

2020 NEDBANK ROCK AND RUT XC1

20/6/2020

| NAME | SURNAME | NR | TAG | LAPS | START | FINISH | TIME | POS |
|--|----------------|-----|-------|------|----------|----------|----------|-----|
| <u>Under 14 Boys: 13-14</u> | | | | | | | | |
| Suren | Roger | 115 | 72 | 4 | 09:01:39 | 09:46:33 | 00:44:54 | 1 |
| Roeber | Oskar | 161 | 23982 | 4 | 09:01:39 | 09:48:45 | 00:47:06 | 2 |
| Setzkorn | Dieter | 49 | 20576 | 4 | 09:01:39 | 09:56:41 | 00:55:02 | 3 |
| <u>Under 12 Boys: 11-12</u> | | | | | | | | |
| Thiel | Marco | 119 | 251 | 3 | 09:03:37 | 09:35:42 | 00:32:05 | 1 |
| Lowe | Sean | 10 | 23 | 3 | 09:03:37 | 09:35:50 | 00:32:13 | 2 |
| Chase | Nathan | 16 | 20547 | 3 | 09:03:37 | 09:37:49 | 00:34:12 | 3 |
| Fick | Russel | 123 | 403 | 3 | 09:03:37 | 09:42:53 | 00:39:16 | 4 |
| Chamberlain | Henry | 14 | 20545 | 3 | 09:03:37 | 09:47:57 | 00:44:20 | 5 |
| Baartman | Mike jnr | 24 | 20555 | 3 | 09:03:37 | 09:48:11 | 00:44:34 | 6 |
| Janse van Vuuren | Theodor | 12 | 20543 | 3 | 09:03:37 | 09:53:44 | 00:50:07 | 7 |
| Greeff | Janro | 25 | 398 | 3 | 09:03:37 | 09:55:18 | 00:51:41 | 8 |
| Ahrens | Cuan | 23 | 20554 | 3 | 09:03:37 | 09:56:28 | 00:52:51 | 9 |
| <u>Under 16 Girls: 15-16</u> | | | | | | | | |
| Kahl | Ada | 20 | 20551 | 4 | 09:05:33 | 09:57:19 | 00:51:46 | 1 |
| Vorster | Fiona | 56 | 20581 | 4 | 09:05:33 | 09:58:11 | 00:52:38 | 2 |
| Wiese | Danika | 546 | 19181 | 4 | 09:05:33 | 10:00:46 | 00:55:14 | 3 |
| <u>Under 14 Girls: 13-14</u> | | | | | | | | |
| Janse van Vuuren | Delsia | 96 | 435 | 3 | 09:05:33 | 09:43:53 | 00:38:20 | 1 |
| Engling | Laura | 130 | 113 | 3 | 09:05:33 | 09:46:06 | 00:40:33 | 2 |
| Dickerson | Kylie | 44 | 364 | 3 | 09:05:33 | 09:49:41 | 00:44:08 | 3 |
| <u>Nipper U10 Boys: 10 and younger</u> | | | | | | | | |
| Chase | Micah | 15 | 20546 | 2 | 09:07:35 | 09:32:52 | 00:25:17 | 1 |
| Braun | Julius | 148 | 23983 | 2 | 09:07:35 | 09:34:07 | 00:26:31 | 2 |
| Ahrens | York | 541 | 19163 | 2 | 09:07:35 | 09:38:46 | 00:31:11 | 3 |
| Vorster | Johan Albert | 27 | 20558 | 2 | 09:07:35 | 09:40:10 | 00:32:34 | 4 |
| Hennes | Daniel Adriaan | 6 | 20539 | 2 | 09:07:35 | 09:41:51 | 00:34:16 | 5 |
| Haigan | Max | 543 | 19173 | 2 | 09:07:35 | 09:41:54 | 00:34:19 | 6 |
| Fussell | Luke | 542 | 19170 | 2 | 09:07:35 | 09:51:54 | 00:44:18 | 7 |
| Lambert | JP | 162 | 23985 | 1 | 09:07:35 | 09:24:13 | 00:16:37 | 8 |
| Haigan | Cody | 544 | 19176 | 1 | 09:07:35 | 09:26:28 | 00:18:52 | 9 |
| <u>Under 12 Girls: 11-12</u> | | | | | | | | |
| Thiel | Rosemarie | 121 | 253 | 2 | 09:07:35 | 09:42:06 | 00:34:31 | 1 |
| Meyer | Xane | 540 | 19158 | 2 | 09:07:35 | 09:43:54 | 00:36:18 | 2 |
| Lambert | Marinelle | 125 | 19207 | 2 | 09:07:35 | 09:44:33 | 00:36:57 | 3 |
| Kahl | Anke | 160 | 23981 | 2 | 09:07:35 | 09:47:43 | 00:40:07 | 4 |
| <u>Nipper U10 Girls: 10 and younger</u> | | | | | | | | |
| Cramer | Anne | 203 | 20752 | 1 | 09:07:35 | 09:24:00 | 00:16:25 | 1 |
| Suren | Nicole | 116 | 64 | 1 | 09:07:35 | 09:24:01 | 00:16:26 | 2 |
| Marshall | Lillian | 200 | 20755 | 1 | 09:07:35 | 09:25:22 | 00:17:47 | 3 |
| Marshall | Kyra | 547 | 19206 | 1 | 09:07:35 | 09:28:36 | 00:21:01 | 4 |
| <u>Elite Women</u> | | | | | | | | |
| Vorster | Michelle | 3 | 20993 | 5 | 10:28:34 | 11:41:35 | 01:13:01 | 1 |
| Döman | Michelle | 146 | 21 | 5 | 10:28:34 | 11:49:02 | 01:20:28 | 2 |
| Steyn | Irene | 551 | 125 | 5 | 10:28:34 | 11:52:36 | 01:24:03 | 3 |
| Liebenberg | Courtney | 97 | 342 | 5 | 10:28:34 | 11:53:53 | 01:25:20 | 4 |

| Marathon Men | | | | | | | | |
|------------------------------|----------------|-----|-------|---|----------|----------|----------|-----|
| Du Plessis | Christopher | 156 | 128 | 3 | 12:06:28 | 12:54:24 | 00:47:56 | 1 |
| Pieters | Wesley | 69 | 133 | 3 | 12:06:28 | 12:58:46 | 00:52:18 | 2 |
| Marshall | Hilko | 157 | 20996 | 3 | 12:06:28 | 13:00:29 | 00:54:00 | 3 |
| Wasserfall | Johann | 86 | 390 | 3 | 12:06:28 | 13:01:01 | 00:54:32 | 4 |
| Hennes | Michael | 7 | 495 | 3 | 12:06:28 | 13:04:30 | 00:58:01 | 5 |
| Mitchell | Grant | 535 | 19129 | 3 | 12:06:28 | 13:19:52 | 01:13:23 | 6 |
| Gerber | Riaan | 536 | 19130 | 3 | 12:06:28 | 13:19:52 | 01:13:24 | 7 |
| Rhino Men | | | | | | | | |
| Lambert | Fana | 549 | 195 | 4 | 12:04:25 | 13:07:32 | 01:03:07 | 1 |
| Honiball | Morne | 534 | 19128 | 4 | 12:04:25 | 13:11:48 | 01:07:23 | 2 |
| Grand Master Men: 60+ | | | | | | | | |
| Graf | Roland | 64 | 119 | 2 | 12:06:28 | 12:43:27 | 00:36:58 | 1 |
| Taljaard | Renier | 554 | 19010 | 2 | 12:06:28 | 12:49:14 | 00:42:46 | 2 |
| Brueckner | Andreas | 191 | 250 | 2 | 12:06:28 | 12:49:18 | 00:42:49 | 3 |
| Soutschka | Thomas | 188 | 223 | 2 | 12:06:28 | 12:57:37 | 00:51:09 | 4 |
| Elite Men: 19-29 | | | | | | | | |
| Miller | Alex | 2 | 222 | 7 | 14:00:41 | 15:26:42 | 01:26:01 | 1 |
| de Lange | Tristan | 4 | 20999 | 7 | 14:00:41 | 15:26:43 | 01:26:02 | 2 |
| Nel | Hardus | 501 | 94 | 6 | 14:00:41 | 15:34:05 | 01:33:24 | 3 |
| Sub-Vet Men: 30-39 | | | | | | | | |
| van Zyl | Willie | 510 | 18952 | 5 | 14:00:41 | 15:14:56 | 01:14:15 | 1 |
| Vermeulen | Braam | 558 | 469 | 5 | 14:00:41 | 15:16:16 | 01:15:35 | 2 |
| Tamatisous | Ananias | 154 | 212 | 5 | 14:00:41 | 15:16:50 | 01:16:09 | 3 |
| Human | Petrus | 505 | 244 | 5 | 14:00:41 | 15:17:46 | 01:17:05 | 4 |
| Mostert | Jan-Louis | 132 | 20779 | 5 | 14:00:41 | 15:26:55 | 01:26:14 | 5 |
| King | Eddie | 207 | 20748 | 4 | 14:00:41 | 15:25:59 | 01:25:18 | 6 |
| Renton | Shanco Nivello | 508 | 18950 | 4 | 14:00:41 | 15:27:04 | 01:26:23 | 7 |
| Bestbier | Ruan | 205 | 20750 | 3 | 14:00:41 | 15:11:55 | 01:11:14 | 8 |
| Maresch | Vernon | 147 | 419 | 3 | 14:00:41 | 14:46:10 | DNF | DNF |
| Junior Men: 17-18 | | | | | | | | |
| Hahn | Hugo | 108 | 169 | 5 | 14:02:39 | 15:07:05 | 01:04:26 | 1 |
| Jensen | Bergran | 104 | 148 | 5 | 14:02:39 | 15:09:51 | 01:07:12 | 2 |
| du Preez | James | 503 | 18945 | 5 | 14:02:39 | 15:20:29 | 01:17:50 | 3 |
| van der Westhuizen | Johannes | 204 | 20751 | 4 | 14:02:39 | 15:15:34 | 01:12:55 | 4 |
| Prinsloo | Corne | 78 | 380 | 1 | 14:02:39 | 14:19:07 | DNF | DNF |
| Veteran Men: 40-49 | | | | | | | | |
| Chase | Greg | 550 | 184 | 5 | 14:02:39 | 15:12:51 | 01:10:12 | 1 |
| Steenkamp | Fanie | 560 | 15 | 5 | 14:02:39 | 15:14:45 | 01:12:06 | 2 |
| Steyn | Philip | 151 | 126 | 5 | 14:02:39 | 15:15:06 | 01:12:28 | 3 |
| Du Toit | Hans | 552 | 20527 | 5 | 14:02:39 | 15:15:12 | 01:12:33 | 4 |
| Heymann | Mannie | 556 | 19030 | 5 | 14:02:39 | 15:16:12 | 01:13:33 | 5 |
| Windisch | Heino | 211 | 20744 | 5 | 14:02:39 | 15:16:36 | 01:13:58 | 6 |
| Grassow | Ian | 99 | 174 | 5 | 14:02:39 | 15:16:59 | 01:14:20 | 7 |
| Celliers | Jacques | 557 | 19038 | 5 | 14:02:39 | 15:17:24 | 01:14:46 | 8 |
| Pierre | Van Rensburg | 110 | 20786 | 5 | 14:02:39 | 15:17:37 | 01:14:58 | 9 |
| Suren | Marcel | 118 | 71 | 5 | 14:02:39 | 15:18:46 | 01:16:07 | 10 |
| Smit | Cobus | 559 | 26 | 5 | 14:02:39 | 15:19:09 | 01:16:30 | 11 |
| Rowles | Andrew | 523 | 19086 | 5 | 14:02:39 | 15:19:55 | 01:17:16 | 12 |
| Diehl | Hanso | 561 | 120 | 5 | 14:02:39 | 15:27:16 | 01:24:37 | 13 |
| Borg | Leander | 149 | 400 | 5 | 14:02:39 | 15:29:12 | 01:26:33 | 14 |
| Azadeh-Ghamsari | Armid | 524 | 19106 | 5 | 14:02:39 | 15:35:38 | 01:32:59 | 15 |
| Van Doorn | Stefan | 46 | 20573 | 4 | 14:02:39 | 15:13:35 | 01:10:56 | 16 |
| Robiati | Nabil | 525 | 19043 | 4 | 14:02:39 | 15:14:17 | 01:11:38 | 17 |
| Lombard | Paul | 526 | 19097 | 2 | 14:02:39 | 14:48:38 | DNF | DNF |

