

10 km results lappiesbaai 10 km 24 december 2023

1	dante raath	10	16	m	37:45
2	johnny young	10	49	m	39:14
3	nicolaas steenekamp	10	35		39:59
4	zegert niewoudt	10	22	m	40:03
5	jesse pretorius	10	16	m	40:04
6	robert surdell	10	49	m	43:45
7	leandre claassen	10	46	f	44:05
8	michelle redelinghuys	10	28	f	45:26
9	christiaan doubell	10	25	m	45:52
10	tommie doubell	10	58	m	46:11
11	Navanne Ebersohn	10		m	46:27
12	heinrich didericks	10	17	m	47:35
13	naas du preez	10	46	m	48:18
14	glanville retief	10	49	m	48:47
15	johan uys	10	44	m	48:31
16	boetie pieter hugo	10	48	m	49:46
17	tarryn de beer	10	37	f	49:59
18	maritza jonck	10	34	f	50:04
19	renier botha	10	36	m	50:32
20	anja coetzee	10	43	f	50:38
21	natasha lategan	10	41	f	51:50
22	reynard heath	10	26	m	51:51
23	rienne lubbe	10	22	f	51:52
24	zani smith	10	40	f	51:53
25	cecilia raath	10	46	f	52:18
26	jazques van der walt	10	26	m	52:31
27	adriaan breytenbach	10	26	m	52:38
28	elri botha	10	15	f	52:41
29	gwendoline bester	10	34	f	52:48
30	nina housterman	10	19	f	52:54
31	evert kleynhans	10	53	m	53:35
32	jan prinsloo	10	39	m	54:05
33	cobi swanepoel	10	55	f	54:08
34	alister james	10	50	m	54:19
35	jeanette le roux	10	30	f	54:44
36	cobus breytenbach	10	41	m	54:54
37	carina sudell	10	48	f	55:03
38	zak kotze	10	44	m	55:11
39	johan du plessis	10	45	m	55:41
40	leon van der merwe	10	61	m	55:49
41	wian	10	47	m	55:51
42	anique engelbrecht	10	21	f	56:22
43	maxie krik	10	29	f	57:05
44	otto didericks	10	52	m	57:09
45	regardt nelson	10	43	m	57:11
46	helene smit	10	48	f	57:12
47	yolande viviers	10	39	f	57:14
48	inke van rensburg	10	21	f	57:49

49	mike van eck	10	65	m	58:27
50	rudolph janse van rensburg	10	25	m	58:43
51	soretha gilliland	10	54	f	58:52
52	liezl botha	10	49	f	59:12
53	johann van zyl	10	69	m	1:00:06
54	leilani postmus	10	49	f	1:00:11
55	liesel janse van rensburg	10	53	f	1:00:45
56	john postmus	10	56	m	1:00:46
57	nathian diedericks	10	20	m	1:03:42
58	zoli volschenk	10	35	f	1:03:52
59	chris van den berg	10	46	f	1:04:19
60	anessa vd merwe	10	48	f	1:04:40
61	hendri mostert	10	30	m	1:05:40
62	lizelle smit	10	33	f	1:05:51
63	zani du toit	10	31	f	1:05:53
64	dirkie viviers	10	44	m	1:06:57
65	caz laroque	10	60	f	1:09:17
66	elsa muller	10	36	f	1:11:11
67	duhne liebenberg	10	28	f	1:11:30
68	leigh-anne franzen	10	35	f	1:16:31
69	johanietha cronje	10	33	f	1:18:42
70	sinette von molte	10	50	f	1:18:42
71	AN Other	10			1:25:03
72	loraine pienaar	10	60	f	1:28:05
73	f geldenhuys	10	59	m	1:28:09
74	marietjie mostert	10	58	f	1:29:03
75	chris du plessis	10	67	m	1:51:46
76	AN Other				1:51:47