



# 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