

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
1	1	64	Open Men	<a href="#">Ryan</a>	<a href="#">Schmitz</a>	02:09:52	00:18:16	00:01:48	01:10:17	00:01:29	00:38:01	-	02:24 min/km	25.0 km/h
2	2	40	Open Men	<a href="#">Nicholas</a>	<a href="#">Tinkler</a>	02:10:21	00:18:01	00:01:50	01:11:07	00:01:40	00:37:43	+00:29.061	02:24 min/km	24.9 km/h
3	3	15	Open Men	<a href="#">Tobi</a>	<a href="#">Lochner</a>	02:12:44	00:20:45	00:01:46	01:08:54	00:01:14	00:40:05	+02:52.213	02:27 min/km	24.4 km/h
4	4	28	Open Men	<a href="#">Alexander</a>	<a href="#">Krebs</a>	02:17:28	00:22:15	00:01:46	01:10:55	00:01:46	00:40:47	+07:36.288	02:32 min/km	23.6 km/h
5	5	59	Open Men	<a href="#">Riaan</a>	<a href="#">Shaw</a>	02:18:11	00:18:29	00:01:37	01:17:51	00:01:25	00:38:50	+08:19.418	02:33 min/km	23.4 km/h
6	6	58	Open Men	<a href="#">Marthinus</a>	<a href="#">Kemp</a>	02:18:50	00:22:38	00:01:54	01:12:13	00:01:11	00:40:53	+08:58.693	02:34 min/km	23.3 km/h
7	7	49	Open Men	<a href="#">Christoff</a>	<a href="#">Van Heerden</a>	02:19:32	00:21:24	00:02:09	01:10:47	00:01:57	00:43:14	+09:40.840	02:35 min/km	23.2 km/h
8	1	412	Open Women	<a href="#">Alexandra</a>	<a href="#">Quenet</a>	02:21:28	00:19:19	00:01:36	01:17:05	00:01:38	00:41:50	+11:36.107	02:37 min/km	22.9 km/h
9	8	46	Open Men	<a href="#">Ryan</a>	<a href="#">Heydenrych</a>	02:23:15	00:20:35	00:02:10	01:16:05	00:01:42	00:42:42	+13:23.098	02:39 min/km	22.6 km/h
10	9	36	Open Men	<a href="#">Samuel</a>	<a href="#">Courts</a>	02:23:24	00:19:54	00:01:59	01:21:26	00:01:12	00:38:53	+13:32.581	02:39 min/km	22.6 km/h
11	10	67	Open Men	<a href="#">Dylan</a>	<a href="#">Van Zyl</a>	02:23:54	00:20:19	00:01:58	01:17:47	00:01:37	00:42:13	+14:02.263	02:39 min/km	22.5 km/h
12	1	208	Veteran Men	<a href="#">Crispin</a>	<a href="#">Barrett</a>	02:24:50	00:21:52	00:02:12	01:14:15	00:01:42	00:44:49	+14:58.439	02:40 min/km	22.4 km/h
13	11	20	Open Men	<a href="#">Stephan</a>	<a href="#">Van Zyl</a>	02:28:21	00:22:34	00:02:50	01:18:39	00:02:00	00:42:17	+18:29.562	02:44 min/km	21.8 km/h
14	1	282	Team	<a href="#">Team</a>	<a href="#">C W</a>	02:29:59	00:22:22	00:01:48	01:21:35	00:01:25	00:42:49	+20:07.945	02:46 min/km	21.6 km/h
15	2	474	Open Women	<a href="#">Kelsey</a>	<a href="#">Nel</a>	02:30:02	00:21:32	00:02:30	01:20:41	00:01:36	00:43:43	+20:10.166	02:46 min/km	21.6 km/h
16	12	55	Open Men	<a href="#">Nicholas</a>	<a href="#">Grobbelaar</a>	02:30:02	00:25:47	00:03:13	01:20:06	00:01:35	00:39:21	+20:10.894	02:46 min/km	21.6 km/h
17	1	246	Master Men	<a href="#">Daniel</a>	<a href="#">Marais</a>	02:31:51	00:27:45	00:02:13	01:13:10	00:03:13	00:45:30	+21:59.857	02:48 min/km	21.3 km/h
18	3	463	Open Women	<a href="#">Georgia</a>	<a href="#">Grobler</a>	02:33:01	00:22:10	00:01:42	01:27:45	00:01:20	00:40:03	+23:09.377	02:50 min/km	21.2 km/h
19	13	30	Open Men	<a href="#">Roberto</a>	<a href="#">Marchesi</a>	02:33:16	00:25:12	00:03:31	01:14:14	00:02:28	00:47:51	+23:24.991	02:50 min/km	21.1 km/h
20	2	207	Veteran Men	<a href="#">Thomas</a>	<a href="#">Barlow</a>	02:33:19	00:25:24	00:03:25	01:19:41	00:01:50	00:42:59	+23:27.453	02:50 min/km	21.1 km/h
21	14	24	Open Men	<a href="#">James</a>	<a href="#">Peart</a>	02:33:31	00:25:09	00:02:22	01:23:33	00:01:54	00:40:34	+23:39.808	02:50 min/km	21.1 km/h
22	3	233	Veteran Men	<a href="#">Jacobus</a>	<a href="#">Leibbrandt</a>	02:34:13	00:24:41	00:03:49	01:18:17	00:02:23	00:45:03	+24:21.911	02:51 min/km	21.0 km/h
23	2	204	Master Men	<a href="#">Henry</a>	<a href="#">Wolstenholme</a>	02:34:18	00:31:17	00:02:25	01:19:58	00:02:19	00:38:20	+24:26.861	02:51 min/km	21.0 km/h
24	15	45	Open Men	<a href="#">Martin</a>	<a href="#">Havenga</a>	02:34:37	00:22:40	00:03:01	01:20:53	00:02:07	00:45:56	+24:45.156	02:51 min/km	21.0 km/h
25	4	430	Open Women	<a href="#">Kirsten</a>	<a href="#">Blend</a>	02:34:45	00:22:01	00:02:21	01:22:51	00:01:49	00:45:43	+24:53.285	02:51 min/km	20.9 km/h
26	4	271	Veteran Men	<a href="#">Jacques</a>	<a href="#">Van Zyl</a>	02:35:16	00:31:24	00:03:59	01:12:04	00:01:48	00:46:02	+25:24.313	02:52 min/km	20.9 km/h
27	16	14	Open Men	<a href="#">Mark</a>	<a href="#">Raa</a>	02:37:09	00:25:28	00:02:26	01:21:38	00:01:46	00:45:51	+27:17.163	02:54 min/km	20.6 km/h
28	17	27	Open Men	<a href="#">Stephan</a>	<a href="#">Rheeders</a>	02:37:24	00:26:19	00:02:36	01:21:14	00:02:19	00:44:57	+27:32.146	02:54 min/km	20.6 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
29	5	237	Veteran Men	<u>Deon</u>	<u>Scheppel</u>	02:38:00	00:25:13	00:02:53	01:22:57	00:02:29	00:44:28	+28:08.461	02:55 min/km	20.5 km/h
30	18	38	Open Men	<u>Nicolas</u>	<u>Vandemoortele</u>	02:38:34	00:22:54	00:03:51	01:20:58	00:01:56	00:48:55	+28:42.927	02:56 min/km	20.4 km/h
31	19	11	Open Men	<u>Marco</u>	<u>Barbieri</u>	02:40:05	00:27:01	00:03:17	01:23:47	00:02:10	00:43:51	+30:13.429	02:57 min/km	20.2 km/h
32	6	275	Veteran Men	<u>Jannie</u>	<u>Van Niekerk</u>	02:42:08	00:31:01	00:04:01	01:21:08	00:03:07	00:42:51	+32:16.662	03:00 min/km	20.0 km/h
33	7	262	Veteran Men	<u>Philip</u>	<u>Le Roux</u>	02:42:23	00:24:52	00:04:42	01:22:08	00:03:11	00:47:29	+32:31.245	03:00 min/km	20.0 km/h
34	8	218	Veteran Men	<u>Ross</u>	<u>Pennell</u>	02:42:38	00:31:07	00:02:18	01:22:47	00:01:46	00:44:41	+32:46.635	03:00 min/km	19.9 km/h
35	1	278	Team	<u>Team</u>	<u>Tri-boys</u>	02:42:45	00:24:05	00:01:40	01:28:32	00:01:40	00:46:48	+32:53.456	03:00 min/km	19.9 km/h
36	5	424	Open Women	<u>Samantha</u>	<u>Summerscales</u>	02:42:56	00:26:35	00:02:12	01:23:05	00:01:51	00:49:12	+33:04.299	03:01 min/km	19.9 km/h
37	20	56	Open Men	<u>Jaco</u>	<u>Coetzee</u>	02:43:55	00:26:14	00:03:11	01:27:48	00:02:01	00:44:41	+34:03.918	03:02 min/km	19.8 km/h
38	3	255	Master Men	<u>Peter</u>	<u>Van Wyk</u>	02:44:25	00:26:24	00:02:33	01:21:40	00:02:05	00:51:44	+34:33.895	03:02 min/km	19.7 km/h
39	4	226	Master Men	<u>Carl</u>	<u>May</u>	02:45:59	01:28:21	00:03:08	00:44:14	00:01:53	04:23:00	+36:07.342	03:04 min/km	19.5 km/h
40	9	274	Veteran Men	<u>Nic</u>	<u>Walton</u>	02:46:48	00:27:30	00:02:36	01:24:21	00:02:03	00:50:18	+36:56.023	03:05 min/km	19.4 km/h
41	6	467	Open Women	<u>Marta</u>	<u>Jekot</u>	02:46:57	00:26:11	00:02:20	01:29:15	00:01:46	00:47:24	+37:05.190	03:05 min/km	19.4 km/h
42	21	63	Open Men	<u>Jamie</u>	<u>Sher</u>	02:47:18	00:24:59	00:03:02	01:31:17	00:01:46	00:46:14	+37:26.149	03:05 min/km	19.4 km/h
43	22	34	Open Men	<u>Willie</u>	<u>De Wet</u>	02:47:31	00:26:11	00:04:46	01:29:18	00:01:48	00:45:28	+37:39.587	03:06 min/km	19.3 km/h
44	23	43	Open Men	<u>Matthys</u>	<u>Nieuwoudt</u>	02:47:52	00:22:16	00:03:50	01:29:44	00:02:46	00:49:15	+38:00.321	03:06 min/km	19.3 km/h
45	24	26	Open Men	<u>Blake</u>	<u>Dyason</u>	02:48:50	00:26:32	00:04:05	01:27:29	00:02:50	00:47:54	+38:58.392	03:07 min/km	19.2 km/h
46	1	429	Veteran Women	<u>Jacqui</u>	<u>Roberts</u>	02:48:57	00:24:22	00:03:04	01:25:57	00:02:37	00:52:58	+39:05.092	03:07 min/km	19.2 km/h
47	25	51	Open Men	<u>Stefan</u>	<u>Burger</u>	02:49:22	00:29:09	00:03:56	01:31:19	00:02:21	00:42:38	+39:30.416	03:08 min/km	19.1 km/h
48	7	441	Open Women	<u>Helen</u>	<u>Ellison</u>	02:49:23	00:22:05	00:02:43	01:33:48	00:01:46	00:49:01	+39:31.852	03:08 min/km	19.1 km/h
49	5	248	Master Men	<u>Mark</u>	<u>Quinlan</u>	02:49:39	00:25:51	00:03:34	01:25:18	00:02:26	00:52:30	+39:47.235	03:08 min/km	19.1 km/h
50	10	272	Veteran Men	<u>Wane</u>	<u>Rossouw</u>	02:49:39	00:23:11	00:03:47	01:26:43	00:03:28	00:52:30	+39:47.511	03:08 min/km	19.1 km/h
51	26	2	Open Men	<u>Simon</u>	<u>Goldsbrough</u>	02:49:47	00:28:53	00:03:46	01:33:37	00:02:25	00:41:06	+39:55.151	03:08 min/km	19.1 km/h
52	11	234	Veteran Men	<u>Martin</u>	<u>Verhage</u>	02:50:11	00:31:22	00:03:58	01:26:12	00:03:00	00:45:39	+40:19.586	03:09 min/km	19.0 km/h
53	27	47	Open Men	<u>Adrian</u>	<u>Erasmus</u>	02:50:36	00:25:38	00:03:25	01:30:23	00:02:02	00:49:09	+40:44.903	03:09 min/km	19.0 km/h
54	28	33	Open Men	<u>Gavin</u>	<u>Cilliers</u>	02:51:18	00:28:54	00:02:08	01:28:59	00:01:45	00:49:32	+41:26.094	03:10 min/km	18.9 km/h
55	12	228	Veteran Men	<u>Renier</u>	<u>Erasmus</u>	02:51:46	00:28:45	00:04:12	01:24:56	00:02:54	00:50:58	+41:54.066	03:10 min/km	18.9 km/h
56	29	41	Open Men	<u>Chad</u>	<u>Dunnett</u>	02:51:57	00:23:03	00:02:20	01:30:40	00:02:12	00:53:42	+42:05.461	03:11 min/km	18.8 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
57	13	213	Veteran Men	<a href="#">Leonard</a>	<a href="#">Van Minnen</a>	02:53:33	00:27:07	00:05:40	01:27:57	00:02:24	00:50:25	+43:40.999	03:12 min/km	18.7 km/h
58	8	477	Open Women	<a href="#">Catherine</a>	<a href="#">Priday</a>	02:54:39	00:26:14	00:03:41	01:34:32	00:02:43	00:47:28	+44:47.356	03:14 min/km	18.6 km/h
59	30	52	Open Men	<a href="#">James</a>	<a href="#">Reaper</a>	02:55:21	00:25:25	00:03:43	01:36:34	00:02:27	00:47:13	+45:29.270	03:14 min/km	18.5 km/h
60	31	16	Open Men	<a href="#">Marco</a>	<a href="#">Becker</a>	02:55:33	00:28:30	00:04:49	01:29:32	00:02:30	00:50:12	+45:41.522	03:15 min/km	18.5 km/h
61	6	253	Master Men	<a href="#">Patrick</a>	<a href="#">Kilkenny</a>	02:58:37	00:28:12	00:03:20	01:34:37	00:02:12	00:50:15	+48:45.893	03:18 min/km	18.1 km/h
62	2	443	Veteran Women	<a href="#">Britt</a>	<a href="#">Hyland</a>	02:59:08	00:22:22	00:03:18	01:29:01	00:02:57	01:01:29	+49:16.857	03:19 min/km	18.1 km/h
63	32	68	Open Men	<a href="#">Romario</a>	<a href="#">Sardinha</a>	02:59:21	00:33:28	00:05:34	01:23:58	00:01:50	00:54:31	+49:29.943	03:19 min/km	18.1 km/h
64	1	425	Master Women	<a href="#">Elizma</a>	<a href="#">Geldenhuys</a>	02:59:25	00:26:07	00:03:37	01:31:14	00:02:51	00:55:35	+49:33.994	03:19 min/km	18.1 km/h
65	7	268	Master Men	<a href="#">Gerhard</a>	<a href="#">Gous</a>	02:59:47	00:27:13	00:03:54	01:29:39	00:02:40	00:56:21	+49:55.133	03:19 min/km	18.0 km/h
66	2	277	Team	<a href="#">Team</a>	<a href="#">World Cup Snakes</a>	03:00:30	00:24:44	00:01:46	01:44:45	00:01:43	00:47:32	+50:38.104	03:20 min/km	18.0 km/h
67	14	212	Veteran Men	<a href="#">Warren</a>	<a href="#">Blair</a>	03:00:34	00:33:00	00:06:17	01:31:34	00:02:12	00:47:31	+50:42.322	03:20 min/km	17.9 km/h
68	8	270	Master Men	<a href="#">Peter</a>	<a href="#">Hartmann</a>	03:01:06	00:25:42	00:05:49	01:34:37	00:02:30	00:52:27	+51:14.311	03:21 min/km	17.9 km/h
69	9	446	Open Women	<a href="#">Nicol</a>	<a href="#">Möller</a>	03:01:31	00:26:32	00:03:56	01:41:37	00:03:31	00:45:55	+51:39.450	03:21 min/km	17.8 km/h
70	33	4	Open Men	<a href="#">David</a>	<a href="#">Smith</a>	03:01:33	00:34:59	00:05:30	01:29:44	00:02:40	00:48:40	+51:41.609	03:21 min/km	17.8 km/h
71	34	10	Open Men	<a href="#">Bruno</a>	<a href="#">Weber-Steinhaus</a>	03:02:24	00:26:50	00:02:34	01:34:20	00:02:40	00:56:00	+52:32.590	03:22 min/km	17.8 km/h
72	35	57	Open Men	<a href="#">Daniel</a>	<a href="#">Germishuys</a>	03:02:41	00:24:55	00:03:17	01:38:57	00:03:20	00:52:13	+52:49.864	03:22 min/km	17.7 km/h
73	15	266	Veteran Men	<a href="#">Eugene</a>	<a href="#">Prins</a>	03:02:43	00:31:43	00:03:27	01:33:24	00:02:28	00:51:41	+52:51.626	03:23 min/km	17.7 km/h
74	36	39	Open Men	<a href="#">Reinhard</a>	<a href="#">Kostens</a>	03:02:47	00:25:35	00:05:35	01:39:47	00:02:41	00:49:11	+52:55.926	03:23 min/km	17.7 km/h
75	10	462	Open Women	<a href="#">Robin</a>	<a href="#">Bolten</a>	03:03:36	00:26:22	00:04:37	01:35:21	00:02:57	00:54:19	+53:44.501	03:24 min/km	17.6 km/h
76	9	952	Master Men	<a href="#">Rolf</a>	<a href="#">Muller</a>	03:04:05	00:27:40	00:04:56	01:37:43	00:03:32	00:50:15	+54:13.239	03:24 min/km	17.6 km/h
77	11	427	Open Women	<a href="#">Anneri</a>	<a href="#">Harmse</a>	03:04:41	00:27:30	00:03:18	01:35:58	00:02:09	00:55:46	+54:49.128	03:25 min/km	17.5 km/h
78	3	426	Veteran Women	<a href="#">Adele</a>	<a href="#">Gouws</a>	03:04:45	00:29:07	00:05:24	01:35:38	00:02:53	00:51:43	+54:53.353	03:25 min/km	17.5 km/h
79	12	400	Open Women	<a href="#">Kim</a>	<a href="#">Stephenson</a>	03:05:43	00:22:37	00:03:10	01:42:25	00:02:21	00:55:10	+55:51.627	03:26 min/km	17.4 km/h
80	10	223	Master Men	<a href="#">Allen</a>	<a href="#">Goosen</a>	03:06:14	00:34:49	00:03:25	01:23:50	00:02:30	01:01:40	+56:22.788	03:26 min/km	17.4 km/h
81	16	236	Veteran Men	<a href="#">Dylan</a>	<a href="#">Bowen</a>	03:06:29	00:28:12	00:05:15	01:36:51	00:02:55	00:53:16	+56:37.454	03:27 min/km	17.4 km/h
82	13	415	Open Women	<a href="#">Amy</a>	<a href="#">Wessels</a>	03:06:49	00:25:29	00:04:58	01:37:12	00:02:25	00:56:45	+56:57.336	03:27 min/km	17.3 km/h
83	14	460	Open Women	<a href="#">Simone</a>	<a href="#">Faulmann</a>	03:07:18	00:24:16	00:02:57	01:43:35	00:01:51	00:54:39	+57:26.118	03:28 min/km	17.3 km/h
84	37	66	Open Men	<a href="#">Wynand</a>	<a href="#">Groenewald</a>	03:08:16	00:29:38	00:05:20	01:34:48	00:02:43	00:55:47	+58:24.515	03:29 min/km	17.2 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
85	38	31	Open Men	<u>Joel</u>	<u>Henry</u>	03:08:30	00:35:07	00:05:35	01:32:11	00:03:01	00:52:37	+58:38.772	03:29 min/km	17.2 km/h
86	39	25	Open Men	<u>Nelius</u>	<u>Smith</u>	03:08:59	00:29:18	00:04:15	01:45:14	00:02:02	00:48:10	+59:07.692	03:29 min/km	17.1 km/h
87	11	258	Master Men	<u>George</u>	<u>October</u>	03:09:27	00:32:51	00:05:23	01:38:19	00:02:43	00:50:12	+59:35.899	03:30 min/km	17.1 km/h
88	17	232	Veteran Men	<u>Gavin</u>	<u>Sheldon</u>	03:09:38	00:27:10	00:03:30	01:37:46	00:02:31	00:58:41	+59:46.144	03:30 min/km	17.1 km/h
89	4	428	Veteran Women	<u>Meg</u>	<u>Holtzhausen</u>	03:09:50	00:31:17	00:05:09	01:34:11	00:03:06	00:56:06	+59:58.145	03:30 min/km	17.1 km/h
90	12	256	Master Men	<u>Gavin</u>	<u>Goldblatt</u>	03:10:37	00:28:27	00:04:26	01:37:28	00:02:20	00:57:56	+1:00:45.136	03:31 min/km	17.0 km/h
91	18	227	Veteran Men	<u>Gabriel</u>	<u>Wessels</u>	03:10:48	00:29:49	00:04:51	01:31:33	00:02:56	01:01:39	+1:00:56.746	03:32 min/km	17.0 km/h
92	40	61	Open Men	<u>Roger</u>	<u>Downes</u>	03:11:20	00:34:28	00:05:45	01:37:47	00:02:21	00:51:00	+1:01:28.576	03:32 min/km	16.9 km/h
93	5	455	Veteran Women	<u>Sandi</u>	<u>Brown</u>	03:13:22	00:31:43	00:04:25	01:40:02	00:03:08	00:54:05	+1:03:30.870	03:34 min/km	16.8 km/h
94	41	48	Open Men	<u>Travis</u>	<u>Kriedemann</u>	03:13:26	00:22:49	00:04:59	01:39:17	00:03:38	01:02:43	+1:03:34.645	03:34 min/km	16.7 km/h
95	19	215	Veteran Men	<u>John</u>	<u>Burns</u>	03:13:28	00:33:54	00:06:10	01:34:47	00:03:44	00:54:53	+1:03:36.685	03:34 min/km	16.7 km/h
96	42	21	Open Men	<u>Justin</u>	<u>Howlett</u>	03:13:59	00:29:36	00:04:20	01:43:27	00:02:17	00:54:20	+1:04:07.304	03:35 min/km	16.7 km/h
97	20	260	Veteran Men	<u>Jandre</u>	<u>De Milander</u>	03:14:47	00:29:38	00:04:49	01:38:54	00:03:01	00:58:25	+1:04:55.326	03:36 min/km	16.6 km/h
98	15	471	Open Women	<u>Monique</u>	<u>Coetzee</u>	03:14:51	00:26:18	00:03:59	01:40:42	00:03:07	01:00:45	+1:04:59.426	03:36 min/km	16.6 km/h
99	6	421	Veteran Women	<u>Clare</u>	<u>Schenk</u>	03:14:52	00:32:58	00:04:32	01:35:58	00:02:52	00:58:32	+1:05:00.288	03:36 min/km	16.6 km/h
100	7	468	Veteran Women	<u>Adri</u>	<u>Muller</u>	03:15:04	00:29:15	00:03:25	01:43:02	00:03:18	00:56:03	+1:05:12.560	03:36 min/km	16.6 km/h
101	13	269	Master Men	<u>Vasili</u>	<u>Vass</u>	03:15:06	00:30:48	00:04:35	01:39:40	00:03:23	00:56:41	+1:05:14.631	03:36 min/km	16.6 km/h
102	16	422	Open Women	<u>Lara</u>	<u>Wessels</u>	03:15:16	00:29:35	00:03:58	01:45:13	00:02:15	00:54:16	+1:05:24.674	03:36 min/km	16.6 km/h
103	43	44	Open Men	<u>Zander</u>	<u>Venter</u>	03:15:24	00:34:56	00:05:05	01:48:26	00:02:36	00:44:21	+1:05:32.888	03:37 min/km	16.6 km/h
104	2	414	Master Women	<u>Kirsty</u>	<u>Blackford</u>	03:15:26	00:30:30	00:04:10	01:36:36	00:03:06	01:01:05	+1:05:34.410	03:37 min/km	16.6 km/h
105	21	264	Veteran Men	<u>Loftus</u>	<u>Neethling</u>	03:15:30	00:36:01	00:07:05	01:34:40	00:03:39	00:54:05	+1:05:38.339	03:37 min/km	16.6 km/h
106	8	447	Veteran Women	<u>Dianne</u>	<u>Gilchrist</u>	03:15:41	00:30:45	00:04:11	01:34:59	00:03:42	01:02:03	+1:05:49.553	03:37 min/km	16.6 km/h
107	44	62	Open Men	<u>Bryan</u>	<u>Botha</u>	03:15:43	00:26:28	00:07:34	01:42:07	00:03:25	00:56:08	+1:05:51.394	03:37 min/km	16.6 km/h
108	45	65	Open Men	<u>Jacques</u>	<u>Van Wyk</u>	03:16:19	00:53:52	00:02:10	01:29:16	00:02:03	00:48:57	+1:06:27.230	03:38 min/km	16.5 km/h
109	3	276	Team	<u>Team</u>	<u>#dontworryswarrie</u>	03:16:31	00:25:15	00:02:09	01:55:14	00:02:07	00:51:47	+1:06:39.596	03:38 min/km	16.5 km/h
110	22	205	Veteran Men	<u>Ray</u>	<u>Orlik</u>	03:18:00	00:28:17	00:05:08	01:37:44	00:03:04	01:03:46	+1:08:08.337	03:39 min/km	16.4 km/h
111	46	42	Open Men	<u>Stefan</u>	<u>Bergh</u>	03:18:03	00:30:13	00:06:39	01:44:11	00:03:43	00:53:18	+1:08:11.769	03:40 min/km	16.4 km/h
112	3	472	Master Women	<u>Terry</u>	<u>Pellow-Jarman</u>	03:18:08	00:34:11	00:06:21	01:38:49	00:02:31	00:56:16	+1:08:15.999	03:40 min/km	16.4 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
113	47	1	Open Men	Andrew	Blane	03:18:54	00:31:35	00:05:08	01:37:21	00:03:35	01:01:15	+1:09:02.412	03:40 min/km	16.3 km/h
114	9	404	Veteran Women	Lesyl	Potgieter	03:18:57	00:37:32	00:05:01	01:35:01	00:04:43	00:56:39	+1:09:05.366	03:41 min/km	16.3 km/h
115	14	201	Master Men	Brian	Sparg	03:19:22	00:26:06	00:05:47	01:39:30	00:04:15	01:03:45	+1:09:30.984	03:41 min/km	16.3 km/h
116	48	951	Open Men	Luthando	Ggamana	03:19:43	00:32:15	00:04:12	01:42:03	00:02:17	00:58:56	+1:09:51.071	03:41 min/km	16.2 km/h
117	23	235	Veteran Men	Armin	Gretschel	03:19:55	00:26:05	00:03:48	01:44:35	00:02:26	01:03:01	+1:10:03.754	03:42 min/km	16.2 km/h
118	17	411	Open Women	Malani	Swart	03:20:44	00:28:04	00:06:12	01:43:33	00:04:34	00:58:20	+1:10:52.648	03:43 min/km	16.1 km/h
119	49	35	Open Men	Nicholas	De Haas	03:21:16	00:27:52	00:05:17	01:44:06	00:03:10	01:00:51	+1:11:24.372	03:43 min/km	16.1 km/h
120	4	403	Master Women	Sonja	Van Heerden	03:21:18	00:26:16	00:07:27	01:45:53	00:02:50	00:58:51	+1:11:26.236	03:43 min/km	16.1 km/h
121	5	452	Master Women	Catherine	Mitchell	03:21:31	00:30:02	00:06:49	01:46:16	00:04:29	00:53:57	+1:11:39.624	03:43 min/km	16.1 km/h
122	50	3	Open Men	Pieter	Coetzee	03:21:55	00:30:44	00:04:54	01:51:42	00:04:03	00:50:33	+1:12:03.813	03:44 min/km	16.0 km/h
123	51	12	Open Men	De Wet	Le Roux	03:22:24	00:35:11	00:05:59	01:38:02	00:03:09	01:00:03	+1:12:32.970	03:44 min/km	16.0 km/h
124	24	224	Veteran Men	Pierre	Jenkins	03:23:26	00:38:31	00:05:27	01:38:43	00:02:55	00:57:50	+1:13:34.315	03:46 min/km	15.9 km/h
125	4	280	Team	Team	Die-drie-wiel-wa	03:23:30	00:28:07	00:01:37	02:03:30	00:01:40	00:48:35	+1:13:38.257	03:46 min/km	15.9 km/h
126	15	209	Master Men	Hugo	Joubert	03:24:42	00:33:32	00:05:40	01:46:37	00:02:58	00:55:55	+1:14:50.898	03:47 min/km	15.8 km/h
127	18	417	Open Women	Natasha	Barker-Goldie	03:24:47	00:26:47	00:04:45	01:47:59	00:02:49	01:02:28	+1:14:55.590	03:47 min/km	15.8 km/h
128	2	279	Team	Team	Pringle	03:25:33	00:24:36	00:02:10	01:51:07	00:01:59	01:05:42	+1:15:41.048	03:48 min/km	15.8 km/h
129	19	402	Open Women	Leigh-An	Becker	03:25:39	00:34:36	00:05:20	01:37:36	00:03:36	01:04:31	+1:15:47.114	03:48 min/km	15.8 km/h
130	16	240	Master Men	Louwrens	Uys	03:26:33	00:31:03	00:04:31	01:40:06	00:03:33	01:07:22	+1:16:41.955	03:49 min/km	15.7 km/h
131	17	251	Master Men	Tinus	Le Roux	03:26:50	00:34:41	00:04:54	01:44:29	00:03:08	00:59:37	+1:16:58.080	03:49 min/km	15.7 km/h
132	6	434	Master Women	Alison	Hartley	03:26:59	00:28:59	00:06:27	01:45:08	00:03:31	01:02:53	+1:17:07.140	03:49 min/km	15.7 km/h
133	25	263	Veteran Men	Nizaam	Fredericks	03:29:14	00:27:44	00:04:18	01:44:01	00:02:51	01:10:19	+1:19:22.017	03:52 min/km	15.5 km/h
134	52	13	Open Men	Jaco	Carstens	03:29:14	00:29:38	00:05:52	01:51:03	00:02:50	00:59:52	+1:19:22.764	03:52 min/km	15.5 km/h
135	10	453	Veteran Women	Cornelia	Liebenberg	03:29:21	00:40:53	00:07:25	01:30:13	00:04:40	01:06:10	+1:19:29.011	03:52 min/km	15.5 km/h
136	26	221	Veteran Men	Duncan	Harrison	03:29:25	00:25:18	00:05:31	01:52:35	00:03:26	01:02:34	+1:19:33.796	03:52 min/km	15.5 km/h
137	20	433	Open Women	Christie	Smit	03:29:36	00:29:32	00:04:26	01:57:41	00:04:04	00:53:53	+1:19:44.464	03:52 min/km	15.5 km/h
138	21	439	Open Women	Mari-Alet	Smit	03:29:36	00:26:36	00:06:18	01:56:03	00:06:46	00:53:53	+1:19:44.484	03:52 min/km	15.5 km/h
139	27	247	Veteran Men	Grant	Willemse	03:29:56	00:38:03	00:06:04	01:47:13	00:02:54	00:55:44	+1:20:04.932	03:53 min/km	15.4 km/h
140	28	257	Veteran Men	Alvin	Gouws	03:30:01	00:29:42	00:07:34	01:49:00	00:04:34	00:59:10	+1:20:09.109	03:53 min/km	15.4 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
141	18	273	Master Men	<u>Barno</u>	<u>Pieters</u>	03:30:29	00:38:27	00:06:35	01:36:48	00:04:01	01:04:38	+1:20:37.309	03:53 min/km	15.4 km/h
142	22	476	Open Women	<u>Tarryn</u>	<u>De Beer</u>	03:31:18	00:31:22	00:05:29	01:50:59	00:04:09	00:59:19	+1:21:26.502	03:54 min/km	15.3 km/h
143	53	9	Open Men	<u>Mark</u>	<u>Stares</u>	03:31:21	00:34:33	00:07:51	01:50:20	00:02:24	00:56:14	+1:21:29.715	03:54 min/km	15.3 km/h
144	54	54	Open Men	<u>John-William</u>	<u>Cloete</u>	03:36:03	00:28:24	00:05:30	01:46:08	00:04:42	01:11:20	+1:26:11.996	04:00 min/km	15.0 km/h
145	11	423	Veteran Women	<u>Yvette</u>	<u>Phillips</u>	03:38:32	00:30:17	00:05:53	02:00:50	00:05:07	00:56:25	+1:28:40.766	04:02 min/km	14.8 km/h
146	23	454	Open Women	<u>Jessica</u>	<u>De Wet</u>	03:39:12	00:26:52	00:05:43	02:12:12	00:03:40	00:50:44	+1:29:20.693	04:03 min/km	14.8 km/h
147	24	451	Open Women	<u>Jeane</u>	<u>Retief</u>	03:39:16	00:31:14	00:04:45	02:05:16	00:02:30	00:55:32	+1:29:24.489	04:03 min/km	14.8 km/h
148	25	466	Open Women	<u>Naruluska</u>	<u>Smal</u>	03:40:16	00:33:44	00:04:56	01:47:35	00:04:26	01:09:35	+1:30:24.025	04:04 min/km	14.7 km/h
149	29	206	Veteran Men	<u>Graham</u>	<u>Dreyden</u>	03:41:29	00:33:23	00:05:19	01:56:10	00:04:02	01:02:35	+1:31:37.482	04:06 min/km	14.6 km/h
150	55	5	Open Men	<u>Kobus</u>	<u>Jansen Van Vuuren</u>	03:42:40	00:31:47	00:05:23	02:05:29	00:01:53	00:58:08	+1:32:48.031	04:07 min/km	14.6 km/h
151	19	244	Master Men	<u>Gert</u>	<u>Wilkins</u>	03:43:21	00:36:45	00:06:12	01:44:11	00:05:40	01:10:33	+1:33:29.082	04:08 min/km	14.5 km/h
152	26	444	Open Women	<u>Andrea</u>	<u>Bassingthwaighte</u>	03:44:02	00:32:38	00:05:48	01:56:20	00:03:04	01:06:13	+1:34:10.756	04:08 min/km	14.5 km/h
153	30	267	Veteran Men	<u>Alan</u>	<u>Jacobs</u>	03:44:25	00:29:12	00:05:40	02:07:24	00:02:40	00:59:29	+1:34:33.366	04:09 min/km	14.4 km/h
154	20	216	Master Men	<u>Craig</u>	<u>Dolly</u>	03:45:04	00:31:29	00:06:12	02:03:44	00:03:28	01:00:11	+1:35:12.835	04:10 min/km	14.4 km/h
155	27	479	Open Women	<u>Yolandi</u>	<u>Venter</u>	03:45:13	00:27:21	00:05:25	02:06:30	00:04:20	01:01:36	+1:35:21.167	04:10 min/km	14.4 km/h
156	56	60	Open Men	<u>William</u>	<u>Boltmann</u>	03:45:19	00:29:48	00:05:50	01:54:14	00:04:07	01:11:20	+1:35:27.854	04:10 min/km	14.4 km/h
157	21	225	Master Men	<u>Lawrence</u>	<u>Resnick</u>	03:46:31	00:34:17	00:04:46	01:47:03	00:03:03	01:17:22	+1:36:39.444	04:11 min/km	14.3 km/h
158	31	239	Veteran Men	<u>Dion</u>	<u>Engelby</u>	03:48:19	00:30:48	00:06:06	02:03:37	00:04:24	01:03:24	+1:38:27.149	04:13 min/km	14.2 km/h
159	12	432	Veteran Women	<u>Marta</u>	<u>Bianconi-Smith</u>	03:50:34	00:37:21	00:05:45	01:54:04	00:03:41	01:09:43	+1:40:42.882	04:16 min/km	14.1 km/h
160	57	6	Open Men	<u>Janneman</u>	<u>Gericke</u>	03:51:22	00:35:20	00:05:30	02:16:38	00:02:55	00:50:59	+1:41:30.908	04:17 min/km	14.0 km/h
161	28	449	Open Women	<u>Carla</u>	<u>Bekker</u>	03:51:54	00:37:11	00:03:32	01:54:21	00:03:02	01:13:48	+1:42:02.378	04:17 min/km	14.0 km/h
162	22	249	Master Men	<u>Lindsay</u>	<u>Fortune</u>	03:57:00	00:37:30	00:08:04	01:44:43	00:04:06	01:22:37	+1:47:08.614	04:23 min/km	13.7 km/h
163	29	436	Open Women	<u>Clara</u>	<u>Machado</u>	04:01:19	00:30:42	00:06:54	02:03:20	00:03:53	01:16:31	+1:51:27.742	04:28 min/km	13.4 km/h
164	30	445	Open Women	<u>Julia</u>	<u>Housdon</u>	04:01:19	00:31:04	00:07:06	02:05:31	00:02:40	01:14:58	+1:51:27.787	04:28 min/km	13.4 km/h
165	32	243	Veteran Men	<u>Rushdie</u>	<u>Lagardien</u>	04:01:26	00:39:02	00:06:59	02:19:24	00:04:34	00:51:26	+1:51:34.392	04:28 min/km	13.4 km/h
166	31	478	Open Women	<u>San-Marie</u>	<u>Kotze</u>	04:01:44	00:39:43	00:05:11	02:04:45	00:02:58	01:09:07	+1:51:52.570	04:28 min/km	13.4 km/h
167	32	442	Open Women	<u>Roxanne</u>	<u>White</u>	04:02:09	00:30:48	00:06:59	02:09:36	00:04:32	01:10:15	+1:52:17.199	04:29 min/km	13.4 km/h
168	23	252	Master Men	<u>Beau</u>	<u>Rynhoud</u>	04:04:58	00:34:39	00:07:27	02:04:35	00:04:16	01:14:01	+1:55:06.482	04:32 min/km	13.2 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
169	33	409	Open Women	<a href="#">Chelaine</a>	<a href="#">Maree</a>	04:07:18	00:29:54	00:08:53	02:26:13	00:03:28	00:58:50	+1:57:26.829	04:34 min/km	13.1 km/h
170	13	458	Veteran Women	<a href="#">Aneekah</a>	<a href="#">Fataar</a>	04:07:19	00:42:20	00:08:50	02:07:58	00:06:14	01:01:57	+1:57:27.798	04:34 min/km	13.1 km/h
171	33	202	Veteran Men	<a href="#">Carl</a>	<a href="#">Beekmans</a>	04:12:28	00:39:01	00:08:35	01:55:15	00:04:20	01:25:17	+2:02:36.933	04:40 min/km	12.8 km/h
172	14	435	Veteran Women	<a href="#">Jacqueline</a>	<a href="#">Hough</a>	04:19:51	00:40:16	00:05:11	02:01:29	00:04:16	01:28:37	+2:09:59.057	04:48 min/km	12.5 km/h
173	34	450	Open Women	<a href="#">Lindsay</a>	<a href="#">Hendricks</a>	04:25:00	00:39:13	00:05:15	02:06:10	00:04:23	01:30:00	+2:15:08.484	04:54 min/km	12.2 km/h