

EC PROVINCIAL XCO #3**March 12, 2016****Sub Junior (Men), 14.16 km, 3 laps of 4.72 km, winner: 1:05:46 at 12.92 km/h**

Pos	Bi b	Last Name	First Name	Category	r	Gende	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	66	VAN ROOYEN	Juan	JB		Men	1:05:46		12.92	20:29	22:30	22:46
2	67	LUCKHOFF	Cameron	JB		Men	1:24:03	18'17"	10.11	25:21	29:17	29:24
3	68	GREEF	Juan	JB		Men	1:44:14	38'28"	8.15	26:54	38:15	39:04

Total: 3 Starters, 0 DNF, 0 Lapped

EC PROVINCIAL XCO #3**March 12, 2016****Youth (Women), 14.16 km, 3 laps of 4.72 km, winner: 1:17:09 at 11.01 km/h**

Pos	Bi b	Last Name	First Name	Category	r	Gende	Time	Gap	km/h	Lap 1	Lap 2	Lap 3
1	77	EMSLIE	Robyn	YW		Women	1:17:09		11.01	23:01	25:21	28:45
2	76	OELOFSEN	Hannah	YW		Women	1:22:14	5'05"	10.33	23:55	29:49	28:28

Total: 2 Starters, 0 DNF, 0 Lapped

EC PROVINCIAL XCO #3**March 12, 2016****Youth (Men), 18.88 km, 4 laps of 4.72 km, winner: 1:20:42 at 14.04 km/h**

Pos	Bi b	Last Name	First Name	Category	r	Gende	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	81	HARRINGTON	Bradley	YM		Men	1:20:42		14.04	18:39	20:25	21:22	20:15
2	82	RAUTENBACH	Gerrit	YM		Men	1:27:00	6'18"	13.02	19:51	22:13	22:10	22:44
3	83	LAYLIN VD ME	Laylin	YM		Men	1:40:28	19'46"	11.27	23:16	24:34	25:41	26:56
4	85	OWEN	Ryno	YM		Men	1:45:33	24'51"	10.73	23:06	26:30	26:52	29:03
DNF	84	MCLEOD	Franco	YM		Men	1:33:15		9.11	21:22	26:46	45:06	

EC PROVINCIAL XCO #3**March 12, 2016****Youth (Men), 18.88 km, 4 laps of 4.72 km, winner: 1:20:42 at 14.04 km/h**

Pos	Bi b	Last Name	First Name	Category	r	Gende	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	81	HARRINGTON	Bradley	YM		Men	1:20:42		14.04	18:39	20:25	21:22	20:15
2	82	RAUTENBACH	Gerrit	YM		Men	1:27:00	6'18"	13.02	19:51	22:13	22:10	22:44
3	83	LAYLIN VD ME	Laylin	YM		Men	1:40:28	19'46"	11.27	23:16	24:34	25:41	26:56
4	85	OWEN	Ryno	YM		Men	1:45:33	24'51"	10.73	23:06	26:30	26:52	29:03
DNF	84	MCLEOD	Franco	YM		Men	1:33:15		9.11	21:22	26:46	45:06	

Total: 5 Starters, 1 DNF, 0 Lapped

EC PROVINCIAL XCO #3**March 12, 2016****Junior (Men), 23.60 km, 5 laps of 4.72 km, winner: 1:41:00 at 14.02 km/h**

Pos	Bi b	Last Name	First Name	Category	r	Gende	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5
1	##	VENTER	Liam	JM		Men	1:41:00		14.02	18:21	19:59	20:42	20:32	21:24
2	##	SWART	Zachary	JM		Men	1:42:25	1'25"	13.82	19:31	20:58	20:42	19:40	21:33
3	##	FRIEND	Nicholas	JM		Men	1:44:51	3'51"	13.50	19:00	20:52	21:02	20:49	23:06
4	##	DOUBELL	Johsua	JM		Men	1:54:56	13'56"	12.32	20:26	22:56	23:25	23:13	24:52

Total: 4 Starters, 0 DNF, 0 Lapped

EC PROVINCIAL XCO #3**March 12, 2016****U23 & Elite (Men), 28.32 km, 6 laps of 4.72 km, winner: 1:59:11 at 14.26 km/h**

Pos	Bi b	Last Name	First Name	Category	r	Gende	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
1	##	DALY	Grant	EM		Men	1:59:11		14.26	17:56	19:30	19:57	19:58	20:34	21:15
2	##	BRADFORD	Kyle	EM		Men	2:18:15	19'04"	12.29	18:43	22:43	23:53	24:28	23:22	25:03
3	##	CAPLES	Andrew	EM		Men	2:03:37	-2 laps	9.16	23:14	31:48	33:25	35:09		

Total: 3 Starters, 0 DNF, 1 Lapped

EC PROVINCIAL XCO #3

March 12, 2016

Vet (Men), 18.88 km, 4 laps of 4.72 km, winner: 1:40:46 at 11.24 km/h

Pos	Bi b	Last Name	First Name	Category	Gender	Time	Gap	km/h	Lap 1	Lap 2	Lap 3	Lap 4
1	##	JACOBS	Awie	VM	Men	1:40:46		11.24	25:11	26:31	24:32	24:30
DNF	##	EMSLIE	Andrew	VM	Men	1:15:38		11.24	22:20	26:04	27:11	

Total: 2 Starters, 1 DNF, 0 Lapped