



ROCK AND RUT NEDBANK XC 4

NR	TAG	NAME	SURNAME	MEMBER	CAT	LAPS	TIME	POS
ELITE MEN								
1030	3524	HEIKO	REDECKER	1	EM	6	1:28:10	1
371	1329	Heinrich	Kohne	1	EM	6	1:29:57	2
381	10874	Raul Costa	Seibeb	0	EM	6	1:39:10	3
42	1156	Andre	De Klerk	1	EM	6	1:45:37	4
383	10876	Xavier	Papo	1	EM	6	1:45:49	5
1091	3585	Danzel	De Koe	1	EM	6	1:50:44	6
387	10880	MARTIN	SHEYA	1	EM	6	1:51:09	7
894	5594	Martin	Havenga	1	EM	6	2:07:03	8
225	1231	Norbert	Meyer	1	EM	3	1:08:59	DNF
1194	3703	Jafet	Amukushu	0	EM	2	0:44:53	DNF
386	10879	Tjipe	Murange	1	EM	2	0:33:23	DNF
80	1130	Michael	Pretorius	1	EM	1	0:15:31	DNF
ELITE WOMEN								
336	1370	Irene	Steyn	1	EW	5	1:29:50	1
218	1219	Hester	Prins	1	EW	5	1:37:47	2
JUNIOR MEN								
78	1335	Tristan	De Lange	1	JM	6	1:27:03	1
79	1202	Herbert	Peters	1	JM	6	1:29:32	2
384	10877	Brandon	Plaatjes	1	JM	6	1:33:56	3
1048	3542	Luke	Munting	0	JM	6	1:39:57	4
1010	3504	Michael	Pekalski	1	JM	6	1:46:10	5
325	1358	FC	Smith	1	JM	6	1:47:46	6
1171	3680	Jairus	Amunyela	1	JM	4	1:56:03	7
389	10882	Melki	Hamukoto	1	JM	4	1:56:05	8
1139	3633	Shalongwa	Nakamela	1	JM	2	1:31:03	DNF
1008	3502	Moses	Bernadus	1	JM	1	0:38:34	DNF
1157	3666	Maruen	Kleopas	1	JM	1	0:35:45	DNF
392	10885	Reinhold	Nghixulifwa	1	JM	1	0:31:17	DNF
SUB VETERAN MEN								
244	1322	Heino	Windisch	1	SVM	5	1:22:10	1
597	5297	Pierre	Knoetze	1	SVM	5	1:23:33	2
333	1333	Wim	Steenkamp	1	SVM	5	1:24:59	3
111	1187	Frederick	Van Greunen	1	SVM	5	1:28:31	4
310	1342	Jacques	Celliers	1	SVM	5	1:29:29	5
199	1249	Andre	Steinfurth	1	SVM	5	1:30:09	6
129	1139	Louis	Prins	1	SVM	5	1:30:26	7
20	1286	Andre	Christensen	1	SVM	5	1:31:39	8
308	1340	Philip	Steyn	1	SVM	5	1:32:00	9
12	1332	Danie	Joubert	1	SVM	5	1:33:24	10
169	1279	Gerhard	Fourie	1	SVM	5	1:34:29	11
77	1189	Andrew	Rowles	1	SVM	5	1:34:40	12
568	5268	Peter	Van Der Merwe	1	SVM	5	1:36:54	13
35	1235	Johann	Wasserfall	1	SVM	5	1:39:17	14
300	1303	Paul J	Opperman	1	SVM	5	2:03:04	15
1168	3677	Alejandro	Martinez Alonso	0	SVM	4	1:51:27	16
160	1250	Ronald	Geiger	1	SVM	4	1:30:18	17

VETERAN MEN								
267	1275	Hans	Du Toit	1	VM	4	1:07:32	1
153	1293	Ian	Grassow	1	VM	4	1:07:58	2
320	1347	Stefan	Van Doorn	1	VM	4	1:09:51	3
303	1323	Hilko	Marschall	1	VM	4	1:10:22	4
550	5250	Andre	de Jager	1	VM	4	1:11:16	5
324	1357	Carl	Hahn	1	VM	4	1:13:30	6
605	5305	William	Heigan	1	VM	4	1:13:57	7
1043	3537	Arno	Kok	0	VM	4	1:13:59	8
200	1149	Michael	Lowe	1	VM	4	1:16:22	9
136	10827	Luke	Pennefather	1	VM	4	1:21:04	10
VETERAN WOMEN								
394	10887	Lee-Anne	Palmhert	1	VW	3	0:59:14	1
263	1264	Barbara	Ackermann	1	VW	3	1:04:04	2
313	1324	Gudrun	Marschall	1	VW	3	1:04:20	3
MASTER MEN								
696	5396	Volker Ulrich	Trubenbach	1	MM	4	1:11:35	1
50	1190	JOHANN	LIEBENBERG	1	MM	4	1:13:08	2
113	1267	Eckhard	Waldschmidt	1	MM	4	1:14:27	3
1121	3615	Paddy	Murphy	0	MM	4	1:19:22	4
61	1188	Hercules	Viljoen	1	MM	4	1:20:16	5
123	1143	Kai	Nolte	1	MM	4	1:21:30	6
318	1352	Rolf	Adrian	1	MM	4	1:22:10	7
342	10836	Horst	Heimstadt	1	MM	4	1:31:50	8
48	1172	Christo	Le Roux	1	MM	4	1:35:10	9
1162	3671	Giancarlo	Monteforte	0	MM	4	1:36:46	10
197	1181	Niko	Bruckner	1	MM	4	1:37:28	11
307	1341	Naude	Theron	1	MM	4	1:41:41	12
604	5304	Andreas	Brueckner	1	MM	4	1:45:32	13
350	10844	Jan H M	Laubscher	1	MM	3	1:25:12	14
375	10868	Renier	Taljaard	1	MM	2	0:55:57	DNF
MASTER WOMEN								
575	5275	Mandy	Huysamen	1	MW	3	1:06:54	1
55	1177	Berit	Graf	1	MW	3	1:12:27	2
58	1272	Therese	Van Der Colf	1	MW	3	1:19:37	3
582	5282	Kerstin	Klein	1	MW	3	1:50:44	4
GRAND MASTER MEN								
301	1325	Roland	Graf	1	GMM	3	1:01:39	1
557	5257	Chris	Muir	1	GMM	3	1:10:50	2
944	3657	Terry	Cooper	1	GMM	3	1:17:55	3
60	1217	Justin	Ellis	1	GMM	3	1:21:50	4
577	5277	Thomas	Soutschka	1	GMM	3	1:25:28	5
GRAND MASTER WOMEN								
824	5524	Siggi	Bassingthwaighte	1	GMW	3	1:13:52	1
70	1132	Sally	Harper	1	GMW	3	1:28:59	2

SPORT MEN								
656	5356	Burger	Fourie	1	SM	3	0:56:18	1

132	1204	Allan	Vivier	1	SM	3	0:56:48	2
535	5235	Theo	Hoeksema	1	SM	3	0:56:49	3
598	5298	Christo	Du Raan	1	SM	3	0:57:47	4
65	1153	Hanso	Diehl	1	SM	3	1:00:45	5
370	10864	VINCENT	LIANG	1	SM	3	1:00:54	6
374	10867	Pieter	Moller	1	SM	3	1:01:34	7
365	10859	Nicolaas	Hoeksema	1	SM	3	1:02:25	8
18	1318	Giovanni	Baumann	1	SM	3	1:03:02	9
45	1167	Kai	Grossmann	1	SM	3	1:03:44	10
378	10871	Jan Louis	Mostert	1	SM	3	1:07:21	11
1013	3507	William	Stegmann	0	SM	3	1:09:40	12
1115	3609	Anton	Nel	0	SM	3	1:09:41	13
3	524	Jandre	Engelbrecht	1	SM	3	1:12:25	14
66	10825	Eddie	Viljoen	1	SM	3	1:13:48	15
273	1289	Penda	Amadhila	1	SM	3	1:17:47	16
1176	3686	Johan	Moller	0	SM	3	1:18:26	17
1132	3625	francois	Prinsloo	0	SM	3	1:28:38	18
1089	3583	Hai	Dong	1	SM	2	1:05:40	19
1103	3597	Riaan	Alberts	0	SM	1	0:27:13	DNF
1100	3594	Erastus	Kalimbwe	0	SM	1	0:24:07	DNF
343	10837	Thomas	Seifart	1	SM	1	0:23:57	DNF
1178	3687	Hardus	Engelbrecht	0	SM	#N/A	#N/A	DNF

SPORT WOMEN

602	5302	Gesa	Kock	1	SW	3	1:04:00	1
1150	3644	Sonja	Obholzer	0	SW	3	1:07:08	2
372	10865	Benita	Kasch	1	SW	3	1:07:31	3
537	5237	Patricia	Hoeksema	1	SW	3	1:08:52	4
344	10838	Ester	Smith	1	SW	3	1:12:42	5
364	10858	Christine	Steinfurth	1	SW	3	1:20:31	6
1018	3512	Mimi	Hough	0	SW	3	1:25:08	7
368	10862	Suleika	Heigan	1	SW	3	1:31:43	8
1135	3629	Mari	Koch	0	SW	3	1:47:54	9
369	10863	Melanie	Allen	1	SW	1	0:33:40	DNF

JUNIOR WOMEN

76	1165	Steffanie	Grossmann	1	JW	4	1:21:16	1
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RHINO

385	10878	Gielie	van Wyk	1	Rhino	3	0:58:56	1
188	10829	Titus	Koen	1	Rhino	3	1:02:51	2
380	10873	Volker	Engling	1	Rhino	3	1:04:23	3
1163	3672	Tony	Bassingthwaighte	1	Rhino	3	1:11:21	4
895	5595	Reinhard	Haenisch	1	Rhino	3	1:19:00	5

UNDER 16 BOYS

49	1212	Marcel	Holtz	1	U16B	5	1:22:57	1
73	1164	Timmo	Grossmann	1	U16B	5	1:23:33	2
1130	3624	Tuhafeni	Hamundjebo	1	U16B	4	1:58:19	3
1148	3642	Nicanor	Ankonga	1	U16B	4	2:03:53	4
1109	3708	Jason	Elias	1	U16B	3	1:41:41	5
1036	3603	Leon	Skrywer	1	U16B	3	1:49:15	6
1142	3636	Festus	Jackson	0	U16B	1	0:41:36	DNF

UNDER 14 BOYS

345	10839	Divan	Du Plooy	1	U14B	4	0:41:03	1
1009	3503	Dieter	Koen	1	U14B	4	0:42:14	2

323	1355	Hugo	Hahn	1	U14B	4	0:50:34	3
1118	3612	Passana	Baisako	1	U14B	3	0:57:50	4
1077	3571	Fhillemon	Shipuleni	1	U14B	2	0:49:33	5
UNDER 14 GIRLS								
348	10842	Cindy	Rowland	1	U14G	3	0:42:38	1
UNDER 12 BOYS								
694	5394	Bergran	Jensen	1	U12B	3	0:31:53	1
292	1296	Reto	Sell	1	U12B	3	0:34:11	2
1001	3710	Ricco	Seebach	0	U12B	3	0:35:42	3
942	3655	Ralf	Klein	1	U12B	3	0:36:37	4
85	1131	Ethan	L'Estrange	1	U12B	3	0:38:12	5
357	10851	Jordan	Barrow	1	U12B	3	0:39:30	6
1169	3678	Vikapita	Kautjituavi	1	U12B	2	0:40:10	7
UNDER 10 BOYS								
501	5201	Kevin	Lowe	1	U10B	2	0:21:49	1
1126	3620	Rico	Steinfurth	0	U10B	2	0:22:15	2
269	1154	Vahid	Diehl	1	U10B	2	0:23:16	3
2	523	PD	Blignaut	1	U10B	2	0:23:23	4
312	1351	Daniel	Hahn	1	U10B	2	0:24:45	5
115	10826	Roger	Suren	1	U10B	2	0:26:50	6
UNDER 10 GIRLS								
37	10824	Adrielle	Baumgarten	1	U10G	2	0:42:11	1