



AdventureRun : Virtual Run

Ingaadi Virtual AdventureRun on 10th June 2020



15km Run/Walk:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0003	Jean	Nepgen	15km Run/Walk	Male	75	Grand-Master (60+)	02:20:00

15km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TA0009	Frieda	Blignaut	15km Run/Walk	Female	70	Grand-Master (60+)	02:29:41

10km Run/Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	2	1	TRAIL10171	Hennie	Prinsloo	10km Run/Walk	Male	65	Grand-Master (60+)	00:54:20

10km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL10062	Nicky	Booyens	10km Run/Walk	Female	41	Veteran (40-49)	00:50:26
2	3	1	TA0006	Zelma	Olivier	10km Run/Walk	Female	57	Master (50-59)	01:34:02
3	4	2	TRAIL10053	Adele	Sutherland	10km Run/Walk	Female	42	Veteran (40-49)	01:51:34
4	5	3	TA0007	Heidi	Barnard	10km Run/Walk	Female	44	Veteran (40-49)	01:52:00

5km Run/Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0004	Silvana	Carraggi	5km Run/Walk	Female	49	Veteran (40-49)	00:44:34
2	2	2	TRAIL20000	Glizelle	Langerman	5km Run/Walk	Female	43	Veteran (40-49)	00:46:57
3	3	3	TA0001	Brenda	Bleiker	5km Run/Walk	Female	45	Veteran (40-49)	00:52:46

