



**XCO 4 2019 Nippers + Sprogs**  
**June 01, 2019**  
**Nipper (Men)**  
**winner: 29:14**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3
1	11	REED, Callum	NB	0	Men	29:14		9:41	9:44	9:50
2	12	WEISE, Nathan	NB	0	Men	31:53	2'39"	9:20	9:59	12:34
3	14	POOLE, Lex	NB	0	Men	39:08	9'53"	12:08	13:14	13:46
4	13	EKRON, Keanu	NB	0	Men	41:29	12'14"	13:08	14:04	14:17
5	15	GOEDHALS, Matt	NB	0	Men	44:12	14'57"	13:08	13:55	17:09

*Hardies*  
*01/06/2019*



**XCO 4 2019 Nippers + Sprogs**  
**June 01, 2019**  
**Sprog (Men)**  
**winner: 33:12**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4
1	41	BRIDGER, Jed	SB	0	Men	33:12		7:42	8:21	8:32	8:37
2	42	FANICCHI, Alessandro	SB	0	Men	34:56	1'45"	8:12	8:44	8:54	9:07
3	43	MCARTHUR, Seth	SB	0	Men	35:56	-1 lap	10:42	12:29	12:45	

*Handily  
01/06/2019*



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Sub Junior (Women)**  
**winner: 49:28**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2
1	61	SARAH-DENE WYLLIE	JG	0	Women	49:28		24:06	25:22

*Flarding*  
*01/06/2019*



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Sub Junior (Men)**  
**winner: 1:01:30**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3
1	66	BOSAZZA, Teo	JB	0	Men	1:01:30		19:32	20:53	21:05
2	67	DE LANGE, Michael	JB	0	Men	1:12:40	-1 lap	33:22	39:17	

*Handling*  
01/06/2019



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Youth (Women)**  
**winner: 1:13:08**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3
1	76	MANN, Madison	YW	0	Women	1:13:08		23:22	24:14	25:32

*Handing*  
*01/06/2019*



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Youth (Men)**  
**winner: 1:13:13**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4
1	82	MILLER, Jason	YM	0	Men	1:13:13		17:43	18:26	18:11	18:54
2	83	MOLLENTZE, EJ	YM	0	Men	1:16:53	3'41"	17:44	18:26	19:49	20:54
3	81	SPIES, Lourens	YM	0	Men	1:20:45	7'33"	17:43	20:10	20:29	22:24

*Boarding  
01/06/2019*



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Junior (Men)**  
**winner: 1:08:13**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4
1	104	MOOLMAN, Raye	JM	0	Men	1:08:13		16:06	17:15	17:47	17:06
2	103	OWEN, Ryno	JM	0	Men	1:11:16	3'03"	16:47	17:45	18:05	18:40
3	101	VAN DEN BERG, Marno	JM	0	Men	1:30:15	22'01"	21:08	22:49	23:49	22:29

*Flanery*  
01/06/2019



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Elite (Men)**  
**winner: 2:08:09**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6
1	121	STRUMPFER, Reinhard	EM	0	Men	2:08:09		16:46	18:37	19:18	26:24	23:50	23:13

*Flarding*  
*01/06/2019*





**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Sub Vet (Men)**  
**winner: 1:03:17**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4
1	144	PEACH, Jason	SM	0	Men	1:03:17		15:52	15:49	15:41	15:55
2	143	HOOLE, Eddy	SM	0	Men	1:07:48	4'32"	15:51	17:50	17:17	16:50
3	145	JONES, Matt	SM	0	Men	1:13:50	10'34"	17:40	17:49	18:34	19:47
4	141	TROLLIP, Nathan	SM	0	Men	1:06:22	-1 lap	24:42	20:44	20:57	
5	142	EKRON, Claude	SM	0	Men	1:16:22	-2 laps	35:22	40:59		

*FlareCycling*  
01/06/2019



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Vet (Men)**  
**winner: 1:22:17**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2	Lap 3	Lap 4
1	158	WANCKEL, Kevin	VM	0	Men	1:22:17		19:45	21:25	20:54	20:13
2	156	MARSHALL, Ed	VM	0	Men	1:22:33	0'16"	20:00	20:43	21:21	20:29
3	157	WOODIN, Courtney	VM	0	Men	1:23:48	1'31"	19:47	20:44	21:28	21:48

*Harding*  
01/06/2019



**XCO 4 2019 Seniors**  
**June 01, 2019**  
**Master (Men)**  
**winner: 57:30**

Pos	Bib	Name	Category	Age	Gender	Time	Gap	Lap 1	Lap 2
1	171	VENTER, Peter	MM	0	Men	47.30		22:30	24:55

*Hardy*  
01/06/2019