

## Ride & Stride 3 Aug 2019

### 5Km Trail Run

POS	NR	TIME	NAME	SURNAME	GENDER	CATEGORY
1	254	00:25:48	Katlego	Seloro	M	Open
2	214	00:26:02	Augustiri	Mothebedi	M	Open
3	201	00:27:25	Jan Harm	Vd Walt	M	Open
4	259	00:28:49	Jacques	Strydom	M	Open
5	206	00:29:11	Franco	Maree	M	Open
6	213	00:29:55	Shaun	Becker	M	Open
7	209	00:31:32	Kirsti	Bosman	F	Open
8	202	00:33:10	Lizeme	Vd Walt	F	Open
9	208	00:38:21	Mart-Marie	du Toit	F	Open
10	205	00:38:58	Eloné	Maree	F	Open
11	255	00:38:59	Tsholanang	Sikoe	F	Open
12	256	00:39:28	W	Vermeule	M	Open
13	203	00:42:18	Rian	de Bruyn	M	Open
14	253	00:43:41	Bertus	Oberholster	M	Open
15	252	00:43:42	Sharon	Oberholster	F	Open
16	251	00:44:39	Marshe	Louw	F	Open
17	212	01:04:34	Herman	Redelinghuys	M	Open
18	211	01:04:40	Lara	Rossouw	F	Open
19	210	01:05:27	Mark	Mulder	M	Open
20	207	01:26:12	Thabisa	Kotsi	F	Open
21	200	01:26:13	Myra	Gohodzi	F	Open

### 10Km Trail Run

POS	NR	TIME	NAME	SURNAME	GENDER	CATEGORY
1	258	00:44:12	Molibatse	Shopane	M	Open
2	257	00:44:12	Isaac	Mxhali	M	Open
3	316	00:47:31	Linde	de Jager	M	Open
4	314	00:49:58	Petrus	Coetzee	M	Open
5	307	00:53:14	Russel	van Deventer	M	Open
6	305	00:53:19	Steven	Adendorff	M	Open
7	302	00:53:22	Chris	Pelser	M	Open
8	309	00:53:40	Reinhardt	Erwee	M	Open
9	300	00:54:34	Wisdom	Gohodzi	M	Open
10	301	00:54:47	Marelize	Vd Walt	F	Open
11	310	00:54:48	Dane	Wolmarans	F	Open
12	303	00:55:11	Hannes	Maree	M	Open
13	315	00:56:40	Eben	Theron	M	Open
14	312	00:56:52	Renier	Massyn	M	Open
15	311	01:03:11	Lizette	Brits	F	Open
16	308	01:12:15	Inke	Erwee	F	Open
17	313	01:12:16	Lizaan	Van Wyk	F	Open
18	306	01:15:05	Marlize	Griesel	f	Open
19	304	01:15:05	Amanda	Lerm	F	Open
20	317	01:28:24	Kagisho	Tshabalala	F	Open
21	319	01:28:26	Nthabiseng	Mokgadi	F	Open

22	318	01:29:03	Patriciah	Masiu	F	Open
----	-----	----------	-----------	-------	---	------

### 36Km MTB

POS	NR	TIME	NAME	SURNAME	GENDER	CATEGORY
1	9	01:40:09	Riaan	Botha	M	Open
2	14	01:49:58	Anker	Venter	M	Open
3	8	01:51:31	Matthys	Serfontein	M	Open
4	13	01:54:11	Viktor	Hergeth	M	Open
5	12	02:11:18	Lizanne	Marirng	F	Open
6	11	02:18:50	Irisuna	van der Nest	F	Open
DNF	10	N/A	David	Davis	M	Open
DNF	15	N/A	Amy	Tayla	F	Open

### Dual Event

POS	NR	TIME	NAME	SURNAME	GENDER	CATEGORY
1	101	02:06:31	Herman	Liebenberg	M	Open
2	104	02:57:19	Artus	Neetling	M	Open
3	103	02:58:02	Albertus	Oberholster	M	Open
4	102	02:58:55	Andriette	Liebenberg	F	Open
DNF	100	N/A	Adre	Botha	M	Open