PF HYROX FOURWAYS MALL RESULTS

HEAT 1

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Ntombenhle Mngomezulu	30-39	Female	65	15	66	26	41	213	
	Asher Binder	20-29	Male	70	39	55	40	60	264	
	Anza Mulaudzi	20-29	Male	60	28	43	23	18	172	
	Angel Mampane	20-29	Female	55	28	54	28	42	207	
	Dieketseng Mahlatsi	30-39	Female	50	22	52	25	60	209	
	Amogelang Magele	30-39	Female	25	18	20	17	18	98	
	Avathar Soni-Naidoo	20-29	Male	40	21	17	15	21	114	
	Carla Soncini	20-29	Female	65	22	47	23	18	175	
	Garth Langeveld	30-39	Male	65	45	47	37	51	245	
	Nceneleni Mothoa	30-39	Female	60	24	55	26	55	220	
	Corrine Peterson	40-49	Female	45	13	30	10	25	123	
	Celine Da Silva	20-29	Female	55	18	45	20	33	171	
	Deandrie Briel	20-29	Female	55	23	40	23	35	176	
	Daniel Van der merwe	30-39	Male	70	41	69	35	50	265	
	Balin Benissan	20-29	Male	75	34	51	32	50	242	
WAVE 2	F F	30-39	Male	30	60	50	30	20	190	
	Liza-Mari du Plessis	20-29	Female	55	27	25	20	35	162	
	Keagan Fredericks	30-39	Male	65	61	46	39	37	248	
	Letlamoreng Mahlonoko	20-29	Female	50	20	25	22	27	144	
	Kamogelo Mmako	30-39	Female	40	20	13	18	26	117	
	Jacques De Villiers	30-39	Male	55	45	33	27	35	195	
	Kelebogile Thato Seshabela	20-29	Female	45	18	39	24	33	159	
	Kabelo Molokomme	20-29	Male	50	25	34	30	46	185	
	Jodea Marais	20-29	Female	65	27	61	25	40	218	
	Sabrine Leaf	20-29	Female	65	19	39	20	24	167	
	Klaas Mphego	30-39	Male	45	31	44	27	29	176	
	Kevin Manduwi	40-49	Male	60	33	50	34	45	222	
	Boitumelo Zwane	-	-	-	-	-	-	-	0	DNS
	Carol Maphanka	-	-	-	-	-	-	-	0	DNS
	Inge Binder	-	-	-	-	-	-	-	0	DNS
WAVE 3	Nokukhanya Khumalo	30-39	Female	45	20	40	21	27	153	
	Mikhael Cain	30-39	Male	60	41	52	42	50	245	
	Mimi Mketi	20-29	Female	35	22	43	19	31	150	
	Regan Morley	20-29	Male	70	39	46	39	43	237	
	Raquel Dasilva	20-29	Female	60	21	49	22	32	184	
	Nickeel Maharaj	20-29	Male	65	36	45	36	61	243	
	Rookshana leaf	60+	Female	65	20	45	20	39	189	
	Jennifer Jagesar	-	-	-	-	-	-	-	0	DNS
	Katleho Phethelo Meso	-	-	-	-	-	-	-	0	DNS
	Lauren Penkin	-	-	-	-	-	-	-	0	DNS
	Lungile Ntuli	-	-	-	-	-	-	-	0	DNS
	Lungisile Maseko	-	-	-	-	-	-	-	0	DNS
	Maanda Tshifularo	-	-	-	-	-	-	-	0	DNS
	Nosipho Cebisa	-	-	-	-	-	-	-	0	DNS
	Tamryn Nicholls	-	-	-	-	-	-	-	0	DNS
WAVE 4	Ruan Castanho	30-39	Male	55	35	40	25	43	198	
	Nicholette Hall	40-49	Female	50	17	37	20	30	154	
	Mlungisi Mashinini	30-39	Male	60	23	39	28	25	175	
	Mikhael Cain	30-39	Male	60	41	52	42	50	245	
	Zintle Zulu	40-49	Female	25	21	43	21	34	144	
	Mokukhanya Khumelo	30-39	Female	40	20	40	21	27	148	
	Sipho Sithole	30-39	Male	60	30	50	30	35	205	
	Ruan Castanhi	30-39	Male	55	35	40	25	43	198	
	Sanele Nkabinde	20-29	Male	65	38	60	30	35	228	
	Yuvir Ramjit	30-39	Male	55	44	35	39	30	203	
	Lubabalo Qoto	40-49	Male	75	30	45	35	43	228	
	Wayne Hall	50-59	Male	40	27	29	25	28	149	
	Travis Fourie	20-29	Male	60	37	49	27	40	213	
	Yashil Bhoora	-	-	-	-	-	-	-	0	DNS
	Thulani Sithole	-	-	-	-	-	-	-	0	DNS

PF HYROX FOURWAYS MALL RESULTS

HEAT 2

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Arnaud Phanzu	30-39	Male	65	45	50	30	57	247	
	Clinton Bakasa	30-39	Male	55	37	45	30	44	211	
	Ashley Keyser	20-29	Female	60	24	42	24	39	189	
	Beth Catherine De Carle	20-29	Female	60	23	40	21	30	174	
	Dilsha Maharaj	30-39	Female	40	18	30	16	21	125	
	Bernice Benissan	40-49	Female	55	24	34	20	40	173	
	Byron Zackey	30-39	Male	75	38	48	33	43	237	
	Bobo Sibongile Shasha	40-49	Female	55	24	31	22	44	176	
	Cassiem Fredericks	20-29	Male	85	45	75	36	55	296	
	Donald Mashego	50-59	Male	60	32	31	21	27	171	
	Deon Wessels	50-59	Male	70	40	54	40	45	249	
	Cameron Viles	20-29	Male	60	38	42	32	30	202	
	Tshupi Ramelz	-	-	-	-	-	-	-	0	DNS
	Vela Zama	-	-	-	-	-	-	-	0	DNS
	Evan Edwards	-	-	-	-	-	-	-	0	DNS
WAVE 2	Jessica Farah	40-49	Female	40	40	25	21	34	160	
	Devon Carlinsky	30-39	Male	90	50	50	35	47	272	
	Kefuoe Mahao	20-29	Male	65	25	50	22	45	207	
	Jen Clarke	30-39	Female	60	27	58	25	48	218	
	Jarrod Bruhns	20-29	Male	40	35	23	30	21	149	
	Jacques Marais	30-39	Male	75	40	46	33	27	221	
	Debbie Rahimi	40-49	Female	50	18	40	21	26	155	
	Jackie Qin	30-39	Male	60	35	67	36	45	243	
	Joanna Munengwa	20-29	Female	60	25	69	25	42	221	
	Elana De Goede	40-49	Female	60	24	63	24	53	224	
	Johan Claassens	60+	Male	50	32	35	20	15	152	
	Jani Coode	30-39	Female	65	25	54	24	50	218	
	Ethan Weston	30-39	Male	55	32	45	26	41	199	
	Kaitlyn Castle	20-29	Female	55	14	36	21	22	148	
	Hloni Ngatane	-	-	-	-	-	-	-	0	DNS
WAVE 3	Maqhawe Msibi	30-39	Male	65	31	42	24	36	198	
	Motshabi Mokgalha	50-59	Female	60	20	23	21	24	148	
	Leah Moumakoa	40-49	Female	65	20	55	19	40	199	
	Louis van Rooyen	20-29	Male	75	44	54	51	46	270	
	Michaela Holl	20-29	Female	50	19	43	18	23	153	
	Dineo Maria Mohlabane	30-39	Female	40	17	40	16	15	128	
	Leen Gura	20-29	Female	80	36	64	34	65	279	
	Kyla Gricius	40-49	Female	45	23	25	21	28	142	
	Mashadi Mbowana	20-29	Female	30	15	20	11	12	88	
	Tshepiso Mohlabane	20-29	Female	30	15	20	11	12	88	
	Tlotleho Mosikili	-	-	-	-	-	-	-	0	DNS
	Tshiamo Mahape	-	-	-	-	-	-	-	0	DNS
	Bonginkosi Mthombeni	-	-	-	-	-	-	-	0	DNS
	Carlyn Alyer	-	-	-	-	-	-	-	0	DNS
	Leoné Gouws	-	-	-	-	-	-	-	0	DNS
WAVE 4	Rumbidzai Nyabvudzi	20-29	Female	60	19	53	24	54	210	
	Sakhile Lephoto	20-29	Male	60	15	10	10	29	124	
	R Xara	30-39	Female	50	37	40	19	35	181	
	Xara Fourie	30-39	Female	50	30	40	19	35	174	
	Norman Maliga	40-49	Male	50	33	60	43	40	226	
	Mohau Mamafha	30-39	Male	30	24	27	24	30	135	
	Reatlilwe Maroga	20-29	Female	40	23	20	47	27	157	
	Romeo Siwisa	20-29	Male	45	24	29	26	19	143	
	Mzamo Mbuli	40-49	Male	60	30	33	22	29	174	
	Shannon Van Aardt	30-39	Female	60	26	47	33	40	206	
	Rhulani Motaung	30-39	Female	50	22	45	19	30	166	
	Tshepo Motaung	30-39	Male	45	34	29	21	19	148	
	Ntlyiso Mdhlovu	40-49	Female	60	26	43	27	33	189	
	Melanie Rodrigues	-	-	-	-	-	-	-	0	DNS
	Lulama Yane	-	-	-	-	-	-	-	0	DNS

PF HYROX FOURWAYS MALL RESULTS

HEAT 3

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Foyin Ogunrombi	20-29	Female	45	21	36	23	35	160	
	Candice Van Eeden	30-39	Female	50	28	38	22	31	169	
	Darryn Schovell	30-39	Male	75	40	55	27	54	251	
	Angel Maake	30-39	Female	50	30	50	26	54	210	
	Catherine Davies	20-29	Female	60	26	67	24	58	235	
	Busisiwe Ncube	30-39	Female	45	15	37	20	21	138	
	Dineo Hlongwane	30-39	Female	60	20	18	19	35	152	
	Charity Maropola	20-29	Female	35	14	21	13	25	108	
	Amore Kwant	30-39	Female	60	29	51	26	50	216	
	Clementine Kostritza	40-49	Female	60	29	59	27	51	226	
	Amit Patel	30-39	Male	50	30	31	22	20	153	
	Dane Schovell	30-39	Male	70	45	52	34	65	266	
	Busi Mweli	40-49	Female	60	20	50	20	45	195	
	Candice Gouws	40-49	Female	40	20	26	15	12	113	
	Sihle Mthethwa	-	-	-	-	-	-	-	0	DNS
WAVE 2	Kavitha Nundkwar	40-49	Female	45	14	39	17	20	135	
	Lungile Mtetwa	30-39	Female	45	17	41	24	41	168	
	Fati Masilela	40-49	Female	30	20	25	16	24	115	
	Makete Nelly Maraba	40-49	Female	40	18	30	19	30	137	
	Jade Gouws	40-49	Male	55	36	40	28	41	200	
	Laura Esterhuizen	20-29	Female	70	25	57	29	58	239	
	Lorato Mogoiwa	40-49	Female	45	17	37	18	30	147	
	Lerato Shawane	30-39	Female	65	17	51	14	25	172	
	Keleboglle Morena	20-29	Male	65	38	56	30	54	243	
	LeighAnn Hurvitz	40-49	Female	65	28	59	34	45	231	
	Kirshni Dalvin Ramen	30-39	Female	45	19	37	21	31	153	
	Curt Le Roux	-	-	-	-	-	-	-	0	DNS
	Azukile Nzuzo	-	-	-	-	-	-	-	0	DNS
	Nomvula Omaruaye	-	-	-	-	-	-	-	0	DNS
	Yandiswa Nkonde	-	-	-	-	-	-	-	0	DNS
WAVE 3	Nicola Nell	40-49	Female	40	20	30	18	25	133	
	Palesa Morei	30-39	Female	40	14	24	17	33	128	
	Nkonya Magdeline Makgalemele	40-49	Female	50	16	42	20	30	158	
	Marc Stirling	20-29	Male	60	36	37	30	25	188	
	Nyasha Muchena	40-49	Female	45	12	32	16	28	133	
	Pumza Mbayise	40-49	Female	50	18	41	19	51	179	
	Lebohang Palesa Mkwanazi	30-39	Female	40	24	46	22	32	164	
	Olerato Ntshegang	30-39	Male	80	29	60	45	42	256	
	Phelelani Nzama	20-29	Male	70	29	48	26	40	213	
	Malvin Tembedza	30-39	Male	55	45	52	30	36	218	
	Matthew Seabrook	50-59	Male	60	40	40	38	40	218	
	Mpumelelo Nhlapo	20-29	Female	45	21	33	15	25	139	
	Refilwe Sebalo	30-39	Female	35	18	21	20	16	110	
	Nolwazi Nogongo	30-39	Female	65	23	47	27	40	202	
	Luyanda Dlamini	-	-	-	-	-	-	-	0	DNS
WAVE 4	Vuyokazi Phokela	30-39	Female	45	19	39	16	25	144	
	Sarah Mading	40-49	Female	40	25	40	21	27	153	
	Sarah Davies	20-29	Female	60	21	60	22	50	213	
	Thokozani Skaka	30-39	Male	55	29	43	31	40	198	
	Waine Hanslo	40-49	Male	60	25	50	38	37	210	
	Sade Vertuin	30-39	Female	40	23	36	23	36	158	
	Sipho Somniso	40-49	Male	70	25	45	28	30	198	
	Tshego Balerileng	30-39	Male	65	27	45	27	40	204	
	Zinhle Motloung	50-59	Female	40	20	40	18	39	157	
	Selasie Seade	20-29	Male	60	40	45	31	41	217	
	Thato Tholo	30-39	Male	45	24	27	20	22	138	
	Moshekwa Matthews Malatji	20-29	Male	75	35	42	20	35	207	
	Francelle Cato	-	-	-	-	-	-	-	0	DNS
	Dumisani Thabang	-	-	-	-	-	-	-	0	DNS
	Miccah Moila	-	-	-	-	-	-	-	0	DNS

PF HYROX FOURWAYS MALL RESULTS

HEAT 4

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Chane Hones	20-29	Female	50	25	45	21	39	180	
	Isabel Ferguson	20-29	Female	60	24	32	28	28	172	
	Chanelle Le Roux	20-29	Female	50	23	37	23	30	163	
	Deandra Marupen	30-39	Female	45	16	33	19	17	130	
	Danielle Van der Watt	16-19	Female	50	21	32	30	50	183	
	Apiwe Makatesi	30-39	Female	40	15	40	16	30	141	
	Sikhokele Ncame	30-39	Female	40	20	43	18	25	146	
	Chane De Jager	30-39	Female	50	22	44	24	33	173	
	Megan Valstar	20-29	Female	50	20	40	16	30	156	
	Zenanda Ndlweni	20-29	Female	50	18	25	15	25	133	
	Shane John Landsman	-	-	-	-	-	-	-	0	DNS
	Vuyokazi Maselana	-	-	-	-	-	-	-	0	DNS
	Maria Sithole	-	-	-	-	-	-	-	0	DNS
	Mpumelelo Mndaweni	-	-	-	-	-	-	-	0	DNS
	Musa Ndlovu	-	-	-	-	-	-	-	0	DNS
WAVE 2	Entle Ntja	20-29	Female	65	18	8	16	25	132	
	Amanda Geldenhuys	50-59	Female	50	22	30	26	46	174	
	Jessica De Greef	30-39	Female	55	22	50	20	39	186	
	Juandré Ballack	20-29	Male	50	34	45	45	32	206	
	Francois de Greef	30-39	Male	45	47	72	34	40	238	
	Husain Rahman	20-29	Male	60	35	48	23	30	196	
	Deanne Bezuidenhout	30-39	Female	55	27	52	26	40	200	
	Busisiwe Rethabile Dhladla	30-39	Female	40	18	19	17	21	115	
	Tiri Towindo	50-59	Male	55	29	60	30	62	236	
	Derrick Oni	40-49	Male	65	29	41	34	36	205	
	Leon Limper	50-59	Male	60	34	35	36	39	204	
	Mabeba Kutlwano	20-29	Female	60	20	55	20	38	193	
	Sanda Mahlakahlaka	30-39	Female	60	24	44	58	31	217	
	Selina Augustine	30-39	Female	35	35	38	38	40	186	
	Wayne Hanslo	-	-	-	-	-	-	-	0	DNS
WAVE 3	Nyaradzai Samushinga	40-49	Female	60	15	42	18	25	160	
	Tafadzeoa Samushonga	30-39	Female	65	20	47	22	27	181	
	Zulfikaar Suliman	20-29	Male	60	26	40	30	40	196	
	Sisanda Makaluza	20-29	Female	20	0	55	21	30	126	
	Rashaad Bhana	30-39	Male	40	28	22	16	25	131	
	Tsungi Njini	40-49	Male	60	20	35	28	34	177	
	Porita Lehasa	30-39	Female	55	13	40	12	24	144	
	Thandeka Ntuli	20-29	Female	45	15	45	15	33	153	
	Unathi Ntja	40-49	Female	40	21	45	17	29	152	
	Akani Machimana	30-39	Female	60	21	48	27	45	201	
	Masana Moselane	30-39	Female	65	18	39	26	41	189	
	Besa Ruele	-	-	-	-	-	-	-	0	DNS
	Dineo Ngwenya	-	-	-	-	-	-	-	0	DNS
	Erica Kleinhans	-	-	-	-	-	-	-	0	DNS
	Mika Sulen	-	-	-	-	-	-	-	0	DNS
WAVE 4	Bongiwe Mabila	30-39	Female	45	22	45	23	27	162	
	Bonolo Ramathibela	30-39	Female	50	20	50	20	50	190	
	Tsebo Majoro	30-39	Male	60	35	70	41	56	262	
	Asanda Mkulisi	30-39	Female	75	23	56	22	42	218	
	Jabulile Mbutho	30-39	Female	55	39	46	19	25	184	
	Lehlohonolo Ramokoena	30-39	Male	60	29	10	50	43	192	
	Apple Mokoena	30-39	Female	45	32	30	17	20	144	
	Sifiso Ndumo	30-39	Male	80	35	55	33	42	245	
	Mthkozisi Sibiya	30-39	Male	55	28	44	26	35	188	
	Nkazimulo Tshabalala	30-39	Female	60	20	50	24	40	194	
	Samnkelo Tshemese	20-29	Male	60	39	89	32	63	283	
	William Keys	30-39	Male	55	39	47	35	25	201	
	Tebogo Sebego	30-39	Male	45	42	68	45	49	249	
	Trevor Kubheka	30-39	Male	40	47	65	40	42	234	
	Busi Ngcobo	-	-	-	-	-	-	-	0	DNS

PF HYROX FOURWAYS MALL RESULTS

HEAT 5

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Byron Mills	30-39	Male	65	41	50	38	40	234	
	Jenna Rivera	20-29	Female	50	25	50	23	47	195	
	Dean Berry	60+	Male	65	34	55	37	46	237	
	Admire mlambo	30-39	Male	80	50	70	50	60	310	
	Claudia Hazelwood	40-49	Female	65	35	65	35	52	252	
	Mahdiya Dendar	20-29	Female	45	20	40	18	22	145	
	Maleeha Suliman	20-29	Female	40	18	36	13	30	137	
	Lebo Ngcobo	40-49	Male	75	36	55	32	41	239	
	Nathan Lawrence	40-49	Male	65	29	48	28	41	211	
	Melissa Stevens	40-49	Female	65	26	77	26	54	248	
	Alicia Ehlers	30-39	Female	55	28	65	22	41	211	
	Tristan Le Forestier	20-29	Male	70	30	55	30	40	225	
	Zandile Sikhosana	-	-	-	-	-	-	-	0	DNS
	Emilio Campbell	-	-	-	-	-	-	-	0	DNS
	Lebohang Moloi	-	-	-	-	-	-	-	0	DNS
WAVE 2	Sashlin Jagdessi	20-29	Male	50	26	36	21	30	163	
	Page du Plessis	40-49	Female	10	15	26	12	14	77	
	Vincenzo Stevens	20-29	Male	60	42	32	37	45	216	
	Patience Mushaya	40-49	Female	50	27	73	36	65	251	
	Sohail Badul	20-29	Male	50	18	30	18	25	141	
	Zain Dendar	20-29	Male	55	16	46	22	15	154	
	Sipho Mdhluli	30-39	Male	50	26	39	23	19	157	
	Simone scharrighuisen	20-29	Female	65	23	49	28	47	212	
	Yaseera Mangera	20-29	Female	50	16	45	14	31	156	
	Muhammed Kola	20-29	Male	45	31	30	15	30	151	
	Thuso Letsoalo	30-39	Male	60	30	41	22	30	183	
	Rogers Reddy	-	-	-	-	-	-	-	0	DNS
	Senpororo Makgoba	-	-	-	-	-	-	-	0	DNS
	Sibusiso Mabanga	-	-	-	-	-	-	-	0	DNS
	Tumelo Motlhanke	-	-	-	-	-	-	-	0	DNS
WAVE 3	Kefilwe Lekabe	20-29	Female	60	25	47	21	38	191	
	Rashaka Tshirangwana	20-29	Male	45	23	25	18	17	128	
	Ebrahim Tambala	30-39	Male	45	30	30	33	25	163	
	Minikazi Mnani	40-49	Female	40	26	35	25	35	161	
	Rogers Ready	50-59	Male	60	32	35	36	34	197	
	Genevieve Francisco	30-39	Female	60	24	49	22	31	186	
	Lerato Mokoena	30-39	Female	70	22	51	25	39	207	
	Collin Ramarothole	30-39	Male	50	39	40	33	49	211	
	Calista Reddy	20-29	Female	60	24	47	27	47	205	
	Yannick Ngoy	20-29	Male	55	38	34	31	25	183	
	Josh Angel	20-29	Male	70	49	45	33	42	239	
	Brendon Chitaka	20-29	Male	60	22	53	35	58	228	
	Zakiyyah Abdulla	20-29	Female	25	19	34	12	0	90	
	Lebohang Makape	-	-	-	-	-	-	-	0	DNS
	Thabang Ramashala	-	-	-	-	-	-	-	0	DNS
WAVE 4	Sibusiso Yanta	20-29	Male	60	34	60	33	55	242	
	Zaeem Hamid	30-39	Male	60	26	38	22	23	169	
	Harry Tsoke	20-29	Male	55	36	45	31	41	208	
	Lydia Ndlovu	40-49	Female	60	24	49	24	44	201	
	Mmeli Madibothe	20-29	Male	80	33	74	23	64	274	
	Dan Sithole	20-29	Male	50	29	50	30	35	194	
	Nichola Steyn	30-39	Female	60	29	15	38	43	185	
	Marsha Masha	30-39	Male	60	33	54	25	46	218	
	Nompumelelo Sigcu	30-39	Female	45	21	49	18	25	158	
	Koketso Moththo	30-39	Male	50	24	35	26	19	154	
	Thembelani Terance Mangwana	20-29	Male	80	35	45	30	53	243	
	Rolene Da Silva	20-29	Female	60	17	51	15	25	168	
	Mosima Makape	40-49	Female	60	27	30	20	50	187	
	Nicole de Jongh	20-29	Female	25	17	27	0	0	69	
	Carlos Ramalepe	20-29	Male	75	42	60	40	60	277	

PF HYROX FOURWAYS MALL RESULTS

HEAT 6

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Fallon Jansen	30-39	Female	40	18	25	16	19	118	
	Gareth Rowson	20-29	Male	60	45	65	42	36	248	
	Jade Klaasen	30-39	Female	50	20	30	20	30	150	
	Sulaimaan Daya	20-29	Male	55	31	50	21	39	196	
	Lidia Mukuna	20-29	Female	55	25	56	23	44	203	
	Mapule Mbokazi	20-29	Female	60	27	45	28	40	200	
	Carrey-Lynn Le Forestier	20-29	Female	65	26	51	24	39	205	
	Alexander Komo	40-49	Male	70	57	44	43	36	250	
	Kirsty Naude	-	-	-	-	-	-	-	0	DNS
	Marvin Mabuza	-	-	-	-	-	-	-	0	DNS
	Matthew Nicholls	-	-	-	-	-	-	-	0	DNS
	Sinaso Dabula	-	-	-	-	-	-	-	0	DNS
	Tamryn Nicholls	-	-	-	-	-	-	-	0	DNS
	Liberty Rumhuma	-	-	-	-	-	-	-	0	DNS
	Linda Mandyu	-	-	-	-	-	-	-	0	DNS
WAVE 2	Cindy Ellis	40-49	Female	65	28	58	29	57	237	
	Kelebogile Kgosikoma	40-49	Female	60	18	33	16	27	154	
	Palesa Lepholletse	20-29	Female	60	17	47	25	25	174	
	PROUD SITHEMBILE MALULEKA	20-29	Female	45	17	30	18	28	138	
	Rhulani Ndlovu	30-39	Female	50	19	35	19	30	153	
	Tsion Godebo	20-29	Female	60	20	34	20	31	165	
	Laila Lau	40-49	Female	65	16	48	18	29	176	
	Nadia Prinsloo	40-49	Female	40	25	45	24	55	189	
	Zwelahke Mazibuko	30-39	Male	60	36	50	34	60	240	
	Meagen Robertson	30-39	Female	55	24	40	25	40	184	
	Sandisiwe Mda	-	-	-	-	-	-	-	0	DNS
	Chantel Zvikwete	-	-	-	-	-	-	-	0	DNS
	Donald Matabane	-	-	-	-	-	-	-	0	DNS
	Janice Pondicas	-	-	-	-	-	-	-	0	DNS
	Maria Markides	-	-	-	-	-	-	-	0	DNS
WAVE 3	Chimwemwe Mphaka	40-49	Female	45	25	30	19	31	150	
	Deon Featherstone	20-29	Male	65	43	45	36	49	238	
	Bianca Mc Pherson	30-39	Female	45	20	28	19	25	137	
	Garry Featherstone	50-59	Male	55	35	30	29	30	179	
	Keke Lehobo	20-29	Male	85	34	73	34	60	286	
	Akhona Magxala	30-39	Female	50	15	48	23	25	161	
	Barrington Webbe	30-39	Male	70	51	59	40	60	280	
	Belinda De Gray Birch	50-59	Female	45	24	36	23	50	178	
	Lorato Motsoeneng	40-49	Female	60	19	48	22	39	188	
	Berekat Hintsa	30-39	Male	80	35	58	30	68	271	
	Deidre Davel	40-49	Female	80	16	20	18	25	159	
	Bandile Ntlangeni	-	-	-	-	-	-	-	0	DNS
	Sijabulile Khupe	-	-	-	-	-	-	-	0	DNS
	Timéke Prinsloo	-	-	-	-	-	-	-	0	DNS
	Dumsani Zuma	-	-	-	-	-	-	-	0	DNS
WAVE 4	Keoagile Magasa	40-49	Female	50	19	40	19	35	163	
	Mmathabiso Khadema	30-39	Female	55	16	50	22	30	173	
	Emmanuel Ajilaba	20-29	Male	65	35	36	20	35	191	
	Ayanda Makhanya	30-39	Female	45	16	47	18	35	161	
	Peta Sacke	50-59	Female	50	25	47	25	45	192	
	Taylor Smith	20-29	Female	55	28	54	27	30	194	
	VICTORIA Hill	20-29	Female	35	16	22	16	14	103	
	Saaleha Akoojee	30-39	Female	60	25	55	24	50	214	
	Ziviwe Magxala	30-39	Female	60	19	62	20	36	197	
	Yolanda Mthethwa	30-39	Female	55	14	47	21	33	170	
	Rhea Magwele	40-49	Female	55	23	45	17	45	185	
	Angelique Grigoratos	40-49	Female	50	25	46	21	41	183	
	Basil Moutafis	40-49	Male	60	39	51	38	57	245	
	Thulani Motekase	20-29	Male	75	38	66	29	45		
	Lusanda Magxala	30-39	Female	60	23	70	28	60		

PF HYROX FOURWAYS MALL RESULTS

HEAT 7

	ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL	
WAVE 1	Kuba Kaliszka	-	-	-	-	-	-	-	0	DNS
	Ashwin timothy Rabie	-	-	-	-	-	-	-	0	DNS
	Dean Featherstone	-	-	-	-	-	-	-	0	DNS
	Steven Thabang Lepule	-	-	-	-	-	-	-	0	DNS
	Nothando Ntuli	-	-	-	-	-	-	-	0	DNS
	Marilynn Brigette Manuel	-	-	-	-	-	-	-	0	DNS
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
		-	-	-	-	-	-	-	0	
WAVE 2									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	
									0	

planetfitness / HYROX

PF HYROX FOURWAYS MALL RESULTS

			ATHLETE NAME	SCORE	FINALS
16-19	FEMALE	1	Danielle Van der Watt	183	QUALIFIED
		2			
		3			
	MALE	1			QUALIFIED
		2			
		3			
20-29	FEMALE	1	Kyla Gricius	279	QUALIFIED
		2			
		3			
	MALE	1	Cassiem Fredericks	296	QUALIFIED
		2			
		3			
30-39	FEMALE	1	Lusanda Magxala	241	QUALIFIED
		2			
		3			
	MALE	1	Admire Mlambo	310	QUALIFIED
		2			
		3			
40-49	FEMALE	1	Claudia Hazelwood	252	QUALIFIED
		2			
		3			
	MALE	1	Alexander Komo	250	QUALIFIED
		2			
		3			
50-59	FEMALE	1	Peta Sacke	192	QUALIFIED
		2			
		3			
	MALE	1	Deon Wessels	249	QUALIFIED
		2			
		3			
60+	FEMALE	1	Rookshana Leaf	189	QUALIFIED
		2			
		3			
	MALE	1	Dean Berry	237	QUALIFIED
		2			
		3			