



12 km Trail Run

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|-----|----------------------|----|------|--------|
| 390 | Alvino Cupido | 1 | 0:44 | Male |
| 457 | Erhard Sauer | 2 | 0:48 | Male |
| 463 | Jakob Volmoer | 3 | 0:49 | Male |
| 459 | Emmanuel Detaille | 4 | 0:51 | Male |
| 478 | Ola Sandh | 5 | 0:51 | Male |
| 490 | David Sheridan | 6 | 0:51 | Male |
| 391 | Essjee Rautenbach | 7 | 0:54 | Male |
| 471 | Marietjie Kohn | 1 | 0:55 | Female |
| 472 | Janine du Toit | 2 | 0:59 | Female |
| 406 | Nel Meiring | 8 | 1:01 | Male |
| 456 | Nicole Coetzee | 3 | 1:01 | Female |
| 464 | Ashwill Petersen | 9 | 1:02 | Male |
| 485 | WG Treurnicht | 10 | 1:03 | Male |
| 392 | Christine Spengler | 4 | 1:04 | Female |
| 455 | Gerda Smits | 5 | 1:04 | Female |
| 458 | Liam Viljoen | 11 | 1:04 | Male |
| 484 | Louis Schietekat | 12 | 1:06 | Male |
| 466 | Marlene Kotze | 6 | 1:07 | Female |
| 476 | Donette Rabe | 7 | 1:08 | Female |
| 397 | Hanre van Zyl | 13 | 1:08 | Male |
| 480 | Elri Coetzee | 8 | 1:08 | Female |
| 404 | Francois De Villiers | 14 | 1:08 | Male |
| 489 | Anna-mare van staden | 9 | 1:10 | Female |
| 487 | Dawn Lubbe | 10 | 1:09 | Female |
| 479 | Ina Botma | 11 | 1:10 | Female |
| 469 | Gert Swanepoel | 15 | 1:10 | Male |
| 467 | Karien van Zyl | 12 | 1:10 | Female |
| 465 | Stathis Kostas | 16 | 1:10 | Male |
| 462 | Chantel Griesel | 13 | 1:13 | Female |
| 461 | Jean-Marie Claassen | 14 | 1:14 | Female |
| 398 | Andre Swanepoel | 17 | 1:14 | Male |
| 399 | Marinelle Doms | 15 | 1:15 | Female |

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|-----|-------------------------|----|------|--------|
| 486 | Elise Wightman | 18 | 1:15 | Male |
| 396 | Brahm Wesso | 19 | 1:18 | Male |
| 394 | Cindy Greyling | 16 | 1:18 | Female |
| 481 | Francois Boonzaaier | 20 | 1:22 | Male |
| 488 | Gert van Staden | 21 | 1:25 | Male |
| 395 | Geraldine van der Merwe | 17 | 1:25 | Female |
| 483 | Debbi Boonzaaier | 18 | 1:27 | Female |
| 402 | Adele Mynhardt | 19 | 1:31 | Female |
| 393 | Natasha Thompson | 20 | 1:36 | Female |
| 452 | Pieter Venter | 22 | 1:38 | Male |
| 453 | Helette Venter | 21 | 1:38 | Female |
| 454 | Marni Redelinghuys | 22 | 1:38 | Female |
| 460 | Fowzia Grobler | 23 | 1:39 | Female |
| 405 | Hennie Vlok | 23 | 1:46 | Male |
| 403 | Marie Hill | 24 | 1:46 | Female |
| 401 | Elna Van Der Merwe | 25 | 1:46 | Female |
| 295 | Jenni Harris | 26 | 1:48 | Female |
| 431 | Meiring Charlene | 27 | 1:54 | Female |

