

5 km results lappiesbaai 24 December 2023

1	louis lategan	5	11	m	21:37
2	heine lategan	5	41	m	22:03
3	rihan cilliers	5	15	m	22:36
4	zante young	5	15	f	23:44
5	chris steyn	5	25	m	24:36
6	luke visser	5	10	m	24:39
7	milan young	5	12	f	24:43
8	christo swanepoel	5	25	m	24:58
9	carl arnold	5	39	m	25:12
10	gideon cronje	5	50	m	25:23
11	john-t swanepoel	5	18	m	25:50
12	simon botha	5	17	m	26:08
13	sonja mostert	5	37	f	26:17
14	sian visser	5	7	m	26:24
15	marilize cilliers	5	43	f	26:38
16	femke houterma	5	24	f	26:41
17	nilan visser	5	7	m	26:45
18	wayne victor	5	49	m	26:53
19	nico roos	5	48	m	27:01
20	lehane lategan	5	13	f	27:02
21	handre cilliers	5	12	m	27:06
22	lea erasmus	5	35	f	27:48
23	tommie visser	5	40	m	28:03
24	ruben nelson	5	8	m	28:14
25	marlien du preez	5	19	f	29:01
26	blank	5			29:06
27	jan-nic coetzee	5	27	m	29:16
28	henno van deventer	5	28	m	29:16
29	marisa breytenbach	5	38	f	29:16
30	lieshen raath	5	11	f	29:35
31	rudolf smith	5	8	m	30:08
32	kobus van eeden	5	29	m	30:50
33	alma lategan	5	30	f	31:06
34	nico hough	5	36	m	31:08
35	jeanne briers	5	32	f	31:30
36	andre botha	5	17	m	31:42
37	cole victor	5	13	m	32:04
38	jean zwiegers	5	14	m	32:05
39	ilze kretzen	5	41	f	33:4
40	deon van tonder	5	50	m	33:16
41	divan dabner	5	33	m	33:40
42	jurette dabner	5	33	f	33:40
43	alize hough	5	35	f	34:23
44	cecilia pfister	5	37	f	34:30
45	marnitz pfister	5	35	m	34:30
46	jean-marie du preez	5	17	f	34:39
47	jo-marie smuts	5	37	f	34:42
48	marin viljoen	5	14	f	35:01

49	annalet donald	5	56	f	35:14
50	blank	5			35:37
51	amelia swanepoel	5	49	f	35:37
52	tom swanepoel	5	53	m	35:48
53	jean worth	5	8	m	36:06
54	henda theron	5	41	f	36:12
55	petra steytler	5	61	f	36:35
56	marinda engelbrecht	5	50	f	36:49
57	lara stander	5	24	f	37:15
58	jeanne stander	5	28	f	37:28
59	wendy du preez	5	48	f	37:32
60	piet van rensburg	5	61	m	37:41
61	vanessa halvicini	5	53	f	39:18
62	wynand breytenbach	5	69	m	39:26
63	riana burger	5	12	f	29:27
64	heidelise botha	5	12	f	39:28
65	amanda botha	5	43	f	40:02
66	bennie burger	5	43	m	41:02
67	gerhardus botha	5	43	m	41;26
68	AN Other	5			44:21
69	seugnet nelson	5	42	f	44:25
70	ilse zwiegers	5	45	f	45:20
71	denise wegner	5	73	f	45:43
72	louise zwiegers	5	16	f	47:56
73	anita swanepoel	5	57	f	48:35
74	zinita swanepoel	5	29	f	48:35
75	stella worth	5	6	f	50:02
76	melisa worth	5	39	f	50:03
77	jeanne kriek	5	63	f	51:03
78	AN Other	5			52:22
79	AN Other	5			52:29
80	AN Other	5			52:30
81	isabel standing	5	56	f	52:55
82	alice vosloo	5	61	f	53:19
83	gemma swanepoel	5	18	f	53:20
84	AN Other	5			53:47
85	cherell strauss	5	66	f	54:40
86	lune worthe	5	6	f	54:43
87	AN Other	5			55:30
88	wilmien groenewald	5	61	f	55:52
89	duard raath	5	47	m	57:10
90	charlene cronje	5	60	f	1:00:47
91	hanlie stander	5	59	f	1:02:17
92	johannes cronje	5	59	m	1:02:18
93	AN Other	5			1:02:18