

3Mountains Open Day 2019

| Race Number | Type | Surname | Name | Gender | Category | Time |
|-------------|-----------|-------------------|------------|--------|----------|--------------|
| 207 | Day Rider | Nieuwoudt | Sakkie | M | 45km | 02:23:29.505 |
| 221 | Day Rider | Hardnick | Lesandro | M | 45km | 02:25:31.758 |
| 203 | Day Rider | de Waal | Jean | M | 45km | 02:30:19.317 |
| 212 | Day Rider | Dreyer | Johan | M | 45km | 02:30:47.521 |
| 220 | Day Rider | Nell | Dieter | M | 45km | 02:30:51.299 |
| 205 | Day Rider | de Car | Jose | M | 45km | 02:39:46.768 |
| 215 | Day Rider | Groenewald | Christiaan | M | 45km | 02:42:46.661 |
| 219 | Day Rider | Playdon | Philip | M | 45km | 02:50:46.717 |
| 216 | Day Rider | Botha | Heino | M | 45km | 02:54:45.505 |
| 213 | Day Rider | Joubert | Mundus | M | 45km | 03:03:55.287 |
| 208 | Day Rider | Diamand | George | M | 45km | 03:06:05.350 |
| 214 | Day Rider | Nel | Angelique | F | 45km | 02:34:49.764 |
| 206 | Day Rider | Slabbert | Michelle | F | 45km | 02:44:43.758 |
| 218 | Day Rider | Desmond | Shelly | F | 45km | 02:50:46.545 |
| 204 | Day Rider | Ackerman | Elize | F | 45km | 02:55:34.402 |
| 211 | Day Rider | Dreyer | Hanre | M | 75km | 03:02:41.273 |
| 202 | Day Rider | Korb | Godfrey | M | 75km | 03:14:40.291 |
| 210 | Day Rider | van Zyl | Christiaan | M | 75km | 03:33:57.682 |
| 217 | Day Rider | Stroebe | George | M | 75km | 04:00:41.642 |
| 201 | Day Rider | Delpport | Willie | M | 75km | DNF |
| 209 | Day Rider | Willemse | Allenore | F | 75km | 03:33:59.181 |
| Race Number | Type | Surname | Name | Gender | Category | Time |
| 120 | Runner | Malefetsane | Setsubi | M | 10km | 00:44:02.675 |
| 27 | Runner | Moqalanako | Lebohang | M | 10km | 00:44:09.220 |
| 21 | Runner | Thabo | Lebone | M | 10km | 00:53:49.006 |
| 124 | Runner | Katiso | Matabane | M | 10km | 01:06:30.395 |
| 125 | Runner | Nhlanhla | Molefe | M | 10km | 01:06:31.635 |
| 111 | Runner | Du Preez | Pieter | M | 10km | 01:10:24.597 |
| 123 | Runner | Kannelo | Rakaibe | M | 10km | 01:12:41.192 |
| 115 | Runner | Korkie | Lize-Mari | F | 10km | 00:53:51.024 |
| 118 | Runner | Chaotsane | Jeanette | F | 10km | 01:03:02.084 |
| 119 | Runner | Lesupi | Nthabeleng | F | 10km | 01:08:09.213 |
| 112 | Runner | Vermaak | Sanya | F | 10km | 01:10:22.954 |
| 129 | Runner | Coetzee | Marilet | F | 10km | 01:12:43.678 |
| 127 | Runner | Van Wyk | Sune | F | 10km | 01:14:05.931 |
| 122 | Runner | Moller | Annette | F | 10km | 01:28:56.969 |
| 117 | Runner | Jansen van Rensbu | Kayla | F | 10km | 01:48:15.551 |
| 128 | Runner | Petzer | Eloise | F | 10km | 01:58:02.685 |
| 126 | Runner | Scholtz | Elmien | F | 10km | 01:59:00.331 |
| 113 | Runner | Jansen van Rensbu | chanel | F | 10km | 02:01:58.603 |
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