

PE Half Ironman Final Results

21 March 2004

<u>Port Elizabeth Half Ironman</u>									21-Mar-04						Final results			
Results by Winning Time																		
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run	
1	12	04:30:34	21	Kathleen	Smet	F	Profesional	Belgium	14	00:25:33	01:34.6	28	02:34:42	34.91	01:42.7	18	01:27:01	
2	23	04:37:31	23	Edith	Niederfriniger	F	Profesional	Italy	21	00:25:47	01:37.9	78	02:40:59	33.54	00:00.0	25	01:29:07	
3	31	04:42:26	433	Heidi	Jesberger	F	Profesional	Germany	54	00:28:20	01:56.2	55	02:38:06	34.15	01:21.7	34	01:32:42	
4	39	04:46:43	25	Nicole	Best	F	Profesional	Germany	52	00:28:07	01:33.1	85	02:42:16	33.28	01:11.4	35	01:33:35	
5	43	04:48:28	22	Sophie	Delemer	F	Profesional	France	33	00:27:07	01:39.7	81	02:41:45	33.39	01:52.3	46	01:36:05	
6	44	04:48:42	20	Fernanda	Keller	F	Profesional	Brazil	46	00:27:55	01:48.6	119	02:48:27	32.06	01:30.6	23	01:29:01	
7	51	04:50:23	27	Robyn	Adendorff	F	Profesional	South Africa	93	00:29:57	01:57.9	70	02:39:51	33.78	01:35.1	53	01:37:01	
8	83	05:06:12	24	Kim	Carter	F	Profesional	South Africa	9	00:25:27	01:35.9	166	02:53:40	31.09	02:05.0	76	01:43:24	
9	115	05:17:10	26	Sibis	Mouton	F	Profesional	South Africa	127	00:31:44	01:35.5	113	02:47:31	32.23	01:12.9	152	01:55:06	
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run	
1	1	04:01:34	5	Timo	Bracht	M	Profesional	Germany	12	00:25:31	01:09.3	1	02:11:52	40.95	01:26.2	7	01:21:35	
2	2	04:02:40	2	Raynard	Tissink	M	Profesional	South Africa	10	00:25:29	01:28.4	2	02:15:35	39.83	01:10.7	3	01:18:57	
3	3	04:05:54	8	Gilles	Reboul	M	Profesional	France	4	00:24:10	01:12.2	3	02:20:22	38.47	01:12.5	4	01:18:58	
4	4	04:11:55	4	Neveu	Cyrille	M	Profesional	France	3	00:24:09	01:23.8	5	02:24:25	37.39	01:01.2	5	01:20:56	
5	5	04:13:23	17	Dennis	Looze	M	Profesional	Holland	1	00:23:26	01:14.6	4	02:21:11	38.25	01:12.6	14	01:26:18	
6	6	04:16:57	7	Alexander	Fruhwrth	M	Profesional	Austria	7	00:25:24	01:18.1	14	02:27:29	36.61	01:15.4	6	01:21:31	
7	7	04:19:08	10	Gernot	Seidl	M	Profesional	Austria	70	00:29:22	01:39.5	6	02:24:51	37.28	01:13.9	10	01:22:01	
8	8	04:21:14	6	Norbert	Langbrandtner	M	Profesional	Austria	19	00:25:36	01:19.3	12	02:27:14	36.68	01:21.0	11	01:25:45	
9	9	04:21:27	1	Lothar	Leder	M	Profesional	Germany	11	00:25:30	01:13.8	13	02:27:29	36.61	01:14.4	12	01:26:00	
10	10	04:23:14	14	Andreas	Di Bernardo	M	Profesional	Austria	135	00:32:04	02:01.9	9	02:25:59	36.99	01:29.0	9	01:21:40	
11	13	04:31:34	9	Glen	Gore	M	Profesional	South Africa	2	00:24:00	01:19.8	58	02:38:39	34.04	01:12.3	15	01:26:22	
12	17	04:33:26	18	Phillipe Jean	Van Der Leeuw	M	Profesional	South Africa	61	00:28:40	01:47.3	8	02:25:47	37.04	01:13.8	44	01:35:58	
13	18	04:35:10	16	Stephan	Szekeres	M	Profesional	Hungary	8	00:25:26	01:13.1	23	02:33:02	35.29	01:15.8	37	01:34:13	
14	25	04:38:50	15	Andrew	Payne	M	Profesional	South Africa	36	00:27:09	01:52.7	21	02:32:12	35.48	01:13.1	47	01:36:23	
15	32	04:42:28	435	Kai	Mueller	M	Profesional	Germany	20	00:25:44	01:31.4	45	02:36:48	34.44	01:28.8	51	01:36:54	
16	37	04:45:33	11	Clive	Chowles	M	Profesional	South Africa	18	00:25:35	01:36.7	10	02:26:58	36.74	01:35.5	115	01:49:46	
17	48	04:49:52	13	Freddy	Lampret	M	Profesional	South Africa	16	00:25:34	01:29.1	32	02:35:19	34.77	01:49.9	88	01:45:40	
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run	
1	239	05:56:29	431	Regina	Kroll	F	AG 18-24	Austria	69	00:29:19	03:44.2	285	03:09:28	28.50	02:30.0	265	02:11:27	
2	281	06:11:53	422	Judith	Fall	F	AG 18-24	Austria	356	00:44:06	04:25.0	306	03:13:57	27.84	02:35.7	232	02:06:49	
3	313	06:22:38	188	Susanne	Kaufmann	F	AG 18-24	Switzerland	267	00:37:48	04:11.4	331	03:21:02	26.86	03:10.8	287	02:16:25	
4	322	06:27:19	417	Julie	Lampret	F	AG 18-24	South Africa	223	00:36:00	03:32.8	364	03:26:58	26.09	01:51.6	301	02:18:57	
5	369	06:56:58	298	Abigail	Ruby	F	AG 18-24	USA	323	00:40:45	03:34.3	346	03:23:29	26.54	02:38.2	392	02:46:31	

Results by Winning Time

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6	373	07:01:39	264	Sarah	O'Hanlon	F	AG 18-24	South Africa	194	00:34:34	02:22.9	386	03:35:33	25.05	03:25.3	390	02:45:44
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	16	04:32:54	341	Bernhard	Svejda	M	AG 18-24	Austria	42	00:27:39	01:40.6	16	02:29:59	36.01	01:06.1	32	01:32:31
2	49	04:49:58	212	Jacques	Lemmen	M	AG 18-24	South Africa	49	00:28:03	02:25.9	24	02:33:27	35.19	01:34.1	81	01:44:27
3	54	04:51:45	205	Guido	Kuhlmann	M	AG 18-24	Germany	163	00:33:31	02:00.9	96	02:43:56	32.94	00:00.0	31	01:32:16
4	80	05:04:44	146	Greg	Goodall	M	AG 18-24	South Africa	23	00:26:03	02:00.9	98	02:44:15	32.88	01:20.4	123	01:51:04
5	92	05:08:32	68	Jason	Cederwall	M	AG 18-24	South Africa	56	00:28:28	02:25.1	79	02:41:10	33.50	02:14.2	146	01:54:15
6	102	05:11:23	38	Chris	Baker	M	AG 18-24	South Africa	44	00:27:49	02:00.6	62	02:39:16	33.90	01:40.0	199	02:00:36
7	132	05:25:42	108	Michel	Du Preez	M	AG 18-24	South Africa	151	00:33:05	04:15.1	116	02:47:47	32.18	01:29.5	188	01:59:05
8	164	05:34:02	207	Jacov	Lalou	M	AG 18-24	South Africa	304	00:39:23	02:49.1	138	02:50:23	31.69	02:17.8	190	01:59:08
9	168	05:34:34	158	George Richard Scott	Halliford	M	AG 18-24	South Africa	141	00:32:14	03:32.3	266	03:05:47	29.07	02:06.0	122	01:50:55
10	184	05:38:30	234	Daniel	Marton	M	AG 18-24	Austria	181	00:34:09	04:11.6	223	03:00:00	30.00	02:01.9	178	01:58:08
11	191	05:40:22	45	Gareth	Blanckenberg	M	AG 18-24	South Africa	65	00:29:13	01:45.7	112	02:47:31	32.23	01:59.8	304	02:19:52
12	204	05:44:27	115	Gerhard Marthinus	Els	M	AG 18-24	South Africa	53	00:28:17	04:40.8	126	02:48:57	31.96	04:56.3	293	02:17:36
13	206	05:45:28	381	Leon	Vorster	M	AG 18-24	South Africa	111	00:31:07	02:23.7	234	03:01:17	29.79	02:52.9	246	02:07:48
14	221	05:48:39	231	Trevor	Marle	M	AG 18-24	South Africa	99	00:30:22	04:04.8	169	02:53:57	31.04	01:51.6	298	02:18:23
15	271	06:08:25	404	David	Wood	M	AG 18-24	South Africa	268	00:37:53	03:59.6	318	03:17:15	27.38	03:23.0	227	02:05:54
16	285	06:13:31	250	Siyabulela (Jabu)	Mpengesi	M	AG 18-24	South Africa	315	00:40:17	01:39.7	310	03:14:38	27.74	02:01.4	277	02:14:55
17	304	06:19:02	304	Bruce	Sandmann	M	AG 18-24	South Africa	352	00:43:09	05:04.6	122	02:48:38	32.02	02:55.3	375	02:39:15
18	307	06:20:51	318	Daniel	Sibusiso	M	AG 18-24	South Africa	162	00:33:31	03:46.4	381	03:34:06	25.22	01:58.2	242	02:07:30
19	312	06:22:27	411	Jan-Cor	Brink	M	AG 18-24	South Africa	342	00:42:19	07:37.7	289	03:10:58	28.28	03:08.9	297	02:18:23
20	334	06:32:18	329	Andrew	Souter	M	AG 18-24	South Africa	245	00:37:01	05:35.9	281	03:08:30	28.65	03:56.1	367	02:37:14
21	335	06:33:48	229	Miles	March	M	AG 18-24	South Africa	187	00:34:21	03:41.8	385	03:35:18	25.08	03:15.4	292	02:17:12
22	342	06:37:10	424	Morne	Moolman	M	AG 18-24	South Africa	313	00:39:51	07:43.8	313	03:15:58	27.55	04:27.6	339	02:29:10
23	358	06:45:33	190	Munier	Kearns	M	AG 18-24	South Africa	179	00:34:07	04:30.5	400	03:49:32	23.53	02:04.3	279	02:15:19
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	71	05:00:56	367	Christelle	Van Niekerk	F	AG 25-29	South Africa	39	00:27:30	02:07.4	89	02:42:41	33.19	01:27.4	97	01:47:11
2	136	05:26:23	133	Larine	Fourie	F	AG 25-29	South Africa	284	00:38:33	03:10.6	235	03:01:25	29.77	01:53.5	67	01:41:21
3	138	05:27:26	239	Wendy	McMillan-Turner	F	AG 25-29	South Africa	156	00:33:17	02:38.7	150	02:51:31	31.49	01:31.5	183	01:58:29
4	186	05:38:34	202	Justine	Krige	F	AG 25-29	South Africa	103	00:30:53	02:55.9	225	03:00:16	29.95	02:05.8	212	02:02:23
5	188	05:39:37	64	Ingrid	Brown	F	AG 25-29	South Africa	176	00:34:05	03:09.6	212	02:59:03	30.16	02:04.3	206	02:01:15
6	210	05:45:59	140	Kerry	Garner	F	AG 25-29	South Africa	89	00:29:52	01:54.6	131	02:49:09	31.92	01:53.0	319	02:23:11
7	218	05:47:26	369	Melanie	van Rooyen	F	AG 25-29	South Africa	240	00:36:46	03:02.9	294	03:11:31	28.20	02:12.3	142	01:53:53
8	219	05:48:10	181	Natasja	James	F	AG 25-29	South Africa	252	00:37:16	05:52.7	272	03:06:38	28.93	01:43.2	166	01:56:40
9	236	05:54:23	255	Jackie	Nel	F	AG 25-29	South Africa	206	00:34:56	04:16.1	224	03:00:05	29.99	02:18.8	269	02:12:47
10	246	05:57:25	214	Kathrin	Loesing	F	AG 25-29	Germany	327	00:40:57	03:54.2	278	03:08:06	28.71	02:48.8	208	02:01:39
11	261	06:05:29	223	Tanya	Luckman	F	AG 25-29	South Africa	285	00:38:34	03:56.1	295	03:11:45	28.16	04:04.6	237	02:07:09
12	294	06:14:40	195	Ronelle	Kind	F	AG 25-29	South Africa	286	00:38:37	05:22.6	320	03:17:28	27.35	03:38.4	253	02:09:34
13	341	06:37:10	299	Lucie	Runnalls	F	AG 25-29	South Africa	333	00:41:29	05:32.3	339	03:22:25	26.68	03:21.3	323	02:24:22

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14	343	06:37:36	105	Agne	Du Plessis	F	AG 25-29	South Africa	321	00:40:31	08:03.7	369	03:28:55	25.85	04:22.6	282	02:15:43
15	383	07:08:38	82	Tracy	Currall	F	AG 25-29	South Africa	398	00:52:43	04:55.0	397	03:42:04	24.32	04:20.2	324	02:24:36
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	20	04:36:04	200	Frederic	Kohl	M	AG 25-29	Austria	13	00:25:33	01:28.8	11	02:27:00	36.73	00:00.0	71	01:42:02
2	56	04:52:13	288	Jochen	Reinhart	M	AG 25-29	Germany	29	00:27:02	01:27.9	44	02:36:47	34.44	01:19.4	87	01:45:36
3	57	04:52:51	376	Dawid	Visser	M	AG 25-29	South Africa	178	00:34:07	02:13.9	35	02:35:44	34.67	01:33.3	59	01:39:13
4	78	05:03:45	69	Brett	Chilcott	M	AG 25-29	South Africa	38	00:27:12	02:44.5	69	02:39:50	33.78	01:49.3	127	01:52:08
5	84	05:06:27	139	Thomas	Fuller	M	AG 25-29	South Africa	28	00:27:00	02:13.5	133	02:49:50	31.80	01:28.0	91	01:45:55
6	88	05:07:25	55	Damian	Bradley	M	AG 25-29	South Africa	83	00:29:37	02:29.5	65	02:39:42	33.81	01:42.7	143	01:53:54
7	107	05:13:55	166	Joseph	Hendriks	M	AG 25-29	South Africa	171	00:33:53	02:18.4	121	02:48:35	32.03	02:11.1	96	01:46:58
8	128	05:24:13	50	Clinton	Bosch	M	AG 25-29	South Africa	94	00:29:59	03:16.1	111	02:47:23	32.26	01:56.6	209	02:01:39
9	144	05:28:12	268	Erick	Oosthuizen	M	AG 25-29	South Africa	207	00:35:01	03:45.4	125	02:48:51	31.98	02:09.9	181	01:58:24
10	148	05:28:58	289	Geoffrey	Rhodes	M	AG 25-29	South Africa	153	00:33:12	04:23.2	168	02:53:48	31.07	02:21.7	154	01:55:13
11	161	05:33:19	348	Norman Bruce	Thomson	M	AG 25-29	South Africa	215	00:35:37	03:16.4	194	02:57:08	30.49	01:52.7	156	01:55:25
12	174	05:35:32	413	Riaan	Venter	M	AG 25-29	South-Africa	272	00:38:12	03:47.6	151	02:51:38	31.46	02:29.7	192	01:59:25
13	181	05:37:11	33	Collin	Allin	M	AG 25-29	South Africa	184	00:34:16	03:08.7	193	02:56:55	30.52	02:15.2	200	02:00:37
14	195	05:42:04	47	Eugene	Bonthuys	M	AG 25-29	South Africa	312	00:39:49	02:59.0	48	02:37:20	34.32	00:00.0	313	02:21:56
15	203	05:43:54	274	Wynand Petrus	Van Zyl	M	AG 25-29	South Africa	263	00:37:37	05:03.1	227	03:00:44	29.88	02:21.2	179	01:58:09
16	205	05:44:45	157	Michel	Haenggi	M	AG 25-29	Switzerland	256	00:37:24	02:12.0	250	03:03:06	29.49	01:14.1	203	02:00:48
17	217	05:47:22	363	Andre	van der Westhuizen	M	AG 25-29	South Africa	298	00:39:05	03:35.5	153	02:51:49	31.43	02:33.4	258	02:10:19
18	223	05:49:14	77	Paul	Copson	M	AG 25-29	South Africa	102	00:30:46	06:32.5	307	03:14:09	27.81	04:47.2	132	01:52:59
19	224	05:50:26	101	Martin	Dommayer	M	AG 25-29	Austria	265	00:37:38	03:19.5	276	03:07:34	28.79	02:47.6	189	01:59:07
20	226	05:51:01	393	Charles	Wells	M	AG 25-29	South Africa	58	00:28:36	03:36.7	246	03:02:35	29.57	02:21.3	273	02:13:52
21	264	06:05:53	356	Bryan	Turner	M	AG 25-29	South Africa	121	00:31:16	02:43.7	350	03:24:36	26.39	01:36.6	226	02:05:40
22	277	06:09:46	95	Shaun	Diener	M	AG 25-29	South Africa	112	00:31:07	02:44.0	206	02:57:53	30.36	01:55.5	365	02:36:05
23	278	06:10:04	254	Baron	Naude	M	AG 25-29	South Africa	378	00:46:22	06:50.9	333	03:21:34	26.79	02:37.5	131	01:52:39
24	295	06:15:19	98	Gregory	Dixon	M	AG 25-29	South Africa	364	00:44:30	05:15.1	321	03:17:28	27.35	02:42.7	225	02:05:22
25	311	06:22:19	135	Rory	Francis	M	AG 25-29	South Africa	289	00:38:43	02:53.4	214	02:59:15	30.12	02:58.5	370	02:38:29
26	317	06:24:41	383	Chris	Wagner	M	AG 25-29	South Africa	358	00:44:15	06:11.0	349	03:24:28	26.41	02:27.3	239	02:07:20
27	363	06:51:51	374	Gordon	van Wyk	M	AG 25-29	South Africa	249	00:37:13	02:39.4	344	03:23:20	26.56	06:11.6	383	02:42:27
28	364	06:53:37	271	Grant	Parkin	M	AG 25-29	South Africa	170	00:33:47	04:58.0	398	03:45:30	23.95	02:40.1	332	02:26:42
29	404	07:50:04	326	Freddie	Smuts	M	AG 25-29	South Africa	309	00:39:46	04:53.0	365	03:27:10	26.07	01:44.5	407	03:36:31
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	50	04:50:02	137	Claudia	Frank	F	AG 30-34	Germany	80	00:29:35	01:38.7	53	02:37:47	34.22	01:38.9	60	01:39:22
2	99	05:10:09	209	Cara	Lee	F	AG 30-34	South Africa	114	00:31:09	02:27.8	139	02:50:24	31.69	01:13.9	83	01:44:54
3	127	05:23:30	388	Anni Harverson	Walls	F	AG 30-34	South Africa	210	00:35:07	04:14.6	174	02:54:34	30.93	01:53.7	101	01:47:41
4	137	05:27:11	294	Tracy	Rogers	F	AG 30-34	South Africa	226	00:36:12	02:29.4	248	03:03:00	29.51	01:54.0	77	01:43:34
5	167	05:34:22	36	Gaby	Andres	F	AG 30-34	Luxemburg	287	00:38:39	02:44.9	217	02:59:33	30.08	01:32.5	126	01:51:53
6	192	05:40:46	208	Adelheid	Larch	F	AG 30-34	Italy	196	00:34:36	03:02.9	229	03:00:46	29.87	03:17.3	187	01:59:05

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7	194	05:41:57	59	Jane	Brewer	F	AG 30-34	South Africa	125	00:31:43	03:40.6	255	03:03:49	29.38	04:13.7	184	01:58:30
8	212	05:46:05	215	Kerry	Longhurst	F	AG 30-34	South Africa	164	00:33:35	02:30.4	290	03:10:59	28.28	02:14.7	168	01:56:46
9	248	05:57:55	186	Janice	Kallmeyer	F	AG 30-34	South Africa	208	00:35:02	03:17.1	273	03:06:39	28.93	01:38.1	263	02:11:18
10	255	05:59:52	421	Andrea	Sickl	F	AG 30-34	Austria	366	00:44:47	03:09.4	270	03:06:20	28.98	02:19.3	219	02:03:16
11	269	06:08:04	73	Debbie	Collier	F	AG 30-34	South Africa	138	00:32:08	03:07.7	277	03:07:43	28.77	01:55.8	318	02:23:09
12	275	06:09:39	206	Rebecca	Laird	F	AG 30-34	South Africa	202	00:34:45	04:10.6	319	03:17:28	27.35	02:50.1	259	02:10:25
13	324	06:27:52	258	Nikki	Nel	F	AG 30-34	South Africa	353	00:43:17	05:24.6	328	03:20:34	26.92	02:40.6	284	02:15:56
14	349	06:40:23	100	Clare	Dodd	F	AG 30-34	South Africa	357	00:44:14	05:37.2	389	03:36:23	24.96	05:23.6	250	02:08:45
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	11	04:26:42	308	Albuin	Schwarz	M	AG 30-34	Austria	30	00:27:03	01:27.9	7	02:25:31	37.11	01:21.0	29	01:31:18
2	14	04:31:42	338	Markus	Strini	M	AG 30-34	Austria	77	00:29:31	02:06.8	17	02:30:10	35.96	01:36.6	21	01:28:17
3	21	04:36:42	302	Mark	Sack	M	AG 30-34	South Africa	25	00:26:48	02:29.9	34	02:35:36	34.70	02:04.1	26	01:29:44
4	33	04:42:34	118	Fabien	Escomel	M	AG 30-34	France	73	00:29:27	03:06.7	20	02:32:01	35.52	02:11.3	43	01:35:47
5	35	04:44:30	182	Mauritz	Jansen v Rensburg	M	AG 30-34	South Africa	60	00:28:39	01:40.6	64	02:39:35	33.84	01:57.7	33	01:32:38
6	38	04:46:30	198	Michael	Klein	M	AG 30-34	Germany	66	00:29:16	03:00.9	100	02:45:00	32.73	01:57.4	19	01:27:16
7	41	04:47:50	319	Heinrich	Sickl	M	AG 30-34	Austria	64	00:28:43	02:15.9	37	02:35:54	34.64	01:18.1	62	01:39:39
8	46	04:49:02	307	Eddie	Schurmann	M	AG 30-34	South Africa	161	00:33:25	02:45.9	86	02:42:16	33.28	01:44.0	22	01:28:51
9	47	04:49:32	379	Mike	Von Holdt	M	AG 30-34	South Africa	51	00:28:06	02:09.2	51	02:37:33	34.27	01:24.5	66	01:40:19
10	58	04:54:25	380	Francois	Vorster	M	AG 30-34	South Africa	50	00:28:05	02:10.4	72	02:40:08	33.72	01:53.0	72	01:42:08
11	59	04:56:47	300	Angus	Ryan	M	AG 30-34	South Africa	26	00:26:56	02:20.8	67	02:39:45	33.80	01:56.1	90	01:45:49
12	61	04:57:21	51	Brett	Botha	M	AG 30-34	South Africa	203	00:34:48	03:15.2	109	02:46:58	32.34	01:31.1	28	01:30:48
13	62	04:57:52	360	Barry	Van der merwe	M	AG 30-34	South Africa	98	00:30:19	02:19.1	93	02:43:19	33.06	01:38.9	65	01:40:16
14	64	04:58:22	131	Jean	Fourie	M	AG 30-34	South Africa	193	00:34:31	01:59.7	77	02:40:55	33.56	01:25.1	61	01:39:31
15	65	04:58:48	402	Craig	Wilson	M	AG 30-34	South Africa	37	00:27:11	02:16.1	59	02:38:57	33.97	01:24.5	110	01:49:00
16	67	04:59:18	390	Neville	Watt	M	AG 30-34	South Africa	6	00:24:22	02:35.1	47	02:37:10	34.36	01:38.3	138	01:53:33
17	68	04:59:32	261	Russell	Nugent	M	AG 30-34	South Africa	132	00:31:54	03:02.9	42	02:36:30	34.51	01:51.8	92	01:46:13
18	69	04:59:41	470	Brett	van Coller	M	AG 30-34	South Africa	129	00:31:46	02:45.2	91	02:42:58	33.14	02:08.7	64	01:40:04
19	70	05:00:10	79	Derek	Creed	M	AG 30-34	South Africa	88	00:29:52	04:57.7	120	02:48:33	32.04	01:54.2	40	01:34:53
20	74	05:02:25	281	Stephen	Pratt	M	AG 30-34	South Africa	152	00:33:11	01:48.8	19	02:31:58	35.53	01:24.7	144	01:54:01
21	79	05:04:28	88	Graham	Daniel	M	AG 30-34	South Africa	67	00:29:17	02:06.3	61	02:39:09	33.93	03:46.3	117	01:50:09
22	81	05:05:28	138	Roland	Fuchs	M	AG 30-34	Germany	241	00:36:49	02:09.9	103	02:45:54	32.55	01:51.1	57	01:38:44
23	85	05:06:30	335	Peter	Stiff	M	AG 30-34	South Africa	144	00:32:19	03:40.3	142	02:50:38	31.65	01:43.2	56	01:38:09
24	87	05:06:56	436	matthias	Filser	M	AG 30-34	Deutschland	90	00:29:52	02:10.6	118	02:48:23	32.07	01:07.8	85	01:45:23
25	89	05:07:35	315	Trevor	Shacknofsky	M	AG 30-34	South Africa	160	00:33:24	03:24.6	101	02:45:04	32.72	01:42.7	79	01:43:59
26	93	05:08:52	439	Shamus	Kreuger	M	AG 30-34	South Africa	57	00:28:29	02:49.3	74	02:40:22	33.67	02:33.9	147	01:54:37
27	95	05:09:12	260	Glenn	Nugent	M	AG 30-34	South Africa	124	00:31:42	03:15.9	97	02:44:08	32.90	01:20.8	108	01:48:45
28	96	05:09:33	362	Johann	Van Der Vyver	M	AG 30-34	South Africa	92	00:29:53	03:14.2	30	02:35:04	34.82	01:49.5	193	01:59:32
29	98	05:10:02	301	Clive	Sack	M	AG 30-34	South Africa	145	00:32:29	02:58.0	27	02:34:25	34.97	01:42.9	182	01:58:26
30	108	05:14:27	126	Francois	Finlay	M	AG 30-34	South Africa	48	00:28:00	02:50.5	124	02:48:43	32.01	02:18.1	129	01:52:35

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31	112	05:16:34	419	Pierre	Conradie	M	AG 30-34	South Africa	166	00:33:37	03:56.6	95	02:43:43	32.98	00:00.0	155	01:55:16
32	114	05:16:59	159	Justin	Hand	M	AG 30-34	South Africa	186	00:34:18	04:21.7	179	02:55:10	30.83	01:45.2	68	01:41:23
33	118	05:19:58	416	Joggie	Rossouw	M	AG 30-34	South Africa	147	00:32:32	03:31.2	137	02:50:23	31.69	02:15.7	124	01:51:16
34	121	05:21:03	434	Werner	Smit	M	AG 30-34	South Africa	189	00:34:25	03:23.7	154	02:51:57	31.40	01:38.3	113	01:49:38
35	129	05:24:15	91	Gustavo	de Muelenaere Correa	M	AG 30-34	South Africa	251	00:37:15	07:11.4	66	02:39:43	33.81	05:00.4	151	01:55:05
36	133	05:26:02	344	Nathaniel	Swearingen	M	AG 30-34	USA	15	00:25:34	02:02.1	129	02:49:06	31.93	02:15.0	234	02:07:05
37	135	05:26:17	58	Brenton	Ashby	M	AG 30-34	South Africa	218	00:35:45	02:33.3	171	02:54:12	31.00	00:00.0	141	01:53:47
38	139	05:27:31	42	James	Best	M	AG 30-34	South Africa	330	00:41:15	02:50.7	145	02:50:48	31.62	00:00.0	130	01:52:38
39	140	05:27:49	327	Gary	Snelling	M	AG 30-34	South Africa	227	00:36:14	02:37.7	141	02:50:28	31.68	01:26.6	169	01:57:04
40	142	05:27:54	386	Quinton	Walker	M	AG 30-34	South Africa	281	00:38:30	03:19.3	114	02:47:35	32.22	02:45.7	159	01:55:43
41	145	05:28:38	228	Leon	Marais	M	AG 30-34	South Africa	197	00:34:37	03:21.5	161	02:52:55	31.23	02:07.7	157	01:55:36
42	147	05:28:55	110	Shawn	Du Toit	M	AG 30-34	South Africa	106	00:30:59	02:19.8	147	02:51:02	31.57	01:45.1	217	02:02:49
43	153	05:30:34	178	Jon F	Iannaccone	M	AG 30-34	USA	234	00:36:37	04:38.0	226	03:00:26	29.93	03:05.8	89	01:45:47
44	154	05:30:40	321	Brendon	Slabbert	M	AG 30-34	South Africa	225	00:36:11	03:36.7	180	02:55:27	30.78	01:51.2	139	01:53:33
45	158	05:32:09	94	Warren Scott	Dickson	M	AG 30-34	South Africa	63	00:28:43	03:12.0	146	02:51:00	31.58	02:43.5	229	02:06:31
46	171	05:35:03	330	Sean	Southgate	M	AG 30-34	South Africa	119	00:31:14	03:37.5	222	03:00:00	30.00	02:56.3	171	01:57:16
47	173	05:35:18	54	Riaan	Botha	M	AG 30-34	South Africa	123	00:31:37	01:59.5	136	02:50:22	31.70	01:26.5	255	02:09:52
48	176	05:36:20	311	Ibrahim	Seedat	M	AG 30-34	South Africa	332	00:41:25	03:57.0	197	02:57:21	30.45	03:23.0	118	01:50:14
49	177	05:36:46	403	Ross	Wilson	M	AG 30-34	South Africa	55	00:28:25	02:29.7	245	03:02:32	29.58	02:05.7	205	02:01:13
50	178	05:36:46	387	Michael	Wallisch	M	AG 30-34	Germany	142	00:32:14	04:19.5	156	02:52:26	31.32	03:24.1	221	02:04:23
51	182	05:37:12	52	Fanie	Botha	M	AG 30-34	South Africa	205	00:34:53	04:01.8	75	02:40:22	33.67	01:52.5	285	02:16:02
52	183	05:37:49	61	Richard	Brighton	M	AG 30-34	South Africa	224	00:36:01	02:41.8	199	02:57:22	30.45	02:02.6	196	01:59:42
53	185	05:38:34	259	Hans	Neumayr	M	AG 30-34	Austria	168	00:33:46	05:02.6	157	02:52:33	31.30	01:57.2	224	02:05:15
54	187	05:38:35	106	Pieter	Du Plessis	M	AG 30-34	South Africa	320	00:40:31	03:29.5	159	02:52:38	31.28	02:42.3	191	01:59:14
55	189	05:39:40	117	Leon	Erasmus	M	AG 30-34	South Africa	228	00:36:16	03:45.2	167	02:53:46	31.08	02:57.8	218	02:02:54
56	196	05:42:21	371	Patrick	van Schoor	M	AG 30-34	South Africa	43	00:27:48	04:00.2	239	03:01:39	29.73	02:40.1	228	02:06:13
57	197	05:42:28	410	Jon	Allen	M	AG 30-34	South Africa	84	00:29:37	03:22.9	152	02:51:48	31.43	02:09.1	280	02:15:30
58	209	05:45:39	70	Mike	Clarke	M	AG 30-34	South Africa	326	00:40:55	05:12.0	170	02:54:02	31.03	02:57.1	214	02:02:33
59	232	05:51:56	43	Stephen	Bestbier	M	AG 30-34	South Africa	85	00:29:39	05:38.8	207	02:57:58	30.34	03:24.1	278	02:15:16
60	234	05:53:33	400	Luke	Williamson	M	AG 30-34	South Africa	238	00:36:45	03:48.6	185	02:56:11	30.65	00:00.0	289	02:16:48
61	235	05:53:55	30	Brian	Abbott	M	AG 30-34	South Africa	277	00:38:20	04:32.2	271	03:06:33	28.95	01:58.2	213	02:02:32
62	240	05:56:52	412	Mathew	Browne	M	AG 30-34	South Africa	372	00:45:27	07:05.9	231	03:00:57	29.84	05:46.8	174	01:57:35
63	241	05:56:53	428	Johannes	Albertyn	M	AG 30-34	South Africa	371	00:45:09	07:27.7	244	03:02:27	29.60	04:13.0	175	01:57:36
64	245	05:57:25	343	Jacques	Swartz	M	AG 30-34	South Africa	254	00:37:17	03:21.2	172	02:54:22	30.97	02:02.9	308	02:20:22
65	249	05:58:42	160	Mark	Handman	M	AG 30-34	South Africa	101	00:30:38	04:01.8	238	03:01:28	29.76	02:21.5	305	02:20:12
66	258	06:03:07	203	Justin	Kruger	M	AG 30-34	South Africa	262	00:37:33	07:20.5	288	03:10:15	28.38	03:27.3	222	02:04:31
67	260	06:04:09	72	Neil	Collett	M	AG 30-34	South Africa	255	00:37:18	04:37.3	329	03:20:52	26.88	01:48.1	194	01:59:34
68	273	06:09:28	303	Gregory	Sacks	M	AG 30-34	South Africa	185	00:34:16	03:10.4	253	03:03:24	29.44	04:18.5	322	02:24:18
69	280	06:10:28	172	John	Hooper	M	AG 30-34	South Africa	81	00:29:36	02:47.4	302	03:13:39	27.89	02:20.3	314	02:22:06

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70	282	06:12:14	430	Michael	Van der Mescht	M	AG 30-34	South Africa	253	00:37:16	03:27.1	236	03:01:25	29.77	02:37.0	333	02:27:29
71	301	06:17:54	46	Warren	Boardman-Smith	M	AG 30-34	South Africa	260	00:37:27	04:06.9	259	03:04:03	29.34	05:39.7	331	02:26:37
72	306	06:20:10	220	Robert	Losper	M	AG 30-34	South Africa	209	00:35:06	03:58.8	280	03:08:30	28.65	01:46.4	343	02:30:49
73	319	06:24:49	269	Julian	Oosthuizen	M	AG 30-34	South Africa	190	00:34:29	05:09.3	204	02:57:28	30.43	05:03.1	384	02:42:40
74	329	06:30:59	76	Gert	Conradie	M	AG 30-34	South Africa	385	00:48:17	07:36.3	274	03:07:01	28.87	05:26.4	316	02:22:39
75	331	06:31:36	253	Theo	Naude	M	AG 30-34	South Africa	137	00:32:05	04:52.3	282	03:08:36	28.63	02:32.3	386	02:43:30
76	344	06:37:41	312	Chris	Senekal	M	AG 30-34	South Africa	173	00:33:54	07:24.1	293	03:11:10	28.25	06:32.8	372	02:38:40
77	345	06:37:42	313	Dawie	Senekal	M	AG 30-34	South Africa	172	00:33:54	07:23.6	292	03:11:07	28.25	06:37.0	373	02:38:41
78	346	06:38:04	183	Hardus	Jansen van Rensburg	M	AG 30-34	South Africa	351	00:43:08	04:08.0	377	03:32:46	25.38	02:24.6	281	02:15:37
79	353	06:42:34	97	Thinus	Dippenaar	M	AG 30-34	South Africa	220	00:35:51	05:04.8	372	03:29:35	25.76	04:13.5	335	02:27:49
80	355	06:44:17	189	Paul	Kaye	M	AG 30-34	South Africa	278	00:38:21	07:08.4	335	03:21:37	26.78	03:01.1	355	02:34:09
81	356	06:44:17	225	Mike	Luscombe	M	AG 30-34	South Africa	325	00:40:48	05:15.0	314	03:16:04	27.54	04:50.2	368	02:37:19
82	359	06:45:58	256	Morne	Nel	M	AG 30-34	South Africa	401	00:53:30	08:05.7	370	03:29:10	25.82	02:57.3	268	02:12:15
83	361	06:50:53	211	Mark	Lee	M	AG 30-34	South Africa	236	00:36:42	03:26.1	334	03:21:35	26.79	05:09.0	387	02:44:00
84	366	06:54:14	398	Craig	Williams	M	AG 30-34	South Africa	295	00:38:49	05:15.0	383	03:35:02	25.11	02:51.7	349	02:32:16
85	367	06:54:16	175	David	Hudson	M	AG 30-34	South Africa	302	00:39:18	04:39.6	368	03:28:22	25.92	03:27.3	371	02:38:29
86	374	07:01:41	80	Johan	Cronje	M	AG 30-34	South Africa	341	00:42:15	11:43.9	391	03:36:47	24.91	04:37.2	329	02:26:17
87	395	07:29:40	123	Marthinus Stephanus	Ferreira	M	AG 30-34	South Africa	339	00:42:01	06:24.1	380	03:33:53	25.25	03:24.8	405	03:03:57
88	397	07:32:27	184	lukas	jansen van vuuren	M	AG 30-34	South Africa	393	00:51:22	11:20.7	376	03:32:37	25.40	04:55.3	397	02:52:12
89	401	07:46:52	148	Yadre	Gouws	M	AG 30-34	South Africa	406	00:55:42	08:15.3	384	03:35:15	25.09	04:55.0	403	03:02:45
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	101	05:10:24	349	Anita	Tietz	F	AG 35-39	Germany	107	00:31:01	02:22.5	117	02:47:52	32.17	01:45.0	99	01:47:24
2	117	05:19:15	370	Janel	van Schoor	F	AG 35-39	South Africa	133	00:31:55	04:13.4	247	03:02:36	29.57	03:17.8	54	01:37:13
3	170	05:35:03	99	Megan	Dobson	F	AG 35-39	South Africa	217	00:35:43	03:17.6	215	02:59:25	30.10	02:52.5	140	01:53:44
4	225	05:50:41	276	Michelle	Pickering	F	AG 35-39	South Africa	350	00:43:07	04:20.2	300	03:13:19	27.93	02:12.3	102	01:47:42
5	256	06:01:52	297	Silvia	Rose	F	AG 35-39	Argentina	317	00:40:23	02:38.2	173	02:54:26	30.96	03:12.0	310	02:21:12
6	259	06:03:26	345	Sonja	Terblanche-Otto	F	AG 35-39	South Africa	250	00:37:14	03:45.5	187	02:56:20	30.62	03:14.0	317	02:22:53
7	293	06:14:32	236	Kerry	Mc Caughey	F	AG 35-39	South Africa	237	00:36:44	06:33.1	327	03:19:50	27.02	04:23.6	233	02:07:01
8	309	06:22:00	378	Anka	Volkman	F	AG 35-39	South Africa	288	00:38:41	04:39.6	355	03:25:25	26.29	02:45.9	260	02:10:29
9	391	07:20:31	267	Lynette	Olivier	F	AG 35-39	South Africa	410	00:59:00	08:12.3	340	03:22:32	26.66	04:47.1	391	02:45:59
10	394	07:24:38	286	Brigitte	Ravily	F	AG 35-39	France	394	00:51:35	04:53.6	388	03:36:07	24.99	04:47.2	393	02:47:16
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	15	04:32:40	171	Patrick	Hofer	M	AG 35-39	South Africa	27	00:26:58	01:43.5	25	02:33:33	35.17	01:20.3	24	01:29:05
2	22	04:37:06	245	Terence	Mitchell	M	AG 35-39	South Africa	76	00:29:30	02:15.0	38	02:35:58	34.62	01:28.5	20	01:27:54
3	26	04:40:24	213	Hugo	Lemmen	M	AG 35-39	South Africa	40	00:27:37	02:28.8	26	02:33:50	35.10	01:18.1	41	01:35:10
4	27	04:40:46	317	Taro	Shirato	M	AG 35-39	Japan	31	00:27:04	01:42.7	40	02:36:13	34.57	02:03.1	36	01:33:42
5	28	04:41:03	336	Richard	Stoffel	M	AG 35-39	Switzerland	192	00:34:30	02:24.6	36	02:35:46	34.67	01:32.2	17	01:26:49
6	29	04:41:34	204	Michael	Kruse	M	AG 35-39	Germany	115	00:31:09	01:55.2	46	02:36:54	34.42	01:26.3	27	01:30:10
7	34	04:44:01	351	Leon	Tobias	M	AG 35-39	South Africa	91	00:29:52	02:37.2	49	02:37:26	34.30	01:52.3	30	01:32:12

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8	36	04:44:45	39	Hugh	Basel	M	AG 35-39	South Africa	22	00:26:03	02:39.4	33	02:35:21	34.76	01:42.3	58	01:39:00
9	40	04:47:03	270	Mark	Page	M	AG 35-39	South Africa	72	00:29:25	02:33.6	41	02:36:24	34.53	01:47.2	50	01:36:54
10	53	04:51:37	218	Jaco Johann	Loots	M	AG 35-39	South Africa	79	00:29:32	04:07.7	18	02:31:56	35.54	03:03.3	74	01:42:58
11	63	04:58:15	155	Clive	Groves	M	AG 35-39	South Africa	35	00:27:09	02:46.6	83	02:41:59	33.34	02:22.5	78	01:43:58
12	66	04:59:09	149	Andrew	Gowans	M	AG 35-39	South Africa	97	00:30:15	01:59.2	68	02:39:46	33.80	01:33.3	86	01:45:35
13	73	05:01:25	37	Daniel	Bach	M	AG 35-39	France	82	00:29:36	02:20.5	71	02:40:05	33.73	01:27.9	104	01:47:56
14	75	05:02:27	67	Christophe	Castagnetti	M	AG 35-39	France	118	00:31:13	02:37.5	110	02:47:18	32.28	01:26.3	63	01:39:52
15	76	05:03:14	437	Piers	Pirow	M	AG 35-39	South Africa	32	00:27:05	01:44.3	39	02:36:07	34.59	01:35.9	167	01:56:42
16	86	05:06:51	129	Bruce	Flint	M	AG 35-39	South Africa	182	00:34:10	02:15.7	57	02:38:21	34.10	01:59.6	116	01:50:04
17	91	05:08:02	334	Axel	Steinbrinker	M	AG 35-39	South Africa	248	00:37:10	03:24.9	123	02:48:42	32.01	01:52.2	49	01:36:53
18	94	05:08:52	235	Andreas	Mausfeld	M	AG 35-39	South Africa	303	00:39:23	03:46.4	105	02:46:07	32.51	02:55.9	48	01:36:40
19	100	05:10:14	104	Anton	Du Plessis	M	AG 35-39	South Africa	128	00:31:45	02:21.7	56	02:38:15	34.12	01:29.8	163	01:56:23
20	103	05:11:50	86	Hannes	Czeitschner	M	AG 35-39	South Africa	259	00:37:26	03:42.8	60	02:38:57	33.97	02:00.4	114	01:49:43
21	104	05:11:51	278	Andrew	Poole	M	AG 35-39	South Africa	154	00:33:14	03:24.9	90	02:42:54	33.15	00:00.0	128	01:52:19
22	105	05:12:21	74	Stuart	Connacher	M	AG 35-39	South Africa	47	00:27:56	02:34.3	175	02:54:42	30.91	01:45.7	84	01:45:22
23	106	05:12:37	279	Timothy	Pope	M	AG 35-39	South Africa	140	00:32:13	02:39.1	115	02:47:43	32.20	01:19.0	107	01:48:44
24	109	05:14:36	296	Paul Bernhard	Rose	M	AG 35-39	Germany	120	00:31:15	01:57.4	94	02:43:34	33.01	01:33.5	162	01:56:16
25	110	05:15:57	216	Simon	Longhurst	M	AG 35-39	South Africa	34	00:27:07	02:33.9	186	02:56:19	30.63	02:32.8	98	01:47:23
26	111	05:16:08	283	Kobie	Pruis	M	AG 35-39	South Africa	110	00:31:05	02:51.1	106	02:46:34	32.42	02:07.5	137	01:53:29
27	119	05:20:14	309	Joachim	Schwarzer	M	AG 35-39	Germany	167	00:33:39	02:39.2	128	02:49:03	31.94	01:43.6	133	01:53:09
28	130	05:24:42	113	Nick	Ellis	M	AG 35-39	South Africa	300	00:39:11	02:57.6	82	02:41:55	33.35	01:49.9	185	01:58:48
29	131	05:25:37	325	Marc	Smith	M	AG 35-39	South Africa	280	00:38:27	03:34.5	211	02:58:57	30.18	03:02.4	69	01:41:36
30	146	05:28:49	180	Paul	Ingpen	M	AG 35-39	South Africa	95	00:30:02	02:42.8	108	02:46:42	32.39	01:37.2	245	02:07:45
31	149	05:29:03	12	Kobus	De Vos	M	AG 35-39	South Africa	337	00:41:45	03:57.6	76	02:40:23	33.67	01:40.2	207	02:01:16
32	151	05:29:23	199	Bernard	Kloppers	M	AG 35-39	South Africa	292	00:38:46	03:14.0	164	02:53:37	31.10	02:04.1	125	01:51:41
33	175	05:36:11	145	Steffen	Goerig	M	AG 35-39	Germany	355	00:43:58	03:08.2	104	02:46:06	32.51	02:19.5	201	02:00:39
34	180	05:36:50	83	Neil	Currie	M	AG 35-39	South Africa	307	00:39:34	02:53.2	176	02:54:53	30.88	02:06.5	173	01:57:23
35	193	05:41:29	365	Johann	Van der Westhuysen	M	AG 35-39	South Africa	344	00:42:23	03:52.5	177	02:54:57	30.87	02:54.9	172	01:57:21
36	198	05:42:37	78	Chris	Cox	M	AG 35-39	South Africa	201	00:34:45	04:07.7	198	02:57:22	30.45	03:36.3	216	02:02:47
37	200	05:43:11	427	John James	Donovan	M	AG 35-39	South Africa	149	00:33:03	03:49.5	140	02:50:24	31.69	02:33.6	272	02:13:21
38	207	05:45:31	153	Paul	Gripper	M	AG 35-39	South Africa	165	00:33:36	03:28.5	188	02:56:24	30.61	02:32.8	252	02:09:29
39	227	05:51:02	128	Olivier	Fleurot	M	AG 35-39	Switzerland	270	00:38:04	03:05.5	192	02:56:47	30.55	03:02.9	257	02:10:02
40	228	05:51:03	134	Charl	Francis	M	AG 35-39	South Africa	148	00:33:02	02:31.1	189	02:56:25	30.61	02:05.8	290	02:16:59
41	230	05:51:26	221	Pierre	Loubser	M	AG 35-39	South Africa	258	00:37:26	03:28.5	256	03:03:50	29.37	02:32.4	220	02:04:09
42	231	05:51:39	293	Evan	Rogers	M	AG 35-39	South Africa	75	00:29:29	20:45.4	291	03:11:07	28.26	01:18.6	109	01:48:59
43	233	05:53:10	71	Anton	Coetzee	M	AG 35-39	South Africa	87	00:29:49	04:52.6	265	03:05:40	29.08	02:57.5	254	02:09:51
44	238	05:56:19	287	Dominique	Ravily	M	AG 35-39	France	274	00:38:13	06:07.3	163	02:53:05	31.20	04:21.2	275	02:14:32
45	243	05:57:19	372	Casper	van Wyk	M	AG 35-39	South Africa	360	00:44:20	03:58.7	264	03:05:25	29.12	01:36.0	210	02:01:59
46	250	05:58:52	219	Charles	Losper	M	AG 35-39	South Africa	212	00:35:20	03:15.0	200	02:57:25	30.44	02:36.3	306	02:20:15

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47	252	05:59:20	96	George	Dimopoulos	M	AG 35-39	South Africa	331	00:41:23	03:15.4	165	02:53:39	31.10	01:30.3	303	02:19:32
48	253	05:59:29	238	Victor	McLoughlin	M	AG 35-39	South Africa	345	00:42:28	06:04.9	219	02:59:44	30.05	03:32.8	244	02:07:39
49	254	05:59:36	373	Leon	Van Wyk	M	AG 35-39	Kingdom of Swaziland	343	00:42:20	03:59.9	230	03:00:46	29.87	02:37.5	256	02:09:52
50	257	06:02:23	222	Barrie	Low	M	AG 35-39	South Africa	338	00:41:53	07:00.4	301	03:13:26	27.92	03:57.3	161	01:56:06
51	262	06:05:29	167	Ian	Hendry	M	AG 35-39	South Africa	198	00:34:37	04:37.0	162	02:52:56	31.22	01:33.3	346	02:31:45
52	283	06:12:55	49	Ben	Booyesen	M	AG 35-39	South Africa	269	00:37:55	07:09.7	353	03:25:17	26.31	04:54.8	176	01:57:38
53	284	06:13:00	152	Robbie	Grant	M	AG 35-39	South Africa	305	00:39:29	02:53.2	315	03:16:33	27.47	01:59.2	267	02:12:05
54	286	06:13:32	347	George	Thom	M	AG 35-39	South Africa	247	00:37:05	06:32.3	209	02:58:21	30.28	00:00.0	345	02:31:34
55	287	06:13:32	107	Simon	Du Plooy	M	AG 35-39	South Africa	306	00:39:33	04:31.5	299	03:13:16	27.94	02:04.5	274	02:14:07
56	288	06:13:41	40	Charles	Baxter	M	AG 35-39	South Africa	219	00:35:45	04:59.1	178	02:55:00	30.86	04:21.2	353	02:33:36
57	290	06:14:23	251	Chandra	Naidu	M	AG 35-39	South Africa	409	00:57:38	07:43.5	208	02:58:10	30.31	02:59.7	247	02:07:53
58	296	06:17:12	103	Urs	Dreher	M	AG 35-39	Switzerland	195	00:34:34	05:24.9	263	03:05:16	29.15	02:15.4	340	02:29:41
59	302	06:17:54	333	Willie	Stegmann	M	AG 35-39	South Africa	244	00:37:01	04:02.2	216	02:59:26	30.09	02:35.3	361	02:34:49
60	303	06:18:20	438	Peter	Guellich	M	AG 35-39	South Africa	365	00:44:42	04:52.7	275	03:07:24	28.81	03:35.1	295	02:17:45
61	321	06:27:05	332	Etienne	Steenkamp	M	AG 35-39	South Africa	188	00:34:25	04:25.7	251	03:03:19	29.46	03:43.2	380	02:41:12
62	328	06:30:56	441	Brett	Suann	M	AG 35-39	Singapore	368	00:44:48	06:04.1	337	03:21:57	26.74	01:59.7	286	02:16:06
63	333	06:32:15	394	Warren	Wells	M	AG 35-39	South Africa	243	00:36:59	07:29.0	317	03:16:47	27.44	05:33.1	327	02:25:26
64	337	06:34:21	364	Gerhardt	van der Westhuizen	M	AG 35-39	South Africa	375	00:45:48	06:16.0	311	03:14:53	27.71	04:11.0	321	02:23:13
65	339	06:36:22	232	Peter	Marriott	M	AG 35-39	South Africa	279	00:38:21	05:26.0	269	03:06:05	29.02	03:16.9	385	02:43:14
66	365	06:53:43	60	Pieter	Breytenbach	M	AG 35-39	South Africa	324	00:40:46	06:44.1	375	03:31:17	25.56	02:25.4	350	02:32:31
67	371	06:57:38	84	Grant	Curtis	M	AG 35-39	South Africa	336	00:41:40	07:29.7	326	03:19:45	27.03	04:21.6	388	02:44:21
68	375	07:01:41	249	Johan	Mostert	M	AG 35-39	South Africa	387	00:49:13	04:54.7	390	03:36:36	24.93	04:40.0	330	02:26:18
69	378	07:02:09	397	Christopher	Wilcox	M	AG 35-39	South Africa	361	00:44:22	06:17.2	356	03:25:27	26.28	04:31.4	381	02:41:31
70	380	07:02:57	375	Johann	Vermaak	M	AG 35-39	South Africa	329	00:41:11	05:35.2	392	03:37:57	24.78	03:29.9	360	02:34:44
71	384	07:10:05	305	Andre	Schoombee	M	AG 35-39	South Africa	299	00:39:10	06:13.1	396	03:39:53	24.56	04:02.8	378	02:40:46
72	389	07:19:47	282	Myk	Prescott	M	AG 35-39	South Africa	400	00:52:58	02:52.7	338	03:22:20	26.69	02:38.0	400	02:58:59
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	134	05:26:10	407	Cheryl	Young	F	AG 40-44	South Africa	45	00:27:54	02:29.0	243	03:02:22	29.61	02:36.2	121	01:50:48
2	265	06:06:04	217	Salome	Loots	F	AG 40-44	South Africa	242	00:36:50	04:48.2	286	03:09:37	28.48	03:34.1	262	02:11:15
3	274	06:09:29	263	Jennifer	O'Hanlon	F	AG 40-44	South Africa	130	00:31:48	05:15.0	332	03:21:34	26.79	03:28.5	240	02:07:24
4	308	06:21:39	292	LouAnn	Rivett	F	AG 40-44	South Africa	86	00:29:47	03:00.9	358	03:26:11	26.19	04:01.2	299	02:18:39
5	392	07:20:31	161	Christine	Hart	F	AG 40-44	South Africa	402	00:54:00	04:05.8	399	03:45:53	23.91	04:18.2	348	02:32:15
6	402	07:49:21	196	Carola	Kirchner	F	AG 40-44	Namibia	384	00:48:10	04:06.2	408	04:15:02	21.17	02:43.8	376	02:39:19
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	19	04:35:16	352	Winfried	Traub	M	AG 40-44	Germany	17	00:25:35	01:24.0	15	02:29:21	36.16	01:40.8	55	01:37:15
2	30	04:41:49	226	Wayne	Mac Farlane	M	AG 40-44	South Africa	41	00:27:38	02:06.7	31	02:35:15	34.78	01:20.6	42	01:35:28
3	52	04:51:16	185	Evan	Jones	M	AG 40-44	South Africa	100	00:30:31	02:37.7	84	02:42:02	33.33	01:35.5	38	01:34:29
4	55	04:51:55	34	Steve	Amos	M	AG 40-44	South Africa	308	00:39:45	02:55.9	80	02:41:26	33.45	01:15.2	16	01:26:33
5	72	05:01:11	350	Peter	Tietz	M	AG 40-44	Germany	113	00:31:07	02:08.9	29	02:34:43	34.90	00:00.0	134	01:53:11

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6	77	05:03:33	63	Dean	Britz	M	AG 40-44	South Africa	109	00:31:05	03:38.4	99	02:44:18	32.87	01:54.1	73	01:42:38
7	82	05:05:52	233	Richard	Marshall	M	AG 40-44	South Africa	158	00:33:18	02:58.0	63	02:39:25	33.87	01:48.6	106	01:48:22
8	90	05:07:54	173	Emil	Hougaard	M	AG 40-44	South Africa	126	00:31:44	02:42.1	127	02:49:00	31.95	01:05.8	75	01:43:22
9	113	05:16:39	197	Martin	Klein	M	AG 40-44	Germany	62	00:28:40	02:44.5	88	02:42:34	33.22	01:58.2	202	02:00:42
10	116	05:18:02	191	Martin	Kees	M	AG 40-44	Germany	150	00:33:03	03:03.3	102	02:45:33	32.62	01:18.1	150	01:55:04
11	120	05:20:24	353	Jostein	Trodahl	M	AG 40-44	Norway	301	00:39:15	03:42.5	160	02:52:51	31.24	02:35.7	70	01:42:00
12	123	05:21:59	187	Mark	Kapnoudhis	M	AG 40-44	South Africa	230	00:36:22	03:39.7	130	02:49:08	31.93	02:19.2	120	01:50:31
13	124	05:22:00	248	Christopher	Mortimer	M	AG 40-44	South Africa	59	00:28:37	05:40.0	221	02:59:54	30.02	03:03.5	82	01:44:46
14	125	05:22:02	246	Kevin	Mitchell	M	AG 40-44	South Africa	314	00:39:55	03:21.9	144	02:50:46	31.62	01:41.0	95	01:46:18
15	126	05:23:19	144	Kevin	Gillmer	M	AG 40-44	South Africa	122	00:31:36	03:12.1	213	02:59:09	30.14	01:44.6	100	01:47:38
16	150	05:29:23	44	Gellie	Bibis	M	AG 40-44	South Africa	96	00:30:06	04:15.7	135	02:50:11	31.73	02:39.4	211	02:02:11
17	152	05:30:07	130	Anton	Fourie	M	AG 40-44	South Africa	199	00:34:38	03:49.3	195	02:57:15	30.47	04:10.0	119	01:50:15
18	156	05:31:07	31	David	Albeldas	M	AG 40-44	South Africa	71	00:29:23	03:13.2	92	02:43:12	33.09	02:16.6	271	02:13:02
19	160	05:32:30	355	Kim	Tucker	M	AG 40-44	South Africa	134	00:31:59	04:38.0	205	02:57:41	30.39	03:21.3	149	01:54:50
20	165	05:34:04	273	Andre	Pepler	M	AG 40-44	South Africa	216	00:35:41	05:18.5	252	03:03:22	29.45	01:35.7	105	01:48:06
21	166	05:34:16	241	Matthaus	Meier	M	AG 40-44	Switzerland	180	00:34:08	04:03.5	191	02:56:37	30.57	03:00.0	164	01:56:27
22	179	05:36:49	66	Alan	Campbell	M	AG 40-44	South Africa	211	00:35:09	03:37.0	283	03:08:38	28.63	00:00.0	112	01:49:26
23	199	05:43:07	132	Johan	Fourie	M	AG 40-44	South Africa	104	00:30:56	04:02.5	228	03:00:45	29.88	00:00.0	241	02:07:24
24	201	05:43:12	193	Andre	Kilian	M	AG 40-44	South Africa	177	00:34:06	03:40.6	258	03:04:00	29.35	02:35.5	186	01:58:49
25	208	05:45:32	147	Leon	Goodman	M	AG 40-44	South Africa	294	00:38:48	03:54.8	158	02:52:37	31.28	02:53.2	238	02:07:19
26	211	05:46:01	295	Gary	Roscoe	M	AG 40-44	South Africa	296	00:38:50	03:53.0	183	02:55:39	30.74	02:34.0	223	02:05:04
27	213	05:46:07	109	Andre	Du Toit	M	AG 40-44	South Africa	139	00:32:09	03:12.0	148	02:51:07	31.56	02:30.0	291	02:17:08
28	214	05:46:15	168	Roy	Herbst	M	AG 40-44	South Africa	229	00:36:17	04:32.5	308	03:14:23	27.78	01:59.7	111	01:49:03
29	222	05:48:50	280	Holger	Poppendieck	M	AG 40-44	Germany	380	00:47:41	05:18.9	182	02:55:34	30.76	02:24.4	177	01:57:51
30	229	05:51:17	432	Christian	Rendl	M	AG 40-44	Austria	78	00:29:31	03:44.7	155	02:52:07	31.37	02:42.1	320	02:23:12
31	237	05:55:36	141	Paolo	Garzola	M	AG 40-44	South Africa	266	00:37:44	03:49.3	184	02:55:43	30.73	01:49.9	288	02:16:30
32	244	05:57:23	48	Pieta	Booyens	M	AG 40-44	South Africa	349	00:42:57	03:33.3	242	03:02:21	29.61	01:24.4	236	02:07:07
33	251	05:59:01	237	Kevin	Mc Caughey	M	AG 40-44	South Africa	183	00:34:15	04:39.0	279	03:08:15	28.69	02:41.5	251	02:09:11
34	266	06:06:21	272	Mike	Pelteret	M	AG 40-44	South Africa	222	00:35:59	05:48.2	210	02:58:44	30.21	04:11.7	312	02:21:38
35	267	06:07:57	323	Ivor	Smith	M	AG 40-44	South Africa	246	00:37:02	04:37.7	330	03:20:57	26.87	02:33.8	215	02:02:46
36	270	06:08:12	116	Schalk	Engelbrecht	M	AG 40-44	South Africa	200	00:34:42	05:37.0	284	03:09:13	28.54	02:44.7	283	02:15:56
37	276	06:09:40	174	Clint	Howes	M	AG 40-44	South Africa	169	00:33:47	02:21.0	218	02:59:39	30.06	05:17.2	337	02:28:36
38	279	06:10:19	170	Michael	Hodgson	M	AG 40-44	South Africa	174	00:33:58	05:34.2	241	03:02:20	29.62	03:36.5	326	02:24:50
39	291	06:14:25	111	Allan	Eccles	M	AG 40-44	South Africa	367	00:44:48	03:01.2	260	03:04:17	29.30	01:23.4	309	02:20:56
40	292	06:14:25	340	Edward	Sturrock	M	AG 40-44	South Africa	221	00:35:58	06:19.5	220	02:59:54	30.02	03:16.9	338	02:28:57
41	297	06:17:37	265	Andrzej	Okreglicki	M	AG 40-44	South Africa	377	00:46:04	07:33.3	345	03:23:25	26.55	04:52.0	158	01:55:42
42	298	06:17:41	266	Etienne	Olivier	M	AG 40-44	South Africa	362	00:44:24	08:50.7	107	02:46:36	32.41	03:23.9	357	02:34:27
43	299	06:17:42	337	Francois	Strauss	M	AG 40-44	South Africa	231	00:36:23	05:44.1	181	02:55:27	30.78	04:02.5	364	02:36:05
44	305	06:20:08	429	Alec	Riddle	M	AG 40-44	South Africa	146	00:32:31	04:23.3	261	03:04:43	29.23	05:18.3	352	02:33:12

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45	310	06:22:02	405	Kevin	Woolward	M	AG 40-44	South Africa		00:00:00	00:00.0		00:00:00		46:04.0	45	01:35:58
46	323	06:27:37	418	Christopher	Shipley	M	AG 40-44	South Africa	159	00:33:23	04:21.3	359	03:26:13	26.18	02:13.2	311	02:21:26
47	326	06:29:05	151	Greg	Grant	M	AG 40-44	South Africa	381	00:47:48	05:10.3	303	03:13:40	27.88	02:55.6	302	02:19:32
48	330	06:31:30	357	Jean-Paul	Van Belle	M	AG 40-44	South Africa	383	00:48:05	05:16.9	254	03:03:42	29.39	00:00.0	356	02:34:26
49	336	06:34:21	306	Heinrich	Schulze	M	AG 40-44	South Africa	271	00:38:10	06:20.3	322	03:18:00	27.27	04:19.8	334	02:27:31
50	350	06:40:31	366	Haldane	van Horen	M	AG 40-44	South Africa	316	00:40:21	05:39.3	298	03:13:16	27.94	02:52.9	369	02:38:22
51	357	06:44:28	399	Kobus	Williams	M	AG 40-44	South Africa	290	00:38:44	05:50.3	347	03:23:41	26.51	03:17.1	351	02:32:56
52	360	06:47:42	346	Theo	Reyneke	M	AG 40-44	South Africa	283	00:38:32	05:27.7	374	03:30:34	25.65	03:12.3	341	02:29:56
53	362	06:51:50	192	Cyrus	Kets	M	AG 40-44	South Africa	233	00:36:36	03:00.7	387	03:35:44	25.03	01:55.5	358	02:34:34
54	368	06:55:40	414	Garth	Wright	M	AG 40-44	South Africa	310	00:39:47	06:26.4	336	03:21:49	26.76	06:35.9	379	02:41:02
55	379	07:02:48	142	Derek	Gerber	M	AG 40-44	South Africa	404	00:55:20	07:24.7	354	03:25:23	26.29	03:42.1	344	02:30:58
56	382	07:05:25	409	Roberto	Zorzini	M	AG 40-44	Italy	322	00:40:43	05:51.6	309	03:14:38	27.74	04:47.8	401	02:59:24
57	386	07:11:05	275	Anthony	Pickering	M	AG 40-44	South Africa	382	00:48:05	04:45.5	351	03:25:11	26.32	03:58.5	396	02:49:05
58	400	07:46:52	53	Johan Floris	Botha	M	AG 40-44	South Africa	405	00:55:29	08:33.6	378	03:33:08	25.34	06:54.6	404	03:02:47
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	169	05:34:47	391	Sarah	Webb	F	AG 45-49	South Africa	311	00:39:48	04:47.8	232	03:01:00	29.83	02:54.3	94	01:46:16
2	332	06:32:13	284	Georganna	Quarles	F	AG 45-49	USA	390	00:49:48	04:27.7	341	03:22:46	26.63	03:16.4	266	02:11:55
3	385	07:10:29	57	Caroline	Brawner	F	AG 45-49	South Africa	335	00:41:31	07:05.2	405	03:56:31	22.83	03:15.2	315	02:22:06
4	387	07:17:52	377	Lourett	Visser	F	AG 45-49	South Africa	379	00:47:21	05:32.5	394	03:39:28	24.60	03:28.3	382	02:42:03
5	390	07:20:30	143	Roz	Gerber	F	AG 45-49	South Africa	369	00:45:07	06:29.1	407	03:59:31	22.54	03:36.3	328	02:25:47
6	403	07:49:32	224	Lusan	Luscombe	F	AG 45-49	South Africa	318	00:40:26	05:37.9	401	03:51:38	23.31	07:01.6	406	03:04:48
1	24	04:37:48	395	James	Welsh	M	AG 45-49	South Africa	74	00:29:29	02:50.5	52	02:37:37	34.26	01:33.8	13	01:26:18
2	42	04:48:27	35	Greg	Anderson	M	AG 45-49	South Africa	105	00:30:59	03:23.2	50	02:37:31	34.28	01:46.4	39	01:34:47
3	122	05:21:53	90	Guy	de Cafmeyer	M	AG 45-49	South Africa	175	00:34:02	07:25.7	87	02:42:30	33.23	02:46.9	153	01:55:08
4	141	05:27:53	382	Gerhard	Vosloo	M	AG 45-49	South Africa	214	00:35:22	03:01.6	143	02:50:39	31.64	01:40.2	170	01:57:10
5	143	05:27:58	210	Chris	Lee	M	AG 45-49	South Africa	155	00:33:14	03:03.6	134	02:49:57	31.77	01:40.2	198	02:00:03
6	157	05:31:28	89	Johan	de Beer	M	AG 45-49	South Africa	347	00:42:35	05:52.3	367	03:27:55	25.97	03:24.6	2	01:11:41
7	159	05:32:21	385	Scott	Walchek	M	AG 45-49	USA	68	00:29:18	02:38.9	132	02:49:31	31.86	03:22.0	243	02:07:31
8	162	05:33:33	331	Roger	Steele	M	AG 45-49	South Africa	273	00:38:12	03:34.5	190	02:56:29	30.60	02:02.4	136	01:53:15
9	163	05:33:53	85	Allen	Cuttler	M	AG 45-49	South Africa	213	00:35:22	03:30.5	203	02:57:27	30.43	03:33.3	145	01:54:01
10	202	05:43:29	227	Mike	Malherbe	M	AG 45-49	South Africa	143	00:32:16	04:03.5	201	02:57:25	30.44	02:38.9	235	02:07:05
11	215	05:47:18	291	Neil	Ridley	M	AG 45-49	South Africa	108	00:31:04	03:01.6	316	03:16:44	27.45	01:48.8	148	01:54:39
12	216	05:47:19	125	Jonathan	Fine	M	AG 45-49	South Africa	328	00:41:01	05:01.8	237	03:01:28	29.76	03:17.4	165	01:56:30
13	220	05:48:27	244	Kevin	Millar	M	AG 45-49	South Africa	191	00:34:29	04:38.7	267	03:06:03	29.03	03:21.9	197	01:59:55
14	247	05:57:49	41	Mark	Bellinger	M	AG 45-49	South Africa	239	00:36:46	03:17.8	196	02:57:20	30.45	02:07.2	296	02:18:18
15	263	06:05:41	163	Gavin	Harvey	M	AG 45-49	South Africa	204	00:34:50	04:38.0	268	03:06:04	29.02	02:24.2	294	02:17:45
16	268	06:07:57	339	Franzt	Struwig	M	AG 45-49	South Africa	374	00:45:38	06:07.0	304	03:13:46	27.87	04:07.3	180	01:58:18
17	272	06:08:37	120	Tim	Ferguson	M	AG 45-49	USA	319	00:40:27	03:58.1	202	02:57:26	30.43	02:01.7	325	02:24:44
18	289	06:13:57	150	Go-go	Goz	M	AG 45-49	South Africa	282	00:38:32	05:42.7	323	03:18:36	27.19	00:00.0	261	02:11:05

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19	315	06:24:10	177	Roger	Hunziker	M	AG 45-49	Switzerland	363	00:44:26	05:03.3	324	03:18:50	27.16	03:02.3	270	02:12:48
20	327	06:30:33	127	Alan	Fleetwood	M	AG 45-49	South Africa	359	00:44:18	09:34.3	352	03:25:17	26.31	00:00.0	264	02:11:24
21	338	06:35:04	361	Ezzat	Van Der Ross	M	AG 45-49	South Africa	370	00:45:08	05:46.2	362	03:26:53	26.10	02:43.7	276	02:14:33
22	340	06:37:02	342	Francois Daniel	Swart	M	AG 45-49	South Africa	392	00:50:26	08:24.7	360	03:26:30	26.15	04:53.7	231	02:06:47
23	347	06:38:15	389	Matthew	Walton	M	AG 45-49	South Africa	264	00:37:37	07:00.4	297	03:12:34	28.04	06:08.0	362	02:34:56
24	348	06:38:38	368	Rick	Van Putten	M	AG 45-49	South Africa	386	00:48:44	04:52.3	343	03:22:51	26.62	03:18.6	300	02:18:52
25	354	06:43:06	328	Neil	Son Hing	M	AG 45-49	South Africa	348	00:42:41	04:57.1	296	03:12:03	28.12	03:06.6	377	02:40:18
26	388	07:18:28	423	Dale	Bryce-Borthwick	M	AG 45-49	South Africa	397	00:52:11	06:46.7	393	03:38:14	24.74	02:19.3	374	02:38:57
27	396	07:29:59	290	Tony	Richings	M	AG 45-49	South Africa	373	00:45:32	04:49.8	406	03:58:20	22.66	05:39.0	363	02:35:39
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	45	04:48:55	384	Wilhelm	Wagner	M	AG 50-54	Austria	117	00:31:11	02:10.8	43	02:36:40	34.47	01:55.5	52	01:36:57
2	60	04:56:54	81	Kenneth	Curr	M	AG 50-54	South Africa	24	00:26:46	01:58.2	73	02:40:21	33.68	01:34.2	93	01:46:14
3	172	05:35:15	230	Derick	Marcisz	M	AG 50-54	South Africa	257	00:37:25	03:36.7	149	02:51:25	31.50	01:49.3	204	02:00:59
4	190	05:40:13	156	George	Groves	M	AG 50-54	South Africa	276	00:38:18	03:26.6	233	03:01:09	29.81	01:34.9	160	01:55:43
5	242	05:56:57	420	Nic	Louw	M	AG 50-54	South Africa	334	00:41:30	05:12.8	305	03:13:48	27.86	03:11.6	135	01:53:14
6	300	06:17:45	62	Paul	Brink	M	AG 50-54	South Africa	235	00:36:40	04:49.9	262	03:05:09	29.16	02:42.3	336	02:28:23
7	314	06:23:15	401	Norrie	Williamson	M	AG 50-54	South Africa	340	00:42:13	06:55.4	363	03:26:53	26.10	07:34.6	195	01:59:38
8	352	06:42:05	164	Louis	Hattingh	M	AG 50-54	South Africa	131	00:31:52	03:47.8	312	03:15:56	27.56	03:10.3	394	02:47:19
9	376	07:01:57	165	Christopher	Hatton	M	AG 50-54	South Africa	388	00:49:27	08:30.2	402	03:52:24	23.24	05:02.5	230	02:06:34
10	398	07:38:13	154	Johan	Grobler	M	AG 50-54	Swaziland	407	00:56:02	06:20.8	373	03:30:18	25.68	03:08.6	402	03:02:24
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	318	06:24:43	179	Jeanette	Igra	F	AG 55-59	Israel	291	00:38:45	02:52.5	287	03:09:55	28.43	03:02.7	342	02:30:08
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	97	05:10:01	243	Johann	Michelon	M	AG 55-59	Austria	297	00:38:53	03:23.9	54	02:38:03	34.17	01:54.1	103	01:47:47
2	155	05:31:00	425	Branko Franc	Mlinar	M	AG 55-59	Slovenia	275	00:38:17	03:02.7	257	03:03:51	29.37	01:42.7	80	01:44:06
3	377	07:02:09	56	John	Brand	M	AG 55-59	South Africa	391	00:49:58	09:15.4	357	03:25:48	26.24	04:56.3	347	02:32:12
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	351	06:41:04	252	Mary	Nathan	F	AG 60-64	USA	396	00:51:50	04:34.1	379	03:33:26	25.30	03:04.5	249	02:08:10
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	320	06:25:01	285	Greyson	Quarles	M	AG 60-64	USA	293	00:38:47	04:17.8	249	03:03:03	29.50	05:00.4	354	02:33:52
2	325	06:28:51	257	Robert	Nel	M	AG 60-64	South Africa	376	00:46:00	05:40.4	361	03:26:33	26.14	02:45.2	248	02:07:53
3	370	06:57:22	392	Roland	Weilemann	M	AG 60-64	Germany	389	00:49:39	05:28.8	348	03:24:22	26.42	03:14.9	359	02:34:37
4	372	06:59:09	415	Rolf	Kordes	M	AG 60-64	South Africa	395	00:51:38	04:41.0	395	03:39:42	24.58	02:53.2	307	02:20:15
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	399	07:46:37	316	Mickie	Shapiro	F	AG 65-69	USA	403	00:54:32	04:47.1	404	03:55:15	22.95	04:43.2	395	02:47:20
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	405	08:04:59	442	Neville	Muir	M	AG 65-69	South Africa	411	01:05:14	08:04.6	403	03:52:47	23.20	04:49.1	398	02:54:05
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
1	316	06:24:22	75	Rob	Connacher	M	AG 70+	South Africa	261	00:37:30	04:35.7	240	03:01:56	29.68	03:25.8	366	02:36:55

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2	381	07:03:57	136	Vivian	Francis	M	AG 70+	South Africa	399	00:52:46	03:14.2	325	03:19:42	27.04	03:27.8	389	02:44:46
3	393	07:24:23	176	Richard	Hunter	M	AG 70+	USA	354	00:43:48	05:27.4	382	03:34:33	25.17	03:41.1	399	02:56:53
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
DQ	DQ	DQ	242	Evert	Meintjes	M	AG 30-34	South Africa	116	00:31:10	03:30.0	22	02:32:55	35.31	01:32.5	8	01:21:36
Place cat	Place all	Race time	Race #	Name	Last name	Sex	Category	Country	Swim	Swim	Transition	Bike	Bike	Bike ave	Transition	Run	Run
0	0	DNF	406	Sinclair	Yeh	M	AG 25-29	USA	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	122	Jeanne-MariØ	Ferreira	F	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	65	Wayne	Brown	M	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	119	Franck	Escomel	M	AG 30-34	France	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	162	Craig	Hartley	M	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	169	Jan	Hnizdo	M	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	262	Michael	O'Halloran	M	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	324	Wilson	Smith	M	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	426	Andries	De Villiers	M	AG 30-34	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	194	Kirsten	Kincade	F	AG 35-39	USA	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	102	Wayne	Domnick	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	112	Simon	Edmonds	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	114	Shaun	Ellis	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	121	Etienne	Ferreira	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	320	Duncan	Siegfried	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	354	Andries	Truscott	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	408	Issy	Zimmerman	M	AG 35-39	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	87	Bernard	Dalton	M	AG 40-44	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	124	Roderick	Fick	M	AG 40-44	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	310	Russell	Scott	M	AG 40-44	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	314	Mark	Sexton	M	AG 40-44	Great Britain	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	359	James	Van Den Bergh	M	AG 45-49	USA	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	240	Mike	McMullin	M	AG 50-54	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	93	Hermanus	Dekker	M	AG 55-59	South Africa	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	3	Chris	Lieto	M	Pro	USA	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00
0	0	DNF	19	Werner	Leitner	M	Pro	Austria	0	00:00:00	00:00.0	0	00:00:00	0.00	00:00.0	0	00:00:00

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