

AdventureLisa's Forest Run 2016: 46km RESULTS

Saturday, 21 May 2016, Venterskroon (Vredefort Dome)

Pos.	Name	Surname	Gender	Start to Bundu	Bundu to Fence Xing	Fence Xing to JoJo	JoJo to Thabela	Thabela to Windpomp	Windpomp to Finish	Overall Time	
1	MIKE	Nash	M	00:33:00	00:50:00	01:35:00	00:57:00	00:33:00	00:23:00	04:51:00	1st man
1	WERNER	Bosman	M	00:34:00	00:49:00	01:35:00	00:57:00	00:33:00	00:23:00	04:51:00	1st man
3	CONRAD	van den Berg	M	00:40:00	00:54:00	01:32:00	01:19:00	00:32:00	00:28:00	05:25:00	3rd man
4	CARINE	Gagiano	F	00:36:00	00:56:00	01:36:00	01:24:00	00:35:00	00:27:00	05:34:00	1st woman
5	ANOUK	Baars	F	00:38:00	00:57:00	01:43:00	01:19:00	00:35:00	00:28:00	05:40:00	2nd woman
6	CORNE	de Jager	M	00:40:00	00:56:00	01:32:00	01:23:00	00:38:00	00:33:00	05:42:00	
7	LYNN	Biesheuvel	F	00:40:00	01:06:00	01:49:00	01:38:00	00:45:00	00:34:00	06:32:00	3rd woman
8	KATE	Barnes	F	00:42:00	01:16:00	02:09:00	01:43:00	00:41:00	00:42:00	07:13:00	
8	TANYA	Worner	F	00:42:00	01:16:00	02:09:00	01:43:00	00:41:00	00:42:00	07:13:00	
10	PETER	Ypenburg	M	00:41:00	01:17:00	02:11:00	01:56:00	00:49:00	00:42:00	07:36:00	
11	CHRIS	Wilcock	M	00:46:00	01:29:00	02:15:00	01:43:00	00:48:00	00:41:00	07:42:00	
12	CHRISSIE	Jay	F	00:46:00	01:30:00	02:32:00	01:52:00	00:52:00	00:42:00	08:14:00	
13	IAN	Katsivalis	M	00:56:00	01:29:00	02:49:00	02:18:00	00:56:00	00:52:00	09:20:00	
13	SHAWN	Combrink	M	00:50:00	01:35:00	02:49:00	02:18:00	00:56:00	00:52:00	09:20:00	

Numbers in red are 'Superman' times - the fastest on the leg