

IBL SWASAP 2022 Results - 10km

Pos	Race Nr	Time	Name	Surname	Gen	Cat	Lic	Club
1	487	0:33:06	Jonas	Sok	M	20-39	P1440	Cut Welkom
2	437	0:33:19	Sebotsa	Thabo	M	20-39	P307	Eskomacfs
3	485	0:33:20	Seetsi Emmanuel	Seetsi	M	20-39		L & F Athletics Club
4	438	0:33:41	Mkumbeni	Vuyo	M	14-19	J20410	Eskomacfs
5	486	0:33:59	Johammes	Matoli	M	20-39	1333	Cut
6	489	0:39:12	Kwekwe	Qalaqa	M	20-39		Maletswai Road Runners Ac
7	435	0:40:33	Mokoena	Clive Thato	M	14-19		Petunia Ss
8	450	0:43:59	Johan	Bekker	M	40-49		
9	436	0:46:11	Phate	Tokollo	M	20-39		
10	468	0:48:13	Carlise	Botha	F	14-19	J20097	Jim Fouche H/s
11	488	0:49:19	Phatsoon Edwin	Shuping	M	20-39		
12	464	0:52:32	Tasi	Moiloewa	M	20-39		
13	495	0:52:57	Germieke	Van Rooyen	F	20-39		
14	463	0:53:25	Riann	Aertsma	M	20-39		
15	473	0:53:41	Wilhelm	Dannheimer	M	20-39		
16	480	0:54:18	Adrian	Cloete	M	20-39		
17	466	0:54:20	Jan	Van Niekerk	M	60+	P431	Rwfl Kimberley
18	458	0:54:34	Uluhange	Jange	M	20-39		
19	442	0:54:55	Maotla	Tebogo	M	20-39		
20	482	0:55:05	Andre	Barhemay	M	50-59	849	Ufs
21	343	0:55:14	Mareli	Hattingh	Female	20-39		
22	479	0:55:43	Mario	Colangelo	M	20-39	2436	Bloemfontein Multi Sport
23	469	0:57:31	Zukile	Hermans	M	50-59	1768	Fs Health Ac
24	331	0:58:00	Johanri	Nel	F	60+		
25	336	0:58:03	Thinica	Mc Anda	M	40-49	J20476	Eunice High School
26	320	0:58:04	Timothy	Mc Anda	M	40-49	P2354	The Running Edge
27	432	0:58:17	Fourie	Amanda	F	50-59	P2351	The Running Edge
28	441	0:59:05	Ondala	Vuyo	F	40-49		
29	342	0:59:43	Tbd	Tbd	Tbd	20-39		
30	425	0:59:59	Ivan	Katzke	M	50-59		

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31	461	1:00:41	Kelsey	Headerder	F	20-39		
32	321	1:01:17	Ane	Schmidt	F	14-19		
33	344	1:02:54	Marlize	Griesel	F	50-59	P1640	The Running Edge
34	496	1:03:47	Moshoeshoe	Nkafane	M	20-39		
35	452	1:04:30	David	C.kiarie	M	60+		
36	444	1:04:59	Fana	Siphokazi Forence	F	20-39	P1748	Fs Health Club
37	477	1:05:12	Malefotsena	Sekhosana	M	40-49		
38	339	1:05:37	Anelize	Bubb	F	14-19		The Running Edge
39	338	1:05:37	Elandi	Bubb	F	40-49		The Running Edge
40	493	1:06:39	Marike	Janse Van Vuuren	F	20-39	52	Kimberley Harriers
41	449	1:06:42	Maryke	Strydom	F	40-49		
42	448	1:06:43	Willem	Strydom	M	40-49		
43	334	1:06:46	Gabi	Nel	F	50-59		
44	330	1:07:02	Mari	Reynolds	F	20-39		
45	329	1:07:03	Juanine	Scheun	F	20-39		
46	471	1:07:25	Anneline	Swanepoel	F	20-39		
47	470	1:07:26	Geraldine	Spangenberg	F	20-39	P531	Pentagon Pistols
48	346	1:08:26	Christian	Slabbert	M	20-39	594	Pentagon Pistols
49	451	1:09:18	Tbd	Tbd	Tbd	20-39		
50	455	1:09:23	Lp	Bothel	M	20-39	J20934	Willem Posima
51	445	1:09:43	Ramothelo	Manankiso	F	40-49	P1766	fs Healhclub
52	447	1:10:14	Pieter	Labuschagne	M	60+	1664	Pretoria Marathon Club
53	424	1:10:36	Nita	Wentzel	F	20-39	540	Pentagon Pistols
54	335	1:10:39	Carin	Olivier	F	40-49	P1696	The Running Edge
55	337	1:10:44	Tbd	Tbd	Tbd	20-39		
56	456	1:10:53	Anton	Botha	M	40-49	2307	Multi Sport
57	490	1:11:27	Michelle	Beck	F	40-49		
58	459	1:11:51	Andronica	Kgosi	F	40-49	1761	Fs Health
59	350	1:11:56	Kathy	De Wit	F	50-59	88	Bloemfontein Achilles Club
60	472	1:12:41	Yvonne	Visagie	F	60+	997	Harmony Striders

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61	457	1:13:31	Rudolf	Hoffima	M	40-49	331	Pawn Jaac
62	460	1:13:56	Zelna	Otto	F	40-49		
63	462	1:13:57	Esther-lana	Relling	F	40-49		
64	326	1:14:26	Elone	Maree	F	20-39		
65	484	1:14:29	Tbd	Tbd	Tbd	20-39		
66	446	1:14:29	Gabelo	Nokukhanya	F	20-39	360	Pamoja Athletic Club
67	454	1:16:21	Imelda Mapitso	Maphothoane	F	40-49	367	
68	333	1:18:39	Paul	Nel	M	20-39		
69	332	1:18:40	Juanita	Nel	F	20-39		
70	324	1:18:49	Hannes	Maree	M	50-59		
71	325	1:19:00	Yolanda	Maree	F	50-59		
72	439	1:20:20	Smit	Albert	M	14-19		
73	322	1:20:34	Norman	Salie	M	40-49		
74	340	1:21:10	Ngomlana	Lerato	F	40-49		
75	327	1:23:58	Kim	Nolte	F	50-59	P1632	Running Edge
76	483	1:27:14	Mutshinye	Manguvhew	F	20-39		
77	323	1:27:15	Boitomehlo	Fanampe	F	20-39		Mangaung Athletics Club
78	465	1:28:25	Mohau	Mokhachane	F	40-49	P2088	Free State Athletics
79	475	1:30:37	Makeletso	January	F	40-49	1996	Social Development
80	434	1:34:43	Alexander	Phillip	M	50-59	545	Pentagon Pistols
81	433	1:34:50	Williams	Benito	M	20-39	544	Pentagon Pistols
82	328	1:39:05	De Beer	Ilse	F	20-39	91	Achilles
83	440	1:47:23	Mbatha	Nontethelelo	F	20-39		
Dnf	341	N/a	Deerling	Ronald	M	20-39	1851	
Dnf	345	N/a	Jj	Coetzee	M	60+	926	Harmony Striders
Dnf	347	N/a	Alida	Van Heerden	F	40-49		
Dnf	348	N/a	Cyril	Van Heerden	M	50-59		
Dnf	349	N/a	Dennis	Kruger	M	50-59		
Dnf	431	N/a	Manus	Ras	M	50-59		Kimberley Road Runners
Dnf	443	N/a	Ngobese	Sithandiwe	F	20-39		

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Dnf	453	N/a	Tbd	Tbd	Tbd	20-39		
Dnf	467	N/a	Sandra	Bosch	F	40-49		
Dnf	474	N/a	Riaan	Van Der Merwe	M	50-59		Striders
Dnf	476	N/a	Arnold	0	M	40-49	628	
Dnf	478	N/a	Tbd	Tbd	Tbd	20-39		
Dnf	481	N/a	Tbd	Tbd	Tbd	20-39		
Dnf	491	N/a	Edward	Botha	M	20-39		
Dnf	492	N/a	Mareli	Hattingh	F	20-39		
Dnf	494	N/a	Hannalize	Marais	F	50-59	1625	The Running Edge Athletics Club