

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
22-Jun-22	Pieter Laubscher	37	10,005	0	40	41	00:23:42	00:21:20	00:18:57	00:16:35	00:40:41	00:04:04	00:20:20	00:19:03	00:19:03	1	0	2	3
22-Jun-22	Nols Kennedy	43	5,013	0	23	28	00:24:17	00:21:52	00:19:26	00:17:00	00:23:28	00:04:41	00:23:24	00:22:39	00:22:39	1	0	1	2
22-Jun-22	Johan Visser	29	7,44	0	40	8	00:23:06	00:20:48	00:18:29	00:16:10	00:40:08	00:05:24	00:26:58	00:22:34	00:22:34	1	0	0	1
22-Jun-22	Craig Mobey	53	5,006	0	30	40	00:26:04	00:23:28	00:20:51	00:18:15	00:30:40	00:06:08	00:30:38	00:26:57	00:26:57	1	0	0	1
22-Jun-22	Maria Compion	41	5,006	0	33	40	00:24:17	00:21:52	00:19:26	00:17:00	00:33:40	00:06:44	00:33:38	00:32:24	00:32:24	1	0	0	1
22-Jun-22	Hengie McInnes	55	7,226	0	50	29	00:27:15	00:24:32	00:21:48	00:19:05	00:50:29	00:06:59	00:34:56	00:33:39	00:33:39	1	0	0	1
22-Jun-22	Lizette Mobey	55	5,008	0	38	9	00:27:15	00:24:32	00:21:48	00:19:05	00:38:09	00:07:37	00:38:05	00:35:55	00:35:55	1	0	0	1
22-Jun-22	Prasidh Ramson	45	8,451	1	8	28	00:25:28	00:22:56	00:20:23	00:17:50	01:08:28	00:08:06	00:40:30	00:35:12	00:35:12	1	0	0	1
22-Jun-22	Wilna van Emmenis	60	5	1	2	32	00:29:02	00:26:08	00:23:13	00:20:19	01:02:32	00:12:30	01:02:32	00:49:47	00:49:47	1	0	0	1