

Standard Duathlon - Female

Pos.	Bib No.	First Name	Last Name	Gender	Start Time	Time of Day	Race Time	Distance
1	5	Angeliq	Coetzer	F	07:05	08:53	01:48	Standard
2	11	Bianca	Silberbauer	F	07:05	08:53	01:48	Standard
3	10	Cally	Silberbauer	F	07:05	08:55	01:50	Standard
4	19	Martha	Groger-bimmel	F	07:05	09:11	02:06	Standard
5	8	Lauren	Newcombe Bond	F	07:05	09:18	02:13	Standard
6	6	Megan	Dos Santos	F	07:05	09:47	02:42	Standard
7	1	Nicole	Coetzer	F	07:05	10:21	03:16	Standard
8	2	Adele	Liebenberg	F	07:05	10:21	03:16	Standard
9	12	Jess	Steenkamp	F	07:05	10:33	03:28	Standard
10	7	Shanee	Louw	F	07:05	10:33	03:28	Standard

Standard Duathlon - Male

Pos.	Bib No.	First Name	Last Name	Gender	Start Time	Time of Day	Race Time	Distance
1	30	Zane	Zandberg	M	07:05	08:39	01:34	Standard
2	27	Peter	Van Praet	M	07:05	08:42	01:37	Standard
3	21	Gys	Malan	M	07:05	08:44	01:39	Standard
4	29	Ayanda	Witbooi	M	07:05	08:46	01:41	Standard
5	26	Stefan	Van Niekerk	M	07:05	08:47	01:42	Standard
6	17	Colin	George	M	07:05	08:53	01:48	Standard
7	20	Ian	Loos	M	07:05	08:53	01:48	Standard
8	23	Jeremi	Swanepoel	M	07:05	09:05	02:00	Standard
9	25	Ohann	Van Dyk	M	07:05	09:16	02:11	Standard
10	216	Pieter	Silberbauer (Team)	M	07:05	09:18	02:13	Standard
11	18	Jean	Goosen	M	07:05	09:20	02:15	Standard
12	4	Henry Stewart	Stols (Team)	M	07:05	09:22	02:17	Standard
13	15	Raymond	Deftereos	M	07:05	09:33	02:28	Standard
14	22	Wiam	Retief	M	07:05	09:49	02:44	Standard

Sprint Duathlon - Female

Pos.	Bib No.	First Name	Last Name	Gender	Start Time	Time of Day	Race Time	Distance
1	105	Berenice	Lemaitre	F	07:22	08:37	01:15	Sprint
2	107	Marile	Van Niekerk	F	07:22	08:45	01:23	Sprint
3	104	Zoe	Kooyman	F	07:22	08:52	01:30	Sprint
4	103	Kerri	Keet	F	07:22	08:56	01:34	Sprint
5	100	Fennet	Cilliers	F	07:22	09:16	01:54	Sprint
6	102	Karen	Du Toit	F	07:22	09:16	01:54	Sprint

Sprint Duathlon - Male

Pos.	Bib No.	First Name	Last Name	Gender	Start Time	Time of Day	Race Time	Distance
1	115	Seth	Muir	M	07:22	08:20	00:58	Sprint
2	114	Daz	Muir	M	07:22	08:27	01:05	Sprint
3	111	Mark	Fairbanks	M	07:22	08:27	01:05	Sprint
4	110	Mark	Davies	M	07:22	08:28	01:06	Sprint
5	117	Handre	Theron	M	07:22	08:43	01:21	Sprint
6	112	Kevin	Kannemeyer	M	07:22	08:45	01:23	Sprint
7	118	Andre	Theron	M	07:22	08:51	01:29	Sprint

Mini Duathlon - Female

Pos.	Bib No.	First Name	Last Name	Gender	Start Time	Time of Day	Race Time	Distance
1	204	Rae	Pearson	F	07:35	08:26	00:51	Mini
2	203	Kunashe	Dawanyi	F	07:35	09:06	01:31	Mini
3	202	Georgina	Botha	F	07:35	09:06	01:31	Mini
4	200	Maretha	Swart	F	07:35	09:06	01:31	Mini

Mini Duathlon - Male

Pos.	Bib No.	First Name	Last Name	Gender	Start Time	Time of Day	Race Time	Distance
1	206	Zachari	Davies	M	07:35	08:13	00:38	Mini
2	213	Finn	Pearson	M	07:35	08:18	00:43	Mini
3	209	Remy	Groger	M	07:35	08:21	00:46	Mini
4	210	Max	Groger	M	07:35	08:21	00:46	Mini
5	214	Luke	Roberts	M	07:35	08:23	00:48	Mini
6	211	Philip	Malan	M	07:35	08:24	00:49	Mini
7	205	Cai	Davies	M	07:35	08:25	00:50	Mini
8	212	Warren	Pearson	M	07:35	08:26	00:51	Mini
9	207	Joshua	De Wet	M	07:35	08:27	00:52	Mini
10	208	Ethan	Fairbanks	M	07:35	08:31	00:56	Mini
11	215	Sion	Swart	M	07:35	08:33	00:58	Mini
12	201	Lében	Swart	M	07:35	09:06	01:31	Mini