

Heaven Hell Mountain Marathon  
2019

21/09/2019

Race Number	Surname	Name	Gender	Category	Lap1	Lap2	Lap3	Lap4	Lap1 Time	Lap2 Time	Lap3 Time	Lap4 Time
<b>1</b>	<b>Greg</b>	<b>McQueen</b>	<b>M</b>	<b>44km</b>	<b>01:40:36.323</b>	<b>05:10:53.656</b>	<b>07:51:21.207</b>	<b>12:25:21.420</b>	<b>01:40:36.323</b>	<b>03:30:17.333</b>	<b>02:40:27.551</b>	<b>04:34:00.213</b>
5	Clint	Munro	M	44km	01:51:44.047	05:46:26.470	09:11:11.144	DNF	01:51:44.047	03:54:42.423	03:24:44.674	DNF
3	Ross	McMurdo	M	44km	01:51:40.604	05:46:30.802	09:11:12.640	DNF	01:51:40.604	03:54:50.198	03:24:41.838	DNF
4	Greig	Pringle	M	44km	01:51:34.673	06:54:35.957	10:29:47.959	DNF	01:51:34.673	05:03:01.284	03:35:12.002	DNF
40	Frikkie	Janse Van Rensburg	M	44km	01:41:42.732	06:35:01.641	11:56:56.178	DNF	01:41:42.732	04:53:18.909	05:21:54.537	DNF
2	William	Wilson	M	44km	02:22:06.719	07:53:02.279	11:56:56.178	DNF	02:22:06.719	05:30:55.560		DNF
13	Jan	Morrison	M	44km	02:03:32.476	06:06:20.873		DNF	02:03:32.476	04:02:48.397		DNF
<b>11</b>	<b>Ayanda</b>		<b>F</b>	<b>22Km</b>	<b>01:22:49.732</b>	<b>04:54:25.321</b>			<b>01:22:49.732</b>	<b>03:31:35.589</b>		
<b>17</b>	<b>Michiel</b>	<b>Jonker</b>	<b>M</b>	<b>22Km</b>	<b>01:42:17.460</b>	<b>05:21:39.147</b>			<b>01:42:17.460</b>	<b>03:39:21.687</b>		
<b>12</b>	<b>Nic</b>	<b>Wiltshire</b>	<b>M</b>	<b>22Km</b>	<b>01:47:36.253</b>	<b>05:30:28.934</b>			<b>01:47:36.253</b>	<b>03:42:52.681</b>		
20	Shaun	Kinmont	M	22Km	02:01:41.235	06:04:55.154			02:01:41.235	04:03:13.919		
<b>21</b>	<b>Jamie Leig</b>	<b>Kinmont</b>	<b>F</b>	<b>22Km</b>	<b>02:01:43.580</b>	<b>06:04:56.967</b>			<b>02:01:43.580</b>	<b>04:03:13.387</b>		
<b>7</b>	<b>Hanlie</b>	<b>Du Plessis</b>	<b>F</b>	<b>22Km</b>	<b>02:16:32.326</b>	<b>07:00:12.303</b>			<b>02:16:32.326</b>	<b>04:43:39.977</b>		
18	Steven	Ellery	M	22Km	01:54:15.045	07:20:22.599			01:54:15.045	05:26:07.554		
16	Marco	Alexandre	M	22Km	02:22:52.072	07:21:34.031			02:22:52.072	04:58:41.959		
<b>22</b>	<b>Alicia</b>	<b>Grobler</b>	<b>F</b>	<b>22Km</b>	<b>02:57:01.018</b>	<b>09:32:32.176</b>			<b>02:57:01.018</b>	<b>06:35:31.158</b>		
19	Gerhard	Vosloo	M	22Km	02:57:02.694	09:32:52.888			02:57:02.694	06:35:50.194		
9	Deidre	Gush	F	22Km	03:13:32.541	11:15:38.255			03:13:32.541	08:02:05.714		
15	Gerber	Strydom	M	22Km	04:08:57.838	DNF			04:08:57.838	DNF		
14	Jolandie	Strydom	F	22Km	04:09:00.100	DNF			04:09:00.100	DNF		
8	Phillip	Gush	M	22Km	03:14:58.962	DNF			03:14:58.962	DNF		
<b>26</b>	<b>Johann</b>	<b>Swannepoel</b>	<b>M</b>	<b>14km</b>	<b>04:20:18.489</b>				<b>04:20:18.489</b>			
<b>24</b>	<b>Alex</b>	<b>Jongens</b>	<b>F</b>	<b>14km</b>	<b>04:40:58.586</b>				<b>04:40:58.586</b>			
<b>25</b>	<b>Bridget</b>	<b>Jonker</b>	<b>F</b>	<b>14km</b>	<b>05:58:19.335</b>				<b>05:58:19.335</b>			
<b>6</b>	<b>Grant</b>	<b>Johl</b>	<b>M</b>	<b>8km</b>	<b>02:01:17.522</b>				<b>02:01:17.522</b>			
<b>29</b>	<b>Emma</b>	<b>Johl</b>	<b>F</b>	<b>8km</b>	<b>02:01:22.038</b>				<b>02:01:22.038</b>			
<b>35</b>	<b>Eugen</b>	<b>Gotz</b>	<b>M</b>	<b>8km</b>	<b>02:22:24.777</b>				<b>02:22:24.777</b>			
<b>36</b>	<b>Ryan</b>	<b>Small</b>	<b>M</b>	<b>8km</b>	<b>02:54:04.540</b>				<b>02:54:04.540</b>			
33	Kevin	McQueen	M	8km	03:07:34.795				03:07:34.795			
31	Anton	Van Zyl	M	8km	04:13:19.503				04:13:19.503			
<b>30</b>	<b>Ilze</b>	<b>Van Zyl</b>	<b>F</b>	<b>8km</b>	<b>04:13:21.647</b>				<b>04:13:21.647</b>			
28	Cormac	Mc Cree	M	8km	04:48:05.790				04:48:05.790			
<b>27</b>	<b>Dori</b>	<b>Moreno</b>	<b>F</b>	<b>8km</b>	<b>04:48:08.894</b>				<b>04:48:08.894</b>			