| Position | Cat. Pos. | Pnts | Name | Gender | Cat. | Laps | Stage 1 | Stage 2 | Stage 3 | Stage 4 | Stage 5 | Total Time | Rider Gap | Gap to 1st |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | 1 | 200 | Robert Starke | M | SV |  | 5 00:02:19.9 (1) | 00:02:02.6 (1) | 00:03:23.2 (1) | 00:04:11.7 (1) | 00:03:25.4 (3) | 00:15:22.841 | 0 | 0 |
| 2 | 1 | 200 | Luke Moir | M | JM |  | 5 00:02:26.2 (5) | 00:02:09.6 (5) | 00:03:25.9 (4) | 00:04:12.1 (2) | 00:03:24.6 (2) | 00:15:38.432 | 00:16 | 00:16 |
| 3 | 1 | 200 | Dane Olsen | M | SM |  | 5 00:02:26.0 (4) | 00:02:03.4 (2) | 00:03:25.2 (3) | 00:04:19.1 (5) | 00:03:26.5 (4) | 00:15:40.148 | 00:02 | 00:17 |
| 4 | 2 | 170 | Luke Evans | M | SM |  | 5 00:02:23.1 (2) | 00:02:07.9 (3) | 00:03:30.8 (8) | 00:04:16.5 (3) | 00:03:24.4 (1) | 00:15:42.628 | 00:02 | 00:20 |
| 5 | 2 | 170 | Henlu Starke | M | SV |  | 5 00:02:31.2 (12) | 00:02:11.2 (7) | 00:03:29.0 (6) | 00:04:23.3 (8) | 00:03:34.1 (12) | 00:16:08.874 | 00:26 | 00:46 |
| 6 | 3 | 150 | Rupert Von Tutschek | M | SV |  | 5 00:02:30.9 (10) | 00:02:16.3 (14) | 00:03:29.6 (7) | 00:04:32.0 (14) | 00:03:29.4 (7) | 00:16:18.084 | 00:09 | 00:55 |
| 7 | 1 | 200 | Julien Louw | M | MM |  | 5 00:02:29.2 (7) | 00:02:18.5 (19) | 00:03:31.8 (10) | 00:04:21.1 (6) | 00:03:38.8 (21) | 00:16:19.355 | 00:01 | 00:57 |
| 8 | 2 | 170 | Matthew Lochner | M | JM |  | 5 00:02:32.9 (16) | 00:02:16.8 (15) | 00:03:37.1 (20) | 00:04:31.8 (13) | 00:03:26.6 (5) | 00:16:25.239 | 00:06 | 01:02 |
| 9 | 3 | 150 | Duran Duran Van Eeden | M | SM |  | 5 00:02:32.9 (15) | 00:02:14.1 (10) | 00:03:43.7 (41) | 00:04:30.2 (12) | 00:03:32.4 (9) | 00:16:33.308 | 00:08 | 01:10 |
| 10 | 2 | 170 | Chris Nixon | M | MM |  | 5 00:02:33.2 (17) | 00:02:12.4 (9) | 00:03:34.8 (13) | 00:04:38.8 (24) | 00:03:35.4 (15) | 00:16:34.758 | 00:01 | 01:12 |
| 11 | 4 | 135 | Jason Gorman | M | SV |  | 5 00:02:36.6 (31) | 00:02:19.1 (23) | 00:03:32.8 (12) | 00:04:33.6 (17) | 00:03:34.4 (14) | 00:16:36.531 | 00:02 | 01:14 |
| 12 | 5 | 125 | Jacobus Johannes Veldsman | M | SV |  | 5 00:02:35.1 (24) | 00:02:17.4 (18) | 00:03:40.8 (33) | 00:04:32.5 (16) | 00:03:33.8 (11) | 00:16:39.456 | 00:03 | 01:17 |
| 13 | 1 | 200 | Andrew John Savage | M | VM |  | 5 00:02:30.1 (8) | 00:02:18.5 (20) | 00:03:35.4 (14) | 00:04:29.3 (11) | 00:03:46.1 (33) | 00:16:39.462 | 00:00 | 01:17 |
| 14 | 6 | 120 | Craig Mackintosh | M | SV |  | 5 00:02:30.2 (9) | 00:02:33.0 (60) | 00:03:28.7 (5) | 00:04:35.7 (20) | 00:03:32.1 (8) | 00:16:39.697 | 00:00 | 01:17 |
| 15 | 7 | 115 | Cornelius Hansen | M | SV |  | 5 00:02:31.2 (11) | 00:02:17.0 (16) | 00:03:37.0 (18) | 00:04:40.1 (26) | 00:03:38.5 (20) | 00:16:43.739 | 00:04 | 01:21 |
| 16 | 1 | 200 | Henning Venter | M | YM |  | 5 00:02:38.0 (34) | 00:02:24.0 (33) | 00:03:37.1 (19) | 00:04:34.3 (19) | 00:03:33.7 (10) | 00:16:47.044 | 00:03 | 01:24 |
| 17 | 1 | 200 | Max Jordaan | M | UM |  | 5 00:02:38.0 (35) | 00:02:14.9 (11) | 00:03:38.7 (25) | 00:04:36.5 (21) | 00:03:47.5 (42) | 00:16:55.535 | 00:08 | 01:33 |
| 18 | 2 | 170 | Morgan Louw | M | YM |  | 5 00:02:28.3 (6) | 00:02:10.7 (6) | 00:03:39.7 (28) | 00:04:34.0 (18) | 00:04:06.5 (73) | 00:16:59.206 | 00:04 | 01:36 |
| 19 | 8 | 110 | Dayle Holmes | M | SV |  | 5 00:02:36.2 (29) | 00:02:18.7 (22) | 00:03:39.5 (27) | 00:04:43.0 (31) | 00:03:43.1 (28) | 00:17:00.508 | 00:01 | 01:38 |
| 20 | 2 | 170 | Rolfe Van Breda | M | VM |  | 5 00:02:34.8 (22) | 00:02:22.2 (29) | 00:03:40.2 (32) | 00:04:41.4 (28) | 00:03:42.4 (25) | 00:17:00.987 | 00:00 | 01:38 |
| 21 | 3 | 150 | Luca Ruwiel | M | YM |  | 5 00:03:12.2 (165) | 00:02:17.1 (17) | 00:03:30.8 (9) | 00:04:24.2 (9) | 00:03:36.7 (17) | 00:17:01.047 | 00:00 | 01:38 |
| 22 | 3 | 150 | Dillan Rix | M | JM |  | 5 00:02:39.3 (42) | 00:02:20.9 (25) | 00:03:40.2 (31) | 00:04:43.1 (32) | 00:03:38.0 (18) | 00:17:01.461 | 00:00 | 01:39 |
| 23 | 2 | 170 | Juri De Bruyn | M | UM |  | 5 00:02:32.8 (14) | 00:02:15.2 (12) | 00:03:43.2 (40) | 00:04:47.7 (38) | 00:03:42.8 (26) | 00:17:01.623 | 00:00 | 01:39 |
| 24 | 9 |  | Devin Toselli | M | SV |  | 5 00:02:32.6 (13) | 00:02:22.9 (32) | 00:03:37.5 (23) | 00:04:45.7 (35) | 00:03:46.6 (35) | 00:17:05.340 | 00:04 | 01:42 |
| 25 | 4 | 135 | Dylan Lamb | M | JM |  | 5 00:02:35.9 (27) | 00:02:26.4 (39) | 00:03:37.3 (21) | 00:04:42.7 (30) | 00:03:43.9 (29) | 00:17:06.230 | 00:01 | 01:43 |
| 26 | 1 | 200 | Matt Van Galen | M | EB M |  | 5 00:02:35.9 (26) | 00:02:40.7 (95) | 00:03:48.4 (57) | 00:04:25.9 (10) | 00:03:38.0 (19) | 00:17:08.867 | 00:03 | 01:46 |
| 27 | 3 | 150 | Cameron Roach | M | UM |  | 5 00:02:33.6 (19) | 00:02:15.4 (13) | 00:03:39.8 (29) | 00:04:46.0 (36) | 00:03:55.9 (57) | 00:17:10.729 | 00:02 | 01:48 |
| 28 | 1 | 200 | Hendre De Villiers | M | JB |  | 5 00:02:36.6 (30) | 00:02:32.1 (56) | 00:03:42.9 (38) | 00:04:38.7 (23) | 00:03:41.0 (22) | 00:17:11.257 | 00:01 | 01:48 |
| 29 | 4 | 135 | Liam Mcleod | M | UM |  | 5 00:02:37.2 (32) | 00:02:27.4 (40) | 00:03:48.8 (58) | 00:04:32.3 (15) | 00:03:45.7 (32) | 00:17:11.386 | 00:00 | 01:49 |
| 30 | 4 | 135 | Kevin De Kock | M | YM |  | 5 00:02:40.5 (45) | 00:02:20.8 (24) | 00:03:36.1 (16) | 00:04:47.8 (39) | 00:03:46.8 (37) | 00:17:11.933 | 00:01 | 01:49 |
| 31 | 10 | 100 | Justin Novella | M | SV |  | 5 00:02:38.4 (38) | 00:02:22.0 (27) | 00:03:45.8 (51) | 00:04:42.6 (29) | 00:03:44.6 (30) | 00:17:13.292 | 00:01 | 01:50 |
| 32 | 11 | 96 | Stiaan Swart | M | SV |  | 5 00:02:36.1 (28) | 00:02:26.4 (38) | 00:03:40.1 (30) | 00:04:37.6 (22) | 00:03:53.6 (54) | 00:17:13.702 | 00:00 | 01:51 |
| 33 | 3 | 150 | Roger Kerr | M | VM |  | 5 00:02:35.7 (25) | 00:02:32.2 (57) | 00:03:41.3 (35) | 00:04:44.4 (33) | 00:03:42.9 (27) | 00:17:16.486 | 00:03 | 01:54 |
| 34 | 4 | 135 | Jim Hendricks | M | VM |  | 5 00:02:40.9 (46) | 00:02:31.3 (51) | 00:03:45.8 (50) | 00:04:45.4 (34) | 00:03:34.1 (13) | 00:17:17.516 | 00:01 | 01:55 |
| 35 | 5 | 125 | Brendon Smith | M | UM |  | 5 00:02:43.2 (63) | 00:02:29.0 (45) | 00:03:37.4 (22) | 00:04:46.2 (37) | 00:03:42.2 (24) | 00:17:18.014 | 00:00 | 01:55 |
| 36 | 5 | 125 | Jamie Smith | M | VM |  | 5 00:02:44.6 (74) | 00:02:22.9 (31) | 00:03:42.7 (37) | 00:04:40.1 (27) | 00:03:51.6 (49) | 00:17:21.771 | 00:04 | 01:59 |
| 37 | 2 | 170 | Niko Velasco | M | EB M |  | 5 00:02:43.1 (62) | 00:02:18.6 (21) | 00:03:44.7 (46) | 00:05:00.4 (53) | 00:03:35.9 (16) | 00:17:22.574 | 00:01 | 02:00 |
| 38 | 4 | 135 | Brandon Fyfe | M | SM |  | 5 00:02:42.8 (59) | 00:02:34.3 (63) | 00:03:38.2 (24) | 00:05:03.8 (58) | 00:03:27.5 (6) | 00:17:26.683 | 00:04 | 02:04 |
| 39 | 12 | 92 | Doug Bird | M | SV |  | 5 00:02:38.8 (40) | 00:02:22.6 (30) | 00:03:44.4 (44) | 00:05:04.9 (60) | 00:03:48.2 (44) | 00:17:38.836 | 00:12 | 02:16 |
| 40 | 13 | 88 | Daniel Jacobs | M | SV |  | 5 00:02:38.1 (36) | 00:02:25.5 (37) | 00:03:39.2 (26) | 00:05:05.1 (61) | 00:03:51.5 (48) | 00:17:39.289 | 00:00 | 02:16 |
| 41 | 6 | 120 | Pieter Henning | M | VM |  | 5 00:02:42.6 (58) | 00:02:30.8 (50) | 00:03:43.0 (39) | 00:05:01.0 (54) | 00:03:47.3 (40) | 00:17:44.654 | 00:05 | 02:22 |
| 42 | 5 | 125 | Steven Pettitt | M | SM |  | 5 00:02:38.6 (39) | 00:02:30.1 (49) | 00:03:50.3 (61) | 00:04:51.3 (42) | 00:03:57.4 (59) | 00:17:47.774 | 00:03 | 02:25 |


| 43 | 5 | 125 Ben De Swardt | M | JM | 5 00:02:41.9 (52) | 00:02:21.1 (26) | 00:03:44.4 (45) | 00:04:53.7 (44) | 00:04:12.6 (81) | 00:17:53.734 | 00:06 | 02:31 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 44 | 14 | 84 Jean-Pierre Malherbe | M | SV | 5 00:02:39.1 (41) | 00:02:31.6 (54) | 00:03:45.0 (48) | 00:04:59.9 (51) | 00:03:58.5 (60) | 00:17:54.100 | 00:00 | 02:31 |
| 45 | 7 | 115 Pierre Steyn | M | VM | 5 00:02:43.3 (65) | 00:02:34.9 (66) | 00:03:52.4 (66) | 00:04:55.8 (46) | 00:03:47.8 (43) | 00:17:54.392 | 00:00 | 02:32 |
| 46 | 6 | 120 Mitchell Fussell | M | JM | 5 00:02:38.1 (37) | 00:02:36.0 (72) | 00:03:52.9 (68) | 00:04:54.9 (45) | 00:03:53.5 (53) | 00:17:55.455 | 00:01 | 02:33 |
| 47 | 6 | 120 Thomas Van Der Ploeg | M | SM | 5 00:02:41.3 (49) | 00:02:31.4 (52) | 00:03:53.2 (70) | 00:04:58.4 (48) | 00:03:52.4 (51) | 00:17:56.506 | 00:01 | 02:34 |
| 48 | 3 | 150 Colin Myers | M | MM | 5 00:02:45.6 (77) | 00:02:35.4 (68) | 00:03:47.0 (54) | 00:04:55.9 (47) | 00:03:55.1 (56) | 00:17:59.072 | 00:03 | 02:36 |
| 49 | 15 | 80 Jade Lemmer | M | SV | 5 00:02:45.1 (75) | 00:02:25.0 (36) | 00:03:53.9 (72) | 00:05:07.6 (67) | 00:03:50.9 (46) | 00:18:02.685 | 00:04 | 02:40 |
| 50 | 16 | 76 Stephan Wessels | M | SV | 5 00:03:07.7 (146) | 00:02:30.1 (48) | 00:03:47.4 (55) | 00:04:51.4 (43) | 00:03:46.6 (34) | 00:18:03.196 | 00:01 | 02:40 |
| 51 | 5 | 125 Joel Williams | M | YM | 5 00:02:50.4 (88) | 00:02:31.8 (55) | 00:03:51.0 (64) | 00:05:05.5 (62) | 00:03:47.5 (41) | 00:18:06.101 | 00:03 | 02:43 |
| 52 | 17 | 72 Tristan Sandwith | M | SV | 5 00:02:43.7 (69) | 00:02:34.9 (65) | 00:03:55.2 (73) | 00:05:01.6 (56) | 00:03:51.8 (50) | 00:18:07.181 | 00:01 | 02:44 |
| 53 | 7 | 115 Dane Sawi | M | JM | 5 00:02:42.4 (55) | 00:02:34.4 (64) | 00:03:52.0 (65) | 00:04:59.1 (49) | 00:03:59.4 (62) | 00:18:07.328 | 00:00 | 02:44 |
| 54 | 6 | 120 Mitch Lolliot | M | UM | 5 00:02:50.6 (90) | 00:02:32.4 (58) | 00:03:49.7 (59) | 00:04:59.1 (50) | 00:03:57.0 (58) | 00:18:08.904 | 00:02 | 02:46 |
| 55 | 18 | 68 Sven Duncker | M | SV | 5 00:02:48.2 (82) | 00:02:36.4 (76) | 00:03:52.9 (69) | 00:05:06.8 (65) | 00:03:44.8 (31) | 00:18:09.104 | 00:00 | 02:46 |
| 56 | 7 | 115 Jacques Prins | M | UM | 5 00:02:48.8 (84) | 00:02:28.4 (43) | 00:04:11.3 (111) | 00:05:00.2 (52) | 00:03:41.1 (23) | 00:18:09.790 | 00:01 | 02:47 |
| 57 | 19 | 64 Richard Botes | M | SV | 5 00:02:40.3 (44) | 00:02:24.2 (34) | 00:03:45.5 (49) | 00:05:30.8 (93) | 00:03:51.3 (47) | 00:18:12.234 | 00:02 | 02:49 |
| 58 | 8 | 110 Tyler Flanagan | M | JM | 5 00:02:43.4 (67) | 00:02:28.2 (41) | 00:03:46.1 (52) | 00:05:12.1 (72) | 00:04:04.0 (67) | 00:18:13.888 | 00:02 | 02:51 |
| 59 | 3 | 150 Paul Combrinck | M | EB M | 5 00:02:44.5 (73) | 00:02:45.4 (110) | 00:03:41.1 (34) | 00:05:15.9 (76) | 00:03:47.3 (39) | 00:18:14.172 | 00:00 | 02:51 |
| 60 | 8 | 110 John Anderson | M | VM | 5 00:02:46.0 (78) | 00:02:35.7 (71) | 00:03:59.2 (84) | 00:05:07.6 (68) | 00:03:46.6 (36) | 00:18:15.178 | 00:01 | 02:52 |
| 61 | 9 | 105 John Rostance | M | VM | 5 00:02:43.6 (68) | 00:02:28.3 (42) | 00:03:57.4 (80) | 00:05:06.6 (64) | 00:04:01.4 (64) | 00:18:17.298 | 00:02 | 02:54 |
| 62 | 8 | 110 Dyson Trisos | M | UM | 5 00:02:49.0 (85) | 00:02:35.5 (70) | 00:03:52.5 (67) | 00:05:07.0 (66) | 00:03:54.5 (55) | 00:18:18.395 | 00:01 | 02:56 |
| 63 | 10 | 100 Uwe Miksch | M | VM | 5 00:02:41.1 (48) | 00:02:39.2 (86) | 00:03:56.5 (76) | 00:05:16.1 (77) | 00:03:46.8 (38) | 00:18:19.723 | 00:01 | 02:57 |
| 64 | 1 | 200 Frankie Du Toit | F | UW | 5 00:02:42.6 (57) | 00:02:29.7 (46) | 00:03:55.9 (74) | 00:05:01.5 (55) | 00:04:10.1 (78) | 00:18:19.781 | 00:00 | 02:57 |
| 65 | 7 | 115 Chris Barrett | M | SM | 5 00:02:35.1 (23) | 00:02:22.0 (28) | 00:03:36.7 (17) | 00:05:04.6 (59) | 00:04:42.4 (123) | 00:18:20.746 | 00:01 | 02:58 |
| 66 | 20 | 60 Philip Viljoen | M | SV | 5 00:02:43.2 (64) | 00:02:24.3 (35) | 00:03:50.0 (60) | 00:04:49.2 (40) | 00:04:35.2 (116) | 00:18:21.928 | 00:01 | 02:59 |
| 67 | 6 | 120 Bryce Carter | M | YM | 5 00:02:46.1 (79) | 00:02:35.3 (67) | 00:03:50.9 (62) | 00:05:05.6 (63) | 00:04:06.2 (72) | 00:18:24.088 | 00:02 | 03:01 |
| 68 | 21 | 57 Shaun Matthews | M | SV | 5 00:02:44.3 (72) | 00:02:36.1 (73) | 00:03:56.5 (75) | 00:05:15.4 (75) | 00:04:01.7 (65) | 00:18:33.951 | 00:10 | 03:11 |
| 69 | 9 | 105 Troy Sullivan | M | JM | 5 00:02:54.4 (104) | 00:02:39.8 (90) | 00:03:48.1 (56) | 00:05:10.9 (70) | 00:04:06.7 (74) | 00:18:39.796 | 00:06 | 03:17 |
| 70 | 22 | 54 Malcolm Isaacs | M | SV | 5 00:02:43.4 (66) | 00:02:43.3 (104) | 00:03:44.0 (43) | 00:05:21.1 (82) | 00:04:08.3 (77) | 00:18:40.041 | 00:00 | 03:17 |
| 71 | 8 | 110 Justin Steyn | M | SM | 5 00:02:45.3 (76) | 00:02:33.0 (59) | 00:03:57.1 (78) | 00:05:20.8 (81) | 00:04:04.6 (70) | 00:18:40.809 | 00:01 | 03:18 |
| 72 | 4 | 135 Marc Ruwiel | M | MM | 5 00:02:48.0 (81) | 00:02:39.4 (88) | 00:03:56.8 (77) | 00:05:12.4 (73) | 00:04:05.1 (71) | 00:18:41.704 | 00:01 | 03:19 |
| 73 | 11 | 96 Andrew Morrison | M | VM | 5 00:02:41.7 (51) | 00:02:37.0 (79) | 00:03:58.7 (83) | 00:05:22.0 (84) | 00:04:03.7 (66) | 00:18:43.114 | 00:01 | 03:20 |
| 74 | 12 | 92 Craig Mccosh | M | VM | 5 00:02:42.4 (54) | 00:02:31.5 (53) | 00:04:00.8 (89) | 00:05:17.3 (79) | 00:04:14.6 (82) | 00:18:46.627 | 00:04 | 03:24 |
| 75 | 23 | 51 Riaan Potas | M | SV | 5 00:02:49.8 (86) | 00:02:45.7 (113) | 00:03:51.0 (63) | 00:05:17.1 (78) | 00:04:10.4 (80) | 00:18:54.059 | 00:07 | 03:31 |
| 76 | 9 | 105 Calvin Pagel | M | SM | 5 00:03:00.8 (127) | 00:02:39.3 (87) | 00:04:00.2 (87) | 00:05:15.2 (74) | 00:03:58.7 (61) | 00:18:54.293 | 00:00 | 03:31 |
| 77 | 13 | 88 Olivier Van Maasdijk | M | VM | 5 00:02:50.8 (92) | 00:02:28.5 (44) | 00:03:46.3 (53) | 00:05:52.8 (116) | 00:03:59.8 (63) | 00:18:58.169 | 00:04 | 03:35 |
| 78 | 14 | 84 Frank Corris | M | VM | 5 00:02:53.6 (100) | 00:02:43.6 (105) | 00:04:13.6 (119) | 00:05:08.3 (69) | 00:04:06.8 (75) | 00:19:05.918 | 00:08 | 03:43 |
| 79 | 15 | 80 Michael Collins | M | VM | 5 00:02:50.4 (89) | 00:02:52.7 (129) | 00:03:59.4 (86) | 00:05:21.7 (83) | 00:04:07.1 (76) | 00:19:11.289 | 00:05 | 03:48 |
| 80 | 10 | 100 Rigardt Griessel | M | SM | 5 00:02:50.3 (87) | 00:02:34.3 (62) | 00:04:09.8 (107) | 00:05:28.5 (92) | 00:04:10.1 (79) | 00:19:13.015 | 00:02 | 03:50 |
| 81 | 7 | 115 Andreas Botes | M | YM | 5 00:02:53.6 (101) | 00:02:36.2 (74) | 00:04:03.4 (94) | 00:05:35.2 (96) | 00:04:04.5 (69) | 00:19:13.080 | 00:00 | 03:50 |
| 82 | 24 | 48 Tyron Kansley | M | SV | 5 00:02:43.0 (60) | 00:02:40.2 (92) | 00:03:58.0 (81) | 00:05:35.5 (97) | 00:04:18.1 (86) | 00:19:14.768 | 00:02 | 03:52 |
| 83 | 16 | 76 George Roth | M | VM | 5 00:02:40.9 (47) | 00:02:33.5 (61) | 00:04:12.3 (115) | 00:05:27.7 (90) | 00:04:21.1 (94) | 00:19:15.453 | 00:01 | 03:53 |
| 84 | 17 | 72 Jason Whyte | M | VM | 5 00:02:56.8 (111) | 00:02:42.7 (103) | 00:03:59.3 (85) | 00:05:31.5 (94) | 00:04:19.0 (90) | 00:19:29.343 | 00:14 | 04:07 |
| 85 | 18 | 68 Bennet Nel | M | VM | 5 00:03:00.7 (125) | 00:02:47.3 (116) | 00:03:58.6 (82) | 00:05:28.4 (91) | 00:04:14.6 (83) | 00:19:29.609 | 00:00 | 04:07 |
| 86 | 25 | 45 Shaun Stoch | M | SV | 5 00:02:48.4 (83) | 00:02:36.6 (78) | 00:04:03.1 (92) | 00:05:18.8 (80) | 00:04:43.7 (124) | 00:19:30.625 | 00:01 | 04:08 |
| 87 | 1 | 200 Katja Steenkamp | F | SX | 5 00:02:53.1 (96) | 00:02:40.8 (96) | 00:04:01.1 (90) | 00:05:36.0 (99) | 00:04:22.6 (95) | 00:19:33.698 | 00:03 | 04:11 |
| 88 | 2 | 170 Joachim Frederick Cilliers | M | JB | 5 00:02:51.4 (95) | 00:02:38.1 (81) | 00:04:06.5 (97) | 00:05:23.6 (85) | 00:04:34.9 (115) | 00:19:34.475 | 00:01 | 04:12 |
| 89 | 26 | 42 Enrique Julyan | M | SV | 5 00:02:51.2 (93) | 00:02:36.4 (77) | 00:03:57.2 (79) | 00:05:39.5 (104) | 00:04:32.2 (112) | 00:19:36.526 | 00:02 | 04:14 |
| 90 | 27 | 39 Julian Burke | M | SV | 5 00:02:59.2 (120) | 00:02:52.3 (127) | 00:04:00.5 (88) | 00:05:24.4 (86) | 00:04:23.2 (98) | 00:19:39.627 | 00:03 | 04:17 |
| 91 | 28 | 36 Craig Rautenbach | M | SV | 5 00:02:58.6 (117) | 00:02:40.8 (97) | 00:04:15.8 (125) | 00:05:24.6 (87) | 00:04:21.0 (93) | 00:19:40.865 | 00:01 | 04:18 |


| 92 | 29 | 33 Pierre Louw | M | SV | 5 00:02:53.9 (102) | 00:02:38.3 (83) | 00:04:13.0 (116) | 00:05:38.9 (103) | 00:04:18.4 (89) | 00:19:42.580 | 00:02 | 04:20 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 93 | 30 | 30 Luke Apteker | M | SV | 5 00:02:56.2 (110) | 00:02:40.2 (93) | 00:04:11.3 (111) | 00:05:40.1 (106) | 00:04:16.2 (84) | 00:19:44.032 | 00:01 | 04:21 |
| 94 | 5 | 125 Craig Fussell | M | MM | 5 00:02:53.3 (98) | 00:02:45.6 (111) | 00:04:07.7 (100) | 00:05:39.8 (105) | 00:04:18.2 (87) | 00:19:44.641 | 00:01 | 04:22 |
| 95 | 8 | 110 Charl Bekker | M | YM | 5 00:03:00.1 (121) | 00:02:48.0 (118) | 00:04:06.6 (98) | 00:05:26.8 (89) | 00:04:26.3 (103) | 00:19:47.749 | 00:03 | 04:25 |
| 96 | 31 | 28 Fc Steenkamp | M | SV | 5 00:02:57.8 (112) | 00:02:47.4 (117) | 00:04:03.2 (93) | 00:05:42.4 (108) | 00:04:19.6 (91) | 00:19:50.261 | 00:03 | 04:27 |
| 97 | 32 | 26 James Dawson | M | SV | 5 00:03:00.8 (128) | 00:02:40.6 (94) | 00:04:25.8 (143) | 00:05:24.7 (88) | 00:04:26.1 (102) | 00:19:57.970 | 00:08 | 04:35 |
| 98 | 11 | 96 Thomas Sandell | M | SM | 5 00:03:00.5 (124) | 00:02:42.0 (102) | 00:04:13.8 (121) | 00:05:31.7 (95) | 00:04:30.7 (110) | 00:19:58.810 | 00:01 | 04:36 |
| 99 | 19 | 64 Sebastien Ejdaa | M | VM | 5 00:02:58.3 (116) | 00:02:52.1 (126) | 00:04:08.8 (105) | 00:05:36.4 (101) | 00:04:25.4 (100) | 00:20:01.148 | 00:02 | 04:38 |
| 100 | 20 | 60 Dave George | M | VM | 5 00:02:53.5 (99) | 00:02:45.7 (112) | 00:04:07.0 (99) | 00:05:52.7 (114) | 00:04:22.8 (97) | 00:20:01.613 | 00:00 | 04:39 |
| 101 | 3 | 150 Hilton Smyth | M | JB | 5 00:03:06.5 (143) | 00:02:41.0 (99) | 00:04:15.4 (124) | 00:05:40.4 (107) | 00:04:27.9 (106) | 00:20:11.278 | 00:10 | 04:48 |
| 102 | 9 | 105 Drew Hermann | M | YM | 5 00:03:00.2 (122) | 00:02:47.1 (115) | 00:04:19.2 (132) | 00:05:47.3 (110) | 00:04:26.7 (105) | 00:20:20.548 | 00:09 | 04:58 |
| 103 | 9 | 105 James Loots | M | UM | 5 00:02:58.2 (115) | 00:02:48.6 (120) | 00:04:17.1 (129) | 00:05:59.3 (121) | 00:04:18.2 (88) | 00:20:21.410 | 00:01 | 04:59 |
| 104 | 33 | 24 Wynand Voigt | M | SV | 5 00:02:56.0 (109) | 00:02:37.6 (80) | 00:04:07.7 (101) | 00:06:11.8 (130) | 00:04:29.6 (108) | 00:20:22.802 | 00:01 | 05:00 |
| 105 | 6 | 120 Henk Van Huyssteen | M | MM | 5 00:03:03.6 (136) | 00:03:01.0 (144) | 00:04:10.5 (110) | 00:05:45.2 (109) | 00:04:25.9 (101) | 00:20:26.168 | 00:03 | 05:03 |
| 106 | 21 | 57 Aidan Carstens | M | VM | 5 00:03:01.7 (130) | 00:02:50.5 (123) | 00:04:07.9 (102) | 00:05:35.7 (98) | 00:04:50.7 (128) | 00:20:26.539 | 00:00 | 05:04 |
| 107 | 34 | 22 Jaco Van Der Linde | M | SV | 5 00:02:54.3 (103) | 00:02:38.9 (85) | 00:04:08.6 (104) | 00:06:20.3 (134) | 00:04:32.7 (113) | 00:20:34.814 | 00:08 | 05:12 |
| 108 | 35 | 20 Beavin De Kock | M | SV | 5 00:03:03.3 (134) | 00:03:04.7 (155) | 00:04:09.4 (106) | 00:05:51.3 (112) | 00:04:31.7 (111) | 00:20:40.391 | 00:06 | 05:18 |
| 109 | 2 | 170 Colleen De Oliveira | F | SX | 5 00:03:02.2 (131) | 00:03:01.9 (147) | 00:04:13.5 (118) | 00:05:50.4 (111) | 00:04:37.7 (118) | 00:20:45.776 | 00:05 | 05:23 |
| 110 | 10 | 100 Kai Kingma | M | UM | 5 00:02:55.8 (108) | 00:02:45.4 (109) | 00:04:20.2 (133) | 00:06:24.2 (135) | 00:04:20.4 (92) | 00:20:45.985 | 00:00 | 05:23 |
| 111 | 2 | 170 Jessi Nixon | F | UW | 5 00:03:08.4 (149) | 00:02:46.6 (114) | 00:04:14.7 (122) | 00:05:54.9 (117) | 00:04:44.3 (125) | 00:20:48.885 | 00:03 | 05:26 |
| 112 | 36 | 18 Charl Loubser | M | SV | 5 00:03:09.7 (156) | 00:02:49.1 (121) | 00:04:18.8 (131) | 00:06:08.4 (127) | 00:04:26.6 (104) | 00:20:52.550 | 00:04 | 05:30 |
| 113 | 4 | 135 Steph Bekker | M | EB M | 5 00:03:02.9 (133) | 00:02:55.0 (134) | 00:04:16.6 (127) | 00:06:00.0 (122) | 00:04:41.2 (121) | 00:20:55.799 | 00:03 | 05:33 |
| 114 | 22 | 54 Brett Paton | M | VM | 5 00:02:44.3 (71) | 00:03:57.9 (180) | 00:04:04.1 (95) | 00:05:36.2 (100) | 00:04:36.8 (117) | 00:20:59.354 | 00:04 | 05:37 |
| 115 | 3 | 150 Marinda Bruwer | F | SX | 5 00:03:04.6 (139) | 00:02:56.1 (136) | 00:04:17.4 (130) | 00:06:16.2 (132) | 00:04:30.1 (109) | 00:21:04.515 | 00:05 | 05:42 |
| 116 | 4 | 135 Leorine De Wet | F | SX | 5 00:02:55.2 (107) | 00:02:53.2 (132) | 00:04:05.4 (96) | 00:06:15.8 (131) | 00:04:58.4 (136) | 00:21:08.018 | 00:04 | 05:45 |
| 117 | 5 | 125 Aimee Glisson | F | SX | 5 00:03:05.7 (142) | 00:02:59.5 (141) | 00:04:20.3 (135) | 00:05:51.6 (113) | 00:04:55.4 (133) | 00:21:12.622 | 00:05 | 05:50 |
| 118 | 23 | 51 Hartmut Behrens | M | VM | 5 00:03:03.4 (135) | 00:02:56.1 (135) | 00:04:26.3 (144) | 00:06:08.2 (126) | 00:04:39.6 (120) | 00:21:13.543 | 00:01 | 05:51 |
| 119 | 7 | 115 Maarten Prins | M | MM | 5 00:02:54.5 (105) | 00:02:49.9 (122) | 00:04:37.2 (159) | 00:06:32.8 (138) | 00:04:22.7 (96) | 00:21:17.166 | 00:04 | 05:54 |
| 120 | 8 | 110 Ralf Bochnig | M | MM | 5 00:02:53.1 (97) | 00:03:03.5 (150) | 00:04:20.6 (136) | 00:06:33.7 (139) | 00:04:29.4 (107) | 00:21:20.391 | 00:03 | 05:58 |
| 121 | 10 | 100 lain Flower | M | JM | 5 00:03:06.7 (144) | 00:03:12.6 (163) | 00:04:11.6 (114) | 00:06:02.2 (124) | 00:04:56.8 (135) | 00:21:29.790 | 00:09 | 06:07 |
| 122 | 37 | 16 Coenie Van Niekerk | M | SV | 5 00:02:41.5 (50) | 00:02:38.4 (84) | 00:07:08.8 (188) | 00:05:11.1 (71) | 00:03:52.4 (52) | 00:21:32.179 | 00:02 | 06:09 |
| 123 | 9 | 105 Wolf Stinnes | M | MM | 5 00:03:07.6 (145) | 00:03:33.2 (175) | 00:04:17.0 (128) | 00:06:00.8 (123) | 00:04:41.2 (122) | 00:21:39.846 | 00:08 | 06:17 |
| 124 | 11 | 96 Ethan Paton | M | JM | 5 00:02:44.0 (70) | 00:04:06.4 (181) | 00:04:09.8 (108) | 00:05:36.6 (102) | 00:05:06.1 (139) | 00:21:42.881 | 00:03 | 06:20 |
| 125 | 38 | 14 Archie Quevedo | M | SV | 5 00:03:11.5 (163) | 00:02:48.1 (119) | 00:04:44.7 (170) | 00:06:19.4 (133) | 00:04:39.6 (119) | 00:21:43.383 | 00:01 | 06:21 |
| 126 | 39 | 12 Christof Bezuidenhout | M | SV | 5 00:03:08.1 (147) | 00:02:56.1 (137) | 00:04:36.9 (157) | 00:06:08.1 (125) | 00:04:54.2 (131) | 00:21:43.447 | 00:00 | 06:21 |
| 127 | 6 | 120 Michelle George | F | SX | 5 00:03:08.3 (148) | 00:03:01.1 (145) | 00:04:27.8 (146) | 00:06:29.9 (137) | 00:04:46.9 (126) | 00:21:54.022 | 00:11 | 06:31 |
| 128 | 4 | 135 Zivan Venter | M | JB | 5 00:03:04.0 (137) | 00:03:04.6 (154) | 00:04:24.2 (138) | 00:06:10.2 (129) | 00:05:15.2 (143) | 00:21:58.142 | 00:04 | 06:35 |
| 129 | 24 | 48 Aladdin Morgan | M | VM | 5 00:03:04.9 (140) | 00:02:52.8 (130) | 00:04:52.5 (174) | 00:06:38.9 (140) | 00:04:50.8 (129) | 00:22:19.871 | 00:22 | 06:57 |
| 130 | 40 | 11 Deon Meyer | M | SV | 5 00:03:00.3 (123) | 00:02:58.6 (140) | 00:04:15.4 (123) | 00:07:15.9 (148) | 00:04:55.8 (134) | 00:22:25.991 | 00:06 | 07:03 |
| 131 | 41 | 10 Jaco Mouton | M | SV | 5 00:03:09.4 (154) | 00:03:16.7 (167) | 00:04:25.5 (142) | 00:07:12.9 (147) | 00:04:34.1 (114) | 00:22:38.653 | 00:13 | 07:16 |
| 132 | 11 | 96 Jarryd Marle | M | UM | 5 00:03:22.7 (176) | 00:03:11.8 (162) | 00:04:30.8 (149) | 00:06:50.5 (143) | 00:05:02.5 (137) | 00:22:58.276 | 00:20 | 07:35 |
| 133 | 42 | 9 Riaan Wiid | M | SV | 5 00:03:15.4 (168) | 00:02:57.0 (138) | 00:04:40.0 (165) | 00:06:57.7 (145) | 00:05:09.1 (140) | 00:22:59.265 | 00:01 | 07:36 |
| 134 | 1 | 200 Leigh Haskins | F | VW | 5 00:03:17.8 (171) | 00:03:25.5 (170) | 00:04:16.1 (126) | 00:06:48.6 (142) | 00:05:12.6 (141) | 00:23:00.545 | 00:01 | 07:38 |
| 135 | 43 | 8 George Thom | M | SV | 5 00:02:42.6 (56) | 00:02:40.0 (91) | 00:04:39.1 (162) | 00:08:32.5 (157) | 00:04:52.5 (130) | 00:23:26.641 | 00:26 | 08:04 |
| 136 | 25 | 45 Brandon Webb | M | VM | 5 00:02:59.0 (119) | 00:02:40.9 (98) | 00:04:13.5 (117) | 00:09:13.7 (159) | 00:04:24.7 (99) | 00:23:31.830 | 00:05 | 08:09 |
| 137 | 7 | 115 Sune Henning | F | SX | 5 00:03:19.3 (173) | 00:03:27.5 (172) | 00:04:35.0 (152) | 00:07:03.5 (146) | 00:05:19.0 (144) | 00:23:44.359 | 00:13 | 08:22 |
| 138 | 10 | 100 Caro Stelling | M | MM | 5 00:03:09.5 (155) | 00:03:01.7 (146) | 00:04:43.0 (168) | 00:08:04.9 (154) | 00:04:49.8 (127) | 00:23:48.999 | 00:05 | 08:26 |
| 139 | 5 | 125 Zynn Grondein | M | EB M | 5 00:03:22.1 (175) | 00:03:19.6 (168) | 00:04:35.7 (155) | 00:07:25.6 (149) | 00:05:25.2 (146) | 00:24:08.260 | 00:19 | 08:45 |
| 140 | 44 | 7 Andro Nel | M | SV | 5 00:03:08.8 (152) | 00:03:10.4 (161) | 00:04:24.2 (139) | 00:07:29.4 (150) | 00:06:02.7 (148) | 00:24:15.526 | 00:07 | 08:53 |


| 141 | 3 | 150 Jess Gwynne-Evans | F | UW | 5 00:03:21.7 (174) | 00:03:13.0 (164) | 00:05:14.5 (180) | 00:07:32.8 (151) | 00:05:14.1 (142) | 00:24:36.085 | 00:21 | 09:13 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 142 | 45 | 6 Daniel Blaser | M | SV | 5 00:02:51.4 (94) | 00:02:41.2 (100) | 00:04:08.0 (103) | 00:05:52.7 (115) | 00:09:06.9 (151) | 00:24:40.122 | 00:04 | 09:17 |
| 143 | 46 | 5 Jaco Conradie | M | SV | 5 00:02:37.4 (33) | 00:09:07.4 (189) | 00:03:44.8 (47) | 00:05:03.7 (57) | 00:04:17.4 (85) | 00:24:50.669 | 00:11 | 09:28 |
| 144 | 47 | 4 Myles Mayhew | M | SV | 5 00:03:34.9 (184) | 00:03:46.6 (178) | 00:04:50.5 (172) | 00:07:41.0 (152) | 00:05:21.1 (145) | 00:25:13.969 | 00:23 | 09:51 |
| 145 | 48 | 3 Christiaan Steffens | M | SV | 5 00:03:11.2 (162) | 00:03:15.5 (166) | 00:04:48.6 (171) | 00:08:18.7 (155) | 00:05:47.2 (147) | 00:25:21.198 | 00:07 | 09:58 |
| 146 | 2 | 170 Rochellee Malherbe | F | VW | 5 00:03:31.9 (182) | 00:03:28.5 (173) | 00:04:54.3 (175) | 00:08:00.9 (153) | 00:06:22.5 (149) | 00:26:18.127 | 00:57 | 10:55 |
| 147 | 49 | 2 Marcel Bester | M | SV | 5 00:02:42.2 (53) | 00:02:39.6 (89) | 00:03:53.3 (71) | 00:05:58.8 (119) | 00:11:52.3 (152) | 00:27:06.274 | 00:48 | 11:43 |
| 148 | 50 | 1 Robert Schepel | M | SV | 5 00:02:40.1 (43) | 00:02:29.9 (47) | 00:03:43.9 (42) | 00:04:49.5 (41) | 00:16:09.2 (153) | 00:29:52.595 | 02:46 | 14:30 |
| 149 | 12 | 92 David Fautley | M | SM | 5 00:02:55.0 (106) | 00:02:44.3 (107) | 00:04:10.0 (109) | 00:16:45.9 (161) | 00:05:02.5 (138) | 00:31:37.775 | 01:45 | 16:15 |
| 150 | 12 | 92 David Biggs | M | UM | 5 00:02:46.8 (80) | 00:02:38.3 (82) | 00:03:42.4 (36) | 00:20:17.0 (162) | 00:07:07.9 (150) | 00:36:32.301 | 04:55 | 21:09 |
| 151 | 26 | 42 Daniel Dobinson | M | VM | 4 00:02:25.7 (3) | 00:02:08.0 (4) | 00:03:24.5 (2) | 00:04:18.0 (4) | DNS/DNF () | 00:12:16.255 | N/A | N/A |
| 152 | 51 | Tertius Vivier | M | SV | 4 00:02:34.0 (20) | DNS/DNF () | 00:03:32.2 (11) | 00:04:40.0 (25) | 00:04:04.3 (68) | 00:14:50.510 | 02:34 | N/A |
| 153 | 27 | 39 Dawie Schoeman | M | VM | 4 00:03:13.2 (166) | 00:03:04.2 (153) | 00:04:44.5 (169) | DNS/DNF () | 00:04:55.3 (132) | 00:15:57.205 | 01:07 | N/A |
| 154 | 13 | 88 Marc Cobb | M | SM | 4 00:03:00.7 (126) | 00:02:45.2 (108) | 00:04:22.0 (137) | 00:06:08.5 (128) | DNS/DNF () | 00:16:16.453 | 00:19 | N/A |
| 155 | 52 | Adriano Silver | M | SV | 4 00:03:04.5 (138) | 00:02:51.4 (124) | 00:04:37.2 (158) | 00:05:55.9 (118) | DNS/DNF () | 00:16:29.015 | 00:13 | N/A |
| 156 | 28 | 36 John Reinders | M | VM | 4 00:03:04.9 (141) | 00:03:00.7 (143) | 00:04:39.6 (163) | 00:05:58.9 (120) | DNS/DNF () | 00:16:44.149 | 00:15 | N/A |
| 157 | 29 | 33 Schalk Marais | M | VM | 4 00:03:10.8 (160) | 00:03:04.9 (156) | 00:04:35.3 (154) | 00:06:47.8 (141) | DNS/DNF () | 00:17:38.761 | 00:55 | N/A |
| 158 | 30 | 30 Jonathan Visser | M | VM | 4 00:03:10.2 (158) | 00:03:03.5 (149) | 00:04:40.0 (164) | 00:06:52.2 (144) | DNS/DNF () | 00:17:45.894 | 00:07 | N/A |
| 159 | 53 | Christo Goosen | M | SV | 4 00:03:10.2 (159) | 00:03:21.0 (169) | 00:04:31.4 (150) | 00:09:13.7 (158) | DNS/DNF () | 00:20:16.228 | 02:30 | N/A |
| 160 | 31 | 28 Brian Dickinson | M | VM | 4 00:03:02.6 (132) | 00:02:57.7 (139) | 00:04:11.5 (113) | 00:10:54.5 (160) | DNS/DNF () | 00:21:06.237 | 00:50 | N/A |
| 161 | 1 | 200 Pieter Venter | M | SB | 3 00:02:58.1 (113) | 00:02:43.7 (106) | 00:04:13.7 (120) | DNS/DNF () | DNS/DNF () | 00:09:55.463 | N/A | N/A |
| 162 | 54 | Louis-Bresler Knipe | M | SV | 3 DNS/DNF () | 00:02:11.8 (8) | 00:03:35.6 (15) | 00:04:22.5 (7) | DNS/DNF () | 00:10:10.005 | 00:15 | N/A |
| 163 | 1 | 200 Gareth Jones | M | LITE M | 3 00:02:58.1 (114) | 00:02:52.0 (125) | 00:04:20.3 (134) | DNS/DNF () | DNS/DNF () | 00:10:10.347 | 00:00 | N/A |
| 164 | 2 | 170 Bram Van Wiele | M | LITE M | 3 00:03:01.3 (129) | 00:02:53.1 (131) | 00:04:28.2 (147) | DNS/DNF () | DNS/DNF () | 00:10:22.604 | 00:12 | N/A |
| 165 | 3 | 150 Cornelis Batten | M | LITE M | 3 00:03:09.0 (153) | 00:03:03.6 (151) | 00:04:24.3 (140) | DNS/DNF () | DNS/DNF () | 00:10:36.926 | 00:14 | N/A |
| 166 | 2 | 170 Gian Van Eeden | M | SB | 3 00:03:11.8 (164) | 00:02:52.6 (128) | 00:04:35.2 (153) | DNS/DNF () | DNS/DNF () | 00:10:39.578 | 00:03 | N/A |
| 167 | 3 | 150 Zak Jones | M | SB | 3 00:03:11.1 (161) | 00:02:59.8 (142) | 00:04:29.8 (148) | DNS/DNF () | DNS/DNF () | 00:10:40.668 | 00:01 | N/A |
| 168 | 4 | 135 Matthew Carter | M | LITE M | 3 00:03:10.0 (157) | 00:03:03.8 (152) | 00:04:27.7 (145) | DNS/DNF () | DNS/DNF () | 00:10:41.498 | 00:01 | N/A |
| 169 | 5 | 125 Jacobus Mouton | M | LITE M | 3 00:03:08.8 (151) | 00:03:09.2 (160) | 00:04:31.8 (151) | DNS/DNF () | DNS/DNF () | 00:10:49.763 | 00:08 | N/A |
| 170 | 6 | 120 Jean Hirst | M | LITE M | 3 00:02:58.8 (118) | 00:02:41.7 (101) | 00:05:12.1 (179) | DNS/DNF () | DNS/DNF () | 00:10:52.565 | 00:03 | N/A |
| 171 | 7 | 115 Pieter C R Venter | M | LITE M | 3 00:03:16.9 (169) | 00:03:02.3 (148) | 00:04:38.4 (161) | DNS/DNF () | DNS/DNF () | 00:10:57.568 | 00:05 | N/A |
| 172 | 8 | 110 Heinrich Fourie | M | LITE M | 3 00:03:13.9 (167) | 00:03:06.4 (157) | 00:04:40.3 (167) | DNS/DNF () | DNS/DNF () | 00:11:00.671 | 00:03 | N/A |
| 173 | 4 | 135 Luca Wiese | M | SB | 3 00:03:16.9 (170) | 00:03:13.4 (165) | 00:04:38.2 (160) | DNS/DNF () | DNS/DNF () | 00:11:08.516 | 00:08 | N/A |
| 174 | 9 | 105 George Erasmus | M | LITE M | 3 00:03:23.1 (177) | 00:03:07.4 (159) | 00:04:51.2 (173) | DNS/DNF () | DNS/DNF () | 00:11:21.670 | 00:13 | N/A |
| 175 | 10 | 100 Charles Vieira | M | LITE M | 3 00:03:18.2 (172) | 00:03:40.5 (177) | 00:04:36.9 (156) | DNS/DNF () | DNS/DNF () | 00:11:35.527 | 00:14 | N/A |
| 176 | 10 | 100 Christian Louw | M | YM | 3 00:04:14.1 (188) | 00:03:06.6 (158) | 00:04:40.2 (166) | DNS/DNF () | DNS/DNF () | 00:12:00.914 | 00:25 | N/A |
| 177 | 5 | 125 Andrew De Kock | M | SB | 3 00:03:29.2 (181) | 00:03:37.2 (176) | 00:05:16.9 (181) | DNS/DNF () | DNS/DNF () | 00:12:23.338 | 00:22 | N/A |
| 178 | 32 | 26 Dirk Louw | M | VM | 3 00:03:25.1 (178) | 00:03:55.1 (179) | 00:05:07.1 (177) | DNS/DNF () | DNS/DNF () | 00:12:27.353 | 00:04 | N/A |
| 179 | 1 | 200 Zak Van Eeden | M | NB | 3 00:03:29.1 (180) | 00:03:25.8 (171) | 00:05:35.9 (185) | DNS/DNF () | DNS/DNF () | 00:12:30.916 | 00:04 | N/A |
| 180 | 11 | 96 Patrick Gardner | M | LITE M | 3 00:04:02.9 (186) | 00:03:31.5 (174) | 00:05:11.0 (178) | DNS/DNF () | DNS/DNF () | 00:12:45.339 | 00:14 | N/A |
| 181 | 14 | 84 Jeremy Noname | M | SM | 3 DNS/DNF () | 00:02:53.3 (133) | 00:04:02.8 (91) | 00:06:27.7 (136) | DNS/DNF () | 00:13:23.759 | 00:38 | N/A |
| 182 | 12 | 92 Mitchell Carter | M | LITE M | 3 00:03:33.2 (183) | 00:04:26.5 (185) | 00:05:33.8 (184) | DNS/DNF () | DNS/DNF () | 00:13:33.544 | 00:10 | N/A |
| 183 | 13 | 88 Andrew Flower | M | LITE M | 3 00:04:04.9 (187) | 00:04:10.0 (184) | 00:05:30.1 (183) | DNS/DNF () | DNS/DNF () | 00:13:45.048 | 00:12 | N/A |
| 184 | 14 | 84 Connor Louw | M | LITE M | 3 00:04:15.1 (189) | 00:04:09.8 (183) | 00:05:27.9 (182) | DNS/DNF () | DNS/DNF () | 00:13:52.844 | 00:08 | N/A |
| 185 | 15 | 80 Kevin Diedericks | M | LITE M | 3 00:03:28.0 (179) | 00:04:48.1 (186) | 00:05:52.9 (187) | DNS/DNF () | DNS/DNF () | 00:14:08.950 | 00:16 | N/A |
| 186 | 16 | 76 Christian Badenhorst | M | LITE M | 3 00:02:50.7 (91) | 00:07:05.0 (188) | 00:04:25.2 (141) | DNS/DNF () | DNS/DNF () | 00:14:20.873 | 00:12 | N/A |
| 187 | 17 | 72 Paolo Puccini | M | LITE M | 3 00:03:43.4 (185) | 00:05:16.2 (187) | 00:05:45.8 (186) | DNS/DNF () | DNS/DNF () | 00:14:45.452 | 00:25 | N/A |
| 188 | 15 | 80 Cody Eckard | M | SM | 3 DNS/DNF () | 00:04:07.5 (182) | 00:05:02.2 (176) | 00:08:22.7 (156) | DNS/DNF () | 00:17:32.361 | 02:47 | N/A |
| 189 | 55 | Theuns Louw | M | SV | 2 00:02:43.0 (61) | 00:02:36.3 (75) | DNS/DNF () | DNS/DNF () | DNS/DNF () | 00:05:19.287 | N/A | N/A |


| 190 | 16 | 76 Justin Tyler | M | SM | 2 00:03:08.7 (150) | 00:02:35.5 (69) | DNS/DNF () | DNS/DNF () | DNS/DNF () | 00:05:44.147 | 00:25 | N/A |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 191 | 13 | 88 Karl Pferdekamper | M | UM | 2 00:02:33.3 (18) | DNS/DNF () | DNS/DNF () | DNS/DNF () | 00:03:49.9 (45) | 00:06:23.167 | 00:39 | N/A |
| 192 | 12 | 92 Albert Muller | M | JM | 1 00:02:34.4 (21) | DNS/DNF () | DNS/DNF () | DNS/DNF () | DNS/DNF () | 00:02:34.426 | N/A | N/A |
| 193 | 14 | 84 Jarrod Van Der Heever | M | UM | 0 DNS/DNF () | DNS/DNF () | DNS/DNF () | DNS/DNF () | DNS/DNF () | 00:00:00.000 | N/A | N/A |
| 194 | 17 | 72 Waldi Kuhn | M | SM | 0 DNS/DNF () | DNS/DNF () | DNS/DNF () | DNS/DNF () | DNS/DNF () | 00:00:00.000 | 00:00 | N/A |

