



Heats Position	Final	Men's B (09:00)	Finish Split	Start Split	Race Time	Gap
1	MB	TUKS	00:59:55.86	00:40:05.85	19:50.0	-
2	1&2	UCT	01:01:08.21	00:40:41.91	20:26.3	00:36.3
3	MB	Maties	01:04:25.84	00:41:30.52	22:55.3	02:29.0
4	3&4	UCT C	01:08:07.60	00:43:04.39	25:03.2	02:07.9
5	MB	Maties C	01:08:59.55	00:43:49.95	25:09.6	00:06.4
6	5&6	UWC	01:09:10.31	00:42:09.26	27:01.1	01:51.4

Heats Position	Final	Women's B (11:00)	Finish Split	Start Split	Race Time	Gap
1	WB	TUKS	01:09:07.35	00:45:40.5	23:26.8	-
2	1&2	UCT	01:10:44.78	00:46:05.9	24:38.9	01:12.0
3	WB	UJ	01:13:50.09	00:46:43.8	27:06.3	02:27.4
4	3&4	UWC	01:23:15.90	00:48:09.4	35:06.5	08:00.2
5	WB	UCT C	01:24:48.25	00:48:48.1	36:00.2	00:53.7
6	5&6	UWC Comp.	01:31:06.35	00:50:02.5	41:03.8	05:03.7

Heats Position	Final	Men's A (14:00)	Finish Split	Start Split	Race Time	Gap
1	MA	UCT	00:51:50.35	00:33:19.48	18:30.9	-
2	1&2	TUKS	00:52:28.95	00:33:56.97	18:32.0	00:01.1
3	MA	Maties	00:54:10.13	00:34:51.78	19:18.4	00:46.4
4	3&4	UJ	00:55:18.13	00:34:22.36	20:55.8	01:37.4
5	MA	UWC	01:00:33.57	00:38:02.23	22:31.3	01:35.6
6	5&6	WITS	00:58:56.89	00:35:26.51	23:30.4	00:59.0
7	MA	UFH	01:00:09.80	00:36:23.74	23:46.1	00:15.7
8	7&8	WSU	00:59:49.76	00:35:50.79	23:59.0	00:12.9
9	MA	NMU	01:02:20.07	00:37:26.06	24:54.0	00:55.0
10	9&10	Rhodes	01:02:46.35	00:36:55.37	25:51.0	00:57.0

Heats Position	Final	Women's A (16:00)	Finish Split	Start Split	Race Time	Gap
1	WA	TUKS	00:54:14.41	00:33:43.34	20:31.1	-
2	1&2	UJ	00:58:17.73	00:36:06.75	22:11.0	01:39.9
3	WA	UCT	00:56:51.66	00:34:22.73	22:28.9	00:17.9
4	3&4	Maties	01:00:33.44	00:37:00.93	23:32.5	01:03.6
5	WA	WITS	01:03:20.60	00:38:33.40	24:47.2	01:14.7
6	5&6	Rhodes	01:03:12.91	00:37:32.92	25:40.0	00:52.8
7	WA	NMU	01:08:13.59	00:39:55.81	28:17.8	02:37.8
8	7&8	UWC	01:08:42.17	00:39:22.75	29:19.4	01:01.6
9	WA	UFH	01:10:04.91	00:40:28.85	29:36.1	00:16.6
10	9&10	WSU	01:11:24.41	00:41:14.83	30:09.6	00:33.5