

BestMed Makro Batch A Results

Pos.	Bib #	First Name	Last Name	Race Name	Division	Sex	Age	DOB	Time	Speed (KPH)
1	93	James	Tennent	BestMed Makro Batch A (90)		Male			02:04:25	43.40
2	1	Francois	Geldenhys	BestMed Makro Batch A (90)	30 to 39	Male	31	11/03/1983	02:04:42	43.31
3	95	Evan	Carstens	BestMed Makro Batch A (90)		Male		01/01/1900	02:05:24	43.06
4	15	Brent	Pheiffer	BestMed Makro Batch A (90)	23 to 29	Male	23	31/05/1991	02:05:24	43.06
5	84	Conraad	Viljoen	BestMed Makro Batch A (90)	30 to 39	Male	32	01/01/1982	02:05:27	43.05
6	109	Quinton	Myburgh	BestMed Makro Batch A (90)	30 to 39	Male	31	13/10/1982	02:05:29	43.03
7	88	Thembile	Nxele	BestMed Makro Batch A (90)	30 to 39	Male	32	28/01/1982	02:05:34	43.01
8	67	Roger	Pheiffer	BestMed Makro Batch A (90)	30 to 39	Male	37	08/07/1977	02:05:42	42.96
9	108	Marchal	Henricks	BestMed Makro Batch A (90)	18 to 22	Male	19	05/09/1995	02:07:12	42.45
10	31	Kyle	Bradford	BestMed Makro Batch A (90)	18 to 22	Male	20	06/01/1994	02:07:13	42.45
11	9	Henno	Cronje	BestMed Makro Batch A (90)	23 to 29	Male	24	08/02/1990	02:07:13	42.45
12	113	Rico	Bence	BestMed Makro Batch A (90)	18 to 22	Male	19	30/05/1995	02:07:14	42.45
13	94	Chris	Cronje	BestMed Makro Batch A (90)		Male			02:08:40	41.97
14	2	Anriette	Schoeman	BestMed Makro Batch A (90)	30 to 39	Female	37	25/08/1977	02:10:28	41.39
15	110	Jacques	Van Staden	BestMed Makro Batch A (90)	30 to 39	Male	35	20/11/1978	02:10:45	41.31
16	45	Nick	Cape	BestMed Makro Batch A (90)	30 to 39	Male	37	02/05/1977	02:10:45	41.31
17	111	Luthando	Nidiza	BestMed Makro Batch A (90)	18 to 22	Male	19	12/07/1995	02:10:45	41.30
18	106	Siphosethu	Mata	BestMed Makro Batch A (90)	18 to 22	Male	19	14/06/1995	02:10:45	41.30
19	91	Clinton	Barrow	BestMed Makro Batch A (90)		Male			02:10:47	41.30
20	123	Anele	Mtalana	BestMed Makro Batch A (90)	18 to 22	Male	20	24/10/1993	02:10:47	41.29
21	27	Hanri	Terblanche	BestMed Makro Batch A (90)	16 to 17	Male	17	12/11/1996	02:10:47	41.29
22	8	Luke	Crawford	BestMed Makro Batch A (90)	23 to 29	Male	26	06/08/1988	02:10:48	41.29
23	17	Weslee	Todkill	BestMed Makro Batch A (90)	23 to 29	Male	25	03/09/1989	02:10:48	41.29
24	121	Darren	Ehlers	BestMed Makro Batch A (90)	18 to 22	Male	19	14/06/1995	02:10:48	41.28
25	103	Brenton	Noakes	BestMed Makro Batch A (90)	30 to 39	Male	37	31/03/1977	02:10:49	41.28
26	10	Allison	Hertel	BestMed Makro Batch A (90)	40 to 49	Female	46	18/10/1967	02:10:50	41.27
27	85	Anton	Jacobs	BestMed Makro Batch A (90)	23 to 29	Male	28	14/05/1986	02:10:52	41.26
28	16	Jarred	Saltwedel	BestMed Makro Batch A (90)	18 to 22	Male	22	27/09/1991	02:10:54	41.26
29	19	Tiaan	Barnard	BestMed Makro Batch A (90)	18 to 22	Male	18	27/02/1996	02:22:56	37.78
30	24	Adriaan	De Swardt	BestMed Makro Batch A (90)	16 to 17	Male	17	09/06/1997	02:25:19	37.16
31	102	Billy	Flattery	BestMed Makro Batch A (90)	23 to 29	Male	29	12/02/1985	02:25:20	37.16
32	120	Justin	Fraenkel	BestMed Makro Batch A (90)	30 to 39	Male	31	09/06/1983	02:27:04	36.72
33	99	Bernard	Playden	BestMed Makro Batch A (90)	40 to 49	Male	45	18/07/1969	02:28:02	36.48
34	11	Pieter	Joubert	BestMed Makro Batch A (90)	23 to 29	Male	25	28/04/1989	02:29:02	36.23
35	61	Hein	Lodewyks	BestMed Makro Batch A (90)	30 to 39	Male	32	17/08/1982	02:29:03	36.23
36	74	Cobus	Snyman	BestMed Makro Batch A (90)	30 to 39	Male	32	04/03/1982	02:29:05	36.23
37	5	Daneel	Claassen	BestMed Makro Batch A (90)	23 to 29	Male	24	04/06/1990	02:29:10	36.20
38	83	Mandy	Akom	BestMed Makro Batch A (90)	40 to 49	Female	49	01/01/1965	02:29:20	36.16
39	47	Lauren	Coleman	BestMed Makro Batch A (90)	30 to 39	Female	31	28/06/1983	02:29:21	36.16
40	112	Brendan	Du Plessis	BestMed Makro Batch A (90)	30 to 39	Male	30	30/12/1983	02:32:19	35.46
41	29	Sean	Bos	BestMed Makro Batch A (90)	18 to 22	Male	22	13/08/1992	02:32:48	35.34
42	36	Christoffel Andreas	Schoeman	BestMed Makro Batch A (90)	18 to 22	Male	20	02/06/1994	02:33:26	35.19
43	51	Evert	Erasmus	BestMed Makro Batch A (90)	30 to 39	Male	35	21/04/1979	02:33:28	35.19
44	34	Marinus	Prinsloo	BestMed Makro Batch A (90)	18 to 22	Male	21	10/03/1993	02:33:29	35.19
45	20	Johnathan	Brown	BestMed Makro Batch A (90)	16 to 17	Male	17	03/06/1997	02:33:29	35.18
46	3	Byron	Bronkhorst	BestMed Makro Batch A (90)	23 to 29	Male	27	22/12/1986	02:33:31	35.18
47	89	Bruce	Samuel	BestMed Makro Batch A (90)	30 to 39	Male	38	13/06/1976	02:34:42	34.91
48	87	Grant	Hechter	BestMed Makro Batch A (90)	30 to 39	Male	38	21/12/1975	02:34:43	34.91
49	76	Ryan	Thaw	BestMed Makro Batch A (90)	30 to 39	Male	38	04/03/1976	02:35:01	34.84
50	71	Carmen	Schaefer	BestMed Makro Batch A (90)	30 to 39	Female	35	21/11/1978	02:35:09	34.81
51	13	Antal	Meiswinkel	BestMed Makro Batch A (90)	23 to 29	Male	28	31/05/1986	02:35:31	34.73
52	101	Michael	De Klerk	BestMed Makro Batch A (90)	23 to 29	Male	26	18/01/1988	02:35:38	34.70
53	63	Johannes	Minnaar	BestMed Makro Batch A (90)	30 to 39	Male	37	22/04/1977	02:35:47	34.66
54	39	Natalie	Style	BestMed Makro Batch A (90)	18 to 22	Female	21	23/11/1992	02:36:00	34.62
55	52	Barend	Geldenhuys	BestMed Makro Batch A (90)	30 to 39	Male	34	14/04/1980	02:37:14	34.35
56	32	Deon	De Beer	BestMed Makro Batch A (90)	18 to 22	Male	22	26/05/1992	02:37:20	34.32
57	98	Curtis	Samuels	BestMed Makro Batch A (90)	23 to 29	Male	24	13/01/1990	02:37:53	34.20
58	12	Charl	Meistre	BestMed Makro Batch A (90)	23 to 29	Male	29	18/02/1985	02:41:52	33.36
59	6	Bryce	Conlon	BestMed Makro Batch A (90)	23 to 29	Male	24	03/07/1990	02:42:30	33.23
60	97	Chadwyn	Didloft	BestMed Makro Batch A (90)	23 to 29	Male	25	29/08/1989	02:44:10	32.89
61	46	Rikus	Carstens	BestMed Makro Batch A (90)	30 to 39	Male	31	27/07/1983	02:45:56	32.55
62	35	Michelle	Reed	BestMed Makro Batch A (90)	18 to 22	Female	20	22/07/1994	02:45:57	32.54
63	68	Charl	Pienaar	BestMed Makro Batch A (90)	30 to 39	Male	32	05/07/1982	02:48:24	32.07
64	7	James	Crawford	BestMed Makro Batch A (90)	23 to 29	Male	28	04/07/1986	02:48:28	32.05
65	92	Duan	Lombard	BestMed Makro Batch A (90)	16 to 17	Male	17	15/12/1996	02:48:33	32.04
66	37	Antonio	Scoccia	BestMed Makro Batch A (90)	18 to 22	Male	21	28/05/1993	02:51:57	31.40
67	44	Renier	Botha	BestMed Makro Batch A (90)	30 to 39	Male	32	11/10/1981	02:53:37	31.10
68	73	Gerald	Smith	BestMed Makro Batch A (90)	30 to 39	Male	37	20/10/1976	02:55:24	30.79
69	49	Charl	De Lang	BestMed Makro Batch A (90)	30 to 39	Male	34	20/02/1980	02:55:59	30.69

BestMed Makro Batch A Results

Pos.	Bib #	First Name	Last Name	Race Name	Division	Sex	Age	DOB	Time	Speed (KPH)
70	90	Warren	Oates	BestMed Makro Batch A (90)	30 to 39	Male	33	01/06/1981	02:55:59	30.69
71	18	Sean	Vianello	BestMed Makro Batch A (90)	23 to 29	Male	24	28/12/1989	02:56:56	30.52
72	58	Laurika	Kilian	BestMed Makro Batch A (90)	30 to 39	Female	31	14/04/1983	03:01:25	29.77
73	79	Duane	Van Zyl	BestMed Makro Batch A (90)	30 to 39	Male	34	16/08/1980	03:02:55	29.52
74	56	Chantel	Kapp	BestMed Makro Batch A (90)	30 to 39	Female	37	28/05/1977	03:07:53	28.74
75	57	Morne	Kapp	BestMed Makro Batch A (90)	30 to 39	Male	39	22/04/1975	03:08:03	28.72
76	48	Chantel	Corcoran-Cloete	BestMed Makro Batch A (90)	30 to 39	Female	37	20/08/1977	03:09:41	28.47
77	30	Jaco	Botha	BestMed Makro Batch A (90)	18 to 22	Male	21	23/07/1993	03:09:42	28.47
78	4	Jared	Charlton	BestMed Makro Batch A (90)	23 to 29	Male	23	26/11/1990	03:11:31	28.20
79	119	Nel-Mari	Van Niekerk	BestMed Makro Batch A (90)	30 to 39	Female	37	16/09/1977	03:12:06	28.11
80	107	Nicholas	Andrews	BestMed Makro Batch A (90)	30 to 39	Male	30	22/09/1983	03:19:38	27.05
81	80	Adriaan	Venter	BestMed Makro Batch A (90)	30 to 39	Male	30	24/01/1984	03:19:38	27.05
82	62	Andrew	Milne	BestMed Makro Batch A (90)	30 to 39	Male	30	20/08/1984	03:21:42	26.77
83	64	Niki	Mizen	BestMed Makro Batch A (90)	30 to 39	Male	39	25/12/1974	03:23:00	26.60
84	65	Mu-Az	Mohamed	BestMed Makro Batch A (90)	30 to 39	Male	31	01/07/1983	03:23:02	26.60
85	75	Letitia	Strauss	BestMed Makro Batch A (90)	30 to 39	Female	35	04/09/1979	03:23:52	26.49
86	118	Karel	Van Niekerk	BestMed Makro Batch A (90)	30 to 39	Male	37	14/11/1976	03:30:43	25.63
87	72	Ronel	Scheepers	BestMed Makro Batch A (90)	30 to 39	Female	39	11/03/1975	03:41:54	24.34
88	81	Nathan Mark	Webb	BestMed Makro Batch A (90)	30 to 39	Male	37	26/10/1976	03:49:37	23.52
89	78	Jacques	Van Wyngaardt	BestMed Makro Batch A (90)	30 to 39	Male	32	24/02/1982	03:52:27	23.23
90	117	Sabir	Salie	BestMed Makro Batch A (90)	23 to 29	Male	27	01/01/1987	04:06:26	21.91
91	60	Israaq	Lilaah	BestMed Makro Batch A (90)	23 to 29	Male	29	04/04/1985	04:13:27	21.31

BestMed Makro Batch B Results

Pos.	Bib #	First Name	Last Name	Race Name	Division	Sex	Age	DOB	Time	Speed (KPH)
1	271	David	Garret	BestMed Makro Batch B (90)		Male			01:59:56	45.03
2	274	Ronald	Scheffer	BestMed Makro Batch B (90)	30 to 39	Male	39	20/09/1974	02:12:03	40.89
3	215	Gregory	Gouveris	BestMed Makro Batch B (90)	40 to 49	Male	48	19/10/1965	02:12:10	40.86
4	241	Lionel	Swales	BestMed Makro Batch B (90)	40 to 49	Male	46	30/07/1968	02:13:24	40.48
5	165	Kevin	Cremer	BestMed Makro Batch B (90)	40 to 49	Male	45	20/01/1969	02:13:27	40.47
6	277	Wayne	Brown	BestMed Makro Batch B (90)	40 to 49	Male	42	18/11/1971	02:13:29	40.45
7	156	David	Mcewan	BestMed Makro Batch B (90)	40 to 49	Male	40	21/09/1973	02:13:54	40.33
8	159	Alan	Strydon	BestMed Makro Batch B (90)	40 to 49	Male	45	14/10/1968	02:15:02	39.99
9	414	Damian	Giulietti	BestMed Makro Batch E (90)	30 to 39	Male	33	13/05/1981	02:20:53	42.95
10	280	Mike	Askew	BestMed Makro Batch B (90)	40 to 49	Male	44	01/01/1970	02:22:41	37.85
11	268	Sally	Waterworth	BestMed Makro Batch B (90)	30 to 39	Female	36	31/12/1977	02:22:54	37.79
12	341	Manny	Coelho	BestMed Makro Batch B (90)	50 to 59	Male	53	22/02/1961	02:24:30	37.37
13	511	Geoffrey	Glanvill	BestMed Makro Batch B (90)	18 to 22	Male	22	05/08/1992	02:27:04	36.72
14	166	Peter	Chatterton	BestMed Makro Batch B (90)	40 to 49	Male	44	16/06/1970	02:28:43	36.31
15	163	Andrew	Southby	BestMed Makro Batch B (90)	40 to 49	Male	41	01/02/1973	02:28:45	36.31
16	521	Brett	Brito	BestMed Makro Batch B (90)	30 to 39	Male	38	03/05/1976	02:29:09	36.21
17	22	Jarrad	Clark	BestMed Makro Batch B (90)	14 to 15	Male	15	10/03/1999	02:29:22	36.16
18	266	Renaldo	Booyesen	BestMed Makro Batch B (90)	16 to 17	Male	16	11/06/1998	02:29:23	36.15
19	269	Nick	Chapman	BestMed Makro Batch B (90)	40 to 49	Male	42	30/01/1972	02:30:56	35.78
20	273	Marcel	Venter	BestMed Makro Batch B (90)	40 to 49	Male	47	05/08/1967	02:34:04	35.05
21	154	Elne	Owen	BestMed Makro Batch B (90)	14 to 15	Female	15	01/01/1999	02:35:15	34.78
22	157	Graham	Terblanche	BestMed Makro Batch B (90)	40 to 49	Male	49	15/12/1964	02:36:56	34.41
23	158	John	Wall	BestMed Makro Batch B (90)	40 to 49	Male	47	03/01/1967	02:41:13	33.50
24	25	Carlo	Jonck	BestMed Makro Batch B (90)	14 to 15	Male	15	24/05/1999	02:41:43	33.40
25	160	Jessica	Gerber	BestMed Makro Batch B (90)	16 to 17	Female	16	07/01/1998	02:44:27	32.84
26	275	Vernon	Jones	BestMed Makro Batch B (90)	30 to 39	Male	34	09/01/1980	02:44:39	32.80
27	164	Jenne	Williams	BestMed Makro Batch B (90)	40 to 49	Female	42	05/05/1972	02:49:13	31.92
28	155	Liam	Venter	BestMed Makro Batch B (90)	14 to 15	Male	15	01/01/1999	02:50:17	31.71
29	265	Nardie	Lambard	BestMed Makro Batch B (90)	40 to 49	Male	40	02/04/1974	02:52:04	31.38
30	276	Neville	Van Niekerk	BestMed Makro Batch B (90)	40 to 49	Male	45	05/07/1969	02:54:37	30.93
31	262	Riaan	Claassen	BestMed Makro Batch B (90)	40 to 49	Male	45	27/06/1969	02:55:57	30.69
32	263	Marilyn	Bull	BestMed Makro Batch B (90)	30 to 39	Female	36	21/11/1977	02:56:07	30.66
33	520	Belinda	Baard	BestMed Makro Batch B (90)	40 to 49	Female	42	03/05/1972	02:56:24	30.62
34	279	Theo	Otto	BestMed Makro Batch B (90)	40 to 49	Male	41	14/08/1973	02:56:59	30.51
35	43	Morne	Bekker	BestMed Makro Batch B (90)	30 to 39	Male	39	04/05/1975	02:58:53	30.19
36	270	Susann	Chapman	BestMed Makro Batch B (90)	30 to 39	Female	38	19/09/1975	03:01:19	29.79
37	442	Johan	Herselman	BestMed Makro Batch B (90)	40 to 49	Male	40	12/09/1974	03:03:08	29.49
38	503	T W	Van Zyl	BestMed Makro Batch B (90)	23 to 29	Male	28	25/02/1986	03:08:47	28.60
39	278	Etheresia	Otto	BestMed Makro Batch B (90)	40 to 49	Female	40	12/09/1974	03:16:47	27.44
40	150	Jordan-Quinn	Jacobs	BestMed Makro Batch B (90)	14 to 15	Male	14	13/01/2000	03:46:05	23.89
41	264	Ankie	Van Niekerk	BestMed Makro Batch B (90)	40 to 49	Female	40	09/02/1974	03:56:19	22.85

BestMed Makro Batch C Results

Pos.	Bib #	First Name	Last Name	Race Name	Division	Sex	Age	DOB	Time	Speed (KPH)
1	243	Terry	Syphus	BestMed Makro Batch C (90)	40 to 49	Male	43	11/10/1970	02:19:33	38.70
2	210	Louis	De Villiers	BestMed Makro Batch C (90)	40 to 49	Male	40	08/11/1973	02:20:11	38.53
3	234	Craig	Schoof	BestMed Makro Batch C (90)	40 to 49	Male	49	13/08/1965	02:28:22	36.40
4	232	Blaine	Robson	BestMed Makro Batch C (90)	40 to 49	Male	44	29/12/1969	02:28:26	36.38
5	257	Kobus	Willemse	BestMed Makro Batch C (90)	40 to 49	Male	45	28/03/1969	02:28:32	36.36
6	230	Gary	Poisat	BestMed Makro Batch C (90)	40 to 49	Male	49	01/03/1965	02:28:36	36.34
7	254	Francois Thomas	Vlok	BestMed Makro Batch C (90)	40 to 49	Male	41	27/07/1973	02:29:49	36.04
8	252	Wayne	Venter	BestMed Makro Batch C (90)	40 to 49	Male	45	27/01/1969	02:30:03	35.99
9	206	Rowan	Bode	BestMed Makro Batch C (90)	40 to 49	Male	45	10/11/1968	02:30:31	35.88
10	223	Duncan	Lloyd	BestMed Makro Batch C (90)	40 to 49	Male	49	01/03/1965	02:30:37	35.85
11	251	Graeme	Van Zyl	BestMed Makro Batch C (90)	40 to 49	Male	41	05/10/1972	02:30:40	35.85
12	213	Morne	Fry	BestMed Makro Batch C (90)	40 to 49	Male	40	11/03/1974	02:30:44	35.83
13	202	Pietro	Benini	BestMed Makro Batch C (90)	40 to 49	Male	49	02/05/1965	02:30:49	35.81
14	227	Gilliam	Noeth	BestMed Makro Batch C (90)	40 to 49	Male	49	29/04/1965	02:30:51	35.80
15	261	Anton	Swart	BestMed Makro Batch C (90)	40 to 49	Male	48	01/02/1966	02:30:55	35.78
16	238	Gail	Smith	BestMed Makro Batch C (90)	40 to 49	Female	46	15/10/1967	02:32:05	35.51
17	40	Angela	Ackermann	BestMed Makro Batch C (90)	30 to 39	Female	35	06/12/1978	02:32:07	35.50
18	229	Danie	Pieterse	BestMed Makro Batch C (90)	40 to 49	Male	41	02/09/1973	02:32:07	35.50
19	211	Shaun	Du Preez	BestMed Makro Batch C (90)	40 to 49	Male	48	20/09/1965	02:35:07	34.82
20	217	Dean	Horne	BestMed Makro Batch C (90)	40 to 49	Male	45	29/07/1969	02:36:43	34.46
21	255	Gerald	Wasserman	BestMed Makro Batch C (90)	40 to 49	Male	41	02/08/1973	02:37:58	34.18
22	250	Steyn	Van Zyl	BestMed Makro Batch C (90)	40 to 49	Male	40	04/01/1974	02:39:47	33.80
23	82	Shannon	Bradford	BestMed Makro Batch C (90)	16 to 17	Female	17	26/03/1997	02:42:41	33.19
24	253	Marcel	Venter	BestMed Makro Batch C (90)	40 to 49	Male	49	17/01/1965	02:45:59	32.53
25	237	Carl	Smit	BestMed Makro Batch C (90)	40 to 49	Male	45	07/04/1969	02:53:00	31.22
26	203	Kevin	Bernade	BestMed Makro Batch C (90)	40 to 49	Male	46	03/09/1968	02:54:33	30.94
27	226	Kalp	Mostert	BestMed Makro Batch C (90)	40 to 49	Male	41	17/07/1973	02:56:15	30.64
28	214	Bruce	Gie	BestMed Makro Batch C (90)	40 to 49	Male	41	31/07/1973	02:57:05	30.50
29	59	Pieter	Klinkenburg	BestMed Makro Batch C (90)	40 to 49	Male	40	13/09/1974	02:57:08	30.49
30	522	Paul	Jacobs	BestMed Makro Batch C (90)	23 to 29	Male	29	23/08/1985	02:57:44	30.38
31	216	Fabian	Hoffman	BestMed Makro Batch C (90)	40 to 49	Male	42	05/09/1972	02:58:28	30.26
32	201	Deon	Bekker	BestMed Makro Batch C (90)	40 to 49	Male	41	16/02/1973	03:01:54	29.69
33	527	Morne	Owen	BestMed Makro Batch C (90)	40 to 49	Male	41	09/02/1973	03:02:28	29.60
34	209	Werner	Cloete	BestMed Makro Batch C (90)	40 to 49	Male	43	28/02/1971	03:04:33	29.26
35	248	Agnes Lotte	Van Iddelringe	BestMed Makro Batch C (90)	40 to 49	Female	48	17/04/1966	03:04:34	29.26
36	204	Andre	Beyl	BestMed Makro Batch C (90)	40 to 49	Male	41	11/11/1972	03:04:49	29.22
37	222	Ian	Langlands	BestMed Makro Batch C (90)	40 to 49	Male	44	29/07/1970	03:07:01	28.88
38	239	Tammy	Southby	BestMed Makro Batch C (90)	40 to 49	Female	40	09/04/1974	03:09:04	28.56
39	256	Dale	Whitlock	BestMed Makro Batch C (90)	40 to 49	Male	40	08/02/1974	03:10:04	28.41
40	242	Jacobus	Swift	BestMed Makro Batch C (90)	40 to 49	Male	45	29/09/1968	03:10:42	28.32
41	240	Elize	Strydom	BestMed Makro Batch C (90)	40 to 49	Female	44	20/08/1970	03:11:11	28.25
42	246	Pauline	Tunstead	BestMed Makro Batch C (90)	40 to 49	Female	44	22/08/1970	03:11:14	28.24
43	236	Stephan	Schutte	BestMed Makro Batch C (90)	40 to 49	Male	42	30/08/1972	03:13:03	27.97
44	244	Wayne	Thompson	BestMed Makro Batch C (90)	40 to 49	Male	43	17/06/1971	03:15:11	27.67
45	517	Desiree	Moller	BestMed Makro Batch C (90)	50 to 59	Female	55	08/08/1959	03:20:11	26.98
46	218	Owen	Huxtable	BestMed Makro Batch C (90)	40 to 49	Male	44	12/11/1969	03:26:41	26.13
47	205	Lindy	Blom	BestMed Makro Batch C (90)	40 to 49	Female	43	19/11/1970	03:29:20	25.80
48	249	Eugene	Van Wyk	BestMed Makro Batch C (90)	40 to 49	Male	42	19/09/1971	03:29:24	25.79
49	212	Cindy	Ferrey	BestMed Makro Batch C (90)	40 to 49	Female	48	11/03/1966	03:30:05	25.70
50	219	Donovan	Jackson	BestMed Makro Batch C (90)	40 to 49	Male	42	20/06/1972	03:37:23	24.84
51	258	Stephen	Woods	BestMed Makro Batch C (90)	40 to 49	Male	41	11/09/1973	03:44:29	24.06
52	200	Anton	Badenhorst	BestMed Makro Batch C (90)	40 to 49	Male	49	30/10/1964	03:45:45	23.92
53	260	Quitin	Zeelie	BestMed Makro Batch C (90)	40 to 49	Male	44	07/10/1969	03:47:36	23.73
54	235	Mari	Schroeder	BestMed Makro Batch C (90)	50 to 59	Female	51	04/01/1963	03:51:47	23.30
55	225	Mbulelo	Mengu	BestMed Makro Batch C (90)	40 to 49	Male	41	04/06/1973	03:55:17	22.95

BestMed Makro Batch D Results

Pos.	Bib #	First Name	Last Name	Race Name	Division	Sex	Age	DOB	Time	Speed (KPH)
2	302	Dominic	Bonnesse	BestMed Makro Batch D (90)	50 to 59	Male	53	01/06/1961	02:23:50	37.55
3	337	Trevor	Wall	BestMed Makro Batch D (90)	50 to 59	Male	51	01/01/1963	02:23:50	37.55
4	318	Clifford	Mulder	BestMed Makro Batch D (90)	50 to 59	Male	57	21/07/1957	02:24:21	37.41
5	317	Ian	Moore	BestMed Makro Batch D (90)	50 to 59	Male	51	16/06/1963	02:24:21	37.41
6	331	Ian	Walland	BestMed Makro Batch D (90)	50 to 59	Male	59	30/01/1955	02:25:03	37.23
7	1343	Paul	Els	BestMed Makro Batch D (90)	50 to 59	Male	54	06/04/1960	02:25:15	37.18
8	325	Wayne	Saltwedel	BestMed Makro Batch D (90)	50 to 59	Male	50	27/09/1963	02:25:15	37.18
9	348	Mathew	Gibbs	BestMed Makro Batch D (90)	60 to 100	Male	64	27/11/1949	02:26:43	36.81
10	320	Mzwandile	Nhase	BestMed Makro Batch D (90)	50 to 59	Male	51	31/08/1963	02:26:45	36.80
11	528	David	Hamer	BestMed Makro Batch D (90)	50 to 59	Male	50	23/05/1964	02:29:09	36.21
12	339	Luigi	Ciarrocchi	BestMed Makro Batch D (90)	50 to 59	Male	50	24/01/1964	02:38:33	34.06
13	344	Arno	Du Plessis	BestMed Makro Batch D (90)	60 to 100	Male	64	22/05/1950	02:39:34	33.84
14	330	Dimpie	Verwey	BestMed Makro Batch D (90)	50 to 59	Male	54	25/01/1960	02:40:16	33.70
15	328	Shawn	Smith	BestMed Makro Batch D (90)	50 to 59	Male	53	26/05/1961	02:40:17	33.69
16	303	Darryl	Buchanan	BestMed Makro Batch D (90)	50 to 59	Male	50	11/03/1964	02:40:55	33.56
17	323	Chris	Ross	BestMed Makro Batch D (90)	50 to 59	Male	53	10/11/1960	02:50:20	31.71
18	310	Charles	Havenga	BestMed Makro Batch D (90)	50 to 59	Male	52	13/08/1962	02:57:06	30.49
19	315	Salome	Loots	BestMed Makro Batch D (90)	50 to 59	Female	51	26/11/1962	02:57:22	30.45
20	316	John	McNair	BestMed Makro Batch D (90)	50 to 59	Male	56	13/07/1958	02:59:59	30.00
21	336	Don	Samuels	BestMed Makro Batch D (90)	50 to 59	Male	54	05/10/1959	02:59:59	30.00
22	305	Michiel	Cruywagen	BestMed Makro Batch D (90)	60 to 100	Male	66	24/06/1948	03:01:47	29.71
23	322	Lynette	Potgieter	BestMed Makro Batch D (90)	40 to 49	Female	45	12/12/1968	03:01:48	29.70
24	314	Bertie	Kotze	BestMed Makro Batch D (90)	50 to 59	Male	54	02/12/1959	03:06:02	29.03
25	307	Michael	Flynn	BestMed Makro Batch D (90)	50 to 59	Male	50	28/07/1964	03:07:22	28.82
26	313	Rob	Judd	BestMed Makro Batch D (90)	60 to 100	Male	64	18/09/1949	03:12:38	28.03
27	306	Barbara	Fisher-Hill	BestMed Makro Batch D (90)	50 to 59	Female	51	12/12/1962	03:14:57	27.70
28	304	Pamela	Coetzee	BestMed Makro Batch D (90)	60 to 100	Female	63	26/10/1950	03:16:54	27.43
29	332	Marius	Wolmarans	BestMed Makro Batch D (90)	50 to 59	Male	57	28/06/1957	03:19:32	27.06
30	335	Eugene	Van Tonder	BestMed Makro Batch D (90)	60 to 100	Male	61	27/12/1952	03:19:35	27.06
31	308	Selwyn	Gill	BestMed Makro Batch D (90)	60 to 100	Male	60	09/04/1954	03:19:49	27.03
32	334	Jan	Trosee	BestMed Makro Batch D (90)	60 to 100	Male	73	24/11/1940	03:32:21	25.43
33	309	Derek Brian	Glass	BestMed Makro Batch D (90)	50 to 59	Male	55	20/11/1958	03:32:49	25.38
34	312	Leo	Hulsman	BestMed Makro Batch D (90)	50 to 59	Male	52	11/10/1961	03:32:57	25.36
35	327	Leigh	Shepherd	BestMed Makro Batch D (90)	50 to 59	Male	53	28/01/1961	03:34:36	25.17
36	319	Charles	Nelson	BestMed Makro Batch D (90)	50 to 59	Male	54	03/06/1960	03:45:24	23.96

BestMed Makro Batch E Results

Pos.	Bib #	First Name	Last Name	Race Name	Division	Sex	Age	DOB	Time	Speed (KPH)
1	916	Thomas	Syce	BestMed Makro Batch E (90)	30 to 39	Male	37	30/07/1977	02:05:40	42.97
2	420	Denzil	Hewitt	BestMed Makro Batch E (90)	40 to 49	Male	41	26/03/1973	02:18:56	38.87
3	524	Janice	Kruger	BestMed Makro Batch E (90)	30 to 39	Female	31	29/09/1982	02:19:23	38.75
4	221	Victor	Jones	BestMed Makro Batch E (90)	40 to 49	Male	44	28/12/1969	02:19:36	38.68
5	408	Graham	Bubb	BestMed Makro Batch E (90)	40 to 49	Male	46	29/01/1968	02:19:42	38.66
6	422	Louis	Janse Van Rensburg	BestMed Makro Batch E (90)	40 to 49	Male	42	28/09/1971	02:20:24	38.46
7	438	Malcolm	Vorster	BestMed Makro Batch E (90)	30 to 39	Male	30	29/05/1984	02:21:45	38.10
8	421	Ct	Jacobs	BestMed Makro Batch E (90)	30 to 39	Male	30	08/02/1984	02:21:46	38.09
9	419	Clayton	Hayward	BestMed Makro Batch E (90)	40 to 49	Male	46	06/03/1968	02:24:11	37.46
10	77	Jaques	Thompson	BestMed Makro Batch E (90)	30 to 39	Male	39	03/09/1975	02:32:19	35.46
11	427	Stefan	Olivier	BestMed Makro Batch E (90)	23 to 29	Male	28	20/06/1986	02:42:25	33.25
12	409	Stephen	Clarke	BestMed Makro Batch E (90)	50 to 59	Male	54	15/08/1960	02:42:46	33.18
13	402	Faseeg	Abrahams	BestMed Makro Batch E (90)	30 to 39	Male	32	30/12/1981	02:42:47	33.18
14	504	Luke	Oosthuizen	BestMed Makro Batch E (90)	30 to 39	Male	33	24/01/1981	02:45:18	32.67
15	428	Heleen	Schutte	BestMed Makro Batch E (90)	40 to 49	Female	40	16/12/1973	02:57:35	30.41
16	515	Etienne	Herselman	BestMed Makro Batch E (90)	40 to 49	Male	49	04/05/1965	02:58:28	30.26
17	514	Mervin	De Lange	BestMed Makro Batch E (90)	50 to 59	Male	51	24/06/1963	02:58:35	30.24
18	507	Theo	Halgreen	BestMed Makro Batch E (90)	40 to 49	Male	44	13/02/1970	02:58:58	30.18
19	500	Moegamat	Ismail	BestMed Makro Batch E (90)	40 to 49	Male	41	19/08/1973	02:59:38	30.06
20	439	Herman	Vosloo	BestMed Makro Batch E (90)	40 to 49	Male	46	26/02/1968	03:01:03	29.83
21	440	Wayne	Walker	BestMed Makro Batch E (90)	30 to 39	Male	37	30/07/1977	03:01:03	29.83
22	509	Yadre	Gouws	BestMed Makro Batch E (90)	40 to 49	Male	41	12/03/1973	03:02:34	29.58
23	432	Tony	Southern	BestMed Makro Batch E (90)	40 to 49	Male	41	07/11/1972	03:02:34	29.58
24	510	Natalie	Mouton	BestMed Makro Batch E (90)	30 to 39	Female	36	21/02/1978	03:02:34	29.58
25	429	Jeremy	Scott	BestMed Makro Batch E (90)	40 to 49	Male	43	17/07/1971	03:03:45	29.39
26	404	Ashraf	Ackerdien	BestMed Makro Batch E (90)	40 to 49	Male	41	29/05/1973	03:04:01	29.35
27	441	Hennie	Van Zyl	BestMed Makro Batch E (90)	50 to 59	Male	51	30/08/1963	03:06:22	28.98
28	411	Piet	Coetzee	BestMed Makro Batch E (90)	60 to 100	Male	66	25/02/1948	03:06:40	28.93
29	529	Annemarie	Fouche	BestMed Makro Batch E (90)	40 to 49	Female	46	16/12/1967	03:09:14	28.54
30	401	Abdul Aleem	Pillay	BestMed Makro Batch E (90)	40 to 49	Male	46	23/09/1967	03:11:55	28.14
31	424	Michelle	Mortimer	BestMed Makro Batch E (90)	30 to 39	Female	34	30/06/1980	03:12:02	28.12
32	403	Abdurageem	Abrahams	BestMed Makro Batch E (90)	18 to 22	Male	20	24/12/1993	03:14:36	27.75
33	425	Samantha	Mulcheibir	BestMed Makro Batch E (90)	30 to 39	Female	36	18/04/1978	03:14:54	27.71
34	407	Kirsty	Boshoff	BestMed Makro Batch E (90)	30 to 39	Female	39	09/08/1975	03:15:03	27.69
35	417	Matthys	Groenewald	BestMed Makro Batch E (90)	60 to 100	Male	65	04/09/1949	03:21:10	26.84
36	423	Claud	Knoesen	BestMed Makro Batch E (90)	60 to 100	Male	60	15/01/1954	03:21:11	26.84
37	426	Andre	Odendaal	BestMed Makro Batch E (90)	60 to 100	Male	65	18/06/1949	03:21:12	26.84
38	430	Reuben	Slabbert	BestMed Makro Batch E (90)	50 to 59	Male	56	04/11/1957	03:22:30	26.67
39	55	Mathew	Jacoby	BestMed Makro Batch E (90)	30 to 39	Male	35	23/10/1978	03:22:31	26.67
40	431	Ganief	Soloman	BestMed Makro Batch E (90)	60 to 100	Male	64	06/06/1950	03:22:39	26.65
41	418	Fred	Hagart	BestMed Makro Batch E (90)	60 to 100	Male	64	28/12/1949	03:25:06	26.33
42	406	Andre	Boshoff	BestMed Makro Batch E (90)	30 to 39	Male	38	19/09/1975	03:25:07	26.33
43	405	Benno	Badenhuizen	BestMed Makro Batch E (90)	60 to 100	Male	63	01/07/1951	03:29:40	25.76
44	412	Brenden	Day	BestMed Makro Batch E (90)	40 to 49	Male	41	23/06/1973	03:29:47	25.74
45	416	Gerhard	Greyling	BestMed Makro Batch E (90)	40 to 49	Male	47	24/01/1967	03:40:09	24.53
46	505	Usa	Strauss	BestMed Makro Batch E (90)	40 to 49	Female	40	15/02/1974	03:40:24	24.50
47	506	Melanie	Rothman	BestMed Makro Batch E (90)	40 to 49	Female	48	11/04/1966	03:40:24	24.50
48	526	Cynthia	Dorfling	BestMed Makro Batch E (90)	40 to 49	Female	48	02/04/1966	03:43:19	24.18
49	436	Talita	Van Wyk	BestMed Makro Batch E (90)	30 to 39	Female	33	15/12/1980	03:47:10	23.77
50	434	Marl'e	Van Eyk	BestMed Makro Batch E (90)	30 to 39	Female	38	25/08/1976	03:53:01	23.18
51	435	Dewald	Van Eyk	BestMed Makro Batch E (90)	30 to 39	Male	39	10/01/1975	03:53:02	23.17