



AdventureRun : Virtual Run

Irene River Virtual AdventureRun on 7th June 2020



40km Cycle:Female

| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
|--------|---------|----------|-------------|-------|--------------|------------|--------|-----|---------------------|----------|
| 1 | 1 | 1 | TRAIL10062 | Nicky | Booyens | 40km Cycle | Female | 41 | Veteran (40-49) | 02:11:00 |
| 2 | 2 | 1 | TRAIL10308 | Megan | Greyvenstein | 40km Cycle | Female | 33 | Sub-Veteran (30-39) | 02:17:21 |

| 21km Run/Walk:Female | | | | | | | | | | |
|----------------------|---------|----------|-------------|--------|----------|---------------|--------|-----|--------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 2 | 1 | TA0017 | Frieda | Blignaut | 21km Run/Walk | Female | 70 | Grand-Master (60+) | 02:48:01 |

| 15km Run/Walk:Male | | | | | | | | | | |
|--------------------|---------|----------|-------------|------|---------|---------------|--------|-----|--------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 1 | 1 | TA0005 | Jean | Nepgen | 15km Run/Walk | Male | 75 | Grand-Master (60+) | 02:15:00 |

| 10km Run/Walk:Male | | | | | | | | | | |
|--------------------|---------|----------|-------------|---------|----------|---------------|--------|-----|--------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 1 | 1 | TA0010 | Christo | Truter | 10km Run/Walk | Male | 49 | Veteran (40-49) | 01:04:35 |
| 2 | 2 | 1 | TA0001 | Henk | Taljaard | 10km Run/Walk | Male | 55 | Master (50-59) | 01:05:31 |
| 3 | 3 | 1 | TRAIL12109 | Neville | Muir | 10km Run/Walk | Male | 81 | Grand-Master (60+) | 02:15:27 |

| 5km Run/Walk:Male | | | | | | | | | | |
|-------------------|---------|----------|-------------|--------|---------------|--------------|--------|-----|--------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 1 | 1 | TRAIL10171 | Hennie | Prinsloo | 5km Run/Walk | Male | 65 | Grand-Master (60+) | 00:26:37 |
| 2 | 5 | 1 | TA0012 | Albert | Van Der Merwe | 5km Run/Walk | Male | 40 | Veteran (40-49) | 01:04:59 |

| 5km Run/Walk:Female | | | | | | | | | | |
|---------------------|---------|----------|-------------|---------|------------|--------------|--------|-----|---------------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 2 | 1 | TA0006 | Silvana | Carraggi | 5km Run/Walk | Female | 49 | Veteran (40-49) | 00:45:51 |
| 2 | 3 | 2 | TA0003 | Megan | Marais | 5km Run/Walk | Female | 41 | Veteran (40-49) | 00:52:52 |
| 3 | 4 | 3 | TRAIL10053 | Adele | Sutherland | 5km Run/Walk | Female | 42 | Veteran (40-49) | 00:56:42 |
| 4 | 6 | 1 | TA0013 | Anthea | Corbett | 5km Run/Walk | Female | 37 | Sub-Veteran (30-39) | 01:11:14 |
| 5 | 7 | 1 | TA0008 | Thea | Corbett | 5km Run/Walk | Female | 62 | Grand-Master (60+) | 01:15:00 |
| 6 | 8 | 2 | TA0004 | Gillian | Fowler | 5km Run/Walk | Female | 74 | Grand-Master (60+) | 01:15:02 |

| 3km Run/Walk:Female | | | | | | | | | | |
|---------------------|---------|----------|-------------|------|---------|--------------|--------|-----|-----------------|----------|
| Gender | Overall | Category | Race Number | Name | Surname | Activity | Gender | Age | Category | Duration |
| 1 | 1 | 1 | TA0002 | Lise | Wegner | 3km Run/Walk | Female | 43 | Veteran (40-49) | 00:22:56 |