

AdventureLisa's Forest Run 2017. Saturday, 20 May 2017. Vredefort Dome.

16km	Name	Surname	Start	Start to Bundu	Bundu to Trig	Trig to Windpomp	Windpomp to Finish	Finish time
1	GAVIN	Oosthuizen	09:00:00	No time at Bundu		00:08:45	00:24:51	01:48:51
2	MARIUS	Cronje	09:00:00	00:34:00	00:42:28	00:08:32	00:24:30	01:49:30
3	JOHANN	Smal	09:00:00	00:35:00	00:43:16	00:08:44	00:28:09	01:55:09
1	DUSHANKA	Andjelopolj	09:00:00	00:40:00	00:51:25	00:10:35	00:25:51	02:07:51
4	CONRAD	van den Berg	09:00:00	00:41:00	00:43:53	00:13:07	00:30:00	02:08:00
5	JACQUES	Brown	09:00:00	00:39:00	00:50:19	00:11:41	00:31:18	02:12:18
6	JOHANN	Peek	09:00:00	00:43:00	00:52:05	00:12:55	00:28:18	02:16:18
6	GAWIE	de Kock	09:00:00	00:43:00	00:52:01	00:12:59	00:28:18	02:16:18
2	MARCELLE	Pienaar	09:00:00	00:41:00	00:52:56	00:13:04	00:31:53	02:18:53
3	RIANA	Henning	09:00:00	00:41:00	00:54:36	00:12:24	00:31:30	02:19:30
8	KOBUS	Bresler	09:00:00	00:40:00	00:57:07	00:10:53	00:32:33	02:20:33
4	DEIDRE	Janssen	09:00:00	00:42:00	00:55:16	00:11:44	00:33:45	02:22:45
5	ISELLE	Combrink-Groor	09:00:00	00:44:00	00:54:30	00:12:30	00:32:23	02:23:23
9	IAN	Bratt	09:00:00	00:39:00	01:02:51	00:12:09	00:32:30	02:26:30
10	CRAIG	Spalding	09:00:00	00:44:00	00:54:05	00:11:55	00:37:55	02:27:55
11	JAMES	Simpson	09:00:00	00:44:00	00:55:36	00:14:24	00:35:43	02:29:43
6	NICOLA	Simpson	09:00:00	00:44:00	00:55:50	00:14:10	00:35:43	02:29:43
7	ANNEKE	van der Merwe	09:00:00	00:49:00	00:59:15	00:10:45	00:31:40	02:30:40
12	IAN	Katsivalis	09:00:00	00:46:00	00:58:40	00:14:20	00:33:23	02:32:23
13	CHARL	Hugo	09:00:00	00:49:00	00:59:16	00:13:44	00:33:46	02:35:46
8	ABIGAIL	Thalrose	09:00:00	00:48:00	00:58:05	no time at windpomp		02:36:01
14	LOUIS	de Wet	09:00:00	00:44:00	01:01:50	00:14:10	00:40:52	02:40:52
14	RHYS	Foster	09:00:00	00:51:00	01:01:10	00:14:50	00:33:52	02:40:52
9	ALLISON	Foster	09:00:00	00:51:00	01:01:10	00:14:50	00:33:52	02:40:52

Red times are the 'Superman times' - the fastest splits on each section



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16km	Name	Surname	Start	Start to Bundu	Bundu to Trig	Trig to Windpomp	Windpomp to Finish	Finish time
10	SUZETTE	Snyman	09:00:00	00:48:00	01:01:10	00:13:50	00:40:07	02:43:07
10	HANNEKE	Dannhauser	09:00:00	00:48:00	01:15:00	00:00:00	00:40:07	02:43:07
10	TERTIA	van Zyl	09:00:00	00:48:00	01:00:55	00:14:05	00:40:07	02:43:07
16	HENDRIK		09:00:00	00:48:00	01:01:20	00:13:40	00:40:07	02:43:07
13	BEATE	Schulte-Brader	09:00:00	00:46:00	01:06:40	00:15:20	00:41:03	02:49:03
17	JOHANNES	Jacobs	09:00:00	00:44:00	01:04:14	00:15:46	00:46:40	02:50:40
18	CHARLIE	Brown	09:00:00	01:02:00	01:06:40	00:12:20	00:37:11	02:58:11
14	SURETHA	du Plessis	09:00:00	00:47:00	01:11:04	00:13:56	00:46:30	02:58:30
14	TRACY	Costa	09:00:00	00:47:00	01:11:11	00:13:49	00:46:30	02:58:30
16	MARILETTE	Visagie	08:15:00	00:49:00	01:12:00	00:20:00	00:40:35	03:01:35
17	LAUREN	Goulding	09:00:00	00:50:00	01:08:56	00:13:04	00:50:57	03:02:57
18	ELANE	Angelides	09:00:00	00:52:00	01:12:49	00:16:11	00:48:17	03:09:17
19	FAADHIL	Adams	09:00:00	00:50:00	01:07:50	00:10:10	01:09:50	03:17:50
19	VERNI	Slabbert	09:00:00	00:58:00	01:18:38	00:15:22	00:48:10	03:20:10
20	DEVAN	Slabbert	09:00:00	00:58:00	01:18:38	00:15:22	00:48:10	03:20:10
19	ERIKA	Koen	09:00:00	00:53:00	01:19:29	00:18:31	00:49:10	03:20:10
21	WESLEY	Basson	09:00:00	01:10:00	01:15:25	00:15:35	00:47:35	03:28:35
21	AISLING	Beckerling	09:00:00	00:56:00	01:36:26	00:20:34	01:02:15	03:55:15
21	TARA	Walmsley	09:00:00	00:56:00	01:36:26	00:20:34	01:02:15	03:55:15
23	SANDRA	Basson	09:00:00	01:12:00	01:36:00	00:21:00	00:50:35	03:59:35
23	MARIETTE	Cox	09:00:00	01:12:00	01:36:00	00:21:00	00:50:35	03:59:35
24	MELANIE	Logan	08:15:00	01:08:00	01:39:11	00:27:49	01:03:52	04:18:52
22	BILL	Mason	08:15:00	01:08:00	01:39:11	00:27:49	01:04:00	04:19:00
	WENDY	Spalding	09:00:00	01:01:00	01:47:00	00:47:00	asthma	



Times for those who downgraded during the day take into account their starting early and corresponds with their finish time.