

Event	BIB	Last Name	First Name	Category/Division	Country Rep	Swim	Bike	Run	Finish Time
Ironman 70.3 South Africa	2	Cartmell	Fraser	PRO	Great Britain	00:23:15	02:23:48	01:17:40	04:07:54
Ironman 70.3 South Africa	1569	Bosanac	Edward	M60-64	United States	00:36:45	03:07:38	02:03:44	05:56:32
Ironman 70.3 South Africa	1499	Riddle	Alec	M50-54	South Africa	00:28:11	02:49:47	01:32:00	04:57:17
Ironman 70.3 South Africa	1529	Wheal	Brian	M50-54	South Africa	00:36:42	02:55:51	01:47:53	05:30:05
Ironman 70.3 South Africa	2008	Thomson	Pat	F50-54	South Africa	00:37:55	03:11:08	01:49:24	05:47:11
Ironman 70.3 South Africa	1319	Foster	Quentin	M45-49	South Africa	00:31:28	02:43:37	01:19:59	04:41:42
Ironman 70.3 South Africa	1316	Farrer	Michael	M45-49	South Africa	00:32:39	02:52:55	01:35:27	05:08:23
Ironman 70.3 South Africa	1439	West	Craig	M45-49	South Africa	00:36:17	02:54:24	01:30:03	05:10:29
Ironman 70.3 South Africa	1317	Fields	Bruce	M45-49	South Africa	00:32:20	02:53:00	01:49:27	05:24:14
Ironman 70.3 South Africa	1373	Mobius	Mike	M45-49	Germany	00:35:53	02:52:45	01:43:15	05:20:05
Ironman 70.3 South Africa	1955	Arce	Mirta	F45-49	Argentina	00:47:32	03:30:13	01:55:21	06:24:53
Ironman 70.3 South Africa	1023	Bulgarelli	Alfio	M40-44	Italy	00:26:40	02:47:29	01:44:54	05:04:17
Ironman 70.3 South Africa	1190	Sauder	Mario	M40-44	Mozambique	00:35:53	02:51:49	01:37:54	05:12:45
Ironman 70.3 South Africa	1110	Kakoullis	Panos	M40-44	Great Britain	00:35:07	02:47:41	01:43:22	05:17:37
Ironman 70.3 South Africa	299	Pretorius	Petrus	M40-44	South Africa	00:40:51	03:07:33	01:47:51	05:46:33
Ironman 70.3 South Africa	1093	Hayman	Mark	M40-44	Great Britain	00:34:01	02:59:18	01:49:52	05:31:20
Ironman 70.3 South Africa	1108	Jones	Heathcliffe	M40-44	Great Britain	00:35:02	02:59:01	01:56:12	05:36:21
Ironman 70.3 South Africa	1909	Gouveia	Joanne	F40-44	South Africa	00:41:54	03:27:48	01:51:08	06:12:12
Ironman 70.3 South Africa	683	Bateman	Robert	M35-39	South Africa	00:32:54	02:48:27	01:45:50	05:15:21
Ironman 70.3 South Africa	977	Williams	Richard	M35-39	Great Britain	00:32:35	02:53:46	01:41:19	05:14:07
Ironman 70.3 South Africa	763	Gill	Graeme	M35-39	South Africa	00:34:04	02:50:53	01:40:10	05:11:50
Ironman 70.3 South Africa	919	Summers	Blake	M35-39	South Africa	00:32:52	02:48:23	01:41:28	05:10:09
Ironman 70.3 South Africa	920	Summers	Clinton	M35-39	South Africa	00:31:48	02:54:55	01:53:20	05:26:08
Ironman 70.3 South Africa	904	Schulze	Thomas	M35-39	Germany	00:39:44	03:06:28	01:59:29	05:56:34
Ironman 70.3 South Africa	1837	Mac Innes	Jo	F35-59	Great Britain	00:42:45	03:29:43	01:51:41	06:14:41
Ironman 70.3 South Africa	588	Rawlinson	Clinton	M30-34	South Africa	00:32:04	02:55:50	01:49:06	05:23:08
Ironman 70.3 South Africa	544	Mooney	Robert	M30-34	South Africa	00:35:12	03:12:01	01:46:09	05:42:09
Ironman 70.3 South Africa	659	Deelder	Wouter	M30-34	Switzerland	00:35:21	03:20:27	01:43:59	05:47:43
Ironman 70.3 South Africa	623	Theopold	Nicolas	M30-34	Switzerland	00:31:37	02:44:01	01:43:01	05:04:09
Ironman 70.3 South Africa	1760	Sheppard	Victoria	F30-34	South Africa	00:31:13	03:15:26	01:48:12	05:42:11
Ironman 70.3 South Africa	317	Roos	Marsel	M25-29	South Africa	00:26:41	02:34:42	01:24:17	04:29:52
Ironman 70.3 South Africa	379	Wood	Brett	M25-29	South Africa	00:24:17	02:42:16	01:33:38	04:44:29

Ironman 70.3 South Africa	296	Pampalomi	Cosimo	M25-29	Italy	00:29:01	02:55:52	01:33:30	05:03:09
Ironman 70.3 South Africa	260	Malan	Jevan	M25-29	South Africa	00:33:03	03:09:16	01:32:39	05:22:26
Ironman 70.3 South Africa	304	Pretorius	Johan	M25-29	South Africa	00:32:37	02:38:57	01:17:02	04:33:48
Ironman 70.3 South Africa	168	Cairns	Rowan	M25-29	South Africa	00:32:15	02:49:05	01:40:28	05:07:18
Ironman 70.3 South Africa	1641	Gorrie	Natasha	F25-29	South Africa	00:30:27	02:46:36	01:33:48	04:55:24
Ironman 70.3 South Africa	861	Paredes	Juan	M235-39	Spain	00:38:44	02:45:05	01:28:30	04:59:43
Ironman 70.3 South Africa	79	Edmiston	Grant	M18-24	South Africa	00:31:57	02:37:54	01:27:29	04:42:14
Ironman 70.3 South Africa	1601	Swarbeck	Jane	F18-24	South Africa	00:32:46	02:59:56	02:00:38	05:40:38
Ironman 70.3 South Africa	1592	Marle	Sharon	F18-24	South Africa	00:30:31	03:11:43	02:03:34	05:52:01
Ironman 70.3 South Africa	93	Joubert	Pieter	M18-24	South Africa	00:31:43	03:02:42	01:42:14	05:24:54
Ironman 70.3 South Africa	1811	Gill	Kim	F35-59	South Africa	00:37:12	03:45:33	02:24:37	06:55:54
Ironman 70.3 South Africa	1085	Gouveia	Anthony	M40-44	South Africa	00:33:50	02:56:01	02:00:54	05:47:44
Ironman 70.3 South Africa	1484	Marle	Michael	M50-54	South Africa	00:33:11	03:06:44	02:06:28	05:53:30
Ironman 70.3 South Africa	1320	Galvan	Roberto	M45-49	Italy	00:34:01	02:53:41	01:51:28	05:25:50
Ironman 70.3 South Africa	1304	de Beer	Andre	M45-49	South Africa	00:33:34	02:47:47	02:02:23	05:33:19
Ironman 70.3 South Africa	1150	Millard	Dave	M40-44	South Africa	00:42:21	02:55:43	02:01:45	05:50:01
Ironman 70.3 South Africa	1098	Herman	Dane	M40-44	South Africa	00:46:41	03:31:11	02:00:54	06:26:42
Ironman 70.3 South Africa	1510	Strydom	Danna	M50-54	South Africa	00:36:42	03:06:25	01:53:12	05:47:06