

ERGO LADDER : NOVEMBER 2024

Female

2000m	ATHLETE	LOCATION	2000m	Split/500m	5000m	ATHLETE	LOCATION	5000m	Split/500m
1	Megan Slabbert	UK	06:50,1	01:42,5	1	Katherine Williams	GAUTENG	18:32,9	01:51,3
2	Holly Crews	USA	06:58,4	01:44,6	2	Holly Crews	USA	18:33,2	01:51,3
3	Katherine Williams	GAUTENG	07:06,0	01:46,5	3	Megan Slabbert	UK	18:50,0	01:53,0
4	Courtney Westley	GAUTENG	07:08,1	01:47,0	4	Courtney Westley	GAUTENG	18:57,7	01:53,8
5	Erin Powers	WC	07:23,9	01:51,0	5	Jaime Maybery	USA	19:22,5	01:56,3
6	Jaime Maybery	USA	07:26,9	01:51,7	6	Erin Powers	WC	19:49,6	01:59,0
7	Alicia Potgieter	GAUTENG	07:39,3	01:54,8	7	Doné Erasmus	GAUTENG	20:01,3	02:00,1
8	Doné Erasmus	GAUTENG	07:39,8	01:54,9	8	Caitlin Breytenbach	GAUTENG	20:06,9	02:00,7
9	Caitlin Breytenbach	GAUTENG	07:44,8	01:56,2	9	Chloe Cresswell	GAUTENG	20:18,8	02:01,9
10	Chloe Cresswell	GAUTENG	07:46,2	01:56,6	10	Alicia Potgieter	GAUTENG	20:23,3	02:02,3
11	Tana Diplock	EC	07:47,2	01:56,8	11	Tana Diplock	EC	20:39,6	02:04,0
12	Kiara Muldoon	GAUTENG	07:47,8	01:57,0	12	Courtly Nicolson	GAUTENG	20:50,2	02:05,0
13	Courtly Nicolson	GAUTENG	07:56,0	01:59,0	13	Kiara Muldoon	GAUTENG	20:52,5	02:05,3
14	Emma Gomes	GAUTENG	07:58,4	01:59,6	14	Emma Gomes	GAUTENG	20:58,8	02:05,9
15	Avella Noqkwa	WC	08:12,0	02:03,0	15	Emma Morgans	GAUTENG	21:27,9	02:08,8
16	Emma Morgans	GAUTENG	08:15,1	02:03,8	16	Nokwazi Dimbaza	EC	21:36,0	02:09,6
17	Lauren Taylor	GAUTENG	08:17,4	02:04,3	17	Avella Noqkwa	WC	21:46,1	02:10,6
18	Nokwazi Dimbaza	EC	08:22,8	02:05,7	18	Lauren Taylor	GAUTENG	21:46,4	02:10,6
19	Nothile Ndlovu	KZN	08:28,3	02:07,1	19	Nothile Ndlovu	KZN		
20	Wendy Hlangothi	KZN	08:59,0	02:14,7	20	Wendy Hlangothi	KZN		
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Male

2000m	ATHLETE	LOCATION	2000m	Split/500m	5000m	ATHLETE	LOCATION	5000m	Split/500m
1	Kyle Schoonbee	WC	06:03,0	01:30,8	1	Kyle Schoonbee	WC	15:57,6	01:35,8
2	Chris Baxter	WC	06:06,1	01:31,5	2	Chris Baxter	WC	15:59,6	01:36,0
3	Braden Howard	GAUTENG	06:16,9	01:34,2	3	Matt Levings	UK	16:38,0	01:39,8
4	Stef Breytenbach	WC	06:19,3	01:34,8	4	Braden Howard	GAUTENG	16:40,1	01:40,0
5	Oliver Kane-Smith	WC	06:26,7	01:36,7	5	Stef Breytenbach	WC	16:57,4	01:41,7
6	Brian Thomson	WC	06:27,1	01:36,8	6	Oliver Kane-Smith	WC	17:03,9	01:42,4
7	Merwe Engelbrecht	WC	06:28,0	01:37,0	7	Ethan Romburgh	US	17:07,9	01:42,8
8	Phumelele Tshabalala	GAUTENG	06:33,0	01:38,2	8	Merwe Engelbrecht	WC	17:18,4	01:43,8
9	Ehros Smith	WC	06:34,3	01:38,6	9	Phumelele Tshabalala	GAUTENG	17:18,7	01:43,9
10	Jordan Craig	GAUTENG	06:36,4	01:39,1	10	Jordan Craig	GAUTENG	17:24,2	01:44,4
26	Ryan Delbridge	WC	06:39,8	01:39,9	11	Ehros Smith	WC	17:29,5	01:45,0
25	Robert Hirschson	WC	06:43,5	01:40,9	12	Brian Thomson	WC	17:40,4	01:46,0
11	Cristiano de Freitas	GAUTENG	06:45,2	01:41,3	13	Sasha Mosig	WC	17:48,5	01:46,9
12	Lwazi Zwane	GAUTENG	06:45,2	01:41,3	26	Robert Hirschson	WC	17:53,0	01:47,3
13	Daniel Burnand	GAUTENG	06:50,2	01:42,6	14	Cristiano de Freitas	GAUTENG	17:59,0	01:47,9
14	Sasha mosig	WC	06:50,2	01:42,6	25	Ryan Delbridge	WC	17:59,8	01:48,0
15	Thomas Hall	WC	06:51,6	01:42,9	15	Daniel Burnand	GAUTENG	18:10,9	01:49,1
16	Troy Zilen	GAUTENG	06:53,4	01:43,4	16	Lwazi Zwane	GAUTENG	18:11,8	01:49,2
27	Syandiswe Sibiya	KZN	06:54,0	01:43,5	27	Syandiswe Sibiya	KZN	18:17,5	01:49,8
17	Darian Ferreira	GAUTENG	06:56,5	01:44,1	17	Troy Zilen	GAUTENG	18:22,9	01:50,3
28	Kwanele Manana	KZN	07:03,0	01:45,7	18	Darian Ferreira	GAUTENG	18:23,2	01:50,3
18	Risima Madale	WC	07:06,3	01:46,6	19	Thomas Hall	WC	18:26,7	01:50,7
19	Michael Giltrow	WC	07:06,5	01:46,6	20	Michael Giltrow	WC	18:46,7	01:52,7
20	Curtley van Wyk	WC	07:08,8	01:47,2	21	Curtley van Wyk	WC	18:59,2	01:53,9
21	Sambulo Ncube	EC	07:14,0	01:48,5	28	Kwanele Manana	KZN	19:12,5	01:55,3
31	Sfiso Mfeka	KZN	07:23,0	01:50,7	22	Sambulo Ncube	EC	19:16,9	01:55,7
34	Njabulo Mhlongo	KZN	07:25,1	01:51,3	34	Njabulo Mhlongo	KZN	19:23,0	01:56,3
30	Ntuthuko Madikize	KZN	07:31,7	01:52,9	23	Risima Madale	WC	19:29,6	01:57,0
32	Sabelo Njiyela	KZN	07:37,4	01:54,4	31	Sfiso Mfeka	KZN	19:46,0	01:58,6
35	Ayabonga Ngwane	KZN	07:39,0	01:54,8	29	Aphelele Ndungwa	KZN	19:46,7	01:58,7
29	Aphelele Ndungwa	KZN	07:39,5	01:54,9	35	Ayabonga Ngwane	KZN	19:48,0	01:58,8
33	Meluleki Mpungose	KZN	07:41,4	01:55,3	30	Ntuthuko Madikize	KZN	19:51,9	01:59,2
22	Jerushan Moodley	GAUTENG	07:43,5	01:55,9	32	Sabelo Njiyela	KZN	19:52,0	01:59,2
23	Ethan Romburgh	US	N/A	#VALUE!	33	Meluleki Mpungose	KZN	20:16,0	02:01,6
24	Matt Levings	UK	N/A	#VALUE!	24	Jerushan Moodley	GAUTENG	20:29,6	02:03,0