

# Overall Results

# Iron Throne

Race No	Name	Sex	Age Cat	Race Time	Ov Pos	Age Pos
229	NICOLE MCMANUS	F	Open 5km	1:03:07	1	1
220	TEGAN HILTON	F	Open 5km	1:03:09	2	2
240	KAYLEY THOMPSON	F	Open 5km	1:03:11	3	3
217	AMANDA GELDENHUYS	F	Open 5km	1:07:58	4	4
230	INRI MOLLER	F	Open 5km	1:13:05	5	5
198	LELANI AUSTEN	F	Open 5km	1:13:20	6	6
210	ILLONA BUYS	F	Open 5km	1:18:59	7	7
226	ELSIE MARSHALL	F	Open 5km	1:19:03	8	8
238	MARIKE STOLS	F	Open 5km	1:25:40	9	9
205	LIZEMARI DU PLESSIS	F	Open 5km	1:25:41	10	10
223	AMOR? KRUGER	F	Open 5km	1:27:58	11	11
222	VICKY KRUGER	F	Open 5km	1:28:13	12	12
214	HESTIE DE VILLIERS	F	Open 5km	1:32:50	13	13
213	SURITA DE GOUVEIA	F	Open 5km	1:32:52	14	14
231	CECILE NIEBUHR	F	Open 5km	1:38:40	15	15
232	MIA NIEBUHR	F	Open 5km	1:38:41	16	16
97	TANYA BAIRD	F	Open 5km	1:57:21	17	17
208	MICHELLE BOYCE	F	Open 5km	1:57:24	18	18
203	LIZELLE BESTER	F	Open 5km	1:58:00	19	19
234	IVA SIMPSON	F	Open 5km	1:58:03	20	20