

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

30km	Name	Surname	Start	Start to Bundu	Bundu to Trig	Trig to Fence	Fence to Split	Split to Thabela	Thabela to Windpomp	Windpomp to Finish	Finish time
1	NICO	Deerling	08:15:00	00:32:00	00:37:10	00:16:10	00:16:40	00:26:00	00:30:00	00:21:50	02:59:50
1	LANA	Dyer	08:15:00	00:36:00	00:32:03	00:23:57	00:18:00	00:26:00	00:30:00	00:23:53	03:09:53
2	ANDREW	Beckerling	08:15:00	00:36:00	00:41:09	00:14:25	00:17:26	00:24:00	00:34:00	00:26:30	03:13:30
3	MORNE	Potgieter	08:15:00	00:35:00	00:43:30	no time at fence		00:29:00	00:33:00	00:31:33	03:24:33
4	CRONJE	Oosthuizen	08:15:00	00:38:00	00:43:40	00:15:40	00:18:40	00:27:00	00:34:00	00:30:01	03:27:01
5	TOM	Hugo	08:15:00	00:35:00	00:41:37	00:14:37	00:18:46	00:28:00	00:39:00	00:39:44	03:36:44
6	JAN & Zola	Cordier	08:15:00	00:37:00	00:44:08	no time at fence		00:29:00	00:37:00	00:38:50	03:39:50
2	MADRE	Marx	08:15:00	00:36:00	00:45:35	00:16:45	00:19:40	00:29:00	00:42:00	00:32:25	03:41:25
7	JC	van Pletzen	08:15:00	00:37:00	00:47:52	00:16:28	00:20:40	00:29:00	00:41:00	00:35:13	03:47:13
3	MELANIE	Blair	08:15:00	00:40:00	00:50:50	00:19:20	00:21:50	00:31:00	00:36:00	00:31:38	03:50:38
8	DAVID	Beattie	08:15:00	00:39:00	00:48:38	00:17:22	00:22:00	00:34:00	00:40:00	00:34:48	03:55:48
9	KJ	Ferriera	08:15:00	00:40:00	00:49:30	00:18:35	00:24:55	00:32:00	00:39:00	00:34:54	03:58:54
4	MICHELLE	Ferriera	08:15:00	00:40:00	00:49:34	00:18:36	00:24:50	00:32:00	00:39:00	00:34:54	03:58:54
10	NICK	Warren	08:15:00	00:37:00	00:48:42	00:19:08	00:21:10	00:36:00	00:43:00	00:41:46	04:06:46
11	CONSTANDT	Janssen	08:15:00	00:41:00	00:48:55	00:17:35	00:20:30	00:36:00	00:42:00	00:47:20	04:13:20
5	VERONICA	Warmington	08:15:00	00:42:00	00:53:12	00:20:08	00:24:40	00:38:00	00:45:00	00:37:32	04:20:32
12	ANTONIO	de Franca	08:15:00	00:42:00	00:51:28	00:18:52	00:23:40	00:42:00	00:47:00	00:40:15	04:25:15
6	DEBBIE	Egan	08:15:00	00:45:00	00:59:15	00:21:25	00:26:20	00:38:00	00:45:00	00:33:56	04:28:56
7	NICOLA	Meyer	08:15:00	00:48:00	01:01:22	00:21:28	00:30:10	00:34:00	00:41:00	00:33:34	04:29:34
13	GAVIN	Sacks	08:15:00	00:42:00	01:03:10	00:23:30	00:21:20	00:38:00	00:43:00	00:39:18	04:30:18
8	CORNE	Botha	08:15:00	00:46:00	00:58:10	00:22:30	00:24:20	00:40:00	00:42:00	00:39:05	04:32:05
8	LINDY	Steenkamp	08:15:00	00:46:00	00:58:12	00:22:28	00:24:20	00:40:00	00:42:00	00:39:05	04:32:05
14	LOUIS	Bredell	07:30:00	00:40:00	00:47:14	00:20:46	00:27:00	00:41:00	00:50:00	00:48:35	04:34:35
15	KOOS	Vaughan	08:15:00	00:43:00	01:06:06	00:26:19	00:31:35	00:42:00	00:44:00	00:36:11	04:49:11
10	CINDY	Brentley	08:15:00	00:47:00	01:02:42	00:21:08	00:30:10	00:44:00	00:49:00	00:43:08	04:57:08
11	IRMA	Schoeman	08:15:00	00:45:00	01:02:32	00:23:18	00:29:10	00:43:00	00:56:00	00:48:40	05:07:40
11	ROWENA	Kemp	08:15:00	00:45:00	01:02:30	00:23:20	00:29:10	00:43:00	00:56:00	00:48:40	05:07:40
16	PETER	Ypenburg	08:15:00	00:43:00	00:58:56	00:25:24	00:27:40	00:55:00	01:00:00	00:47:44	05:17:44
17	CASPER	Erasmus	08:15:00	00:45:00	01:06:50	00:28:00	00:27:10	00:52:00	01:06:00	00:50:32	05:35:32
13	JUDY	Vanderwagen	08:15:00	00:56:00	01:14:15	00:31:25	00:34:20	00:49:00	01:00:00	00:58:32	06:03:32
13	CHRISSIE	Jay	08:15:00	00:56:00	01:14:17	00:31:23	00:34:20	00:49:00	01:00:00	00:58:32	06:03:32
18	GERHARD	Cruywagen	08:15:00	01:00:00	01:14:50	00:29:40	00:35:30	00:57:00	00:58:00	00:50:02	06:05:02
18	SEAN	Rourke	08:15:00	01:00:00	01:15:36	00:31:14	00:33:10	00:57:00	00:58:00	00:50:02	06:05:02
20	LOUWRENS	van der Walt	08:15:00	01:02:00	01:19:25	00:31:40	00:31:55	00:56:00	00:59:00	00:56:12	06:16:12
15	MARIETA	van der Walt	08:15:00	01:01:00	01:20:25	00:31:40	00:31:55	00:56:00	00:59:00	00:56:12	06:16:12
16	FRANCIS	Rogan	08:15:00	01:00:00	01:17:02	00:37:03	00:38:55	00:59:00	01:08:00	00:57:31	06:37:31
16	KERRY	O'Farrell	08:15:00	01:00:00	01:17:06	00:36:59	00:38:55	00:59:00	01:08:00	00:57:31	06:37:31
21	RICHARD	Collins	08:15:00	01:08:00	01:26:40	00:36:46	00:38:34	01:01:00	01:11:00	01:06:57	07:08:57
18	DINA	Bouwer	08:15:00	01:08:00	01:26:40	00:36:46	00:38:34	01:01:00	01:11:00	01:06:57	07:08:57
	ESTI	Louw	08:15:00	00:42:00	00:42:00	00:52:35	00:20:45	00:36:00	00:40:00	missed turning to scorpion trail	
	NICO	van Aswegen	08:15:00	00:40:00	00:40:00	00:48:50	00:18:30	00:35:00	00:50:00	missed turning to scorpion trail	
	FAF	Naude	08:15:00	00:41:00	00:41:00					Drive out from Windpomp	

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

