

# Basic Top 3 Results for Elandskloof Trail Run 2023



## 6 Km

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
1909	Alexa Van Rooyen	14		3	9	00:43:00	07:09/km
2158	Emma Du Plessis	9		2	7	00:42:14	07:01/km
2160	jolet van wyk	22		1	4	00:39:01	06:30/km

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
2148	Jancro Nel	15		3	3	00:34:05	05:39/km
2213	Louis Du Plessis	11		2	2	00:32:20	05:22/km
2295	Ruben Roeloffze	14		1	1	00:31:02	05:09/km

## 10 Km

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
1779	Mari Brink	43		3	11	01:14:18	07:24/km
2290	Marethe Du Plessis	42		2	9	01:13:56	07:22/km
1708	Ezmarelda Vivier	16		1	5	01:09:59	06:58/km

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
1650	Hennie Van Der Merwe	38		3	3	01:09:38	06:57/km
2359	Heinrich Smit	32		2	2	01:08:11	06:48/km
2307	Rudie Snyman	17		1	1	01:03:49	06:21/km

## 15 Km

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
1551	Francesca Parrini	50		3	5	01:56:06	07:43/km
1513	Odette Katzin	39		2	3	01:51:41	07:25/km
1917	Amanda Du Rand	46		1	2	01:46:35	07:06/km

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
2492	Thomas Bach	70		3	6	02:01:57	08:06/km
2082	Tielman Flischman	46		2	4	01:53:24	07:33/km
1612	Aubrey Mabuza	32		1	1	01:28:38	05:54/km

## 21 Km

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
2150	Ada Verster	50		3	14	02:36:25	07:25/km
1817	Lee De Witt	30		2	10	02:25:11	06:54/km
1754	elzanne kuun	38		1	4	02:07:33	06:03/km

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
1894	Calvin Mlangeni	27		3	3	02:03:50	05:52/km
1798	Matthew Aiken	37		2	2	01:48:13	05:09/km
1517	Mbuso Prince Bhebhe	36		1	1	01:47:03	05:04/km