



AdventureRun : Virtual Run

July Virtual AdventureRun or Cycle #4 on 20th July 2020



90km Multi-Day Ride:Male

Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20999	Shane	Gouldie	90km Multi-Day Ride	Male	60	Grand-Master (60+)	06:00:51

42km Multi-Day Run / Walks:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL12695	Gert	Pelser	42km Multi-Day Run / Walks	Male	35	Sub-Veteran (30-39)	05:45:09
2	2	1	TA0013	Jean	Nepgen	42km Multi-Day Run / Walks	Male	75	Grand-Master (60+)	06:37:07

42km Multi-Day Run / Walks:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0015	Carol	Nepgen	42km Multi-Day Run / Walks	Female	69	Grand-Master (60+)	07:40:02
2	4	1	TRAIL10053	Adele	Sutherland	42km Multi-Day Run / Walks	Female	42	Veteran (40-49)	08:12:44

21km Single Day Run / Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA0012	Manuel	Ngobeni	21km Single Day Run / Walk	Male	32	Sub-Veteran (30-39)	01:52:01
2	2	2	TA002	Sydwell	Nkosi	21km Single Day Run / Walk	Male	30	Sub-Veteran (30-39)	02:06:01

21km Single Day Run / Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA004	Thandeka	Makunga	21km Single Day Run / Walk	Female	44	Veteran (40-49)	03:34:48

15km Single Day Run / Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	3	1	TA0014	Vuledzani	Nemutavhanani	15km Single Day Run / Walk	Male	40	Veteran (40-49)	01:34:05

15km Single Day Run / Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TA020	Elisca	Pistorius	15km Single Day Run / Walk	Female	29	Senior (19-29)	01:31:38
2	2	1	TA0019	Ansonet	Barnard	15km Single Day Run / Walk	Female	49	Veteran (40-49)	01:32:15

10km Single Day Run / Walk:Male										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	6	1	TRAIL12109	Neville	Muir	10km Single Day Run / Walk	Male	81	Grand-Master (60+)	02:53:54

10km Single Day Run / Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL10062	Nicky	Booyens	10km Single Day Run / Walk	Female	41	Veteran (40-49)	00:58:32
2	2	1	TA008	Liesl	Van Rooyen	10km Single Day Run / Walk	Female	34	Sub-Veteran (30-39)	00:59:34
3	3	2	TA006	Charlene	Crous	10km Single Day Run / Walk	Female	48	Veteran (40-49)	01:06:49
4	4	2	TA001	Chantell	Potgieter	10km Single Day Run / Walk	Female	39	Sub-Veteran (30-39)	01:07:38
5	5	3	TA005	Salome	Rheeder	10km Single Day Run / Walk	Female	35	Sub-Veteran (30-39)	01:38:00

5km Single Day Run / Walk:Female										
Gender	Overall	Category	Race Number	Name	Surname	Activity	Gender	Age	Category	Duration
1	1	1	TRAIL20082	Stacy	Poggenpoel	5km Single Day Run / Walk	Female	37	Sub-Veteran (30-39)	00:34:16
2	2	2	TA007	Charmaine	Stuart-steer	5km Single Day Run / Walk	Female	36	Sub-Veteran (30-39)	00:38:33
3	3	1	TA0010	Eric	Volmarans	5km Single Day Run / Walk	Female	27	Senior (19-29)	00:42:23
4	4	3	TRAIL11960	Lynette	Van Jaarsveldt	5km Single Day Run / Walk	Female	37	Sub-Veteran (30-39)	01:23:25