



## Trinity Sport Triathlon

13 Dec 2015

Germiston



Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
------	--------	--------	--------	-------	-------	---------	------	-----	------	------	------	----------	------------	----	-------	----

## Sprint Triathlon Team

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:54:06	1	1	1	9	1972	Vlok	Zannae	T	STT	Sprint Tri TeamT	Sprint Tri TeamT	Ebony & Ivory	-	-	-	-
02:06:23	2	2	2	10	69	Botes	Michelle	T	STT	Sprint Tri TeamT	Sprint Tri TeamT	jokes aside	00:24:44	00:01:44	00:54:43	00:01:32

## Standard Triathlon Team

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
02:10:52	1	1	1	1	303	Middlewick	John	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	7	00:22:13	00:00:48	01:02:01	-
02:32:46	2	2	2	2	271	Kinsley	Carol-Ann	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	PSG Finance	00:28:16	00:00:53	01:11:32	00:01:02
02:36:24	3	3	3	3	269	van den Berg	Shaun William	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	PSG Traders	00:29:50	00:01:11	01:13:47	00:01:01
02:39:32	4	4	4	4	219	Kritzinger	Fiona	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	Bike Sexual	00:39:33	00:01:23	01:15:29	00:00:57
02:39:50	5	5	5	5	218	Lebatha	Que	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	Bathato	00:27:40	00:01:31	01:14:51	-
02:41:56	6	6	6	6	268	Kriel	Jan	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	PSG Sales & Research	00:20:03	00:00:50	01:16:36	00:01:36
02:43:50	7	7	7	7	306	Kraukamp	Marie	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	Thunderchicks	00:34:22	00:01:03	01:20:56	00:01:02
03:21:01	8	8	8	8	270	Gill	Tracy	T	stdTT	Standard Tri TeamT	Standard Tri TeamT	PSG Direct	-	-	-	-

## Standard Triathlon

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
02:35:37	23	1	1	1	252	van Blerk	Natalie	F	stdT	35 - 39F	20 - 39F	No Team	00:30:03	00:01:02	01:14:09	00:01:05
02:36:18	25	2	2	2	217	Jacobs	Simone	F	stdT	35 - 39F	20 - 39F	No Team	00:28:47	00:01:32	01:12:26	00:01:49
02:40:17	35	1	1	3	134	Joubert	Lelani	F	stdT	40 - 44F	40 - 59F	No Team	00:31:43	00:01:59	01:15:49	00:01:19
02:40:34	36	1	3	4	197	Funk	Kyra	F	stdT	25 - 29F	20 - 39F	No Team	00:28:48	00:02:57	01:12:46	00:01:50
02:42:30	41	2	4	5	246	Bowes	Jenna	F	stdT	25 - 29F	20 - 39F	No Team	00:32:29	00:02:10	01:16:33	00:01:31
02:46:30	48	1	5	6	250	Jeffery	Kirsten	F	stdT	30 - 34F	20 - 39F	No Team	00:28:55	00:03:08	01:21:49	00:02:16
02:48:12	50	3	6	7	289	Millar	Kerry	F	stdT	25 - 29F	20 - 39F	No Team	00:28:09	00:01:39	01:20:18	00:01:53
02:50:16	53	3	7	8	337	Collister	Taryn	F	stdT	35 - 39F	20 - 39F	No Team	00:34:07	00:01:48	01:17:43	00:01:47
02:50:54	55	4	8	9	257	Munnik	Alex	F	stdT	25 - 29F	20 - 39F	No Team	00:28:54	00:03:11	01:21:52	00:02:11
02:51:03	56	4	9	10	232	Kraushaar	Monika	F	stdT	35 - 39F	20 - 39F	No Team	00:29:47	00:01:36	01:16:49	00:01:40
02:51:07	57	1	1	11	341	Erwee	Chanel	F	stdT	18 - 19F	18 - 19F	No Team	00:31:01	00:01:56	01:17:29	00:01:32
02:54:17	66	2	2	12	249	Conradie	Anella	F	stdT	40 - 44F	40 - 59F	No Team	00:34:34	00:04:33	01:20:28	00:03:05
03:00:59	82	5	10	13	149	friedman	lauren	F	stdT	35 - 39F	20 - 39F	No Team	00:32:39	00:03:29	01:25:15	00:02:50
03:05:28	89	2	11	14	230	burger	leoni	F	stdT	30 - 34F	20 - 39F	No Team	00:38:37	00:02:52	01:19:44	00:02:25
03:06:37	92	3	3	15	239	Jay	Chrissie	F	stdT	40 - 44F	40 - 59F	No Team	00:37:32	00:03:13	01:20:03	00:01:36
03:07:34	95	5	12	16	295	van der Merwe	Este	F	stdT	25 - 29F	20 - 39F	No Team	00:36:52	00:03:04	01:19:18	00:02:38
03:09:22	99	4	4	17	322	de Villiers	Lizette	F	stdT	40 - 44F	40 - 59F	No Team	00:35:15	00:03:53	01:28:02	00:01:36
03:10:13	102	5	5	18	255	Hillcoat	Candice	F	stdT	40 - 44F	40 - 59F	No Team	00:38:00	00:03:17	01:24:15	00:02:15
03:10:22	103	1	6	19	328	Van Zyl	Engela	F	stdT	45 - 49F	40 - 59F	No Team	00:37:43	-	00:00:41	-
03:12:10	105	6	13	20	333	Swanepoel	Melanie	F	stdT	25 - 29F	20 - 39F	No Team	00:39:24	00:02:53	01:22:33	00:02:23
03:12:34	107	1	7	21	288	LARDER	HEATHER	F	stdT	55 - 59F	40 - 59F	No Team	00:41:48	00:04:38	01:24:46	00:03:38
03:12:58	109	6	8	22	151	Wilford	Julie Ann	F	stdT	40 - 44F	40 - 59F	No Team	00:34:52	00:02:15	01:22:02	00:02:36
03:13:42	110	2	9	23	184	shunn	jayne	F	stdT	55 - 59F	40 - 59F	No Team	00:34:21	00:01:58	01:21:32	00:01:58
03:14:13	111	3	14	24	296	Gomez	Maria Eugenia	F	stdT	30 - 34F	20 - 39F	No Team	00:39:05	00:03:29	01:22:26	00:03:49
03:14:48	114	4	15	25	133	Mayger	Alethea	F	stdT	30 - 34F	20 - 39F	No Team	00:33:33	00:03:57	01:29:03	00:03:12
03:16:08	118	6	16	26	282	Dieperink	Amelia	F	stdT	35 - 39F	20 - 39F	No Team	00:37:02	00:04:04	01:25:03	00:02:45
03:17:03	119	2	10	27	291	Herbst	Deidre Linda	F	stdT	45 - 49F	40 - 59F	No Team	00:37:54	00:02:31	01:26:34	00:02:12
03:18:11	121	7	17	28	237	Steyn	Vanessa	F	stdT	25 - 29F	20 - 39F	No Team	00:35:29	00:03:52	01:25:16	00:02:59
03:18:12	122	3	11	29	139	Meijer	Jean	F	stdT	45 - 49F	40 - 59F	No Team	00:35:56	00:02:44	01:22:49	00:02:41

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
03:18:25	123	8	18	30	302	Oosthuizen	kelly	F	stdT	25 - 29F	20 - 39F	No Team	00:28:26	00:02:24	01:26:03	00:02:52
03:20:37	128	5	19	31	3	Beetge	Michelle	F	stdT	30 - 34F	20 - 39F	No Team	00:56:30	00:02:42	01:19:47	00:03:26
03:23:11	131	9	20	32	314	ISMAIL	NAADIYA	F	stdT	25 - 29F	20 - 39F	No Team	00:33:42	00:02:10	01:22:29	00:02:18
03:23:16	132	7	12	33	178	Goldsmith	Susan	F	stdT	40 - 44F	40 - 59F	No Team	00:36:35	00:03:55	01:33:10	00:03:12
03:23:52	133	4	13	34	292	Henry	Caroline Mary	F	stdT	45 - 49F	40 - 59F	No Team	00:37:58	00:02:25	01:26:08	00:02:41
03:23:52	134	8	14	35	242	de Villiers	Claudia Lucy	F	stdT	40 - 44F	40 - 59F	No Team	00:38:11	00:02:35	01:29:28	00:02:12
03:26:40	136	9	15	36	233	Kraushaar	Andrea	F	stdT	40 - 44F	40 - 59F	No Team	00:33:27	00:02:15	01:33:45	00:02:29
03:27:38	137	1	21	37	152	Bolton	Justine	F	stdT	35 -39F	20 - 39F	No Team	00:35:40	00:03:21	01:31:57	00:03:49
03:27:41	138	6	22	38	324	Nassuirio	Naeema	F	stdT	30 - 34F	20 - 39F	No Team	00:59:06	00:04:48	01:31:04	00:02:01
03:31:56	142	7	23	39	164	Drabble	Nicola	F	stdT	35 - 39F	20 - 39F	No Team	00:39:18	00:03:45	01:28:02	00:02:45
03:33:57	144	10	24	40	286	Oldnall	Shannon	F	stdT	25 - 29F	20 - 39F	No Team	00:33:47	00:02:40	01:32:31	00:01:47
03:35:28	145	5	16	41	225	OMeara	Lynda	F	stdT	45 - 49F	40 - 59F	No Team	00:36:07	00:05:51	01:32:35	00:03:19
03:36:40	148	1	17	42	329	Kotze	Hilda	F	stdT	50 - 54F	40 - 59F	No Team	00:45:02	00:03:40	01:37:52	00:01:41
03:37:21	149	2	18	43	161	Seddon	Jackie	F	stdT	50 - 54F	40 - 59F	No Team	00:40:29	00:03:19	01:39:34	00:02:32
03:37:34	150	8	25	44	265	Frylinck	Vanessa	F	stdT	35 - 39F	20 - 39F	No Team	00:35:28	00:02:25	01:28:52	00:02:50
03:38:09	151	6	19	45	343	cornelissen	annerie	F	stdT	45 - 49F	40 - 59F	No Team	00:36:12	00:06:01	01:19:03	00:03:03
03:39:51	152	7	26	46	153	Fisher	Loren	F	stdT	30 - 34F	20 - 39F	No Team	00:31:06	00:05:39	01:33:36	00:04:27
03:55:06	156	3	20	47	258	Aggett	Hazel	F	stdT	55 - 59F	40 - 59F	No Team	00:52:03	00:06:20	01:37:37	00:04:31
03:55:26	157	8	27	48	158	Sharpe	Claire Tamarin	F	stdT	30 - 34F	20 - 39F	No Team	00:44:56	00:04:09	01:33:15	00:05:06
02:06:14	1	1	1	1	331	de Freitas	Jonathan	M	stdT	25 - 29M	20 - 39M	No Team	00:21:35	00:00:49	01:03:22	-
02:07:51	2	1	1	2	148	Stewart	Rob	M	stdT	40 - 44M	40 - 59M	No Team	00:25:07	00:00:54	00:59:56	00:00:58
02:09:00	3	1	2	3	304	Rossouw	Tiaan	M	stdT	35 - 39M	20 - 39M	No Team	00:26:05	00:00:45	01:01:06	00:00:39
02:13:44	4	1	3	4	222	Waldauer	Alex Dean	M	stdT	20 - 24M	20 - 39M	No Team	00:23:00	00:00:53	01:03:57	00:01:16
02:14:42	5	2	4	5	199	Whelan	Darryn	M	stdT	25 - 29M	20 - 39M	No Team	00:23:39	00:00:57	01:01:34	00:01:01
02:17:43	6	2	5	6	146	Janse van Rensburg	Dawid	M	stdT	35 - 39M	20 - 39M	No Team	00:31:55	00:01:20	01:04:59	00:01:02
02:21:28	7	2	2	7	325	Rabey	Gordon	M	stdT	40 - 44M	40 - 59M	No Team	00:30:08	00:01:43	01:04:08	00:01:19
02:22:14	8	3	6	8	150	Wilford	Jason Brad	M	stdT	35 - 39M	20 - 39M	No Team	00:25:07	00:01:02	01:04:06	00:01:05
02:22:14	9	4	7	9	340	Simpson	James	M	stdT	35 - 39M	20 - 39M	No Team	00:21:45	00:01:13	01:06:56	00:01:26
02:24:40	10	3	3	10	194	Kotlar	Mark	M	stdT	40 - 44M	40 - 59M	No Team	00:30:32	00:01:10	01:06:33	00:01:14
02:26:10	11	4	4	11	266	Van Rooyen	Daniel	M	stdT	40 - 44M	40 - 59M	No Team	00:25:47	00:01:02	01:05:15	00:01:21
02:27:42	12	3	8	12	276	Kourie	Marc Devon	M	stdT	25 - 29M	20 - 39M	No Team	00:23:26	01:13:06	-	-
02:28:12	13	5	5	13	192	Kane-Smith	Mike	M	stdT	40 - 44M	40 - 59M	No Team	00:22:54	00:01:39	01:12:44	00:01:16
02:29:30	14	1	6	14	260	Wolfaardt	Riaan	M	stdT	45 - 49M	40 - 59M	No Team	00:28:32	00:02:31	01:08:04	00:02:41
02:31:00	15	2	7	15	176	Retief	Danie	M	stdT	45 - 49M	40 - 59M	No Team	00:22:57	00:02:10	01:09:01	00:01:42
02:31:32	16	4	9	16	147	Coetzee	Hennie	M	stdT	25 - 29M	20 - 39M	No Team	00:31:55	00:01:36	01:08:30	00:01:12
02:33:16	17	3	8	17	215	Cowper	John Guy	M	stdT	45 - 49M	40 - 59M	No Team	00:25:25	00:01:43	01:09:48	00:01:47
02:33:19	18	1	9	18	261	Milos	Drazen	M	stdT	50 - 54M	40 - 59M	No Team	00:29:47	00:01:05	01:10:06	-
02:33:27	19	2	10	19	273	Burger	Brandon	M	stdT	20 - 24M	20 - 39M	No Team	00:27:06	00:02:41	01:08:23	00:01:11
02:33:57	20	3	11	20	155	Bayvel	Scott	M	stdT	20 - 24M	20 - 39M	No Team	00:25:51	00:01:21	01:13:08	00:01:17
02:34:16	21	1	12	21	140	Supra	Christiaan	M	stdT	30 - 34M	20 - 39M	No Team	00:27:57	00:01:26	01:07:26	00:01:46
02:34:50	22	5	13	22	332	Bester	Craig	M	stdT	25 - 29M	20 - 39M	No Team	00:25:54	00:01:58	01:08:30	00:01:29
02:36:08	24	1	10	23	200	Whelan	Kevin	M	stdT	55 - 59M	40 - 59M	No Team	00:26:38	-	00:01:09	-
02:37:06	26	5	14	24	334	Hutcheon	Donovan	M	stdT	35 - 39M	20 - 39M	No Team	00:32:23	00:02:24	01:07:16	00:01:30
02:37:08	27	4	11	25	212	Burger	Schalk	M	stdT	45 - 49M	40 - 59M	No Team	00:22:10	00:05:59	01:08:38	00:03:41
02:37:39	28	5	12	26	135	gnudi	marcello	M	stdT	45 - 49M	40 - 59M	No Team	00:37:21	00:01:29	01:07:22	00:01:39
02:37:52	29	6	13	27	267	Fourie	Jaco	M	stdT	40 - 44M	40 - 59M	No Team	00:24:48	00:02:09	01:14:19	00:01:39
02:38:10	30	7	14	28	154	Corker	Marc	M	stdT	40 - 44M	40 - 59M	No Team	00:31:48	00:01:12	01:13:40	00:01:02
02:38:30	31	8	15	29	209	Ballenden	Matthew	M	stdT	40 - 44M	40 - 59M	No Team	00:31:52	00:01:13	01:09:03	00:01:20
02:38:44	32	6	16	30	247	Kemp	Francois	M	stdT	45 - 49M	40 - 59M	No Team	00:35:22	00:01:22	01:06:01	00:01:13
02:39:45	33	9	17	31	326	MORRISON	IAN	M	stdT	40 - 44M	40 - 59M	No Team	00:29:45	00:01:01	01:08:52	00:01:13
02:39:57	34	4	15	32	240	von der Meden	Rolf	M	stdT	20 - 24M	20 - 39M	No Team	00:22:11	00:01:37	01:15:28	00:01:26

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
02:41:13	37	2	18	33	277	Strydom	Danna	M	stdT	55 - 59M	40 - 59M	No Team	00:31:06	00:01:16	01:11:45	00:02:00
02:41:20	38	10	19	34	245	Botoulas	Damian	M	stdT	40 - 44M	40 - 59M	No Team	00:36:27	00:02:19	01:07:30	00:01:42
02:42:09	39	2	16	35	207	Friedman	Marc Wayne	M	stdT	30 - 34M	20 - 39M	No Team	00:26:14	00:02:47	01:17:44	00:03:14
02:42:22	40	6	17	36	300	Theunissen	Werner	M	stdT	25 - 29M	20 - 39M	No Team	00:28:53	00:01:25	01:12:03	00:01:49
02:43:15	42	3	18	37	201	Wright	Andrew	M	stdT	30 - 34M	20 - 39M	No Team	-	-	-	-
02:44:35	43	7	19	38	283	Morais	Carlos	M	stdT	25 - 29M	20 - 39M	No Team	00:31:41	00:02:11	01:14:09	00:00:58
02:44:56	44	4	20	39	141	Mong	Jacques	M	stdT	30 - 34M	20 - 39M	No Team	00:33:38	00:01:15	01:13:42	00:01:25
02:45:01	45	2	20	40	339	Crawford	Russell	M	stdT	50 - 54M	40 - 59M	No Team	00:37:27	00:02:38	01:17:54	00:02:51
02:45:31	46	5	21	41	180	Ray	Phil Ernest	M	stdT	20 - 24M	20 - 39M	No Team	00:32:21	00:02:41	01:14:42	00:01:44
02:46:21	47	5	22	42	254	Morgan	Grant	M	stdT	30 - 34M	20 - 39M	No Team	00:32:12	00:02:18	01:17:42	00:01:55
02:47:31	49	3	21	43	373	Hill	Gregory	M	stdT	50 - 54M	40 - 59M	No Team	00:37:56	00:01:40	01:10:54	00:01:54
02:49:03	51	7	22	44	131	Roediger	Martin	M	stdT	45 - 49M	40 - 59M	No Team	00:30:31	00:02:36	01:11:07	00:02:19
02:49:15	52	4	23	45	313	Barr	James	M	stdT	50 - 54M	40 - 59M	No Team	00:35:49	00:03:06	01:15:30	00:02:01
02:50:25	54	8	23	46	241	Prinsloo	Ryno	M	stdT	25 - 29M	20 - 39M	No Team	00:48:34	00:01:32	01:05:49	00:01:18
02:51:14	58	6	24	47	145	Heukelman	Hank	M	stdT	35 - 39M	20 - 39M	No Team	00:37:44	00:03:42	01:12:01	00:02:21
02:51:21	59	8	24	48	228	Myburgh	Willie	M	stdT	45 - 49M	40 - 59M	No Team	00:30:37	00:02:58	01:20:49	00:01:42
02:51:40	60	9	25	49	309	woodiwiss	kevin	M	stdT	45 - 49M	40 - 59M	No Team	00:36:11	00:02:40	01:12:47	00:01:49
02:53:33	61	6	25	50	244	Japp	Gordon	M	stdT	30 - 34M	20 - 39M	No Team	00:32:39	00:02:54	01:20:38	00:01:13
02:53:35	62	11	26	51	315	Williams	Mark	M	stdT	40 - 44M	40 - 59M	No Team	00:32:22	00:02:05	01:18:48	00:02:32
02:53:52	63	7	26	52	208	Schmulian	Daniel Ryan	M	stdT	35 - 39M	20 - 39M	No Team	00:26:15	00:02:44	01:18:58	00:02:02
02:53:58	64	9	27	53	144	Garlick	Oswald	M	stdT	25 - 29M	20 - 39M	No Team	00:38:21	00:02:49	01:19:31	00:01:56
02:54:06	65	10	28	54	243	Szafran	Patryk	M	stdT	25 - 29M	20 - 39M	No Team	00:37:06	00:01:47	01:16:23	00:01:37
02:55:14	67	12	27	55	223	Vlok	Herman	M	stdT	40 - 44M	40 - 59M	No Team	00:29:41	00:03:06	01:14:41	00:02:02
02:55:35	68	8	29	56	229	burger	jacques	M	stdT	35 - 39M	20 - 39M	No Team	00:33:29	00:04:42	01:16:43	00:02:01
02:55:46	69	9	30	57	179	Heystek	Will	M	stdT	35 - 39M	20 - 39M	No Team	00:50:56	00:03:16	01:09:07	00:02:13
02:56:06	70	10	28	58	293	Capkovic	Jorge	M	stdT	45 - 49M	40 - 59M	No Team	00:39:47	00:04:02	01:12:57	-
02:57:03	71	11	31	59	221	Conradie	Francois	M	stdT	25 - 29M	20 - 39M	No Team	00:31:46	00:02:45	01:14:34	00:02:08
02:57:10	72	10	32	60	275	mbhokota	vongani	M	stdT	35 - 39M	20 - 39M	No Team	00:55:27	00:02:58	01:25:33	00:02:51
02:57:25	73	13	29	61	285	Steenkamp	Jacques	M	stdT	40 - 44M	40 - 59M	No Team	00:34:31	00:03:59	01:21:18	00:02:31
02:57:44	74	7	33	62	263	Kahts	Nicholas	M	stdT	30 - 34M	20 - 39M	No Team	00:33:04	00:03:18	01:16:37	00:01:58
02:57:48	75	11	34	63	203	van Biljon	Shaun	M	stdT	35 - 39M	20 - 39M	No Team	00:33:24	00:04:25	01:17:15	00:02:45
02:57:55	76	8	35	64	175	Spark	Gavin	M	stdT	30 - 34M	20 - 39M	No Team	00:27:08	00:03:23	01:21:00	00:02:06
02:57:57	77	14	30	65	335	Geypen	John	M	stdT	40 - 44M	40 - 59M	No Team	00:33:46	00:02:42	01:18:57	00:02:11
02:58:03	78	11	31	66	272	Brewis	Willie	M	stdT	45 - 49M	40 - 59M	No Team	00:40:42	00:02:13	01:15:35	00:02:16
02:58:06	79	12	36	67	323	Nassuirio	Mohammed	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
02:58:42	80	12	37	68	338	Otto	Bruce	M	stdT	25 - 29M	20 - 39M	No Team	00:33:16	00:05:17	01:17:54	00:03:28
02:58:50	81	12	32	69	327	Van Zyl	Samuel	M	stdT	45 - 49M	40 - 59M	No Team	00:32:33	00:03:38	01:19:01	00:01:56
03:01:35	83	9	38	70	181	Jacobsen	Kieren	M	stdT	30 - 34M	20 - 39M	No Team	01:46:25	00:02:43	00:40:15	00:01:40
03:01:38	84	13	39	71	299	Le Roux	Jordaan	M	stdT	35 - 39M	20 - 39M	No Team	00:37:31	00:03:52	01:24:07	00:02:38
03:03:21	85	14	40	72	294	Nel	Gareth	M	stdT	35 - 39M	20 - 39M	No Team	00:32:01	00:02:27	01:18:03	00:01:35
03:03:54	86	6	41	73	259	Floudiotis	Kyriacos	M	stdT	20 - 24M	20 - 39M	No Team	-	-	-	-
03:04:10	87	3	33	74	310	Botes	Hannes	M	stdT	55 - 59M	40 - 59M	No Team	00:38:20	00:02:32	01:14:42	00:02:04
03:05:08	88	15	42	75	159	Dicks	Jonathan	M	stdT	35 - 39M	20 - 39M	No Team	00:33:20	00:03:52	01:20:18	00:02:56
03:05:47	90	10	43	76	210	Schiller	Max	M	stdT	30 - 34M	20 - 39M	No Team	00:28:55	00:03:01	01:26:43	00:03:32
03:06:21	91	15	34	77	136	WORMS	ALLEN	M	stdT	40 - 44M	40 - 59M	No Team	00:31:28	00:02:10	01:26:31	00:01:57
03:07:01	93	11	44	78	193	Papadopulos	Greg	M	stdT	30 - 34M	20 - 39M	No Team	00:31:42	00:03:58	01:16:50	00:02:14
03:07:09	94	13	35	79	216	Jardine	Conrad	M	stdT	45 - 49M	40 - 59M	No Team	00:31:17	00:03:43	01:28:26	00:03:49
03:07:48	96	5	36	80	195	Lubbe	Werner	M	stdT	50 - 54M	40 - 59M	No Team	00:50:56	00:03:49	01:16:16	-
03:08:29	97	12	45	81	236	Steyn	Martin	M	stdT	30 - 34M	20 - 39M	No Team	00:41:23	00:02:20	01:18:40	00:01:55
03:09:11	98	13	46	82	262	Ehlers	Owen Franck	M	stdT	30 - 34M	20 - 39M	No Team	-	-	-	-
03:09:30	100	13	47	83	287	Grobler	Herbert	M	stdT	25 - 29M	20 - 39M	No Team	00:43:44	00:02:53	01:18:50	00:01:59

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
03:10:07	101	7	48	84	336	Futcher	Matt Simon	M	stdT	20 - 24M	20 - 39M	No Team	00:36:01	00:01:52	01:20:14	00:01:33
03:12:05	104	14	49	85	198	Gruber	Sebastien	M	stdT	30 - 34M	20 - 39M	No Team	00:35:23	00:05:51	01:21:57	00:03:02
03:12:19	106	14	50	86	342	Dalais	Vincent	M	stdT	25 - 29M	20 - 39M	No Team	00:32:11	00:04:01	01:22:23	00:03:37
03:12:47	108	14	37	87	316	Botha	James	M	stdT	45 - 49M	40 - 59M	No Team	00:38:47	00:03:00	01:18:52	00:02:10
03:14:14	112	15	38	88	211	Driver	Douglas	M	stdT	45 - 49M	40 - 59M	No Team	00:37:27	00:04:27	01:17:44	00:03:20
03:14:15	113	16	39	89	321	Hengherr	Brandon Walter	M	stdT	45 - 49M	40 - 59M	No Team	00:41:25	00:02:41	01:14:59	00:01:56
03:15:40	115	4	40	90	312	Argall	Alan	M	stdT	55 - 59M	40 - 59M	No Team	00:35:28	00:03:11	01:26:06	00:02:31
03:15:51	116	16	51	91	196	Matene	Mongi	M	stdT	35 - 39M	20 - 39M	No Team	01:01:13	00:02:39	01:18:30	00:02:55
03:16:01	117	17	52	92	319	Reddy	Strini	M	stdT	35 - 39M	20 - 39M	No Team	02:17:51	00:01:58	-	-
03:18:03	120	18	53	93	206	Lupnow	David	M	stdT	35 - 39M	20 - 39M	No Team	00:35:55	00:03:20	01:25:53	00:02:42
03:18:57	124	15	54	94	172	Moolman	Jacques	M	stdT	25 - 29M	20 - 39M	No Team	00:36:15	00:02:42	01:26:50	00:02:19
03:19:11	125	5	41	95	330	Kotze	Gert	M	stdT	55 - 59M	40 - 59M	No Team	00:41:25	00:04:22	01:26:25	00:01:54
03:20:13	126	17	42	96	251	Morar	Anant	M	stdT	45 - 49M	40 - 59M	No Team	00:40:55	00:03:20	01:29:43	00:02:59
03:20:29	127	15	55	97	301	Oosthuizen	Fred	M	stdT	30 - 34M	20 - 39M	No Team	00:24:31	00:01:02	01:33:22	00:02:52
03:22:41	129	16	56	98	191	Botha	Romarno	M	stdT	25 - 29M	20 - 39M	No Team	00:41:40	-	-	-
03:22:55	130	17	57	99	235	Duvenage	Pierre	M	stdT	25 - 29M	20 - 39M	No Team	00:38:03	00:05:51	01:24:10	00:04:34
03:24:00	135	19	58	100	189	Marmol	Damien	M	stdT	35 - 39M	20 - 39M	No Team	00:41:23	00:04:03	01:23:03	00:03:54
03:27:55	139	16	59	101	205	Kruger	Vernon Lee	M	stdT	30 - 34M	20 - 39M	No Team	00:31:33	00:04:22	01:24:34	-
03:27:57	140	17	60	102	177	ROODT	LEON	M	stdT	30 - 34M	20 - 39M	No Team	00:43:00	00:04:43	01:25:00	00:04:27
03:29:14	141	16	43	103	320	Peternell	Charles	M	stdT	40 - 44M	40 - 59M	No Team	00:33:41	00:04:28	01:37:43	00:02:21
03:32:10	143	6	44	104	173	Bouwer	Marius	M	stdT	50 - 54M	40 - 59M	No Team	00:34:32	00:03:32	01:30:47	00:03:10
03:35:50	146	18	61	105	190	Ramos	Derek	M	stdT	30 - 34M	20 - 39M	No Team	00:50:05	00:04:17	01:27:37	00:03:07
03:36:11	147	20	62	106	248	Mmusetsi	Emmanuel	M	stdT	35 - 39M	20 - 39M	No Team	00:41:26	00:05:40	01:32:03	00:02:54
03:41:06	153	19	63	107	227	Flint	James	M	stdT	30 - 34M	20 - 39M	No Team	00:35:49	00:05:05	01:41:24	00:03:08
03:41:15	154	18	64	108	256	Hill	Kyle	M	stdT	25 - 29M	20 - 39M	No Team	00:35:08	00:03:20	01:47:37	00:02:42
03:45:25	155	21	65	109	170	Clark	Rory Edmund	M	stdT	35 - 39M	20 - 39M	No Team	00:35:15	00:05:22	01:42:28	00:03:30

DNF					187	Brummer	Kalyn	F	stdT	20 - 24F	20 - 39F	No Team	-	-	-	-
DNF					157	Taylor	Jessica	F	stdT	25 - 29F	20 - 39F	No Team	-	-	-	-
DNF					165	Smuts	Paul	M	stdT	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					280	Wood	Andrew	M	stdT	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					156	Opeka	Riccardo	M	stdT	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					182	Human	Martine	F	stdT	30 - 34F	20 - 39F	No Team	-	-	-	-
DNF					284	pieterse	Andries	M	stdT	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					166	Gindre	Nicolas	M	stdT	30 - 34M	20 - 39M	No Team	-	-	-	-
DNF					132	Strydom	Christiaan Christoffel Ludick	M	stdT	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					169	Bobbert	Craig	M	stdT	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					317	Roller	Mike	M	stdT	45 - 49M	40 - 59M	No Team	-	-	-	-
DNF					137	ONeill	Eoin	M	stdT	16 - 17M	16 - 19M	No Team	-	-	-	-
DNF					231	Ellis-Williams	Kerry	F	stdT	35 - 39F	20 - 39F	No Team	-	-	-	-
DNF					345	dOliveira	Adrian Jan	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					168	Lederle	Tony	M	stdT	55 - 59M	40 - 59M	No Team	-	-	-	-
DNF					311	Eagar	Jaco	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					143	Bassingthwaighte	James	M	stdT	30 - 34M	20 - 39M	No Team	-	-	-	-
DNF					162	van Vollenhoven	Nico	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					171	Edinburg	Darryn	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					290	Herbst	Michael	M	stdT	50 - 54M	40 - 59M	No Team	00:26:45	00:02:21	01:16:27	-
DNF					204	Fanning	Jerome	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					160	Gamiet	Zane	M	stdT	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					318	Joubert	Gottfried	M	stdT	30 - 34M	20 - 39M	No Team	-	-	-	-
DNF					253	Vernon	Howard	M	stdT	40 - 44M	40 - 59M	No Team	-	-	-	-

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
DNF					188	Tucker	Bruce	M	stdT	30 - 34M	20 - 39M	No Team	-	-	-	-
DNF					138	Ferreira	Tommy (Thomas Watson)	M	stdT	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					142	Staal	Michelle	F	stdT	40 - 44F	40 - 59F	No Team	-	-	-	-
DNF					186	Drabble	Tarryn Leigh	F	stdT	30 - 34F	20 - 39F	No Team	-	-	-	-

## Standard Duathlon Team

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:59:04	1	1	1	1	264	Harding	Darryll	T	stdDT	Standard Du TeamT	Standard Du TeamT	Carnis Majoris	00:34:48	00:00:45	01:04:45	00:00:58
03:18:47	2	2	2	2	224	Spangenberg	Pieter	T	stdDT	Standard Du TeamT	Standard Du TeamT	Spannies	00:59:53	00:02:04	01:36:29	00:02:09

DNF					214	Nsherenguzi	Goldman	T	stdDT	Standard Du TeamT	Standard Du TeamT	GoldRich	-	-	-	-
-----	--	--	--	--	-----	-------------	---------	---	-------	-------------------	-------------------	----------	---	---	---	---

## Standard Duathlon

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
02:15:09	1	1	1	1	234	du toit	andre	M	stdD	50 - 54M	40 - 59M	No Team	00:43:03	00:01:18	01:06:50	00:01:03
02:19:59	2	1	2	2	167	nel	Werner	M	stdD	40 - 44M	40 - 59M	No Team	-	00:00:40	-	-
02:20:16	3	1	1	3	174	van Rensburg	Jazz	M	stdD	35 - 39M	20 - 39M	No Team	-	00:00:32	-	-
02:26:16	4	2	3	4	279	van der walt	ian	M	stdD	40 - 44M	40 - 59M	No Team	00:45:26	00:01:10	01:13:07	00:01:08
02:28:16	5	1	1	1	281	Vermaak	Marilise	F	stdD	40 - 44F	40 - 59F	No Team	-	00:00:33	-	-
02:30:03	6	1	2	5	344	Thuysbaert	John	M	stdD	30 - 34M	20 - 39M	No Team	-	00:00:32	-	-
02:32:15	7	3	4	6	1908	Dixon	Andrew	M	stdD	40 - 44M	40 - 59M	No Team	00:46:40	00:01:24	01:15:04	00:01:52
02:40:28	8	1	5	7	307	Flint	David	M	stdD	55 - 59M	40 - 59M	No Team	00:50:51	00:03:12	01:17:12	-
03:05:09	9	1	1	2	298	Webb	Helen Susannah	F	stdD	35 - 39F	20 - 39F	No Team	00:54:59	00:03:12	01:35:10	00:02:56
03:06:07	10	1	6	8	220	Kelly-Loulie	Darren	M	stdD	45 - 49M	40 - 59M	No Team	00:53:40	00:02:10	01:35:34	00:02:34
03:08:14	11	2	3	9	226	Gerber	Wynand	M	stdD	30 - 34M	20 - 39M	No Team	00:56:58	00:03:10	01:34:59	00:03:11
03:08:50	12	2	7	10	238	hudson	richard john	M	stdD	45 - 49M	40 - 59M	No Team	01:00:28	00:03:28	01:27:42	00:01:43
03:08:50	13	3	4	11	213	Sibisi	Ivan	M	stdD	30 - 34M	20 - 39M	No Team	01:00:28	00:02:37	01:25:58	00:02:08
03:18:44	14	2	2	3	278	Burger	Lesia	F	stdD	35 - 39F	20 - 39F	No Team	01:02:43	00:03:35	01:30:37	00:03:15
03:21:09	15	3	8	12	308	Knoetze	Koos	M	stdD	45 - 49M	40 - 59M	No Team	00:54:20	00:02:13	01:44:09	00:02:33
03:45:42	16	2	2	4	185	Engelage	Ronnie	F	stdD	40 - 44F	40 - 59F	No Team	01:06:39	00:01:41	01:58:49	00:01:35

DNF					297	Oberholzer	Helena	F	stdD	35 - 39F	20 - 39F	No Team	-	-	-	-
DNF					202	Bulbulia	Nazeer Ahmed	M	stdD	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					1983	Cranston	Ray	M	stdD	45 - 49M	40 - 59M	No Team	-	-	-	-
DNF					274	Munger	Jil	F	stdD	40 - 44F	40 - 59F	No Team	-	-	-	-
DNF					163	Stidolph	Alan	M	stdD	45 - 49M	40 - 59M	No Team	-	-	-	-

## Sprint Triathlon

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:07:30	6	1	1	1	10	Vermaas	Jayme -Sue	F	ST	16 - 17F	16 - 19F	No Team	00:10:32	00:00:46	00:34:19	00:00:44
01:10:42	8	2	2	2	11	Strauss	Gizelde	F	ST	16 - 17F	16 - 19F	No Team	00:11:37	00:00:53	00:36:29	00:00:45
01:31:01	42	3	3	9	14	Hempel	Kyra	F	ST	16 - 17F	16 - 19F	No Team	00:12:54	00:01:04	00:41:06	00:01:07
01:02:15	1	1	1	1	5	NORTJE	DYLAN	M	ST	18 - 19M	16 - 19M	No Team	00:10:26	00:00:44	00:30:49	00:00:41
01:02:38	2	1	1	2	13	Saunders	Wickus	M	ST	16 - 17M	16 - 19M	No Team	00:10:09	00:00:45	00:31:06	00:00:40
01:03:12	3	2	2	3	7	greer	matthew	M	ST	16 - 17M	16 - 19M	No Team	00:11:04	00:00:50	00:31:48	00:00:46
01:03:55	4	3	3	4	1	Guerra	Giacomo	M	ST	16 - 17M	16 - 19M	No Team	00:10:50	00:00:48	00:32:41	00:00:45
01:10:33	7	4	4	6	3	MacNair	Cameron	M	ST	16 - 17M	16 - 19M	No Team	00:12:20	00:01:03	00:33:29	00:01:06
01:17:44	9	1	1	3	6	Burns	Chloe Ann	F	ST	20 - 24F	20 - 39F	No Team	00:12:53	00:00:53	00:38:06	00:00:54
01:25:23	25	1	2	5	1986	Pullen	Natalie	F	ST	35 - 39F	20 - 39F	No Team	00:15:10	00:02:24	00:38:44	00:01:41
01:29:38	37	2	3	8	1904	DE BRUYN	DEBBIE	F	ST	35 - 39F	20 - 39F	No Team	00:18:27	00:02:05	00:41:25	00:01:16
01:32:23	44	3	4	10	1982	VAN ROOYEN	MEGAN	F	ST	35 - 39F	20 - 39F	No Team	00:17:11	00:03:01	00:40:07	00:02:06
01:32:33	45	1	5	11	89	Barrell	Abigail	F	ST	30 - 34F	20 - 39F	No Team	00:16:16	00:03:10	00:42:59	00:02:40
01:32:37	46	2	6	12	1947	Fourie	Charlotte	F	ST	30 - 34F	20 - 39F	No Team	00:16:45	-	00:01:22	-

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:33:02	47	4	7	13	1932	Du Rand	Amanda	F	ST	35 - 39F	20 - 39F	No Team	00:20:45	00:01:32	00:41:13	00:01:36
01:33:53	48	3	8	14	1921	Taute	Lizahne	F	ST	30 - 34F	20 - 39F	No Team	00:20:50	00:02:44	00:40:38	00:02:12
01:35:34	49	4	9	15	62	Viney	Samantha	F	ST	30 - 34F	20 - 39F	No Team	00:16:59	00:02:24	00:44:08	00:01:13
01:36:32	51	5	10	16	1900	gnudi	robyn	F	ST	35 - 39F	20 - 39F	No Team	00:17:52	00:03:14	00:44:28	00:02:05
01:37:02	52	1	11	17	70	Dannhauser	Nadia	F	ST	25 - 29F	20 - 39F	No Team	00:20:43	00:03:51	00:40:52	00:02:43
01:37:05	54	2	12	18	1951	van Niekerk	Antoinette	F	ST	20 - 24F	20 - 39F	No Team	00:17:02	00:03:23	00:41:33	00:02:03
01:38:43	56	6	13	20	95	Skews	Nikolet	F	ST	35 - 39F	20 - 39F	No Team	00:19:37	00:01:24	00:42:36	00:01:27
01:41:02	60	2	14	21	71	Mulder	Ingrid	F	ST	25 - 29F	20 - 39F	No Team	00:13:54	00:04:31	00:49:30	00:02:26
01:42:36	65	5	15	23	96	Annegarn	Brigitta	F	ST	30 - 34F	20 - 39F	No Team	00:17:33	00:02:57	00:51:27	00:01:40
01:46:32	67	3	16	24	371	Van de Giessen	Anishca	F	ST	25 - 29F	20 - 39F	No Team	00:30:50	00:03:37	00:53:18	00:01:57
01:46:34	68	7	17	25	1965	Lombard	Nadine	F	ST	35 - 39F	20 - 39F	No Team	00:21:02	00:03:21	00:47:26	00:01:51
01:48:27	70	4	18	27	78	von Stade	Dine	F	ST	25 - 29F	20 - 39F	No Team	00:20:48	00:02:24	00:48:08	00:02:04
01:50:18	74	8	19	29	1994	Rogan	Francis	F	ST	35 - 39F	20 - 39F	No Team	00:17:26	00:03:53	00:52:05	00:02:24
01:50:57	76	5	20	30	382	Funck	Leanne Margaret	F	ST	25 - 29F	20 - 39F		00:16:58	00:06:06	00:55:00	00:01:47
01:51:04	78	9	21	32	98	Van der Merwe	Ronel	F	ST	35 - 39F	20 - 39F	No Team	00:21:54	00:03:13	00:44:26	00:04:32
01:51:11	79	10	22	33	1989	Bewsher	Giselle Margeaux	F	ST	35 - 39F	20 - 39F	No Team	00:28:44	00:03:00	00:41:08	00:02:54
01:54:24	81	6	23	34	1962	Uys	Jacky	F	ST	30 - 34F	20 - 39F	No Team	-	-	-	-
01:55:11	83	7	24	35	1906	Sykes	Dominique	F	ST	30 - 34F	20 - 39F	No Team	00:17:00	00:03:21	00:49:01	00:02:45
02:00:14	85	8	25	37	1975	Opperman	Ann-Sue	F	ST	30 - 34F	20 - 39F	No Team	00:22:54	00:04:06	00:50:39	00:01:32
02:01:32	86	3	26	38	1954	Miller	Jessica Blair	F	ST	20 - 24F	20 - 39F	No Team	00:18:16	00:02:49	00:55:06	00:01:55
02:23:06	90	11	27	40	1971	Cross	Michelle Gayle	F	ST	35 - 39F	20 - 39F	No Team	00:21:51	00:05:51	01:17:00	-
01:07:23	5	1	1	5	381	Philip	Kyle	M	ST	25 - 29M	20 - 39M		00:10:15	00:00:49	00:32:36	00:00:50
01:17:54	11	2	2	8	1929	Cathcart-James	Wesley	M	ST	25 - 29M	20 - 39M	No Team	00:15:50	00:01:30	00:35:14	00:01:36
01:18:31	12	1	3	9	88	Meulke	Heinz	M	ST	35 - 39M	20 - 39M	No Team	00:14:51	00:01:26	00:38:26	00:00:58
01:21:45	14	1	4	10	377	McBain	Devon	M	ST	30 - 34M	20 - 39M		00:14:35	00:02:18	00:36:19	00:02:35
01:22:35	15	2	5	11	91	Sligcher	Adriaen	M	ST	30 - 34M	20 - 39M	No Team	00:14:31	00:02:41	00:36:43	00:02:16
01:23:15	16	3	6	12	389	Macnamara	Ryan	M	ST	30 - 34M	20 - 39M		00:13:04	00:01:05	00:36:36	00:01:18
01:24:12	17	2	7	13	1950	Wood	Jonathan	M	ST	35 - 39M	20 - 39M	No Team	00:15:25	00:02:07	00:39:38	00:01:53
01:24:24	19	4	8	15	76	Billing	Alastair	M	ST	30 - 34M	20 - 39M	No Team	00:15:18	00:03:05	00:39:57	00:02:19
01:24:28	20	3	9	16	1952	Allen	Boyd	M	ST	25 - 29M	20 - 39M	No Team	00:17:46	00:03:29	00:49:39	00:01:26
01:24:29	21	1	10	17	1961	Mc phail	Bryan	M	ST	20 - 24M	20 - 39M	No Team	00:20:22	00:02:04	00:32:21	00:01:49
01:25:13	24	5	11	20	1949	Parsley	Steven	M	ST	30 - 34M	20 - 39M	No Team	00:16:25	00:02:38	00:36:58	00:02:22
01:26:05	27	4	12	22	1941	van Heerden	Schalk	M	ST	25 - 29M	20 - 39M	No Team	00:21:15	00:01:06	00:37:52	00:01:06
01:26:49	30	2	13	24	1936	Joel	Clinton	M	ST	20 - 24M	20 - 39M	No Team	00:15:21	00:02:21	00:44:09	00:00:51
01:27:24	31	5	14	25	1998	Du Rand	Sebastian	M	ST	25 - 29M	20 - 39M	No Team	00:15:13	00:01:47	00:37:58	00:01:36
01:27:55	33	3	15	27	1991	Smith	Brandon	M	ST	20 - 24M	20 - 39M	No Team	00:14:18	00:02:20	00:43:52	00:01:31
01:29:33	35	6	16	28	1955	Van Dyk	Berty	M	ST	30 - 34M	20 - 39M	No Team	00:21:31	00:02:49	00:37:34	00:02:08
01:29:34	36	3	17	29	1933	Gruber	Stefan	M	ST	35 - 39M	20 - 39M	No Team	00:15:24	00:03:08	00:39:03	00:02:31
01:30:34	38	4	18	30	77	Barson	David	M	ST	35 - 39M	20 - 39M	No Team	00:19:13	00:02:21	00:36:40	00:01:09
01:30:38	39	6	19	31	66	Ghisleni	Marco	M	ST	25 - 29M	20 - 39M	No Team	00:17:05	00:04:05	00:39:36	00:03:20
01:30:38	40	7	20	32	72	Hamuy Blanco	Adolfo Luis	M	ST	25 - 29M	20 - 39M	No Team	00:17:05	00:04:03	00:39:43	00:03:14
01:36:14	50	5	21	35	1903	Condes	Shaun	M	ST	35 - 39M	20 - 39M	No Team	00:17:38	00:02:09	00:39:56	00:02:00
01:37:02	53	6	22	36	1964	Smit	Zaan	M	ST	35 - 39M	20 - 39M	No Team	00:15:26	00:09:50	00:40:04	00:02:51
01:39:59	58	8	23	38	59	Mitchell	Cameron	M	ST	25 - 29M	20 - 39M	No Team	00:15:18	00:03:02	00:54:35	00:01:01
01:41:22	61	7	24	40	1981	Richards	Dane	M	ST	30 - 34M	20 - 39M	No Team	00:18:26	00:05:27	00:43:08	00:02:16
01:41:56	62	8	25	41	1980	Richards	Bruce	M	ST	30 - 34M	20 - 39M	No Team	00:17:07	00:03:45	00:46:11	00:02:10
01:42:10	63	9	26	42	1985	le Roux	Louis	M	ST	30 - 34M	20 - 39M	No Team	00:22:36	00:02:59	00:42:33	00:02:05
01:44:03	66	9	27	43	1898	meyer	pieter lange	M	ST	25 - 29M	20 - 39M	No Team	00:17:17	00:03:17	00:46:11	00:02:24
01:50:57	75	10	28	46	383	Funck	Jethro Lloyd	M	ST	30 - 34M	20 - 39M		00:16:58	00:06:08	00:54:57	00:01:48
01:53:50	80	11	29	47	93	Da Gama	Christopher	M	ST	30 - 34M	20 - 39M	No Team	00:16:22	00:05:53	00:45:16	00:07:41
02:24:23	91	12	30	51	1983	de Wet	Charles	M	ST	30 - 34M	20 - 39M	No Team	00:42:03	00:01:15	01:13:28	00:01:27

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:21:35	13	1	1	4	1925	Lailvaux	Alison	F	ST	45 - 49F	40 - 59F	No Team	00:15:17	00:01:33	00:39:13	00:01:08
01:26:16	28	1	2	6	1978	Havemann	Shayle	F	ST	40 - 44F	40 - 59F	No Team	00:18:07	00:01:37	00:38:38	00:02:04
01:28:35	34	2	3	7	87	Kreusch	Lize-Mari	F	ST	40 - 44F	40 - 59F	No Team	00:17:31	00:02:45	00:35:51	00:01:41
01:37:44	55	3	4	19	65	Stanisavljevic	Anne-Marie	F	ST	40 - 44F	40 - 59F	No Team	00:16:21	00:03:48	00:44:40	00:02:58
01:42:28	64	2	5	22	375	Tudor-Jones	Sian	F	ST	45 - 49F	40 - 59F	No Team	00:18:35	00:03:23	00:39:58	00:02:51
01:48:08	69	4	6	26	1902	Gartland	Vanessa	F	ST	40 - 44F	40 - 59F	No Team	00:16:42	00:03:35	00:47:30	00:02:21
01:49:40	72	3	7	28	81	Theunissen	Ronel	F	ST	45 - 49F	40 - 59F	No Team	00:21:32	00:02:46	00:42:13	00:03:10
01:51:04	77	5	8	31	97	de Lange	Michele	F	ST	40 - 44F	40 - 59F	No Team	00:18:50	00:03:22	00:47:23	00:04:31
01:55:36	84	6	9	36	63	Hartley	Susan Kathleen	F	ST	40 - 44F	40 - 59F	No Team	00:17:46	00:02:22	00:46:59	00:02:23
02:06:24	88	1	10	39	1909	Read	Gill	F	ST	50 - 54F	40 - 59F	No Team	00:22:00	00:04:05	00:50:41	00:03:18
02:27:44	92	7	11	41	1940	Keta	Portia	F	ST	40 - 44F	40 - 59F	No Team	00:41:25	00:04:17	00:53:56	00:02:51
02:27:45	93	4	12	42	58	Goldhawk	Aggie	F	ST	45 - 49F	40 - 59F	No Team	00:26:18	00:06:23	00:59:12	00:04:26
01:17:45	10	1	1	7	1999	greer	gareth	M	ST	45 - 49M	40 - 59M	No Team	00:18:42	00:01:37	00:34:31	00:00:51
01:24:18	18	1	2	14	99	Le Roux	Eben	M	ST	40 - 44M	40 - 59M	No Team	-	-	-	-
01:24:45	22	2	3	18	79	Morrison	David	M	ST	40 - 44M	40 - 59M	No Team	00:18:27	00:01:57	00:38:23	00:01:04
01:25:03	23	1	4	19	84	Veenis	Ron	M	ST	50 - 54M	40 - 59M	No Team	00:15:31	00:01:34	00:36:27	00:02:24
01:26:04	26	1	5	21	101	Gouws	Johannes	M	ST	55 - 59M	40 - 59M	No Team	00:16:30	00:03:44	00:40:07	00:01:56
01:26:37	29	2	6	23	1995	MacNair	Grant	M	ST	45 - 49M	40 - 59M	No Team	00:17:10	00:03:00	00:37:53	-
01:27:25	32	2	7	26	1917	Anschutz	Carl David	M	ST	50 - 54M	40 - 59M	No Team	00:17:42	00:01:29	00:39:29	00:01:42
01:30:42	41	3	8	33	82	Theunissen	Etienne	M	ST	45 - 49M	40 - 59M	No Team	00:18:21	00:02:51	00:37:01	00:02:50
01:31:21	43	3	9	34	1953	Nieuwstad	Byron	M	ST	40 - 44M	40 - 59M	No Team	00:17:44	00:03:30	00:37:49	00:02:15
01:39:06	57	3	10	37	67	Polson	Charles	M	ST	50 - 54M	40 - 59M	No Team	00:21:29	00:02:05	00:42:20	00:01:19
01:40:21	59	4	11	39	1937	Kinsley	Neil	M	ST	45 - 49M	40 - 59M	No Team	00:21:57	00:03:16	00:42:38	00:02:25
01:49:11	71	4	12	44	1944	Tucker	Wayne	M	ST	50 - 54M	40 - 59M	No Team	00:22:49	00:03:23	00:41:29	00:02:50
01:50:09	73	5	13	45	74	Bartie	Bruce	M	ST	45 - 49M	40 - 59M	No Team	00:29:51	00:03:08	00:45:52	00:01:55
01:54:27	82	6	14	48	1901	Gartland	Patrick Edward	M	ST	45 - 49M	40 - 59M	No Team	00:14:51	00:04:57	00:45:27	00:03:11
02:06:20	87	4	15	49	94	Paima	Kiran	M	ST	40 - 44M	40 - 59M	No Team	00:27:28	00:04:18	01:13:01	00:01:22
02:22:12	89	5	16	50	1969	van Huyssteen	Andrew	M	ST	40 - 44M	40 - 59M	No Team	00:21:51	00:05:47	01:17:03	-

DNF					1926	le Clus	Adrienne	F	ST	25 - 29F	20 - 39F	No Team	00:18:12	00:02:28	00:20:51	00:01:42
DNF					1912	Booyens	Belinda	F	ST	40 - 44F	40 - 59F	No Team	-	-	-	-
DNF					80	Gaddin	Llonel	M	ST	60 +M	60 +M	No Team	-	-	-	-
DNF					1934	De Gouveia	Angela	F	ST	30 - 34F	20 - 39F	No Team	00:17:35	00:02:48	-	-
DNF					1924	Gordon	Bronwyn	F	ST	20 - 24F	20 - 39F	No Team	-	-	-	-
DNF					85	Wolff	Mark	M	ST	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					1919	Murphy	Damian	M	ST	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					1967	VENTER	MARIUS	M	ST	55 - 59M	40 - 59M	No Team	-	-	-	-
DNF					1970	Harley	Johan	M	ST	40 - 44M	40 - 59M	No Team	-	-	-	-
DNF					1897	Nel	Michael Jacob Richard	M	ST	30 - 34M	20 - 39M	No Team	-	-	-	-
DNF					1939	Searle	Andy	M	ST	50 - 54M	40 - 59M	No Team	-	-	-	-
DNF					1931	Taylor	Timothy Michael	M	ST	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					1960	Ebell	Dale Edward	M	ST	30 - 34M	20 - 39M	No Team	-	-	-	-
DNF					1943	Goddard	Judith Meghan	F	ST	25 - 29F	20 - 39F	No Team	-	-	-	-
DNF					1923	Buitendacht	Conrad	M	ST	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					1976	Pottow	Tyron	M	ST	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					1907	Flint	Michelle	F	ST	50 - 54F	40 - 59F	No Team	00:20:47	00:04:11	01:03:29	00:03:54
DNF					1957	Thornley	Jeff	M	ST	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					1911	moodie	casper johannes hendrik	M	ST	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					1918	van Zyl	Kobus	M	ST	45 - 49M	40 - 59M	No Team	-	-	-	-
DNF					1992	Erasmus	Laura	F	ST	25 - 29F	20 - 39F	No Team	-	-	-	-
DNF					12	Strauss	Yanich	M	ST	18 - 19M	16 - 19M	No Team	00:13:06	00:01:04	00:45:13	00:00:55

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
DNF					1968	Lanz	Monique Danielle	F	ST	40 - 44F	40 - 59F	No Team	-	-	-	-

## Sprint Duathlon Team

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:35:31	1	1	1	1	1942	Du Preez	Pierre	T	SDT	Sprint Du TeamT	Sprint Du TeamT	Boetie Beer	00:32:47	00:01:41	00:43:39	00:01:25
02:05:45	2	2	2	2	92	Kanje	Dina	T	SDT	Sprint Du TeamT	Sprint Du TeamT	Charlie\\\\\\\\\\\\\\\\'s Angels	00:37:33	00:02:20	01:01:40	00:01:44

## Sprint Duathlon

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
01:12:24	1	1	1	1	1990	Haigh	Garth	M	SD	30 - 34M	20 - 39M	No Team	00:22:42	00:01:42	00:34:27	00:01:05
01:21:43	2	1	2	2	1984	Sack	Wayne	M	SD	35 - 39M	20 - 39M	No Team	00:25:55	00:02:04	00:37:49	00:01:45
01:23:05	3	1	1	1	1956	de Lange	Estelle	F	SD	35 - 39F	20 - 39F	No Team	00:26:00	00:01:34	00:40:01	00:01:29
01:24:11	4	2	3	3	384	Norman	Charles	M	SD	35 - 39M	20 - 39M	No Team	00:26:48	00:01:46	00:39:41	00:01:31
01:24:30	5	3	5	5	75	Bekker	Shaun	M	SD	35 - 39M	20 - 39M	No Team	00:24:52	00:02:25	00:42:28	00:02:18
01:24:30	6	4	4	4	57	Smuts	Gideon	M	SD	35 - 39M	20 - 39M	No Team	00:24:52	00:02:28	00:42:24	00:02:20
01:25:39	7	2	6	6	1922	Ackermann	Theunis Christiaan	M	SD	30 - 34M	20 - 39M	No Team	00:26:42	00:02:01	00:41:36	00:01:43
01:28:16	8	3	7	7	61	Coetzee	Shaun	M	SD	30 - 34M	20 - 39M	No Team	00:26:28	00:01:35	00:44:35	00:01:25
01:28:17	9	4	8	8	60	Du Preez	Lourens	M	SD	30 - 34M	20 - 39M	No Team	00:26:28	00:01:37	00:44:37	00:01:20
01:28:28	10	1	1	9	1945	Dodding	Russ	M	SD	55 - 59M	40 - 59M	No Team	00:26:01	00:01:54	00:44:12	00:01:46
01:28:33	11	1	2	2	1963	Whelan	Megan	F	SD	25 - 29F	20 - 39F	No Team	00:24:11	00:01:10	00:49:08	00:00:59
01:28:37	12	2	2	10	1979	Martins	Jose	M	SD	55 - 59M	40 - 59M	No Team	00:25:36	00:04:50	00:40:37	00:03:50
01:29:29	13	1	3	3	1987	du Plessis	Rejeane	F	SD	30 - 34F	20 - 39F	No Team	00:28:23	00:01:30	00:43:04	-
01:29:35	14	1	9	11	8	VENTER	MARTIN	M	SD	25 - 29M	20 - 39M	No Team	00:28:34	00:01:56	00:39:55	00:02:25
01:29:53	15	1	3	12	2000	khoury	craig bernard	M	SD	45 - 49M	40 - 59M	No Team	00:30:57	00:02:19	00:38:14	00:01:32
01:31:04	16	1	4	13	52	Lamb	Barry	M	SD	40 - 44M	40 - 59M	No Team	00:27:11	00:01:46	00:42:27	00:02:09
01:31:52	17	2	4	4	1930	Cathcart-James	Michelle	F	SD	25 - 29F	20 - 39F	No Team	00:29:27	00:02:15	00:41:51	00:01:45
01:32:48	18	3	5	14	56	Van Aardt	Johannes	M	SD	55 - 59M	40 - 59M	No Team	00:27:46	00:02:01	00:45:03	00:02:12
01:34:58	19	2	6	15	1913	Marais	Gavin	M	SD	40 - 44M	40 - 59M	No Team	00:31:32	00:02:35	00:42:27	00:01:55
01:35:30	20	1	2	5	102	Golombick	Varda	F	SD	50 - 54F	40 - 59F	No Team	00:27:59	00:02:18	00:48:57	00:02:02
01:37:06	21	2	5	6	90	Jooste	Jacoba Petronella	F	SD	35 - 39F	20 - 39F	No Team	00:29:22	00:02:35	00:47:30	00:02:01
01:37:20	22	2	7	16	1996	Smerkovitz	Philip	M	SD	45 - 49M	40 - 59M	No Team	00:31:29	00:03:16	00:44:05	00:02:30
01:37:24	23	2	6	7	1973	Krakowitzer	Karen Sarah	F	SD	30 - 34F	20 - 39F	No Team	00:27:41	00:02:55	00:50:11	00:02:32
01:39:47	24	5	10	17	1977	Vermaak	Paul	M	SD	35 - 39M	20 - 39M	No Team	00:32:23	00:03:05	00:42:27	00:02:34
01:39:47	25	1	3	8	1974	Pringle	Nicolette	F	SD	40 - 44F	40 - 59F	No Team	00:30:51	-	00:01:05	-
01:39:52	26	4	8	18	54	du Plessis	Louw	M	SD	55 - 59M	40 - 59M	No Team	00:33:20	00:03:13	00:42:59	00:01:50
01:40:03	27	2	4	9	1899	De Ramos Guerra	Marly	F	SD	40 - 44F	40 - 59F	No Team	00:27:42	00:01:19	00:54:59	00:01:23
01:40:11	28	3	7	10	1915	MENTZ	JOHANDI	F	SD	30 - 34F	20 - 39F	No Team	00:28:09	00:04:28	00:48:53	00:02:49
01:40:32	29	3	9	19	1988	Ferreira	Riaan	M	SD	45 - 49M	40 - 59M	No Team	00:31:31	00:02:50	00:45:58	00:02:43
01:42:01	30	3	10	20	1938	Odysseos	Michael	M	SD	40 - 44M	40 - 59M	No Team	00:31:39	00:03:58	00:47:29	00:02:30
01:43:38	31	2	5	11	68	Millar	Marie	F	SD	50 - 54F	40 - 59F	No Team	00:31:40	00:03:27	00:48:05	00:02:28
01:45:23	32	1	6	12	100	Kroon	Sharon	F	SD	45 - 49F	40 - 59F	No Team	00:30:48	00:03:30	00:51:01	00:02:30
01:46:33	33	2	7	13	83	Cutler	Edel	F	SD	45 - 49F	40 - 59F	No Team	00:31:42	00:02:55	00:52:15	00:01:19
01:49:08	34	1	8	14	1946	Murch	Heather	F	SD	55 - 59F	40 - 59F	No Team	00:32:18	00:03:29	00:52:01	00:02:21
01:49:28	35	3	9	15	55	Van Aardt	Angela	F	SD	50 - 54F	40 - 59F	No Team	00:35:57	00:03:40	00:47:40	00:02:02
01:50:00	36	3	10	16	1928	Starnes	Sarah Jane	F	SD	40 - 44F	40 - 59F	No Team	00:29:04	00:02:01	01:01:29	00:02:08
01:52:23	37	5	11	21	1935	Hoehler	Jonathan	M	SD	30 - 34M	20 - 39M	No Team	00:35:53	00:02:56	00:48:10	00:02:37
01:52:26	38	3	8	17	1905	LOOTS	CECILIA	F	SD	35 - 39F	20 - 39F	No Team	00:35:24	00:03:05	00:52:07	00:02:18
01:57:21	39	3	11	18	1916	Cochrane	Gail	F	SD	45 - 49F	40 - 59F	No Team	00:36:52	00:02:47	00:54:38	00:02:11
02:06:50	40	1	12	22	4	Mashiloane	Reagan	M	SD	20 - 24M	20 - 39M	No Team	00:29:25	00:02:23	01:17:05	00:01:23
02:07:17	41	4	12	19	64	Usher	Susan Carol	F	SD	50 - 54F	40 - 59F	No Team	00:35:13	00:03:22	01:00:53	00:03:03
02:21:06	42	1	1	23	1910	Read	Anthony	M	SD	60 +M	60 +M	No Team	00:55:25	00:04:10	00:49:45	-
02:23:10	43	2	2	24	1920	muir	neville	M	SD	60 +M	60 +M	No Team	00:55:26	00:03:56	00:55:35	-



Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
DNF					86	Harty	Michele	F	SD	35 - 39F	20 - 39F	No Team	00:28:54	00:03:17	00:24:47	00:02:12
DNF					73	Marais	Marisa	F	SD	40 - 44F	40 - 59F	No Team	00:28:14	00:01:17	00:24:49	00:00:50
DNF					1948	Fourie	Riaan	M	SD	45 - 49M	40 - 59M	No Team	00:26:46	00:01:50	00:05:14	-
DNF					1914	Marais	Lindi	F	SD	40 - 44F	40 - 59F	No Team	-	-	-	-
DNF					50	KARAM	JAYME	F	SD	25 - 29F	20 - 39F	No Team	00:36:00	00:01:50	-	-
DNF					2	Marais	Nico	M	SD	16 - 17M	16 - 19M	No Team	-	-	-	-
DNF					1927	Pienaar	Greg	M	SD	50 - 54M	40 - 59M	No Team	-	00:19:31	-	-
DNF					51	KARAM	CLIVE	M	SD	30 - 34M	20 - 39M	No Team	00:35:59	00:01:52	-	-
DNF					9	VENTER	ENGELA	F	SD	25 - 29F	20 - 39F	No Team	-	-	-	-
DNF					53	du Plessis	Corrie	F	SD	55 - 59F	40 - 59F	No Team	-	00:00:45	-	-
DNF					1966	Goncalves	Ruca	M	SD	35 - 39M	20 - 39M	No Team	-	-	-	-
DNF					1959	Masinga	Zwelethu	M	SD	25 - 29M	20 - 39M	No Team	-	-	-	-
DNF					1997	McIntyre	Sean	M	SD	20 - 24M	20 - 39M	No Team	-	-	-	-

## Mini Triathlon

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
00:39:24	1	1	1	1	27	Stroebel	Christiaan	M	MT	14 - 15M	12 - 15M	No Team	00:10:14	00:00:47	00:16:58	00:00:42
00:43:05	2	1	2	2	25	Morrison	Jonty (Johnathan)	M	MT	12 - 13M	12 - 15M	No Team	00:11:11	00:00:59	00:18:34	00:00:56
00:43:14	3	1	1	1	38	Irvine-Smith	Ashleigh	F	MT	14 - 15F	12 - 15F	No Team	00:10:33	00:00:49	00:19:24	00:00:51
00:45:02	4	2	3	3	21	Guerra	Giorgio	M	MT	12 - 13M	12 - 15M	No Team	00:11:38	00:00:59	00:19:31	00:00:48
00:46:22	5	2	4	4	22	gnudi	luca	M	MT	14 - 15M	12 - 15M	No Team	00:13:00	00:01:11	00:18:38	00:00:55
00:47:06	6	3	5	5	33	Cowper	Rowan	M	MT	12 - 13M	12 - 15M	No Team	00:10:30	00:01:09	00:20:32	00:01:09
00:49:11	7	1	6	6	24	Botha	Rudi	M	MT	10 - 11M	12 - 15M	No Team	00:11:51	00:01:37	00:20:02	00:01:04
00:49:23	8	3	7	7	40	Baily	Tim	M	MT	14 - 15M	12 - 15M	No Team	00:12:57	00:00:52	00:20:47	00:01:07
00:50:33	9	4	8	8	374	Hill	Andrew	M	MT	14 - 15M	12 - 15M	No Team	00:15:12	00:01:22	00:18:20	00:01:38
00:51:00	10	1	2	2	28	greer	catherine	F	MT	12 - 13F	12 - 15F	No Team	00:12:42	00:01:20	00:20:36	00:01:28
00:51:27	11	4	9	9	37	Kleynhans	Nico	M	MT	12 - 13M	12 - 15M	No Team	00:14:51	00:02:13	00:20:26	00:01:36
00:51:44	12	5	10	10	29	Williams	Bjorn	M	MT	14 - 15M	12 - 15M	No Team	00:10:39	00:01:39	00:25:58	00:01:30
00:51:48	13	6	11	11	31	Jardim	Tome	M	MT	14 - 15M	12 - 15M	No Team	00:11:06	00:02:03	00:24:29	00:01:04
00:52:47	14	5	12	12	43	de Waal	Cayde	M	MT	12 - 13M	12 - 15M	No Team	00:11:39	00:01:24	00:27:45	00:00:49
00:53:20	15	6	13	13	376	Jooste	Glenn	M	MT	12 - 13M	12 - 15M	No Team	00:13:21	00:01:42	00:21:36	00:02:23
00:53:26	16	2	3	3	34	Hitge	Kerri Lee	F	MT	12 - 13F	12 - 15F	No Team	00:11:34	00:01:46	00:23:20	00:01:26
00:57:23	17	2	4	4	41	Crichton	Alison	F	MT	14 - 15F	12 - 15F	No Team	00:14:43	00:01:35	00:22:53	00:01:46
00:57:35	18	7	14	14	42	Lanz	Jean-Luc	M	MT	12 - 13M	12 - 15M	No Team	00:14:43	00:02:25	00:22:49	00:01:27
00:58:13	19	3	5	5	378	Parkin	Leya	F	MT	12 - 13F	12 - 15F	No Team	00:13:13	00:01:36	00:25:40	00:02:10
01:05:57	20	8	15	15	26	Wilcocks	Carl	M	MT	12 - 13M	12 - 15M	No Team	00:12:53	00:04:34	00:25:49	00:03:40
01:07:06	21	4	6	6	35	Hill	Ciara Mary	F	MT	12 - 13F	12 - 15F	No Team	00:13:02	00:02:19	00:29:23	00:02:32
01:08:00	22	5	7	7	32	Jardim	Mia	F	MT	12 - 13F	12 - 15F	No Team	00:12:01	00:02:15	00:31:36	00:01:08
01:09:28	23	6	8	8	36	Dreyer	Jenna Lee	F	MT	12 - 13F	12 - 15F	No Team	00:11:59	00:02:18	00:26:58	00:02:42

DNF					30	Cilliers	Adriaan Hillaert (Ian)	M	MT	14 - 15M	12 - 15M	No Team	-	-	-	-
-----	--	--	--	--	----	----------	------------------------	---	----	----------	----------	---------	---	---	---	---

## Mini Duathlon

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
00:44:10	1	1	1	1	39	Harding	Henno	M	MD	10 - 11M	12 - 15M		00:14:55	00:01:00	00:21:09	00:00:52
00:46:28	2	1	1	1	23	Dixon	Chante	F	MD	12 - 13F	12 - 15F	No Team	00:15:33	00:01:34	00:22:57	00:01:08
01:24:09	3	1	2	2	386	Nel	Tiaan	M	MD	12 - 13M	12 - 15M		00:20:15	00:05:01	00:36:20	00:02:39

No Data	No Data			No Cat
No Data	No Data			No Cat
No Data	No Data			No Cat

Time	P_Dist	P_Cat1	P_Cat2	P_Sex	Race#	Surname	Name	Sex	Dist	Cat1	Cat2	TeamName	Run & Swim	T1	Cycle	T2
						No Data	No Data			No Cat						
						No Data	No Data			No Cat						