:17:50	00:29:43	00:05:56	00:29:39	00:24:11	00:24:11	1	0	0
23-Feb-22	Hanri van der Merwe	26	6,041	0	37	9	00:23:06	00:20:48	00:18:29	00:16:10	00:37:09	00:06:09	00:30:45	00:31:35	00:30:45	1	2	0
23-Feb-22	Estelle Geerkens	49	10,29	1	3	28	00:25:28	00:22:56	00:20:23	00:17:50	01:03:28	00:06:10	00:30:50	00:24:08	00:24:08	1	0	0
23-Feb-22	Richard Wicht	50	7,058	0	43	45	00:26:04	00:23:28	00:20:51	00:18:15	00:43:45	00:06:12	00:31:00	00:30:34	00:30:34	1	0	0
23-Feb-22	Sonja Franke	42	8,049	0	50	48	00:24:17	00:21:52	00:19:26	00:17:00	00:50:48	00:06:19	00:31:33	00:31:50	00:31:33	1	2	0
23-Feb-22	Katryn Hough	40	6,003	0	40	20	00:24:17	00:21:52	00:19:26	00:17:00	00:40:20	00:06:43	00:33:36	00:32:18	00:32:18	1	0	0
23-Feb-22	Riana Burger	37	5,057	0	34	13	00:23:42	00:21:20	00:18:57	00:16:35	00:34:13	00:06:46	00:33:50	00:31:51	00:31:51	1	0	0
23-Feb-22	Maria Compion	41	6,006	0	40	49	00:24:17	00:21:52	00:19:26	00:17:00	00:40:49	00:06:48	00:33:59	00:34:02	00:33:59	1	2	0
23-Feb-22	Kevin Crole	54	10,006	1	8	39	00:26:04	00:23:28	00:20:51	00:18:15	01:08:39	00:06:52	00:34:18	00:31:56	00:31:56	1	0	0
23-Feb-22	Johan Duvenhage	53	5,007	0	34	30	00:26:04	00:23:28	00:20:51	00:18:15	00:34:30	00:06:53	00:34:27	00:34:28	00:34:27	1	2	0
23-Feb-22	Hengie McInnes	55	10,026	1	10	18	00:27:15	00:24:32	00:21:48	00:19:05	01:10:18	00:07:01	00:35:04	00:33:39	00:33:39	1	0	0
23-Feb-22	Danie La Grange	39	6,175	0	43	56	00:23:42	00:21:20	00:18:57	00:16:35	00:43:56	00:07:07	00:35:34	00:33:47	00:33:47	1	0	0
23-Feb-22	Prasidh Ramson	45	6,761	0	52	14	00:25:28	00:22:56	00:20:23	00:17:50	00:52:14	00:07:44	00:38:38	00:36:15	00:36:15	1	0	0
23-Feb-22	Craig Mobey	53	5,011	0	41	12	00:26:04	00:23:28	00:20:51	00:18:15	00:41:12	00:08:13	00:41:07	00:29:21	00:29:21	1	0	0
23-Feb-22	Lizette Mobey	54	5,006	0	41	10	00:26:04	00:23:28	00:20:51	00:18:15	00:41:10	00:08:13	00:41:07	00:39:38	00:39:38	1	0	0
23-Feb-22	Samantha Winterbottom	46	5	0	46	19	00:25:28	00:22:56	00:20:23	00:17:50	00:46:19	00:09:16	00:46:19	00:34:59	00:34:59	1	0	0
23-Feb-22	Julie Estey	39	9,195	1	30	50	00:23:42	00:21:20	00:18:57	00:16:35	01:30:50	00:09:53	00:49:24	00:34:42	00:34:42	1	0	0
23-Feb-22	Wilna van Emmenis	60	5,008	0	54	26	00:29:02	00:26:08	00:23:13	00:20:19	00:54:26	00:10:52	00:54:21</					

02-Mar-22	Ishmael Molahleli	50	5,61	0	23	49	00:26:04	00:23:28	00:20:51	00:18:15	00:23:49	00:04:15	00:21:14	00:23:15	00:21:14	1	2	2
02-Mar-22	Anton Janse van Rensburg	47	5	0	21	58	00:25:28	00:22:56	00:20:23	00:17:50	00:21:58	00:04:24	00:21:58	00:20:05	00:20:05	1	0	2
02-Mar-22	Alison Dolan	52	10,026	0	44	56	00:26:04	00:23:28	00:20:51	00:18:15	00:44:56	00:04:29	00:22:25	00:23:21	00:22:25	1	2	2
02-Mar-22	Ettienne Coetzer	38	16,661	1	17	6	00:23:42	00:21:20	00:18:57	00:16:35	01:17:06	00:04:38	00:23:08	00:18:09	00:18:09	1	0	1
02-Mar-22	Elme Middlemost	43	5,025	0	24	9	00:24:17	00:21:52	00:19:26	00:17:00	00:24:09	00:04:48	00:24:02	00:20:05	00:20:05	1	0	1
02-Mar-22	Steven De Lange	31	5,054	0	25	6	00:23:06	00:20:48	00:18:29	00:16:10	00:25:06	00:04:58	00:24:50	00:19:20	00:19:20	1	0	0
02-Mar-22	Russell Nugent	52	6,467	0	32	53	00:26:04	00:23:28	00:20:51	00:18:15	00:32:53	00:05:05	00:25:25	00:24:20	00:24:20	1	0	1
02-Mar-22	Johan Visser	28	5,821	0	30	3	00:23:06	00:20:48	00:18:29	00:16:10	00:30:03	00:05:10	00:25:49	00:26:25	00:25:49	1	2	0
02-Mar-22	Juan Pierre Brandsen	30	12,098	1	5	8	00:23:06	00:20:48	00:18:29	00:16:10	01:05:08	00:05:23	00:26:55	00:00:00	00:26:55	1	0	0
02-Mar-22	Jandri Olivier	33	5,46	0	29	30	00:23:06	00:20:48	00:18:29	00:16:10	00:29:30	00:05:24	00:27:01	00:25:57	00:25:57	1	0	0
02-Mar-22	Misha Laubscher	31	5,012	0	27	13	00:23:06	00:20:48	00:18:29	00:16:10	00:27:13	00:05:26	00:27:09	00:25:12	00:25:12	1	0	0
02-Mar-22	Pieter Laubscher	37	6,009	0	32	41	00:23:42	00:21:20	00:18:57	00:16:35	00:32:41	00:05:26	00:27:12	00:20:16	00:20:16	1	0	0
02-Mar-22	Janika Botha	29	5,14	0	29	20	00:23:06	00:20:48	00:18:29	00:16:10	00:29:20	00:05:42	00:28:32	00:22:18	00:22:18	1	0	0
02-Mar-22	Chrisna Nieuwoudt	57	5,01	0	28	44	00:27:15	00:24:32	00:21:48	00:19:05	00:28:44	00:05:44	00:28:41	00:26:46	00:26:46	1	0	0
02-Mar-22	Craig Mobey	53	6,006	0	34	35	00:26:04	00:23:28	00:20:51	00:18:15	00:34:35	00:05:45	00:28:47	00:29:21	00:28:47	1	2	0
02-Mar-22	Daryl de Wee	26	5,259	0	30	26	00:23:06	00:20:48	00:18:29	00:16:10	00:30:26	00:05:47	00:28:56	00:25:43	00:25:43	1	0	0
02-Mar-22	Georgin de Wee	29	6,012	0	34	52	00:23:06	00:20:48	00:18:29	00:16:10	00:34:52	00:05:48	00:29:00	00:29:38	00:29:00	1	2	0
02-Mar-22	Katryn Hough	40	7,331	0	43	45	00:24:17	00:21:52	00:19:26	00:17:00	00:43:45	00:05:58	00:29:50	00:32:18	00:29:50	1	2	0
02-Mar-22	Gretchen Visser	56	5,728	0	35	9	00:27:15	00:24:32	00:21:48	00:19:05	00:35:09	00:06:08	00:30:41	00:30:54	00:30:41	1	2	0
02-Mar-22	Richard Wicht	50	8,047	0	50	20	00:26:04	00:23:28	00:20:51	00:18:15	00:50:20	00:06:15	00:31:16	00:30:34	00:30:34	1	0	0
02-Mar-22	Kevin Crole	54	5,011	0	31	40	00:26:04	00:23:28	00:20:51	00:18:15	00:31:40	00:06:19	00:31:36	00:31:56	00:31:36	1	2	0
02-Mar-22	Erick van der Colff	46	5,73	0	36	27	00:25:28	00:22:56	00:20:23	00:17:50	00:36:27	00:06:22	00:31:48	00:24:11	00:24:11	1	0	0
02-Mar-22	Carla Spangenberg	39	5,148	0	33	14	00:23:42	00:21:20	00:18:57	00:16:35	00:33:14	00:06:27	00:32:17	00:29:49	00:29:49	1	0	0
02-Mar-22	Elzabe Liebenberg	49	5,93	0	38	38	00:25:28	00:22:56	00:20:23	00:17:50	00:38:38	00:06:31	00:32:34	00:25:35	00:25:35	1	0	0
02-Mar-22	Riana Burger	37	5,003	0	32	59	00:23:42	00:21:20	00:18:57	00:16:35	00:32:59	00:06:36	00:32:58	00:31:51	00:31:51	1	0	0
02-Mar-22	Maria Compion	41	5,006	0	33	33	00:24:17	00:21:52	00:19:26	00:17:00	00:33:33	00:06:42	00:33:31	00:33:59	00:33:31	1	2	0
02-Mar-22	Leandri Husselman	30	5,121	0	37	9	00:23:06	00:20:48	00:18:29	00:16:10	00:37:09	00:07:15	00:36:16	00:34:14	00:34:14	1	0	0
02-Mar-22	Lizette Mobey	54	5,012	0	38	17	00:26:04	00:23:28	00:20:51	00:18:15	00:38:17	00:07:38	00:38:12	00:39:38	00:38:12	1	2	0
02-Mar-22	Johan Duvenhage	53	5,066	0	39	56	00:26:04	00:23:28	00:20:51	00:18:15	00:39:56	00:07:53	00:39:25	00:34:27	00:34:27	1	0	0
02-Mar-22	Betsy Wall	45	5,183	0	44	37	00:25:28	00:22:56	00:20:23	00:17:50	00:44:37	00:08:36	00:43:02	00:35:25	00:35:25	1	0	0
02-Mar-22	Julie Estey	39	10,622	1	41	46	00:23:42	00:21:20	00:18:57	00:16:35	01:41:46	00:09:35	00:47:54	00:34:42	00:34:42	1	0	0
02-Mar-22	Wilna van Emmenis	60	6,338	1	7	36	00:29:02	00:26:08	00:23:13	00:20:19	01:07:36	00:10:40	00:53:20	00:54:00	00:53:20	1	2	0
02-Mar-22	Anneri Konig	37	5,271	0	58	35	00:23:42	00:21:20	00:18:57	00:16:35	00:58:35	00:11:07	00:55:34	00:53:46	00:53:46	1	0	0
09-Mar-22	Elme Middlemost	43	5,027	0	20	40	00:24:17	00:21:52	00:19:26	00:17:00	00:20:40	00:04:07	00:20:33	00:20:05	00:20:05	1	0	2
09-Mar-22	Pieter Laubscher	37	12,007	0	52	33	00:23:42	00:21:20	00:18:57	00:16:35	00:52:33	00:04:23	00:21:53	00:20:16	00:20:16	1	0	1
09-Mar-22	Alison Dolan	52	6,711	0	29	59	00:26:04	00:23:28	00:20:51	00:18:15	00:29:59	00:04:28	00:22:20	00:22:25	00:22:20	1	2	2
09-Mar-22	Monique Jansen van Vuuren	30	5,017	0	24	3	00:23:06	00:20:48	00:18:29	00:16:10	00:24:03	00:04:48	00:23:58	00:25:03	00:23:58	1	2	0
09-Mar-22	Daryl de Wee	26	5,046	0	24	12	00:23:06	00:20:48	00:18:29	00:16:10	00:24:12	00:04:48	00:23:59	00:25:43	00:23:59	1	2	0
09-Mar-22	Nols Kennedy	42	5,055	0	24	28	00:24:17	00:21:52	00:19:26	00:17:00	00:24:28	00:04:50	00:24:12	00:22:39	00:22:39	1	0	1
09-Mar-22	Janika Botha	29	8,22	0	39	58	00:23:06	00:20:48	00:18:29	00:16:10	00:39:58	00:04:52	00:24:19	00:22:18	00:22:18	1	0	0
09-Mar-22	Russell Nugent	52	7,005	0	35	14	00:26:04	00:23:28	00:20:51	00:18:15	00:35:14	00:05:02	00:25:09	00:24:20	00:24:20	1	0	1
09-Mar-22	Willem Nieuwoudt	58	11,171	0	56	29	00:27:15	00:24:32	00:21:48	00:19:05	00:56:29	00:05:03	00:25:17	00:24:36	00:24:36	1	0	1
09-Mar-22	Erick van der Colff	46	5,013	0	25	40	00:25:28	00:22:56	00:20:23	00:17:50	00:25:40	00:05:07	00:25:36	00:24:11	00:24:11	1	0	0
09-Mar-22	Johan Visser	28	8,552	0	45	3	00:23:06	00:20:48	00:18:29	00:16:10	00:45:03	00:05:16	00:26:20	00:25:49	00:25:49	1	0	0
09-Mar-22	Misha Laubscher	31	5,009	0	27	25	00:23:06	00:20:48	00:18:29	00:16:10	00:27:25	00:05:28	00:27:22	00:25:12	00:25:12	1	0	0
09-Mar-22	Chrisna Nieuwoudt	57	7,988	0	43	53	00:27:15	00:24:32	00:21:48	00:19:05	00:43:53	00:05:30	00:27:28	00:26:46	00:26:46	1	0	0
09-Mar-22	Elme Middlemost	43	23,059	2	12	50	00:24:17	00:21:52	00:19:26	00:17:00	02:12:50	00:05:46	00:28:48	00:20:05	00:20:05	1	0	0
09-Mar-22	Estelle Geerkens	49	5,12	0	30	8	00:25:28	00:22:56	00:20:23	00:17:50	00:30:08	00:05:53	00:29:26	00:24:08	00:24:08	1	0	0
09-Mar-22	Craig Mobey	53	6,009	0	35	26	00:26:04	00:23:28	00:20:51	00:18:15	00:35:26	00:05:54	00:29:29	00:28:47	00:28:47	1	0	0
09-Mar-22	Andries Coetzee	30	12,421	1	13	17	00:23:06	00:20:48	00:18:29	00:16:10	01:13:17	00:05:54	00:29:30	00:27:23	00:27:23	1	0	0
09-Mar-22	Steven De Lange	31	6,217	0	36	43	00:23:06	00:20:48	00:18:29	00:16:10	00:36:43	00:05:54	00:29:32	00:19:20	00:19:20	1	0	0
09-Mar-22	Danie La Grange	39	5,03	0	31	59	00:23:42	00:21:20	00:18:57	00:16:35	00:31:59	00:06:22	00:31:48	00:33:47	00:31:48	1	2	0
09-Mar-22	Kevin Crole	54	5,011	0	32	24	00:26:04	00:23:28	00:20:51	00:18:15	00:32:24	00:06:28	00:32:20	00:31:36	00:31:36	1	0	0
09-Mar-22	Johan Duvenhage	53	5,007	0	34	27	00:26:04	00:23:28	00:20:51	00:18:15	00:34:27	00:06:53	00:34:24	00:34:27	00:34:24	1	2	0
09-Mar-22	Katryn Hough	40	5,013	0	35	14	00:24:17	00:21:52	00:19:26	00:17:00	00:35:14	00:07:02	00:35:09	00:29:50	00:29:50	1	0	0
09-Mar-22	Maria Compion	41	5,007	0	35	22	00:24:17	00:21:52	00:19:26	00:17:00	00:35:22	00:07:04	00:35:19	00:33:31	00:33:31	1	0	0
09-Mar-22	Van Zyl Lochner	46	9,32	1	9	0	00:25:28	00:22:56	00:20:23	00:17:50	01:09:00	00:07:24	00:37:01	00:31:09	00:31:09	1	0	0
09-Mar-22	Prasidh Ramson	45	7,619	0	57	0	00:25:28	00:22:56	00:20:23	00:17:50	00:57:00	00:07:29	00:37:24	00:36:15	00:36:15	1	0	0
09-Mar-22	Lizette Mobey	54	6,012	0	47	25	00:26:04	00:23:28	00:20:51	00:18:15	00:47:25	00:07:53	00:39:26	00:38:12	00:38:12	1	0	0
09-Mar-22	Julie Estey	39	6,167	0	48	51	00:23:42	00:21:20	00:18:57	00:16:35	00:48:51	00:07:55	00:39:36	00:34:42	00:34:42	1	0	0
09-Mar-22	Leandri Husselman	30	5,15	0	50	53	00:23:06	00:20:48	00:18:29	00:16:10	00:50:53	00:09:53	00:49:24	00:34:14	00:34:14	1	0	0
09-Mar-22	Wilna van Emmenis	60	7,022	1	17	22	00:29:02	00:26:08	00:23:13	00:20:19	01:17:22	00:11:01	00:55:05	00:53:20	00:53:20	1	0	0
16-Mar-22	Nols Kennedy	42	5,027	0	24	53	00:24:17	00:21:52	00:19:26	00:17:00	00:24:53	00:04:57						

16-Mar-22	Andries Coetzee	30	12,376	1	13	44	00:23:06	00:20:48	00:18:29	00:16:10	01:13:44	00:05:57	00:29:47	00:27:23	00:27:23	1	0	0
16-Mar-22	Erick van der Colff	46	5,309	0	27	35	00:25:28	00:22:56	00:20:23	00:17:50	00:27:35	00:05:12	00:25:59	00:24:11	00:24:11	1	0	0
16-Mar-22	Kevin Crole	54	5,01	0	31	58	00:26:04	00:23:28	00:20:51	00:18:15	00:31:58	00:06:23	00:31:54	00:31:36	00:31:36	1	0	0
16-Mar-22	Chrisna Nieuwoudt	57	7,503	0	39	47	00:27:15	00:24:32	00:21:48	00:19:05	00:39:47	00:05:18	00:26:31	00:26:46	00:26:31	1	2	1
16-Mar-22	Jacob Mathloko	38	5,004	0	27	6	00:23:42	00:21:20	00:18:57	00:16:35	00:27:06	00:05:25	00:27:05	00:18:43	00:18:43	1	0	0
16-Mar-22	Lizette Mobey	54	6,012	0	47	31	00:26:04	00:23:28	00:20:51	00:18:15	00:47:31	00:07:54	00:39:31	00:38:12	00:38:12	1	0	0
16-Mar-22	Prasidh Ramson	45	7,153	0	51	54	00:25:28	00:22:56	00:20:23	00:17:50	00:51:54	00:07:15	00:36:17	00:36:15	00:36:15	1	0	0
16-Mar-22	Richard Wicht	50	5,035	0	31	43	00:26:04	00:23:28	00:20:51	00:18:15	00:31:43	00:06:18	00:31:30	00:30:34	00:30:34	1	0	0
16-Mar-22	Pieter Laubscher	37	15,052	1	14	29	00:23:42	00:21:20	00:18:57	00:16:35	01:14:29	00:04:57	00:24:45	00:20:16	00:20:16	1	0	0
16-Mar-22	Craig Mobey	53	6,006	0	34	57	00:26:04	00:23:28	00:20:51	00:18:15	00:34:57	00:05:49	00:29:06	00:28:47	00:28:47	1	0	0
16-Mar-22	Russell Nugent	52	5,013	0	26	7	00:26:04	00:23:28	00:20:51	00:18:15	00:26:07	00:05:13	00:26:03	00:24:20	00:24:20	1	0	1
16-Mar-22	Anton Janse van Rensburg	48	5	0	20	34	00:25:28	00:22:56	00:20:23	00:17:50	00:20:34	00:04:07	00:20:34	00:20:05	00:20:05	1	0	2
16-Mar-22	Carli van der Westhuizen	32	10,095	0	46	38	00:23:06	00:20:48	00:18:29	00:16:10	00:46:38	00:04:37	00:23:06	00:24:29	00:23:06	1	2	1
16-Mar-22	Elme Middlemost	43	23,018	2	14	10	00:24:17	00:21:52	00:19:26	00:17:00	02:14:10	00:05:50	00:29:09	00:20:05	00:20:05	1	0	0
16-Mar-22	Tokkolicious Nugent	42	7	0	40	0	00:24:17	00:21:52	00:19:26	00:17:00	00:40:00	00:05:43	00:28:34	00:24:22	00:24:22	1	0	0
16-Mar-22	Maria Compion	41	5,012	0	42	27	00:24:17	00:21:52	00:19:26	00:17:00	00:42:27	00:08:28	00:42:21	00:33:31	00:33:31	1	0	0
16-Mar-22	Wilna van Emmenis	60	7,923	1	26	37	00:29:02	00:26:08	00:23:13	00:20:19	01:26:37	00:10:56	00:54:40	00:53:20	00:53:20	1	0	0
16-Mar-22	Elme Middlemost	43	5,037	0	21	47	00:24:17	00:21:52	00:19:26	00:17:00	00:21:47	00:04:19	00:21:37	00:20:05	00:20:05	1	0	2
16-Mar-22	Jandri Olivier	33	6,24	0	33	22	00:23:06	00:20:48	00:18:29	00:16:10	00:33:22	00:05:21	00:26:44	00:25:57	00:25:57	1	0	0
16-Mar-22	Gretchen Visser	56	7,266	0	45	6	00:27:15	00:24:32	00:21:48	00:19:05	00:45:06	00:06:12	00:31:02	00:30:41	00:30:41	1	0	0
16-Mar-22	Johan Visser	28	8,42	0	45	3	00:23:06	00:20:48	00:18:29	00:16:10	00:45:03	00:05:21	00:26:45	00:25:49	00:25:49	1	0	0
16-Mar-22	Daryl de Wee	26	6,016	0	32	39	00:23:06	00:20:48	00:18:29	00:16:10	00:32:39	00:05:26	00:27:08	00:23:59	00:23:59	1	0	0
16-Mar-22	Janika Botha	29	5,52	0	27	6	00:23:06	00:20:48	00:18:29	00:16:10	00:27:06	00:04:55	00:24:33	00:22:18	00:22:18	1	0	0
16-Mar-22	Ronnie van der Walt	40	10,02	0	51	44	00:24:17	00:21:52	00:19:26	00:17:00	00:51:44	00:05:10	00:25:49	00:24:42	00:24:42	1	0	0
16-Mar-22	Danie La Grange	39	6,023	0	40	25	00:23:42	00:21:20	00:18:57	00:16:35	00:40:25	00:06:43	00:33:33	00:31:48	00:31:48	1	0	0
23-Mar-22	Elme Middlemost	43	5,023	0	20	39	00:24:17	00:21:52	00:19:26	00:17:00	00:20:39	00:04:07	00:20:33	00:20:05	00:20:05	1	0	2
23-Mar-22	Johan Visser	28	12,182	0	54	59	00:23:06	00:20:48	00:18:29	00:16:10	00:54:59	00:04:31	00:22:34	00:25:49	00:22:34	1	2	1
23-Mar-22	Janika Botha	29	5,01	0	22	51	00:23:06	00:20:48	00:18:29	00:16:10	00:22:51	00:04:34	00:22:48	00:22:18	00:22:18	1	0	1
23-Mar-22	Monique Jansen van Vuuren	30	5,018	0	23	11	00:23:06	00:20:48	00:18:29	00:16:10	00:23:11	00:04:37	00:23:06	00:23:58	00:23:06	1	2	1
23-Mar-22	Pieter Laubscher	37	15,635	1	14	13	00:23:42	00:21:20	00:18:57	00:16:35	01:14:13	00:04:45	00:23:44	00:20:16	00:20:16	1	0	0
23-Mar-22	Steven De Lange	31	10,019	0	48	45	00:23:06	00:20:48	00:18:29	00:16:10	00:48:45	00:04:52	00:24:20	00:19:20	00:19:20	1	0	0
23-Mar-22	Ishmael Molahleli	50	5,06	0	24	44	00:26:04	00:23:28	00:20:51	00:18:15	00:24:44	00:04:53	00:24:26	00:21:14	00:21:14	1	0	1
23-Mar-22	Daryl de Wee	26	5,037	0	25	1	00:23:06	00:20:48	00:18:29	00:16:10	00:25:01	00:04:58	00:24:50	00:23:59	00:23:59	1	0	0
23-Mar-22	Russell Nugent	52	10,248	0	51	16	00:26:04	00:23:28	00:20:51	00:18:15	00:51:16	00:05:00	00:25:01	00:24:20	00:24:20	1	0	1
23-Mar-22	Rikus Hattingh	30	6,062	0	31	4	00:23:06	00:20:48	00:18:29	00:16:10	00:31:04	00:05:07	00:25:37	00:22:52	00:22:52	1	0	0
23-Mar-22	Ronnie van der Walt	40	10,26	0	53	11	00:24:17	00:21:52	00:19:26	00:17:00	00:53:11	00:05:11	00:25:55	00:24:42	00:24:42	1	0	0
23-Mar-22	Erick van der Colff	46	6,014	0	31	14	00:25:28	00:22:56	00:20:23	00:17:50	00:31:14	00:05:12	00:25:58	00:24:11	00:24:11	1	0	0
23-Mar-22	Jandri Olivier	33	6,48	0	33	48	00:23:06	00:20:48	00:18:29	00:16:10	00:33:48	00:05:13	00:26:05	00:25:57	00:25:57	1	0	0
23-Mar-22	Nols Kennedy	43	5,197	0	27	30	00:24:17	00:21:52	00:19:26	00:17:00	00:27:30	00:05:17	00:26:27	00:22:39	00:22:39	1	0	0
23-Mar-22	Craig Mobey	53	5,008	0	27	45	00:26:04	00:23:28	00:20:51	00:18:15	00:27:45	00:05:32	00:27:42	00:28:47	00:27:42	1	2	0
23-Mar-22	Tokkolicious Nugent	42	10	0	56	0	00:24:17	00:21:52	00:19:26	00:17:00	00:56:00	00:05:36	00:28:00	00:24:22	00:24:22	1	0	0
23-Mar-22	Estelle Geerkens	49	5,07	0	29	23	00:25:28	00:22:56	00:20:23	00:17:50	00:29:23	00:05:48	00:28:59	00:24:08	00:24:08	1	0	0
23-Mar-22	Elme Middlemost	43	25,079	2	26	28	00:24:17	00:21:52	00:19:26	00:17:00	02:26:28	00:05:50	00:29:12	00:20:05	00:20:05	1	0	0
23-Mar-22	Hanri van der Merwe	26	5,681	0	33	36	00:23:06	00:20:48	00:18:29	00:16:10	00:33:36	00:05:55	00:29:34	00:30:45	00:29:34	1	2	0
23-Mar-22	Pieter Roos	39	5,011	0	29	51	00:23:42	00:21:20	00:18:57	00:16:35	00:29:51	00:05:57	00:29:47	00:00:00	00:29:47	1	0	0
23-Mar-22	Gretchen Visser	56	7,448	0	45	5	00:27:15	00:24:32	00:21:48	00:19:05	00:45:05	00:06:03	00:30:16	00:30:41	00:30:16	1	2	0
23-Mar-22	Andries Coetzee	30	14,039	1	27	43	00:23:06	00:20:48	00:18:29	00:16:10	01:27:43	00:06:15	00:31:14	00:27:23	00:27:23	1	0	0
23-Mar-22	Danie La Grange	39	6,255	0	40	10	00:23:42	00:21:20	00:18:57	00:16:35	00:40:10	00:06:25	00:32:06	00:31:48	00:31:48	1	0	0
23-Mar-22	Richard Wicht	50	5,04	0	32	40	00:26:04	00:23:28	00:20:51	00:18:15	00:32:40	00:06:29	00:32:24	00:30:34	00:30:34	1	0	0
23-Mar-22	Kevin Crole	54	5,014	0	32	40	00:26:04	00:23:28	00:20:51	00:18:15	00:32:40	00:06:31	00:32:35	00:31:36	00:31:36	1	0	0
23-Mar-22	Maria Compion	41	5,009	0	35	57	00:24:17	00:21:52	00:19:26	00:17:00	00:35:57	00:07:11	00:35:53	00:33:31	00:33:31	1	0	0
23-Mar-22	Lizette Mobey	54	5,015	0	37	51	00:26:04	00:23:28	00:20:51	00:18:15	00:37:51	00:07:33	00:37:44	00:38:12	00:37:44	1	2	0
23-Mar-22	Leandri Husselman	30	5,01	0	39	2	00:23:06	00:20:48	00:18:29	00:16:10	00:39:02	00:07:47	00:38:57	00:34:14	00:34:14	1	0	0
23-Mar-22	Wilna van Emmenis	60	6,031	1	2	6	00:29:02	00:26:08	00:23:13	00:20:19	01:02:06	00:10:18	00:51:29	00:53:20	00:51:29	1	2	0
23-Mar-22	Ntombi Nqeto	43	6,054	1	2	32	00:24:17	00:21:52	00:19:26	00:17:00	01:02:32	00:10:20	00:51:39	01:00:09	00:51:39	1	2	0
23-Mar-22	Anneri Konig	37	8,75	1	54	38	00:23:42	00:21:20	00:18:57	00:16:35	01:54:38	00:13:06	01:05:30	00:53:46	00:53:46	1	0	0
30-Mar-22	Chester Dioka	39	6,007	0	23	56	00:23:42	00:21:20	00:18:57	00:16:35	00:23:56	00:03:59	00:19:55	00:17:59	00:17:59	1	0	2
30-Mar-22	Steven De Lange	31	5,028	0	20	10	00:23:06	00:20:48	00:18:29	00:16:10	00:20:10	00:04:01	00:20:03	00:19:20	00:19:20	1	0	2
30-Mar-22	Elme Middlemost	43	5,035	0	20	25	00:24:17	00:21:52	00:19:26	00:17:00	00:20:25	00:04:03	00:20:16	00:20:05	00:20:05	1	0	2
30-Mar-22	Anton Janse van Rensburg	48	5	0	21	13	00:25:28	00:22:56	00:20:23	00:17:50	00:21:13	00:04:15	00:21:13	00:20:05	00:20:05	1	0	2
30-Mar-22	Rikus Hattingh	30	6,023	0	26	51	00:23:06	00:20:48	00:18:29	00:16:10	00:26:51	00:04:27	00:22:17	00:22:52	00:22:17	1	2	1
30-Mar-22	Pieter Laubscher	37	23,201	1	44	15	00:23:42	00:21:20	00:18:57	00:16:35	01:44:15	00:04:30	00:22:28	00:20:16	00:20:16	1	0	1
30-Mar-22	Janke du Plessis	35	6,01	0	27	22	00:23:42	00:21:20	00:18:57	00:16:35	00:27:22	00:04:33	00					

30-Mar-22	Russell Nugent	52	5,005	0	23	24	00:26:04	00:23:28	00:20:51	00:18:15	00:23:24	00:04:41	00:23:23	00:24:20	00:23:23	1	2	2
30-Mar-22	Ronnie van der Walt	41	6,01	0	28	52	00:24:17	00:21:52	00:19:26	00:17:00	00:28:52	00:04:48	00:24:01	00:24:42	00:24:01	1	2	1
30-Mar-22	Janika Botha	29	5,64	0	27	28	00:23:06	00:20:48	00:18:29	00:16:10	00:27:28	00:04:52	00:24:21	00:22:18	00:22:18	1	0	0
30-Mar-22	Nols Kennedy	43	5,036	0	25	33	00:24:17	00:21:52	00:19:26	00:17:00	00:25:33	00:05:04	00:25:22	00:22:39	00:22:39	1	0	0
30-Mar-22	Jacob Mathloko	38	5,025	0	26	3	00:23:42	00:21:20	00:18:57	00:16:35	00:26:03	00:05:11	00:25:55	00:18:43	00:18:43	1	0	0
30-Mar-22	Willem Nieuwoudt	58	9,619	0	49	52	00:27:15	00:24:32	00:21:48	00:19:05	00:49:52	00:05:11	00:25:55	00:24:36	00:24:36	1	0	1
30-Mar-22	Jandri Olivier	33	5,48	0	28	37	00:23:06	00:20:48	00:18:29	00:16:10	00:28:37	00:05:13	00:26:07	00:25:57	00:25:57	1	0	0
30-Mar-22	Theo Botha	39	6,014	0	31	28	00:23:42	00:21:20	00:18:57	00:16:35	00:31:28	00:05:14	00:26:10	00:22:16	00:22:16	1	0	0
30-Mar-22	Hanri van der Merwe	26	6,846	0	36	12	00:23:06	00:20:48	00:18:29	00:16:10	00:36:12	00:05:17	00:26:26	00:30:45	00:26:26	1	2	0
30-Mar-22	Johan Visser	28	6,012	0	31	55	00:23:06	00:20:48	00:18:29	00:16:10	00:31:55	00:05:19	00:26:33	00:25:49	00:25:49	1	0	0
30-Mar-22	Daryl de Wee	26	5,036	0	27	0	00:23:06	00:20:48	00:18:29	00:16:10	00:27:00	00:05:22	00:26:48	00:23:59	00:23:59	1	0	0
30-Mar-22	Erick van der Colff	46	10,138	0	54	38	00:25:28	00:22:56	00:20:23	00:17:50	00:54:38	00:05:23	00:26:57	00:24:11	00:24:11	1	0	0
30-Mar-22	Pieter Roos	39	5,031	0	28	4	00:23:42	00:21:20	00:18:57	00:16:35	00:28:04	00:05:35	00:27:54	00:00:00	00:27:54	1	0	0
30-Mar-22	Tokkolicious Nugent	42	5	0	28	0	00:24:17	00:21:52	00:19:26	00:17:00	00:28:00	00:05:36	00:28:00	00:24:22	00:24:22	1	0	0
30-Mar-22	Craig Mobey	53	5,006	0	28	9	00:26:04	00:23:28	00:20:51	00:18:15	00:28:09	00:05:37	00:28:07	00:28:47	00:28:07	1	2	0
30-Mar-22	Chrisna Nieuwoudt	57	5,118	0	28	47	00:27:15	00:24:32	00:21:48	00:19:05	00:28:47	00:05:37	00:28:07	00:26:31	00:26:31	1	0	0
30-Mar-22	Georgin de Wee	29	5,242	0	30	2	00:23:06	00:20:48	00:18:29	00:16:10	00:30:02	00:05:44	00:28:39	00:29:00	00:28:39	1	2	0
30-Mar-22	Estelle Geerkens	49	5,78	0	33	13	00:25:28	00:22:56	00:20:23	00:17:50	00:33:13	00:05:45	00:28:44	00:24:08	00:24:08	1	0	0
30-Mar-22	Andries Coetzee	30	9,2	0	53	38	00:23:06	00:20:48	00:18:29	00:16:10	00:53:38	00:05:50	00:29:09	00:27:23	00:27:23	1	0	0
30-Mar-22	Gretchen Visser	56	5,561	0	33	21	00:27:15	00:24:32	00:21:48	00:19:05	00:33:21	00:06:00	00:29:59	00:30:41	00:29:59	1	2	0
30-Mar-22	Richard Wicht	50	8,587	0	53	24	00:26:04	00:23:28	00:20:51	00:18:15	00:53:24	00:06:13	00:31:06	00:30:34	00:30:34	1	0	0
30-Mar-22	Kevin Crole	54	5,014	0	31	54	00:26:04	00:23:28	00:20:51	00:18:15	00:31:54	00:06:22	00:31:49	00:31:36	00:31:36	1	0	0
30-Mar-22	Danie La Grange	39	6,225	0	41	28	00:23:42	00:21:20	00:18:57	00:16:35	00:41:28	00:06:40	00:33:18	00:31:48	00:31:48	1	0	0
30-Mar-22	Johan Duvenhage	53	5,001	0	34	8	00:26:04	00:23:28	00:20:51	00:18:15	00:34:08	00:06:50	00:34:08	00:34:24	00:34:08	1	2	0
30-Mar-22	Hengie McInnes	55	6,017	0	41	50	00:27:15	00:24:32	00:21:48	00:19:05	00:41:50	00:06:57	00:34:46	00:33:39	00:33:39	1	0	0
30-Mar-22	Betsy Wall	45	5,499	0	39	15	00:25:28	00:22:56	00:20:23	00:17:50	00:39:15	00:07:08	00:35:41	00:35:25	00:35:25	1	0	0
30-Mar-22	Lizette Mobey	54	5,003	0	36	37	00:26:04	00:23:28	00:20:51	00:18:15	00:36:37	00:07:19	00:36:36	00:38:12	00:36:36	1	2	0
30-Mar-22	Leandri Husselman	30	5,03	0	36	49	00:23:06	00:20:48	00:18:29	00:16:10	00:36:49	00:07:19	00:36:36	00:34:14	00:34:14	1	0	0
30-Mar-22	Charles Bailie	43	5,118	0	43	7	00:24:17	00:21:52	00:19:26	00:17:00	00:43:07	00:08:25	00:42:07	00:38:20	00:38:20	1	0	0
30-Mar-22	Maria Compion	41	8,556	1	17	1	00:24:17	00:21:52	00:19:26	00:17:00	01:17:01	00:09:00	00:45:00	00:33:31	00:33:31	1	0	0
30-Mar-22	Wilna van Emmenis	60	5,988	1	3	18	00:29:02	00:26:08	00:23:13	00:20:19	01:03:18	00:10:34	00:52:51	00:53:20	00:52:51	1	2	0
06-Apr-22	Chester Dioka	39	5,011	0	18	12	00:23:42	00:21:20	00:18:57	00:16:35	00:18:12	00:03:38	00:18:10	00:17:59	00:17:59	1	0	3
06-Apr-22	Elme Middlemost	43	5,016	0	19	56	00:24:17	00:21:52	00:19:26	00:17:00	00:19:56	00:03:58	00:19:52	00:20:05	00:19:52	1	2	2
06-Apr-22	Steven De Lange	31	5,024	0	20	0	00:23:06	00:20:48	00:18:29	00:16:10	00:20:00	00:03:59	00:19:54	00:19:20	00:19:20	1	0	2
06-Apr-22	Pieter Laubscher	37	13,013	0	56	44	00:23:42	00:21:20	00:18:57	00:16:35	00:56:44	00:04:22	00:21:48	00:20:16	00:20:16	1	0	1
06-Apr-22	Janke du Plessis	35	7,033	0	30	55	00:23:42	00:21:20	00:18:57	00:16:35	00:30:55	00:04:24	00:21:59	00:22:46	00:21:59	1	2	1
06-Apr-22	Janika Botha	29	5,21	0	23	9	00:23:06	00:20:48	00:18:29	00:16:10	00:23:09	00:04:27	00:22:13	00:22:18	00:22:13	1	2	1
06-Apr-22	Ishmael Molahleli	50	5,06	0	22	41	00:26:04	00:23:28	00:20:51	00:18:15	00:22:41	00:04:29	00:22:25	00:21:14	00:21:14	1	0	2
06-Apr-22	Rikus Hattingh	30	5,032	0	23	29	00:23:06	00:20:48	00:18:29	00:16:10	00:23:29	00:04:40	00:23:20	00:22:17	00:22:17	1	0	0
06-Apr-22	Tokkolicious Nugent	42	5	0	24	0	00:24:17	00:21:52	00:19:26	00:17:00	00:24:00	00:04:48	00:24:00	00:24:22	00:24:00	1	2	1
06-Apr-22	Nols Kennedy	43	5,011	0	24	20	00:24:17	00:21:52	00:19:26	00:17:00	00:24:20	00:04:51	00:24:17	00:22:39	00:22:39	1	0	1
06-Apr-22	Erick van der Colff	46	8,013	0	39	19	00:25:28	00:22:56	00:20:23	00:17:50	00:39:19	00:04:54	00:24:32	00:24:11	00:24:11	1	0	1
06-Apr-22	Daryl de Wee	26	5,03	0	24	48	00:23:06	00:20:48	00:18:29	00:16:10	00:24:48	00:04:56	00:24:39	00:23:59	00:23:59	1	0	0
06-Apr-22	Willem Nieuwoudt	58	8,704	0	44	0	00:27:15	00:24:32	00:21:48	00:19:05	00:44:00	00:05:03	00:25:17	00:24:36	00:24:36	1	0	1
06-Apr-22	Russell Nugent	52	12,015	1	0	59	00:26:04	00:23:28	00:20:51	00:18:15	01:00:59	00:05:05	00:25:23	00:23:23	00:23:23	1	0	1
06-Apr-22	Anton Janse van Rensburg	48	5	0	25	31	00:25:28	00:22:56	00:20:23	00:17:50	00:25:31	00:05:06	00:25:31	00:20:05	00:20:05	1	0	0
06-Apr-22	Theo Botha	39	5,621	0	28	46	00:23:42	00:21:20	00:18:57	00:16:35	00:28:46	00:05:07	00:25:35	00:22:16	00:22:16	1	0	0
06-Apr-22	Van Zyl Lochner	46	8,089	0	43	5	00:25:28	00:22:56	00:20:23	00:17:50	00:43:05	00:05:20	00:26:38	00:31:09	00:26:38	1	2	0
06-Apr-22	Ronnie van der Walt	41	12,62	1	7	34	00:24:17	00:21:52	00:19:26	00:17:00	01:07:34	00:05:21	00:26:46	00:24:01	00:24:01	1	0	0
06-Apr-22	Jandri Olivier	34	10,69	0	57	45	00:23:06	00:20:48	00:18:29	00:16:10	00:57:45	00:05:24	00:27:01	00:25:57	00:25:57	1	0	0
06-Apr-22	Elzabe Liebenberg	49	5	0	27	27	00:25:28	00:22:56	00:20:23	00:17:50	00:27:27	00:05:29	00:27:27	00:25:35	00:25:35	1	0	0
06-Apr-22	Misha Laubscher	31	5,005	0	27	56	00:23:06	00:20:48	00:18:29	00:16:10	00:27:56	00:05:35	00:27:54	00:25:12	00:25:12	1	0	0
06-Apr-22	Andries Coetzee	30	15,579	1	31	24	00:23:06	00:20:48	00:18:29	00:16:10	01:31:24	00:05:52	00:29:20	00:27:23	00:27:23	1	0	0
06-Apr-22	Pieter Roos	39	6,99	0	41	23	00:23:42	00:21:20	00:18:57	00:16:35	00:41:23	00:05:55	00:29:36	00:27:54	00:27:54	1	0	0
06-Apr-22	Chrisna Nieuwoudt	57	8,182	0	48	34	00:27:15	00:24:32	00:21:48	00:19:05	00:48:34	00:05:56	00:29:41	00:26:31	00:26:31	1	0	0
06-Apr-22	Craig Mobey	53	5,136	0	31	1	00:26:04	00:23:28	00:20:51	00:18:15	00:31:01	00:06:02	00:30:12	00:27:42	00:27:42	1	0	0
06-Apr-22	Gretchen Visser	56	7,305	0	45	6	00:27:15	00:24:32	00:21:48	00:19:05	00:45:06	00:06:10	00:30:52	00:29:59	00:29:59	1	0	0
06-Apr-22	Katryn Hough	41	5	0	31	7	00:24:17	00:21:52	00:19:26	00:17:00	00:31:07	00:06:13	00:31:07	00:29:50	00:29:50	1	0	0
06-Apr-22	Richard Wicht	50	6,023	0	38	29	00:26:04	00:23:28	00:20:51	00:18:15	00:38:29	00:06:23	00:31:57	00:30:34	00:30:34	1	0	0
06-Apr-22	Danie La Grange	39	6,4	0	41	19	00:23:42	00:21:20	00:18:57	00:16:35	00:41:19	00:06:27	00:32:17	00:31:48	00:31:48	1	0	0
06-Apr-22	Kevin Crole	54	5,009	0	32	40	00:26:04	00:23:28	00:20:51	00:18:15	00:32:40	00:06:31	00:32:36	00:31:36	00:31:36	1	0	0
06-Apr-22	Johan Duvenhage	53	5,002	0	34	0	00:26:04	00:23:28	00:20:51	00:18:15	00:34:00	00:06:48	00:33:59	00:34:08	00:33:59	1	2	0
06-Apr-22	Maria Compion	41	5,008	0	34	33	00:24:17	00:21:52	00:19:26	00:17:00	00:34:33	00:06:54	00:34:30	00:33:31				

06-Apr-22	Betsy Wall	45	5,808	0	42	10	00:25:28	00:22:56	00:20:23	00:17:50	00:42:10	00:07:16	00:36:18	00:35:25	00:35:25	1	0	0
06-Apr-22	Leandri Husselman	30	5,01	0	37	49	00:23:06	00:20:48	00:18:29	00:16:10	00:37:49	00:07:33	00:37:44	00:34:14	00:34:14	1	0	0
06-Apr-22	Carla Spangenberg	39	5,037	0	38	11	00:23:42	00:21:20	00:18:57	00:16:35	00:38:11	00:07:35	00:37:54	00:29:49	00:29:49	1	0	0
06-Apr-22	Wilna van Emmenis	60	8,165	1	40	2	00:29:02	00:26:08	00:23:13	00:20:19	01:40:02	00:12:15	01:01:15	00:51:29	00:51:29	1	0	0
13-Apr-22	Chester Dioka	39	5,009	0	18	59	00:23:42	00:21:20	00:18:57	00:16:35	00:18:59	00:03:47	00:18:57	00:17:59	00:17:59	1	0	3
13-Apr-22	Janke du Plessis	35	7,21	0	32	30	00:23:42	00:21:20	00:18:57	00:16:35	00:32:30	00:04:30	00:22:32	00:21:59	00:21:59	1	0	1
13-Apr-22	Daryl de Wee	26	5,029	0	24	8	00:23:06	00:20:48	00:18:29	00:16:10	00:24:08	00:04:48	00:24:00	00:23:59	00:23:59	1	0	0
13-Apr-22	Tokkolicious Nugent	42	5	0	24	0	00:24:17	00:21:52	00:19:26	00:17:00	00:24:00	00:04:48	00:24:00	00:24:00	00:24:00	1	0	1
13-Apr-22	Erick van der Colff	46	5,012	0	24	16	00:25:28	00:22:56	00:20:23	00:17:50	00:24:16	00:04:51	00:24:13	00:24:11	00:24:11	1	0	1
13-Apr-22	Anton Janse van Rensburg	48	6,06	0	30	34	00:25:28	00:22:56	00:20:23	00:17:50	00:30:34	00:05:03	00:25:13	00:20:05	00:20:05	1	0	1
13-Apr-22	Russell Nugent	52	7,014	0	35	53	00:26:04	00:23:28	00:20:51	00:18:15	00:35:53	00:05:07	00:25:35	00:23:23	00:23:23	1	0	1
13-Apr-22	Theo Botha	39	8,794	0	45	9	00:23:42	00:21:20	00:18:57	00:16:35	00:45:09	00:05:08	00:25:40	00:22:16	00:22:16	1	0	0
13-Apr-22	Pieter Roos	39	5	0	25	42	00:23:42	00:21:20	00:18:57	00:16:35	00:25:42	00:05:08	00:25:42	00:27:54	00:25:42	1	2	0
13-Apr-22	Nols Kennedy	43	5,044	0	25	58	00:24:17	00:21:52	00:19:26	00:17:00	00:25:58	00:05:09	00:25:44	00:22:39	00:22:39	1	0	0
13-Apr-22	Elme Middlemost	43	15,058	1	21	55	00:24:17	00:21:52	00:19:26	00:17:00	01:21:55	00:05:26	00:27:12	00:19:52	00:19:52	1	0	0
13-Apr-22	Ronnie van der Walt	41	12	1	5	40	00:24:17	00:21:52	00:19:26	00:17:00	01:05:40	00:05:28	00:27:22	00:24:01	00:24:01	1	0	0
13-Apr-22	Johan Visser	28	5,02	0	27	33	00:23:06	00:20:48	00:18:29	00:16:10	00:27:33	00:05:29	00:27:26	00:22:34	00:22:34	1	0	0
13-Apr-22	Chrisna Nieuwoudt	57	5,026	0	28	12	00:27:15	00:24:32	00:21:48	00:19:05	00:28:12	00:05:37	00:28:03	00:26:31	00:26:31	1	0	0
13-Apr-22	Gretchen Visser	56	7,613	0	45	3	00:27:15	00:24:32	00:21:48	00:19:05	00:45:03	00:05:55	00:29:35	00:29:59	00:29:35	1	2	0
13-Apr-22	Kevin Crole	54	5,007	0	32	1	00:26:04	00:23:28	00:20:51	00:18:15	00:32:01	00:06:24	00:31:58	00:31:36	00:31:36	1	0	0
13-Apr-22	Elzabe Liebenberg	49	5,232	0	34	8	00:25:28	00:22:56	00:20:23	00:17:50	00:34:08	00:06:31	00:32:37	00:25:35	00:25:35	1	0	0
13-Apr-22	Van Zyl Lochner	46	14,019	1	31	43	00:25:28	00:22:56	00:20:23	00:17:50	01:31:43	00:06:33	00:32:43	00:26:38	00:26:38	1	0	0
13-Apr-22	Danie La Grange	39	5,643	0	37	28	00:23:42	00:21:20	00:18:57	00:16:35	00:37:28	00:06:38	00:33:12	00:31:48	00:31:48	1	0	0
13-Apr-22	Johan Duvenhage	53	5,016	0	33	54	00:26:04	00:23:28	00:20:51	00:18:15	00:33:54	00:06:46	00:33:48	00:33:59	00:33:48	1	2	0
13-Apr-22	Maria Compion	41	5,007	0	34	42	00:24:17	00:21:52	00:19:26	00:17:00	00:34:42	00:06:56	00:34:39	00:33:31	00:33:31	1	0	0
13-Apr-22	Hengie McInnes	55	10,073	1	10	38	00:27:15	00:24:32	00:21:48	00:19:05	01:10:38	00:07:01	00:35:04	00:33:39	00:33:39	1	0	0
13-Apr-22	Prasidh Ramson	45	8,45	0	59	29	00:25:28	00:22:56	00:20:23	00:17:50	00:59:29	00:07:02	00:35:12	00:36:15	00:35:12	1	2	0
13-Apr-22	Willem Nieuwoudt	58	5,382	0	39	15	00:27:15	00:24:32	00:21:48	00:19:05	00:39:15	00:07:18	00:36:28	00:24:36	00:24:36	1	0	0
13-Apr-22	Julie Estey	39	5,847	0	45	31	00:23:42	00:21:20	00:18:57	00:16:35	00:45:31	00:07:47	00:38:55	00:34:42	00:34:42	1	0	0
13-Apr-22	Lizette Mobey	54	5,012	0	42	52	00:26:04	00:23:28	00:20:51	00:18:15	00:42:52	00:08:33	00:42:46	00:36:36	00:36:36	1	0	0
13-Apr-22	Craig Mobey	53	5,008	0	42	50	00:26:04	00:23:28	00:20:51	00:18:15	00:42:50	00:08:33	00:42:46	00:27:42	00:27:42	1	0	0
13-Apr-22	Estelle Geerkens	49	6,33	1	1	6	00:25:28	00:22:56	00:20:23	00:17:50	01:01:06	00:09:39	00:48:16	00:24:08	00:24:08	1	0	0
13-Apr-22	Wilna van Emmenis	60	7,426	1	21	55	00:29:02	00:26:08	00:23:13	00:20:19	01:21:55	00:11:02	00:55:09	00:51:29	00:51:29	1	0	0
20-Apr-22	Steven De Lange	31	5,05	0	20	9	00:23:06	00:20:48	00:18:29	00:16:10	00:20:09	00:03:59	00:19:57	00:19:20	00:19:20	1	0	2
20-Apr-22	Elme Middlemost	43	5,018	0	20	4	00:24:17	00:21:52	00:19:26	00:17:00	00:20:04	00:04:00	00:20:00	00:19:52	00:19:52	1	0	2
20-Apr-22	Anton Janse van Rensburg	48	5	0	20	0	00:25:28	00:22:56	00:20:23	00:17:50	00:20:00	00:04:00	00:20:00	00:20:05	00:20:00	1	2	3
20-Apr-22	Pieter Laubscher	37	11,494	0	50	2	00:23:42	00:21:20	00:18:57	00:16:35	00:50:02	00:04:21	00:21:46	00:20:16	00:20:16	1	0	1
20-Apr-22	Rikus Hattingh	30	5,043	0	23	23	00:23:06	00:20:48	00:18:29	00:16:10	00:23:23	00:04:38	00:23:11	00:22:17	00:22:17	1	0	0
20-Apr-22	Chester Dioka	39	5,044	0	24	2	00:23:42	00:21:20	00:18:57	00:16:35	00:24:02	00:04:46	00:23:49	00:17:59	00:17:59	1	0	0
20-Apr-22	Erick van der Colff	46	5,018	0	24	41	00:25:28	00:22:56	00:20:23	00:17:50	00:24:41	00:04:55	00:24:36	00:24:11	00:24:11	1	0	1
20-Apr-22	Nols Kennedy	43	5,048	0	25	39	00:24:17	00:21:52	00:19:26	00:17:00	00:25:39	00:05:05	00:25:24	00:22:39	00:22:39	1	0	0
20-Apr-22	Daryl de Wee	26	5,033	0	25	35	00:23:06	00:20:48	00:18:29	00:16:10	00:25:35	00:05:05	00:25:25	00:23:59	00:23:59	1	0	0
20-Apr-22	Russell Nugent	52	7,006	0	36	12	00:26:04	00:23:28	00:20:51	00:18:15	00:36:12	00:05:10	00:25:50	00:23:23	00:23:23	1	0	1
20-Apr-22	Jandri Olivier	34	10,3	0	55	36	00:23:06	00:20:48	00:18:29	00:16:10	00:55:36	00:05:24	00:26:59	00:25:57	00:25:57	1	0	0
20-Apr-22	Craig Mobey	53	5,005	0	27	24	00:26:04	00:23:28	00:20:51	00:18:15	00:27:24	00:05:28	00:27:22	00:27:42	00:27:22	1	2	0
20-Apr-22	Elme Middlemost	43	15,099	1	23	36	00:24:17	00:21:52	00:19:26	00:17:00	01:23:36	00:05:32	00:27:41	00:19:52	00:19:52	1	0	0
20-Apr-22	Chrisna Nieuwoudt	57	5,273	0	29	19	00:27:15	00:24:32	00:21:48	00:19:05	00:29:19	00:05:34	00:27:48	00:26:31	00:26:31	1	0	0
20-Apr-22	Willem Nieuwoudt	58	10,901	1	4	36	00:27:15	00:24:32	00:21:48	00:19:05	01:04:36	00:05:56	00:29:38	00:24:36	00:24:36	1	0	0
20-Apr-22	Gretchen Visser	56	7,573	0	45	6	00:27:15	00:24:32	00:21:48	00:19:05	00:45:06	00:05:57	00:29:47	00:29:35	00:29:35	1	0	0
20-Apr-22	Pieter Roos	39	5,017	0	29	53	00:23:42	00:21:20	00:18:57	00:16:35	00:29:53	00:05:57	00:29:47	00:25:42	00:25:42	1	0	0
20-Apr-22	Estelle Geerkens	49	5,23	0	31	10	00:25:28	00:22:56	00:20:23	00:17:50	00:31:10	00:05:58	00:29:48	00:24:08	00:24:08	1	0	0
20-Apr-22	Richard Wicht	50	6,018	0	36	0	00:26:04	00:23:28	00:20:51	00:18:15	00:36:00	00:05:59	00:29:55	00:30:34	00:29:55	1	2	0
20-Apr-22	Kevin Crole	54	5,012	0	31	13	00:26:04	00:23:28	00:20:51	00:18:15	00:31:13	00:06:14	00:31:09	00:31:36	00:31:09	1	2	0
20-Apr-22	Elzabe Liebenberg	49	6,009	0	39	29	00:25:28	00:22:56	00:20:23	00:17:50	00:39:29	00:06:34	00:32:51	00:25:35	00:25:35	1	0	0
20-Apr-22	Riana Burger	37	5,012	0	33	24	00:23:42	00:21:20	00:18:57	00:16:35	00:33:24	00:06:40	00:33:19	00:31:51	00:31:51	1	0	0
20-Apr-22	Maria Compion	41	5,009	0	33	23	00:24:17	00:21:52	00:19:26	00:17:00	00:33:23	00:06:40	00:33:19	00:33:31	00:33:19	1	2	0
20-Apr-22	Hengie McInnes	55	8,309	0	58	32	00:27:15	00:24:32	00:21:48	00:19:05	00:58:32	00:07:03	00:35:13	00:33:39	00:33:39	1	0	0
20-Apr-22	Prasidh Ramson	45	8,382	1	2	29	00:25:28	00:22:56	00:20:23	00:17:50	01:02:29	00:07:27	00:37:16	00:35:12	00:35:12	1	0	0
20-Apr-22	Julie Estey	39	7,899	0	59	57	00:23:42	00:21:20	00:18:57	00:16:35	00:59:57	00:07:35	00:37:57	00:34:42	00:34:42	1	0	0
20-Apr-22	Lizette Mobey	54	5,299	0	41	27	00:26:04	00:23:28	00:20:51	00:18:15	00:41:27	00:07:49	00:39:07	00:36:36	00:36:36	1	0	0
20-Apr-22	Wilna van Emmenis	60	5,741	1	0	49	00:29:02	00:26:08	00:23:13	00:20:19	01:00:49	00:10:36	00:52:58	00:51:29	00:51:29	1	0	0
27-Apr-22	Pieter Laubscher	37	5,005	0	19	4	00:23:42	00:21:20	00:18:57	00:16:35	00:19:04	00:03:49	00:19:03	00:20:16	00:19:03	1	2	2

27-Apr-22	Elme Middlemost	43	5,03	0	20	19	00:24:17	00:21:52	00:19:26	00:17:00	00:20:19	00:04:02	00:20:12	00:19:52	00:19:52	1	0	2
27-Apr-22	Anton Janse van Rensburg	48	5	0	21	38	00:25:28	00:22:56	00:20:23	00:17:50	00:21:38	00:04:20	00:21:38	00:20:00	00:20:00	1	0	2
27-Apr-22	Janika Botha	30	6,01	0	27	12	00:23:06	00:20:48	00:18:29	00:16:10	00:27:12	00:04:32	00:22:38	00:22:13	00:22:13	1	0	1
27-Apr-22	Janke du Plessis	35	6,005	0	27	14	00:23:42	00:21:20	00:18:57	00:16:35	00:27:14	00:04:32	00:22:41	00:21:59	00:21:59	1	0	1
27-Apr-22	Dirkie Hanekom	25	5,99	0	27	14	00:23:06	00:20:48	00:18:29	00:16:10	00:27:14	00:04:33	00:22:44	00:00:00	00:22:44	1	0	1
27-Apr-22	Theo Botha	39	6,011	0	28	4	00:23:42	00:21:20	00:18:57	00:16:35	00:28:04	00:04:40	00:23:21	00:22:16	00:22:16	1	0	1
27-Apr-22	Ronnie van der Walt	41	6,01	0	28	41	00:24:17	00:21:52	00:19:26	00:17:00	00:28:41	00:04:46	00:23:52	00:24:01	00:23:52	1	2	1
27-Apr-22	Nols Kennedy	43	5,048	0	24	49	00:24:17	00:21:52	00:19:26	00:17:00	00:24:49	00:04:55	00:24:35	00:22:39	00:22:39	1	0	0
27-Apr-22	Johan Visser	28	6,008	0	29	43	00:23:06	00:20:48	00:18:29	00:16:10	00:29:43	00:04:57	00:24:44	00:22:34	00:22:34	1	0	0
27-Apr-22	Russell Nugent	52	5,989	0	29	51	00:26:04	00:23:28	00:20:51	00:18:15	00:29:51	00:04:59	00:24:55	00:23:23	00:23:23	1	0	1
27-Apr-22	Erick van der Colff	46	10,095	0	50	39	00:25:28	00:22:56	00:20:23	00:17:50	00:50:39	00:05:01	00:25:05	00:24:11	00:24:11	1	0	1
27-Apr-22	Hanri van der Merwe	26	5	0	25	19	00:23:06	00:20:48	00:18:29	00:16:10	00:25:19	00:05:04	00:25:19	00:26:26	00:25:19	1	2	0
27-Apr-22	Pieter Roos	39	5,956	0	31	47	00:23:42	00:21:20	00:18:57	00:16:35	00:31:47	00:05:20	00:26:41	00:25:42	00:25:42	1	0	0
27-Apr-22	Misha Laubscher	32	6,009	0	32	7	00:23:06	00:20:48	00:18:29	00:16:10	00:32:07	00:05:21	00:26:43	00:25:12	00:25:12	1	0	0
27-Apr-22	Elzabe Liebenberg	49	5	0	27	49	00:25:28	00:22:56	00:20:23	00:17:50	00:27:49	00:05:34	00:27:49	00:25:35	00:25:35	1	0	0
27-Apr-22	Tokkolicious Nugent	42	10	0	56	0	00:24:17	00:21:52	00:19:26	00:17:00	00:56:00	00:05:36	00:28:00	00:24:00	00:24:00	1	0	0
27-Apr-22	Steven De Lange	31	7,198	0	40	36	00:23:06	00:20:48	00:18:29	00:16:10	00:40:36	00:05:38	00:28:12	00:19:20	00:19:20	1	0	0
27-Apr-22	Anton Janse van Rensburg	48	15,33	1	27	12	00:25:28	00:22:56	00:20:23	00:17:50	01:27:12	00:05:41	00:28:26	00:20:00	00:20:00	1	0	0
27-Apr-22	Gretchen Visser	56	6,01	0	34	20	00:27:15	00:24:32	00:21:48	00:19:05	00:34:20	00:05:43	00:28:34	00:29:35	00:28:34	1	2	0
27-Apr-22	Steven De Lange	31	12,941	1	14	22	00:23:06	00:20:48	00:18:29	00:16:10	01:14:22	00:05:45	00:28:44	00:19:20	00:19:20	1	0	0
27-Apr-22	Jandri Olivier	34	8,22	0	47	36	00:23:06	00:20:48	00:18:29	00:16:10	00:47:36	00:05:47	00:28:57	00:25:57	00:25:57	1	0	0
27-Apr-22	Janke du Plessis	35	10,948	1	3	28	00:23:42	00:21:20	00:18:57	00:16:35	01:03:28	00:05:48	00:28:59	00:21:59	00:21:59	1	0	0
27-Apr-22	Daryl de Wee	26	5,151	0	30	6	00:23:06	00:20:48	00:18:29	00:16:10	00:30:06	00:05:51	00:29:13	00:23:59	00:23:59	1	0	0
27-Apr-22	Georgin de Wee	29	5,144	0	30	9	00:23:06	00:20:48	00:18:29	00:16:10	00:30:09	00:05:52	00:29:18	00:28:39	00:28:39	1	0	0
27-Apr-22	Elme Middlemost	43	30,014	2	59	32	00:24:17	00:21:52	00:19:26	00:17:00	02:59:32	00:05:59	00:29:54	00:19:52	00:19:52	1	0	0
27-Apr-22	Charles Bailie	43	5,037	0	31	23	00:24:17	00:21:52	00:19:26	00:17:00	00:31:23	00:06:14	00:31:09	00:38:20	00:31:09	1	2	0
27-Apr-22	Kevin Crole	54	5,007	0	32	22	00:26:04	00:23:28	00:20:51	00:18:15	00:32:22	00:06:28	00:32:19	00:31:09	00:31:09	1	0	0
27-Apr-22	Prasidh Ramson	45	7,818	0	58	3	00:25:28	00:22:56	00:20:23	00:17:50	00:58:03	00:07:26	00:37:08	00:35:12	00:35:12	1	0	0
27-Apr-22	Katryn Hough	41	5,552	0	41	21	00:24:17	00:21:52	00:19:26	00:17:00	00:41:21	00:07:27	00:37:14	00:29:50	00:29:50	1	0	0
27-Apr-22	Lizette Mobey	54	6,314	0	49	41	00:26:04	00:23:28	00:20:51	00:18:15	00:49:41	00:07:52	00:39:21	00:36:36	00:36:36	1	0	0
27-Apr-22	Maria Compion	41	15,66	2	10	42	00:24:17	00:21:52	00:19:26	00:17:00	02:10:42	00:08:21	00:41:44	00:33:19	00:33:19	1	0	0
27-Apr-22	Betsy Wall	45	5,044	0	51	41	00:25:28	00:22:56	00:20:23	00:17:50	00:51:41	00:10:15	00:51:14	00:35:25	00:35:25	1	0	0
27-Apr-22	Anneri Konig	37	5,002	0	58	26	00:23:42	00:21:20	00:18:57	00:16:35	00:58:26	00:11:41	00:58:25	00:53:46	00:53:46	1	0	0
04-May-22	Elme Middlemost	43	5	0	20	9	00:24:17	00:21:52	00:19:26	00:17:00	00:20:09	00:04:02	00:20:09	00:19:52	00:19:52	1	0	2
04-May-22	Janke du Plessis	35	7,205	0	32	25	00:23:42	00:21:20	00:18:57	00:16:35	00:32:25	00:04:30	00:22:30	00:21:59	00:21:59	1	0	1
04-May-22	Erick van der Colff	47	5,06	0	23	0	00:25:28	00:22:56	00:20:23	00:17:50	00:23:00	00:04:33	00:22:44	00:24:11	00:22:44	1	2	2
04-May-22	Russell Nugent	52	10,8	0	53	2	00:26:04	00:23:28	00:20:51	00:18:15	00:53:02	00:04:55	00:24:33	00:23:23	00:23:23	1	0	1
04-May-22	Nols Kennedy	43	5,026	0	25	34	00:24:17	00:21:52	00:19:26	00:17:00	00:25:34	00:05:05	00:25:26	00:22:39	00:22:39	1	0	0
04-May-22	Tokkolicious Nugent	42	10	0	53	0	00:24:17	00:21:52	00:19:26	00:17:00	00:53:00	00:05:18	00:26:30	00:24:00	00:24:00	1	0	0
04-May-22	Jandri Olivier	34	10,56	0	56	14	00:23:06	00:20:48	00:18:29	00:16:10	00:56:14	00:05:20	00:26:38	00:25:57	00:25:57	1	0	0
04-May-22	Pieter Laubscher	37	9,942	0	53	12	00:23:42	00:21:20	00:18:57	00:16:35	00:53:12	00:05:21	00:26:45	00:19:03	00:19:03	1	0	0
04-May-22	Misha Laubscher	32	5,009	0	27	34	00:23:06	00:20:48	00:18:29	00:16:10	00:27:34	00:05:30	00:27:31	00:25:12	00:25:12	1	0	0
04-May-22	Chrisna Nieuwoudt	57	5,257	0	29	8	00:27:15	00:24:32	00:21:48	00:19:05	00:29:08	00:05:33	00:27:43	00:26:31	00:26:31	1	0	0
04-May-22	Craig Mobey	53	6,008	0	33	37	00:26:04	00:23:28	00:20:51	00:18:15	00:33:37	00:05:36	00:27:59	00:27:22	00:27:22	1	0	0
04-May-22	Richard Wicht	50	5,555	0	33	23	00:26:04	00:23:28	00:20:51	00:18:15	00:33:23	00:06:01	00:30:03	00:29:55	00:29:55	1	0	0
04-May-22	Kevin Crole	54	5,01	0	31	37	00:26:04	00:23:28	00:20:51	00:18:15	00:31:37	00:06:19	00:31:33	00:31:09	00:31:09	1	0	0
04-May-22	Andries Coetzee	30	5,988	0	38	46	00:23:06	00:20:48	00:18:29	00:16:10	00:38:46	00:06:28	00:32:22	00:27:23	00:27:23	1	0	0
04-May-22	Hanri van der Merwe	26	5,193	0	34	6	00:23:06	00:20:48	00:18:29	00:16:10	00:34:06	00:06:34	00:32:50	00:25:19	00:25:19	1	0	0
04-May-22	Maria Compion	41	5,008	0	33	31	00:24:17	00:21:52	00:19:26	00:17:00	00:33:31	00:06:42	00:33:28	00:33:19	00:33:19	1	0	0
04-May-22	Johan Duvenhage	53	5,005	0	33	42	00:26:04	00:23:28	00:20:51	00:18:15	00:33:42	00:06:44	00:33:40	00:33:48	00:33:40	1	2	0
04-May-22	Riana Burger	37	5,007	0	33	45	00:23:42	00:21:20	00:18:57	00:16:35	00:33:45	00:06:44	00:33:42	00:31:51	00:31:51	1	0	0
04-May-22	Anneri Konig	37	7,74	0	53	41	00:23:42	00:21:20	00:18:57	00:16:35	00:53:41	00:06:56	00:34:41	00:53:46	00:34:41	1	2	0
04-May-22	Hengie McInnes	55	8,262	0	58	55	00:27:15	00:24:32	00:21:48	00:19:05	00:58:55	00:07:08	00:35:39	00:33:39	00:33:39	1	0	0
04-May-22	Lizette Mobey	54	6,043	0	43	42	00:26:04	00:23:28	00:20:51	00:18:15	00:43:42	00:07:14	00:36:09	00:36:36	00:36:09	1	2	0
04-May-22	Julie Estey	39	5,828	0	45	59	00:23:42	00:21:20	00:18:57	00:16:35	00:45:59	00:07:53	00:39:27	00:34:42	00:34:42	1	0	0
04-May-22	Wilna van Emmenis	60	5,023	0	50	1	00:29:02	00:26:08	00:23:13	00:20:19	00:50:01	00:09:57	00:49:47	00:51:29	00:49:47	1	2	0
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	0			

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