

PF HYROX POTCHESTROOM RESULTS

HEAT 1										
		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL

PF HYROX POTCHESTROOM RESULTS

HEAT 2										
		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL
WAVE 1		RIAAN VAN STRATEN	40-49	M	9	45	65	38	54	211
		NADIA PRINSLOO	40-49	F	8	21	44	21	50	144
		MONIQUE GREEFF	30-39	F	12	22	53	25	65	177
		BRENDAN LE ROUX	16-19	M	8	47	70	50	61	236
		NGAMANDLA MPING	20-29	M	12	24	70	30	51	187
WAVE 2		LULAMA APPLGREEN	30-39	F	6	25	46	27	50	154
		MOJALEFA PHAKI	20-29	M	7	31	38	24	13	113
		SHAKES MAYEKONI	50-59	M	8	29	3	20	23	83
		RETIEF BROODRYK	30-39	M	9	44	64	40	66	223
		MOLETSANE MONARE	30-39	M	7	40	5	24	36	112
WAVE 3		CAROLIEN SCHEEPERS	20-29	F	7	25	57	22	37	148
		MARLIZE FOLEY	20-29	F	8	20	50	20	45	143
		WILLEM ERASMUS	40-49	M	12	46	75	45	50	228
		MARTIE KOTZE	30-39	F	7	18	59	20	52	156
		TERRANCE MAROTA	40-49	M	15	28	26	22	41	132
WAVE 4		TEBOGO PHASHA	30-39	M	11	32	33	32	40	148
		BRENT PACE	20-29	M	12	39	61	36	59	207
		MIGHAN SMITH	16-19	M	12	28	40	24	12	116
		REDBTSWE SERERO	30-39	F	7	22	63	22	46	160
		PIET MULLER	40-49	M	7	42	50	41	38	178

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HEAT 3	RESULTS									
		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL
	WAVE 1	PORTIA MGINI	40-49	F	8	27	37	23	40	135
		SAMNKELO TSHEMESE	20-29	M	15	37	8	33	50	143
		TREVOR KUBHEKA	30-39	M	11	31	45	32	41	160
		FAKU NTSHAKAZA	20-29	M	14	26	45	28	40	153
		ANDRIES GREEFF	40-49	M	11	40	45	30	35	161
	WAVE 2	TSEBO MAJORO	30-39	M	10	33	65	36	34	178
		WYNAND SCHEEPERS	20-29	M	10	44	58	33	43	188
		CARLA LOMBARD	40-49	F	9	22	45	24	42	142
		ANELE GENYANE	30-39	F	10	27	58	30	56	181
		ANIKA VORSTER	16-19	F	10	20	34	18	37	119
	WAVE 3	DONALD MATABANE	30-39	M	9	37	55	38	36	175
		DINEO MOTHIBI	30-39	F	8	22	53	22	40	145
		TSHOLOFELO LEETO	20-29	F	8	16	44	18	24	110
		SONANDRE DREYER	20-29	F	9	23	60	23	33	148
		UNATHI NTJA	40-49	F	8	19	34	18	21	100
	WAVE 4	FRANCOIS DE GREEF	30-39	M	9	48	65	37	53	212
MARIO MAKOS		30-39	M	13	26	51	29	37	156	
KYLE VAN WYK		20-29	M	11	44	53	37	42	187	
REUEL VIDELER		20-29	M	3	40	58	40	63	204	
ALBERT STEYN		20-29	M	9	38	51	40	51	189	

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HEAT 4		WALL BALLS							
		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	TOTAL
WAVE 1	ANDRE VAN DER BERG	50-59	M	9	31	40	21	35	136
	TEBOGO SEBEGO	30-39	M	14	40	84	30	40	208
	HANRO BRITZ	20-29	M	10	31	69	27	35	172
	BOITUMELO MASHITISHO	16-19	F	11	18	55	21	22	127
	COLLIN RAMAROTHOE	30-39	M	13	38	50	36	41	178
WAVE 2	BONGANI MAHALAGU	30-39	M	12	25	20	23	24	104
	JENNA RIVERA	20-29	F	10	20	46	24	40	140
	KRYNAUW BRITS	16-19	M	12	35	61	39	33	180
	JESSICA DE GREEF	30-39	F	10	21	46	21	40	138
	THABO MAKOH	20-29	M	9	28	43	49	38	167
WAVE 3	DEAN BERRY	60+	M	13	34	48	35	50	180
	TIM CARTER	50-59	M	12	42	51	48	40	193
									0
WAVE 4									0
									0
									0
									0
									0

PF HYROX POTCHESTROOM RESULTS

			ATHLETE NAME	SCORE	FINALS
16-19	FEMALE	1	BOITUMELO MASHITISHO	127	QUALIFIED
		2			
		3			
	MALE	1	BRENDAN LE ROUX	236	QUALIFIED
		2			
		3			
20-29	FEMALE	1	ESTINE BRITZ	198	QUALIFIED
		2			
		3			
	MALE	1	CONRAD WINNERTS	241	QUALIFIED
		2			
		3			
30-39	FEMALE	1	KAREN TRUTER	193	QUALIFIED
		2			
		3			
	MALE	1	RETIEF BROODRYK	223	QUALIFIED
		2			
		3			
40-49	FEMALE	1	CARLA LOMBARD	142	QUALIFIED
		2			
		3			
	MALE	1	WILLEM ERASMUS	228	QUALIFIED
		2			
		3			
50-59	FEMALE	1	-		QUALIFIED
		2			
		3			
	MALE	1	ANDRE VAN DER BERG	136	QUALIFIED
		2			
		3			
60+	FEMALE	1	-		
		2			
		3			
	MALE	1	DEAN BERRY	180	QUALIFIED
		2			
		3			