



Group or Category	Pos in		Participants Details				Split Times						Final Results			
	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status	
Nipper Boys	1	1	602	NB	Jacobus	Burger	00.08.16	00.08.22	00.08.44				00.25.22	3		
	2	2	614	NB	Spencer	Van Zyl	00.09.23	00.08.50	00.09.05				00.27.18	3		
	3	3	603	NB	Marko	Pruis	00.09.11	00.09.10	00.09.57				00.28.18	3		
	4	4	608	NB	Tiehaan	Slabber	00.10.02	00.09.49	00.09.16				00.29.07	3		
	5	5	609	NB	Keagan	Harris	00.09.06	00.10.28	00.09.40				00.29.14	3		
	6	6	604	NB	Christian	George	00.11.16	00.12.15	00.12.12				00.35.43	3		
	7	7	612	NB	Maleagi	Malherbe	00.11.51	00.13.15	00.16.13				00.41.19	3		
	8	8	616	NB	J D	Vermeulen	00.12.11	00.14.00					00.26.11	2	-1 Lap	
	9	9	611	NB	Luke	Simpson	00.12.03	00.14.29					00.26.32	2	-1 Lap	
	10	10	617	NB	Christiaan	Briers	00.12.12	00.15.09					00.27.21	2	-1 Lap	
	11	11	605	NB	Henco	Hibbert	00.14.05	00.15.14					00.29.19	2	-1 Lap	
	12	12	615	NB	Noah	Ribeiro	00.15.08	00.16.48					00.31.56	2	-1 Lap	
	--	--	613	NB	Reinier	Janse Van Rensburg	00.20.00						00.20.00	1	DNF	
	--	--	610	NB	Noa	Burger										DNF
--	--	601	NB	Connor	Roebuck										DNF	
--	--	607	NB	Jack	Jordan										DNS	
--	--	606	NB	Ludwig	Uys										DNS	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Nipper Girls	1	1	673	NG	Leonè	Theron	00.07.45	00.08.05	00.08.08				00.23.58	3		
	2	2	672	NG	Isabella	Stermin	00.08.32	00.08.29	00.08.40				00.25.41	3		
	3	3	671	NG	Lienka	De Jager	00.10.27	00.11.05	00.12.48				00.34.20	3		
	--	--	674	NG	Annabelle	Ras										DNS
	--	--	675	NG	Karliën	Cronjé										DNS
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Sprog Boys	1	1	502	SB	Tristan	Mc Given	00.10.45	00.11.48	00.12.12	00.12.09			00.46.54	4		
	2	2	501	SB	Camryn	Marais	00.10.51	00.12.35	00.12.36	00.12.17			00.48.19	4		
	3	3	510	SB	Konrad	Kotze	00.12.37	00.13.21	00.14.20	00.13.57			00.54.15	4		
	4	4	503	SB	Luke	Schonegevel	00.12.31	00.13.26	00.14.18	00.14.04			00.54.19	4		
	5	5	504	SB	Gabriel	Burke	00.13.03	00.14.09	00.14.25	00.14.29			00.56.06	4		
	6	6	505	SB	Willem	Durandt	00.12.45	00.14.37	00.14.26	00.15.03			00.56.51	4		
	7	7	509	SB	Sven	Etsebeth	00.12.31	00.14.46	00.15.51	00.13.47			00.56.55	4		
	8	8	508	SB	Matthew	Ratcliffe	00.12.35	00.14.34	00.15.43	00.17.32			01.00.24	4		
	9	9	513	SB	William	Ruthven	00.13.55	00.16.23	00.15.36	00.15.34			01.01.28	4		
	10	10	506	SB	Tienie	Louw	00.13.01	00.15.00	00.18.31	00.17.43			01.04.15	4		
	11	11	507	SB	Dylan	Van De Langenberg	00.13.46	00.16.20	00.17.59				00.48.05	3	-1 Lap	
	12	12	511	SB	Sebastian	Lowe	00.16.12	00.17.26	00.19.10				00.52.48	3	-1 Lap	
	13	13	522	SB	Schalk	Lubbe	00.16.18	00.21.29	00.21.06				00.58.53	3	-1 Lap	
	14	14	514	SB	Ivan	Malan	00.18.19	00.22.18	00.24.36				01.05.13	3	-1 Lap	
	15	15	521	SB	Theo	Pretorius	00.21.10	00.27.43					00.48.53	2	-2 Laps	
	--	--	519	SB	Nick	Barbrock	00.15.48	00.19.31					00.35.19	2	DNF	
	--	--	517	SB	Daniel	Pichon	00.21.17						00.21.17	1	DNF	
	--	--	518	SB	James	Nieuwoudt										DNF
--	--	523	SB	Emile	Theunissen										DNF	
--	--	520	SB	Max	Silberblatt										DNF	
--	--	515	SB	Mattys	Breed										DNF	
--	--	512	SB	Daniel	Lutz										DNS	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Sprog Girls	1	1	571	SG	Lara	Van Der Vyver	00.06.47	00.06.45	00.06.59	00.07.01			00.27.32	4		
	2	2	572	SG	Rebecca	Jacobs	00.07.02	00.07.51	00.07.43	00.07.47			00.30.23	4		
	3	3	577	SG	Janke	Van Zyl	00.07.52	00.07.49	00.08.24	00.07.48			00.31.53	4		
	4	4	573	SG	Kendra	Kitching	00.08.02	00.07.53	00.08.35	00.07.32			00.32.02	4		
	5	5	574	SG	Nina	Tjallingii	00.07.55	00.08.43	00.11.08				00.27.46	3	-1 Lap	
	6	6	576	SG	Natalie	Goosen	00.09.12	00.09.17	00.09.52				00.28.21	3	-1 Lap	
	7	7	575	SG	B B	Strydom	00.08.38	00.12.18	00.09.56				00.30.52	3	-1 Lap	
<b>Category</b>	<b>All</b>	<b>Cat</b>	<b>No</b>	<b>Cat</b>	<b>First Name</b>	<b>Last Name</b>	<b>Lap 1</b>	<b>Lap 2</b>	<b>Lap 3</b>	<b>Lap 4</b>	<b>Lap 5</b>	<b>Lap 6</b>	<b>Time</b>	<b>Laps</b>	<b>Status</b>	
Sub-Jun Boys	1	1	401	JB	Neil	Van Der Vyver	00.15.56	00.17.34	00.17.57				00.51.27	3		
	2	2	402	JB	Liam	Henning	00.16.44	00.17.23	00.17.48				00.51.55	3		
	3	3	413	JB	Jack	Goosen	00.17.00	00.19.02	00.19.00				00.55.02	3		
	4	4	403	JB	Connor	Kitching	00.18.01	00.20.56	00.19.20				00.58.17	3		
	5	5	408	JB	Ryan	Koorzen	00.18.13	00.20.24	00.20.33				00.59.10	3		
	6	6	903	JB	Christiaan	De Villiers	00.19.14	00.21.17	00.20.35				01.01.06	3		
	7	7	430	JB	Dean	Woolley	00.18.10	00.20.49	00.23.17				01.02.16	3		
	8	8	424	JB	Jaco	De Wet	00.19.21	00.21.55	00.21.10				01.02.26	3		
	9	9	405	JB	Henri	Coetzee	00.20.51	00.22.43	00.22.42				01.06.16	3		
	10	10	404	JB	Andre	Kirschstein	00.20.37	00.23.19	00.22.27				01.06.23	3		
	11	11	432	JB	Benjamin	Fourie	00.20.10	00.22.55	00.23.49				01.06.54	3		
	12	12	406	JB	Reece	Meyer	00.21.37	00.22.56	00.23.13				01.07.46	3		
	13	13	427	JB	Christian	Koegelenberg	00.21.18	00.24.30	00.23.41				01.09.29	3		
	14	14	917	JB	Daniel	Bristow	00.21.32	00.24.46	00.23.53				01.10.11	3		
	15	15	417	JB	Stephan	Claassen	00.21.44	00.24.58	00.26.22				01.13.04	3		
	16	16	905	JB	Christiaan	Lubbe	00.23.05	00.27.13	00.25.38				01.15.56	3		



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	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status	
	17	17	410	JB	Andre	Boezaart	00:22.48	00:26.22	00:27.02				01:16.12	3		
	18	18	916	JB	Gregor	Barnardo	00:24.22	00:33.24	00:30.49				01:28.35	3		
	19	19	901	JB	Joshua	Ellis	00:23.50	00:30.50					00:54.40	2	-1 Lap	
	20	20	423	JB	Frans-Johann	Smit	00:23.26	00:31.15					00:54.41	2	-1 Lap	
	21	21	422	JB	A J	Nel	00:22.52	00:33.24					00:56.16	2	-1 Lap	
	22	22	425	JB	Franco	Hanekom	00:25.12	00:31.46					00:56.58	2	-1 Lap	
	23	23	429	JB	Reece	Van Staden	00:24.50	00:32.25					00:57.15	2	-1 Lap	
	24	24	411	JB	Joshua	Ord	00:20.49	00:39.56					01:00.45	2	-1 Lap	
	25	25	906	JB	Aldo	Kaufmann	00:27.39	00:35.18					01:02.57	2	-1 Lap	
	26	26	433	JB	Jakobus	Van Greunen	00:35.12	00:41.14					01:16.26	2	-1 Lap	
	--	--	409	JB	Andre	Geldenhuis	00:21.38						00:21.38	1	DNF	
	--	--	420	JB	Henri	Grové	00:30.46						00:30.46	1	DNF	
	--	--	419	JB	Zade	Hefer	00:31.15						00:31.15	1	DNF	
	--	--	431	JB	Mickel	Retief	00:31.22						00:31.22	1	DNF	
	--	--	428	JB	Ruan	Brits									DNF	
	--	--	416	JB	Conor	Oosthuizen									DNF	
	--	--	904	JB	Jurie	Cronje									DNF	
	--	--	421	JB	Nick	Van Zyl									DNF	
	--	--	907	JB	Joshua	Lind									DNF	
	--	--	426	JB	Jacques	Swart									DNS	
	--	--	414	JB	Evan	Rossouw									DNS	
	--	--	435	JB	Tristan	Oosthuizen									DNS	
	--	--	407	JB	Daniel	Steyn									DNS	
	--	--	902	JB	Luka	Breed									DNS	
	--	--	434	JB	Berno	Moolman									DNS	
	--	--	412	JB	Chris	Du Toit									DNS	
	--	--	418	JB	Sven	Tjallingii									DNS	
	--	--	415	JB	Anré	Compion									DNS	
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status	
Sub-Jun Girls	1	1	471	JG	Eryn	Marais	00:12.56	00:14.18	00:14.35	00:14.51			00:56.40	4		
	2	2	473	JG	Kelly	Mall	00:13.40	00:16.03	00:17.21	00:17.11			01:04.15	4		
	3	3	476	JG	Anje	Van Niekerk	00:13.46	00:15.56	00:18.42	00:19.07			01:07.31	4		
	4	4	474	JG	Hannie	Vreken	00:14.09	00:17.59	00:20.14	00:17.46			01:10.08	4		
	5	5	477	JG	Kathryn	La Grange	00:18.48	00:21.58	00:23.32				01:04.18	3	-1 Lap	
	--	--	472	JG	Zoe	Green										DNS
	--	--	475	JG	Isabel	Lutz										DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status	
Youth Men	1	1	308	YM	Tiaan	Manefeldt	00:16.03	00:17.07	00:16.57	00:17.53			01:08.00	4		
	2	2	313	YM	Samuel	Cleary	00:15.56	00:17.20	00:17.46	00:17.00			01:08.02	4		
	3	3	306	YM	Luca	Zietsman	00:15.59	00:17.14	00:17.53	00:17.57			01:09.03	4		
	4	4	301	YM	Jeandre	Ungerer	00:15.57	00:17.20	00:19.46	00:18.19			01:11.22	4		
	5	5	304	YM	Juan	Van Zyl	00:16.18	00:18.24	00:18.32	00:18.33			01:11.47	4		
	6	6	319	YM	Tristan	Swart	00:16.34	00:18.21	00:18.44	00:18.43			01:12.22	4		
	7	7	316	YM	Van Zyl	Steyn	00:17.00	00:18.20	00:18.59	00:18.27			01:12.46	4		
	8	8	320	YM	Zander	Compion	00:16.12	00:17.30	00:19.05	00:20.52			01:13.39	4		
	9	9	302	YM	Rupert	Taljaard	00:16.32	00:18.22	00:19.27	00:19.48			01:14.09	4		
	10	10	305	YM	Thomas	Dunkley	00:16.07	00:18.06	00:20.48	00:19.23			01:14.24	4		
	11	11	303	YM	Robert	Nieuwenhuizen	00:16.00	00:19.19	00:21.34	00:19.34			01:16.27	4		
	12	12	309	YM	Francois	Coetzee	00:17.41	00:20.11	00:19.26	00:20.04			01:17.22	4		
	13	13	337	YM	Liam	Rorich	00:16.58	00:20.21	00:21.05	00:20.40			01:19.04	4		
	14	14	914	YM	Ruan	Portwig	00:18.05	00:19.24	00:19.55	00:23.25			01:20.49	4		
	15	15	323	YM	Luke	Kershaw	00:18.26	00:20.25	00:21.04	00:22.20			01:22.15	4		
	16	16	339	YM	Onesimo	Ndzonyana	00:19.12	00:20.39	00:21.37	00:22.24			01:23.52	4		
	17	17	338	YM	Likho	Mayekiso	00:18.07	00:21.46	00:22.01	00:22.14			01:24.08	4		
	18	18	322	YM	Aiden	Colley	00:18.52	00:21.13	00:22.25	00:22.13			01:24.43	4		
	19	19	317	YM	Christiaan	Davel	00:18.54	00:22.02	00:23.23	00:23.13			01:27.32	4		
	20	20	328	YM	Daniel	Du Plessis	00:18.51	00:22.16	00:25.10	00:25.03			01:31.20	4		
	21	21	331	YM	Adriaan	De Waard	00:19.40	00:23.29	00:26.39				01:09.48	3	-1 Lap	
	22	22	336	YM	De Wet	Du Plooy	00:20.43	00:23.32	00:25.40				01:09.55	3	-1 Lap	
	23	23	310	YM	Alexander	Jonker	00:19.49	00:25.51	00:24.22				01:10.02	3	-1 Lap	
	24	24	332	YM	Abru	Van Zyl	00:20.16	00:23.26	00:26.27				01:10.09	3	-1 Lap	
	25	25	335	YM	William	Loubser	00:20.52	00:24.37	00:25.04				01:10.33	3	-1 Lap	
	26	26	329	YM	Marius	Nel	00:21.01	00:24.42	00:25.10				01:10.53	3	-1 Lap	
	27	27	327	YM	Lakhanya	Sikhobongwana	00:19.35	00:26.12	00:28.59				01:14.46	3	-1 Lap	
	28	28	908	YM	Philip	Venter	00:20.15	00:32.53	00:26.11				01:19.19	3	-1 Lap	
	29	29	909	YM	Mivuyo	Mndini	00:24.15	00:26.37	00:28.59				01:19.51	3	-1 Lap	
	30	30	911	YM	Inathi	Stoyile	00:23.26	00:28.22	00:28.04				01:19.52	3	-1 Lap	
	31	31	915	YM	Kerneels	Labuschagne	00:24.36	00:27.58	00:29.17				01:21.51	3	-1 Lap	
	32	32	912	YM	Juan	Basson	00:24.03	00:29.20	00:29.15				01:22.38	3	-1 Lap	
	33	33	333	YM	Ruger	Jooste	00:24.42	00:29.35	00:31.40				01:25.57	3	-1 Lap	
--	--	311	YM	Luca	Wiese	00:18.41	00:20.09					00:38.50	2	DNF		



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	--	--	918	YM	Amila	Mntuyedwa	00:17.15						00:17.15	1	DNF
	--	--	314	YM	Matthew	Hudson	00:21.16						00:21.16	1	DNF
	--	--	318	YM	Ruan	Nel	00:21.57						00:21.57	1	DNF
	--	--	330	YM	Leon	Vermaak									DNF
	--	--	307	YM	Morgan	Jones									DNF
	--	--	910	YM	Philip	Albertse									DNF
	--	--	340	YM	Dylan	Bergh									DNF
	--	--	913	YM	Kaiyen	Govender									DNS
	--	--	312	YM	Reek	Roos									DNS
	--	--	321	YM	Christian	Mocke									DNS
	--	--	315	YM	Marius	Burger									DNS
	--	--	325	YM	Daniel	Franken									DNS
	--	--	326	YM	Louis	Botha									DNS
	--	--	324	YM	Altus	Scholtz									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
<b>Youth Women</b>	1	1	377	YW	Mienke	Boshoff	00:18.50	00:20.33	00:21.16				01:00.39	3	
	2	2	372	YW	Jana	Visser	00:19.50	00:22.31	00:21.59				01:04.20	3	
	3	3	376	YW	Linel	Kruger	00:19.54	00:23.43	00:22.48				01:06.25	3	
	4	4	373	YW	Chloe	Chesterton	00:21.25	00:24.03	00:24.49				01:10.17	3	
	5	5	371	YW	Nikalau	Volsteedt	00:23.14	00:26.20	00:26.20				01:15.54	3	
	6	6	375	YW	Kijana	Retief	00:29.15	00:33.48					01:03.03	2	-1 Lap
	--	--	378	YW	Rita	De Wet	00:25.41						00:25.41	1	DNF
	--	--	374	YW	Mianette	Theron									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
<b>Junior Men</b>	1	1	209	JM	Cronje	Beukes	00:14.53	00:14.59	00:15.22	00:15.51	00:15.44		01:16.49	5	
	2	2	228	JM	Vincent	Buter	00:15.36	00:16.06	00:16.07	00:16.42	00:17.00		01:21.31	5	
	3	3	202	JM	Lood	Goosen	00:15.37	00:16.07	00:16.06	00:16.42	00:17.22		01:21.54	5	
	4	4	207	JM	Hendre	De Villiers	00:15.48	00:16.15	00:16.48	00:17.36	00:17.26		01:23.53	5	
	5	5	203	JM	Jaydan	Durandt	00:15.38	00:16.20	00:17.13	00:18.02	00:16.55		01:24.08	5	
	6	6	222	JM	Ryan	Veer	00:16.21	00:16.39	00:16.50	00:17.40	00:17.37		01:25.07	5	
	7	7	216	JM	Jean-Pierre	Du Plessis	00:15.47	00:17.37	00:17.51	00:17.31	00:17.34		01:26.20	5	
	8	8	218	JM	Divan	Terblanche	00:16.07	00:18.19	00:18.04	00:18.15	00:18.12		01:28.57	5	
	9	9	210	JM	Jean-Marc	De Beer	00:17.13	00:18.21	00:18.23	00:18.38	00:19.18		01:31.53	5	
	10	10	212	JM	Greg	Lawson	00:17.08	00:18.48	00:18.13	00:19.39	00:19.33		01:33.21	5	
	11	11	204	JM	Jean	Surridge	00:17.19	00:18.32	00:19.18	00:19.09	00:19.16		01:33.34	5	
	12	12	225	JM	Wynand	Mostert	00:17.33	00:18.29	00:18.28	00:19.41	00:20.44		01:34.55	5	
	13	13	206	JM	Tiaan	Steenkamp	00:17.23	00:18.29	00:21.54	00:18.37	00:18.54		01:35.17	5	
	14	14	217	JM	Willem	Botha	00:15.50	00:17.08	00:22.49	00:18.35	00:20.58		01:35.20	5	
	15	15	213	JM	Johmar	Loubser	00:17.21	00:18.20	00:18.51	00:21.01	00:21.48		01:37.21	5	
	16	16	208	JM	M J	Visagie	00:18.01	00:19.31	00:19.58	00:19.53			01:17.23	4	-1 Lap
	17	17	224	JM	Willem	Visagie	00:17.56	00:19.17	00:19.36	00:20.48			01:17.37	4	-1 Lap
	18	18	214	JM	Luke	Caetano	00:17.49	00:20.36	00:19.32	00:20.01			01:17.58	4	-1 Lap
	19	19	220	JM	Bernardt	Pretorius	00:18.25	00:20.06	00:20.08	00:19.39			01:18.18	4	-1 Lap
	20	20	233	JM	Andre	Kotze	00:18.39	00:19.41	00:20.30	00:20.59			01:19.49	4	-1 Lap
	21	21	221	JM	Jaco	Jacobs	00:17.10	00:21.02	00:21.46	00:21.00			01:20.58	4	-1 Lap
	22	22	235	JM	Juan	Rossouw	00:19.30	00:19.58	00:20.32	00:21.42			01:21.42	4	-1 Lap
	23	23	237	JM	Liyema	Madolo	00:19.28	00:25.17	00:21.54	00:22.02			01:28.41	4	-1 Lap
	24	24	231	JM	Kristian	Naude	00:19.49	00:22.02	00:23.55	00:24.53			01:30.19	4	-1 Lap
	25	25	232	JM	Tyron	Visser	00:21.05	00:22.59	00:22.54	00:24.23			01:31.21	4	-1 Lap
	26	26	223	JM	Awie	Smit	00:24.19	00:24.53	00:25.42	00:25.15			01:40.09	4	-1 Lap
	--	--	205	JM	Streicher	Swart	00:15.39	00:16.57	00:19.10	00:17.23			01:09.09	4	DNF
	--	--	230	JM	Zander	Van Lill	00:21.03	00:22.15	00:26.23				01:09.41	3	DNF
	--	--	229	JM	Matt	Van Staden	00:23.18						00:23.18	1	DNF
	--	--	227	JM	Etienne	Fouche									DNF
	--	--	219	JM	Bjorn	Uys									DNF
	--	--	234	JM	Michael	Wentzel									DNF
	--	--	201	JM	Xander	Van Dyk									DNF
	--	--	215	JM	Henning	Venter									DNS
	--	--	211	JM	Devan	Van Zyl									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
<b>Junior Women</b>	1	1	271	JW	Anna	Marx	00:18.35	00:21.06	00:21.40	00:21.53			01:23.14	4	
	2	2	272	JW	Kayleigh	Scholtz	00:20.25	00:22.31	00:21.55	00:21.05			01:25.56	4	
	3	3	273	JW	Anyia	Du Plessis	00:21.52	00:22.02	00:24.12	00:25.35			01:33.41	4	
	4	4	275	JW	Christelle	Joubert	00:21.43	00:27.23	00:29.51	00:28.47			01:47.44	4	
	5	5	277	JW	Milani	Dingani	00:31.18	00:32.27	00:31.39				01:35.24	3	-1 Lap
	6	6	226	JW	Marli	Davel	00:28.33	00:32.46	00:36.46				01:38.05	3	-1 Lap
	--	--	274	JW	Lineke	Groenewald									DNS
Category	All	Cat	No	Cat	First Name	Last Name	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps	Status
<b>Elite Men</b>	1	1	1	EM	Matthew	Beers	00:12.56	00:13.18	00:13.27	00:13.49	00:13.53	00:14.07	01:21.30	6	
	2	2	5	EM	Luke	Moir	00:13.19	00:14.07	00:13.59	00:14.21	00:14.06	00:13.33	01:23.25	6	
	3	3	4	EM	Tristan	Nortje	00:13.18	00:14.08	00:14.35	00:14.10	00:13.40	00:13.42	01:23.33	6	
	4	4	3	EM	Johan	Van Zyl	00:13.13	00:13.56	00:14.15	00:14.20	00:14.19	00:14.47	01:24.50	6	

