

## Freshpak Duathlon

### Junior males

Cat pos	Name	Surname	Time	Age	Gender
1	Cobus	Olivier	1:15:01	18	M
2	Freddie	Visser	1:25:26	17	M
3	Carel	Matthee	1:44:15	18	M
4	Robert	Matthee	1:45:00	17	M

## Freshpak Duathlon

### Senior females

Cat pos	Name	Surname	Time	Age	Gender
1	Christelle	Hattingh	1:16:02	34	F
2	Simone	Horn	1:39:35	37	F
3	Lu-Mae	Malan	1:53:12	23	F
4	Rouxle	Van Zyl	1:56:31	29	F
5	Heleene	Schreuder	2:04:55	32	F
6	Bronwen	Williams	2:09:59	26	F
7	Michelle	Swart	2:26:52	33	F
8	Tarryn	Biggs	2:32:25	32	F

## Freshpak Duathlon

### Senior males

Cat pos	Name	Surname	Time	Age	Gender
1	Jonathan George	Hartzenberg	1:09:06	35	M
2	Niel	Thiart	1:11:58	34	M
3	Kyle	Sole	1:12:40	32	M
4	Ryan	Thomas	1:14:33	35	M
5	Robert	Shaff	1:17:24	27	M
6	Jason	Daniell	1:17:37	31	M
7	Ettienne	Ludick	1:19:13	22	M
8	Emile	Terblanche	1:24:37	31	M
9	Albertus	Dippenaar	1:25:38	39	M
10	Hendrik	Matthews	1:26:09	39	M
11	Warren	Butler	1:30:57	30	M
12	Shaun	Scheepers	1:31:15	37	M
13	Gerhardus Lodevicus	van Niekerk	1:33:35	23	M
14	Pierré	van Wyk	1:36:47	25	M
15	Jan	Strydom	1:40:52	30	M
16	William	King	1:43:13	27	M
17	Adrian	Erasmus	1:44:20	21	M
18	Graham	Arendse	1:53:08	34	M
19	Boris	Wanschura	1:55:07	33	M
20	Wayne	Presence	2:03:58	39	M
21	Lukas	Louw	2:08:23	31	M
22	Gideon	Goosen	2:09:07	37	M

## Freshpak Duathlon

### Vet females

Cat pos	Name	Surname	Time	Age	Gender
1	Francis	Visser	1:29:27	46	F
2	Bev	Schultz	1:31:33	49	F
3	Tammy	Green	1:32:51	40	F
4	anel	mostert	1:33:16	43	F
5	Resia	Swart	1:35:48	44	F
6	susan	du Toit	1:39:26	50	F
7	Lize	Wiggins	1:45:07	43	F
8	Beverley	Mehl	1:49:23	58	F
9	annarie	bruwer	1:54:19	41	F
10	Tanya	Lerm	1:56:09	44	F
11	Janet	Hunter	1:59:55	58	F
12	Bernice	October	2:00:00	54	F
13	Breda	Pettenburger	2:08:57	47	F
14	Petronella	Theron	2:15:22	40	F
15	Ayesha	Fortune	2:15:28	47	F

## Freshpak Duathlon

### Vet males

Cat pos	Name	Surname	Time	Age	Gender
1	cobus	fourie	1:10:50	41	M
2	Nico	Oosthuizen	1:11:16	42	M
3	Colin	Van Zyl	1:16:40	48	M
4	Riaan	Potgieter	1:16:56	42	M
5	JP	du Plessis	1:18:30	40	M
6	Paul	Gillingham	1:19:27	44	M
7	Herman	Crause	1:19:39	47	M
8	Hans-Rudolf	Krebs	1:22:00	55	M
9	Garth Neil	Lary	1:30:59	45	M
10	Alec	Van Wyk	1:34:28	42	M
11	Hein	Brand	1:34:47	49	M
12	Wouter	Coetzee	1:41:33	41	M
13	Shaheem	Hendricks	1:44:17	42	M
14	Derick	Nieuwoudt	1:47:05	42	M
15	Russell	Mehl	1:49:25	52	M
16	Darwin	Phyfer	1:55:08	60	M
17	Anton	Lerm	1:56:15	44	M
18	Anton	Neethling	2:01:40	42	M
19	Carl	Schultz	2:06:24	52	M

## Freshpak Duathlon

### Overall results

Cat pos	Name	Surname	Time	Age	Gender
1	Jonathan George	Hartzenberg	1:09:06	35	M
2	cobus	fourie	1:10:50	41	M
3	Nico	Oosthuizen	1:11:16	42	M
4	Niel	Thiart	1:11:58	34	M
5	Kyle	Sole	1:12:40	32	M
6	Ryan	Thomas	1:14:33	35	M
7	Cobus	Olivier	1:15:01	18	M
8	Christelle	Hattingh	1:16:02	34	F
9	Colin	Van Zyl	1:16:40	48	M
10	Riaan	Potgieter	1:16:56	42	M
11	Robert	Shaff	1:17:24	27	M
12	Jason	Daniell	1:17:37	31	M
13	JP	du Plessis	1:18:30	40	M
14	Ettienne	Ludick	1:19:13	22	M
15	Paul	Gillingham	1:19:27	44	M
16	Herman	Crause	1:19:39	47	M
17	Hans-Rudolf	Krebs	1:22:00	55	M
18	Emile	Terblanche	1:24:37	31	M
19	Freddie	Visser	1:25:26	17	M
20	Albertus	Dippenaar	1:25:38	39	M
21	Hendrik	Matthews	1:26:09	39	M
22	Francis	Visser	1:29:27	46	F
23	Warren	Butler	1:30:57	30	M
24	Garth Neil	Lary	1:30:59	45	M
25	Shaun	Scheepers	1:31:15	37	M
26	Bev	Schultz	1:31:33	49	F
27	Tammy	Green	1:32:51	40	F
28	anel	mostert	1:33:16	43	F
29	Gerhardus Lodevicus	van Niekerk	1:33:35	23	M
30	Alec	Van Wyk	1:34:28	42	M
31	Hein	Brand	1:34:47	49	M
32	Resia	Swart	1:35:48	44	F
33	Pierré	van Wyk	1:36:47	25	M
34	susan	du Toit	1:39:26	50	F
35	Simone	Horn	1:39:35	37	F
36	Jan	Strydom	1:40:52	30	M
37	Wouter	Coetzee	1:41:33	41	M
38	William	King	1:43:13	27	M
39	Carel	Matthee	1:44:15	18	M
40	Shaheem	Hendricks	1:44:17	42	M
41	Adrian	Erasmus	1:44:20	21	M
42	Robert	Matthee	1:45:00	17	M

43	Lize	Wiggins	1:45:07	43	F
44	Derick	Nieuwoudt	1:47:05	42	M
45	Beverley	Mehl	1:49:23	58	F
46	Russell	Mehl	1:49:25	52	M
47	Graham	Arendse	1:53:08	34	M
48	Lu-Mae	Malan	1:53:12	23	F
49	annarie	bruwer	1:54:19	41	F
50	Boris	Wanschura	1:55:07	33	M
51	Darwin	Phyfer	1:55:08	60	M
52	Tanya	Lerm	1:56:09	44	F
53	Anton	Lerm	1:56:15	44	M
54	Rouxle	Van Zyl	1:56:31	29	F
55	Janet	Hunter	1:59:55	58	F
56	Bernice	October	2:00:00	54	F
57	Anton	Neethling	2:01:40	42	M
58	Wayne	Presence	2:03:58	39	M
59	Heleene	Schreuder	2:04:55	32	F
60	Carl	Schultz	2:06:24	52	M
61	Lukas	Louw	2:08:23	31	M
62	Breda	Pettenburger	2:08:57	47	F
63	Gideon	Goosen	2:09:07	37	M
64	Bronwen	Williams	2:09:59	26	F
65	Petronella	Theron	2:15:22	40	F
66	Ayesha	Fortune	2:15:28	47	F
67	Michelle	Swart	2:26:52	33	F
68	Tarryn	Biggs	2:32:25	32	F

## Freshpak Duathlon

### Overall results

Pos	Team	Time	Team Cat.
1	Team Indigo 1	1:46:51	Male
2	Team Fresh	1:47:14	Mixed
3	Hill2Hill	1:55:32	Mixed
4	Jagerbombs	2:10:31	Mixed
5	Hier vir bier	2:10:35	Mixed