



# SLANGHOEK

TRIATHLON ○○○

## Mountain Bike

21-Oct-17

Group or Category	Pos in		Athlete Details				Split Times			Final Results		
	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Long	1	1	64	SML	Michael	Ross	00.23.07	01.15.51	00.42.26	02.21.24	3	
	2	1	15	SVL	Matthew	Daneel	00.23.46	01.14.12	00.47.53	02.25.51	3	
	3	2	9	SVL	James	Chevallier	00.24.20	01.18.18	00.49.29	02.32.07	3	
	4	2	42	SML	Dylan	Janos	00.21.18	01.05.53	01.05.04	02.32.15	3	
	5	3	68	SVL	Christoff	Smit	00.28.57	01.27.31	00.52.29	02.48.57	3	
	6	3	4	SML	Theuns	Botha	00.30.54	01.30.17	00.50.36	02.51.47	3	
	7	4	72	SML	William	Taute	00.27.49	01.31.31	00.53.01	02.52.21	3	
	8	5	38	SML	Martin	Havenga	00.27.17	01.33.42	00.52.36	02.53.35	3	
	9	4	73	SVL	Clyde	Thomas	00.27.36	01.36.41	00.58.17	03.02.34	3	
	10	5	5	SVL	Robin	Brighton	00.27.26	01.34.59	01.01.27	03.03.52	3	
	11	6	77	SVL	Ewald	Van Heerden	00.27.43	01.41.44	00.55.03	03.04.30	3	
	12	6	30	SML	Norval	Geldenhuis	00.35.18	01.37.04	00.56.17	03.08.39	3	
	13	7	11	SVL	Jaco	Coetzee	00.32.26	01.36.04	01.00.30	03.09.00	3	
	14	8	58	SVL	Bernard	Niemand	00.31.42	01.38.45	01.01.15	03.11.42	3	
	15	7	57	SML	Niel	Michau	00.39.51	01.37.31	00.58.01	03.15.23	3	
	16	9	44	SVL	Wayne	Jones	00.34.14	01.40.08	01.01.15	03.15.37	3	
	17	10	70	SVL	Jaryd	Sparg	00.33.58	01.36.17	01.14.34	03.24.49	3	
	18	11	32	SVL	Graeme	Green	00.32.28	01.39.38	01.14.51	03.26.57	3	
	19	12	41	SVL	Joshua	Janks	00.35.14	01.50.27	01.02.17	03.27.58	3	
	20	8	80	SML	Rodet	Yila	00.45.23	01.53.10	00.51.52	03.30.25	3	
	21	9	71	SML	Leander	Steynberg	00.33.24	01.51.52	01.05.59	03.31.15	3	
	22	10	36	SML	Kevin	Harker	00.34.39	01.53.06	01.06.55	03.34.40	3	
	23	13	76	SVL	Lance	Van Der Spuy	00.34.03	01.55.15	01.09.02	03.38.20	3	
	24	11	37	SML	Rohan	Hattingh	00.47.28	01.50.52	01.13.42	03.52.02	3	
	25	12	35	SML	Wouter	Hanekom	00.39.46	02.04.43	01.14.23	03.58.52	3	
	26	13	47	SML	Fanie	Kamfer	00.48.02	02.14.39	01.08.25	04.11.06	3	
	27	14	51	SVL	Clyde	Lewis	00.35.25	02.30.46	01.39.26	04.45.37	3	
	28	--	50	SVL	Ian	Lessem	00.30.29	02.02.35		02.33.04	2	DNF
--	--	2	SML	Aaron	Adler	00.26.50	01.11.39	00.30.53	02.09.22	3	DSQ	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Open Women Long	1	1	75	SWL	Vicky	Van Der Merwe	00.24.28	01.28.21	00.53.27	02.46.16	3	
	2	1	27	SVL	Carine	Gagiano	00.29.25	01.42.48	00.53.19	03.05.32	3	
	3	2	59	SVL	Adele	Niemand	00.34.56	01.38.48	00.52.52	03.06.36	3	
	4	2	21	SWL	Lene	Du Bois	00.29.29	01.42.16	00.58.07	03.09.52	3	
	5	3	43	SVL	Sannelize	Janse Van Rensburg	00.32.18	01.47.56	00.58.01	03.18.15	3	
	6	4	34	SVL	Melissa	Groenink	00.38.14	01.54.20	01.16.45	03.49.19	3	
	--	--	66	SWL	Teresa-Ann	Ruster	00.34.11			00.34.11	1	DNF
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Veteran Men Long	1	1	39	VML	Andrew	Hetherington	00.23.10	01.28.41	00.49.34	02.41.25	3	
	2	2	25	VML	Ralf	Fletcher	00.26.26	01.27.03	01.07.54	03.01.23	3	
	3	3	56	VML	Steven	Mewissen	00.30.18	01.32.56	00.59.45	03.02.59	3	
	4	4	13	VML	Bernard	Coetzee	00.35.45	01.35.13	00.52.41	03.03.39	3	
	5	5	33	VML	Jason	Groenevelt	00.26.05	01.39.01	01.02.34	03.07.40	3	
	6	6	26	VML	Van	Fletcher	00.26.57	01.36.52	01.04.07	03.07.56	3	
	7	7	24	VML	James	Fisher	00.37.27	01.35.16	00.56.05	03.08.48	3	
	8	8	45	VML	Roelof	Joubert	00.29.35	01.31.33	01.08.08	03.09.16	3	
	9	9	48	VML	Jorg	Knorr	00.30.09	01.40.40	01.03.06	03.13.55	3	
	10	10	18	VML	Jandre	De Milander	00.32.34	01.42.14	01.01.16	03.16.04	3	
	11	11	78	VML	Deon	Vermeulen	00.43.32	02.05.33	01.29.46	04.18.51	3	
--	--	61	VML	Bram	Peereboom	00.28.04	03.19.47		03.47.51	2	DNF	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Veteran Women Long	1	1	62	VWL	Tanya	Rabie	00.32.22	01.30.14	01.01.03	03.03.39	3	
	2	2	65	VWL	Sandy	Russell	00.26.23	01.47.07	00.54.57	03.08.27	3	



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**21-Oct-17**

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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Master Men Long	1	1	7	MML	Douglas	Burger	00.26.49	01.32.28	00.53.17	02.52.34	3	
	2	2	55	MML	Holden	Marshall	00.35.05	01.36.02	00.54.26	03.05.33	3	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Master Women Long	1	1	40	MWL	Lizl	Hobson	00.32.56	01.38.56	01.01.49	03.13.41	3	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Teams L	1	1	116	OTL	Living The Dream		00.26.47	01.23.57	00.58.41	02.49.25	3	
	2	2	119	OTL	The Geriatrics!		00.22.52	01.23.28	01.06.13	02.52.33	3	
	3	3	118	OTL	Three Wise Men		00.25.29	01.51.00	00.46.50	03.03.19	3	
	4	4	117	OTL	Xterrors		00.25.06	01.37.23	01.03.17	03.05.46	3	
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Sprint	1	1	298	SMS	Dean	Hopf	00.12.08	00.30.25	00.22.24	01.04.57	3	
	2	2	282	SMS	Tim	Toovey	00.13.41	00.31.31	00.23.39	01.08.51	3	
	3	1	183	SVS	David	Durham	00.11.40	00.36.17	00.22.59	01.10.56	3	
	4	1	179	VMS	Willie	De Witt	00.18.19	00.32.59	00.24.21	01.15.39	3	
	5	2	305	SVS	De Beer	Kurt	00.18.55	00.31.22	00.29.13	01.19.30	3	
	6	1	184	MMS	Schalk	Engelbrecht	00.17.48	00.37.25	00.28.07	01.23.20	3	
	7	3	219	SVS	Wouter	Kriegler	00.20.16	00.34.07	00.29.37	01.24.00	3	
	8	4	164	SVS	Daniël	Botha	00.21.24	00.36.20	00.26.23	01.24.07	3	
	9	5	239	SVS	Louis	Muller	00.22.06	00.37.54	00.25.02	01.25.02	3	
	10	3	207	SMS	Simon	Hobbs	00.18.52	00.41.53	00.24.31	01.25.16	3	
	11	6	186	SVS	Shaun	Ferreira	00.25.35	00.32.14	00.27.39	01.25.28	3	
	12	7	203	SVS	Shaun	Harris	00.17.50	00.38.56	00.29.23	01.26.09	3	
	13	8	257	SVS	Wayne	Rademeyer	00.19.06	00.38.41	00.28.37	01.26.24	3	
	14	2	154	VMS	Peter	Baumeister	00.21.27	00.38.53	00.27.10	01.27.30	3	
	15	9	242	SVS	Gideon	Nieuwoudt	00.21.55	00.39.33	00.26.53	01.28.21	3	
	16	10	196	SVS	Paul	Halliday	00.15.58	00.42.46	00.30.57	01.29.41	3	
	17	4	277	SMS	Willem	Steenkamp	00.18.48	00.39.19	00.31.49	01.29.56	3	
	18	3	265	VMS	Chlodwik	Rossouw	00.18.36	00.43.47	00.27.49	01.30.12	3	
	19	4	16	VMS	Alun	Darwood	00.20.37	00.41.11	00.28.24	01.30.12	3	
	20	5	175	SMS	Dean	De Goede	00.22.50	00.40.02	00.28.17	01.31.09	3	
	21	2	297	MMS	William	Marais	00.21.19	00.38.28	00.31.59	01.31.46	3	
	22	11	273	SVS	Francois	Smuts	00.22.48	00.40.31	00.28.32	01.31.51	3	
	23	12	216	SVS	Xander	Kock	00.19.28	00.40.29	00.32.13	01.32.10	3	
	24	3	195	MMS	Leon	Groeneveld	00.20.28	00.41.50	00.30.21	01.32.39	3	
	25	13	292	SVS	Andries	Viljoen	00.24.32	00.38.45	00.32.11	01.35.28	3	
	26	14	227	SVS	Tienie	Loubser	00.22.45	00.39.11	00.33.33	01.35.29	3	
	27	5	293	VMS	Harry	Waldemar-Brown	00.21.21	00.41.43	00.32.37	01.35.41	3	
	28	4	194	MMS	Gavin	Goldblatt	00.19.23	00.43.09	00.33.43	01.36.15	3	
	29	6	246	VMS	Mark	Paterson	00.16.28	00.46.00	00.34.16	01.36.44	3	
	30	7	191	VMS	Rob	Gerdzen	00.20.02	00.39.51	00.37.54	01.37.47	3	
	31	6	173	SMS	Warwick	Cross	00.20.06	00.42.01	00.36.16	01.38.23	3	
	32	8	241	VMS	Roche	Nicholson	00.19.55	00.43.05	00.36.09	01.39.09	3	
	33	15	223	SVS	Thom	Le Roux	00.29.13	00.40.17	00.29.56	01.39.26	3	
	34	9	199	VMS	Sam	Hamman	00.25.11	00.40.34	00.34.03	01.39.48	3	
	35	10	225	VMS	Pieter	Le Roux	00.23.17	00.46.08	00.30.55	01.40.20	3	
	36	11	181	VMS	J P	Du Plessis	00.29.59	00.37.10	00.33.23	01.40.32	3	
	37	16	153	SVS	Thomas	Ashcroft	00.22.29	00.48.58	00.29.53	01.41.20	3	
	38	12	193	VMS	Francois	Gertze	00.20.56	00.48.00	00.34.53	01.43.49	3	
	39	17	169	SVS	Willie	Conradie	00.27.46	00.45.26	00.31.50	01.45.02	3	
	40	5	290	MMS	Erik	Van Veen	00.25.21	00.45.55	00.35.30	01.46.46	3	
	41	18	250	SVS	Coert	Postma	00.24.12	00.46.51	00.35.54	01.46.57	3	
	42	13	232	VMS	Brandon	Maggen	00.20.40	00.50.20	00.36.34	01.47.34	3	
	43	14	180	VMS	Shaun	Diamond	00.20.44	00.50.21	00.36.30	01.47.35	3	
	44	15	156	VMS	Dorian	Benson	00.19.58	00.46.14	00.42.39	01.48.51	3	



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	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Men Sprint	45	16	287	VMS	Riaan	Van Eeden	00.21.18	00.45.48	00.42.06	01.49.12	3	
	46	19	259	SVS	Gregg	Ransby	00.20.59	00.44.26	00.44.41	01.50.06	3	
	47	1	159	GMS	Gustav	Bester	00.21.59	00.46.43	00.41.58	01.50.40	3	
	48	7	272	SMS	Stefan	Smith	00.28.03	00.54.50	00.28.03	01.50.56	3	
	49	2	206	GMS	Allan	Hobbs	00.24.25	00.46.30	00.40.03	01.50.58	3	
	50	17	240	VMS	Desi	Nair	00.24.06	00.51.43	00.35.16	01.51.05	3	
	51	18	268	VMS	Faried	Saferdien	00.23.59	00.51.47	00.35.20	01.51.06	3	
	52	8	151	SMS	Bilal	Alexander	00.23.20	01.05.56	00.25.12	01.54.28	3	
	53	19	190	VMS	Lottering	Gavin	00.22.42	00.54.29	00.37.51	01.55.02	3	
	54	20	208	VMS	Riaan	Hols	00.23.56	00.50.44	00.41.32	01.56.12	3	
	55	20	271	SVS	Rhodes	Smith	00.22.39	00.54.54	00.41.50	01.59.23	3	
	56	21	202	SVS	Mark	Hamman	00.25.39	00.55.32	00.38.35	01.59.46	3	
	57	22	251	SVS	Ruan	Pretorius	00.23.13	00.49.44	00.48.39	02.01.36	3	
	58	23	162	SVS	Nico	Blignaut	00.23.08	00.49.44	00.48.44	02.01.36	3	
	59	21	245	VMS	David	Papenfus	00.23.35	00.51.29	00.49.28	02.04.32	3	
	60	24	278	SVS	Ameen	Stemmet	00.24.50	01.01.09	00.44.17	02.10.16	3	
	61	25	229	SVS	Gideon	Louw	00.56.35	00.53.22	00.39.59	02.29.56	3	
	62	22	166	VMS	Luhann	Brink	00.27.51	01.08.19	00.56.26	02.32.36	3	
	63	9	275	SMS	Ziyaad	Solomon	00.21.23	01.45.42	00.33.56	02.41.01	3	
	64	23	252	VMS	Wilhelm	Punt	01.00.43	01.06.27	00.47.53	02.55.03	3	
	65	3	187	GMS	Richard	Fletcher	00.48.00	01.08.56	01.00.52	02.57.48	3	
--	--	213	VMS	Wagner	Jordaan							DNF
Category	All	Cat	No	Cat	First Name	Last Name	Swim	Bike	Run	Time	Legs	Status
Open Women Sprint	1	1	281	SWS	Mellusca	Toovey	00.13.31	00.34.41	00.23.22	01.11.34	3	
	2	2	304	SWS	Lucy	Gauntlett	00.14.44	00.39.36	00.27.23	01.21.43	3	
	3	3	231	SWS	Robyn	Luden	00.19.23	00.38.12	00.28.27	01.26.02	3	
	4	4	289	SWS	Renscha	Van Heerden	00.18.19	00.42.12	00.25.38	01.26.09	3	
	5	5	177	SWS	Amri	De Jong	00.19.26	00.39.48	00.29.24	01.28.38	3	
	6	1	188	SXS	Karla	Fletcher	00.19.02	00.44.51	00.24.56	01.28.49	3	
	7	1	262	VWS	Tracey	Rheeder	00.19.54	00.38.19	00.30.36	01.28.49	3	
	8	6	248	SWS	Lara	Paul	00.15.28	00.43.42	00.32.15	01.31.25	3	
	9	7	249	SWS	Alta	Pellissier	00.14.20	00.48.49	00.29.40	01.32.49	3	
	10	8	197	SWS	Ineke	Halliday	00.19.31	00.45.32	00.28.29	01.33.32	3	
	11	9	220	SWS	Hanri	Kriegler	00.21.49	00.38.48	00.34.50	01.35.27	3	
	12	2	212	VWS	Erika	Jordaan	00.25.30	00.41.26	00.30.29	01.37.25	3	
	13	3	285	VWS	Carol	Van Eeden	00.19.38	00.45.34	00.32.33	01.37.45	3	
	14	2	238	SXS	Lisa	Muir	00.19.09	00.45.08	00.34.02	01.38.19	3	
	15	4	267	VWS	Leigh	Rynhoud	00.20.46	00.45.00	00.34.07	01.39.53	3	
	16	3	247	SXS	Jacquelyn	Paterson	00.20.04	00.47.22	00.32.43	01.40.09	3	
	17	10	189	SWS	Yadah	Fourie	00.20.09	00.43.28	00.38.02	01.41.39	3	
	18	5	198	VWS	Robyn	Hamman	00.22.10	00.44.30	00.36.46	01.43.26	3	
	19	4	303	SXS	Annarette	Van Rensburg	00.19.28	00.44.20	00.40.02	01.43.50	3	
	20	11	276	SWS	Isme	Steenkamp	00.16.37	00.54.15	00.33.05	01.43.57	3	
	21	5	185	SXS	Mary	Faulks	00.20.30	00.45.44	00.38.19	01.44.33	3	
	22	1	205	MWS	Brenda	Hobbs	00.20.23	00.50.05	00.34.26	01.44.54	3	
	23	6	168	SXS	Ronette	Conradie	00.25.45	00.48.34	00.32.17	01.46.36	3	
	24	6	215	VWS	Liesl	Keuler	00.20.52	00.47.45	00.39.24	01.48.01	3	
	25	7	152	VWS	Charlotte	Andrag	00.19.35	00.56.57	00.33.52	01.50.24	3	
	26	12	209	SWS	Jonel	Jacobs	00.20.57	00.53.58	00.36.33	01.51.28	3	
	27	8	295	VWS	Anne-Marie	White	00.16.16	01.00.01	00.35.11	01.51.28	3	
	28	7	288	SXS	Genevieve	Van Gysen	00.21.01	00.55.48	00.35.57	01.52.46	3	
	29	8	306	SXS	Nicole	Birch	00.21.47	00.54.16	00.41.12	01.57.15	3	
	30	9	261	SXS	Marelize	Raubenheimer	00.26.34	00.50.35	00.40.09	01.57.18	3	
	31	10	279	SXS	Nina	Steyn	00.24.47	00.59.13	00.33.18	01.57.18	3	
	32	11	255	SXS	Marilize	Putter	00.25.10	00.50.02	00.42.42	01.57.54	3	



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Open Women Sprint	33	12	170	SXS	Hanlie	Costa	00:27.20	00:47.59	00:42.55	01:58.14	3	
	34	9	269	VWS	Leandi	Schoeman	00:24.45	00:50.32	00:42.57	01:58.14	3	
	35	13	266	SXS	Andrea	Rostron	00:27.35	00:56.14	00:34.56	01:58.45	3	
	36	14	228	SXS	Ammie	Louw	00:26.32	00:53.21	00:40.03	01:59.56	3	
	37	10	178	VWS	Alita	De Witt	00:23.06	01:05.57	00:37.47	02:06.50	3	
	38	11	163	VWS	Annelize	Blom	00:21.44	00:59.57	00:46.25	02:08.06	3	
	39	12	230	VWS	Lisa	Louw	00:28.04	00:53.43	00:47.10	02:08.57	3	
	40	2	296	MWS	Belinda	Marais	00:52.29	00:40.43	00:36.27	02:09.39	3	
	41	13	291	VWS	Melanie	Van Wyk	00:21.42	00:59.56	00:49.04	02:10.42	3	
	42	14	254	VWS	Fiona	Punt	00:30.50	01:06.26	00:47.46	02:25.02	3	
	43	15	263	VWS	Victoria	Roberts	00:32.47	01:10.49	00:42.09	02:25.45	3	
44	16	274	VWS	Isabella	Snyman	00:32.49	01:10.53	00:42.03	02:25.45	3		
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Junior Men Sprint	1	1	270	JMS	David	Sher	00:14.19	00:32.32	00:19.51	01:06.42	3	
	2	2	172	JMS	Samuel	Courts	00:12.10	00:35.46	00:19.48	01:07.44	3	
	3	3	299	JMS	Hector	Burger	00:17.46	00:37.34	00:29.34	01:24.54	3	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Junior Women Sprint	1	1	155	JWS	Michaela	Beaton	00:16.33	00:36.35	00:28.11	01:21.19	3	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Time</b>	<b>Legs</b>	<b>Status</b>
Open Teams S	1	1	312	OTS	Grannygear		00:11.51	00:28.02	00:22.15	01:02.08	3	
	2	2	311	OTS	Grannygear1		00:12.16	00:28.29	00:24.46	01:05.31	3	
	3	3	314	OTS	Gonnabe Warriors		00:14.02	00:32.02	00:21.51	01:07.55	3	
	4	4	318	OTS	Sydsationals		00:14.56	00:37.55	00:28.50	01:21.41	3	
	5	5	316	OTS	Silver Dream Racers		00:16.09	00:44.25	00:34.03	01:34.37	3	
	6	6	313	OTS	Blommeventures		00:18.59	00:38.58	00:37.01	01:34.58	3	
	7	7	315	OTS	Voorwaards		00:18.39	00:50.03	00:28.31	01:37.13	3	
	8	8	317	OTS	De Coito		00:16.49	00:42.06	00:39.22	01:38.17	3	
	9	9	310	OTS	French Dragons		00:24.29	00:50.55	00:36.01	01:51.25	3	
	10	10	319	OTS	Splash, Flash & Dash		00:24.58	00:50.28	00:36.06	01:51.32	3	
	11	11	320	OTS	The Three Musketeers		00:25.24	00:51.40	00:37.57	01:55.01	3	