

BUCO KOWIE STRIDERS SMASH THE PINEAPPLE 10KM - PORT ALFRED - 2022/10/01

POS	RNO	LIC	NAME	SURNAME	CLUB	SEX	AGE	CAT	HMS	PTS
1	760	20102	SINETHEMBA	JILINGISI	KOWIE	M	19	SM	0.33.38	1
2	761	20111	THANDOLWETHU	MATSALO	KOWIE	M	15	JM	0.35.43	1
3	763	20104	XABISA	MAZANTSI	KOWIE	M	18	JM	0.35.54	1
4	888	20115	LITHETHA	GCUME	KOWIE	M	17	JM	0.36.14	1
5	879	5879	THABO	JEKANA	TEMP	M	24	SM	0.37.27	0
6	766	1810	XOLANI	NTEYI	VUKANI	M	43	40-44M	0.39.05	1
7	751	1357	MALIBONGWE	MBELU	NEDBANK	M	50	50-54M	0.40.08	1
8	741	5741	SIYAMTHANDA	KALASHE	TEMP	M	14	JM	0.42.18	0
9	720	908	KAYLA	NELL	CHARLO	F	28	SF	0.42.22	1
10	742	5742	THEO	JANUARY	TEMP	M	16	JM	0.43.11	0
11	743	5743	SIYABULELA	SALI	TEMP	M	16	JM	0.45.02	0
12	746	5745	MBONGE	KENTSHE	TEMP	M	19	JM	0.45.29	0
13	737	5737	LIHLE	MANTLA	TEMP	M	16	JM	0.45.38	0
14	745	20192	THABO	KLAAS	VOLO	M	20	SM	0.45.54	1
15	796	5796	THEUNIS	BOTHA	TEMP	M	18	JM	0.46.02	0
16	739	5739	NTSIKA	NKINQANA	TEMP	M	14	JM	0.47.05	0
17	795	5795	RHYS	BARNES	TEMP	M	19	JM	0.47.12	0
18	758	558	JENE	BANFIELD	RUN4C	F	52	50-54F	0.47.22	1
19	855	5855	DUMISA	SIQOKO	TEMP	M	43	40-44M	0.48.46	0
20	738	5738	PHAPHAMA	NELANI	TEMP	M	16	JM	0.49.19	0
21	797	5797	DUNCAN	DE KLERK	TEMP	M	19	JM	0.49.33	0
22	752	1323	VUSUMZI	SIMAKUHLE	NEDBANK	M	57	55-59M	0.49.51	1
23	759	1621	CHARL	DE LANGE	MADIBA	M	38	35-39M	0.50.00	1
24	762	20105	Akhanya	Ngesi	KOWIE	F	16	JF	0.50.31	1
25	726	5726	CONNOR	VAN RENSBURG	TEMP	M	19	JM	0.51.05	0
26	740	5740	LUXOLO	MAGAWU	TEMP	M	28	SM	0.51.47	0
27	895	5895	DYLAN	LE ROUX	TEMP	M	24	SM	0.51.57	0
28	729	5729	ANDREW	NELL	TEMP	M	25	SM	0.52.34	0
29	848	5848	LUTHANDO	MATOMELA	TEMP	M	34	SM	0.52.44	0
30	744	744	SIVELE	MATWILI	TEMP	M	19	JM	0.53.22	0
31	799	5799	NATHAN	LENTZ	TEMP	M	19	JM	0.53.23	0
32	794	5794	MARNIS	ANTONITIES	TEMP	M	19	JM	0.53.47	0
33	767	7767	MTHETELELI	MAZINGYO	TEMP	M	46	45-49M	0.53.48	0
34	750	1989	RONETTE	MARAI	SOMEAST	F	37	35-39F	0.54.11	1
35	733	5733	LEE	JOJI	TEMP	M	35	35-39M	0.54.14	0
36	757	2067	VUYO	Makeba	ALBANY	M	55	55-59M	0.54.37	1
37	881	5881	MLUNGISI	FANA	TEMP	M	59	55-59M	0.55.35	0
38	754	1299	MICHAEL	SLATER	VWAC	M	52	50-54M	0.56.45	1
39	717	883	LINDI	VAN TONDER	CHARLO	F	44	40-44F	0.57.10	1
40	748	5748	KENNETH	TULK	TEMP	M	71	70+M	0.57.31	0
41	723	1547	STEPHANUS	LAMBRECHTS	DESPATCH	M	39	35-39M	0.58.15	1
42	891	5891	CHRIS	ROBERTS	TEMP	M	31	SM	0.58.24	0
43	708	2274	ARNO	GERBER	MADIBA	M	52	50-54M	0.58.41	1
44	755	177	MZWABANTU	SWAPI	SPAREC	M	43	40-44M	0.59.24	1
45	703	746	JOHAN	BARNARD	CRUSADE	M	67	65-69M	0.59.30	1
46	870	5870	SANDISO	TYAM	TEMP	M	38	35-39M	1.02.51	0
47	880	5880	BONANI	NGQOBO	TEMP	M	43	40-44M	1.03.02	0
48	890	5890	NONKOSAZANA	SONANZE	TEMP	F	41	40-44F	1.03.03	0
49	718	984	BELINDA	BAIN	CHARLO	F	60	60-64F	1.03.17	1
50	893	5893	STACEY	BLAINE	TEMP	F	38	35-39F	1.03.33	0
51	892	5892	JOHN	BLAINE	TEMP	M	41	40-44M	1.03.33	0
52	792	5792	ELISE	PENNOCK	TEMP	F	21	SF	1.03.41	0
53	793	5793	NELE	PRESUHN	TEMP	F	21	SF	1.03.41	0
54	885	5885	ADELE	DE LANGE	TEMP	F	37	35-39F	1.04.01	0
55	884	5884	ROBYN	REED	TEMP	F	30	SF	1.04.22	0
56	886	5886	SAM	AMM	TEMP	F	29	SF	1.04.23	0
57	897	5897	LYNDA	KIRKLAND	TEMP	F	59	55-59F	1.04.42	0
58	707	1220	ANDRE	FOURIE	ELITEAC	M	75	70+M	1.05.46	1
59	722	969	GARY	KELLEHER	CHARLO	M	65	65-69M	1.06.42	1
60	874	5874	DIANNE	PATTON	TEMP	F	50	50-54F	1.06.47	0
61	798	5798	YAMINI	KALYANARAMAN	TEMP	F	43	40-44F	1.06.51	0
62	734	5734	CODY	JONES	TEMP	M	29	SM	1.07.57	0
63	716	50504	KAREN	WATSON	BUFF	F	53	50-54F	1.08.10	0

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64	871	5871	NAUDE	PIENAAR	TEMP	M	14	JM	1.08.28	0
65	873	5873	ZACH	SPENGLER	TEMP	M	14	JM	1.08.29	0
66	712	95	ZELDA	KRIGE	INFINITY	F	62	60-64F	1.08.55	1
67	800	5800	HUNTER	PRINGLE	TEMP	M	108	70+M	1.08.58	0
68	875	5875	LOUISE	FERGUSON	TEMP	F	42	40-44F	1.09.39	0
69	878	5878	MARLE	COERTZEN	TEMP	F	36	35-39F	1.10.30	0
70	730	5730	LANCE	PARKER	TEMP	M	70	70+M	1.10.33	0
71	727	5727	TRUDIE	DE WAAL	TEMP	F	65	65-69F	1.10.36	0
72	876	5876	CLAIRE	MARAIS	TEMP	F	36	35-39F	1.10.59	0
73	877	5877	SIPOSETHU	KRUTANI-MTAKATI	TEMP	F	31	SF	1.11.04	0
74	753	1800	SHONA	BELL	VOLO	F	58	55-59F	1.12.01	1
75	724	5724	RYDER	PRINGLE	TEMP	M	14	JM	1.12.49	0
76	725	5725	BRUCE	PRINGLE	TEMP	M	40	40-44M	1.12.51	0
77	719	917	VICKY	TSOUKNIDAS	CHARLO	F	44	40-44F	1.13.24	1
78	749	5749	STEVE	GIBSON	TEMP	M	70	70+M	1.13.38	0
79	764	1901	SICELO	THABETHE	SIBALEKA	M	48	45-49M	1.14.47	1
80	872	5872	CANDICE	SPENGLER	TEMP	F	41	40-44F	1.15.02	0
81	883	5883	NATHI	SIBHOKO	TEMP	M	29	SM	1.15.17	0
82	882	5882	YAMKELA	JAMA	TEMP	M	29	SM	1.15.17	0
83	731	5731	GILLIAN	CLAYTON	TEMP	F	53	50-54F	1.15.30	0
84	732	5732	NICOLENE	RIDDIN	TEMP	F	53	50-54F	1.15.30	0
85	711	714	KARIEN	JOUBERT	CRUSADE	F	34	SF	1.15.49	1
86	894	5894	JANE	LE ROUX	TEMP	F	60	60-64F	1.16.03	0
87	899	5899	CASSANDRA	GRIFFITHS	TEMP	F	40	40-44F	1.18.37	0
88	898	5898	ANGUS	CLOETE	TEMP	M	34	SM	1.18.38	0
89	714	663	LYNNE	MARSHALL	ALBANY	F	73	70+F	1.18.40	1
90	735	5735	SHALANE	SCOTT	TEMP	F	51	50-54F	1.18.44	0
91	736	5736	EROLINE	RENSBURG	TEMP	F	42	40-44F	1.18.45	0
92	705	1403	JOHAN	FERREIRA	NEDBANK	M	60	60-64M	1.18.59	1
93	704	1668	SHANTE	DU PLESSIS	RUN4C	F	30	SF	1.20.28	1
94	709	1661	PIETER	GERBER	RUN4C	M	64	60-64M	1.20.29	1
95	887	5887	MJ	KIRSTEN	TEMP	F	46	45-49F	1.22.11	0
96	889	5889	PHUMLA	JUMBA	TEMP	F	34	SF	1.23.20	0
97	765	4412	Hadigah	Fulani	SIBALEKA	F	19	JF	1.25.22	1
98	713	5747	FIKISWA	NGONYAMA	TEMP	F	38	35-39F	1.30.19	0
99	840	5840	VUYOKAZI	TSHANGANA	TEMP	F	40	40-44F	1.31.04	0
100	706	1215	HELEN	FOURIE	ELITEAC	F	52	50-54F	1.31.50	1
101	710	529	NOREEN	HUMAN	RUN4C	F	46	45-49F	1.31.53	1
102	715	51507	NTOMBOXOLO	MENE	NEDBOR	F	50	50-54F	1.31.55	0
103	896	5896	CHAPPY	LE ROUX	TEMP	M	66	65-69M	1.36.59	0
104	756	1135	MOF	BOTHA	ACH	M	66	65-69M	1.40.59	0