

# Basic Top 3 Results for Sylvester MTB & Trail Run 2024



## 6km Fun Walk

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
740	Ida Hella Mossmer	12		3	8	00:55:48	6.45km/h
697	Nadia Britz	32		2	5	00:47:54	7.52km/h
771	Marette Vorster	27		1	2	00:40:09	8.97km/h

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
114	Marais Steyn	53		3	4	00:44:07	8.16km/h
193	Judah van Rheeede van Oudtshoorn	10		2	3	00:44:05	8.17km/h
202	Fanie Du Toit	53		1	1	00:24:07	14.93km/h

## 10km Trail Run

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
623	Michelle Louw	33		3	10	00:45:14	13.26km/h
392	Lianca Vorster	28		2	4	00:40:54	14.67km/h
643	Cornel Bekker	44		1	3	00:39:12	15.31km/h

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
638	Kenneth Vermeulen	38		3	5	00:40:57	14.65km/h
374	Gershwin Duwee	30		2	2	00:39:05	15.35km/h
624	Jaco Buys	31		1	1	00:37:44	15.90km/h

## 19km Trail Run

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
675	Renate Wagener	50		3	7	01:57:42	9.69km/h
156	Lesinda Van Oudtshoorn	42		2	6	01:54:21	9.97km/h
545	Mareli van Schalkwyk	28		1	2	01:40:05	11.39km/h

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
562	Lourens LeRoux Van Dyk	40		3	4	01:44:16	10.93km/h
394	Martin Sam	69		2	3	01:44:01	10.96km/h
342	Karel Vlok	51		1	1	01:27:27	13.04km/h

## 19km MTB

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
447	Emmanette McLaren	15		3	16	01:10:25	17.04km/h
416	Chalmain Fick	36		2	15	01:08:56	17.41km/h
448	Mariette Stoop	48		1	12	00:55:36	21.58km/h

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
451	Alejandro Nel	14		3	3	00:34:15	35.04km/h
1000	Johain Monitzinger	16		2	2	00:34:09	35.14km/h
273	Augustino Damon	22		1	1	00:34:06	35.19km/h

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## 56km MTB

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
632	Maritsa De Klerk	38		3	11	03:23:55	16.48km/h
603	C Pretorius	57		2	9	03:13:06	17.40km/h
635	Share Lund	23		1	7	03:07:23	17.93km/h

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
528	Herbert Botes	46		3	3	02:18:24	24.28km/h
507	Kyle Symons	34		2	2	02:13:31	25.17km/h
636	GW Lund	24		1	1	01:57:19	28.64km/h

## 57km E-Bike

### Female

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
529	Corne Serfontein	58		2	3	02:14:10	25.49km/h
630	Anne Pienaar	70		1	1	02:00:59	28.27km/h

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
633	Andre Rudolph	64		2	4	02:42:39	21.03km/h
631	Jerry Pienaar	74		1	2	02:06:29	27.04km/h

## 86km E-Bike

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
204	Serfie Serfontein	51		1	1	02:46:10	31.05km/h

## 87km MTB

### Male

Race #	Name & Surname	Age	Gender	Pos	Overall Pos	Time Result	Avg Speed/Pace
205	Philip de Klerk	39		3	3	03:25:51	25.36km/h
206	Venter Van der Mescht	31		2	2	03:25:17	25.43km/h
216	Cobus Smit	32		1	1	03:22:04	25.83km/h