

Fit to Go Trail - Race Results

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<u>Pos</u>	<u>Name</u>	<u>Gender</u>	<u>Cat</u>	<u>Race#</u>	<u>Time</u>
5km Trail Male Junior					
3	KHAN, MICAIL	Male	Junior	152	00:35:42
4	LETSOAB, TUMISSHO	Male	Junior	76	00:38:49
5km Trail Male Senior					
2	MKHATSHWA, QQ	Male	Senior	53	00:34:58
6	KHAN, J	Male	Senior	140	00:40:26
7	NETO, CARLO	Male	Senior	160	00:44:00
12	SNYMAN, LOUIS	Male	Senior	144	00:53:40
5km Trail Female Senior					
1	BARDENHORST, DANELLE	Female	Senior	97	00:30:49
5	MOOLLA, NOERIEN	Female	Senior	20	00:40:25
8	NETO, TANYA	Female	Senior	48	00:44:01
9	VAN TONDER, MICHELLE	Female	Senior	60	00:48:31
10	SCHOFIELD, RONEL	Female	Senior	176	00:48:34
11	SNYMAN, CRISTEL	Female	Senior	143	00:49:27

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<u>Pos</u>	<u>Name</u>	<u>Gender</u>	<u>Cat</u>	<u>Race#</u>	<u>Time</u>
10km Trail Male Senior					
1	SHANGE, SIFISO	Male	Senior	910	00:40:39
2	WERNER, MARK	Male	Senior	802	00:49:31
3	LISTON, KEITH	Male	Senior	952	00:50:03
4	VRUGHMAN, TERENCE	Male	Senior	158	00:53:04
6	MULLER, CORNE	Male	Senior	856	00:56:14
10	RAS, JAN LOUIS	Male	Senior	929	01:04:28
11	PARKE, JORM	Male	Senior	877	01:04:29
10km Trail Female Senior					
5	ADENDORFF, CHARMAINE	Female	Senior	800	00:56:11
7	BRIEL, RENSKÉ	Female	Senior	819	00:57:57
8	ROBERTS, KIRSTEN	Female	Senior	933	01:01:07
9	MADONSELA, LUYISO	Female	Senior	837	01:01:46
12	JOOMA, SHAI DA	Female	Senior	876	01:27:29
13	FAKUDE, UNATHI	Female	Senior	904	01:27:30
14	KNOSI, ANATHI	Female	Senior	937	01:27:33

***Grand Total Participant Count: 26