

6000m		Mar-25															
1x	Start List	Start	2000m		1000m		4000m		1000m		6000m		1000m		OVERALL	WB%	
	1 Paige Badenhorst	23:15.2	31:17.0	08:01.8			31:51.3	40:29.4	08:38.2		41:06.2	49:19.7	08:13.4		24:53.4	07:07.7	85.92%
	2 Christopher Baxter	19:33.9	26:58.8	07:24.8			27:39.9	35:34.6	07:54.6		36:15.4	44:00.6	07:45.2		23:04.6	06:30.7	84.65%
	3 Courtney Westley	23:46.2	31:57.6	08:11.5			32:53.7	41:39.4	08:45.6		42:25.0	50:51.0	08:26.0		25:23.1	07:07.7	84.24%
	4 Braden Howard	20:03.6	27:43.3	07:39.7			28:20.6	36:20.3	07:59.7		37:00.9	44:42.1	07:41.2		23:20.6	06:30.7	83.69%
	5 Chloe Cresswell	24:52.9	33:19.2	08:26.2			33:58.4	42:46.1	08:47.6		43:25.6	51:58.6	08:33.1		25:46.9	07:07.7	82.95%
	6 Doné Erasmus	25:24.0	33:53.2	08:29.2			34:30.9	43:29.5	08:58.6		44:03.0	52:32.0	08:29.0		25:56.8	07:07.7	82.42%
	7 Jordan Craig	20:33.1	28:22.8	07:49.6			29:02.2	37:12.4	08:10.1		37:56.8	45:51.5	07:54.7		23:54.4	06:30.7	81.71%
	8 Phume Tshabalala	21:01.6	28:57.3	07:55.7			29:38.7	37:56.7	08:18.0		38:37.1	46:38.5	08:01.4		24:15.1	06:30.7	80.55%
	9 Troy Zillen	21:29.6	29:18.5	07:48.9			30:01.2	38:22.3	08:21.1		39:06.0	47:14.4	08:08.4		24:18.4	06:30.7	80.37%
	10 Daniel Burnand	22:01.6	30:02.2	08:00.6			30:48.6	39:04.6	08:16.0		39:42.5	47:46.5	08:04.1		24:20.7	06:30.7	80.24%
	11 Damien Bonhage- Koen	22:33.4	30:27.8	07:54.5			31:07.6	39:31.7	08:24.1		40:25.0	48:37.2	08:12.2		24:30.8	06:30.7	79.69%
	12 Anna Fisher	32:01.6	40:47.6	08:45.9			41:50.9	50:58.2	09:07.4		51:31.8	00:34.6	09:02.8		26:56.1	07:07.7	79.39%
	13 Caitlin Breytenbach	29:16.1	37:49.2	08:33.1			38:42.8	47:45.1	09:02.3		48:40.6	58:07.3	09:26.7		27:02.1	07:07.7	79.10%
	14 Dilano Sa	25:59.7	34:01.8	08:02.1			34:47.5	43:21.0	08:33.5		44:09.9	52:32.9	08:23.0		24:58.6	06:30.7	78.21%
	15 Darian Ferreira	24:20.7	32:26.9	08:06.2			33:21.1	41:57.5	08:36.4		42:51.5	51:15.9	08:24.3		25:06.9	06:30.7	77.78%
	16 Lauren Taylor	29:53.0	38:54.3	09:01.3			39:45.9	49:20.5	09:34.6		50:09.8	59:16.0	09:06.2		27:42.1	07:07.7	77.20%
	17 Alicia Potgieter	30:26.3	39:32.3	09:06.0			40:46.9	50:33.5	09:46.6		51:28.2	00:54.3	09:26.1		28:18.7	07:07.7	75.53%
	18 Sade Peleowo	31:29.6	40:42.7	09:13.1			41:42.1	51:33.4	09:51.4		52:08.5	01:24.2	09:15.7		28:20.2	07:07.7	75.47%
	19 Aidan van der Breggen	27:44.6	36:52.1	09:07.6			38:19.9	48:11.2	09:51.3		49:11.1	58:34.1	09:23.0		28:21.9	07:07.7	75.39%
	20 Lwazi Zwane	27:04.3	35:26.7	08:22.4			36:06.9	45:17.3	09:10.4		45:55.3	54:48.6	08:53.4		26:26.2	06:30.7	73.89%
	21 Cristiano de Freitas	26:30.4	34:50.2	08:19.8			35:25.0	44:32.7	09:07.7		45:09.9	54:10.0	09:00.1		26:27.6	06:30.7	73.83%
	22 Courtly Nicolson	31:02.3	40:26.6	09:24.4			41:26.9	51:26.0	09:59.1		52:15.1	01:53.6	09:38.5		29:02.0	07:07.7	73.66%
	23 Jerushan Moodley	28:28.9	38:06.9	09:37.9			39:09.4	49:35.4	10:26.0		50:29.9	00:30.1	10:00.2		30:04.1	06:30.7	64.97%