

Addo 2023 - 76km - All

Pos	Name	Time	Bib No	Gender	Race
1	Grobler Basson	07:08:31	238	Male	76km
2	Matthew Bouch	07:23:48	275	Male	76km
3	Gabriel Kriel	07:45:18	232	Male	76km
4	Jaco Du Plessis	08:07:39	244	Male	76km
5	Nadia Jooste	08:20:36	281	Female	76km
6	Simone Malan	08:51:14	309	Female	76km
7	Julian Dean-Brown	09:06:04	254	Male	76km
8	Kirsty Van Niekerk	09:31:08	258	Female	76km
9	Malik Benzeghiba	09:31:23	268	Male	76km
10	Steven Gagiano	09:32:17	311	Male	76km
11	Benjamin Dey Lane	09:44:09	210	Male	76km
12	Pieter Van Eeden	09:55:09	291	Male	76km
13	Matthew Duggan	09:56:46	273	Male	76km
14	Ryan Hyde	09:59:26	298	Male	76km
14	Daniel Tooley	09:59:26	223	Male	76km
15	Craig Schwartz	10:09:22	321	Male	76km
16	Richard Swann	10:17:12	295	Male	76km
17	Jason Peach	10:22:17	248	Male	76km
18	Lucas Cornelius Malan	10:29:14	266	Male	76km
19	Pieter Durandt	10:34:10	289	Male	76km
20	Stephen Van Den Berg	10:40:41	310	Male	76km
21	Sandy Cousin	10:46:18	305	Male	76km
22	Brett Vermeulen	10:58:33	213	Male	76km
23	Adam Easterling	11:01:21	201	Male	76km
24	Paul Nel	11:06:18	285	Male	76km
25	Siyabonga Zulu	11:13:00	319	Male	76km
26	Lee-Ann Whitehead	11:13:01	261	Female	76km
27	Quentin Scott	11:16:47	293	Male	76km
27	Thibaut Frumento	11:16:47	315	Male	76km
28	Filippo Faralla	11:32:42	228	Male	76km
29	Ryan Ferreira	11:40:05	299	Male	76km
30	Philip Pieterse	11:41:04	288	Male	76km
31	Garion Krauss	11:42:25	233	Male	76km
32	Gary Knight	11:44:45	234	Male	76km
33	Marlene Knight	11:46:05	272	Female	76km
34	Francois Vorster	11:47:50	231	Male	76km
35	Cornia Broere	11:51:42	221	Female	76km
36	Tom Lovemore	11:55:57	316	Male	76km
36	Fouche Babst	11:55:57	229	Male	76km
37	Hilary Campbell	11:57:42	241	Female	76km
38	Ben Van Rensburg	12:02:04	208	Male	76km
39	Riaan Lourens	12:02:06	294	Male	76km
40	Sunel Ludick	12:04:21	312	Female	76km
41	Koen Rombouts	12:04:31	259	Male	76km
42	Mark Krug	12:20:44	271	Male	76km
43	Carna Koch	12:27:58	215	Female	76km
44	Jean Coetzee	12:28:23	249	Male	76km
45	Chris Vosloo	12:32:13	218	Male	76km
46	Jacques Van Deventer	12:32:14	245	Male	76km
47	Gillian Lupton-Smith	12:50:06	237	Female	76km
48	Chris Engelbrecht	12:54:29	219	Male	76km
49	David Mama	13:00:19	224	Male	76km

Addo 2023 - 76km - All

50	Mkhuseli Marawu	13:00:35	279	Male	76km
51	Ryno Von Waltzleben	13:00:57	301	Male	76km
52	Kim Comley	13:05:27	257	Female	76km
53	Paul Comley	13:05:29	284	Male	76km
54	Amanda Annandale Bell	13:09:25	203	Female	76km
55	Thomas Beukes	13:09:53	320	Male	76km
56	Andrew Hobday	13:12:44	205	Male	76km
57	Ian Claydon	13:12:45	242	Male	76km
58	Barbara Mulcahy	13:15:45	207	Female	76km
59	Gideon Morris	13:39:19	236	Male	76km
59	Carla Morris	13:39:19	214	Female	76km
60	Pieter Huysamen	13:41:23	290	Male	76km
61	Janka Niebuhr	13:44:26	246	Female	76km
61	Leon Limper	13:44:26	262	Male	76km
62	Nicola Steinhaus	13:57:14	283	Female	76km
63	Rudean Breet	13:57:28	297	Female	76km
63	Simon Jenkins	13:57:28	308	Male	76km
63	Heike Herbst	13:57:28	239	Female	76km
64	Minrie Steyn	13:57:29	278	Female	76km
65	Karen Carstens	13:57:44	255	Female	76km
66	Frances Fuchs	13:58:19	230	Female	76km
67	Jessica Morrison	14:00:07	251	Female	76km
68	Krisztina Meyers	14:00:08	260	Female	76km
69	Morne Pretorius	14:04:17	280	Male	76km
70	Marica Pretorius	14:04:18	269	Female	76km
71	Pedro Tabensky	14:05:10	286	Male	76km
72	David Thurlwell	14:09:51	225	Male	76km
73	Tessa Ogilvie	14:10:57	313	Female	76km
74	Jared Seymour Hall	14:10:58	247	Male	76km
75	Michael Beckmann	14:11:06	276	Male	76km
76	Claire Gebhardt	14:12:16	220	Female	76km
77	Karen De Klerk	14:12:28	256	Female	76km
78	Andre Ahrend	14:14:56	204	Male	76km
79	Sean Johnson	14:32:49	306	Male	76km
80	Nicholas Delport	14:32:51	282	Male	76km
81	Benita Taylor	14:36:20	209	Female	76km
82	Sami Qatami	14:42:25	303	Male	76km
83	Charles Cartier	14:43:26	217	Male	76km
84	Craig Pike	14:56:13	222	Male	76km
85	Sameer Qaraman	14:56:15	302	Male	76km
86	Judit Menz	14:56:20	253	Female	76km
DNQ	Jo Krug	15:07:09	252	Female	76km
DNQ	Sandy Rubin	15:22:00	304	Female	76km
DNQ	Lizl De Klerk	15:22:01	265	Female	76km
DNQ	Zaniel Richards	16:07:55	318	Male	76km
DNQ	Liz Bain	16:09:41	264	Female	76km
DNQ	Prenevin Govender	16:11:18	292	Male	76km
DNQ	Lesiba Mogotlan	16:11:19	263	Male	76km
DNQ	Ryan Harmse	16:12:05	300	Male	76km

Addo 2023 - 76km - Ladies

Pos	Name	Time	Bib No	Gender	Race
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2	Simone Malan	08:51:14	309	Female	76km
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