



# AdventureRun : Kiara

## Kiara Trail Warrior #2 Stage Run and Walk OVERALL on 21st July 2019



### Mini 10km & 5km:Male

| Gender | Overall | Category | Race Number | Name     | Surname       | Activity        | Gender | Age | Category            | Duration |
|--------|---------|----------|-------------|----------|---------------|-----------------|--------|-----|---------------------|----------|
|        |         |          | TA0800      | Jan      | Barnard       | Mini 10km & 5km | Male   | 38  | Sub-Veteran (30-39) | 02:26:30 |
|        |         |          | TA1167      | Janco    | Du Plessis    | Mini 10km & 5km | Male   | 42  | Veteran (40-49)     | 02:51:56 |
|        |         |          | TA1004      | Martin   | Meyer         | Mini 10km & 5km | Male   | 24  | Senior (19-29)      | 02:53:37 |
|        |         |          | TA0689      | Dillan   | Brits         | Mini 10km & 5km | Male   | 22  | Senior (19-29)      | 03:08:16 |
|        |         |          | TA0712      | Werner   | Van Der Merwe | Mini 10km & 5km | Male   | 35  | Sub-Veteran (30-39) | 03:21:35 |
|        |         |          | TA1022      | Francois | Hill          | Mini 10km & 5km | Male   | 34  | Sub-Veteran (30-39) | 03:22:37 |
|        |         |          | TA0688      | Jonathan | Trollope      | Mini 10km & 5km | Male   | 38  | Sub-Veteran (30-39) | 03:36:43 |
|        |         |          | TA0939      | Danie    | Hanekom       | Mini 10km & 5km | Male   | 34  | Sub-Veteran (30-39) | 03:44:23 |
|        |         |          | TA0919      | Kevin    | Bentley       | Mini 10km & 5km | Male   | 58  | Master (50-59)      | 04:44:35 |

| Mini 10km & 5km:Female |         |          |             |            |                      |                 |        |     |                     |          |
|------------------------|---------|----------|-------------|------------|----------------------|-----------------|--------|-----|---------------------|----------|
| Gender                 | Overall | Category | Race Number | Name       | Surname              | Activity        | Gender | Age | Category            | Duration |
|                        |         |          | TA0895      | Helen      | Swanepoel            | Mini 10km & 5km | Female | 35  | Sub-Veteran (30-39) | 02:28:02 |
|                        |         |          | TA1036      | Johande    | Pieterse             | Mini 10km & 5km | Female | 39  | Sub-Veteran (30-39) | 02:39:00 |
|                        |         |          | TA0859      | Jeanine    | Ford                 | Mini 10km & 5km | Female | 27  | Senior (19-29)      | 02:57:14 |
|                        |         |          | TA2788      | Linzi      | Slabbert             | Mini 10km & 5km | Female | 33  | Sub-Veteran (30-39) | 03:06:55 |
|                        |         |          | TA2569      | Carla      | Rautenbach           | Mini 10km & 5km | Female | 32  | Sub-Veteran (30-39) | 03:07:18 |
|                        |         |          | TA0756      | Nadine     | Hill                 | Mini 10km & 5km | Female | 33  | Sub-Veteran (30-39) | 03:22:11 |
|                        |         |          | TA0981      | Anuska     | Van Der Merwe        | Mini 10km & 5km | Female | 32  | Sub-Veteran (30-39) | 03:22:19 |
|                        |         |          | TA1078      | Brook Erin | Aylward Pop Required | Mini 10km & 5km | Female | 16  | 16 to 18            | 03:23:44 |
|                        |         |          | TA0638      | Helen      | Booyesen             | Mini 10km & 5km | Female | 47  | Veteran (40-49)     | 03:28:08 |
|                        |         |          | TA0901      | Frances    | Breet                | Mini 10km & 5km | Female | 39  | Sub-Veteran (30-39) | 03:29:18 |
|                        |         |          | TA0945      | Sharon     | Green Franco         | Mini 10km & 5km | Female | 49  | Veteran (40-49)     | 03:35:55 |
|                        |         |          | TA0909      | Heidi      | Hanekom              | Mini 10km & 5km | Female | 32  | Sub-Veteran (30-39) | 03:44:17 |
|                        |         |          | TA0828      | Molandri   | Moller               | Mini 10km & 5km | Female | 25  | Senior (19-29)      | 03:46:11 |
|                        |         |          | TA0690      | Lizette    | Swartzberg           | Mini 10km & 5km | Female | 25  | Senior (19-29)      | 03:46:46 |
|                        |         |          | TA1089      | Elizma     | Stander              | Mini 10km & 5km | Female | 26  | Senior (19-29)      | 03:46:55 |
|                        |         |          | TA0748      | Petra      | Els                  | Mini 10km & 5km | Female | 57  | Master (50-59)      | 03:47:39 |
|                        |         |          | TA0820      | Sune       | Van Der Linde        | Mini 10km & 5km | Female | 32  | Sub-Veteran (30-39) | 03:47:57 |
|                        |         |          | TA1119      | Jeanne     | Esterhuizen          | Mini 10km & 5km | Female | 55  | Master (50-59)      | 03:49:01 |
|                        |         |          | TA0871      | Arista     | Muller               | Mini 10km & 5km | Female | 37  | Sub-Veteran (30-39) | 03:51:33 |
|                        |         |          | TA0915      | Daleen     | Dimitriu             | Mini 10km & 5km | Female | 33  | Sub-Veteran (30-39) | 03:51:53 |
|                        |         |          | TA0916      | Natascha   | Rammensee            | Mini 10km & 5km | Female | 54  | Master (50-59)      | 03:52:02 |
|                        |         |          | TA1158      | Susan      | Meyer                | Mini 10km & 5km | Female | 36  | Sub-Veteran (30-39) | 03:52:28 |
|                        |         |          | TA0967      | Veronique  | Mcgreger             | Mini 10km & 5km | Female | 54  | Master (50-59)      | 04:02:06 |
|                        |         |          | TA0845      | Kim        | Francis              | Mini 10km & 5km | Female | 59  | Master (50-59)      | 04:03:46 |
|                        |         |          | TA0648      | Mariet     | Louw                 | Mini 10km & 5km | Female | 68  | Grand-Master (60+)  | 04:15:46 |
|                        |         |          | TA0726      | Hester     | Niemand              | Mini 10km & 5km | Female | 45  | Veteran (40-49)     | 04:18:30 |
|                        |         |          | TA1135      | Michelle   | Nienaber             | Mini 10km & 5km | Female | 24  | Senior (19-29)      | 04:18:38 |
|                        |         |          | TA1113      | Ancin      | Botes                | Mini 10km & 5km | Female | 51  | Master (50-59)      | 04:21:29 |
|                        |         |          | TA0988      | Tania      | Desmarais            | Mini 10km & 5km | Female | 48  | Veteran (40-49)     | 04:30:33 |
|                        |         |          | TA0990      | Marie      | Janse Van Rensburg   | Mini 10km & 5km | Female | 64  | Grand-Master (60+)  | 04:37:21 |
|                        |         |          | TA1124      | Cindy      | Bentley              | Mini 10km & 5km | Female | 56  | Master (50-59)      | 04:43:07 |
|                        |         |          | TA0606      | Jaci       | Macphersen           | Mini 10km & 5km | Female | 33  | Sub-Veteran (30-39) | 04:44:54 |
|                        |         |          | TA0908      | Anel       | Bam                  | Mini 10km & 5km | Female | 30  | Sub-Veteran (30-39) | 04:48:30 |
|                        |         |          | TA0778      | Simone     | Naude                | Mini 10km & 5km | Female | 25  | Senior (19-29)      | 04:52:08 |
|                        |         |          | TA0704      | Joan       | Van Zyl              | Mini 10km & 5km | Female | 65  | Grand-Master (60+)  | 04:52:19 |
|                        |         |          | TA0706      | Julie      | Pilditch             | Mini 10km & 5km | Female | 63  | Grand-Master (60+)  | 04:54:56 |
|                        |         |          | TA0941      | Christina  | Whitehorn            | Mini 10km & 5km | Female | 41  | Veteran (40-49)     | 05:07:42 |
|                        |         |          | TA0613      | Riki       | Eggel                | Mini 10km & 5km | Female | 45  | Veteran (40-49)     | 05:13:41 |
|                        |         |          | TA1023      | Chane      | Eggel                | Mini 10km & 5km | Female | 19  | Senior (19-29)      | 05:31:44 |

| Midway 10km & 15km:Male |         |          |             |          |              |                    |        |     |                     |          |
|-------------------------|---------|----------|-------------|----------|--------------|--------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name     | Surname      | Activity           | Gender | Age | Category            | Duration |
|                         |         |          | TA2820      | Matthew  | Kapnoudhis   | Midway 10km & 15km | Male   | 27  | Senior (19-29)      | 03:15:20 |
|                         |         |          | TA0938      | Jabulani | Mphmbe       | Midway 10km & 15km | Male   | 37  | Sub-Veteran (30-39) | 03:25:42 |
|                         |         |          | TA1134      | Joe      | Greyling     | Midway 10km & 15km | Male   | 32  | Sub-Veteran (30-39) | 03:33:13 |
|                         |         |          | TA1070      | Beau     | Levey        | Midway 10km & 15km | Male   | 37  | Sub-Veteran (30-39) | 03:46:39 |
|                         |         |          | TA2733      | Jacques  | Cloete       | Midway 10km & 15km | Male   | 39  | Sub-Veteran (30-39) | 03:48:46 |
|                         |         |          | TA2851      | Dean     | Moore        | Midway 10km & 15km | Male   | 37  | Sub-Veteran (30-39) | 03:57:00 |
|                         |         |          | TA0898      | Jan      | Bester       | Midway 10km & 15km | Male   | 35  | Sub-Veteran (30-39) | 03:57:51 |
|                         |         |          | TA2587      | Hendrik  | Oosthuizen   | Midway 10km & 15km | Male   | 39  | Sub-Veteran (30-39) | 03:58:19 |
|                         |         |          | TA0893      | Robert   | Pilditch     | Midway 10km & 15km | Male   | 56  | Master (50-59)      | 03:58:37 |
|                         |         |          | TA2548      | Jan      | Pieterse     | Midway 10km & 15km | Male   | 36  | Sub-Veteran (30-39) | 04:01:55 |
|                         |         |          | TA2873      | Conrad   | Langerman    | Midway 10km & 15km | Male   | 44  | Veteran (40-49)     | 04:46:58 |
|                         |         |          | TA0607      | Philip   | Kruger       | Midway 10km & 15km | Male   | 35  | Sub-Veteran (30-39) | 05:01:10 |
|                         |         |          | TA3411      | Rodney   | Francis      | Midway 10km & 15km | Male   | 61  | Grand-Master (60+)  | 05:02:55 |
|                         |         |          | TA0834      | Charl    | Greyvensteyn | Midway 10km & 15km | Male   | 49  | Veteran (40-49)     | 05:18:34 |
|                         |         |          | TA2704      | Pierre   | Jevon        | Midway 10km & 15km | Male   | 63  | Grand-Master (60+)  | 05:24:12 |

| Midway 10km & 15km:Female |         |          |             |            |                  |                    |        |     |                     |          |
|---------------------------|---------|----------|-------------|------------|------------------|--------------------|--------|-----|---------------------|----------|
| Gender                    | Overall | Category | Race Number | Name       | Surname          | Activity           | Gender | Age | Category            | Duration |
|                           |         |          | TA2816      | Helen      | Walsh            | Midway 10km & 15km | Female | 33  | Sub-Veteran (30-39) | 03:43:31 |
|                           |         |          | TA1144      | Tracy      | Rawlins          | Midway 10km & 15km | Female | 53  | Master (50-59)      | 03:55:02 |
|                           |         |          | TA3144      | Isabau     | Van Heerden      | Midway 10km & 15km | Female | 37  | Sub-Veteran (30-39) | 03:56:45 |
|                           |         |          | TA0964      | Emmie      | Bester           | Midway 10km & 15km | Female | 37  | Sub-Veteran (30-39) | 03:56:50 |
|                           |         |          | TA1013      | Chantel    | Carroll          | Midway 10km & 15km | Female | 28  | Senior (19-29)      | 03:56:52 |
|                           |         |          | TA0669      | Kerry      | Pilditch         | Midway 10km & 15km | Female | 26  | Senior (19-29)      | 03:56:56 |
|                           |         |          | TA0874      | Angie      | Badenhorst       | Midway 10km & 15km | Female | 37  | Sub-Veteran (30-39) | 04:01:50 |
|                           |         |          | TA0993      | Zamile     | Njoko            | Midway 10km & 15km | Female | 31  | Sub-Veteran (30-39) | 04:49:52 |
|                           |         |          | TA2836      | Gillian    | Jevon            | Midway 10km & 15km | Female | 59  | Master (50-59)      | 05:03:09 |
|                           |         |          | TA1040      | Melanie    | Moore            | Midway 10km & 15km | Female | 57  | Master (50-59)      | 05:05:58 |
|                           |         |          | TA0780      | Jonette    | Lee              | Midway 10km & 15km | Female | 56  | Master (50-59)      | 05:07:59 |
|                           |         |          | TA3408      | Louise     | Sinclair         | Midway 10km & 15km | Female | 32  | Sub-Veteran (30-39) | 05:08:57 |
|                           |         |          | TA2751      | Lea-ne     | Kapnoudhis       | Midway 10km & 15km | Female | 26  | Senior (19-29)      | 05:18:57 |
|                           |         |          | TA2445      | Karli      | Leonard          | Midway 10km & 15km | Female | 26  | Senior (19-29)      | 05:19:10 |
|                           |         |          | TA3120      | Chantelle  | Mcgeer           | Midway 10km & 15km | Female | 47  | Veteran (40-49)     | 05:21:56 |
|                           |         |          | TA2832      | Elsje      | Venter           | Midway 10km & 15km | Female | 38  | Sub-Veteran (30-39) | 05:29:15 |
|                           |         |          | TA2801      | Tanya      | Smith            | Midway 10km & 15km | Female | 36  | Sub-Veteran (30-39) | 05:44:46 |
|                           |         |          | TA3145      | Margaret   | Birkett          | Midway 10km & 15km | Female | 58  | Master (50-59)      | 05:45:04 |
|                           |         |          | TA0899      | Cornelia   | Basson           | Midway 10km & 15km | Female | 40  | Veteran (40-49)     | 05:48:54 |
|                           |         |          | TA0821      | Yolandi    | Du Toit          | Midway 10km & 15km | Female | 38  | Sub-Veteran (30-39) | 05:49:10 |
|                           |         |          | TA0904      | Charmaine  | Eleftheriou      | Midway 10km & 15km | Female | 57  | Master (50-59)      | 05:52:34 |
|                           |         |          | TA0918      | Heidi      | Dalton           | Midway 10km & 15km | Female | 43  | Veteran (40-49)     | 05:54:25 |
|                           |         |          | TA1108      | Sandra     | Dalton           | Midway 10km & 15km | Female | 46  | Veteran (40-49)     | 05:54:31 |
|                           |         |          | TA0775      | Kate       | Finnemore        | Midway 10km & 15km | Female | 45  | Veteran (40-49)     | 05:55:17 |
|                           |         |          | TA1164      | Luzanne    | Barnard          | Midway 10km & 15km | Female | 38  | Sub-Veteran (30-39) | 05:59:19 |
|                           |         |          | TA2815      | Tara       | Baxter           | Midway 10km & 15km | Female | 37  | Sub-Veteran (30-39) | 06:02:22 |
|                           |         |          | TA0703      | Louise     | Wilson - Thomas  | Midway 10km & 15km | Female | 35  | Sub-Veteran (30-39) | 06:08:26 |
|                           |         |          | TA0837      | Zama       | Ngwenya          | Midway 10km & 15km | Female | 28  | Senior (19-29)      | 06:08:39 |
|                           |         |          | TA0888      | Corli      | Balt             | Midway 10km & 15km | Female | 40  | Veteran (40-49)     | 06:09:36 |
|                           |         |          | TA0932      | Susan      | St.leger-stretch | Midway 10km & 15km | Female | 52  | Master (50-59)      | 06:38:26 |
|                           |         |          | TA3076      | Jacqueline | Kymdell          | Midway 10km & 15km | Female | 39  | Sub-Veteran (30-39) | 07:41:51 |

| Main 25km & 15km:Male |         |          |             |            |                      |                  |        |     |                     |          |
|-----------------------|---------|----------|-------------|------------|----------------------|------------------|--------|-----|---------------------|----------|
| Gender                | Overall | Category | Race Number | Name       | Surname              | Activity         | Gender | Age | Category            | Duration |
| 1                     | 1       | 1        | TA2793      | David      | Goncalves            | Main 25km & 15km | Male   | 43  | Veteran (40-49)     | 04:47:50 |
| 2                     | 2       | 1        | TA2697      | Willie Mac | Van Zyl              | Main 25km & 15km | Male   | 33  | Sub-Veteran (30-39) | 04:55:59 |
| 3                     | 4       | 2        | TA2413      | Gert Louis | Van Der Walt         | Main 25km & 15km | Male   | 32  | Sub-Veteran (30-39) | 05:12:01 |
| 4                     | 5       | 3        | TA2633      | Cobus      | Gerber               | Main 25km & 15km | Male   | 33  | Sub-Veteran (30-39) | 05:26:24 |
| 5                     | 7       | 2        | TA2825      | Jaco       | Van Vuuren           | Main 25km & 15km | Male   | 40  | Veteran (40-49)     | 05:32:13 |
| 6                     | 8       | 3        | TA3133      | Jan        | Morrison             | Main 25km & 15km | Male   | 41  | Veteran (40-49)     | 05:47:44 |
| 7                     | 10      | 4        | TA2818      | Gerhard    | Kruger               | Main 25km & 15km | Male   | 33  | Sub-Veteran (30-39) | 06:06:57 |
| 8                     | 12      | 4        | TA2504      | Fouche     | Babst                | Main 25km & 15km | Male   | 47  | Veteran (40-49)     | 06:21:58 |
| 9                     | 13      | 5        | TA3112      | Marius     | Bester               | Main 25km & 15km | Male   | 39  | Sub-Veteran (30-39) | 06:23:06 |
| 10                    | 15      | 1        | TA3128      | Chris      | Lee                  | Main 25km & 15km | Male   | 63  | Grand-Master (60+)  | 06:30:02 |
| 11                    | 16      | 5        | TA2622      | Nico       | Nortje               | Main 25km & 15km | Male   | 47  | Veteran (40-49)     | 06:34:02 |
| 12                    | 18      | 6        | TA2496      | Collin     | Albertyn             | Main 25km & 15km | Male   | 40  | Veteran (40-49)     | 06:52:41 |
| 13                    | 20      | 2        | TA2757      | Geoff      | Lupton-smith         | Main 25km & 15km | Male   | 61  | Grand-Master (60+)  | 07:13:04 |
| 14                    | 21      | 1        | TA2766      | Walter     | Smuts                | Main 25km & 15km | Male   | 57  | Master (50-59)      | 07:29:21 |
| 15                    | 22      | 2        | TA2798      | Ken        | Halland              | Main 25km & 15km | Male   | 55  | Master (50-59)      | 07:29:50 |
| 16                    | 25      | 6        | TA2768      | Thane      | Ninnemann            | Main 25km & 15km | Male   | 31  | Sub-Veteran (30-39) | 07:38:31 |
| 17                    | 29      | 7        | TA2763      | Etienne    | Jordaan              | Main 25km & 15km | Male   | 35  | Sub-Veteran (30-39) | 07:47:44 |
| 18                    | 32      | 3        | TA2771      | Frikkie    | Kruger               | Main 25km & 15km | Male   | 61  | Grand-Master (60+)  | 08:03:04 |
| 19                    | 37      | 4        | TA3135      | Francois   | Steyl                | Main 25km & 15km | Male   | 69  | Grand-Master (60+)  | 08:24:13 |
| 20                    | 46      | 3        | TA2831      | Ivan       | Aylward Pop Required | Main 25km & 15km | Male   | 58  | Master (50-59)      | 11:04:21 |

| Main 25km & 15km:Female |         |          |             |          |               |                  |        |     |                     |          |
|-------------------------|---------|----------|-------------|----------|---------------|------------------|--------|-----|---------------------|----------|
| Gender                  | Overall | Category | Race Number | Name     | Surname       | Activity         | Gender | Age | Category            | Duration |
| 1                       | 3       | 1        | TA2810      | Carly    | Kent          | Main 25km & 15km | Female | 43  | Veteran (40-49)     | 05:07:47 |
| 2                       | 6       | 1        | TA2468      | Trude    | Carstens      | Main 25km & 15km | Female | 35  | Sub-Veteran (30-39) | 05:30:46 |
| 3                       | 9       | 2        | TA3078      | Anja     | Louw          | Main 25km & 15km | Female | 36  | Sub-Veteran (30-39) | 05:55:06 |
| 4                       | 11      | 3        | TA2809      | Jacqui   | Blick         | Main 25km & 15km | Female | 32  | Sub-Veteran (30-39) | 06:21:28 |
| 5                       | 14      | 1        | TA2767      | Joane    | Fraser        | Main 25km & 15km | Female | 28  | Senior (19-29)      | 06:23:17 |
| 6                       | 17      | 4        | TA2493      | Adele    | Van Niekerk   | Main 25km & 15km | Female | 39  | Sub-Veteran (30-39) | 06:38:13 |
| 7                       | 19      | 5        | TA2539      | Lizette  | Brits         | Main 25km & 15km | Female | 36  | Sub-Veteran (30-39) | 06:59:47 |
| 8                       | 23      | 2        | TA2891      | Lene     | Kilian        | Main 25km & 15km | Female | 29  | Senior (19-29)      | 07:32:21 |
| 9                       | 24      | 6        | TA2610      | Liezl    | Ninnemann     | Main 25km & 15km | Female | 31  | Sub-Veteran (30-39) | 07:37:50 |
| 10                      | 26      | 2        | TA2827      | Lelani   | Du Preez      | Main 25km & 15km | Female | 47  | Veteran (40-49)     | 07:41:09 |
| 11                      | 27      | 7        | TA2874      | Elaine   | Steyn         | Main 25km & 15km | Female | 32  | Sub-Veteran (30-39) | 07:46:05 |
| 12                      | 28      | 8        | TA2428      | Marike   | Van Niekerk   | Main 25km & 15km | Female | 37  | Sub-Veteran (30-39) | 07:46:06 |
| 13                      | 30      | 9        | TA2765      | Carolyn  | Trollope      | Main 25km & 15km | Female | 35  | Sub-Veteran (30-39) | 07:50:59 |
| 14                      | 31      | 1        | TA2740      | Elize    | Kruger        | Main 25km & 15km | Female | 61  | Grand-Master (60+)  | 08:02:38 |
| 15                      | 33      | 10       | TA2841      | Deirdre  | Van Zyl Smit  | Main 25km & 15km | Female | 37  | Sub-Veteran (30-39) | 08:11:11 |
| 16                      | 34      | 11       | TA3106      | Shona    | Van Der Merwe | Main 25km & 15km | Female | 32  | Sub-Veteran (30-39) | 08:14:04 |
| 17                      | 35      | 12       | TA2463      | Duene    | Munger        | Main 25km & 15km | Female | 31  | Sub-Veteran (30-39) | 08:20:25 |
| 18                      | 36      | 1        | TA2644      | Zena     | Kennerley     | Main 25km & 15km | Female | 57  | Master (50-59)      | 08:23:58 |
| 19                      | 38      | 13       | TA2856      | Retha    | Roux          | Main 25km & 15km | Female | 38  | Sub-Veteran (30-39) | 08:30:42 |
| 20                      | 39      | 3        | TA2783      | Erine    | Rossouw       | Main 25km & 15km | Female | 41  | Veteran (40-49)     | 08:36:07 |
| 21                      | 40      | 14       | TA3141      | Yolandi  | Marx          | Main 25km & 15km | Female | 36  | Sub-Veteran (30-39) | 08:55:48 |
| 22                      | 41      | 15       | TA2857      | Le-sheil | Erasmus       | Main 25km & 15km | Female | 31  | Sub-Veteran (30-39) | 08:56:12 |
| 23                      | 42      | 4        | TA3417      | Liezel   | Williams      | Main 25km & 15km | Female | 43  | Veteran (40-49)     | 08:57:15 |
| 24                      | 43      | 5        | TA3073      | Adrienne | Bewsher       | Main 25km & 15km | Female | 47  | Veteran (40-49)     | 09:45:49 |
| 25                      | 44      | 16       | TA2821      | Linzi    | Einkamerer    | Main 25km & 15km | Female | 36  | Sub-Veteran (30-39) | 10:07:47 |
| 26                      | 45      | 2        | TA2641      | Lee      | Buckle        | Main 25km & 15km | Female | 57  | Master (50-59)      | 11:03:42 |



| AdventureWalk 10km & 5km:Female |         |          |             |       |          |                          |        |     |                     |          |
|---------------------------------|---------|----------|-------------|-------|----------|--------------------------|--------|-----|---------------------|----------|
| Gender                          | Overall | Category | Race Number | Name  | Surname  | Activity                 | Gender | Age | Category            | Duration |
| 1                               | 2       | 1        | TA1098      | Nadia | Hattingh | AdventureWalk 10km & 5km | Female | 34  | Sub-Veteran (30-39) | 05:01:44 |