

# All Results for Mac Mac Ultra

## 160km (100mi)

Race #	Name & Surname	Gender	Start Batch	Category	Overall Pos	Gender Pos	Age Category	Age Pos	Age	Time Result	Avg Speed/Pace
138	Jack Davis	Male	A	Open	1	1	40 - 49	1	45	24:48:29.0	09:18/km
137	Jacques Mouton	Male	A	Open	2	2	40 - 49	2	43	26:23:14.0	09:52/km
131	Rhys Foster	Male	A	Open	3	3	40 - 49	3	40	26:43:17.0	10:00/km
107	Justin Oelofsen	Male	A	Open	4	4	Open	1	35	28:54:37.0	10:49/km
122	Marius Van Rensburg	Male	A	Open	5	5	40 - 49	4	41	29:58:18.0	11:13/km
111	andrew jansen van rensburg	Male	A	Open	6	6	Open	2	39	30:43:45.0	11:30/km
105	Fred Richardson	Male	A	Open	7	7	50 - 59	1	58	31:38:33.0	11:51/km
128	Ilze Wagener	Female	A	Open	8	1	40 - 49	1	46	32:04:09.0	12:00/km
114	tersius jansen van rensburg	Male	A	Open	9	8	50 - 59	2	51	32:04:32.0	12:00/km
121	Mark Crandon	Male	A	Open	10	9	40 - 49	5	40	32:04:35.0	12:00/km
104	ben samwell	Male	A	Open	11	10	50 - 59	3	50	33:27:05.0	12:31/km
116	Wium Erasmus	Male	A	Open	14	13	Open	4	32	35:14:18.0	13:12/km
106	Grant Williams	Male	A	Open	14	13	40 - 49	6	47	35:14:18.0	13:12/km
135	Matt Lachenicht	Male	A	Open	14	13	Open	4	35	35:14:18.0	13:12/km
125	Christel Hanekom	Female	A	Open	15	2	40 - 49	2	42	38:03:28.0	14:15/km
124	Jurgens Hanekom	Male	A	Open	16	14	40 - 49	7	43	38:03:30.0	14:15/km
112	Tobie Reyneke	Male	A	Open	17	15	40 - 49	8	49	40:57:56.0	15:21/km
127	Anton Neethling	Male	A	Open	18	16	40 - 49	9	46	41:13:05.0	15:27/km
134	Dalu Majeke	Male	A	Open	19	17	40 - 49	10	44	41:34:54.0	15:34/km
110	Louwrens du Toit	Male	A	Open	20	18	Open	5	31	41:47:17.0	15:39/km
115	John Carter	Male	A	Open	21	19	Open	6	39	42:02:15.0	15:45/km
132	Asa Ntuku	Male	A	Open	22	20	Open	7	38	42:10:45.0	15:48/km
108	Cornelius Jansen	Male	A	Open	23	21	50 - 59	4	59	42:31:46.0	15:55/km
133	Riana Henning	Female	A	Open	24	3	50 - 59	1	52	43:51:33.0	16:25/km

## 321km (200mi)

Race #	Name & Surname	Gender	Start Batch	Category	Overall Pos	Gender Pos	Age Category	Age Pos	Age	Time Result	Avg Speed/Pace
203	Ruan van der Merwe	Male	A	Open	1	1	Open	1	34	62:31:21.0	11:21/km
210	Nicholas Mulder	Male	A	Open	2	2	40 - 49	1	43	75:14:11.0	13:39/km
205	Nicky Booyens	Female	A	Open	3	1	40 - 49	1	43	83:33:48.0	15:10/km
202	Peter Koedyk	Male	A	Open	4	3	50 - 59	1	55	88:21:55.0	16:03/km

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208	Guy Mckechnie	Male	A	Open	5	4 Open	2	39	88:35:56.0	16:06/km
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## 46km

Race #	Name & Surname	Gender	Start Batch	Category	Overall Pos	Gender Pos	Age Category	Age Pos	Age	Time Result	Avg Speed/Pace
64	Rory Pelser	Male	A	Open	1	1	Open	1	30	05:00:20.0	06:30/km
167	Johann Harm Maarsingh	Male	A	Open	2	2	Open	2	28	05:32:24.0	07:12/km
108	Susan Sloan	Female	A	Open	3	1	40 - 49	1	40	05:36:09.0	07:18/km
172	David Lenong	Male	A	Open	4	3	Open	3	39	05:37:10.0	07:18/km
46	willie mac van zyl	Male	A	Open	5	4	Open	4	35	05:38:21.0	07:21/km
76	Dirk Ligthelm	Male	A	Open	6	5	40 - 49	1	49	05:42:25.0	07:25/km
173	Johan Erasmus	Male	A	Open	7	6	Open	5	35	05:44:23.0	07:28/km
29	Dirk Mostert	Male	A	Open	8	7	Open	6	37	05:47:48.0	07:33/km
117	Nicholaas Du Plessis	Male	A	Open	9	8	Open	7	37	05:56:28.0	07:43/km
110	Matthew Saunders	Male	A	Open	10	9	Open	8	34	05:57:15.0	07:45/km
93	Claude Truter	Male	A	Open	11	10	Open	9	38	05:57:54.0	07:45/km
68	Timothy Fair	Male	A	Open	12	11	Open	10	34	05:59:04.0	07:48/km
25	Charles Pettit	Male	A	Open	13	12	40 - 49	2	40	05:59:16.0	07:48/km
149	Martin Crous	Male	A	Open	14	13	Open	11	36	05:59:21.0	07:48/km
12	Tarryn Gordon-Bennett	Female	A	Open	15	2	40 - 49	2	44	06:00:16.0	07:48/km
144	Laurika Oelofsen	Female	A	Open	16	3	Open	1	32	06:06:53.0	07:57/km
80	DeWaal Visser	Male	A	Open	17	14	Open	12	27	06:06:58.0	07:57/km
77	Casper van Antwerpen	Male	A	Open	18	15	40 - 49	3	46	06:09:15.0	08:00/km
146	Riaan Weideman	Male	A	Open	19	16	40 - 49	4	40	06:09:48.0	08:01/km
95	MATTHEW WILLIAMS	Male	A	Open	20	17	Open	13	29	06:15:55.0	08:09/km
109	warren kent	Male	A	Open	21	18	Open	14	39	06:15:56.0	08:09/km
106	Ilse Pretorius	Female	A	Open	22	4	Open	2	36	06:19:50.0	08:15/km
6	Andrea Landau	Female	A	Open	23	5	Open	3	39	06:21:38.0	08:16/km
67	Thomas Tiedemann	Male	A	Open	24	19	40 - 49	5	41	06:22:55.0	08:18/km
74	Niel Muller	Male	A	Open	25	20	40 - 49	6	48	06:23:58.0	08:19/km
83	Grant Lapping	Male	A	Open	26	21	40 - 49	7	45	06:25:07.0	08:21/km
63	Christian Steyn	Male	A	Open	27	22	Open	15	28	06:26:14.0	08:22/km
123	Wian Smith	Male	A	Open	28	23	Open	16	22	06:26:44.0	08:24/km
69	Jamie-Leigh Kinmont	Female	A	Open	29	6	Open	4	27	06:31:42.0	08:30/km

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75	Herman Pretorius	Male	A	Open	30	24 40 - 49	8 40	06:32:55.0	08:31/km
137	Tobie Basson	Male	A	Open	31	25 Open	17 35	06:33:51.0	08:33/km
16	Anja Louw	Female	A	Open	32	7 Open	5 38	06:34:21.0	08:33/km
154	Joseph Fourie	Male	A	Open	33	26 40 - 49	9 40	06:35:28.0	08:34/km
153	Dirk Cilliers	Male	A	Open	34	27 Open	18 36	06:35:46.0	08:36/km
62	Steven Glover	Male	A	Open	35	28 Open	19 33	06:37:42.0	08:37/km
158	Mark Evans	Male	A	Open	36	29 40 - 49	10 43	06:39:17.0	08:39/km
99	Danie Barnard	Male	A	Open	37	30 40 - 49	11 43	06:40:00.0	08:40/km
116	Llewelyn Curlewis	Male	A	Open	38	31 40 - 49	12 49	06:40:24.0	08:42/km
54	Christiaan Brink	Male	A	Open	39	32 40 - 49	13 40	06:43:17.0	08:45/km
136	Carel Van Zyl	Male	A	Open	40	33 Open	20 34	06:43:38.0	08:45/km
105	Ignatius Johannes Van Rooy	Male	A	Open	41	34 Open	21 35	06:44:27.0	08:46/km
124	Benton Van Den Berg	Male	A	Open	42	35 Open	22 35	06:46:40.0	08:49/km
128	Hermann Venter	Male	A	Open	43	36 Open	23 36	06:46:57.0	08:49/km
126	Andre Venter	Male	A	Open	44	37 40 - 49	14 46	06:47:02.0	08:49/km
89	Carl Sandrock	Male	A	Open	45	38 40 - 49	15 43	06:49:33.0	08:54/km
159	Bernard Naude	Male	A	Open	46	39 Open	24 32	06:51:54.0	08:57/km
31	Joe Smith	Male	A	Open	47	40 Open	25 37	06:53:07.0	08:57/km
66	Craig Heydenrych	Male	A	Open	48	41 40 - 49	16 47	06:55:31.0	09:00/km
107	Kate van den Aardweg	Female	A	Open	49	8 Open	6 28	06:57:30.0	09:03/km
171	Trudi Maree	Female	A	Open	50	9 Open	7 33	06:58:03.0	09:04/km
7	laura beth eicker harris	Female	A	Open	51	10 40 - 49	3 48	06:58:48.0	09:06/km
59	John Considine	Male	A	Open	52	42 50 - 59	1 50	07:00:07.0	09:06/km
118	Nkanyezi Zwane	Male	A	Open	53	43 40 - 49	17 47	07:03:34.0	09:12/km
39	Cecilia Ballam	Female	A	Open	54	11 40 - 49	4 45	07:04:11.0	09:12/km
143	Daniel Still	Male	A	Open	55	44 Open	26 29	07:08:08.0	09:18/km
36	Alan Stewart	Male	A	Open	56	45 Open	27 36	07:08:49.0	09:18/km
60	Elizabeth Stewart	Female	A	Open	57	12 Open	8 35	07:09:00.0	09:18/km
112	Angela Kavallieratos	Female	A	Open	58	13 Open	9 36	07:09:10.0	09:18/km
114	Ignes Ingram	Male	A	Open	59	46 Open	28 39	07:10:25.0	09:21/km
166	Jacky Banao	Male	A	Open	60	47 Open	29 27	07:18:19.0	09:30/km
5	Marj Davidson	Female	A	Open	61	14 50 - 59	1 52	07:18:34.0	09:31/km

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103	Marco Schepers	Male	A	Open	62	48 Open	30	33	07:24:46.0	09:39/km
157	Cornelius van Niekerk	Male	A	Open	63	49 40 - 49	18	41	07:25:04.0	09:39/km
134	Rebecca Dru	Female	A	Open	64	15 40 - 49	5	41	07:26:24.0	09:42/km
26	Esias Meyer	Male	A	Open	65	50 Open	31	39	07:27:01.0	09:42/km
13	Craig Gordon-Bennett	Male	A	Open	66	51 40 - 49	19	42	07:27:20.0	09:42/km
41	Dorian Pretorius	Male	A	Open	67	52 40 - 49	20	47	07:29:16.0	09:45/km
19	Klaus Herrmann	Male	A	Open	68	53 40 - 49	21	41	07:29:19.0	09:45/km
15	theriza schultz	Female	A	Open	69	16 40 - 49	6	42	07:30:46.0	09:46/km
92	Nicola Pabst	Female	A	Open	70	17 40 - 49	7	46	07:31:02.0	09:48/km
79	Gerhard Du Toit	Male	A	Open	71	54 40 - 49	22	40	07:31:32.0	09:48/km
57	Jon Cornfield	Male	A	Open	72	55 40 - 49	23	45	07:31:34.0	09:48/km
131	Paul Carter	Male	A	Open	73	56 Open	32	34	07:32:54.0	09:49/km
14	herman schulz	Male	A	Open	74	57 40 - 49	24	45	07:33:10.0	09:51/km
47	robyn leigh louw	Female	A	Open	75	18 Open	10	37	07:35:17.0	09:52/km
165	Nelius Scheepers	Male	A	Open	76	58 40 - 49	25	44	07:39:52.0	09:58/km
72	Johannes du Toit	Male	A	Open	77	59 40 - 49	26	41	07:40:41.0	10:00/km
53	Jaco van der Merwe	Male	A	Open	78	60 40 - 49	27	40	07:40:49.0	10:00/km
88	Ruanne Sandroock	Female	A	Open	79	19 40 - 49	8	41	07:44:57.0	10:06/km
70	JP Barnard	Male	A	Open	80	61 Open	33	33	07:45:27.0	10:06/km
22	Hennie Booyens	Male	A	Open	81	62 Open	34	30	07:45:42.0	10:06/km
30	Leon Booyens	Male	A	Open	82	63 Open	35	35	07:45:43.0	10:06/km
139	ryan parkhurst	Male	A	Open	83	64 40 - 49	28	41	07:47:41.0	10:09/km
91	Angelique Jordaan	Female	A	Open	85	21 Open	11	26	07:48:51.0	10:10/km
21	Amanda Annandale Bell	Female	A	Open	85	21 40 - 49	9	47	07:48:51.0	10:10/km
82	Tammy Lapping	Female	A	Open	86	22 Open	12	38	07:50:14.0	10:12/km
97	Anthony Cockrell	Male	A	Open	87	65 Open	36	31	07:51:08.0	10:13/km
35	Kenneth Joubert	Male	A	Open	89	67 40 - 49	29	49	07:51:21.0	10:13/km
163	Jarrod David	Male	A	Open	89	67 Open	37	35	07:51:21.0	10:13/km
119	Mpho Chuene	Male	A	Open	90	68 Open	38	37	07:53:29.0	10:16/km
133	Thina Wolmarans	Female	A	Open	91	23 Open	13	36	07:54:27.0	10:18/km
125	johan Ferreira	Male	A	Open	92	69 Open	39	28	07:55:17.0	10:18/km
86	Brian Holmes	Male	A	Open	93	70 40 - 49	30	46	07:57:13.0	10:21/km

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4	Bryony Van Zyl	Female	A	Open	94	24 40 - 49	10 41	07:58:05.0	10:22/km
3	Joel Van Zyl	Male	A	Open	95	71 40 - 49	31 41	07:58:07.0	10:22/km
160	Johandi Mentz	Female	A	Open	96	25 Open	14 37	08:11:26.0	10:40/km
132	Felix Holst	Male	A	Open	97	72 Open	40 34	08:13:43.0	10:42/km
28	Ruan Du Plessis	Male	A	Open	99	74 Open	41 27	08:13:55.0	10:43/km
27	Gerrit du Plessis	Male	A	Open	99	74 50 - 59	2 55	08:13:55.0	10:43/km
122	Benjamin Smolowitz	Male	A	Open	100	75 40 - 49	32 46	08:19:26.0	10:51/km
44	Lauren Reimers	Female	A	Open	101	26 Open	15 33	08:23:20.0	10:55/km
33	Riaan Coetzee	Male	A	Open	102	76 Open	42 34	08:26:58.0	11:00/km
87	Ingrid McMahon	Female	A	Open	103	27 40 - 49	11 46	08:28:28.0	11:03/km
78	Igna Dougal	Female	A	Open	104	28 40 - 49	12 44	08:32:23.0	11:07/km
142	Dirk Jan Van Rooy	Male	A	Open	105	77 40 - 49	33 40	08:42:33.0	11:21/km
85	Cornelius de Villiers	Male	A	Open	106	78 40 - 49	34 40	08:44:37.0	11:24/km
34	Heidi Joubert	Female	A	Open	108	30 Open	17 38	08:44:50.0	11:24/km
164	Bianca Asher-David	Female	A	Open	108	30 Open	17 34	08:44:50.0	11:24/km
101	Jean Penhaligon	Female	A	Open	109	31 Open	18 37	08:44:58.0	11:24/km
40	Johannes Janse van	Male	A	Open	110	79 50 - 59	3 58	08:45:32.0	11:24/km
20	Anton Hofman	Male	A	Open	111	80 Open	43 29	08:46:33.0	11:25/km
11	Brad Beira	Male	A	Open	112	81 50 - 59	4 51	08:56:30.0	11:39/km
162	Hugo Coetzee	Male	A	Open	113	82 50 - 59	5 54	08:56:31.0	11:39/km
151	Francois Steyl	Male	A	Open	114	83 70 - 79	1 72	08:57:49.0	11:40/km
104	Robyn Bester	Female	A	Open	115	32 40 - 49	13 45	09:04:07.0	11:48/km
152	Gert Cronje	Male	A	Open	116	84 40 - 49	35 46	09:12:24.0	12:00/km
129	Gerhard Bolt	Male	A	Open	117	85 40 - 49	36 42	09:12:32.0	12:00/km
24	Peter Carl Mennen	Male	A	Open	118	86 Open	44 33	09:12:58.0	12:00/km
48	anri Celliers	Female	A	Open	119	33 Open	19 38	09:13:17.0	12:00/km
127	Gert Olivier	Male	A	Open	120	87 40 - 49	37 43	09:13:55.0	12:01/km
100	Ronald Lagerwall	Male	A	Open	121	88 60 - 69	1 60	09:16:51.0	12:06/km
56	Sally George	Female	A	Open	122	34 50 - 59	2 54	09:17:05.0	12:06/km
2	Karla Brown	Female	A	Open	123	35 Open	20 39	09:19:27.0	12:09/km
84	Michelle Oelschig	Female	A	Open	124	36 50 - 59	3 56	09:25:09.0	12:16/km
130	Palmerston Wagner	Male	A	Open	125	89 40 - 49	38 49	09:25:29.0	12:16/km

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147	Anton Smit	Male	A	Open	126	90 40 - 49	39 44	09:35:48.0	12:30/km
145	Nico Pienaar	Male	A	Open	127	91 40 - 49	40 44	09:35:52.0	12:30/km
61	Mariza Gouws	Female	A	Open	128	37 Open	21 37	09:41:02.0	12:36/km
138	Barry Gouws	Male	A	Open	129	92 Open	45 38	09:41:58.0	12:39/km
150	Ian Halkerd	Male	A	Open	130	93 50 - 59	6 55	09:45:45.0	12:43/km
156	Dirk Hanekom	Male	A	Open	131	94 40 - 49	41 46	09:47:08.0	12:45/km
140	Peter Ypenburg	Male	A	Open	132	95 50 - 59	7 52	09:48:14.0	12:46/km
111	Michelle Mojela	Female	A	Open	133	38 40 - 49	14 42	10:02:33.0	13:04/km
51	Peter Jacobs	Male	A	Open	134	96 40 - 49	42 47	10:08:50.0	13:13/km
113	tshidi Machaba	Female	A	Open	135	39 Open	22 39	10:09:50.0	13:15/km
90	Sophia Louw	Female	A	Open	136	40 Open	23 39	10:10:32.0	13:15/km
58	Marissa Griesel	Female	A	Open	137	41 Open	24 36	10:14:15.0	13:21/km
170	Jan Oosthuizen	Male	A	Open	138	97 40 - 49	43 45	10:24:07.0	13:33/km
1	Amanda Samwell	Female	A	Open	139	42 50 - 59	4 50	10:30:40.0	13:42/km
96	Julia Williams	Female	A	Open	140	43 40 - 49	15 44	10:31:24.0	13:42/km
169	Carl Van der Merwe	Male	A	Open	141	98 Open	46 33	10:37:26.0	13:51/km
168	Altie Clark	Female	A	Open	142	44 40 - 49	16 42	10:37:30.0	13:51/km
115	Izette Porter	Female	A	Open	143	45 Open	25 36	10:41:05.0	13:55/km
102	Gretchen Koekemoer	Female	A	Open	144	46 Open	26 38	10:52:26.0	14:10/km
9	Maresa Moore	Female	A	Open	145	47 40 - 49	17 45	11:03:54.0	14:24/km
10	Johannes Moore	Male	A	Open	146	99 40 - 49	44 45	11:03:55.0	14:24/km
98	Jamy-Lee Rahme Cockrell	Female	A	Open	147	48 Open	27 27	11:34:22.0	15:04/km
42	Lardus du Plessis	Male	A	Open	148	100 40 - 49	45 41	11:37:16.0	15:09/km

## 80km (50mi)

Race #	Name & Surname	Gender	Start Batch	Category	Overall Pos	Gender Pos	Age Category	Age Pos	Age	Time Result	Avg Speed/Pace
563	Louis Le Grange	Male	A	Open	1	1	Open	1	33	09:16:12.0	06:57/km
517	Jansen Pretorius	Male	A	Open	2	2	Open	2	31	09:56:39.0	07:27/km
567	Kyron Raad	Male	A	Open	4	4	Open	4	39	10:03:29.0	07:31/km
536	Douglas Wood	Male	A	Open	4	4	Open	4	24	10:03:29.0	07:31/km
538	Grant Johnson	Male	A	Open	5	5	40 - 49	1	41	10:33:26.0	07:54/km
520	Fabrice Neybecker	Male	A	Open	6	6	40 - 49	2	41	10:36:15.0	07:57/km
552	Peet De Bruin	Male	A	Open	7	7	Open	5	33	10:43:35.0	08:01/km

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546	Kathryn Van Meter	Female	A	Open	8	1 Open	1	33	11:14:18.0	08:24/km
543	Neil Cable	Male	A	Open	9	8 40 - 49	3	46	11:14:28.0	08:24/km
518	Frederic Murry	Male	A	Open	10	9 40 - 49	4	41	11:30:02.0	08:36/km
565	Tarrin van Niekerk	Female	A	Open	11	2 Open	2	36	11:31:22.0	08:37/km
569	Wesley Antonites	Male	A	Open	12	10 Open	6	27	11:31:33.0	08:37/km
553	LINDT DE LA PORT	Male	A	Open	13	11 40 - 49	5	40	12:29:28.0	09:21/km
532	Craig Dean	Male	A	Open	14	12 40 - 49	6	40	12:37:51.0	09:27/km
526	Jan Hitge	Male	A	Open	15	13 40 - 49	7	49	12:44:00.0	09:33/km
514	Emile Annandale	Male	A	Open	16	14 40 - 49	8	49	12:44:05.0	09:33/km
525	Trevor Walsh	Male	A	Open	17	15 Open	7	35	12:47:56.0	09:34/km
502	Cindy Mills	Female	A	Open	18	3 40 - 49	1	41	13:01:15.0	09:45/km
551	Christian Bezuidenhout	Male	A	Open	19	16 Open	8	33	13:12:20.0	09:54/km
568	Aloise Mdhlovu	Male	A	Open	20	17 40 - 49	9	40	13:14:00.0	09:54/km
556	Cameron Jacobs	Male	A	Open	21	18 Open	9	30	13:32:48.0	10:09/km
529	Kenneth Ramosena	Male	A	Open	22	19 40 - 49	10	43	13:37:28.0	10:12/km
562	Hubert Montgomery	Male	A	Open	23	20 Open	10	36	13:38:48.0	10:13/km
559	Bryan Antolik	Male	A	Open	24	21 40 - 49	11	46	13:40:39.0	10:15/km
507	Stephen Tarlton	Male	A	Open	25	22 Open	11	38	13:42:37.0	10:15/km
555	Robyn John	Female	A	Open	26	4 40 - 49	2	43	13:47:09.0	10:19/km
533	Jeanette Bensted-Smith	Female	A	Open	27	5 Open	3	37	14:45:25.0	11:03/km
503	Marius Kruger	Male	A	Open	28	23 40 - 49	12	47	14:54:20.0	11:09/km
539	Shaun Sutton	Male	A	Open	29	24 Open	12	37	14:54:31.0	11:09/km
504	Natasha Kruger	Female	A	Open	30	6 40 - 49	3	48	14:54:40.0	11:10/km
506	Sandra Meyer	Female	A	Open	32	7 40 - 49	4	45	14:59:27.0	11:13/km
571	Arno Van Der Merwe	Male	A	Open	32	25 40 - 49	13	47	14:59:27.0	11:13/km
541	GEOFF WILMOT	Male	A	Open	34	27 Open	14	35	15:11:51.0	11:22/km
540	MATTHEW MARSHALL	Male	A	Open	34	27 Open	14	35	15:11:51.0	11:22/km
561	Brendan Wiebols	Male	A	Open	35	28 40 - 49	14	41	15:11:57.0	11:22/km
566	Hubri Bruyn	Male	A	Open	36	29 40 - 49	15	41	15:50:10.0	11:51/km
531	Johan Marx	Male	A	Open	37	30 Open	15	28	16:09:35.0	12:06/km
521	Lenard Wissink	Male	A	Open	38	31 40 - 49	16	49	16:11:11.0	12:07/km
560	Japhet Mudau	Male	A	Open	39	32 40 - 49	17	47	16:23:27.0	12:16/km

# All Results for Mac Mac Ultra

524	Thabo Manyane	Male	A	Open	40	33 40 - 49	18 43	16:57:42.0	12:42/km
527	Yvette Barkhuizen	Female	A	Open	41	8 40 - 49	5 43	17:31:15.0	13:07/km
558	Eben Theron	Male	A	Open	42	34 Open	16 38	17:31:56.0	13:07/km
534	Darienne Eigelaar	Female	A	Open	43	9 40 - 49	6 46	17:33:50.0	13:09/km
535	David Jacobs	Male	A	Open	44	35 50 - 59	1 55	17:33:55.0	13:09/km
537	Irmela Smit	Female	A	Open	45	10 40 - 49	7 42	17:34:01.0	13:09/km
523	Miyelani Kumalo	Female	A	Open	46	11 Open	4 36	17:55:19.0	13:25/km
547	stephanie cliff	Female	A	Open	47	12 40 - 49	8 40	18:28:00.0	13:51/km
545	Belinda bakes	Female	A	Open	48	13 50 - 59	1 50	18:28:18.0	13:51/km
570	Andrew Beggs	Male	A	Open	49	36 40 - 49	19 44	20:19:44.0	15:13/km
549	Lukas Dorfling	Male	A	Open	50	37 Open	17 30	20:28:37.0	15:21/km
554	Patrys Coertze	Female	A	Open	51	14 40 - 49	9 40	20:54:36.0	15:39/km
557	Werner Greyvensteyn	Male	A	Open	52	38 40 - 49	20 40	20:54:40.0	15:40/km
519	Carmen Tissang	Female	A	Open	53	15 40 - 49	10 45	21:56:19.0	16:27/km