

PF HYROX OLYMPUS RESULTS

		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL		
		HEAT 2	WAVE 1	Jacques De Fortier	50-59	Male	55	41	45	31	41	213
Fati Masifela	40-49			Female	25	18	26	20	10	99		
Corne de Villiers	30-39			Male	65	33	73	28	62	261		
Chane Oldewage	40-49			Female	60	33	56	23	60	232		
Bonginkosi Mthombeni	30-39			Male	55	29	38	23	20	165		
Barbara Du Toit	20-29			Male	65	42	60	44	37	248		
Aqeel Morris	-			-	-	-	-	-	-	-	0	DNS
Beny Ouamabla	-			-	-	-	-	-	-	-	0	DNS
Chane Oldewage	-			-	-	-	-	-	-	-	0	DNS
Constandinos Fatsilidis	-			-	-	-	-	-	-	-	0	DNS
WAVE 2	Jaco Smith		30-39	Male	60	40	53	40	40	233		
	Beny Mampassi		30-39	Male	30	34	30	20	0	114		
	Legodi Thutse		20-29	Male	50	28	35	22	30	165		
	Mandisa Nkosi		30-39	Female	35	19	29	18	27	128		
	Madre Bultendag		20-29	Female	45	19	35	21	23	143		
	Makete Nelly Maraba		40-49	Female	50	17	33	16	33	149		
	Lucia Thomo		20-29	Female	30	23	30	21	24	128		
	Koketso Selepe		30-39	Female	45	20	51	20	14	150		
	Livhuwani Mulovhedzi		30-39	Female	50	24	58	14	16	162		
	Jako Smit		-	-	-	-	-	-	-	-	0	DNS
WAVE 3	Megan Erasmus		20-29	Female	75	23	58	30	38	224		
	Nia Matuleka		20-29	Female	40	13	20	18	10	101		
	Mikah Coetzee		16-19	Female	40	21	28	15	0	104		
	Niencke Bloem		20-29	Female	80	22	58	24	54	238		
	Michelle Coetzee		40-49	Female	50	23	45	21	35	174		
	Marcus Bradley		40-49	Male	65	31	49	30	27	202		
	Maria Sithole		30-39	Female	60	24	50	24	45	203		
	Mbalekela Radebe		30-39	Male	70	32	40	38	30	210		
	Moratuwa Motsileoa		20-29	Female	50	21	43	22	21	157		
	Mapi Naha		30-39	Female	45	18	40	16	28	147		
WAVE 4	Ntebohlang Maphela		30-39	Female	35	23	30	16	20	124		
	Sonto Bhengu		30-39	Female	45	25	47	20	30	167		
	Unathi Mzwakali		40-49	Female	45	25	70	34	40	214		
	Nicolene Sanders		30-39	Female	60	20	59	19	65	223		
	Thabelanggotso Matlala		20-29	Female	65	24	50	28	45	212		
	Ushimin Peteni		30-39	Male	55	32	45	27	47	206		
	Jeanne Smit		-	-	-	-	-	-	-	-	0	DNS
	Jenna Slabbert		-	-	-	-	-	-	-	-	0	DNS
	Liezel Dreyer		-	-	-	-	-	-	-	-	0	DNS
	Maria Sithole		-	-	-	-	-	-	-	-	0	DNS

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		HEAT 5								
		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL
WAVE 1	Mmathabiso Khalema	30-39	Female	45	17	53	26	13	154	
	Nick Andrieuskoy	30-39	Male	60	41	50	31	45	227	
	Laetitia Kahn	60+	Female	45	16	30	17	6	114	
	Nkosinathi Khambule	30-39	Male	65	38	50	35	32	220	
	Henk Snyders	30-39	Male	35	39	60	33	33	200	
	Shadreck Kwasha	40-49	Male	75	40	62	40	51	268	
	Marnitz Olivier	30-39	Male	70	38	66	35	63	272	
	Zalde Olivier	30-39	Male	55	39	46	28	45	213	
	Hercu Du preez	40-49	Male	80	41	43	37	38	239	
	Alexander Komo	40-49	Male	75	46	62	43	55	281	
WAVE 2	Basil Moutafis	40-49	Male	70	41	40	39	57	247	
	Jireha de Almeida	20-29	Female	60	30	60	25	40	215	
	Gabaza Legod	40-49	Female	55	21	40	17	20	153	
	Chante Prinsloo	20-29	Female	75	21	41	22	40	199	
	Jean Rossouw	30-39	Male	55	31	40	22	42	190	
	AJ Reyneke	20-29	Male	90	33	45	30	40	238	
	Dominique Van Vuuren	20-29	Female	65	19	42	17	27	170	
	Danielle Greyling	20-29	Female	65	22	60	22	30	199	
	Jaundre Meyer	16-19	Male	65	40	40	35	45	225	
	Marianka Fourie	20-29	Female	65	26	60	26	40	217	
WAVE 3	Timeke Prinsloo	16-19	Female	50	24	28	21	31	154	
	Masego Tsoku	20-29	Female	50	28	23	20	30	151	
	Manape Modika	30-39	Female	80	25	75	20	37	237	
	Malpelo Tshipala	20-29	Female	50	20	31	22	12	135	
	Leen Gura	30-39	Female	70	29	65	30	45	239	
	Lerato Tshoagong	40-49	Female	45	18	16	18	20	117	
	Carmelita Williams	-	-	-	-	-	-	-	0	DNS
	Louis Van Rooyen	-	-	-	-	-	-	-	0	DNS
	Maggy Lerato - Tshoagong	-	-	-	-	-	-	-	0	DNS
	Mahlako Phasha	-	-	-	-	-	-	-	0	DNS
WAVE 4	Nadia Prinsloo	40-49	Female	40	25	40	22	51	178	
	Zakhe Gwabeni	20-29	Female	35	15	30	15	10	105	
	Yuvir Ramjit	30-39	Male	50	44	38	39	32	203	
	Teboho Mafisa	30-39	Male	70	33	65	26	30	224	
	Selina Mpho MOKATSANE	30-39	Female	30	20	36	20	14	120	
	Zukiswa Matiyela	50-59	Female	25	21	28	24	30	128	
	Liz Ramohlola	-	-	-	-	-	-	-	0	DNS
	Marlie Hattingh	-	-	-	-	-	-	-	0	DNS
	Michelle Jooste	-	-	-	-	-	-	-	0	DNS
	Ntombenhle Mngomezulu	-	-	-	-	-	-	-	0	DNS

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		ATHLETE NAME	AGE	GENDER	RUN	SKI ERG	LUNGES	ROW	WALL BALLS	TOTAL			
		HEAT 6		Cindy Ellis	40-49	Female	70	29	70	33	55	257	
Thokozani Skaka	30-39			Male	55	36	37	21	25	174			
Nkosinathi Skaka	40-49			Male	25	22	0	0	0	47			
Mikayla Bruwe	20-29			Female	55	24	53	21	50	203			
Laura Esterhulzen	20-29			Female	65	23	83	29	63	263			
Nomcebo Khuzwayo	30-39			Female	80	23	70	22	37	232			
Motheo Moroane	20-29			Male	60	36	50	29	37	212			
Andréas Ganz	-			-	-	-	-	-	-	-	0	DNS	
Judith Setihabi	-			-	-	-	-	-	-	-	0	DNS	
Marcia Masipa	-			-	-	-	-	-	-	-	0	DNS	
HEAT 6				Lauren Jacobs	30-39	Female	65	25	56	22	61	229	
				Thabeka Dlamini	30-39	Female	40	21	30	31	40	162	
		Phenny Ramueckisi	40-49	Female	50	21	44	18	31	164			
		Xolani Kumbaca	40-49	Male	65	31	42	23	35	196			
		Maria Masipa	40-49	Female	45	18	40	20	30	153			
		Phumzile Xulu	20-29	Female	40	22	41	21	35	159			
		Ntokoko Bhengu	40-49	Male	85	31	35	25	27	203			
		Zikho Nkhumeleni	20-29	Female	75	20	36	19	25	175			
		Keltumetse Taunyane	30-39	Female	35	15	37	17	20	124			
		Andries Bestbier	40-49	Male	65	41	60	32	50	248			
		HEAT 6		Nologrse Ndazizi	40-49	Female	55	21	50	24	33	183	
Sibonelo Nakama	30-39			Male	65	39	51	35	49	239			
Linda Ndungane	30-39			Female	30	19	15	16	5	85			
Tabea Poo	30-39			Female	65	25	60	27	48	225			
Dana Coetzee	40-49			Male	85	42	63	43	46	279			
Ludwig Normund-van Wyk	30-39			Male	70	34	42	25	40	211			
Tumelo Motihanke	40-49			Male	45	37	27	21	11	141			
Lesego Molekoa	20-29			Female	60	19	42	19	25	165			
Rebecca Bapela	50-59			Female	50	25	45	22	45	187			
Ebrahim Tambala	-			-	-	-	-	-	-	-	0	DNS	
HEAT 6		Wendy Nemanashe	20-29	Female	50	24	35	20	25	154			
		Phemelo Nomaxhayi	20-29	Female	70	21	52	26	46	215			
		Rossouw Venter	20-29	Male	80	41	55	36	54	266			
		Melby Mhuruyengwe	20-29	Female	45	22	37	19	30	153			
		Zander Koekemoer	20-29	Male	65	39	44	35	40	223			
		Francelle Cato	20-29	Female	60	27	50	25	45	207			
		Lushan Chokalingam	-	-	-	-	-	-	-	-	0	DNS	
		Makwena Mantsho	-	-	-	-	-	-	-	-	0	DNS	
		Ntombi Shilubane	-	-	-	-	-	-	-	-	0	DNS	
		Olwethu Mbane	-	-	-	-	-	-	-	-	0	DNS	

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			ATHLETE NAME	SCORE	FINALS
16-19	FEMALE	1	Katelyn Williams	188	QUALIFIED
		2			
		3			
	MALE	1	Jaundre Meyer	225	QUALIFIED
		2			
		3			
20-29	FEMALE	1	Laura Esterhuizen	263	QUALIFIED
		2			
		3			
	MALE	1	Rossouw Venter	266	QUALIFIED
		2			
		3			
30-39	FEMALE	1	Marinel Jooste	242	QUALIFIED
		2			
		3			
	MALE	1	Leonard Olivier	275	QUALIFIED
		2			
		3			
40-49	FEMALE	1	Cindy Ellis	257	QUALIFIED
		2			
		3			
	MALE	1	Alexander Komo	281	QUALIFIED
		2			
		3			
50-59	FEMALE	1	Rebecca Bapela	187	QUALIFIED
		2			
		3			
	MALE	1	Jacques De Fortier	213	QUALIFIED
		2			
		3			
60+	FEMALE	1	Laeticia Kahn	114	QUALIFIED
		2			
		3			
	MALE	1			QUALIFIED
		2			
		3			