

Position	TeamName	RaceNo	Category	NetTime	TotLaps	Lap1	Lap2	Lap3	Lap4	Lap5
1	KWAYVOB Open Men	122	Men (Open)	01:22:03	5	00:12:14	00:20:33	00:15:34	00:16:38	00:17:02
2	KWAYVOB JUNIOR 02	120	Men (Junior)	01:31:59	5	00:18:37	00:18:13	00:17:59	00:20:29	00:16:39
3	HEWAT JR TEAM LEADERS 01	105	Men (Junior)	01:32:08	5	00:16:55	00:18:55	00:20:20	00:18:06	00:17:50
4	Carbs Men 1	141	Open Men	01:34:01	5	00:20:46	00:18:26	00:16:37	00:18:35	00:19:36
5	Durbac Juniors	93	Men (Junior)	01:35:03	5	00:19:54	00:20:04	00:18:18	00:19:17	00:17:27
6	BFast!	73	Mixed	01:39:08	5	00:18:08	00:18:43	00:22:39	00:19:04	00:20:32
7	THE SETTLERS HIGH 05	112	Mixed	01:40:02	5	00:17:45	00:21:24	00:20:03	00:23:10	00:17:39
8	Carbs Ladies 1	132	Mixed	01:40:53	5	00:18:42	00:20:54	00:19:12	00:19:50	00:22:13
9	Club MSM 1	5	Mixed	01:43:32	5	00:20:30	00:21:11	00:21:01	00:19:49	00:20:59
10	KWAYVOB 40+ MEN	126	Men (40+)	01:43:49	5	00:16:20	00:22:12	00:20:54	00:18:12	00:26:08
11	Boat Cruzers	51	Mixed	01:45:30	5	00:21:38	00:24:35	00:22:09	00:19:09	00:17:57
12	IAM Active	11	Mixed	01:46:01	5	00:21:04	00:20:33	00:22:19	00:21:19	00:20:45
13	RAC4	61	Men (Open)	01:48:38	5	00:18:11	00:27:23	00:24:31	00:19:39	00:18:51
14	Ogilvy A	38	Mixed	01:48:53	5	00:20:39	00:23:17	00:23:09	00:22:21	00:19:26
15	The Lads!	10	Men (40+)	01:50:42	5	00:21:28	00:25:25	00:23:29	00:20:21	00:19:58
16	HEWAT JR TEAM LEADERS 03	107	Men (Junior)	01:51:02	5	00:20:49	00:21:43	00:21:12	00:23:46	00:23:30
17	1ACI	19	Men (Open)	01:51:36	5	00:24:44	00:22:55	00:22:55	00:20:32	00:20:29
18	POLKA	81	Mixed	01:52:00	5	00:24:20	00:21:53	00:24:04	00:22:24	00:19:17
19	S2R MIX 3	176	Men (Open)	01:53:28	5	00:21:37	00:20:00	00:21:27	00:23:27	00:26:54
20	Master Blasters	89	Men (50+)	01:53:52	5	00:19:31	00:22:03	00:22:39	00:23:59	00:25:38
21	LANGEBAAN JUNIORS	79	Women (Junior)	01:54:07	5	00:20:36	00:22:37	00:23:24	00:23:05	00:24:23
22	THE SETTLERS HIGH 03	110	Mixed	01:54:22	5	00:20:29	00:20:21	00:24:35	00:22:52	00:26:04
23	Carbs Geriatric Men	144	Men 40+	01:56:25	5	00:25:52	00:19:13	00:21:09	00:29:37	00:20:33
24	Carbs Men 2	142	Open Men	01:58:02	5	00:26:56	00:24:32	00:22:01	00:22:07	00:22:24
25	Sichel sport	18	Mixed	01:58:04	5	00:24:41	00:28:35	00:24:40	00:18:46	00:21:19
26	Carbs Prehistoric Men	145	Men 50+	01:58:27	5	00:19:50	00:26:24	00:21:45	00:25:53	00:24:34
27	Invincibles	54	Mixed	01:58:40	5	00:21:34	00:22:48	00:26:50	00:24:31	00:22:55
28	RAC3	63	Mixed	01:59:00	5	00:24:34	00:25:42	00:26:39	00:20:23	00:21:39
29	Adidas Runners Cape Town	13	Mixed	01:59:39	5	00:22:33	00:28:32	00:21:15	00:23:25	00:23:53
30	Carbs Geriatric Ladies 1	139		02:00:05	5	00:22:55	00:24:18	00:24:15	00:21:58	00:26:37
31	KWAYVOB Open Ladies Team	121	Women (Open)	02:00:46	5	00:19:38	00:25:15	00:24:59	00:25:21	00:25:31
32	STR MIX 4	175	Mixed	02:00:47	5	00:18:25	00:25:37	00:25:38	00:25:41	00:25:25

Position	TeamName	RaceNo	Category	NetTime	TotLaps	Lap1	Lap2	Lap3	Lap4	Lap5
33	THE SETTLERS HIGH 04	111	Mixed	02:00:48	5	00:20:06	00:27:58	00:20:33	00:28:35	00:23:34
34	THE SETTLERS HIGH	94	Mixed	02:00:52	5	00:20:00	00:19:47	00:24:39	00:25:48	00:30:36
35	HEWAT JR TEAM LEADERS 02	106	Mixed	02:00:55	5	00:23:30	00:27:46	00:23:29	00:22:58	00:23:10
36	Team MSM 3	59	Mixed	02:01:06	5	00:23:34	00:24:48	00:28:40	00:23:05	00:20:58
37	SH team	40	Mixed	02:01:38	5	00:21:30	00:27:41	00:27:36	00:23:51	00:20:59
38	Club MSM 2	6	Mixed	02:01:44	5	00:26:01	00:26:15	00:21:32	00:24:39	00:23:16
39	Team Game Changers	117	Mixed	02:01:49	5	00:21:16	00:25:03	00:23:55	00:29:06	00:22:29
40	Voss	71	Men (Open)	02:02:33	5	00:35:47	00:24:49	00:19:54	00:22:13	00:19:49
41	S2R BOYS	178	Men (Open)	02:03:09	5	00:25:50	00:27:03	00:24:12	00:22:35	00:23:27
42	TOPFORM 01	108	Men (50+)	02:03:15	5	00:21:05	00:24:06	00:26:02	00:25:17	00:26:44
43	Achilles hill	77	Mixed	02:03:17	5	00:25:49	00:23:17	00:23:59	00:23:12	00:26:59
44	Fast and Fabulous	88	Women (40+)	02:05:20	5	00:22:25	00:28:10	00:24:07	00:25:41	00:24:55
45	Casey's Team	25	Mixed	02:05:30	5	00:22:30	00:26:33	00:32:11	00:21:49	00:22:26
46	Vharema	35	Mixed	02:05:58	5	00:26:55	00:22:17	00:24:21	00:25:58	00:26:24
47	Chafing the Dream	20	Mixed	02:07:00	5	00:29:15	00:22:00	00:23:22	00:28:26	00:23:54
48	KWAYVOB JUNIOR 01	119	Women (Junior)	02:09:20	5	00:22:21	00:32:41	00:27:39	00:21:53	00:24:44
49	Century City 01	134	Mixed	02:09:56	5	00:26:27	00:27:26	00:27:53	00:25:38	00:22:31
50	CARBS YOUNGSTERS	146		02:10:23	5	00:21:25	00:24:00	00:26:42	00:25:33	00:32:41
51	Carbs Ladies 3	136	Mixed	02:10:48	5	00:18:29	00:29:34	00:27:39	00:28:22	00:26:42
52	Speedsters	90	Mixed	02:11:17	5	00:32:44	00:22:58	00:29:01	00:23:12	00:23:20
53	Atlantis Harriers AC	76	Mixed	02:12:37	5	00:22:13	00:30:02	00:33:17	00:26:00	00:21:02
54	Ogilvy C	37	Women (Open)	02:12:50	5	00:23:42	00:31:21	00:25:59	00:28:19	00:23:27
55	HEWAT RELAY TEAM LEADERS	96	Mixed	02:14:59	5	00:20:08	00:29:06	00:26:59	00:32:39	00:26:04
56	RAVENSMEAD AC	131	MIXED	02:14:59	5	00:27:37	00:22:19	00:29:37	00:28:11	00:27:14
57	Snails with Nails	4	Mixed	02:15:17	5	00:23:32	00:27:47	00:27:11	00:27:13	00:29:32
58	TEAM MSM 4	64	Mixed	02:15:37	5	00:21:13	00:31:38	00:30:04	00:29:25	00:23:15
59	RMC Specialist	17	Mixed	02:16:22	5	00:27:28	00:30:21	00:25:03	00:23:55	00:29:34
60	Curro	150	mixed	02:16:32	5	00:21:39	00:24:29	00:42:30	00:21:40	00:26:12
61	3 Ironmen and the Rest	66	Women (Open)	02:17:52	5	00:31:14	00:26:57	00:23:02	00:30:40	00:25:57
62	Al Pacas	48	Mixed	02:17:56	5	00:30:25	00:28:08	00:28:59	00:23:12	00:27:11
63	OMAC GREEN 5	87	Mixed	02:18:17	5	00:23:49	00:23:09	00:24:53	00:28:20	00:38:05
64	Ogilvy B	39	Women (Open)	02:18:32	5	00:25:17	00:28:56	00:29:57	00:29:31	00:24:50

Position	TeamName	RaceNo	Category	NetTime	TotLaps	Lap1	Lap2	Lap3	Lap4	Lap5
65	Carbs Men 3	143	Open Men	02:21:36	5	00:22:25	00:31:03	00:27:11	00:25:21	00:35:34
66	2ACI	45	Mixed	02:21:41	5	00:31:23	00:24:38	00:30:10	00:28:12	00:27:16
67	RWFL Rondebosch	57	Mixed	02:23:04	5	00:28:28	00:28:58	00:33:08	00:30:41	00:21:46
68	the edgies	78	Mixed	02:23:32	5	00:27:17	00:26:14	00:31:43	00:30:49	00:27:27
69	Team Solar Capital	21	Mixed	02:24:29	5	00:26:07	00:33:43	00:29:24	00:29:20	00:25:53
70	Pinelands Mixed Team 2	69	Mixed	02:24:36	5	00:17:43	00:28:21	00:27:44	00:28:02	00:42:44
71	Running Divas	55	Mixed	02:25:16	5	00:31:18	00:30:40	00:32:59	00:24:51	00:25:26
72	TOPFORM 02	109	Mixed	02:26:20	5	00:25:58	00:32:03	00:27:25	00:28:01	00:32:50
73	EMERGY	34	Mixed	02:26:58	5	00:31:31	00:22:59	00:25:09	00:25:33	00:41:43
74	MOLECALVIN	91	Mixed	02:27:16	5	00:24:12	00:34:10	00:30:27	00:34:17	00:24:08
75	Pinelands Mix Team 1	68	Mixed	02:27:30	5	00:39:33	00:24:43	00:33:04	00:18:12	00:31:55
76	Carbs Geriatric Ladies 3	137		02:27:55	5	00:24:25	00:24:05	00:29:07	00:34:12	00:36:04
77	NamGlam	1	Women (40+)	02:29:42	5	00:28:15	00:34:44	00:33:10	00:26:58	00:26:33
78	Pandamonium 1	65	Mixed	02:31:19	5	00:21:13	00:29:57	00:35:23	00:29:45	00:35:00
79	Adidas Runners CT	14	Mixed	02:31:41	5	00:25:20	00:29:50	00:29:47	00:39:28	00:27:15
80	HEWAT RELAY TEAM LEADERS 06	101	Mixed	02:32:15	5	00:20:37	00:32:24	00:42:21	00:35:24	00:21:27
81	OMAC GREEN 2	84	Mixed	02:32:35	5	00:25:49	00:35:05	00:24:55	00:30:53	00:35:51
82	S2R Girls	177	Women (Open)	02:33:28	5	00:25:55	00:34:38	00:36:38	00:26:09	00:30:06
83	THE SETTLERS HIGH 02	95	Mixed	02:33:48	5	00:33:02	00:28:56	00:30:49	00:34:28	00:26:30
84	OMTOM Team	127	Mixed	02:33:57	5	00:31:25	00:24:40	00:36:26	00:30:38	00:30:46
85	Fun Bus	12	Mixed	02:34:42	5	00:28:46	00:34:03	00:31:22	00:31:19	00:29:09
86	LEECHZUBEIDA	92	Mixed	02:36:56	5	00:27:30	00:37:11	00:27:13	00:25:42	00:39:19
87	HEWAT RELAY TEAM LEADERS 05	100	Mixed	02:37:13	5	00:27:54	00:30:38	00:34:37	00:30:36	00:33:26
88	Trendsetters	56	Mixed	02:37:26	5	00:24:52	00:30:56	00:31:52	00:28:02	00:41:43
89	WCCS	2	Women (Open)	02:38:01	5	00:39:32	00:28:13	00:29:16	00:30:46	00:30:12
90	Carbs Geriatric Ladies 2	138		02:38:03	5	00:31:12	00:31:48	00:30:14	00:31:55	00:32:52
91	Pandamonium 2	67	Mixed	02:38:26	5	00:31:26	00:36:30	00:27:22	00:40:19	00:22:47
92	HEWAT RELAY TEAM LEADERS 08	103	Mixed	02:38:46	5	00:38:31	00:26:57	00:23:49	00:38:05	00:31:22
93	S2R MIX 1	180	Mixed	02:39:04	5	00:24:41	00:36:34	00:30:14	00:34:42	00:32:51
94	F is For Fun!	8	Mixed	02:42:27	5	00:30:24	00:35:06	00:35:22	00:32:26	00:29:07
95	Carbs Ladies 4	140	Mixed	02:42:50	5	00:36:05	00:38:33	00:30:36	00:32:40	00:24:54
96	Teach Me 2 Run	16	Mixed	02:43:21	5	00:35:16	00:36:10	00:37:00	00:32:38	00:22:14

Position	TeamName	RaceNo	Category	NetTime	TotLaps	Lap1	Lap2	Lap3	Lap4	Lap5
97	HEWAT RELAY TEAM LEADERS 04	99	Mixed	02:43:36	5	00:40:44	00:36:08	00:34:19	00:28:29	00:23:54
98	RUNWALKFOR LIFE 2	129	OPEN WOMEN	02:43:46	5	00:29:31	00:28:08	00:32:27	00:38:38	00:35:00
99	HEWAT RELAY TEAM LEADERS 07	102	Mixed	02:44:21	5	00:21:02	00:41:48	00:29:29	00:49:49	00:22:12
100	HEWAT RELAY TEAM LEADERS 02	97	Mixed	02:44:29	5	00:38:14	00:41:20	00:28:12	00:27:22	00:29:20
101	S2R MIX 2	179	Mixed	02:47:33	5	00:28:37	00:24:29	00:34:15	00:39:49	00:40:21
102	Run/Walk for Life	128	OPEN WOMEN	02:47:41	5	00:28:08	00:29:26	00:41:18	00:36:24	00:32:23
103	Brakkies + 1	26	Mixed	02:48:14	5	00:35:03	00:37:41	00:29:26	00:36:56	00:29:05
104	VOSS Social	72	Mixed	02:48:59	5	00:35:46	00:34:50	00:26:04	00:28:01	00:44:15
105	Swartland	23	Women (Open)	02:49:17	5	00:32:48	00:34:25	00:38:05	00:37:49	00:26:09
106	THE SETTLERS HIGH 08	115	Mixed	02:51:15	5	00:38:19	00:31:41	00:28:50	00:43:06	00:29:17
107	Run now; wine later	53	Mixed	02:52:06	5	00:31:07	00:34:50	00:33:39	00:40:17	00:32:10
108	TEAM ARENDSE	43	Mixed	02:52:30	5	00:28:55	00:36:51	00:29:35	00:46:31	00:30:35
109	Ravensmead A Team	47	Mixed	02:52:43	5	00:35:51	00:31:36	00:35:37	00:37:50	00:31:46
110	Laughing Ladies	28	Women (Open)	02:55:35	5	00:27:22	00:40:59	00:35:13	00:41:34	00:30:25
111	KWAYVOB Walk Men	123	Men (Walkers)	02:55:50	5	00:28:23	00:32:57	00:31:14	00:35:20	00:47:54
112	Adonis	15	Mixed	02:58:03	5	00:42:33	00:43:42	00:32:14	00:30:07	00:29:25
113	TEAM CAMINO	36	Women (Open)	02:58:48	5	00:42:02	00:40:11	00:32:43	00:36:34	00:27:18
114	Pinelands Ladies	70	Women (50+)	02:58:59	5	00:38:57	00:37:30	00:31:44	00:44:37	00:26:09
115	Sunset Team	42	Mixed	03:00:37	5	00:38:57	00:40:06	00:31:19	00:29:21	00:40:52
116	THE SETTLERS HIGH 07	114	Mixed	03:01:21	5	00:41:34	00:40:06	00:43:52	00:28:41	00:27:07
117	Southpaws	9	Women (Open)	03:06:41	5	00:37:38	00:36:52	00:40:24	00:36:47	00:34:59
118	Party Bus	174	Mixed	03:07:27	5	00:40:02	00:41:03	00:35:07	00:37:48	00:33:25
119	Central Athletics 01	135	Mixed	03:08:30	5	00:46:51	00:38:58	00:36:55	00:37:58	00:27:47
120	RAC2	60	Mixed	03:09:10	5	00:41:24	00:35:47	00:36:21	00:38:32	00:37:05
121	Nantes AC	149	40-49	03:09:12	5	00:37:34	00:44:09	00:36:15	00:41:54	00:29:18
122	The Go Getters	58	Women (50+)	03:09:44	5	00:38:28	00:37:52	00:30:04	00:42:55	00:40:23
123	KWAYVOB Walk Ladies	124	Women (Walkers)	03:10:12	5	00:34:15	00:36:08	00:39:45	00:41:38	00:38:24
124	DADDY LONG LEGS	29	Women (Open)	03:12:06	5	00:36:01	00:30:47	00:43:36	00:41:10	00:40:31
125	ANNE'S FANS	33	Mixed	03:16:04	5	00:41:38	00:40:36	00:47:36	00:35:34	00:30:40
126	DREAMMAUREEN'S	32	Women (Open)	03:17:27	5	00:31:50	00:41:00	00:41:19	00:42:14	00:41:02
127	LEZA'S VISION	31	Women (Open)	03:19:02	5	00:35:37	00:43:41	00:43:28	00:36:31	00:39:43
128	JAN SE SPAN	30	Women (Open)	03:19:52	5	00:40:27	00:39:08	00:47:43	00:44:42	00:27:50

Position	TeamName	RaceNo	Category	NetTime	TotLaps	Lap1	Lap2	Lap3	Lap4	Lap5
129	HAPPY FEET	130	MIXED	03:25:27	5	00:40:11	00:38:51	00:46:26	00:39:31	00:40:27
130	CT Giant Princesses	22	Women (Open)	03:32:50	5	00:40:24	00:42:14	00:44:35	00:47:26	00:38:10
131	RWFL Stars	74	Mixed	03:35:31	5	00:42:03	00:44:48	00:48:14	00:49:34	00:30:49
132	RWFL Rebels	75	Mixed	03:35:31	5	00:43:06	00:43:46	00:48:13	00:49:33	00:30:51
133	Tekkie Queens	50	Mixed	03:35:55	5	00:39:59	00:39:25	00:45:25	00:43:57	00:47:07
	Ferraris	52	Mixed	01:47:52	4	00:47:10	00:21:48	00:18:55	00:19:58	
	adi runners	24	Mixed	01:49:17	4	00:28:34	00:25:15	00:24:49	00:30:37	
	Adidas Runners v2.0	80	Men (Open)	01:52:31	4	00:40:39	00:22:22	00:26:39	00:22:50	
	OMAC GREEN 4	86	Mixed	01:55:42	4	00:24:12	00:27:37	00:31:44	00:32:08	
	Teamworx	49	Mixed	01:57:35	4	00:35:17	00:32:34	00:24:33	00:25:09	
	Carbs Ladies 2	133	Mixed	02:07:02	4	00:24:43	00:23:52	00:24:30	00:53:56	
	KWAYVOB	125	Women (50+)	02:14:14	4	00:22:34	00:57:32	00:28:09	00:25:58	
	THE SETTLERS HIGH 09	116	Mixed	02:16:38	4	00:38:19	00:35:13	00:31:29	00:31:35	
	GROEN NOMBERS	82	Men (50+)	02:19:08	4	00:45:02	00:22:21	00:28:25	00:43:20	
	HEWAT RELAY TEAM LEADERS 03	98	Mixed	02:39:50	4	00:32:25	01:11:31	00:29:51	00:26:02	
	HEWAT RELAY TEAM LEADERS 09	104	Mixed	02:42:12	4	00:29:35	00:41:32	00:30:26	01:00:38	
	RAC3	62	Mixed	03:10:01	4	00:41:23	00:44:21	00:36:53	01:07:23	
	OMAC GREEN 1	83	Mixed	02:23:10	3	00:25:58	00:56:06	01:01:06		
	RetailNext	44	Mixed	00:55:55	1	00:55:55				