



## Autumn Trail Series 2020

Race #01

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**Female 5km Results**



Race No	Distance	Name	Gender	Time	Gender	Overall
475	5km	Prinsloo, Pearl	Female	0:22:42	1	9
424	5km	Vuuren, Lorraine	Female	0:23:36	2	12
490	5km	Janse Van Rensburg, Nicola	Female	0:24:05	3	13
492	5km	Von Mansberg, Linette	Female	0:24:22	4	14
430	5km	Bain, Belinda	Female	0:24:43	5	16
419	5km	Sampson, Carmen	Female	0:24:58	6	17
478	5km	Blignault, Nicolette	Female	0:25:13	7	18
408	5km	Hepburn, Nicole	Female	0:26:43	8	21
468	5km	Maslovska, Oksana	Female	0:27:02	9	22
446	5km	Johnsonbekker, Monique	Female	0:27:03	10	23
458	5km	Sim, Justine	Female	0:28:05	11	25
405	5km	Eastwood, Kirstie	Female	0:28:12	12	26
484	5km	Ferreira, Anita	Female	0:28:53	13	28
449	5km	Landman, Danielle	Female	0:28:58	14	29
455	5km	Ordell, Maaïke	Female	0:29:45	15	30
474	5km	Lombaard, Michane	Female	0:29:47	16	31
433	5km	Driscoll, Adele	Female	0:30:12	17	33
461	5km	Tsouknidas, Vicky	Female	0:31:52	18	34
445	5km	Johnson, Amelia	Female	0:31:53	19	35
431	5km	Benade, Ansie	Female	0:31:57	20	36
440	5km	Gravett, Sharon	Female	0:32:15	21	37
432	5km	De La Rouviere, Laurina	Female	0:32:40	22	39
495	5km	Mnwebi, Nandi	Female	0:32:59	23	40
463	5km	Tudhope, Brooke	Female	0:33:17	24	41
462	5km	Tudhope, Holly	Female	0:33:25	25	43
464	5km	Tudhope, Tracey	Female	0:33:27	26	44
416	5km	Pautz, Lynda	Female	0:33:42	27	46
422	5km	Van Rensburg, Leonie	Female	0:33:45	28	47
494	5km	Young, Jessi	Female	0:33:52	29	48
409	5km	Hepburn, Sasha	Female	0:34:20	30	49
488	5km	Louw, Sienna	Female	0:35:43	31	52
480	5km	Abourizk, Taylor	Female	0:36:41	32	54
428	5km	Anderson, Sally	Female	0:36:45	33	56
413	5km	Meaker, Nina	Female	0:36:47	34	57
429	5km	Anderson, Theronda	Female	0:37:01	35	58
444	5km	Janse Van Rensburg, Judy	Female	0:37:36	36	59
482	5km	Lippstreu, Rebecca	Female	0:38:12	37	61
453	5km	Ndlebe, Dudu	Female	0:39:24	38	62
400	5km	Bangazi, Vuyokazi	Female	0:39:42	39	63
434	5km	Erasmus, Leoni	Female	0:41:02	40	67
485	5km	Botha, Lianie	Female	0:41:50	41	68

402	5km	Botha, Vanessa	Female	0:41:51	42	69
435	5km	Fletcher, Jewel	Female	0:45:41	43	70
437	5km	Fletcher, Marbi	Female	0:45:45	44	72
479	5km	Abourizk, Payton	Female	0:45:56	45	74
481	5km	Abourizk, Tami	Female	0:45:58	46	75
421	5km	Sim, Chelsea	Female	0:47:32	47	76
401	5km	Botha, Jeanne	Female	0:47:58	48	78
457	5km	Schoombie, Denise	Female	0:49:16	49	79
439	5km	Fourie, Chantelle	Female	0:52:02	50	80

### Male 5km Results

Race No	Distance	Name	Gender	Time	Gender	Overall
423	5km	Van Tonder, Adeeb	Male	0:18:51	1	1
410	5km	Joubert, Noah	Male	0:19:17	2	2
411	5km	Kolm, Jason	Male	0:19:22	3	3
407	5km	Gysman, Rodger	Male	0:19:43	4	4
427	5km	Aitken, Jayden	Male	0:21:29	5	5
472	5km	Robertson, Noah	Male	0:21:50	6	6
456	5km	Price, Matthew	Male	0:22:17	7	7
476	5km	Prinsloo, Mc	Male	0:22:39	8	8
452	5km	Naude, Brad	Male	0:23:01	9	10
493	5km	Durandt, Stuart	Male	0:23:26	10	11
491	5km	Von Mansberg, Richardt	Male	0:24:24	11	15
412	5km	M'bangaza, Marcus	Male	0:25:51	12	19
403	5km	Coetzer, Wiehahn	Male	0:26:25	13	20
489	5km	Olinsky, Lennoy	Male	0:27:37	14	24
470	5km	Francois, Blom	Male	0:28:36	15	27
473	5km	Jonck, Carlo	Male	0:29:48	16	32
406	5km	Gilson, Chelsea	Male	0:32:22	17	38
443	5km	Hoelson, Chris	Male	0:33:19	18	42
414	5km	Nel, Riaan	Male	0:33:40	19	45
465	5km	Van Eck, Malan	Male	0:34:21	20	50
487	5km	Kilani, Mihlali	Male	0:35:40	21	51
486	5km	Louw, Connor	Male	0:35:44	22	53
477	5km	Blignault, Jean-Pierre	Male	0:36:43	23	55
483	5km	Lippstreu, Aidon	Male	0:38:10	24	60
471	5km	Blom, Tian	Male	0:40:14	25	64
420	5km	Schnetler, Michael	Male	0:40:46	26	65
467	5km	Schnetler, Caden	Male	0:40:48	27	66
436	5km	Fletcher, Joshua	Male	0:45:43	28	71
438	5km	Fletcher, Julian	Male	0:45:47	29	73
425	5km	Wilbert, Dereck	Male	0:47:34	30	77
469	5km	Norman, James	Male	0:52:05	31	81