



Provincial XCO #1

January 23, 2016

Sub Junior (Women)

14.21 km, 4 laps of 3.55 km, winner: 1:40:30 - 8.48 km/h

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	61	STRYDOM	Mischka	JG	Women	1:40:30		8.48	20:22	27:28	26:57	25:44

Total: 1 Starters, 0 DNF, 0 Lapped

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Sub Junior (Men)

14.21 km, 4 laps of 3.55 km, winner: 1:00:20 - 14.13 km/h

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	66	VAN ROOY	Juan Albert	JB	Men	1:00:20		14.13	12:48	15:16	16:44	15:32
2	70	GREEFF	Juan-Daniel	JB	Men	1:10:20	10'01"	12.12	15:20	18:07	17:58	18:54
3	68	SPIES	Erik	JB	Men	1:00:24	-2 laps	7.06	23:12	37:12		
4	69	VAN ZYL	Dean	JB	Men	1:00:32	-2 laps	7.04	23:13	37:19		
DNF	67	LUCKHOFF	Cameron	JB	Men	23:38		9.02	23:38			

Total: 5 Starters, 1 DNF, 2 Lapped

Youth (Women)

14.21 km, 4 laps of 3.55 km, winner: 59:24 - 14.35 km/h

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	77	EMSLIE	Robyn	YW	Women	59:24		14.35	13:08	14:53	15:40	15:43
2	76	OELOFSEN	Hannah	YW	Women	1:06:39	7'14"	12.79	13:43	16:47	17:44	18:25

Total: 2 Starters, 0 DNF, 0 Lapped

Youth (Men)

17.76 km, 5 laps of 3.55 km, winner: 1:04:07 - 16.62 km/h

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	81	RAUTENBA	Gerrit	YM	Men	1:04:07		16.62	11:01	12:54	13:36	13:34	13:02
2	87	HARRINGT	Bradley	YM	Men	1:04:11	0'04"	16.60	10:59	12:56	13:35	13:35	13:06
3	84	LUCKHOFF	Kade	YM	Men	1:07:19	3'12"	15.83	11:16	13:26	13:53	14:13	14:31
4	86	BOSMAN	Ceajay	YM	Men	1:07:55	3'49"	15.69	11:12	13:58	14:02	14:54	13:48
5	89	VINCENT	Cuan	YM	Men	1:11:29	7'23"	14.91	12:17	14:10	15:14	14:52	14:55
6	85	OWEN	Ryno	YM	Men	1:15:33	11'26"	14.10	12:40	14:45	16:00	16:01	16:08
7	83	MCLEOD	Franco	YM	Men	1:17:47	13'41"	13.70	12:48	15:15	16:50	16:58	15:57
DNF	82	VD MERWE	Laylin	YM	Men	1:19:20		5.65	14:43	1:00:41			

Total: 8 Starters, 1 DNF, 0 Lapped

Junior (Women)**17.76 km, 5 laps of 3.55 km, winner: 1:31:20 - 11.67 km/h**

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	96	OWEN	Elné	JW	Women	1:31:20		11.67	16:34	18:37	18:22	19:02	18:45

Total: 1 Starters, 0 DNF, 0 Lapped

Junior (Men)**21.31 km, 6 laps of 3.55 km, winner: 1:07:22 - 18.98 km/h**

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
1	103	ZELLHUBE	Reinhard	JM	Men	1:07:22		18.98	10:22	11:04	11:14	11:20	11:42	11:40
2	102	VENTER	Liam	JM	Men	1:15:21	7'59"	16.97	11:54	12:37	12:27	12:40	12:53	12:48
3	106	FRIEND	Nicholas	JM	Men	1:16:40	9'17"	16.68	11:51	12:39	12:49	13:09	13:10	13:02
4	107	SWART	Zachary	JM	Men	1:18:48	11'26"	16.23	12:10	12:51	13:35	13:08	13:22	13:42
5	101	DOUBELL	Joshua	JM	Men	1:11:41	-1 lap	14.86	13:07	14:20	14:40	14:42	14:52	
6	105	VOS	Wayne	JM	Men	1:21:52	-1 lap	13.02	13:12	15:51	21:17	15:35	15:57	
7	104	VAN DER V	Johan	JM	Men	1:11:12	-2 laps	11.97	15:32	18:13	19:04	18:23		

Total: 7 Starters, 0 DNF, 3 Lapped

U23 & Elite (Women)**17.76 km, 5 laps of 3.55 km, winner: 1:38:01 - 10.87 km/h**

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	117	BAER	Phillipa	EW	Women	1:38:01		10.87	17:56	20:17	19:34	21:30	18:45
2	116	HARRINGT	Kristen-Lee	EW	Women	1:48:45	10'43"	9.80	18:59	21:40	22:56	21:51	23:19

Total: 2 Starters, 0 DNF, 0 Lapped

U23 & Elite (Men)**24.86 km, 7 laps of 3.55 km, winner: 1:23:29 - 17.87 km/h**

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Lap 7
1	123	MENTON	Jason	EM	Men	1:23:29		17.87	11:16	11:42	11:46	11:53	12:10	12:29	12:14
2	127	PEACH	Jason	EM	Men	1:26:12	2'44"	17.31	11:32	12:00	12:13	12:33	12:39	12:45	12:30
3	122	DALY	Grant	EM	Men	1:33:58	10'29"	15.88	11:28	12:48	13:53	13:38	13:40	14:11	14:19
4	126	SAVAGE	Michael	EM	Men	1:38:13	-1 lap	13.02	13:48	15:47	16:11	16:41	17:16	18:31	
5	124	PETZER	Dylan	EM	Men	1:39:25	-1 lap	12.86	20:33	15:18	16:03	15:59	15:16	16:16	
6	121	CAPLES	Andrew	EM	Men	1:33:15	-2 laps	11.43	15:03	17:52	18:41	19:39	22:00		
DNF	125	BRADFORD	Kyle	EM	Men	25:38		17.97	11:51						

Total: 7 Starters, 1 DNF, 3 Lapped

Sub Vet (Men)**21.31 km, 6 laps of 3.55 km, winner: 1:21:42 - 15.65 km/h**

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
1	141	SEALE	Justin	SM	Men	1:21:42		15.65	11:26	13:32	13:35	14:09	14:30	14:29

DNF 142 GRAHAM Liam SM Men 1:16:03 11.31 12:40 13:35 14:44 34:23

Total: 2 Starters, 1 DNF, 0 Lapped

Vet (Men)

17.76 km, 5 laps of 3.55 km, winner: 1:08:23 - 15.58 km/h

Pos	Bib	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	158	VINCENT	Greg	VM	Men	1:08:23		15.58	11:51	13:41	14:43	14:19	13:48
2	157	WYLIE	Kurt	VM	Men	1:10:27	2'04"	15.12	12:10	13:44	14:51	14:56	14:47
3	159	EMSLIE	Andrew	VM	Men	1:16:37	8'14"	13.91	13:22	15:38	15:39	15:38	16:20
4	156	SWARTZ	Johan	VM	Men	1:10:46	-1 lap	12.05	14:51	17:57	18:30	19:28	

Total: 4 Starters, 0 DNF, 1 Lapped