

CAMEL RUN 2016 16,1 km
SATORI ATHLETICS CLUB
SUNDAY 11 SEPTEMBER 2016

POS	SURNAME	NAME	CLUB	SEX
1	NKOBI	SIVIWE	LION OF AFRICA ITHEKO	M
2	MAKILA	AKHONA	K-WAY VOB	M
3	HAMBI	BABALO	LION OF AFRICA ITHEKO	M
4	MHASHU	REUBEN	HOUT BAY HARRIERS	M
5	MATUSSO	GIMO	SATORI	M
6	MPEKULA	MARKS	K-WAY VOB	M
7	STEENKAMP	MERVIN	LION OF AFRICA ITHEKO	M
8	CHIHOWA	KLAUS	SATORI	M
9	RUPANGA	NICHOLAS	CELTIC HARRIERS	M
10	KAAMENANYE	EVARISTO	HOUT BAY HARRIERS	M
11	GEORGE	COLIN	K-WAY VOB	M
12	VERLAND	GERRIT	SATORI	M
13	BERNING	GARETH	K-WAY VOB	M
14	ADAMS	FAIEZ	CENTRAL ATHLETICS	M
15	JEKE	FRANCIS	HOUT BAY HARRIERS	M
16	KANOUNI	YOUSSEF	CENTRAL ATHLETICS	M
17	PIKKER	MARK	K-WAY K-WAY VOB	M
18	FENI	MADODA	SATORI	M
19	PRESTON	DEAN	HOUT BAY HARRIERS	M
20	KLAAS	BONGANI	ESKOM GIJIMAS	M
21	WILL	DAMIAN	PINELANDS ATHLETICS	M
22	WINTER	RYAN	PINELANDS ATHLETICS	M
23	PANGEMANAN	LESLIE	TEMP	M
24	MACKINTOSH	MICHAEL	FISH HOEK ATHLETICS	M
25	LYKIARDOPULOS	NICHOLAS	CELTIC HARRIERS	M
26	WESSELS	MARIE	TEMP	F
27	VAN DER MERWE	DARREN	FISH HOEK ATHLETICS	M
28	KATZ	LANCE	TEMP	M
29	DEMOPOLOS	CASTA	TEMP	M
30	MACKINTOSH	CAMERON	FISH HOEK ATHLETICS	M
31	WISBEACH	JAMES	TEMP	M
32	LUBNER	GREG	SATORI	M
33	COURTS	JASON	CELTIC HARRIERS	M
34	SWEETNAM	WESLEY	TEMP	M
35	DU PLESSIS	PRIEUR	ATLANTIC ATHLETICS	M
36	CRONJE	LIONAL	BELLVILLE ATHLETICS	M
37	WHITMILL	BARRY	FIT 2000	M
38	KALIS	MARK	CELTIC HARRIERS	M
39	SOUTHAM	TERENCE	TEMP	M
40	BADENHORST	HEINRICH	K-WAY VOB	M
41	DE MONK	ROBERT	K-WAY VOB	M
42	MAKUMBA	MARTIN	HOUT BAY HARRIERS	M
43	THOMAS	JO	K-WAY VOB	F
44	STAAK	BARRY	HARFIELD HARRIERS	M
45	MACKENZIE	GRANT	K-WAY VOB	M
46	PITT	TEGAN	UCT	F
47	INGLIS	KEN	K-WAY VOB	M
48	SHACKLETON	PETER	TEMP	M

49	WAGENHEIM	MARK	ATLANTIC ATHLETICS	M
50	SWIFT	ALAN	K-WAY VOB	M
51	VAN GYSEN	SIMON	TEMP	M
52	MEYER	THINUS	WEST COAST ATHLETICS	M
53	NGWENDUANA	INGA	SATORI	M
54	HEWITT	DEAN	BRACKENFELL ATHLETICS	M
55	WESTVIG	ERIK	K-WAY VOB	M
56	MCHARRY	LORCAN	K-WAY VOB	M
57	OLSEN	RUSSELL	MATES MOUNTAIN AND TRAIL	M
58	JEWELL	MAX	TEMP	M
59	LAW	MATTHEW	K-WAY VOB	M
60	MUSHANGANYISI	KANAKANA	PINELANDS ATHLETICS	M
61	WATSON	GRANT	CARBINEERS ATHLETICS	M
62	HALL	CANDYCE	CARBINEERS ATHLETICS	F
63	TROJAN	JANA	K-WAY VOB	F
64	TROJAN	PREM	K-WAY VOB	F
65	OLIVER	GRANT	FISH HOEK ATHLETICS	M
66	WATERMEYER	JOHN	FISH HOEK ATHLETICS	M
67	COETZEE	WILLIE	WEST COAST ATHLETICS	M
68	S-COTTON	OLIVER	TEMP	M
69	NTANDO	LUVOYO	SATORI	M
70	VAN HOUWELINGEN	JANA	ATLANTIC ATHLETICS	F
71	WINFIELD	BEN	TEMP	M
72	RALPHS	ETIENNE	FISH HOEK ATHLETICS	M
73	WILCOCK	DAVID	WEST COAST ATHLETICS	M
74	LEIBBRANDT	DOMINIQUE	ATLANTIC ATHLETICS	F
75	GAMA	JONATHAN	FISH HOEK ATHLETICS	M
76	WAGGIE	EBRAHIM	SANLAM	M
77	MIDDLEMOST	ELME	BRACKENFELL ATHLETICS	F
78	HENDRICKS	OWEN	CELTIC HARRIERS	M
79	JENGO	ELISABETH	ATLANTIC ATHLETICS	F
80	MC QUAIDE	KATHLEEN	K-WAY VOB	F
81	ELLIS	ANDREW	TEMP	M
82	MOUTON	ADELE	FISH HOEK ATHLETICS	F
83	CAMPBELL	PARRY	CARBINEERS ATHLETICS	M
84	BRITTIN	GLEN	TEMP	M
85	RAMAHASA	KATLEGO	UCT	M
86	WICKHAM	CHRIS	K-WAY VOB	M
87	ANDRAOS	GEORGINA	K-WAY VOB	F
88	COURTS	ELLIE	CELTIC HARRIERS	F
89	KORCK	GREG	SPARTAN HARRIERS	M
90	CASE	ANDREW	TEMP	M
91	MEYER	JUSTIN	WEST COAST ATHLETICS	M
92	HOOPER	RODNEY	K-WAY VOB	M
93	SILWANA	SEAN	RCS GUGULETU ATHLETICS	M
94	BENNETTS	VICTORIA	CARBINEERS ATHLETICS	F
95	CRAWFORD	RORY	K-WAY VOB	M
96	TIMMIS	ROBERT	ATC	M
97	WILLS	CAROLINE	WILD RUNNER	F
98	NEWBERT	JOE	K-WAY VOB	M
99	ALTERN	SEAN	FISH HOEK ATHLETICS	M
100	SUTTON	RICHARD	TEMP	M
101	PIENAAR	ALIZA	TEMP	F

102	RABIE	ANGELIQUE	CARBINEERS ATHLETICS CLUB	F
103	FLEETWOOD	JOSHUA	CARBINEERS ATHLETICS	M
104	KANTOOR	JAMES	TEMP	M
105	SCHNEIDER	DAVID	ATLANTIC ATHLETICS	M
106	MAVUNDLA	JOSIAH	RCS GUGULETU ATHLETICS	M
107	NELSON	FRIK	BELLVILLE	M
108	VAN HILLE	ROB	K-WAY K-WAY VOB	M
109	PAULSEN	DEON	K-WAY K-WAY VOB	M
110	MAMBWE	RONALD	WILD RUNNER	M
111	GORDON-FINLAYSON	CHARLIE	CARBINEERS ATHLETICS	M
112	SMITH	MERVIN	CELTIC HARRIERS	M
113	JACOBS	TRAVISS	SOUTHERN STRIDERS	M
114	BUHAGIAR	ANDREW	K-WAY K-WAY VOB	M
115	MELLOR	KEITH	CAPE MULTISPORT	M
116	SHEPHERD	ANDREW	ATLANTIC ATHLETICS	M
117	NGIDIWE	SAMUEL	PINELANDS ATHLETICS	M
118	LAMPRECHT	SHAWN	K-WAY VOB	M
119	ORRIE	ROLDAH	LION OF AFRICA ITHEKO	F
120	TOOLEY	ANDREA	TEMP	F
121	SACKS	ALEXIS	CARBINEERS ATHLETICS	F
122	MAREGELE	SHAUN	IN TOUCH WALK & RUN	M
123	PRINGLE	LISA	ATLANTIC ATHLETICS	F
124	OSRIN	RICHARD	K-WAY VOB	M
125	WELTHAGEN	JAYSON	SATORI	M
126	VAN DER MERWE	ANNADIA	CAPE UNIVERSITY OF TECH	F
127	EBING	NEIL PETER	WPCC	M
128	KNAAP	JAN	TEMP	M
129	NORTH	MICHAEL	TEMP	M
130	DENNIS	MATHEW	TEMP	M
131	MANUEL	CRAIG	DEFENCE WP ATHLETICS	M
132	DENNIS	TROY	K-WAY VOB	F
133	CASSIEM	ANWAR	LION OF AFRICA ITHEKO	M
134	GENSICKE	JONUS	PINELANDS ATHLETICS	M
135	GENSICKE	ANDREAS	PINELANDS ATHLETICS	M
136	HUGHES	PETER WILLIAM	WPCC	M
137	JONES	WAYNE	CELTIC HARRIERS	M
138	VALLEY-OMAR	ZIYAAD	TEMP	M
139	SNYDERS	DAVE	TEMP	M
140	MALHERBE	MEGAN	TEMP	F
141	SMITH	SONIA	CELTIC HARRIERS	F
142	COETZEE	ELAAN	TEMP	F
143	SPIES	RENATE	FISH HOEK ATHLETICS	F
144	HARVIE	MICHAEL	WPA	M
145	IBRAHIM	MEHVOOB	LION OF AFRICA ITHEKO	M
146	OSBORN	DARREN	WPCC	M
147	TARR	HELEN	HARFIELD HARRIERS	F
148	LOMBARD	DEBBIE	K-WAY VOB	F
149	ROYAL	CANDICE	CARBINEERS ATHLETICS	F
150	HILL	NICKI	CARBINEERS ATHLETICS CLUB	F
151	CHARLES	CHAD	K-WAY VOB	M
152	MCPETRIE	CHRIS	HOUT BAY HARRIERS	M
153	STEYN	ANNETTE	TEMP	F
154	KEMP	NINA	K-WAY VOB	F

155	GALANT	WAYNE	CELTIC HARRIERS	M
156	SCOTT	RICHARD	PINELANDS ATHLETICS	M
157	KASKER	SAJID	WALMER	M
158	VAN SCHALKWYK	LOUIS	TEMP	M
159	VAN SCHALKWYK	NIKKI	TEMP	F
160	MEYER	NATHAN	WEST COAST ATHLETICS	M
161	ARENDSE	ROGER	RCS GUGULETU ATHLETICS	M
162	FILANDER	ANDRE	K-WAY VOB	M
163	WINTER	ELIZABETH	K-WAY VOB	F
164	GODWANA	MAXWELL	SASOL	M
165	FINKELSTEIN	DEAN	TEMP	M
166	WHITEHEAD	CARLA	CENTURY CITY	F
167	MAIN	ALISON	SPARTAN HARRIERS	F
168	PASK	LORIEN	K-WAY VOB	F
169	ING	NATASHA	TEMP	F
170	ALLI	JUNAID	LION OF AFRICA ITHEKO	M
171	ORRIE	ASHRAF	LION OF AFRICA ITHEKO	M
172	BADENHORST	CORNELL	EASTERNS KRAAIFONTEIN ATHLI	F
173	OSULLIVAN	KIRSTIN	TEMP	F
174	MBIZA	MAJOZI	THOMAS MBIZA	M
175	PATERSON	MONICA	WEST COAST ATHLETICS	F
176	HUDSON-PEACOCK	SIMON	TEMP	M
177	ISAACS	NEZAAM	LION OF AFRICA ITHEKO	M
178	VISSER	LEON	BRACKENFELL	M
179	BREDENKAMP	CAILEY	PAARL	F
180	SANGER	RYAN	FORESTERS RUNNING CLUB	M
181	BUNN	TRACY	CAPE MULTISPORT	F
182	HAYES	DANIEL	K-WAY VOB	M
183	HOLLYHOKE	ELIZABETH	K-WAY VOB	F
184	SIHLUKU	MTHOBISI	RCS GUGULETU ATHLETICS	M
185	WILLIAMS	JOHN	TEMP	M
186	WHEATON	SPENCER	CELTIC HARRIERS	M
187	THEMBA	SINE	TEMP	M
188	SHAPIRO	JEFFERY	K-WAY VOB	M
189	BRUNTON	TERRY	TEMP	M
190	SWARTZ	GREGORY	WPCC	M
191	MORGENROOD	BRENT	K-WAY VOB	M
192	SWAN	GREG	RCS GUGULETU ATHLETICS	M
193	COETZER	SHANI	FISH HOEK ATHLETICS	F
194	DU PLESSIS	DIANA	WALMERS AC	F
195	FERRIERA	DAVID	K-WAY VOB	M
196	KONING	MICHAEL	FISH HOEK ATHLETICS	M
197	ROELOFSE	PIETER	CELTIC HARRIERS	M
198	COMBRINK	GERRIE	NEDBANK ATHLETICS	M
199	DE MONK	ELYDIA	K-WAY VOB	F
200	COLLINS	MALCOLM	K-WAY VOB	M
201	OSRIN	LISA	K-WAY VOB	F
202	SHARRATT	CHANTAL	TEMP	F
203	CHAPLIN	COLIN	TEMP	M
204	BOOYSEN	CYNTHIA	RCS GUGULETU ATHLETICS	F
205	QUINN	NICOLETTE	TEMP	F
206	MURRY	MICHELE	ATLANTIC ATHLETICS	F
207	MURRY	DARRYL	EDGEMEAD RUNNERS	M

208	STEYN	CHRISTIAAN	TYGERBERG	M
209	BESELAAR	RAYNO	BRACKENFELL ATHLETICS	M
210	SANDI	FUNDISWA	RAVENSMEAD	F
211	HASSA	ISHMAEL	K-WAY VOB	M
212	MORROW	MIKE	TEMP	M
213	BLOOMER	KIRSTEN	UCT	F
214	BLOOMER	WENDY	HARFIELD HARRIERS	F
215	ADAMS	AMIEN	CELTIC HARRIERS	M
216	KIEWIET	MARSHALL	CARBINEERS ATHLETICS CLUB	M
217	IBRAHIM	SHABEER	LION OF AFRICA ITHEKO	M
218	VOLLMER	KERRYIN	K-WAY VOB	F
219	MCDIARMID	SEAN	PINELANDS ATHLETICS	M
220	DINAN	IAN	PINELANDS ATHLETICS	M
221	ADAMS	WASFIE	KEMFAC	M
222	CURRY	DAVE	ATLANTIC ATHLETICS	M
223	VAN DIJK	CYNTHIA	TEMP	F
224	GERTSE	HUSAYN	LION OF AFRICA ITHEKO	M
225	STONE	MARK	TEMP	M
226	STARCK	SHAUN	EDGEMEAD RUNNERS	M
227	SIMON	TAMMY	EDGEMEAD RUNNERS	F
228	LAWSON	ROB	FISH HOEK ATHLETICS	M
229	LEWIN	ABDUL-MUIZH	ARD ATHLETICS	M
230	FAZENDA	ANNA	WALMERS AC	F
231	WATERS	JASON	TEMP	M
232	JOHNSTON	FRANKIE	WPCC	F
233	JESSOP	ADRIAN	K-WAY VOB	M
234	FRANSMAN	GRIFFITH	CELTIC HARRIERS	M
235	PHILLIPS	MELISSA	K-WAY VOB	F
236	LE RICHE	TAMMY	TEMP	F
237	LOBERT	ANDREAS	TEMP	M
238	WHITEHEAD	NEIL	TEMP	M
239	MOORE	ALTA	STELLENBOSCH	M
240	BRINDERS	LANCE	EDGEMEAD RUNNERS	M
241	DUFF	VICKY	TEMP	F
242	SILBERBAUER	JENNY	K-WAY VOB	F
243	LACEY	VICTORIA	K-WAY VOB	F
244	LUYT	MARTIN	WPCC	M
245	SIEBRITZ	TIMOTHY	PINELANDS ATHLETICS	M
246	SIEBRITZ	MARK	PINELANDS ATHLETICS	M
247	HARRIS	OLGA	METROPOLITAN ATHLETICS	F
248	HARRIS	GARY	METROPOLITAN ATHLETICS	M
249	KOLBE	VERUSCHKE	IN TOUCH WALK & RUN	F
250	JACOBS	ANTHEA	IN TOUCH WALK & RUN	F
251	MEHL	BEVERLEY	TOP FORM	F
252	PITT	ALAN	TEMP	M
253	DE LANGE	CHARN	EDGEMEAD RUNNERS	F
254	BANNISTER	LIZETTE	TEMP	M
255	STEVENSON	GARRON	HARFIELD HARRIERS	M
256	SCHLEBUSCH	DEWALD	CAPE MULTISPORT	M
257	DANIELS	GLYNIS	CELTIC HARRIERS	F
258	BADENHORST	NAOMI	K-WAY VOB	F
259	REEVES	MICAELA	TEMP	F
260	SQUIRES	TROY	OGILVY & MATHER	M

261	BARODIEN	RASHEEQA	LION OF AFRICA ITHEKO	F
262	ISAACS	THERESA	K-WAY VOB	M
263	KOEN	BRADLEY	K-WAY VOB	M
264	HOLING	FRITH	TEMP	F
265	CAINE	JANET	TEMP	F
266	NONCUNGU	XOLISA	RCS GUGULETU ATHLETICS	M
267	BELLINGHAM	BIELLE	MATES MOUNTAIN AND TRAIL	F
268	STEEL	ANDREW	TEMP	M
269	MATHEW	STEVE	HARFIELD HARRIERS	M
270	DE WET	CAROLINE	SOUTHERN STRIDERS	F
271	VAN DER MERWE	CHRISTELLE	TEMP	F
272	SOLOMON	SIRAAJ	LION OF AFRICA ITHEKO	M
273	SOLOMON	ZIYAAD	LION OF AFRICA ITHEKO	M
274	RYKLIEF	GESANT	CENTRAL ATHLETICS	M
275	DESPARD	PASCAL	HOUT BAY HARRIERS	F
276	VAN ZYL	NOEL ANDREW	FISH HOEK ATHLETICS	M
277	FIFE	ANDREW	HARFIELD HARRIERS	M
278	BAROTT	LEXI	TEMP	F
279	BELLINGHAM	GILLIAN	TEMP	F
280	ABDUROAF	MUHAMMAD	LION OF AFRICA ITHEKO	M
281	KRIEL	FRANCIOS	TEMP	M
282	HELDZINGEN	STEVE	TEMP	M
283	HAIG-SMITH	TIMOTHY	K-WAY VOB	M
284	MICHAEL	JULIE	TEMP	F
285	FINEGAN	STEVEN	PINELANDS ATHLETICS	M
286	BATTERSBY	GINA	TEMP	F
287	DU TOIT	MICHELLE	EDGEMEAD RUNNERS	F
288	NOLAN	FERLISE	FISH HOEK ATHLETICS	F
289	ROBERTS	MARK	TEMP	M
290	MAREE	JACQUES	ATLANTIC ATHLETICS	M
291	FINEGAN	MICHELLE	PINELANDS ATHLETICS	F
292	ASHBY	CARMEN	TEMP	F
293	ASHBY	BRENTON	HOUT BAY HARRIERS	M
294	LILLY	WILLIAM	TEMP	M
295	LILLY	MARISKA	TEMP	M
296	PORRILL	OWEN	PINELANDS ATHLETICS	M
297	JACOBS	ASHLEY	K-WAY VOB	M
298	HENDRICKS	TRACEY	SOUTHERN STRIDERS	F
299	SHARRATT	MATTHEW	TEMP	M
300	VAN NIEKERK	CHENE	RUN WALK FOR LIFE	F
301	MITCHELL	WARREN	TEMP	M
302	MCGARRICK	ROSS	TEMP	M
303	FABER	RONEL	TEMP	F
304	MOORE	OLIVER	TEMP	M
305	COURTNEY	INGRID	TEMP	F
306	MIDDLETON	EVA	TEMP	F
307	VAN ZYL	WYNAND	K-WAY VOB	M
308	OBRIEN	TARRYN	K-WAY VOB	F
309	VAN COLLER	MICHAEL	TEMP	M
310	ALISON	CATHY	WEST COAST ATHLETICS	F
311	SHERRY	IZABEL	TEMP	F
312	VAN JAARVELD	RENIER	TEMP	M
313	WEBB	LENKA	TEMP	F

314	WEBB	MARCEL	TEMP	M
315	WILSON	PAULA	TEMP	F
316	JAHNIG	RICHARD	K-WAY VOB	M
317	HEYNECKE	JENNIFER	HOUT BAY HARRIERS	F
318	MITCHELL	DOUGLAS	BELLVILLE ATHLETICS	M
319	WILLIAMS	ANNE	PICK N PAY	F
320	EVA	ROWAN	OGILVY & MATHER	M
321	MULLER	LARA	PINELANDS ATHLETICS	F
322	JORDAN	KIMBERLEY	TEMP	F
323	JOUBERT	SAREL	TEMP	M
324	ROSS-WATT	DON	FISH HOEK ATHLETICS	M
325	LAWSON	JESSICA	FISH HOEK ATHLETICS	M
326	DIETER	MIELKE	TEMP	M
327	PORTER	ELLEN	TEMP	F
328	MORROW	NIKKI	TEMP	F
329	DAVEL	JACOB	SPARTEN HARRIERS	M
330	HOSKING	GUY	TEMP	M
331	HOSKING	LYNNE	TEMP	F
332	DAYARAM	ANISHA	RUN WALK FOR LIFE	F
333	MEHL	RUSSELL	TOP FORM	M
334	RIED	ROCHELLE	TEMP	F
335	MALAN	JANET	TEMP	F
336	MACKRILL	BRONWEN	HELDERBERG HARRIERS	F
337	MOLLOY	LYNNE	TEMP	F
338	DAVEY	CHRIS	K-WAY VOB	M
339	DAVEY	MICHELLE	K-WAY VOB	F
340	LAMOND	KATIE	TEMP	F
341	BARROW	CHRISTINE	K-WAY VOB	F
342	PETERSEN	NASSER	KENFAC	M
343	KUC	KONRAD	TEMP	M
344	CHILD	JOHN	SPARTEN HARRIERS	M
345	GOLDSCHMIDT	CHRIS	CELTIC HARRIERS	M
346	WILSON	PAULA	TEMP	F
347	THOMPSON	MICHELE	TEMP	F
348	JONES	JEAN	TEMP	F
349	GREWE	AMY	TEMP	F
350	CLAXTON	LOUISE	TEMP	F
351	KARBARY	SADIKA	LION OF AFRICA ITHEKO	F
352	PRINGLE	BRENDA	ATLANTIC ATHLETICS	F
353	BARNES	LEE	MULTISPORTS	F
354	VAN DER WESTHUIZEN	JASPER	TEMP	M
355	HAYES	ADRIAN	FISH HOEK ATHLETICS	M
356	BOYES	CARLA	TEMP	F
357	GEORGE	SARAH	WILD RUNNER	F
358	KRIGE	JUSTINE	CLIFFE DEKKER HOFMEYR	F
359	FULLER	LAUREN	K-WAY VOB	F
360	RICHFIELD	ROSALIE	UCT	F
361	PARKER	NIKKI	CELTIC HARRIERS	F
362	WILKINSON	TERRI	CELTIC HARRIERS	F
363	ADONIS	JIMMY	RCS GUGULETU ATHLETICS	M
364	COLLINS	MICHELLE	SPARTEN HARRIERS	F
365	MAREE	BRONWYN	K-WAY VOB	F
366	KARUMURI	SRIKANTH	BRACKENFELL ATHLETICS	M

367	SHASKOLSKY	GAVIN	CENTURY CITY	M
368	RAGHAVJEE	YASHIN	CENTURY CITY	M
369	GOUS	ALIDA	CAPE MULTISPORT	F
370	TSHAKA	MBULELO	RCS GUGULETU ATHLETICS	M
371	WAGENER	RICHARD	TEMP	M
372	JOSCELYNE	JOANNE	TEMP	F
373	GELDENHUYS	ANNELIZE	BRACKENFELL ATHLETICS	F
374	GREY	MARLIE	BELLVILLE ATHLETICS	F
375	DOS SANTOS	AUREN FREITAS	TEMP	M
376	TIMMES	WENDY-JOY	CELTIC HARRIERS	F
377	FLORIS	DENNIS	CELTIC HARRIERS	M
378	PRIESTMAN	MICHELE	K-WAY VOB	F
379	NOTHLING	SARAH-MARIE	ATLANTIC ATHLETICS	F
380	SABAN	YUSSUF	KENFAC	M
381	SABAN	SHUAIB	KENFAC	M
382	RAFFAELLI	SANDY	SPARTAN HARRIERS	F
383	MITCHELL	GREG	TEMP	M
384	STEVENSON	BRENDA	PINELANDS ATHLETICS	F
385	BECKETT	JANA	K-WAY VOB	F
386	NIKA	NOMONETU	HOUT BAY HARRIERS	F
387	CORNISH	JUSTIN	TEMP	M
388	BLOMERUS	LISA	TEMP	F
389	NAUMANN	SUE	TEMP	F
390	NAUMANN	ECKART	TEMP	M
391	AEBISCHER	ROLF	CELTIC HARRIERS	M
392	AEBISCHER	AMY	CELTIC HARRIERS	F
393	SKEA	DANIEL	TEMP	M
394	SKEA	ADRIAN	TEMP	M
395	GILMOUR	TRISH	K-WAY VOB	F
396	DESAI	NIRDEV	TEMP	M
397	HARTOGH	DONOVAN	PINELANDS ATHLETICS	M
398	BOOTH	CHANTAL	K-WAY VOB	F
399	RAINE	VICKY	WILD RUNNER	F
400	ROBSON	CATHERINE	ATLANTIC ATHLETICS	F
401	ROBSON	SEAN	ATLANTIC ATHLETICS	F
402	PIENAAR	JIHAAD	OMMIEDRAAI FRIENDS	M
403	HORN-BOTHA	DEBORAH	K-WAY VOB	F
404	BACKEBERG	OLGA	TEMP	F
405	HODSON	LEIGHSHE	K-WAY VOB	F
406	VAN HEERDEN	HANS	K-WAY VOB	M
407	BRITON	GREGORY	TEMP	M
408	RETIEF	WENDY-LI	FISH HOEK ATHLETICS	F
409	PARSRAMAN	THERESA	FISH HOEK ATHLETICS	F
410	QUMBA	NOLITHA	SANDF WP	F
411	SENEKAL	DAWIE	TEMP	M
412	BOSHOFF	KIM	EDGEMEAD RUNNERS	F
413	SMIT	MARK	WEST COAST ATHLETICS	M
414	BRUNTON	JEN	TEMP	F
415	LAMBAREY	MUJEEB	LION OF AFRICA ITHEKO	M
416	RICHARDS	CONRAD	TEMP	M
417	SHEPHERD	JULIA	ATLANTIC	F
418	MBINDA	PERCY	SANLAM	M
419	SKLAMANG	SIRAAJ	ARD ATHLETICS	M

420	SPARKS	LINDA	HOUT BAY HARRIERS	F
421	MARTIN	MICHAEL	TEMP	M
422	SZOT-MYBURG	NATALIE	SPARTAN HARRIERS	F
423	KRIGER	SAMANTHA	CELTIC HARRIERS	F
424	SPARGO	CATHY	TEMP	F
425	SMYTH	BEVERLEY	TEMP	F
426	LEVERTON	RUTH	PINELANDS	F
427	TROMPETER	TRISH	TEMP	F
428	BOOTH	ALAN	K-WAY VOB	M
429	BASSI	MONIQUE	K-WAY VOB	F
430	COLWIN	SONJA	K-WAY VOB	F
431	RINQUEST	SHANE	SACS OLD BOYS RC	M
432	ROBERTSON	FRANCES	TEMP	F
433	ALTERN	PAIGE	FISH HOEK ATHLETICS	F
434	ATTWOOD	THOMAS	TEMP	M
435	VAN COLLER	CHELSEA	TEMP	F
436	ALTERN	LUKE	FISH HOEK ATHLETICS	M
437	STADLER-GREEN	ANNELE	DURBANVILLE ATHLETICS	F
438	CASSIEM	RUKEYA	LION OF AFRICA ITHEKO	F
439	ABBAS	MUSTAQ	OLD MUTUAL ATHLETICS	M
440	ABBAS	NIZAAMUDIEN	TEAM VITALITY CLUB	M
441	MFOLOZI	NOTHEMBA	K-WAY VOB	F
442	HAMILTON	ASHLEY	TEMP	F
443	WHITE	LISA	WILD RUNNER	F
444	WALKER	CHRIS	WEST COAST ATHLETICS	M
445	ELLIS	YVONNE	TEMP	F
446	WARRINGTON	INGRID	EDGEMEAD RUNNERS	F
447	BRITON	ANTHONY	TEMP	M
448	JOHNSON	VICTORIA	TEMP	F
449	MCCALLUM	ANITA	METROPOLITAN ATHLETICS	F
450	MULLER	GRANT	TEMP	M
451	DHANSAY	AFZAL	K-WAY VOB	M
452	BLOMERUS	ANDRE	DEFENCE WP ATHLETICS	M
453	COETZEE	HEIN	TEMP	M
454	PRETORIUS	BELINDA	TEMP	F
455	STOKES	ASHLEY	FISH HOEK ATHLETICS	M
456	HAYES	STEPHEN	FISH HOEK	M
457	HILTON	KATE	TEMP	F
458	BOND	CATHARINE	K-WAY VOB	F
459	BRUINTJIES	GRANT	WILD RUNNER	M
460	PIENAAR	KIRSTEN	TEMP	F
461	GELDENHUYS	GERRIT	SANLAM	M
462	NORTON	NATASHA	FISH HOEK ATHLETICS	F
463	LOGSTON	RENAE	LION OF AFRICA ITHEKO	F
464	TYLDESLEY	FELICIA	TEMP	F
465	NASS	LEONEL	TEMP	F
466	MARINI	RIC	RAND ATHLETICS	M
467	TAYLOR	MICHELLE	EDGEMEAD RUNNERS	F
468	ALLWORTH	NEBRESKA	FISH HOEK ATHLETICS	F
469	KNIGHT	SARAH LEIGH	TEMP	F
470	SHIRK	MELANIE	K-WAY VOB	F
471	HEWITT	CHINELLE	BRACKENFELL ATHLETICS	F
472	HUTCHINGS	ELEANOR	FORESTERS RUNNING CLUB	R

473	YELD	JOHN	FORESTERS RUNNING CLUB	M
474	BARKER	MARTINE	FORESTERS RUNNING CLUB	F
475	HUGO	JOHN-ROSS	TEMP	M
476	JOUBERT	KAREN	CAPE MULTISPORT	M
477	THOMAS	SHAHIED	LION OF AFRICA ITHEKO	M
478	MAARTENS	CHARLENE	EDGEMEAD RUNNERS	F
479	TOMLINSON	ROY	SPARTAN HARRIERS	M
480	SEPTEMBER	TERENCE	SPARTAN HARRIERS	M
481	LOBERT	CLARE	TEMP	F
482	SMITH	WENDAL	PINELANDS ATHLETICS	M
483	WINTER	LIESL	PINELANDS ATHLETICS	F
484	HARRIS	LEE-ANN	PINELANDS	F
485	MERTON	JEROME	PINELANDS ATHLETICS	M
486	RUITERS	ASTRID	PINELANDS ATHLETICS	F
487	SIEBRITZ	RUTH	PINELANDS	F
488	SCHNEHAGE	CHRISTOPHER	PINELANDS	M
489	FAKIER	TASKEEN	LION OF AFRICA ITHEKO	F
490	MOHAMED	ADNAAN	CENTRAL ATHLETICS	M
491	STERLING	OLEN	TEMP	F
492	STERLING	GINO	TEMP	M
493	BOSILONG	TEBOGO	THOMAS MBIZA	M
494	DIENER	MICHELE	K-WAY VOB	F
495	SIMPSON	TREVOR	GROOT CONSTANTIA AC	M
496	SARDIEN	KASHIEF	OMMIEDRAAI	M
497	BARDSLEY	MICHAEL	TEMP	M
498	VAN DER VALK	JOANNE	CELTIC HARRIERS	F
499	SALIE	REZA	ATLANTIC ATHLETICS	M
500	KEYNEL	ROBERT	SANLAM ATHLETICS	M
501	JAKINS	LAUREN	TEMP	F
502	UNDERHILL	LAURA	PINELANDS ATHLETICS	F
503	JORDAAN	THERESA	K-WAY VOB	F
504	PEGNUM	TAMARE	TEMP	F
505	PRENTICE	FIONA	TEMP	F
506	MITCHELL	GRAHAM	CELTIC HARRIERS	M
507	LOURENS	DANIE	BELLVILLE ATHLETICS	M
508	LOURENS	NEOLENE	BELLVILLE ATHLETICS	F
509	BACKEBERG	CONRAD	TEMP	M
510	HOOSAIN	ABDUL	TEMP	M
511	MAARTENS	DESIREE	PINELANDS ATHLETICS	F
512	TICKNER	MICHELLE	PINELANDS ATHLETICS	F
513	BRAND	SONJA	WEST COAST ATHLETICS	F
514	OSMAN	CASEY	TEMP	F
515	EKERMANS	SHERRI	TEMP	F
516	CASEY	PAULA	TEMP	F
517	READ	RACHEL	TEMP	F
518	SALVAGE	HUGH	TEMP	M
519	RAHIM	MASHTAQ	TOP FORM	M
520	FRIESLAAR	NICOLA	SPARTAN HARRIERS	F
521	ARENDSE	ROGER	SPARTAN HARRIERS	M
522	WRIGHT	RUSSELL	FISH HOEK ATHLETICS	M
523	JAMES	MARLENE	PINELANDS ATHLETICS	F
524	SMYTH	ANTONY	TEMP	M
525	CHURLEY	MARK	K-WAY VOB	M

526	DANIELS	NIGEL	PINELANDS	M
527	DU PLESSIS	MELANY	PINELANDS ATHLETICS	F
528	DU PLESSIS	HENRY	PINELANDS ATHLETICS	M
529	KAMIES	ZULPHA	CENTRAL ATHLETICS	F
530	GORDON	NASTASSIA	SPARTAN HARRIERS	F
531	FENN	THERESA	SPARTAN HARRIERS	F
532	AGAGU	TAYO	TEMP	M
533	ROSS	MARIA	TEMP	F
534	CHAPLIN	VERA	TEMP	F
535	VITH	SUE	TEMP	F
536	PRINSLOO	RIANA	CAPE MULTISPORT	F
537	POTTER	KIM	TEMP	F
538	SMIT	CHERYL	WEST COAST ATHLETICS	F
539	COETZEE	ADEL	WEST COAST ATHLETICS	F
540	MAJOLA	DANCIE	WEST COAST ATHLETICS	F
541	VAN NIEKERK	ADELINA	RUN WALK FOR LIFE	F
542	PAGE	MANDY	NANTES ATHLETICS	F
543	LENTZ	GENEVIEVE	PINELANDS	F
544	KAMIES	ANWAR	CENTRAL ATHLETICS	M
545	MITCHELL	MANDY	CELTIC HARRIERS	F
546	GENSICKE	RENATA	PINELANDS ATHLETICS	F
547	STEVENS	DION	PINELANDS ATHLETICS	M
548	SMITH	ALISON	PINELANDS ATHLETICS	F
549	RIST	DELYSE	PINELANDS ATHLETICS	F
550	MALLON	LINDA	PINELANDS ATHLETICS	F
551	VAN DER HEYDE	WENDY	GROOT CONSTANTIA AC	F
552	SUKHA	VEENA	TEMP	F
553	WHITE	ESMERELDA	IN TOUCH WALK & RUN	F
554	NICOLETTI	SEBASTIAN	NO CLUB	M
555	TUCK	LAUREN	WILD RUNNER	F
556	JAMES	KAARE	PINELANDS ATHLETICS	M
557	BOTHA	GRAHAM	HOUT BAY HARRIERS	M
558	LE ROUX	REGINE	HOUT BAY HARRIERS	F
559	KAKAZA	VUYO	RCS GUGULETU ATHLETICS	M
560	HYSON	GREG	K-WAY VOB	M
561	ANGOURAS	NATASHA	K-WAY VOB	F
562	DEARLOVE	RYAN	TEMP	M
563	SALIE	YUSRIE	OMMIEDRAAI	M
564	MOKOLO	SEFAKO	AXA	M
565	ARENDSE	RINALDA	SPARTAN HARRIERS	F
566	SULLIVAN	WILHELMINA	SANLAM ATHLETICS	F
567	JAMES	SHARON	PINELANDS ATHLETICS	F
568	SULLIVAN	GERALD	SANLAM ATHLETICS	M
569	ERVENS	KAREN	WILD RUNNER	F
570	SWART	PATRICIA	PINELANDS ATHLETICS	F
571	SALMOEN	SUSAN	TEMP	F
572	KONICK	DEBBIE	TEMP	F
573	ABRAHAMS	GLEN	ARD ATHLETICS	M
574	DYAMOND	IAN	HOUT BAY HARRIERS	M
575	MILLER	GAVIN	CAPE MULTISPORT	M
576	MILLER	TRUDI	CAPE MULTISPORT	F
577	BARODIEN	MASTURA	LION OF AFRICA ITHEKO	F
578	BALL	ANTHEA	FISH HOEK ATHLETICS	F

579	FINLAYSON	GAVIN	FISH HOEK ATHLETICS	M
580	DUGGAN	DIANE	MELKBOS	F
581	ALEXANDER	BRIAN	K-WAY VOB	M
582	TAYLOR	ELIZABETH	SPARTAN HARRIERS	F
583	BROWN	MELODY	TEMP	F
584	FERREIRA	KEVIN	TEMP	M
585	DE ARAUJO	BETINA	K-WAY VOB	F
586	WILSON	DESIREE	EDGEMEAD RUNNERS	F
587	LAMB	KIM	RUN WALK FOR LIFE	F
588	GROENEWALD	DANIELIA	BELLVILLE ATHLETICS	F
589	BADENHORST	LAUREN	PINELANDS ATHLETICS	F
590	PETERSEN	WAYNE	K-WAY VOB	M
591	ALLIE	SUMAYAH	LION OF AFRICA ITHEKO	F
592	MOODLEY	THEOLA	LION OF AFRICA ITHEKO	F
593	MICHAELS	CECILY	HELDERBERG HARRIERS	F
594	LOUBSCHER	SHU-AIB	PINELANDS ATHLETICS	M
595	HODGSON	ARTHUR	PINELANDS ATHLETICS	M
596	GRIEGO	EUGENE	PINELANDS ATHLETICS	M
597	MAGNET	KIM	PINELANDS ATHLETICS	F
598	COETZEE	LINDA	PINELANDS ATHLETICS	F
599	CLOETE	PHILLIPA	PINELANDS ATHLETICS	F
600	ADAMS	BRENT	K-WAY VOB	M
601	MARAIS	ANGELO	TEMP	M
602	MOHAMMED	MUBEEN	LION OF AFRICA ITHEKO	M
603		LAETITA	EDGEMEAD RUNNERS	F
604	ALLEN	SANDY	TEMP	F
605	MERKLE	DAGMAR	TEMP	F
606	MERKLE	ANNEMARIE	TEMP	F
607	BARGE	ALISTAIR	TEMP	M
608	BARGE	LEIGH	TEMP	F
609	HUGHES	JOANNES	TEMP	M
610	MARCUS	KASHIF	TOP FORM	M
611	ATKINS	TIM	TEMP	M
612	KORCK	CASEY	SPARTAN HARRIERS	F
613	EBRAHIM	MOEGSIEN	CAPE MULTISPORT	M
614	DANIELS	NAZEEMA	NANTES ATHLETICS	F
615	MUNIEN	THERESA	EDGEMEAD RUNNERS	F
616	FULLER	JANE	K-WAY VOB	F
617	FULLER	RAYMOND	K-WAY VOB	M
618	HEWAVISENTI	SHANTALIE	ATLANTIC ATHLETICS	F
619	WILLIAMS	SHAHIEDA	LION OF AFRICA ITHEKO	F
620	PETERSEN	CHERYL	SPARTAN HARRIERS	F
621	FORTUNE	LINDSAY	TOP FORM	M
622	NGXONONO	PHUMELELO	PINELANDS ATHLETICS	M
623	SCHWARTZ	BARRY	FIT 2000	M
624	CHARALAMBIDES	EDNA	CENTURY CITY	F
625	GOOSEN	JACKIE	BRACKENFELL ATHLETICS	F
626	OKKERS	HEIDI	TEMP	F
627	KNIGHT	HILARY	HARFIELD HARRIERS	F
628	NGXONONO	LUSANDA	PINELANDS ATHLETICS	F
629	CRONJE	ANTHONY	K-WAY VOB	M
630	FREDRICKS	NATASSIA	LION OF AFRICA ITHEKO	F
631	DAVIS	NICKY	WEST COAST ATHLETICS	F

632	FOURIE	LESLEY-ANN	TEMP	F
633	VAN COLLER	FIONA	TEMP	F
634	STEMMET	AMEEN	TOP FORM	M
635	MUSCAT	TRACEY	PINELANDS ATHLETICS	F
636	ROSSOUW	MERRIL	WEST COAST ATHLETICS	F
637	PETTENBURGER	BREDA	WEST COAST ATHLETICS	F
638	HOUGH	TRUDY	WEST COAST ATHLETICS	F
639	BOTTGER	SALLY	TEMP	F
640	DOONER	CHRIS	SANDF WP	M
641	ROMBURGH	BERNADETTE	TEMP	F
642	DICK	RENE	K-WAY VOB	F
643	RENS	JACQUI	LION OF AFRICA ITHEKO	F
644	HUGHES	NAI-CHUNG	TEMP	M
645	GODDARD	JO	FISH HOEK ATHLETICS	F
646	HOLMES	PATRICIA	CELTIC HARRIERS	F
647	WHITE	MARGARET	TEMP	F
648	CALVERT	TRACY	TEMP	F
649	VOLKER	HERMANN	KENTRON PADWEDLOOP	M
650	VOLKER	INGRID	TEMP	F
651	DOUGLAS	KATE	TEMP	F
652	FORTUIN	MARY	LION OF AFRICA ITHEKO	F
653	HOLTZMAN	CARMEN	PINELANDS ATHLETICS	F
654	FORTUNE	MELANIE	PINELANDS ATHLETICS	F
655	BESTER	MARVIN	PINELANDS ATHLETICS	M
656	FROST	DEBBIE	TEMP	F
657	FELDMAN	NAZEEMAH	SPARTAN HARRIERS	F
658	AFRICA	CECILIA	SPARTAN HARRIERS	F
659	PIENNAR	AAMINAH	OMMIEDRAAI	F
660	STEMMET	THAKIRA	TOP FORM	F
661	SCHULENBURG	LIESEL	K-WAY VOB	F
662	JAMES	LIESEL	TEMP	F
663	CLARK	VANESSA	TEMP	F
664	MKOSI	LUNGA	PINELANDS ATHLETICS	F
665	BUYS	ANNELIZE	K-WAY VOB	F
666	EGAN	JOHN	K-WAY VOB	M
667	KHAN	KATHIJA	TOP FORM	F
668	PETERSEN	GILLIAN	TEMP	F
669	STEWART	MIKE	K-WAY VOB	M
670	MAREE	CINDY	PINELANDS ATHLETICS	F
671	SINGIRANKABO	CLAUDE	TEMP	M
672	ABRAHAMS	YUSRAH	LION OF AFRICA ITHEKO	F
673	MALICK	ADELAH	NANTES ATHLETICS	F
674	VAN HEERDEN	THOMAS	MBIZA	M
675	KIRBY	DAVE	SPARTAN HARRIERS	M
676	DUNN	CJ	SPARTAN HARRIERS	F
677	JAMES	PAM	SPARTAN HARRIERS	F
678	DU TOIT	MARILIZE	TEMP	F
679	STEYN	MARITA	TEMP	F
680	DENNIS	ZELNITA	TEMP	F
681	PIETERSEN	ALISON	TEMP	F
682	PROCTOR	COLLEEN	RUN WALK FOR LIFE	F
683	GOOSEN	MICHAEL	TEMP	M
684	WRIGHT	DEBBIE	FORESTERS RUNNING CLUB	F

CAT	LIC No	TIME
-	11211	0:56:47
-	1256	0:59:23
-	11208	1:00:41
-	3571	1:01:08
40	9977	1:01:14
-	1503	1:01:19
-	7345	1:02:00
-	9972	1:03:32
40	2203	1:03:35
-	3617	1:04:13
40	713	1:04:58
-	7773	1:05:02
40	859	1:05:35
-	3935	1:05:54
40	3557	1:06:11
40	9904	1:06:40
-	624	1:06:50
40	7763	1:07:23
40	3573	1:09:04
40	10370	1:10:09
-	1771	1:10:24
-	1871	1:10:26
40	-	1:10:55
J	20211	1:11:27
-	2232	1:11:32
-	-	1:11:59
-	6566	1:12:08
40	-	1:13:07
40	-	1:13:33
J	21210	1:13:49
50	-	1:14:08
-	9988	1:14:47
40	2201	1:14:49
-	-	1:14:56
-	5481	1:15:08
-	4570	1:15:29
40	8308	1:15:49
40	2330	1:16:21
-	-	1:16:36
-	817	1:17:17
40	1267	1:17:21
-	3565	1:17:27
40	1498	1:17:29
-	7404	1:17:59
-	13342	1:18:06
J	8478	1:18:18
40	760	1:18:27
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60	5556	1:18:57
50	12923	1:19:04
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40	4129	1:19:54
J	21207	1:20:24
-	6151	1:20:28
40	666	1:20:36
40	759	1:20:52
40	5848	1:20:55
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-	1082	1:21:03
40	1840	1:21:15
40	4107	1:21:45
-	4099	1:21:46
40	848	1:22:07
40	849	1:22:24
50	6582	1:22:32
60	6612	1:22:54
50	4302	1:22:54
-	-	1:22:59
-	9969	1:23:02
-	5588	1:23:03
-	-	1:23:20
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-	5526	1:23:37
-	6580	1:23:50
50	11183	1:23:52
-	5909	1:23:54
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-	8489	1:25:11
40	13651	1:25:20
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-	7500	1:25:31
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J	21087	1:26:00
40	14685	1:26:08
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40	890	1:26:23
-	2836	1:26:32
40	2040	1:27:00
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-	6607	1:27:02
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50	4050	1:27:26
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40	5678	1:28:01
40	9629	1:28:08
50	3666	1:28:15
40	1437	1:28:16
40	752	1:28:20
40	2025	1:28:39
-	4087	1:28:46
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40	9630	1:29:04
40	961	1:29:06
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40	4040	1:30:18
40	10320	1:30:19
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70	644	1:30:28
40	9970	1:30:32
-	9125	1:30:48
60	8943	1:30:50
50	-	1:30:52
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40	9421	1:31:12
-	1099	1:31:20
40	4831	1:31:23
J	20201	1:31:26
40	1868	1:31:27
50	8971	1:31:33
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-	790	1:32:58
-	7168	1:33:10
-	8976	1:33:15
40	7407	1:33:17
50	816	1:33:27
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40	4049	1:33:44
-	1128	1:33:47
-	3593	1:33:59
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-	957	1:34:08

40	2424	1:34:18
50	1863	1:34:18
40	10981	1:34:35
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J	21086	1:34:52
50	5074	1:35:02
50	1367	1:35:02
-	1461	1:35:09
40	1172	1:35:13
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-	9638	1:35:15
40	9342	1:35:18
40	13892	1:35:19
40	67382016	1:35:24
40	7268	1:35:25
40	7070	1:35:25
-	8642	1:36:01
-	-	1:36:15
-	13742	1:36:16
50	4214	1:36:33
50	-	1:36:36
40	7202	1:36:39
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50	215	1:36:42
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40	2350	1:37:45
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40	8951	1:37:58
40	862	1:37:58
40	4825	1:37:59
-	6690	1:38:25
-	9381	1:38:29
-	14265	1:38:31
60	6661	1:38:33
40	2285	1:38:45
40	3540	1:38:49
40	1262	1:38:51
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40	793	1:38:52
40	-	1:39:03
40	-	1:39:04
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50	5654	1:39:41
-	2456	1:39:42

40	6499	1:39:49
-	6107	1:39:53
-	156	1:39:55
50	1142	1:39:56
60	-	1:39:57
J	8407	1:40:03
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60	2304	1:40:10
-	4055	1:40:13
40	11296	1:40:24
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40	TEMP	1:40:32
40	4764	1:40:36
40	5554	1:40:36
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40	-	1:40:42
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