

PF HYROX CAVENDISH RESULTS

HEAT 1	ATHLETE NAME								
	AGE								
	GENDER								
	RUN								
	SKI ERG								
	LUNGES								
	ROW								
	WALL BALLS								
	TOTAL								
WAVE 1	Zach Linde	20-29	Male	75	31	32	23	30	191
	Charlene Sandmann	20-29	Female	85	29	60	30	56	260
	Nadia van Wyk	20-29	Female	55	18	24	18	25	140
	Philip Krugel	30-39	Male	95	43	56	40	47	281
	Dean Berndt	30-39	Male	110	43	49	45	61	308
WAVE 2	Marc Hope	30-39	Male	80	33	65	37	45	260
	Hillary Arries Horsley	40-49	Male	105	45	53	44	50	297
	Dillon Lebotschy	30-39	Male	90	52	50	39	40	271
	Khaya Mtoko	50-59	Male	70	39	45	30	30	214
	Chene Bosch	20-29	Female	80	23	39	23	41	206
WAVE 3	Louis van Wyk	30-39	Male	70	42	52	35	42	241
	Shelley Botha	40-49	Female	85	29	43	25	34	216
	Kiara Kirsten	20-29	Female	80	24	57	24	40	225
	Michelle Lamprecht	40-49	Female	85	37	65	34	55	276
	Landon Naidoo	30-39	Male	60	39	38	25	27	189
WAVE 4	Nastassja Tavares	30-39	Female	75	23	67	19	42	226
	Val Liversage	50-59	Female	90	28	65	27	53	263
	Mireia Miralles	30-39	Female	90	25	65	25	46	251
	Phephelophi Mhlanga	40-49	Female	80	33	60	28	50	251
	Noloyiso Mtoko	40-49	Female	65	21	45	10	30	171

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HEAT 2											
	WAVE 1								TOTAL		
		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW			WALL BALLS
	Kevin Rowland	30-39	Male	70	36	26	28	20	180		
	Wilko Olles	30-39	Male	85	39	46	35	44	249		
	Ruan Blom	20-29	Male	80	41	50	36	44	251		
	Eurika Goosen	40-49	Female	55	30	50	23	47	205		
	Ashleigh Boggon	40-49	Female	70	27	40	25	43	205		
	WAVE 2	Nosi Gastile	40-49	Female	55	21	30	18	30	154	
		Ongeziwe Ngojini	30-39	Female	55	20	42	16	25	158	
Zayne Nabbee		40-49	Male	70	41	40	34	44	229		
Notemba Zembe		-	-	-	-	-	-	-	0	DNS	
Mapule Maragela		-	-	-	-	-	-	-	0	DNS	
WAVE 3	Jody Abraham'	20-29	Male	80	38	40	35	50	243		
	Michau Malan -Huisamen	-	-	-	-	-	-	-	0		DNS
	Aphiwe Mtshagi	20-29	Female	50	23	39	24	30	166		
	Vuyelwa Badi	30-39	Female	70	19	41	18	35	183		
	Michael Djan	-	-	-	-	-	-	-	0		DNS
WAVE 4	Deen Woodman	40-49	Male	90	40	40	29	45	244		
	Jade Liversage	20-29	Female	85	23	68	24	43	243		
	Calmin Valentino	30-39	Male	85	35	43	31	35	229		
	Aidan Appalsamy	16-19	Male	95	37	58	34	58	282		
	Aimee Welmans	20-29	Female	85	21	56	19	48	229		

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HEAT 3	WAVE 1										DNS
	ATHLETE NAME		AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
	Isaiah Mataka		20-29	Male	85	43	58	42	50	278	
	Tristan Turner		20-29	Male	65	44	67	41	57	274	
	Michelle Abrahams		40-49	Female	65	27	40	27	43	202	
	Dee Gerenger		40-49	Female	85	37	57	27	60	266	
	Byron Jansen		20-29	Male	90	42	60	30	32	254	
	Taswin Da Silva		20-29	Male	70	46	50	30	35	231	
	Jason Brown		40-49	Male	85	32	54	31	65	267	
	Sibongiseni Ndzaleni		30-39	Female	70	23	55	24	40	212	
WAVE 2										DNS	
Lyle Beukes		30-39	Male	75	22	35	19	24	175		
Ingrid Avidon		-	-	-	-	-	-	-	0		
Nyasha Ishemunyoro		20-29	Female	65	25	48	17	42	197		
Vovo Nobaza		50-59	Female	60	22	39	19	36	176		
Farai Ishemunyoro		20-29	Female	65	16	42	17	39	179		
Rosalie Claire - Campbell		-	-	-	-	-	-	-	0		
Nikie Sihele		40-49	Female	90	28	66	29	34	247		
Tamara Sutila		-	-	-	-	-	-	-	0		
Ané Bierman		-	-	-	-	-	-	-	0		
WAVE 3										DNS	
Hope Robinson		-	-	-	-	-	-	-	0		
Rebecca Tshangela		-	-	-	-	-	-	-	0		
Zeo Solomons		-	-	-	-	-	-	-	0		

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HEAT 4	WAVE 1								
	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL
	Amy Stuck	30-39	Female	65	26	37	18	35	181
	Claudia Schulenburg	20-29	Female	70	31	45	29	40	215
	Tashwell Roberts	30-39	Male	85	37	41	25	42	230
	Dale Robinson	50-59	Male	85	32	40	32	54	243
	Natasha van Niekerk	30-39	Female	55	24	30	20	30	159
	Mpumelelo Sixhaxa	40-49	Male	80	27	39	28	33	207
	Masixole Velem	30-39	Male	75	27	40	25	27	194
	Lerina Van zyl	40-49	Female	85	22	60	25	56	248
	Kaylee Nel	20-29	Female	85	20	59	20	41	225
	Leishem Joyce	20-29	Female	75	26	52	22	43	218
WAVE 2									
Vicalno Worship	20-29	Male	65	24	43	22	27	181	
Buhle Myende	40-49	Female	60	22	44	23	45	194	
Annecke Vermeulen	20-29	Female	80	32	55	27	53	247	
Tobias Kramer	20-29	Male	95	34	37	22	47	235	
Anri Goosen	30-39	Female	65	19	48	21	22	175	
WAVE 3									
Shanna Swart	30-39	Female	75	30	56	30	55	246	
Lonwabo Lamani	30-39	Male	70	35	43	26	40	214	
Kate Pearce	40-49	Female	65	24	21	27	60	197	
Benjamin Langa	30-39	Male	90	39	54	33	56	272	
Badruniesa Mowers	30-39	Female	75	15	48	20	40	198	

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[illegible]

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[illegible]

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			ATHLETE NAME	SCORE	FINALS
16-19	FEMALE	1	Katie Pienaar	241	QUALIFIED
		2	-	-	
		3	-	-	
	MALE	1	Aidan Appalsamy	282	QUALIFIED
		2			
		3			
20-29	FEMALE	1	Charlene Sandmann	260	QUALIFIED
		2			
		3			
	MALE	1	Mangaliso Baduza	283	QUALIFIED
		2			
		3			
30-39	FEMALE	1	Mireia Miralles	251	QUALIFIED
		2			
		3			
	MALE	1	Luke Carter	332	QUALIFIED
		2			
		3			
40-49	FEMALE	1	Michelle Lamprecht	276	QUALIFIED
		2			
		3			
	MALE	1	Hillary Arries	297	QUALIFIED
		2			
		3			
50-59	FEMALE	1	Val Liversage	263	QUALIFIED
		2			
		3			
	MALE	1	Dale Robinson	243	QUALIFIED
		2			
		3	-	-	
60+	FEMALE	1	-	-	QUALIFIED
		2	-	-	
		3	-	-	
	MALE	1	-	-	QUALIFIED
		2	-	-	
		3	-	-	