

Ironman South Africa - 15.04.2018

Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1	2	Kyle Buckingham	ZA	Male	MPRO	08:13:00	1	0:48:22	7		4:31:51	5		2:48:42	3
2	3	Josh Amberger	AU	Male	MPRO	08:16:01	2	0:46:24	1		4:31:35	3		2:53:43	7
3	17	Maurice Clavel	DE	Male	MPRO	08:18:51	3	0:48:21	6		4:31:56	6		2:54:01	8
4	6	Cameron Wurf	AU	Male	MPRO	08:20:07	4	0:50:15	12		4:19:44	1		3:05:10	22
5	8	Ronnie Schildknecht	CH	Male	MPRO	08:23:09	5	0:53:53	34		4:35:37	7		2:49:03	4
6	33	Jonathan Shearon	US	Male	MPRO	08:23:57	6	0:53:56	35		4:35:48	8		2:49:15	5
7	18	Alessandro Degasperi	IT	Male	MPRO	08:25:10	7	0:48:30	9		4:42:43	11		2:48:33	2
8	27	Giulio Molinari	IT	Male	MPRO	08:25:29	8	0:48:19	4		4:37:53	9		2:54:57	9
9	24	Philipp Koutny	CH	Male	MPRO	08:26:18	9	0:50:44	14		4:40:33	10		2:50:35	6
10	7	Eneko Llanos Burguera	ES	Male	MPRO	08:31:56	10	0:48:28	8		4:31:48	4		3:07:07	27
11	12	Peru Alfaro	ES	Male	MPRO	08:36:18	11	0:48:12	3		4:44:57	14		2:58:07	12
12	31	Michael Ruenz	DE	Male	MPRO	08:38:21	12	0:57:42	88		4:47:55	20		2:48:17	1
13	154	Lars Petter Stormo	NO	Male	M35-39	08:42:16	1	0:54:25	39		4:47:12	17		2:55:28	10
14	5	Matt Trautman	ZA	Male	MPRO	08:47:14	13	0:49:53	11		4:42:56	12		3:09:25	33
15	918	Benjamin Winkler	DE	Male	M30-34	08:51:41	1	0:52:26	22		4:49:21	21		3:04:28	19
16	109	Olivier Godart	LU	Male	M40-44	08:54:04	1	0:58:23	100		4:52:00	24		2:58:37	15
17	42	Lucy Charles-Barclay	GB	Female	FPRO	08:56:06	1	0:47:32	2		4:57:21	31		3:05:45	25
18	29	Sebastian Norberg	SE	Male	MPRO	09:00:39	14	0:53:52	33		4:46:57	16		3:15:27	56
19	41	Susie Cheetham	GB	Female	FPRO	09:02:58	2	0:55:48	57		5:01:54	42		3:00:47	16
20	15	Alberto Casadei	IT	Male	MPRO	09:05:18	15	0:48:20	5		5:03:44	48		3:07:54	29
21	156	Rasmus Svenningsson	SE	Male	M25-29	09:06:09	1	0:56:07	59		5:00:18	36		3:04:12	18
22	44	Linsey Corbin	US	Female	FPRO	09:07:10	3	0:55:48	56		5:08:14	69		2:58:16	13
23	34	Darby Thomas	FI	Male	MPRO	09:07:29	16	1:00:55	165		4:47:19	18		3:14:22	51
24	120	Ewert Kleynhans	ZA	Male	M35-39	09:10:39	2	1:07:21	419		4:53:07	25		3:04:28	20
25	99	Christian Faessler	CH	Male	M25-29	09:10:44	2	0:57:27	83		5:07:59	68		2:58:28	14
26	549	Nicolas Sapiéha	BE	Male	M30-34	09:11:12	2	0:51:06	17		4:43:40	13		3:27:41	108
27	10	Gerhard De Bruin	ZA	Male	MPRO	09:11:47	17	0:53:44	31		4:51:41	23		3:22:03	80
28	781	Steven Br?schke	DE	Male	M30-34	09:14:57	3	1:10:26	590		4:59:36	35		2:57:37	11
29	204	Carl Br?mmer	SE	Male	M50-54	09:18:06	1	0:54:51	47		5:05:33	54		3:13:16	47
30	59	Rach McBride	CA	Female	FPRO	09:18:34	4	0:52:47	24		5:04:06	49		3:16:55	62
31	806	Marius Elvedal	NO	Male	M30-34	09:20:19	4	0:59:58	138		4:59:18	34		3:16:18	58
32	128	Laurent Marcilloux	FR	Male	M30-34	09:20:27	5	0:59:36	121		5:01:04	39		3:14:06	50
33	1147	Jorge Gonzalez Alvarez	ES	Male	M40-44	09:21:33	2	1:00:08	142		5:02:32	44		3:12:19	45
34	85	Nicholas Chapman	ZA	Male	M30-34	09:21:34	6	1:06:47	391		4:49:31	22		3:20:03	77
35	457	Yiftach Ganon	IL	Male	M30-34	09:21:40	7	0:59:27	117		5:03:25	46		3:11:57	40
36	238	Bradley Fleming	ZA	Male	M35-39	09:21:59	3	0:59:12	109		5:03:13	45		3:14:55	55
36	55	Manon Genet	FR	Female	FPRO	09:21:59	5	0:59:43	128		5:06:05	57		3:11:21	37

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
38	534	Stefano Prandini	IT	Male	M30-34	09:23:59	8	0:56:43	69		5:04:51	50		3:15:49	57
39	198	Bradley Birkholtz	ZA	Male	M35-39	09:25:47	4	0:54:17	38		5:16:14	112		3:08:08	31
40	585	Peter Weiss	DK	Male	M45-49	09:25:49	1	0:56:18	65		5:08:36	74		3:14:48	54
41	876	David Nicholls	GB	Male	M30-34	09:26:42	9	0:57:12	79		5:06:35	62		3:17:20	65
42	16	Bekim Christensen	DK	Male	MPRO	09:27:13	18	1:05:56	352		4:46:32	15		3:28:53	116
43	578	Jef Van Meirhaeghe	BE	Male	M25-29	09:27:27	3	1:01:33	185		4:47:48	19		3:31:55	129
44	169	Mitch Vanhille	BE	Male	M35-39	09:27:44	5	1:01:29	181		5:11:07	85		3:09:17	32
45	1408	Yehuda Doron	IL	Male	M45-49	09:27:56	2	1:03:01	235		4:58:17	32		3:18:08	69
46	395	Lior Zach-Maor	IL	Male	M45-49	09:28:31	3	0:55:55	58		5:01:05	41		3:25:33	100
47	411	Jörn Basel	DE	Male	M35-39	09:28:51	6	1:01:20	176		5:12:34	94		3:07:50	28
48	567	Thomas Durey	FR	Male	M40-44	09:29:00	3	0:51:34	19		5:07:17	65		3:23:36	88
49	45	Gurutze Frades Larralde	ES	Female	FPRO	09:30:14	6	0:59:18	115		5:11:02	84		3:14:38	52
50	148	Thomas Schlohmann	DE	Male	M35-39	09:30:45	7	0:59:40	126		5:06:16	59		3:19:13	75
51	574	Shawn Van Der Meulen	ZA	Male	M35-39	09:30:50	8	1:00:22	150		5:13:18	99		3:11:03	36
52	295	Felipe Manalich	CL	Male	M35-39	09:31:46	9	0:56:17	64		5:11:18	88		3:16:41	61
53	937	Philipp Buchli	CH	Male	M35-39	09:32:30	10	1:07:33	427		5:07:14	64		3:12:01	41
54	399	Fernando Aiello Casas	ES	Male	M40-44	09:34:07	4	1:04:18	291		5:18:43	127		3:05:17	24
55	374	Ignacio Valdivieso	CL	Male	M30-34	09:34:36	10	1:00:54	163		5:15:33	108		3:11:51	39
56	28	Hans Mählbauer	DE	Male	MPRO	09:34:55	19	0:55:31	51		5:22:21	153		3:11:41	38
57	48	Katharina Grohmann	DE	Female	FPRO	09:35:07	7	1:10:06	576		5:13:17	98		3:06:53	26
58	868	Gary Muller	ZA	Male	M30-34	09:35:45	11	0:59:44	129		5:06:28	60		3:23:20	85
59	2052	Benjamin Hall	GB	Male	M25-29	09:35:50	4	1:09:41	555		5:16:22	115		3:04:56	21
60	278	Albert Jose Gonzalvo	ES	Male	M35-39	09:36:25	11	1:04:13	284		5:08:40	75		3:16:28	59
61	57	Martina Kunz	CH	Female	FPRO	09:36:40	8	1:02:04	204		5:16:01	110		3:13:27	49
62	72	Thiago Gabriel Alvim	BR	Male	M30-34	09:37:11	12	0:57:53	89		5:08:44	77		3:22:32	82
63	63	Maja Stage Nielsen	DK	Female	FPRO	09:37:21	9	0:58:06	95		5:17:11	118		3:16:59	63
64	211	Romain Christe	CH	Male	M45-49	09:37:39	4	1:00:59	167		5:07:30	67		3:20:24	79
65	123	Heinrich Lategan	ZA	Male	M35-39	09:38:04	12	1:05:23	337		4:55:37	27		3:32:02	130
66	78	Alexander Bogdanov	RU	Male	M30-34	09:38:11	13	1:03:24	246		5:10:01	82		3:18:43	72
67	51	Annah Watkinson	ZA	Female	FPRO	09:38:30	10	0:59:17	113		5:20:44	144		3:12:15	43
68	132	Dominique Meier	CH	Male	M25-29	09:40:11	5	1:02:18	210		5:18:02	124		3:14:44	53
69	443	Julien Drouault	FR	Male	M35-39	09:40:34	13	1:02:38	220		5:06:34	61		3:25:32	99
70	96	Fredrik Ekström	SE	Male	M40-44	09:40:45	5	1:01:52	198		5:07:21	66		3:24:04	92
71	473	Jc Heslinga	ZA	Male	M45-49	09:40:48	5	1:03:51	267		5:17:55	122		3:12:02	42
71	1089	Amit Shaked	IL	Male	M35-39	09:40:48	14	1:02:54	230		5:03:30	47		3:28:29	113
73	114	Rafal Herman	PL	Male	M40-44	09:41:49	6	0:59:25	116		5:05:25	52		3:31:16	127
74	492	Zur Lev	IL	Male	M35-39	09:42:05	15	1:08:38	503		5:14:21	103		3:13:16	48

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
75	666	Francesco Gualtieri	IT	Male	M18-24	09:42:22	1	0:55:42	52		5:07:04	63		3:31:23	128
76	108	Rico Giovanoli	CH	Male	M35-39	09:42:29	16	1:06:54	397		5:05:06	51		3:23:27	87
77	87	Francois Chavet	FR	Male	M35-39	09:43:08	17	1:02:01	202		5:19:36	134		3:12:58	46
78	679	Beranger Serres	FR	Male	M25-29	09:43:11	6	0:54:49	46		5:12:49	95		3:27:35	107
79	479	Martin Johansen	DK	Male	M30-34	09:43:12	14	1:06:40	386		5:19:51	137		3:08:07	30
80	95	Otto Du Plessis	ZA	Male	M35-39	09:44:15	18	0:57:02	76		5:08:57	78		3:29:56	119
81	143	Christian Piri	DE	Male	M30-34	09:44:46	15	1:02:31	216		5:09:22	81		3:26:08	103
82	1067	Peter Portman	CH	Male	M35-39	09:44:51	19	0:59:44	130		5:08:43	76		3:27:52	111
83	167	Pepijn Van Overeem	NL	Male	M30-34	09:44:56	16	1:04:40	307		5:16:21	114		3:17:00	64
84	60	Leslie Miller	US	Female	FPRO	09:45:19	11	0:59:54	137		5:27:53	206		3:12:17	44
85	522	Ryosuke Ohata	JP	Male	M35-39	09:46:47	20	0:54:02	36		5:18:00	123		3:25:19	97
86	415	Sander Berk	NL	Male	M35-39	09:47:31	21	0:51:01	16		5:22:11	150		3:28:00	112
87	195	Ross Barnard	ZA	Male	M25-29	09:47:43	7	1:02:16	208		5:08:18	71		3:29:28	118
88	258	Grant Guerin	ZA	Male	M35-39	09:47:48	22	1:04:34	302		5:20:00	139		3:16:31	60
89	306	Thiago Mohana	BR	Male	M30-34	09:47:57	17	0:56:33	67		5:24:46	182		3:20:13	78
90	53	Mar?a Saleta Castro Nogueira	ES	Female	FPRO	09:47:58	12	0:55:42	53		5:29:38	221		3:17:26	66
91	106	Guillermo Garcia	AR	Male	M25-29	09:48:39	8	0:57:32	84		5:23:32	165		3:22:23	81
92	118	Peter J?nsson	SE	Male	M45-49	09:50:04	6	1:02:16	207		5:00:21	37		3:38:10	164
93	548	Oscar Rosingana Caballero	ES	Male	M45-49	09:50:35	7	1:06:13	365		5:32:57	248		3:05:12	23
94	81	Katrine Brock	DK	Female	F25-29	09:52:24	1	1:09:54	567		5:32:09	241		3:03:19	17
95	110	Mathew Goetsch	ZA	Male	M40-44	09:52:41	7	0:59:36	122		5:08:18	72		3:37:09	156
96	483	Tyrone Kotze	NA	Male	M35-39	09:53:07	23	0:53:29	28		5:23:03	159		3:30:22	122
97	281	Gabor Kovacs	ZA	Male	M35-39	09:53:34	24	1:01:21	178		5:11:12	87		3:33:59	136
98	1245	Ronny Kern	DE	Male	M40-44	09:53:35	8	1:02:42	223		5:13:56	100		3:30:11	121
99	943	David Cilliers	ZA	Male	M35-39	09:53:45	25	0:58:51	105		5:22:55	157		3:24:45	93
100	91	Renaud Cormier	FR	Male	M45-49	09:54:22	8	1:01:01	169		5:06:03	56		3:40:02	174
101	103	Jose Daniel Figueroa	MX	Male	M30-34	09:54:29	18	1:07:55	450		5:19:26	132		3:18:53	73
102	311	Leon Naude	ZA	Male	M35-39	09:55:25	26	1:05:11	327		5:18:59	129		3:23:50	89
103	515	Peter Naudts	BE	Male	M40-44	09:56:06	9	1:05:50	350		5:16:06	111		3:25:31	98
104	1134	Duncan Willsher	GB	Male	M35-39	09:56:18	27	1:00:56	166		5:16:44	116		3:33:15	133
105	991	David Herrera Gonzalez	ES	Male	M35-39	09:56:37	28	0:57:20	81		5:09:19	80		3:42:42	189
106	456	Reto Froehli	CH	Male	M25-29	09:57:23	9	1:00:00	140		5:20:38	141		3:30:28	123
107	274	Dylan Jennings	ZA	Male	M35-39	09:57:33	29	1:06:59	403		5:23:48	166		3:18:17	71
108	152	Lyle Hansen	ZA	Male	M40-44	09:58:32	10	0:53:24	27		5:41:27	339		3:17:36	67
109	56	Corina Hengartner	CH	Female	FPRO	09:58:59	13	1:04:25	292		5:38:38	312		3:09:36	34
110	354	Tomer Shahar	FI	Male	M40-44	09:59:13	11	1:01:49	196		5:14:10	101		3:36:03	148
111	317	Juan Nunez	ES	Male	M45-49	10:00:09	9	1:01:05	171		5:26:32	198		3:25:41	101

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
112	84	Alejandro Casado	ES	Male	M35-39	10:00:10	30	1:07:14	415		4:57:12	29		3:48:48	251
113	708	Kevin Fuster Matias	ES	Male	M25-29	10:00:13	10	0:56:23	66		5:24:06	173		3:30:00	120
114	257	Tara Grosvenor	GB	Female	F30-34	10:00:27	1	0:59:36	120		5:26:05	193		3:28:38	114
115	1506	Jody Sanderson	CA	Male	M45-49	10:00:35	10	1:04:47	310		5:14:34	105		3:34:08	140
116	75	TARIK ARCOVERDE RIBEIRO COSTA	BR	Male	M40-44	10:01:27	12	0:50:39	13		5:11:40	89		3:52:11	283
117	762	Lars Albrecht	DE	Male	M30-34	10:01:39	19	1:08:59	522		4:57:16	30		3:48:44	250
118	182	Dani Zurfluh	CH	Male	M35-39	10:02:35	31	1:01:28	180		5:10:24	83		3:43:17	198
119	179	Yann Payen	FR	Male	M40-44	10:02:59	13	1:07:27	422		5:12:07	92		3:34:29	141
120	896	KYLE SOLE	ZA	Male	M30-34	10:03:20	20	1:04:37	305		5:14:46	107		3:36:25	150
121	323	Gonzalo Pardo	AR	Male	M35-39	10:03:23	32	0:59:40	125		5:19:02	130		3:26:40	104
122	463	Matthias Grosser	DE	Male	M30-34	10:03:32	21	1:01:14	174		5:22:18	152		3:33:34	135
123	974	Nazaret Garcia Garcia	ES	Male	M35-39	10:03:38	33	1:08:58	521		5:31:40	239		3:10:35	35
124	172	Vinny Veness	GB	Male	M45-49	10:03:47	11	1:01:39	190		5:13:09	96		3:37:20	158
125	554	Baptiste Selinghe	FR	Male	M30-34	10:04:19	22	1:03:32	256		5:20:39	142		3:33:21	134
126	131	Alicja Medak	PL	Male	M45-49	10:04:51	12	1:03:21	244		5:19:36	133		3:35:09	142
127	82	Ricardo Caiuby	BR	Male	M45-49	10:04:59	13	1:03:58	274		5:35:09	271		3:18:10	70
128	220	J?rgen Dau Nielsen	DK	Male	M40-44	10:05:38	14	1:12:05	675		5:08:24	73		3:38:10	165
129	428	Joan Capdevila G?mez	ES	Male	M40-44	10:05:51	15	0:56:09	60		5:06:14	58		3:56:28	334
130	1497	Erwan Prevost	ZA	Male	M45-49	10:05:54	14	0:59:48	132		5:09:18	79		3:50:25	264
131	86	Martin Chapochnikoff	AR	Male	M40-44	10:05:57	16	0:54:37	44		5:05:33	53		4:00:34	366
132	1646	Marc Siejo	FR	Male	M50-54	10:06:13	2	1:06:11	363		5:24:14	176		3:27:27	106
133	874	Dominik van Meegern	DE	Male	M30-34	10:06:14	23	0:59:34	119		5:23:13	161		3:35:55	147
134	163	Barry Van Der Merwe	ZA	Male	M45-49	10:08:01	15	0:58:25	102		5:17:49	120		3:45:07	217
134	135	Lu?s Mira Nunes	PT	Male	M45-49	10:08:01	15	1:10:43	608		5:14:33	104		3:36:41	151
136	1637	Hugo Lemmen	ZA	Male	M50-54	10:08:21	3	0:57:41	87		5:23:59	170		3:37:33	160
137	1698	Mauro Ciarrocchi	IT	Male	M55-59	10:09:02	1	0:57:05	77		5:36:18	283		3:25:08	95
138	373	Ushakova Svetlana	RU	Female	F25-29	10:09:45	2	0:54:30	42		5:29:26	220		3:40:46	177
139	647	Bryan Difford	ZA	Male	M30-34	10:10:16	24	0:51:13	18		5:35:52	276		3:35:19	144
140	897	Lendl Steffens	ZA	Male	M30-34	10:10:23	25	1:00:22	148		5:24:30	180		3:39:33	172
141	153	Marco Stichini	ZA	Male	M40-44	10:10:29	17	1:00:16	144		5:18:27	126		3:43:15	197
141	183	Finn Zwager	NL	Male	M50-54	10:10:29	4	1:09:55	568		5:24:03	172		3:27:48	110
143	341	Andrew Robertson	ZA	Male	M45-49	10:10:55	17	1:09:36	552		5:31:14	234		3:19:05	74
144	25	Philippe Lamberty	LU	Male	MPRO	10:11:19	20	0:53:49	32		4:56:48	28		4:16:20	528
145	1608	Frank Emde	DE	Male	M50-54	10:11:28	5	1:02:41	222		5:20:09	140		3:40:45	176
146	891	Marc Sangr?	ES	Male	M30-34	10:12:14	26	0:56:52	75		5:24:06	174		3:44:44	215
147	137	Stine Mollebro	DK	Female	F35-39	10:13:00	1	0:58:00	92		5:43:31	360		3:22:57	84
148	1272	Alastair Maher	GB	Male	M40-44	10:13:48	18	1:07:59	464		5:11:41	90		3:46:55	233

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
149	952	Daniel Da Gama Guimar?es Ramalho	BR	Male	M35-39	10:13:50	34	0:51:53	20		5:26:14	195		3:46:19	229
150	381	Mauricio Vega Farina	AR	Male	M40-44	10:14:00	19	1:00:20	147		5:20:42	143		3:47:11	235
150	355	Gerard Coaklin	ZA	Male	M35-39	10:14:00	35	1:13:06	733		5:23:23	163		3:24:54	94
152	254	Jono Grant	ZA	Male	M30-34	10:14:04	27	1:07:43	439		5:30:01	226		3:29:15	117
153	232	Karl Ericsson	SE	Male	M30-34	10:14:33	28	1:02:47	226		5:02:05	43		3:52:04	282
154	170	Ian Vargas Galaz	CL	Male	M30-34	10:14:44	29	0:58:01	93		5:23:02	158		3:45:56	225
155	112	Haddad Luciana	BR	Female	F35-39	10:14:47	2	1:07:07	409		5:44:41	375		3:17:54	68
156	229	Christopher Doyle	LU	Male	M55-59	10:15:17	2	1:08:01	466		5:29:39	222		3:22:49	83
157	142	Rene Pfaller	AT	Male	M30-34	10:15:22	30	1:01:47	194		5:24:20	177		3:40:58	179
158	1111	Franky Tolra Lopez	ES	Male	M35-39	10:15:39	36	1:01:39	188		5:35:11	272		3:31:11	126
159	1265	Dap Louw	ZA	Male	M40-44	10:15:41	20	1:03:35	259		5:23:20	162		3:42:02	188
160	199	Enrique Bold?	ES	Male	M50-54	10:15:44	6	0:55:21	49		5:38:53	314		3:34:03	137
161	1415	Markus Eini?	FI	Male	M45-49	10:15:54	18	1:06:38	385		5:14:19	102		3:48:16	245
162	1031	Eduardo Malucelli	BR	Male	M35-39	10:17:11	37	1:02:47	225		5:13:11	97		3:53:04	290
163	253	Erik Graffner	SE	Male	M30-34	10:17:21	31	1:06:31	379		5:17:20	119		3:47:52	243
164	284	Japie Kruger	ZA	Male	M30-34	10:18:28	32	1:06:27	376		5:28:40	212		3:34:06	139
165	343	Romain Fusser	FR	Male	M45-49	10:19:01	19	1:05:31	343		5:28:57	215		3:36:51	154
166	525	Konstantinos Papanikolaou	GR	Male	M50-54	10:19:14	7	1:08:27	494		5:24:11	175		3:38:41	169
167	1954	Manuela Suess	DE	Female	F40-44	10:19:17	1	1:05:49	349		5:28:10	209		3:38:02	162
168	197	Bester Craig	ZA	Male	M25-29	10:19:23	11	0:54:15	37		5:19:24	131		4:00:22	364
169	157	arlindo Tavares	PT	Male	M50-54	10:20:48	8	0:56:47	71		5:20:58	147		3:56:36	336
170	1805	Julie Flakne Andresen	NO	Female	F25-29	10:21:17	3	1:03:31	253		5:25:07	185		3:44:58	216
171	242	Justin Gaffney	ZA	Male	M40-44	10:21:26	21	1:08:04	468		5:23:51	167		3:41:59	187
172	1149	Joao Antunes	PT	Male	M40-44	10:21:33	22	1:12:37	709		5:36:26	285		3:25:46	102
173	1001	Wayne Jelliman	ZA	Male	M35-39	10:21:47	38	0:56:15	63		5:21:08	148		3:57:39	349
174	1438	Ulrich Haupt	DE	Male	M45-49	10:21:48	20	0:57:19	80		5:14:44	106		4:02:12	379
175	1293	Arthur Ocheretny	RU	Male	M40-44	10:23:00	23	1:18:06	1041		5:19:41	136		3:32:37	131
176	166	Natia Van Heerden	ZA	Female	F25-29	10:23:31	4	1:01:09	172		5:53:04	465		3:23:50	90
177	2047	Morten Siem Lyng	DK	Male	M45-49	10:23:37	21	1:08:31	496		5:00:46	38		4:07:14	446
178	1607	Andre Dwehus	DE	Male	M50-54	10:23:58	9	1:03:57	272		5:29:13	218		3:43:21	199
179	902	Lyle Timm	ZA	Male	M30-34	10:24:27	33	1:17:10	989		5:33:00	249		3:27:44	109
179	432	Lee Charles	GB	Male	M45-49	10:24:27	22	1:02:55	231		5:05:48	55		4:09:12	460
181	155	Trude Stormo	NO	Female	F35-39	10:24:40	3	1:05:00	320		5:30:13	227		3:40:57	178
182	735	Bram Ottenhof	NL	Male	M25-29	10:24:55	12	0:58:16	99		5:26:18	196		3:54:11	304
183	886	Chris Ransom	ZA	Male	M30-34	10:25:22	34	1:07:20	418		5:16:58	117		3:50:21	262
184	386	Joris Vrij	NL	Male	M45-49	10:25:41	23	1:10:10	579		5:23:52	168		3:45:23	221
185	285	Juan Labra	CL	Male	M40-44	10:25:42	24	1:07:48	443		5:46:42	395		3:23:26	86

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
186	591	Thomas Barlow	ZA	Male	M45-49	10:25:44	24	1:03:55	271		5:28:01	207		3:46:36	231
187	111	Luciano Gomes	BR	Male	M40-44	10:25:50	25	1:10:19	584		5:25:34	187		3:41:39	184
188	298	Abraham Martinez	CL	Male	M35-39	10:25:57	39	1:08:33	499		5:50:48	432		3:19:17	76
189	1342	Barry Trevor-Roberts	ZA	Male	M40-44	10:26:08	26	1:00:47	158		5:32:50	245		3:45:11	219
190	124	Shawn Andrew Letts	ZA	Male	M40-44	10:26:34	27	1:06:01	355		5:37:53	303		3:35:44	145
191	268	Lisa Hermansson	SE	Female	F30-34	10:26:42	2	0:59:15	111		5:44:09	371		3:35:52	146
192	71	Alain Perroteau	FR	Male	M55-59	10:26:55	3	1:12:46	720		5:20:52	145		3:45:08	218
193	230	Mark Eerenberg	NL	Male	M35-39	10:27:19	40	1:03:49	266		5:33:17	253		3:43:40	201
194	783	James Burns	ZA	Male	M30-34	10:27:45	35	1:05:17	334		5:29:03	216		3:46:28	230
195	189	Alexander Ask	NO	Male	M30-34	10:28:00	36	1:06:09	362		5:22:39	155		3:51:45	275
196	1490	Steven Nimmo	ZA	Male	M45-49	10:28:33	25	1:09:04	527		5:31:32	237		3:37:21	159
197	1697	Antonio Bussolati	IT	Male	M55-59	10:29:02	4	1:08:28	495		5:28:03	208		3:43:06	192
198	1339	Philippe TORLAY	FR	Male	M40-44	10:29:17	28	1:08:31	497		5:25:38	188		3:44:17	209
199	682	Scott Blount	ZA	Male	M25-29	10:29:28	13	0:52:43	23		5:16:20	113		4:12:24	498
200	1665	Ralph Porto	BR	Male	M50-54	10:29:45	10	1:04:16	287		5:40:57	334		3:36:43	152
201	1179	Daniel Del Toro De Le?n	ES	Male	M40-44	10:30:01	29	1:04:30	300		5:28:32	211		3:48:49	252
202	693	Eben De Jongh	ZA	Male	M25-29	10:31:03	14	0:57:36	86		5:36:57	290		3:49:23	256
203	344	Paolo Romano	IT	Male	M50-54	10:31:12	11	1:07:13	413		5:25:41	189		3:47:43	240
204	348	Sebastian Sanchez	AR	Male	M40-44	10:31:22	30	1:06:43	390		5:25:06	184		3:51:26	272
205	164	Eulali Gouws	ZA	Female	F30-34	10:31:27	3	1:07:41	434		5:48:13	409		3:28:43	115
206	251	Gabriella Gioia	ZA	Female	F25-29	10:31:31	5	1:06:35	383		5:29:16	219		3:49:51	259
207	690	Wesley Cullum	ZA	Male	M25-29	10:32:29	15	0:55:44	54		5:38:21	307		3:49:21	255
208	250	Bruce Gie	ZA	Male	M45-49	10:32:43	26	1:02:58	234		5:28:49	213		3:53:30	298
209	1066	Nicholas Porteous	ZA	Male	M35-39	10:32:51	41	1:05:10	325		5:22:11	149		3:54:29	306
210	555	Fr?d?ric SEVERINO	FR	Male	M45-49	10:33:18	27	1:03:48	265		5:32:27	243		3:49:18	254
211	151	Scott Southgate	GB	Male	M45-49	10:33:24	28	1:06:04	358		5:42:03	346		3:36:51	153
212	98	Michelle Enslin	ZA	Female	F50-54	10:33:30	1	1:02:35	219		5:39:25	321		3:43:51	203
213	188	Ramses Arroub	MA	Male	M50-54	10:34:04	12	1:01:29	182		5:34:55	269		3:44:23	212
213	1854	Silke Piri	DE	Female	F30-34	10:34:04	4	1:21:49	1241		5:32:53	247		3:31:08	125
215	180	Alexander Zhukov	RU	Male	M40-44	10:34:33	31	1:06:02	357		5:37:29	295		3:44:01	206
216	315	Koji Nomura	JP	Male	M30-34	10:34:48	37	0:59:51	135		5:31:08	233		3:53:55	302
217	1673	Timur Shimanovskiy	RU	Male	M50-54	10:34:49	13	1:15:17	860		5:23:53	169		3:47:06	234
218	225	Wouter Delbaere	BE	Male	M30-34	10:35:26	38	1:11:12	631		5:28:31	210		3:47:24	238
219	459	Tom Geirnaert	BE	Male	M40-44	10:35:34	32	1:03:34	257		5:12:33	93		4:12:11	495
220	74	Stuart Anderson	GB	Male	M45-49	10:35:43	29	1:02:25	214		5:01:04	40		4:25:44	654
221	717	Julien Limballe	FR	Male	M25-29	10:36:05	16	1:05:08	323		5:37:45	302		3:44:33	213
222	237	Olivier Fichaux	FR	Male	M50-54	10:36:06	14	0:59:10	108		5:34:03	261		3:55:40	326

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
223	419	Stefan Bolling	SE	Male	M45-49	10:36:27	30	1:00:38	156		5:27:19	202		4:00:39	368
224	417	Pieter Beukes	ZA	Male	M30-34	10:36:35	39	1:04:32	301		5:56:18	506		3:25:10	96
225	133	Nathan Miller	US	Male	M35-39	10:36:46	42	0:56:50	72		4:58:24	33		4:35:47	779
226	1145	Stefano Albasi	IT	Male	M40-44	10:36:51	33	1:11:58	670		5:33:20	254		3:38:37	168
227	372	Carsten Umland	DE	Male	M50-54	10:37:02	15	1:08:07	473		5:39:08	317		3:41:28	182
228	1321	Roger Skews	ZA	Male	M40-44	10:37:03	34	1:02:34	218		5:32:51	246		3:53:13	293
229	863	Sebastian Menninger	DE	Male	M30-34	10:37:34	40	1:09:10	532		5:24:30	178		3:54:49	311
230	178	Igor Yakushko	US	Male	M40-44	10:37:46	35	1:10:32	596		5:36:06	282		3:43:09	194
231	1052	Thembile Nxele	ZA	Male	M35-39	10:37:48	43	1:25:26	1374		5:25:30	186		3:37:09	157
232	325	Paulo Pereira	BR	Male	M40-44	10:37:55	36	1:09:07	530		5:29:40	223		3:47:13	236
233	1431	Marc Grewe	DE	Male	M45-49	10:38:36	31	1:07:53	449		5:20:55	146		4:00:12	363
234	1466	Robert Mace	ZA	Male	M45-49	10:38:39	32	1:04:26	293		5:42:00	345		3:41:42	185
235	912	Matthieu Vanpeteghem	BE	Male	M30-34	10:38:50	41	1:05:43	347		5:43:04	354		3:43:12	196
236	122	David Labouchere	GB	Male	M55-59	10:39:28	5	1:09:01	524		5:29:52	224		3:53:35	299
237	80	Jacques Bouwer	ZA	Male	M30-34	10:39:45	42	1:13:18	747		5:38:26	309		3:38:10	163
238	273	Irena Mazin	IL	Female	F45-49	10:39:46	1	1:13:40	772		5:33:12	251		3:43:06	193
239	695	Gareth Dias	ZA	Male	M25-29	10:39:50	17	0:50:52	15		5:41:12	336		4:00:31	365
240	234	Emmanuel Fafournoux	FR	Male	M40-44	10:39:54	37	1:04:54	315		5:40:11	329		3:46:14	228
241	1319	Dean Siebert	ZA	Male	M40-44	10:40:09	38	1:04:15	286		5:23:08	160		4:02:32	384
242	496	Dirk Lonnemann	DE	Male	M55-59	10:40:14	6	1:08:45	508		5:31:20	236		3:52:22	286
243	1492	Erwin Orthaber	AT	Male	M45-49	10:40:24	33	1:07:55	451		5:35:27	274		3:49:44	258
244	972	Daniel Jose Garay	AR	Male	M35-39	10:41:28	44	1:16:06	916		5:31:33	238		3:42:59	190
245	698	Jaco Ebertsohn	ZA	Male	M25-29	10:42:27	18	1:10:30	594		5:52:45	463		3:30:32	124
246	668	Grant Miskin	ZA	Male	M18-24	10:43:33	2	1:04:40	306		5:37:36	299		3:49:24	257
247	501	Frederick L?er	DE	Male	M30-34	10:43:44	43	1:04:53	314		5:43:47	363		3:44:00	205
248	519	Timo Ni?	DE	Male	M50-54	10:43:53	16	1:04:09	279		5:34:47	265		3:55:37	323
249	964	Anders Ellow	SE	Male	M35-39	10:43:54	45	1:14:34	818		5:31:57	240		3:41:06	180
250	737	Daniel Sass	ZA	Male	M25-29	10:44:03	19	1:12:47	721		5:38:38	311		3:41:51	186
251	105	Martin Gannon	GB	Male	M60-64	10:44:32	1	1:09:44	558		5:33:48	257		3:51:15	271
252	117	Marcus Jores	DE	Male	M55-59	10:45:00	7	1:07:59	463		5:33:03	250		3:55:38	324
253	319	Pedro Henrique Pedrosa	BR	Male	M30-34	10:45:08	44	1:11:33	653		5:43:21	358		3:39:43	173
254	1029	Mikhail Makarov	RU	Male	M35-39	10:45:18	46	1:02:10	206		5:11:57	91		4:24:49	636
255	975	Richard Gaugeler	ZA	Male	M35-39	10:45:25	47	1:07:46	440		5:26:25	197		4:04:07	400
256	607	Jonty Low	ZA	Male	M35-39	10:45:29	48	0:53:04	26		5:36:21	284		4:09:41	465
257	1715	Ulf Hansen	SE	Male	M55-59	10:46:03	8	0:58:05	94		5:37:59	304		4:02:32	385
258	1069	Nico Pretorius	ZA	Male	M35-39	10:46:13	49	1:16:17	925		5:43:33	361		3:35:10	143
259	740	Jaryd Scott	ZA	Male	M25-29	10:46:29	20	1:01:12	173		5:44:06	370		3:53:14	295

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
260	207	Javier Cano Morales	ES	Male	M30-34	10:46:48	45	1:05:27	339		5:26:35	199		4:05:38	422
261	410	Keegan Bartlett	ZA	Male	M25-29	10:47:37	21	0:59:49	133		5:44:00	368		3:51:55	280
261	160	JACQUES TROTTIER	FR	Male	M50-54	10:47:37	17	1:09:48	559		5:49:57	424		3:38:24	167
263	999	Benjamin Janse Van Rensburg	ZA	Male	M35-39	10:48:02	50	1:19:08	1101		5:33:59	260		3:43:53	204
264	371	Marco Ugherani	IT	Male	M45-49	10:48:10	34	1:09:12	534		5:30:40	230		4:00:06	361
265	842	Martin Larraburu	AR	Male	M30-34	10:48:17	46	1:02:42	224		5:27:10	201		4:11:34	487
266	1291	Thomas Nteliopoulos	GR	Male	M40-44	10:48:24	39	1:07:52	448		5:45:38	389		3:43:46	202
267	73	Erik Andersen	NO	Male	M40-44	10:48:42	40	1:20:10	1160		5:08:15	70		4:10:55	481
267	550	Greg Schemel	ZA	Male	M35-39	10:48:42	51	0:54:45	45		5:35:01	270		4:11:39	488
269	356	Quinton Simpson	ZA	Male	M25-29	10:48:49	22	1:03:39	261		5:34:50	266		4:03:02	390
270	1938	Susan Moerdyk	ZA	Female	F40-44	10:48:54	2	1:09:28	548		5:45:44	390		3:45:14	220
271	129	Matty Matonti	GB	Male	M40-44	10:48:58	41	1:13:17	745		5:30:34	229		3:56:47	337
272	1237	Sean Jones	ZA	Male	M40-44	10:49:02	42	0:59:16	112		5:47:47	408		3:53:28	297
273	581	Andre Van Wyk	ZA	Male	M25-29	10:49:07	23	1:01:37	186		5:50:09	425		3:50:05	260
274	375	Rodrigo Valenzuela	CL	Male	M45-49	10:49:28	35	1:09:05	528		5:43:12	355		3:51:05	268
275	1865	Machelle Buchel	ZA	Female	F35-39	10:50:26	4	1:16:40	958		5:38:42	313		3:45:30	222
276	140	Alexey Panfilov	RU	Male	M40-44	10:50:33	43	1:07:26	421		5:34:47	264		4:01:38	376
277	2044	Martha Koekemoer	ZA	Female	F40-44	10:50:44	3	1:12:17	688		5:47:28	403		3:43:03	191
278	987	Guillaume Ludwig	FR	Male	M35-39	10:50:56	52	1:06:51	395		5:36:47	288		3:55:30	321
279	269	Lance Heroldt	ZA	Male	M50-54	10:51:05	18	1:08:21	487		5:36:36	286		3:54:38	309
280	1499	Xavier Puig Casanovas	ES	Male	M45-49	10:51:34	36	1:01:31	183		5:47:23	402		3:52:32	287
281	646	Jonathan Colledge	ZA	Male	M35-39	10:51:35	53	1:07:46	441		5:22:36	154		4:10:08	471
282	1380	Brad Boonzaier	ZA	Male	M45-49	10:51:54	37	1:13:43	778		5:39:31	324		3:51:49	276
283	231	Jan Olav Endrerud	NO	Male	M50-54	10:52:01	19	1:12:06	676		5:35:17	273		3:55:31	322
284	1754	Adrian Tonge	GB	Male	M55-59	10:52:16	9	1:12:58	730		5:36:06	281		3:51:29	273
285	1638	Thierry Leroy	FR	Male	M50-54	10:53:10	20	1:08:23	490		5:37:35	298		3:57:59	352
286	358	Henk Smith	ZA	Male	M45-49	10:53:18	38	1:09:19	541		5:26:42	200		4:10:09	472
287	309	Siyabulela Mpengesi	ZA	Male	M35-39	10:53:38	54	1:10:19	585		5:36:46	287		3:57:35	348
288	1190	Theuns Du Bruyn	ZA	Male	M40-44	10:53:44	44	1:00:24	151		5:53:54	471		3:50:10	261
289	102	Lorena Fari?a	AR	Female	F40-44	10:54:02	4	1:14:27	810		5:37:26	294		3:54:01	303
290	558	Kyle Shering	ZA	Male	M25-29	10:54:10	24	1:11:26	644		5:35:45	275		3:56:06	331
291	1166	Christoff Botha	ZA	Male	M40-44	10:54:18	45	0:54:30	41		5:28:53	214		4:18:10	558
291	1479	Thorsten Mero	DE	Male	M45-49	10:54:18	39	1:10:38	602		5:27:21	203		4:07:15	448
293	227	Kasey Dewing	ZA	Male	M30-34	10:54:23	47	1:03:35	258		5:22:44	156		4:06:43	439
294	642	Wesley Williams	ZA	Male	M35-39	10:54:41	55	0:52:51	25		5:37:03	291		4:16:33	532
295	1071	David Prunier	FR	Male	M35-39	10:54:44	56	1:04:14	285		5:24:48	183		4:17:57	557
296	563	Madele Van Heerden	ZA	Male	M30-34	10:55:04	48	1:16:45	963		5:11:08	86		4:17:38	550

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
297	1753	Luis Tinello	BR	Male	M55-59	10:55:17	10	1:07:37	429		5:50:37	431		3:48:36	247
298	909	Retief Van Der Merwe	ZA	Male	M30-34	10:55:18	49	0:53:33	30		5:33:47	256		4:18:22	559
299	1878	Natasha Lee Gorrie	ZA	Female	F35-39	10:55:21	5	1:00:37	155		5:34:05	262		4:11:59	492
300	260	Justin Hand	ZA	Male	M45-49	10:55:34	40	0:58:57	106		5:43:55	366		4:03:51	396
301	329	Denys Derzimanov	ZA	Male	M25-29	10:55:35	25	1:07:41	436		5:51:29	445		3:47:46	241
302	1119	Ewald Van Heerden	ZA	Male	M35-39	10:55:45	57	1:00:16	145		5:51:09	440		3:54:32	307
303	244	Gasc Olivier	FR	Male	M50-54	10:55:51	21	0:57:57	91		5:25:58	191		4:25:08	639
304	775	Bradley Bieske	ZA	Male	M30-34	10:56:10	50	1:03:53	268		5:52:37	461		3:53:25	296
305	283	Jacobus Kruger	ZA	Male	M40-44	10:56:26	46	1:14:31	815		5:44:04	369		3:50:38	265
306	753	Arne Van Verdegem	BE	Male	M25-29	10:56:45	26	1:04:50	312		5:33:49	258		4:10:51	478
307	1337	Theo Otto	ZA	Male	M40-44	10:56:49	47	1:15:53	901		5:49:26	420		3:38:24	166
308	349	Raghul Sankaranarayanan	IN	Male	M30-34	10:57:00	51	1:17:25	1004		6:01:24	562		3:26:43	105
309	1203	Craig Forbes	ZA	Male	M40-44	10:58:17	48	1:00:49	160		5:50:30	429		3:55:04	315
310	1173	Jaco Cilliers	ZA	Male	M40-44	10:58:34	49	1:14:08	795		5:53:49	470		3:37:37	161
311	2046	Anton Du Plessis	ZA	Male	M50-54	10:59:59	22	1:04:17	288		5:34:38	263		4:11:13	484
312	130	Alicja Medak	PL	Female	F45-49	11:00:07	2	1:15:06	847		5:59:11	536		3:34:05	138
313	973	Cristian Garces Larenas	CL	Male	M35-39	11:00:11	58	1:03:58	275		5:50:31	430		3:57:55	350
314	1477	David mcewan	ZA	Male	M45-49	11:00:16	41	1:11:58	668		5:29:10	217		4:07:58	453
315	1533	Andreas Tippelt	DE	Male	M45-49	11:00:24	42	1:19:46	1143		5:51:57	450		3:41:33	183
316	817	Ryan Hammond	ZA	Male	M30-34	11:00:31	52	1:04:26	294		5:52:44	462		3:55:58	329
317	318	Rodrigo Olaechea Gazzo	PE	Male	M30-34	11:00:46	53	1:18:45	1082		6:01:21	560		3:32:56	132
318	505	Philippe Martin	FR	Male	M50-54	11:02:05	23	1:06:49	393		5:26:11	194		4:21:04	595
319	1395	Sandro Carvalho	AO	Male	M45-49	11:02:10	43	1:14:23	806		5:40:19	332		3:51:49	277
320	233	Gonzalo Escobar	CL	Male	M40-44	11:02:43	50	1:06:02	356		5:52:24	457		3:54:51	313
321	1738	Joachim Rathbauer	AT	Male	M55-59	11:02:47	11	1:08:11	480		5:39:18	319		4:05:48	426
322	442	Uwe Dr. Drechsel	DE	Male	M60-64	11:02:49	2	1:16:23	935		5:45:49	391		3:52:16	284
323	145	Marcos Rosa	ZA	Male	M40-44	11:03:26	51	1:15:34	876		5:19:57	138		4:21:35	603
324	782	Ernst Jacobus Bruwer	ZA	Male	M30-34	11:03:32	54	1:26:46	1423		5:18:45	128		4:06:12	433
325	115	Steve Hobson	GB	Male	M45-49	11:03:35	44	1:01:04	170		5:34:54	268		4:15:53	524
326	241	Darryl Frittelli	ZA	Male	M45-49	11:04:01	45	1:07:00	404		5:49:57	423		3:57:55	351
327	995	Eugene Hopley	ZA	Male	M35-39	11:04:02	59	1:07:30	425		5:41:40	342		4:06:38	437
328	795	Stephen Croxon	ZA	Male	M30-34	11:04:23	55	1:07:47	442		6:06:24	624		3:40:34	175
329	1244	Dwayne Kemp	ZA	Male	M40-44	11:04:27	52	1:02:38	221		6:02:46	577		3:48:23	246
330	275	Dean Joffe	ZA	Male	M25-29	11:04:31	27	1:05:51	351		5:46:42	396		4:01:40	377
331	1274	Danie Mare	ZA	Male	M40-44	11:04:41	53	1:04:28	297		5:27:35	204		4:25:15	642
332	288	Damien Legendre	FR	Male	M35-39	11:06:22	60	1:24:37	1342		5:41:58	344		3:46:54	232
333	517	Werner Nel	ZA	Male	M40-44	11:06:23	54	1:05:29	341		5:39:27	322		4:10:53	480

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
334	205	Bianca Burton	ZA	Female	F25-29	11:06:30	6	1:11:12	632		6:02:10	573		3:46:10	227
335	368	Lasse S?rensen	DK	Male	M25-29	11:06:42	28	1:03:53	269		4:54:17	26		5:01:58	1090
336	228	Desi Dickinson	ZA	Female	F50-54	11:06:48	2	1:07:41	435		5:54:02	472		3:57:30	347
337	873	Miguel Netto	ZA	Male	M30-34	11:06:54	56	1:15:45	893		5:49:52	422		3:49:09	253
338	1436	Brandon Harcus	ZA	Male	M45-49	11:06:57	46	0:56:10	61		5:37:34	297		4:25:23	647
339	792	Juan Cordier	ZA	Male	M30-34	11:07:02	57	1:13:30	764		5:53:15	467		3:50:21	263
340	1243	Walt Katzke	ZA	Male	M40-44	11:07:05	55	1:12:10	680		5:55:50	501		3:51:05	269
341	277	Pieter Jonas	ZA	Male	M40-44	11:07:18	56	1:16:43	960		5:39:13	318		4:00:03	360
342	1441	Allard Holthaus	NL	Male	M45-49	11:07:31	47	1:12:36	707		5:50:28	428		3:51:52	278
343	807	Stuart Forbes	ZA	Male	M30-34	11:07:33	58	1:04:12	282		5:41:28	340		4:11:40	489
344	1100	Stolla Stoltz	ZA	Male	M35-39	11:07:49	61	0:55:30	50		5:55:43	496		4:04:01	397
345	710	Christian Geimer	DE	Male	M25-29	11:08:21	29	0:58:45	104		5:41:19	338		4:20:21	583
346	887	Albert Riba Ochoa	ES	Male	M30-34	11:08:24	59	1:07:03	406		5:32:19	242		4:20:38	587
347	1476	Shaun Matisonn	ZA	Male	M45-49	11:08:42	48	1:11:20	640		6:01:23	561		3:45:50	224
348	1923	D?sir?e Falk Olsson	SE	Female	F40-44	11:09:03	5	1:19:05	1098		5:40:12	330		4:01:50	378
349	387	Simone Weber	CH	Female	F30-34	11:09:11	5	0:59:58	139		5:31:18	235		4:25:07	638
350	357	Charly Christian Skov	DK	Male	M55-59	11:09:25	12	1:12:45	718		5:36:51	289		4:06:26	435
351	334	Marcelo Raices	AR	Male	M50-54	11:09:31	24	1:17:15	997		5:45:24	384		3:56:57	340
352	1297	Ralf Paps	ZA	Male	M40-44	11:09:45	57	1:19:34	1128		5:24:34	181		4:13:12	505
353	332	Gareth Price	ZA	Male	M30-34	11:10:25	60	1:13:20	751		5:49:04	417		4:00:00	359
354	1831	Roxanne Coetzee-Turner	ZA	Female	F30-34	11:10:48	6	0:58:35	103		6:12:59	710		3:53:45	300
355	113	Mariette Hattingh	ZA	Female	F50-54	11:11:10	3	1:15:38	882		5:50:20	427		3:57:24	345
356	720	Leon Kruger	ZA	Male	M25-29	11:11:26	30	1:11:10	630		5:45:16	382		4:05:14	417
356	771	Ismael Ben-Al-Lal	BE	Male	M30-34	11:11:26	61	1:12:15	686		6:24:19	880		3:24:00	91
358	421	Andre Brand	ZA	Male	M35-39	11:11:29	62	0:59:17	114		5:57:08	514		4:04:23	403
359	88	Jenny Close	GB	Female	F40-44	11:11:39	6	1:10:56	621		6:06:35	630		3:44:07	208
359	303	James Mcdiarmid	GB	Male	M50-54	11:11:39	25	1:20:48	1182		5:17:53	121		4:13:06	503
361	634	Kurt Heunis	ZA	Male	M40-44	11:11:46	58	1:03:12	240		5:39:36	325		4:18:50	565
362	1895	Talita Saab	BR	Female	F35-39	11:11:48	6	1:02:56	232		6:06:23	623		3:51:55	279
363	187	Andrew Armon	GB	Male	M40-44	11:11:53	59	1:06:01	354		5:43:04	353		4:12:22	497
363	948	Mauro Costa	AO	Male	M35-39	11:11:53	63	1:19:24	1119		5:44:52	378		3:51:39	274
365	1567	Shaun Attenborough	ZA	Male	M50-54	11:11:55	26	1:16:03	912		5:55:27	490		3:43:26	200
366	1676	Volker Stadler	DE	Male	M50-54	11:12:22	27	1:17:43	1019		5:37:39	301		4:04:51	410
367	382	Emanuela Venturelli	IT	Female	F35-39	11:12:34	7	1:07:52	447		5:48:26	411		4:09:00	458
368	1565	Tim Yarrow	GB	Male	M45-49	11:12:55	49	1:10:53	619		5:41:43	343		4:04:19	401
369	936	Kenrick Brown	ZA	Male	M35-39	11:12:58	64	1:00:19	146		5:48:35	414		4:16:43	535
369	52	Patricia Bueno P?rez	ES	Female	FPRO	11:12:58	14	1:06:41	387		5:55:17	487		4:03:38	393

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
371	181	Marcus Booster Ziemann	DE	Male	M45-49	11:12:59	50	1:18:16	1056		5:45:13	381		3:59:42	358
372	1181	Marco De Vincenzo	ZA	Male	M40-44	11:13:05	60	1:00:48	159		6:00:52	549		4:00:42	369
373	1381	Jacobus Boshoff	ZA	Male	M45-49	11:13:08	51	1:19:31	1125		6:07:07	638		3:36:15	149
374	1654	Andrew Moss	ZA	Male	M50-54	11:13:30	28	1:20:12	1163		6:00:56	551		3:44:03	207
375	1090	Henry Sim	ZA	Male	M35-39	11:13:42	65	1:06:31	380		5:50:50	434		4:05:06	415
376	916	Travys Wilkins	ZA	Male	M30-34	11:13:48	62	1:05:43	346		5:30:14	228		4:30:22	705
377	240	Cobus Fourie	ZA	Male	M40-44	11:13:55	61	1:17:35	1010		5:54:27	476		3:52:18	285
378	893	MARTIN SERRANO DUCLOS	CL	Male	M30-34	11:14:07	63	1:01:26	179		5:50:56	436		4:09:37	463
379	1324	Paul Smuts	ZA	Male	M40-44	11:14:16	62	1:05:12	330		5:38:55	315		4:21:14	598
380	116	Matias Honnen	BO	Male	M35-39	11:14:27	66	1:12:33	704		5:15:42	109		4:33:21	750
381	1087	Gary Seale	GB	Male	M35-39	11:14:31	67	1:19:45	1141		5:23:28	164		4:19:05	568
382	945	Shaun Garth Collett	ZA	Male	M35-39	11:14:33	68	1:03:13	241		5:38:32	310		4:24:22	634
383	787	Matthew Cheney	ZA	Male	M30-34	11:14:57	64	1:10:57	622		5:38:16	305		4:16:47	537
384	1613	Benoit Gerville-Reache	FR	Male	M50-54	11:15:11	29	1:05:33	344		5:40:08	328		4:18:42	564
385	235	Ricardo Pichi Farina	AR	Male	M50-54	11:15:39	30	1:06:54	398		5:53:29	468		4:05:25	418
386	138	Sophie Needham	GB	Female	F30-34	11:15:59	7	1:08:37	502		5:51:08	439		4:07:10	442
387	307	Grant Moolman	ZA	Male	M30-34	11:16:48	65	1:04:29	298		5:36:04	279		4:25:39	652
388	2002	Sanna Duvebrant	FI	Female	F50-54	11:17:08	4	1:15:41	889		5:59:34	538		3:53:08	292
389	384	Wade Viera	ZA	Male	M35-39	11:17:10	69	1:06:15	367		5:32:34	244		4:29:43	701
390	1835	Terene Du Plessis	ZA	Female	F30-34	11:17:14	8	1:14:52	832		5:57:16	515		3:54:44	310
391	570	Stefan Van De Giessen	ZA	Male	M35-39	11:17:16	70	1:11:50	663		5:43:48	364		4:05:46	424
392	460	Emile Ernest Gerbrands	ZA	Male	M35-39	11:17:21	71	1:18:22	1062		5:38:25	308		4:10:47	475
393	209	Alexander Casta?eyra Mena	ES	Male	M50-54	11:17:33	31	1:03:08	238		5:24:02	171		4:40:39	839
394	476	Ferdie Huisamen	ZA	Male	M30-34	11:17:48	66	1:12:30	700		5:45:26	385		4:04:02	398
395	363	Cristine Stahlschmidt	BR	Female	F35-39	11:17:53	8	1:05:10	326		6:02:51	578		3:59:10	356
396	177	Richard Wright	ZA	Male	M45-49	11:18:08	52	1:00:13	143		5:27:47	205		4:40:30	835
397	709	Sebastian Gebhardt	CL	Male	M25-29	11:18:15	31	1:08:05	469		5:51:28	444		3:53:14	294
398	320	Simon Oliver	ZA	Male	M50-54	11:18:25	32	1:21:10	1205		5:52:25	458		3:54:19	305
399	265	Sabine Hedlund	SE	Female	F25-29	11:18:39	7	1:04:51	313		5:55:44	499		4:09:43	467
400	1049	Sarel Nieuwenhuizen	ZA	Male	M35-39	11:19:08	72	1:07:59	462		5:37:08	293		4:14:41	513
401	1124	John Van Wyk	ZA	Male	M35-39	11:19:09	73	1:09:51	561		5:43:35	362		4:14:10	511
402	1840	Hefti Susanne	CH	Female	F30-34	11:19:10	9	1:10:20	587		5:47:17	401		4:07:03	441
403	1300	Brett Petersen	ZA	Male	M40-44	11:19:14	63	1:01:43	192		5:52:08	454		4:16:51	538
404	1338	Paul Timms	GB	Male	M40-44	11:19:23	64	1:07:19	417		5:39:22	320		4:23:55	632
405	571	Andre Van Den Berg	ZA	Male	M30-34	11:19:33	67	1:10:10	580		5:51:05	438		4:06:47	440
406	1024	Jose Antonio Leon Barrera	ES	Male	M35-39	11:19:44	74	0:57:11	78		6:12:00	699		3:54:50	312
407	880	Alex Papadopoulos	LB	Male	M30-34	11:19:52	68	1:07:08	410		5:35:56	278		4:17:05	542

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
408	1325	Terry Southam	ZA	Male	M40-44	11:20:01	65	0:59:27	118		5:42:14	348		4:26:54	666
409	484	Bradley Kretzmann	ZA	Male	M40-44	11:20:02	66	1:01:52	199		5:37:37	300		4:29:24	697
410	185	Craig Anders	ZA	Male	M40-44	11:20:08	67	1:17:58	1035		5:46:52	399		4:03:38	392
411	1082	Anderson Saboya	BR	Male	M35-39	11:21:00	75	1:17:20	1001		6:10:44	685		3:38:58	170
412	1512	Christophe Sendou	FR	Male	M45-49	11:21:13	53	1:11:09	629		5:52:34	460		4:04:25	404
413	213	Flip Cloete	ZA	Male	M35-39	11:21:41	76	1:27:23	1437		5:33:14	252		4:06:07	432
414	1095	Westley Spring	ZA	Male	M35-39	11:21:50	77	1:11:15	635		5:44:23	373		4:13:18	506
415	1103	Willie Swart	ZA	Male	M35-39	11:21:53	78	1:16:32	945		6:01:03	554		3:55:23	318
416	732	Kyle Oliver	ZA	Male	M25-29	11:22:02	32	1:03:10	239		5:59:55	540		4:05:03	414
417	1524	Ken Strever	ZA	Male	M45-49	11:22:39	54	1:12:20	689		5:59:58	541		3:55:12	317
418	1494	Marian Pletea	RO	Male	M45-49	11:23:09	55	1:10:42	607		6:14:09	738		3:47:27	239
419	681	Japie Blignaut	ZA	Male	M25-29	11:23:26	33	1:17:52	1026		5:59:43	539		3:58:08	353
420	1413	Dan Dvorquez	CL	Male	M45-49	11:23:29	56	1:07:29	424		5:50:48	433		4:16:46	536
421	1581	Stefan Bremer	DE	Male	M50-54	11:23:34	33	1:11:39	656		6:03:10	584		3:50:48	267
422	801	Mark Dingle	ZA	Male	M30-34	11:23:39	69	0:59:40	127		5:42:44	352		4:33:03	747
423	261	Tommy Hanekom	ZA	Male	M55-59	11:24:06	13	1:27:28	1441		5:55:21	489		3:47:18	237
424	161	Tomas Valena	AU	Male	M65-69	11:24:20	1	1:20:11	1162		6:06:18	620		3:47:59	244
425	667	Ettienne Ludick	ZA	Male	M18-24	11:24:25	3	1:16:37	955		5:46:26	394		4:05:09	416
426	1313	Boyd Roberts	ZA	Male	M40-44	11:24:56	68	1:17:30	1007		5:36:04	280		4:20:28	585
427	1662	Richard Payne	ZA	Male	M50-54	11:25:11	34	1:19:48	1146		5:41:14	337		4:11:02	483
428	1033	Paul Marais	ZA	Male	M35-39	11:25:17	79	1:13:12	740		5:43:51	365		4:19:30	574
428	328	Andreas Philipp	DE	Male	M50-54	11:25:17	35	1:14:59	839		5:55:54	502		4:02:13	380
430	380	Marius Van Zyl	ZA	Male	M40-44	11:26:22	69	1:20:02	1155		6:12:17	705		3:44:43	214
431	392	Grant Williamson	ZA	Male	M40-44	11:26:28	70	0:54:29	40		5:45:04	379		4:39:40	824
432	1537	Phillipe Van Der Leeuw	ZA	Male	M45-49	11:26:50	57	1:05:27	340		5:29:55	225		4:40:46	840
432	1468	Shiraz Mahomed	ZA	Male	M45-49	11:26:50	57	1:11:28	649		5:57:32	518		3:58:21	354
434	413	Gavin Bell	ZA	Male	M40-44	11:26:52	71	1:15:40	886		5:50:54	435		4:09:43	468
435	1732	Paddy Murphy	ZA	Male	M55-59	11:26:53	14	0:55:47	55		6:00:35	546		4:18:58	566
436	1875	Lindy-Lee Folscher	ZA	Female	F35-39	11:27:06	9	1:08:09	475		6:22:19	853		3:41:13	181
437	360	Ian Smith	ZA	Male	M55-59	11:27:17	15	1:13:28	758		5:58:59	533		4:03:00	389
438	1460	Pedro Alejandro Le?n	AR	Male	M45-49	11:27:42	59	1:08:22	488		5:53:32	469		4:15:23	520
439	1398	Bradley Coucom	ZA	Male	M45-49	11:27:50	60	1:08:46	510		5:45:31	387		4:19:25	572
440	510	Paula Mey Sousa	BR	Female	F30-34	11:28:24	10	1:15:30	871		6:16:08	761		3:48:43	248
441	652	Marcel Jooste	ZA	Male	M25-29	11:28:25	34	1:02:57	233		6:10:19	683		4:06:40	438
442	494	Carl Lindgren	SE	Male	M50-54	11:28:26	36	1:18:37	1075		5:48:33	412		4:12:02	493
443	340	Marlise Robbertze	ZA	Female	F40-44	11:28:28	7	1:14:39	823		6:26:59	919		3:36:51	155
444	175	Colby Essing	ZA	Male	M40-44	11:28:35	72	1:03:40	262		5:47:29	404		4:29:17	695

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
445	144	Natalie Rec	SE	Female	F30-34	11:28:48	11	1:03:32	254		5:55:48	500		4:21:30	600
446	126	Jan Ole Luuk	DE	Male	M45-49	11:29:01	61	1:19:52	1149		5:39:29	323		4:17:46	553
447	799	Hannes De Kock	ZA	Male	M30-34	11:29:19	70	1:17:14	994		5:46:25	393		4:10:51	479
448	1107	Ryan Thomas	ZA	Male	M35-39	11:29:32	80	1:10:47	614		5:56:17	505		4:09:22	462
448	1005	Josh Kent	ZA	Male	M35-39	11:29:32	80	0:58:10	96		6:05:09	610		4:16:59	539
450	1827	Natasha Boshoff	ZA	Female	F30-34	11:29:34	12	1:16:35	952		5:54:55	481		4:07:15	447
451	168	Helena Van Wyk	ZA	Female	F50-54	11:29:36	5	1:15:25	866		5:58:01	526		4:07:46	451
452	1174	Greg Collins	ZA	Male	M40-44	11:29:49	73	1:06:16	368		5:59:02	535		4:12:25	499
452	365	Wolfgang Stueckle	DE	Male	M35-39	11:29:49	82	1:07:05	407		5:22:16	151		4:51:07	948
454	949	Nigel Coutts	ZA	Male	M35-39	11:30:06	83	1:08:34	500		6:07:49	651		4:04:44	409
455	551	Matthia Schianchi	IT	Male	M35-39	11:30:56	84	1:04:30	299		5:55:33	493		4:20:02	579
456	1129	Mark Wales	ZA	Male	M35-39	11:31:29	85	1:15:35	878		5:38:18	306		4:27:14	671
457	1312	Pat Rich	GB	Male	M40-44	11:31:31	74	1:11:03	624		6:05:19	613		4:04:32	406
458	264	Jon Heaney	GB	Male	M30-34	11:31:32	71	1:04:18	290		5:42:29	350		4:31:22	720
459	1525	Elbe Strydom	ZA	Male	M45-49	11:31:50	62	1:14:09	796		6:03:06	582		4:05:51	428
460	248	Eric Gelb	CL	Male	M35-39	11:32:08	86	1:04:03	277		6:09:38	673		4:05:26	419
461	352	Tanja Schutte	ZA	Female	F40-44	11:32:52	8	1:16:21	930		6:17:11	774		3:47:48	242
462	394	Yury Stenin	RU	Male	M55-59	11:33:04	16	1:03:28	250		5:43:26	359		4:38:36	811
463	296	Christophe Mariotte	FR	Male	M45-49	11:33:07	63	1:07:58	460		5:46:43	397		4:29:00	691
464	1115	Warwick Van Breda	ZA	Male	M35-39	11:33:17	87	1:07:38	431		6:12:38	708		4:02:49	388
465	1077	Lloyd Robinson	ZA	Male	M35-39	11:33:20	88	1:08:07	471		5:51:29	446		4:22:29	611
466	728	Rory Mcgrath	GB	Male	M25-29	11:33:29	35	1:07:13	414		5:46:49	398		4:30:07	703
467	1669	Yves Robberechts	BE	Male	M50-54	11:33:40	37	1:00:37	154		5:57:36	519		4:21:40	604
468	252	Adrien Gosset	FR	Male	M30-34	11:33:44	72	1:06:06	360		5:30:59	231		4:47:21	907
469	464	Roelof Grove	ZA	Male	M40-44	11:33:49	75	1:13:27	756		6:11:51	697		3:56:11	332
470	1000	Martin Janssen	ZA	Male	M35-39	11:33:54	89	1:12:12	683		5:54:05	473		4:12:57	501
471	1881	KERRY HICKSON	GB	Female	F35-39	11:33:59	10	0:58:13	97		5:55:01	485		4:30:39	708
472	1505	imeraan sallie	ZA	Male	M45-49	11:34:01	64	1:20:49	1183		6:04:56	607		3:55:05	316
473	660	Thomas Webb	ZA	Male	M40-44	11:34:15	76	0:59:40	124		6:11:48	696		4:09:42	466
474	546	Daniel Roodt	ZA	Male	M30-34	11:34:40	73	1:17:13	993		6:01:01	553		4:02:43	387
475	1411	Shawn Du Toit	ZA	Male	M45-49	11:35:14	65	1:05:08	324		5:45:22	383		4:34:21	762
476	588	Stephen Wilson	AE	Male	M45-49	11:35:25	66	1:06:43	389		5:56:08	504		4:21:22	599
477	1842	Sara Jakobsson	SE	Female	F30-34	11:35:31	13	1:18:31	1069		6:05:01	608		3:55:44	327
478	327	Dany Perray	FR	Male	M50-54	11:36:03	38	1:03:29	251		5:37:31	296		4:45:06	887
479	310	Helen Munro	GB	Female	F40-44	11:36:05	9	1:17:44	1020		5:48:34	413		4:18:59	567
480	573	Schalk Van Der Merwe	ZA	Male	M40-44	11:36:13	77	1:19:09	1102		6:18:11	794		3:44:21	210
481	715	Toit Honiball	ZA	Male	M25-29	11:36:32	36	1:08:24	492		6:17:12	775		4:02:17	382

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
482	892	Ben Schoonwinkel	ZA	Male	M30-34	11:36:44	74	1:13:50	782		5:44:43	377		4:29:19	696
483	2027	Elma Van Noordwyk	ZA	Female	F55-59	11:37:07	1	1:08:50	515		6:13:09	716		4:04:35	407
484	226	Keri Delpont	ZA	Female	F30-34	11:37:16	14	1:11:13	633		6:09:41	676		4:04:23	402
485	1852	Antoinette Niehaus	ZA	Female	F30-34	11:37:39	15	1:09:14	537		6:17:23	781		4:01:15	374
486	768	Duraan Bedenhorst	ZA	Male	M30-34	11:38:26	75	1:06:20	371		5:51:18	442		4:31:55	734
487	1322	Reon Smal	ZA	Male	M40-44	11:38:31	78	1:03:55	270		6:04:47	604		4:16:40	534
488	544	matthew robinson	ZA	Male	M30-34	11:38:45	76	1:06:22	372		6:03:07	583		4:17:03	541
489	418	Rico Bloemhoff	ZA	Male	M18-24	11:39:00	4	1:02:19	211		6:12:07	700		4:14:37	512
490	898	Skirmantas Sukackas	LT	Male	M30-34	11:39:04	77	1:09:03	525		5:49:06	418		4:29:38	700
491	928	Nolan Berriman	ZA	Male	M35-39	11:39:22	90	1:08:49	513		6:02:23	575		4:16:59	540
492	1964	June Corrie	ZA	Female	F45-49	11:40:00	3	1:15:22	863		6:06:24	625		4:04:59	413
493	1056	Gareth Payne	ZA	Male	M35-39	11:40:13	91	1:02:52	229		5:37:06	292		4:49:26	930
494	2038	Anthony Lopez	ZA	Male	M45-49	11:40:28	67	1:07:56	454		6:05:42	616		4:17:39	551
495	1351	Julien Van Der Pluym	ZA	Male	M40-44	11:40:54	79	1:59:40	1704		5:39:00	316		3:51:06	270
496	173	Michael Wendorf	US	Male	M60-64	11:41:00	3	1:22:37	1274		6:13:24	721		3:52:46	289
497	1901	Estie Van Heerden	ZA	Female	F35-39	11:41:14	11	1:18:25	1065		5:51:17	441		4:22:27	609
498	370	Warren Thomas	ZA	Male	M35-39	11:41:25	92	1:07:18	416		5:42:21	349		4:44:02	875
499	1290	Magnus Norman	SE	Male	M40-44	11:41:40	80	1:08:18	484		6:03:21	585		4:17:34	549
500	1396	Bernard Coetzee	ZA	Male	M45-49	11:41:42	68	1:16:06	917		6:14:15	740		3:53:07	291
501	536	Juan Puentes Matamala	CL	Male	M45-49	11:41:47	69	1:30:08	1501		5:47:35	407		4:07:43	450
502	1513	Murray Shaw	ZA	Male	M45-49	11:42:01	70	1:04:27	296		6:13:09	715		4:05:47	425
503	286	Ida Ellow	SE	Female	F25-29	11:42:09	8	1:25:10	1363		6:06:57	637		3:55:39	325
504	236	Kristian Fesel	ZA	Male	M45-49	11:42:19	71	1:10:08	577		5:47:34	406		4:33:11	748
505	1736	Andre Pepler	ZA	Male	M55-59	11:42:20	17	1:12:13	684		6:09:37	672		4:06:05	431
506	568	Ludwig Thomas	FR	Male	M35-39	11:42:24	93	1:10:22	588		5:52:05	453		4:22:38	613
507	270	Lawrence Herron	ZA	Male	M55-59	11:42:46	18	1:05:31	342		6:21:03	835		4:03:50	395
508	468	Tony Haralambous	GR	Male	M18-24	11:42:53	5	1:00:55	164		5:24:30	179		5:08:18	1150
509	759	Lloyd Zacharias	ZA	Male	M25-29	11:42:55	37	1:31:33	1528		5:54:58	484		4:04:29	405
510	481	Minoru Kato	JP	Male	M55-59	11:43:02	19	1:07:41	433		6:23:05	863		3:57:26	346
511	580	Nico Van Vollenhoven	ZA	Male	M35-39	11:43:15	94	1:06:29	377		5:54:34	477		4:30:51	715
512	1434	Esa Gustafsson	FI	Male	M45-49	11:43:23	72	1:14:19	802		6:06:26	626		4:13:56	509
513	266	Dora Heller	IL	Female	F50-54	11:43:29	6	1:33:14	1563		5:48:37	416		4:06:35	436
514	1098	Michael Stofberg	ZA	Male	M35-39	11:43:38	95	1:13:07	734		6:06:19	621		4:13:07	504
515	1448	Francois Kemp	ZA	Male	M45-49	11:43:41	73	1:19:43	1136		5:33:21	255		4:35:33	777
516	746	Nigel Tonkin	ZA	Male	M25-29	11:44:02	38	1:03:01	236		5:56:20	507		4:31:32	723
517	656	Jason Pachon	ZA	Male	M25-29	11:44:04	39	1:05:15	332		5:54:19	475		4:31:36	725
518	1201	Eddie Fivaz	ZA	Male	M40-44	11:44:19	81	1:43:46	1659		5:50:19	426		3:44:22	211

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
519	462	Michael Grant	ZA	Male	M35-39	11:44:22	96	1:07:56	452		6:03:52	591		4:18:27	562
520	1281	Rogan Moore	ZA	Male	M40-44	11:44:55	82	1:08:41	505		6:01:26	563		4:25:16	643
521	1887	Desiree Lester	ZA	Female	F35-39	11:44:56	12	1:12:46	719		6:12:10	702		4:07:14	445
522	879	Jamie Owen	ZA	Male	M30-34	11:45:09	78	1:06:17	370		5:42:03	347		4:42:52	864
523	184	Sergio Alarcon	CL	Male	M30-34	11:45:11	79	1:00:26	152		5:25:53	190		5:10:14	1164
524	1332	Olof Svedstr?m	SE	Male	M40-44	11:45:16	83	1:15:48	898		5:57:40	521		4:11:24	485
525	292	Robyn Louw	ZA	Female	F30-34	11:45:28	16	1:09:35	551		5:51:50	449		4:36:07	784
526	401	Magnus Andersson	SE	Male	M35-39	11:45:32	97	1:15:08	849		5:40:02	327		4:31:22	721
527	797	Lourens De Jongh	ZA	Male	M30-34	11:45:38	80	1:30:23	1506		6:06:26	627		3:54:58	314
528	488	Amy Botha	ZA	Male	M35-39	11:45:46	98	1:08:04	467		5:41:31	341		4:30:23	706
529	1262	Grant Lindeque	ZA	Male	M40-44	11:45:47	84	1:03:32	255		5:18:22	125		5:16:40	1236
530	336	Klaus Rehbein	DE	Male	M50-54	11:45:48	39	1:07:03	405		6:03:43	587		4:24:20	633
531	508	Robert Mcjannet	ZA	Male	M50-54	11:46:05	40	1:28:47	1480		5:43:14	356		4:19:51	577
532	1088	Tomer Sebagh	IL	Male	M35-39	11:46:11	99	1:05:07	321		6:01:17	557		4:27:05	670
533	1539	Chris Van Der Walt	ZA	Male	M45-49	11:46:17	74	1:11:47	661		5:40:45	333		4:41:23	849
534	1013	Stephan Kristen	DE	Male	M35-39	11:46:33	100	1:29:10	1485		5:39:52	326		4:22:19	607
535	675	Martin Tallie	ZA	Male	M18-24	11:46:47	6	0:56:51	74		5:57:06	513		4:40:56	842
536	582	Etienne Van Wyk	ZA	Male	M55-59	11:46:55	20	1:17:39	1017		5:58:23	529		4:16:30	530
537	425	Grant Burrows	ZA	Male	M50-54	11:47:01	41	1:14:25	808		6:03:58	593		4:10:00	470
538	89	ALEJANDRO RODRIGUEZ COMAS	BR	Male	M60-64	11:47:04	4	1:14:03	791		5:49:32	421		4:32:30	741
539	1135	Dean Wilson	ZA	Male	M35-39	11:47:21	101	1:08:20	485		6:07:28	644		4:19:24	571
540	541	Tom Reiss	DE	Male	M50-54	11:47:22	42	1:16:43	962		6:21:14	837		3:56:54	338
541	1480	Lance Miller	ZA	Male	M45-49	11:47:30	75	1:09:19	543		5:54:16	474		4:30:47	713
542	431	Nick Chapman	ZA	Male	M45-49	11:47:35	76	1:06:56	401		5:54:57	482		4:33:39	754
543	547	Shaun Rosenberg	ZA	Male	M45-49	11:47:38	77	1:02:22	213		5:52:34	459		4:43:08	866
544	1034	Trent Maxwell	TH	Male	M35-39	11:47:56	102	1:16:14	923		5:57:59	524		4:17:47	554
545	899	Christiaan Supra	ZA	Male	M30-34	11:48:02	81	1:04:46	309		5:55:43	497		4:30:54	716
546	397	Felix Zobrist	CH	Male	M25-29	11:48:10	40	1:24:54	1348		5:40:16	331		4:32:26	740
547	267	Candice Conrad	ZA	Female	F30-34	11:48:12	17	1:01:39	189		6:18:34	797		4:20:23	584
548	1776	Gerhard Kronavetter	DE	Male	M60-64	11:48:31	5	1:25:27	1375		5:55:18	488		4:17:51	555
549	1553	David Von Hirschberg	AU	Male	M45-49	11:48:37	78	1:13:49	781		5:40:59	335		4:44:02	874
550	903	Selaotswe Tlhakuli	ZA	Male	M30-34	11:48:41	82	1:11:06	627		6:09:43	677		4:20:06	581
551	917	Matthew Willis	ZA	Male	M30-34	11:48:44	83	1:15:19	861		6:14:45	749		4:06:04	430
552	1858	Karoline R?nning	NO	Female	F30-34	11:48:47	18	1:07:58	459		6:11:55	698		4:20:58	594
553	202	Harry Browne	ZA	Male	M50-54	11:48:48	43	1:13:18	746		5:52:11	455		4:34:39	767
554	1163	Ferdinand Booyen	ZA	Male	M40-44	11:49:18	85	1:16:55	974		5:57:01	512		4:22:54	615
555	1363	Adriaan Venter	ZA	Male	M40-44	11:49:28	86	1:07:51	446		6:22:32	856		4:05:55	429

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
556	920	Francis Yates	ZA	Male	M30-34	11:49:31	84	1:15:09	851		6:03:52	592		4:19:28	573
557	1372	Ivan Aguer Ibarzabal	ES	Male	M45-49	11:49:34	79	1:01:38	187		6:18:52	801		4:12:02	494
558	609	Gerhard Maritz	ZA	Male	M35-39	11:49:55	103	1:05:08	322		6:17:21	780		4:17:31	546
559	218	Robert Crawford	ZA	Male	M35-39	11:50:02	104	1:09:54	564		6:01:11	555		4:28:35	684
560	1559	Heinrich Welthagen	ZA	Male	M45-49	11:50:26	80	1:18:48	1084		6:04:50	605		4:17:32	547
561	779	Theunis Botha	ZA	Male	M30-34	11:50:28	85	1:10:50	617		6:07:28	646		4:19:47	575
562	1247	Sebastian Kleu	ZA	Male	M40-44	11:50:41	87	1:27:12	1432		6:12:15	704		3:57:04	341
563	1304	MJ Potgieter	ZA	Male	M40-44	11:50:44	88	1:19:16	1113		5:55:33	492		4:20:54	591
564	221	Morne Day	ZA	Male	M45-49	11:51:00	81	1:20:09	1159		5:46:17	392		4:25:11	641
565	800	Willem Coenraad De Kock	ZA	Male	M30-34	11:51:02	86	1:23:04	1296		6:01:46	566		4:13:28	507
566	471	Phil Heine	ZA	Male	M25-29	11:51:09	41	1:12:29	697		6:09:38	674		4:16:16	527
567	724	Theo Louw	ZA	Male	M25-29	11:51:22	42	1:18:29	1067		6:14:29	746		3:52:03	281
568	1636	Landon La Grange	ZA	Male	M50-54	11:51:42	44	1:09:10	531		6:00:38	547		4:31:00	718
569	262	Donovan Harvey	ZA	Male	M40-44	11:51:47	89	1:13:18	749		5:51:03	437		4:34:38	766
570	1314	Jacques Rossouw	ZA	Male	M40-44	11:51:53	90	0:59:02	107		6:04:38	599		4:39:50	825
571	1748	Endre Sparkes	ZA	Male	M55-59	11:52:02	21	1:12:31	701		5:51:40	448		4:32:10	739
572	1472	Justin Maltby	ZA	Male	M45-49	11:52:07	82	1:03:58	273		5:19:41	135		5:17:31	1248
573	1142	Faisal Ackerdien	ZA	Male	M40-44	11:52:18	91	1:23:08	1300		6:02:01	571		4:15:26	521
573	299	Mathieu Vogel	FR	Male	M25-29	11:52:18	43	1:13:54	784		5:48:19	410		4:41:05	844
575	640	Kelly Scates	ZA	Female	F30-34	11:52:21	19	1:14:55	836		6:22:13	849		4:04:43	408
576	1236	Ben Johnston	AU	Male	M40-44	11:52:31	92	1:05:16	333		5:56:48	509		4:34:54	768
577	798	Clinton De Klerk	ZA	Male	M30-34	11:52:36	87	1:23:29	1314		5:58:00	525		4:20:04	580
577	1148	Ian Amm	ZA	Male	M40-44	11:52:36	93	1:08:11	479		6:30:50	973		3:59:22	357
579	1530	Zoltan Syposs	HU	Male	M45-49	11:52:39	83	1:13:28	760		6:11:09	689		4:14:45	515
580	1310	Zunaid Reciet	ZA	Male	M40-44	11:52:43	94	1:09:42	556		5:45:28	386		4:48:35	922
581	477	Ferdinand Jacobs	ZA	Male	M30-34	11:53:09	88	1:08:58	520		6:04:21	594		4:30:23	707
581	785	C?dric Miquel	FR	Male	M30-34	11:53:09	88	1:25:34	1380		6:23:13	865		3:50:47	266
583	1961	Nina Chambers	ZA	Female	F45-49	11:53:10	4	1:06:58	402		6:29:24	953		4:04:52	411
584	1501	Craig Read	ZA	Male	M45-49	11:53:37	84	0:56:12	62		5:35:53	277		5:09:06	1157
585	654	Tyrone Kunneke	ZA	Male	M25-29	11:53:42	44	1:04:49	311		6:09:41	675		4:28:00	676
586	905	Eric Brandon Tucker	ZA	Male	M30-34	11:53:46	90	1:10:30	592		6:06:47	634		4:13:06	502
587	1083	Timothy Schaerer	ZA	Male	M35-39	11:54:32	105	1:15:33	875		6:25:54	902		4:02:42	386
588	1516	ADAM SHIPARD	AU	Male	M45-49	11:54:37	85	1:13:41	773		5:54:48	479		4:31:49	730
589	186	Yusuf Arendse	ZA	Male	M30-34	11:55:12	91	1:03:37	260		6:34:01	1013		4:08:57	457
590	613	Anton Neethling	ZA	Male	M40-44	11:55:16	95	1:06:24	374		6:17:19	778		4:23:09	623
591	971	Jose Galindo	CL	Male	M35-39	11:55:44	106	1:32:12	1540		6:13:19	719		3:56:56	339
592	1123	Jonathan Van Wyk	ZA	Male	M35-39	11:55:49	107	1:11:35	654		6:09:34	671		4:18:23	560

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
593	963	Dustin Ellis	ZA	Male	M35-39	11:55:55	108	1:02:07	205		5:59:17	537		4:43:42	869
594	1495	Oscar Pradenas Auspont	CL	Male	M45-49	11:56:22	86	1:15:52	900		6:13:47	727		4:10:48	477
595	475	Renaldo Hickman	ZA	Male	M30-34	11:56:36	92	1:10:50	616		6:10:02	680		4:20:42	588
596	426	Justin Butler	ZA	Male	M25-29	11:56:47	45	1:09:55	570		6:20:56	833		4:15:21	519
597	661	Michael Whysall	ZA	Male	M35-39	11:56:48	109	1:02:48	227		5:45:09	380		4:59:15	1055
598	350	Rami Sassen	ZA	Male	M45-49	11:57:07	87	1:06:15	366		6:19:20	813		4:22:57	616
599	389	Craig West	ZA	Male	M50-54	11:57:13	45	1:12:22	690		6:10:46	686		4:21:32	601
600	1830	Louise Bentley	ZA	Female	F30-34	11:57:36	20	1:06:08	361		6:35:26	1030		4:07:13	444
601	214	Estie Cloete	ZA	Female	F35-39	11:57:39	13	1:22:12	1263		6:28:27	941		3:45:58	226
602	865	Erik Moller	SE	Male	M30-34	11:57:57	93	1:20:07	1157		6:22:51	861		3:55:30	320
603	1114	Craig Turton	ZA	Male	M35-39	11:58:06	110	1:15:09	850		6:22:38	857		4:07:11	443
604	200	Cornel Botha	ZA	Male	M45-49	11:58:07	88	1:08:00	465		5:55:36	495		4:40:38	838
605	669	Romano Moreno	VE	Male	M18-24	11:58:16	7	0:56:45	70		6:14:07	737		4:35:49	781
606	1674	Fernando Soler Fern?ndez	ES	Male	M50-54	11:58:19	46	1:04:35	303		6:04:42	601		4:36:46	790
607	490	Quentin Leech	ZA	Male	M45-49	11:58:22	89	1:09:51	562		6:11:19	691		4:28:19	679
608	1622	Geoff Griffiths	ZA	Male	M50-54	11:58:33	47	1:12:50	725		6:22:24	855		4:09:38	464
609	1523	Johan Steyn	ZA	Male	M45-49	11:59:04	90	1:14:19	801		6:01:50	569		4:32:39	742
610	353	Sandra Schoeni	CH	Female	F45-49	11:59:32	5	1:21:13	1212		6:00:54	550		4:26:34	663
611	100	Paula Maria Moadeb	AR	Female	F45-49	11:59:39	6	1:17:36	1012		6:13:31	723		4:17:53	556
612	361	Jose Soares Sobrinho	BR	Male	M40-44	12:00:13	96	1:14:01	788		5:58:57	532		4:32:53	744
613	1106	Niel Thiant	ZA	Male	M35-39	12:00:18	111	1:17:14	995		6:08:45	662		4:22:41	614
614	951	Janvier Cyrille	FR	Male	M35-39	12:00:22	112	1:08:10	477		5:56:51	511		4:47:38	911
615	1026	Francois Louw	ZA	Male	M35-39	12:00:37	113	1:27:31	1444		5:31:06	232		4:39:51	826
616	956	Craig Dean	ZA	Male	M35-39	12:00:43	114	1:36:28	1599		5:58:01	527		4:10:59	482
617	1511	Karl Schuttler	ZA	Male	M45-49	12:00:56	91	1:03:47	264		6:11:01	688		4:35:53	782
618	247	Eduardo Andres Gatica Vega	CL	Male	M45-49	12:01:04	92	1:17:58	1034		6:07:26	641		4:15:52	523
619	1983	Charlene Moss	ZA	Female	F45-49	12:01:06	7	1:24:55	1350		6:10:14	682		4:17:12	544
620	1903	Julie Van Lelyveld	ZA	Female	F35-39	12:01:10	14	1:21:12	1210		6:25:03	894		3:57:05	342
621	577	Pierre Van Lelyveld	ZA	Male	M40-44	12:01:11	97	1:21:12	1208		6:24:48	892		3:57:08	344
622	569	Lizelle Truter	ZA	Female	F35-39	12:01:48	15	1:13:29	762		6:01:49	568		4:36:58	796
623	289	Shalom Levi	IL	Male	M60-64	12:01:55	6	1:29:25	1489		6:33:04	999		3:45:46	223
624	367	Terry Syphus	ZA	Male	M45-49	12:02:19	93	1:00:54	162		5:34:52	267		5:04:17	1113
625	337	Alejandra Ribera	BO	Female	F30-34	12:02:22	21	1:28:12	1463		6:08:29	658		4:10:33	473
626	435	Peter Clark	ZA	Male	M40-44	12:02:34	98	1:09:03	526		5:55:43	498		4:44:10	877
627	498	Michael Lotz	ZA	Male	M25-29	12:02:41	46	1:04:01	276		6:22:03	847		4:22:07	606
628	961	Sherif El-Said	EG	Male	M35-39	12:02:44	115	1:15:35	877		5:55:35	494		4:35:17	774
629	703	William Fox	GB	Male	M25-29	12:02:47	47	1:07:23	420		6:23:20	867		4:20:30	586

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
630	926	Gunther Amaral	BR	Male	M35-39	12:03:09	116	1:10:45	612		5:55:30	491		4:37:43	801
631	994	Ronny Holz Auf Der Heide	DE	Male	M35-39	12:03:10	117	1:18:27	1066		5:45:31	388		4:44:21	880
632	600	Angelique Edwards	ZA	Female	F30-34	12:03:14	22	1:16:06	915		6:33:45	1008		4:03:09	391
633	810	Joshua Gernetzky	ZA	Male	M30-34	12:03:16	94	1:15:52	899		6:05:42	615		4:32:54	745
634	1419	Ian Faller	ZA	Male	M45-49	12:03:23	94	1:11:56	667		6:10:03	681		4:25:38	651
635	1379	Shaun Benn	ZA	Male	M45-49	12:03:51	95	1:21:57	1250		6:07:28	645		4:14:51	516
635	1997	Ronel Wallis	ZA	Female	F45-49	12:03:51	8	1:01:32	184		6:24:13	878		4:26:30	662
637	1094	charl souma	ZA	Male	M35-39	12:04:00	118	1:15:37	880		6:30:02	961		4:05:36	421
638	1220	Byron Hardy	ZA	Male	M40-44	12:04:32	99	0:59:52	136		6:23:21	868		4:31:45	729
639	291	Michael Lombard	ZA	Male	M35-39	12:04:36	119	1:09:43	557		6:13:04	713		4:30:39	709
640	831	Deane Kearns	ZA	Male	M30-34	12:04:49	95	1:04:54	316		5:57:23	517		4:48:32	921
641	788	Wessel Cloete	ZA	Male	M30-34	12:05:12	96	1:15:36	879		6:09:21	666		4:27:41	674
642	1369	Imran Abbas	ZA	Male	M45-49	12:05:26	96	1:26:28	1412		5:51:30	447		4:28:55	688
643	2048	Elizabeth Gannon	GB	Female	F55-59	12:05:32	2	1:18:41	1078		6:30:35	970		4:04:03	399
644	1296	Dimitrios Papathanasiou	GR	Male	M40-44	12:05:36	100	1:20:18	1165		6:03:30	586		4:28:23	680
645	977	Spiros Giannaris	GR	Male	M35-39	12:05:39	120	0:53:30	29		6:01:19	558		5:00:29	1066
646	1019	Deon Latsky	ZA	Male	M35-39	12:05:58	121	1:13:04	732		5:55:06	486		4:41:34	852
647	1947	Kathie Sanderson Morgan	MY	Female	F40-44	12:06:00	10	1:11:32	652		6:02:54	580		4:40:27	834
648	1116	Jaco Van Buren-Schele	ZA	Male	M35-39	12:06:21	122	1:18:21	1061		6:11:38	693		4:23:49	631
649	1982	Clair Morey	ZA	Female	F45-49	12:06:23	9	1:10:20	586		6:35:28	1031		4:03:38	394
650	1667	Vesa Puttonen	FI	Male	M50-54	12:06:36	48	1:16:27	938		6:06:35	629		4:33:30	751
651	1	Benjamin Hoffman	US	Male	MPRO	12:06:48	21	0:49:17	10		4:30:57	2		6:42:00	1693
652	1241	Daniel Joubert	ZA	Male	M40-44	12:06:51	101	1:16:28	939		5:44:37	374		4:53:56	979
653	407	Neil Barnard	ZA	Male	M35-39	12:06:54	123	1:06:53	396		6:09:25	669		4:22:32	612
654	1378	Mauricio Batikoff	CL	Male	M45-49	12:07:24	97	1:18:34	1071		6:33:54	1010		4:01:26	375
655	321	Alvaro Otero	CL	Male	M35-39	12:07:34	124	1:18:18	1058		6:27:41	931		4:05:31	420
656	639	Stuart Miles	GB	Male	M45-49	12:07:41	98	1:31:22	1523		6:24:18	879		3:53:48	301
657	1635	Gunter Kunze	DE	Male	M50-54	12:07:49	49	1:09:27	547		6:06:45	633		4:42:37	861
658	1701	Cameron Condie	ZA	Male	M55-59	12:07:53	22	1:13:09	737		5:44:41	376		4:51:30	953
659	1817	Ashleigh Schnetler	ZA	Female	F25-29	12:08:05	9	1:20:42	1179		6:49:21	1171		3:43:11	195
660	856	Charl Marks	ZA	Male	M30-34	12:08:08	97	1:13:42	776		6:13:52	731		4:26:03	658
661	107	Aaron Gardiner	US	Male	M40-44	12:08:31	102	0:59:38	123		6:13:19	720		4:33:37	753
662	1725	Wayne Mac Farlane	ZA	Male	M55-59	12:08:33	23	1:10:24	589		5:51:20	443		4:56:40	1021
663	733	Adriaan Oosthuizen	ZA	Male	M25-29	12:08:35	48	1:13:23	753		5:26:04	192		5:10:42	1168
664	1799	Sydney Gardiner	US	Female	F18-24	12:08:42	1	0:59:49	134		6:18:34	796		4:36:54	794
665	706	Michael Frantzeskou	ZA	Male	M25-29	12:08:43	49	1:19:39	1133		6:04:40	600		4:29:08	693
666	691	Michael Cuypers	ZA	Male	M25-29	12:08:49	50	1:12:15	685		6:29:29	954		4:16:31	531

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
667	485	Denver Kruger	ZA	Male	M35-39	12:09:02	125	1:07:56	453		5:47:32	405		4:55:24	995
668	383	Iliska Verwey-Schutte	ZA	Female	F30-34	12:09:06	23	1:14:46	828		6:38:52	1063		4:00:56	371
669	1440	Helgo Hohenstein	ZA	Male	M45-49	12:09:08	99	1:21:59	1252		6:26:15	907		4:04:53	412
670	1605	Brendan Dryden	ZA	Male	M50-54	12:09:19	50	1:09:59	574		6:13:17	718		4:32:10	738
671	390	Nicole West	ZA	Female	F35-39	12:09:38	16	1:09:26	546		6:23:59	876		4:23:30	626
672	396	Piotr Zielinski	PL	Male	M40-44	12:09:42	103	1:33:05	1559		6:24:21	883		3:58:34	355
673	1573	John David Bennett	ZA	Male	M50-54	12:09:47	51	1:09:06	529		6:05:48	617		4:38:33	810
674	650	Barry Hugo	ZA	Male	M50-54	12:10:03	52	1:17:09	987		5:57:43	522		4:33:42	756
675	1461	Schalk-Willem Liebenberg	ZA	Male	M45-49	12:10:04	100	1:14:54	834		6:32:55	996		4:02:16	381
676	366	Anders Svenningsson	SE	Male	M55-59	12:10:06	24	1:26:40	1419		6:20:04	823		4:11:53	491
677	1838	Tarnia Gernetzky	ZA	Female	F30-34	12:10:10	24	1:06:26	375		6:29:05	949		4:25:54	656
678	1599	Alex de Boer	NL	Male	M50-54	12:10:29	53	1:12:23	693		6:19:05	807		4:23:03	619
679	2019	Bev Baker	ZA	Female	F55-59	12:10:32	3	1:13:26	755		6:21:52	846		4:25:17	644
680	821	Martin Havenga	ZA	Male	M30-34	12:10:51	98	1:08:48	512		6:04:33	595		4:42:12	858
681	516	Altus Neethling	ZA	Male	M25-29	12:11:00	51	1:10:30	593		6:05:16	612		4:35:49	780
682	1595	Mason Cranswick	ZA	Male	M50-54	12:11:27	54	1:18:57	1093		6:31:17	977		4:09:22	461
683	1212	Eckert Giliomee	ZA	Male	M40-44	12:11:47	104	1:11:41	658		6:20:56	834		4:21:56	605
684	461	Paul Cyrille Gillingham	ZA	Male	M45-49	12:11:48	101	1:12:32	703		5:52:46	464		4:56:29	1013
685	448	Jason Ensor	ZA	Male	M40-44	12:12:00	105	1:09:13	536		6:19:32	818		4:25:42	653
686	590	Hisanaga Yanagisawa	JP	Male	M50-54	12:12:02	55	1:14:55	835		6:15:27	754		4:26:57	667
687	276	Steven Joffe	ZA	Male	M50-54	12:12:13	56	1:18:11	1048		6:02:00	570		4:37:53	802
688	497	Jacques Lotriet	ZA	Male	M45-49	12:12:30	102	1:17:12	991		6:07:29	647		4:35:25	775
689	906	John Valentin	ZA	Male	M30-34	12:12:38	99	1:10:43	609		6:02:51	579		4:49:05	927
690	575	Chris Van Eyssen	ZA	Male	M45-49	12:12:55	103	1:10:40	604		6:15:40	757		4:35:01	769
691	794	Andrew Crocker	ZA	Male	M30-34	12:13:21	100	1:21:30	1226		6:13:00	712		4:27:03	668
692	1136	Gawie Wolmarans	ZA	Male	M35-39	12:13:25	126	1:09:19	542		6:16:29	765		4:34:32	765
693	1809	Lize-Mari Jacobs	ZA	Female	F25-29	12:13:36	10	1:05:26	338		6:45:02	1125		4:09:00	459
694	504	Dean Marais	ZA	Male	M45-49	12:14:00	104	1:02:51	228		6:28:32	944		4:30:14	704
695	665	Yazeed Cupp	ZA	Male	M18-24	12:14:20	8	1:17:56	1030		6:08:43	661		4:38:33	809
696	1857	Claudia Riveros	AR	Female	F30-34	12:14:27	25	1:23:08	1298		6:23:41	874		4:12:13	496
697	1689	Andrew Wiseman	ZA	Male	M50-54	12:15:06	57	1:16:57	976		6:26:36	912		4:19:22	570
698	786	Pieter Celliers	ZA	Male	M30-34	12:15:15	101	1:11:21	641		6:08:34	660		4:46:12	899
699	1742	Markus Schlosser	DE	Male	M55-59	12:15:19	25	1:29:18	1488		6:00:04	542		4:29:11	694
700	913	Ric Wadge	ZA	Male	M30-34	12:15:26	102	1:14:28	811		6:24:12	877		4:25:20	645
701	677	Creignou Antonin	RE	Male	M25-29	12:15:45	52	1:09:01	523		6:27:44	933		4:24:36	635
702	313	David Nicholson	GB	Male	M55-59	12:15:49	26	1:16:31	943		5:47:11	400		5:01:42	1083
703	190	Inna Atkinson	DE	Female	F45-49	12:16:27	10	1:18:20	1060		6:45:52	1137		4:01:04	373

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
704	1520	Wilson Smith	ZA	Male	M45-49	12:16:36	105	1:08:49	514		6:03:43	588		4:50:56	943
705	433	Gavin Cilliers	ZA	Male	M30-34	12:16:41	103	1:14:28	812		6:01:20	559		4:49:20	928
706	895	Jaco Smit	ZA	Male	M30-34	12:17:10	104	1:17:00	980		6:08:15	656		4:37:15	797
706	1975	Britt Hyland	ZA	Female	F45-49	12:17:10	11	1:00:41	157		6:17:02	772		4:45:34	891
708	441	Hilton Dowdall	ZA	Male	M50-54	12:17:44	58	1:15:54	903		6:16:13	762		4:30:57	717
709	750	Dean Van Der Mescht	ZA	Male	M25-29	12:17:47	53	1:16:03	913		6:18:51	800		4:15:56	525
710	941	Brett Cave	ZA	Male	M35-39	12:17:49	127	1:22:22	1268		6:09:58	679		4:29:26	698
710	2045	Bruno Rafael Ribeiro Martins	BR	Male	M35-39	12:17:49	127	1:08:05	470		5:33:50	259		5:23:32	1302
712	658	Manoli Stylianou	ZA	Male	M30-34	12:18:41	105	1:17:55	1029		6:14:59	751		4:31:38	728
713	1315	Felipe Salazar Barriga	CL	Male	M40-44	12:18:44	106	1:20:33	1173		6:17:19	779		4:25:36	650
714	992	Bennie Hickman	ZA	Male	M35-39	12:18:47	129	1:26:20	1406		6:05:12	611		4:31:37	727
715	322	Joachim Palm?	SE	Male	M50-54	12:18:48	59	1:13:09	735		6:20:11	827		4:30:42	711
716	1199	Martin Ferreira	ZA	Male	M40-44	12:18:58	107	1:16:31	944		5:55:55	503		4:50:52	942
717	1593	Bryan Cordes	ZA	Male	M50-54	12:19:15	60	1:02:02	203		6:05:53	618		4:53:13	971
718	196	Ignacio Bengoechea	CL	Male	M35-39	12:19:25	130	0:52:14	21		6:22:57	862		4:53:17	972
719	1331	Andre Sturmer	ZA	Male	M40-44	12:19:26	108	1:17:59	1036		6:21:27	842		4:23:39	627
720	1177	Riaz Dadabhay	ZA	Male	M40-44	12:19:35	109	1:24:58	1352		6:26:55	918		4:00:36	367
721	684	Arthur Botha	ZA	Male	M25-29	12:19:53	54	1:10:35	599		6:22:20	854		4:31:56	735
722	1188	Wynand Dreyer	NA	Male	M40-44	12:19:54	110	1:03:43	263		6:22:45	859		4:46:36	902
723	1354	Dewald Van Eyk	ZA	Male	M40-44	12:20:02	111	1:22:43	1278		6:13:56	732		4:32:52	743
724	796	Deon De Jager	ZA	Male	M30-34	12:20:10	106	1:16:10	921		5:52:12	456		5:03:58	1111
725	823	Abdullah Hoosen	ZA	Male	M30-34	12:20:19	107	1:41:46	1647		6:18:14	795		4:05:38	423
726	1165	Aubrey Bosch	ZA	Male	M40-44	12:20:30	112	1:10:46	613		5:58:53	531		5:00:36	1068
727	1848	Roxann Message	ZA	Female	F30-34	12:20:47	26	1:16:46	965		6:34:43	1022		4:17:33	548
728	1825	sam bieske	ZA	Female	F30-34	12:20:49	27	1:15:59	907		7:06:40	1345		3:48:43	249
729	1109	Robert Timmis	ZA	Male	M35-39	12:20:53	131	1:24:02	1329		6:33:42	1006		4:08:42	455
730	406	Andrew Barends	ZA	Male	M50-54	12:21:02	61	1:15:00	842		5:54:34	478		4:56:37	1020
731	688	Willem Coetzer	ZA	Male	M25-29	12:21:09	55	1:04:57	317		5:54:55	480		5:08:18	1149
732	624	Damian Botoulas	ZA	Male	M45-49	12:21:17	106	1:22:09	1262		6:19:02	805		4:23:00	618
733	1326	Roual Spangenberg	NA	Male	M40-44	12:21:23	113	1:11:14	634		5:51:59	451		5:06:41	1135
734	1911	Brenda Campbell	ZA	Female	F40-44	12:21:25	11	1:14:59	840		6:35:17	1028		4:17:44	552
735	1491	Alfredo Ariel Nuñez	AR	Male	M45-49	12:21:39	107	1:10:47	615		5:42:43	351		5:15:47	1221
736	482	Darryn Katz	ZA	Male	M45-49	12:21:48	108	1:12:43	714		6:32:21	990		4:26:24	661
737	1899	Gerrida Uys	NA	Female	F35-39	12:21:51	17	1:17:01	983		6:23:20	866		4:24:59	637
738	305	Zollie Mhlahlo	ZA	Male	M40-44	12:21:55	114	1:38:34	1625		6:49:06	1167		3:39:10	171
739	722	Luke Longbottom	ZA	Male	M25-29	12:22:08	56	1:18:01	1037		6:25:42	900		4:23:04	620
740	1856	Helene Rabie	ZA	Female	F30-34	12:22:23	28	1:14:56	838		6:31:56	985		4:15:11	518

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
741	509	Stephen Meijers	ZA	Male	M55-59	12:22:27	27	1:22:40	1276		6:07:41	649		4:34:15	761
742	612	Sally Misplon	ZA	Female	F30-34	12:22:39	29	1:10:01	575		6:42:36	1099		4:16:40	533
743	1625	Juergen Haussecker	DE	Male	M50-54	12:22:41	62	1:00:22	149		6:13:16	717		4:57:15	1032
743	378	Jonathan Van Wyk	ZA	Male	M45-49	12:22:41	109	1:09:16	539		5:49:08	419		5:11:34	1173
745	1251	Fabien Lamon	ZA	Male	M40-44	12:22:46	115	1:32:20	1545		6:06:55	636		4:20:57	593
746	1255	Morne Laurie	ZA	Male	M40-44	12:22:56	116	1:11:03	625		6:51:04	1186		4:00:07	362
747	224	Brett Deetlefs	ZA	Male	M45-49	12:23:02	110	1:13:29	761		6:15:43	758		4:42:09	857
748	608	Gerhard Maree	ZA	Male	M35-39	12:23:09	132	1:15:33	874		6:15:09	752		4:41:55	854
749	1022	Alexandre Lelievre	FR	Male	M35-39	12:23:10	133	1:12:12	682		6:20:53	832		4:37:56	803
750	566	Andro Theart	ZA	Male	M45-49	12:23:16	111	1:13:00	731		6:19:30	817		4:31:34	724
751	989	Phillip Harboe	CL	Male	M35-39	12:23:35	134	1:22:24	1270		6:22:47	860		4:25:29	648
752	1949	Robyn Schlebusch Green	ZA	Female	F40-44	12:23:38	12	1:08:46	511		6:31:04	976		4:31:36	726
753	1301	Ryan Peyper	ZA	Male	M40-44	12:23:43	117	1:21:43	1236		6:16:34	767		4:31:15	719
754	1063	Wayne Pienaar	ZA	Male	M35-39	12:24:29	135	1:07:58	458		6:38:01	1052		4:22:29	610
755	521	Belinda O'Neil	GB	Female	F45-49	12:24:30	12	1:21:32	1228		6:19:58	822		4:22:23	608
756	1125	Rheeder Van Wyk	NA	Male	M35-39	12:24:37	136	1:10:41	606		6:00:42	548		5:00:02	1062
757	1843	Irma Jansen Van Nieuwenhuizen	ZA	Female	F30-34	12:24:52	30	1:15:44	892		6:49:00	1163		4:07:58	452
758	538	Phil Ray	ZA	Male	M25-29	12:24:53	57	1:09:15	538		6:18:44	799		4:42:19	859
759	542	Jacqueline Roberts	ZA	Female	F35-39	12:25:09	18	1:07:50	445		6:18:40	798		4:47:15	906
760	1464	Morne Lombard	ZA	Male	M45-49	12:25:13	112	1:10:58	623		6:14:28	745		4:46:11	898
761	565	Gareth Taylor	ZA	Male	M30-34	12:25:36	108	1:15:40	888		6:00:08	543		5:01:39	1082
762	219	Charles Albani Dadam	BR	Male	M55-59	12:25:43	28	1:12:40	713		6:09:23	667		4:52:57	967
763	1277	Saydeen Meadows	ZA	Male	M40-44	12:25:46	118	1:14:32	816		6:00:28	545		4:50:17	937
764	1152	Aj Barnard	ZA	Male	M40-44	12:25:56	119	1:15:56	905		6:04:50	606		4:41:05	845
765	158	Nick Thompson	AU	Male	M55-59	12:26:04	29	1:08:44	507		6:04:38	598		5:02:25	1094
766	526	Fabio Pereira	BR	Male	M35-39	12:26:06	137	1:14:30	814		5:59:00	534		4:58:46	1050
767	215	Shavandre Coleman	ZA	Male	M25-29	12:26:09	58	1:00:59	168		6:23:31	871		4:53:30	973
768	1427	John Geypen	ZA	Male	M45-49	12:26:14	113	1:14:39	824		6:14:05	735		4:38:09	805
769	960	Jp Du Randt	ZA	Male	M35-39	12:26:30	138	1:08:52	516		6:10:46	687		4:54:40	987
770	1092	Byron Smith	ZA	Male	M35-39	12:26:57	139	1:39:18	1631		6:26:15	906		4:06:17	434
771	1213	Miles Giljam	ZA	Male	M40-44	12:27:08	120	1:12:47	722		5:44:10	372		5:01:08	1075
772	402	Pj Andrews	ZA	Male	M55-59	12:27:10	30	1:26:59	1427		6:19:02	806		4:26:41	664
773	696	Louwrens Du Toit	ZA	Male	M25-29	12:27:14	59	1:15:39	885		5:57:20	516		5:00:53	1072
774	866	Jacques Mong	ZA	Male	M30-34	12:27:25	109	1:16:39	956		6:25:35	898		4:28:56	690
775	835	Willem Klopper	ZA	Male	M30-34	12:27:41	110	1:18:29	1068		6:26:29	910		4:20:56	592
776	1288	Brendon Neumann	ZA	Male	M40-44	12:27:47	121	1:18:39	1077		6:40:43	1082		4:14:43	514
777	1270	Che Lue	ZA	Male	M40-44	12:27:54	122	1:16:00	909		5:58:27	530		4:49:45	933

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
778	727	Kris Matulovich	ZA	Male	M25-29	12:27:59	60	0:55:21	48		6:06:41	632		5:14:53	1214
779	1474	Hannes Marlin	ZA	Male	M45-49	12:28:02	114	1:28:16	1464		6:04:47	602		4:40:21	832
780	1861	Karmina Valenzuela	CL	Female	F30-34	12:28:19	31	1:22:47	1280		6:58:57	1270		3:55:50	328
781	1978	Edina Jung	CH	Female	F45-49	12:28:29	13	1:15:44	891		7:01:43	1298		3:52:38	288
781	1150	Allie Baderoen	ZA	Male	M40-44	12:28:29	123	1:05:11	329		6:19:28	816		4:51:27	952
783	455	Lauren Friedman	ZA	Female	F40-44	12:28:32	13	1:21:09	1204		6:44:00	1114		4:07:18	449
784	1424	Allan Gallacher	ZA	Male	M45-49	12:28:34	115	1:03:26	249		6:25:27	897		4:51:02	944
785	790	Jacques Collins	ZA	Male	M30-34	12:28:46	111	1:08:10	478		5:43:15	357		5:25:55	1318
786	1404	Joao De Nobrega	ZA	Male	M45-49	12:29:11	116	1:19:20	1115		6:16:34	768		4:36:49	792
787	1015	Nicolas Kunstmann Rojas	CL	Male	M35-39	12:29:19	140	1:15:03	844		6:00:27	544		4:59:38	1059
788	1503	Wane Rossouw	ZA	Male	M45-49	12:29:25	117	1:06:17	369		6:07:12	640		4:55:34	996
789	1425	olivier gauthier	FR	Male	M45-49	12:29:48	118	1:25:05	1360		6:07:59	654		4:38:45	812
790	300	Dai Matsui	JP	Male	M50-54	12:29:49	63	1:05:11	328		5:48:36	415		5:27:08	1326
791	1371	Yaseen Abrahams	ZA	Male	M45-49	12:30:15	119	1:12:01	672		6:19:02	804		4:45:26	889
792	1950	Norma Simons	ZA	Female	F40-44	12:30:22	14	1:10:36	601		6:21:49	845		4:44:15	878
793	466	Grant Hallowell	ZA	Male	M40-44	12:30:30	124	1:22:31	1273		6:24:25	885		4:27:43	675
794	572	Brand Van Den Heever	ZA	Male	M35-39	12:30:31	141	1:12:55	727		6:24:32	890		4:40:05	829
795	1844	Elsabe Lategan	ZA	Female	F30-34	12:30:42	32	1:16:10	922		6:33:24	1003		4:25:31	649
796	626	Vanessa De Souza	ZA	Female	F40-44	12:30:52	15	1:22:12	1264		6:44:52	1124		4:05:50	427
797	424	David Brittain	ZA	Male	M50-54	12:31:17	64	1:15:06	848		6:18:00	792		4:43:32	868
798	983	Charles-Francois Gorse	FR	Male	M35-39	12:31:27	142	1:01:44	193		6:09:49	678		5:06:40	1133
799	832	Shaun Keeling	ZA	Male	M30-34	12:31:39	112	1:10:29	591		6:39:20	1070		4:21:07	596
800	1137	Barry Wolmarans	ZA	Male	M35-39	12:32:01	143	1:19:16	1112		6:10:25	684		4:40:23	833
801	246	Christian Gatica	CL	Male	M50-54	12:32:34	65	1:41:39	1644		6:17:28	784		4:17:10	543
802	1942	Debbie Oleary	ZA	Female	F40-44	12:32:49	16	1:14:37	821		6:48:24	1158		4:14:52	517
803	614	Aashiek Parker	ZA	Male	M40-44	12:33:05	125	1:32:18	1543		6:51:06	1187		3:55:28	319
804	1143	Alvaro Acuna	CL	Male	M40-44	12:33:08	126	1:25:23	1370		6:20:46	830		4:32:04	737
805	589	George Martin Winship	ZA	Male	M50-54	12:33:13	66	1:16:35	950		5:54:57	483		5:08:56	1154
806	1987	Hannelle Smith	ZA	Female	F45-49	12:33:19	14	1:24:54	1349		6:46:13	1141		4:08:46	456
807	820	Olivier Harmant	FR	Male	M30-34	12:33:21	113	1:07:08	411		5:57:38	520		5:20:04	1274
808	752	Dane Van Tonder	ZA	Male	M25-29	12:33:26	61	1:21:15	1217		6:49:18	1170		4:08:32	454
808	362	Sarah Sparks	ZA	Female	F30-34	12:33:26	33	1:11:24	643		7:04:22	1326		3:56:31	335
810	1521	Charles Starbuck	ZA	Male	M45-49	12:33:48	120	1:35:47	1591		6:18:58	803		4:28:45	686
810	449	Chris Everts	ZA	Male	M25-29	12:33:48	62	1:16:50	968		6:22:44	858		4:38:48	813
812	954	Riaan De Beer	ZA	Male	M35-39	12:34:01	144	1:13:11	738		6:03:02	581		4:56:31	1014
813	1821	Monique Coetzee	ZA	Female	F25-29	12:34:06	11	0:57:32	85		6:54:54	1227		4:28:39	685
814	359	Maritz Nel	ZA	Female	F45-49	12:34:18	15	1:12:44	716		6:30:31	968		4:33:33	752

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
815	793	Beert Craanen	NL	Male	M30-34	12:34:31	114	1:05:18	335		6:02:07	572		5:09:39	1160
816	279	Nadirshah Khan	ZA	Male	M55-59	12:34:41	31	1:13:27	757		6:13:00	711		4:55:53	1005
817	1993	Hanneli Van Tonder	ZA	Female	F45-49	12:34:53	16	1:14:01	790		6:50:23	1179		4:17:28	545
818	789	David Cole	GB	Male	M30-34	12:34:57	115	1:18:53	1090		6:28:21	939		4:25:11	640
819	955	Frikkie Visser	ZA	Male	M35-39	12:35:01	145	1:03:19	243		6:39:09	1067		4:35:27	776
820	1571	Walter Batel	FR	Male	M50-54	12:35:20	67	1:12:35	706		6:32:10	988		4:36:50	793
821	1388	Mark Buchel	ZA	Male	M45-49	12:35:27	121	1:20:53	1190		6:08:00	655		4:53:03	969
822	1006	Anton Kerdey	RU	Male	M35-39	12:35:37	146	1:00:27	153		6:04:35	596		5:14:42	1212
823	741	Shaan Stander	ZA	Male	M25-29	12:35:44	63	1:15:48	897		6:04:47	603		5:03:36	1103
824	1450	Michael Kirkby	ZA	Male	M45-49	12:35:58	122	1:18:50	1087		6:59:50	1281		3:56:03	330
825	203	Nina-Mari Bruwer	ZA	Female	F30-34	12:35:59	34	1:34:04	1571		6:39:20	1071		4:09:50	469
826	1412	Cristobal Duke Ossandon	CL	Male	M45-49	12:36:04	123	1:07:57	456		6:35:35	1034		4:36:12	785
827	1376	Werner Badenhorst	ZA	Male	M45-49	12:36:18	124	1:06:32	381		6:07:10	639		5:06:17	1128
828	1690	Matthias Albrech	DE	Male	M55-59	12:36:33	32	1:17:17	1000		6:24:43	891		4:39:14	818
829	438	Eric Croeser	ZA	Male	M35-39	12:36:50	147	1:08:07	472		6:23:29	870		4:57:56	1040
830	1268	Niel Louw	ZA	Male	M40-44	12:37:02	127	1:06:55	399		6:17:30	785		4:58:42	1049
831	930	Laurie Blake	ZA	Male	M35-39	12:37:19	148	1:16:35	949		6:50:37	1182		4:11:43	490
832	822	Pieter Hoogenhout	ZA	Male	M30-34	12:37:31	116	1:18:35	1072		6:35:33	1033		4:26:01	657
833	1195	Geon Ellis	NA	Male	M40-44	12:37:36	128	1:20:50	1185		6:43:09	1105		4:20:48	590
834	1085	Johan Scholtz	ZA	Male	M35-39	12:37:39	149	1:09:12	535		6:21:18	838		4:52:30	961
835	1603	Nolan Diaz	ZA	Male	M50-54	12:37:54	68	1:10:09	578		6:45:38	1132		4:28:53	687
836	1510	Dennis Schuin	ZA	Male	M45-49	12:38:03	125	1:18:12	1053		6:25:39	899		4:44:22	881
837	1649	Victor Mcloughlin	ZA	Male	M50-54	12:38:06	69	1:15:11	853		6:14:09	739		4:48:57	925
838	959	Jaco Dreyer	ZA	Male	M35-39	12:38:21	150	1:09:29	550		6:12:41	709		5:02:38	1095
839	1189	Danie Dreyer	ZA	Male	M40-44	12:38:24	129	1:12:03	673		6:01:47	567		5:14:52	1213
840	601	Rory Francis	ZA	Male	M40-44	12:38:25	130	1:18:02	1038		6:34:46	1024		4:30:40	710
841	453	Andrea Foianini	BO	Female	F35-39	12:38:42	19	1:20:24	1169		6:27:32	928		4:31:51	731
842	1421	Scott Flewellen	GB	Male	M45-49	12:38:49	126	1:32:59	1556		5:57:53	523		4:48:25	919
843	408	Timothy Barrow	ZA	Male	M30-34	12:38:50	117	1:09:54	566		6:02:13	574		5:17:51	1254
844	191	Steve Attwell	ZA	Male	M40-44	12:38:54	131	1:05:00	319		6:40:07	1076		4:41:13	848
845	506	Marco Martinelli	ZA	Male	M45-49	12:39:26	127	1:09:22	544		6:30:50	974		4:44:20	879
846	1283	Mohamed Motala	ZA	Male	M40-44	12:39:32	132	1:18:13	1054		6:18:08	793		4:48:58	926
847	507	David Mccallum	ZA	Male	M40-44	12:39:43	133	1:21:25	1225		6:38:54	1064		4:23:07	621
848	503	Claudia Mansilla	BO	Female	F40-44	12:39:50	17	1:22:59	1292		6:23:23	869		4:40:02	828
849	445	David Dvorquez	CL	Male	M50-54	12:40:02	70	1:01:15	175		5:43:57	367		5:46:37	1488
850	1140	HGB ZIETSMAN	ZA	Male	M35-39	12:40:14	151	0:56:37	68		6:44:01	1116		4:42:40	862
851	470	Agaath Hazenberg	ZA	Female	F40-44	12:40:16	18	1:13:41	775		6:47:17	1150		4:23:41	628

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
852	1012	Rikus Kranhold	ZA	Male	M35-39	12:40:21	152	1:28:51	1482		6:43:46	1111		4:12:41	500
853	1945	Amanda Pieterse	ZA	Female	F40-44	12:40:29	19	1:28:22	1469		6:58:47	1267		3:57:06	343
854	1267	Hendrik Louw	ZA	Male	M40-44	12:40:48	134	1:18:12	1052		6:08:49	663		4:55:46	998
855	1896	Angie Sampson	ZA	Female	F35-39	12:41:24	20	1:16:35	951		6:52:40	1205		4:15:41	522
856	929	Guy Blackbeard	ZA	Male	M35-39	12:41:26	153	1:21:58	1251		6:09:24	668		4:54:26	984
857	1336	Richard Thomas	ZA	Male	M40-44	12:41:53	135	1:13:37	768		6:13:35	725		5:01:07	1074
858	1723	Garth Lucas	ZA	Male	M55-59	12:41:55	33	1:00:51	161		6:17:56	791		5:12:32	1183
859	1920	Robyn Dougans	ZA	Female	F40-44	12:42:01	20	1:15:28	869		6:45:50	1135		4:28:33	682
859	1935	Tamara Macmillan	ZA	Female	F40-44	12:42:01	20	1:14:24	807		6:50:42	1184		4:21:33	602
861	1158	Theo Bierman	ZA	Male	M40-44	12:42:02	136	1:18:48	1085		6:27:06	922		4:43:46	870
862	193	Madoda Bambalaza	ZA	Male	M35-39	12:42:10	154	1:33:42	1566		6:28:23	940		4:31:53	733
863	1334	Baden Swans	ZA	Male	M40-44	12:42:11	137	1:13:51	783		6:45:48	1134		4:28:34	683
864	1995	Judy Vanderwagen	ZA	Female	F45-49	12:42:14	17	1:11:15	636		6:32:29	992		4:39:37	822
865	861	Peter Mcnaughton	ZA	Male	M30-34	12:42:27	118	1:13:36	767		6:33:25	1004		4:35:11	773
866	976	Barend Geldenhuys	ZA	Male	M35-39	12:42:39	155	1:17:37	1013		5:52:00	452		5:19:49	1271
867	1953	Gisela Zulema Suligoy	AR	Female	F40-44	12:42:52	22	1:27:02	1428		6:43:28	1108		4:20:45	589
868	532	James Popper	ZA	Male	M55-59	12:43:01	34	1:11:17	637		5:53:10	466		5:23:16	1301
869	1747	Ricardo Sohrens	CL	Male	M55-59	12:43:32	35	1:19:10	1105		6:25:51	901		4:40:47	841
870	1302	Stephan Pienaar	ZA	Male	M40-44	12:43:42	138	1:15:30	872		6:12:24	706		5:04:01	1112
871	446	Grant Edwards	ZA	Male	M50-54	12:43:52	71	1:17:37	1014		6:44:15	1119		4:27:03	669
872	907	Dewald Van Den Berg	ZA	Male	M30-34	12:43:58	119	1:17:25	1003		6:26:48	916		4:46:01	897
873	1264	Christo Loots	ZA	Male	M40-44	12:44:06	139	1:32:19	1544		6:37:11	1047		4:19:51	578
874	808	Ockert Fourie	ZA	Male	M30-34	12:44:07	120	1:15:25	865		6:16:28	764		4:48:28	920
875	1146	Wisam Alouch	SY	Male	M40-44	12:44:17	140	1:06:05	359		6:24:28	888		4:55:48	1001
876	1974	Gerda Horn	ZA	Female	F45-49	12:44:28	18	1:19:44	1140		6:47:00	1147		4:23:48	630
877	1340	Jason Townsend	ZA	Male	M40-44	12:44:54	141	1:16:22	933		6:21:24	841		4:54:47	988
878	1645	Clive Main	ZA	Male	M50-54	12:45:03	72	1:19:15	1111		6:48:32	1160		4:22:59	617
879	745	Fernando Tallie	ZA	Male	M25-29	12:45:34	64	0:56:50	73		6:09:32	670		5:26:43	1322
880	760	Harry Abourizk	ZA	Male	M30-34	12:45:43	121	1:20:31	1172		6:14:17	742		4:56:35	1017
881	763	Abdulaziz Almatar	KW	Male	M30-34	12:45:45	122	1:19:56	1150		6:32:52	994		4:39:02	815
882	812	Marco Ghisleni	ZA	Male	M30-34	12:45:49	123	1:21:02	1195		6:27:35	929		4:41:12	847
883	513	Carlos Morais	ZA	Male	M30-34	12:45:59	124	1:23:51	1326		6:06:22	622		5:00:46	1071
884	1471	Riaan Malan	ZA	Male	M45-49	12:46:04	128	1:21:39	1233		5:56:49	510		5:15:26	1219
885	1242	Roelof Joubert	ZA	Male	M40-44	12:46:06	142	1:09:57	571		6:11:15	690		5:14:00	1205
886	637	Grant Kaplan	ZA	Male	M45-49	12:46:12	129	1:19:32	1126		6:17:45	788		4:50:46	939
887	1003	Jorrie Jordaan	NA	Male	M35-39	12:46:29	156	1:12:29	699		6:20:47	831		5:00:24	1064
888	1043	Xander Moore	ZA	Male	M35-39	12:46:58	157	1:27:26	1439		6:12:14	703		4:55:46	999

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
888	1939	Nadine Mostert	ZA	Female	F40-44	12:46:58	23	1:10:35	600		6:54:39	1224		4:29:53	702
890	1046	Sabelo Myeza	ZA	Male	M35-39	12:47:01	158	1:48:57	1684		6:42:51	1100		4:01:01	372
891	784	Michael Busschau	ZA	Male	M30-34	12:47:02	125	1:04:12	283		6:29:20	951		5:05:26	1122
892	1365	Willem Viviers	ZA	Male	M40-44	12:47:13	143	1:27:37	1447		6:15:32	756		4:52:17	958
893	1473	Ronald Marais	ZA	Male	M45-49	12:47:21	130	1:20:57	1194		6:14:20	743		5:00:41	1070
894	1266	Coenraad Louw	ZA	Male	M40-44	12:47:28	144	1:04:10	280		6:29:53	960		5:02:24	1093
894	1402	Jonathan De Beer	ZA	Male	M45-49	12:47:28	131	1:14:45	827		6:19:44	820		4:58:52	1052
896	828	Emile Janse Van Rensburg	ZA	Male	M30-34	12:47:35	126	1:16:18	928		6:08:29	659		5:01:46	1084
897	1602	Luc Dehaspe	BE	Male	M50-54	12:47:40	73	1:19:57	1151		6:34:46	1023		4:37:27	798
898	1696	J?rgen Braun	DE	Male	M55-59	12:47:41	36	1:23:00	1294		6:38:31	1059		4:34:21	763
898	450	Fernanda Carvajal	CL	Female	F30-34	12:47:41	35	1:35:11	1587		7:00:51	1291		3:54:36	308
900	404	Reinhard Arndt	ZA	Male	M45-49	12:48:02	132	1:27:59	1459		6:12:26	707		4:55:54	1006
901	1215	John Gordon-Bennett	ZA	Male	M40-44	12:48:06	145	1:18:50	1086		6:27:00	920		4:42:00	856
902	223	Walter De Wet	ZA	Male	M40-44	12:48:07	146	1:20:51	1187		6:41:51	1090		4:33:21	749
903	439	Izaane Demetriou	ZA	Female	F35-39	12:48:12	21	1:23:37	1320		6:29:38	955		4:36:47	791
904	923	Fazel Ally	ZA	Male	M35-39	12:48:20	159	1:31:07	1517		6:34:18	1017		4:28:12	678
905	1931	Michelle Lake	US	Female	F40-44	12:48:21	24	1:07:37	430		6:16:59	771		5:11:40	1174
906	1859	Rosalind Siddle	ZA	Female	F30-34	12:48:24	36	1:15:41	890		6:45:40	1133		4:28:55	689
907	562	Gary Stephenson	ZA	Male	M55-59	12:48:36	37	1:13:24	754		6:17:18	777		5:05:04	1117
908	256	Kurt Groener	ZA	Male	M35-39	12:48:37	160	1:14:47	830		6:32:15	989		4:49:58	934
909	915	Simon Wentzel	ZA	Male	M30-34	12:48:51	127	1:04:45	308		6:08:17	657		5:14:11	1209
910	1362	Pio Vassallo	MT	Male	M40-44	12:48:53	147	1:12:08	677		6:19:12	811		5:03:44	1106
911	1457	Greg Labuscagne	ZA	Male	M45-49	12:49:20	133	1:11:27	647		6:24:57	893		4:55:07	994
912	1303	Clinton Poson	ZA	Male	M40-44	12:49:25	148	1:19:12	1107		6:16:41	769		4:52:55	965
913	134	Akiko Minagawa	JP	Female	F50-54	12:49:27	7	1:28:36	1476		6:41:05	1086		4:16:27	529
914	664	Nico Burden	ZA	Male	M18-24	12:49:43	9	1:10:43	610		6:52:51	1208		4:32:00	736
915	1922	Tanith Du Toit	ZA	Female	F40-44	12:49:53	25	1:03:02	237		7:06:28	1344		4:26:15	659
916	1443	Christo Horn	ZA	Male	M45-49	12:49:56	134	1:12:22	692		6:07:59	653		5:12:37	1187
916	1138	Craig Yeats	ZA	Male	M35-39	12:49:56	161	1:17:11	990		6:01:42	564		5:21:30	1286
918	2003	Libby Ferrandi	ZA	Female	F50-54	12:49:57	8	1:10:19	583		7:03:31	1315		4:19:06	569
919	239	Jayde Fouche	ZA	Female	F30-34	12:50:07	37	1:07:57	455		6:36:12	1037		4:50:31	938
920	1797	Graham Gibson	AU	Male	M70-74	12:50:19	1	1:19:35	1129		6:14:43	748		5:01:53	1088
921	934	Petrus Brandt	ZA	Male	M35-39	12:50:22	162	1:42:00	1650		6:07:51	652		4:45:20	888
922	1390	Dave Bumberry	ZA	Male	M45-49	12:50:27	135	1:15:39	883		6:39:28	1073		4:43:01	865
923	2039	Rowan Marais	ZA	Male	M40-44	12:50:28	149	1:07:31	426		6:24:28	887		5:03:54	1110
924	1562	Gregor Wolter	ZA	Male	M45-49	12:50:38	136	1:09:25	545		6:14:01	734		5:09:03	1156
925	249	Elizma Geldenhuys	ZA	Female	F50-54	12:51:00	9	1:12:23	695		6:33:42	1007		4:48:03	915

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
926	1358	Ruedi Van Rensburg	ZA	Male	M40-44	12:51:35	150	1:06:12	364		6:55:17	1231		4:34:05	760
927	1392	Edward Byrnes	CH	Male	M45-49	12:51:57	137	1:11:52	664		6:26:21	908		4:59:46	1061
928	993	Shaun Hollander	ZA	Male	M35-39	12:52:17	163	1:03:31	252		6:17:27	783		5:22:40	1294
928	849	Gareth Macintosh	ZA	Male	M30-34	12:52:17	128	1:08:08	474		6:14:38	747		5:13:27	1196
930	1359	Burt Van Schalkwyk	ZA	Male	M40-44	12:52:21	151	1:19:15	1110		6:30:07	962		4:53:58	980
931	719	George Kirkpatrick	GB	Male	M25-29	12:52:23	65	1:14:34	819		6:15:57	760		5:07:13	1139
932	672	Byron Scott	ZA	Male	M18-24	12:52:37	10	1:01:21	177		6:02:40	576		5:39:33	1418
933	697	Jannes Du Toit	ZA	Male	M25-29	12:52:46	66	1:02:28	215		6:30:36	972		5:01:24	1078
934	1048	Christoff Nieman	ZA	Male	M35-39	12:53:01	164	1:39:56	1635		6:00:57	552		4:59:25	1057
935	1183	Eduan Deetlefs	ZA	Male	M40-44	12:53:05	152	1:13:12	739		6:01:13	556		5:24:15	1305
936	718	Ben Kinerman-Daltrey	GB	Male	M25-29	12:53:11	67	1:14:19	800		6:07:26	642		5:20:13	1275
937	1050	Florent Nitu	RO	Male	M35-39	12:53:24	165	1:07:50	444		6:45:52	1136		4:41:09	846
938	687	Jacques Burger	ZA	Male	M25-29	12:53:37	68	1:10:12	581		6:13:50	730		5:10:57	1169
939	1442	Andrew Hopf	ZA	Male	M45-49	12:53:48	138	1:04:58	318		6:35:59	1036		5:00:34	1067
940	1353	Andries Van Eeden	ZA	Male	M40-44	12:54:08	153	1:07:06	408		6:52:35	1204		4:36:28	788
941	869	Alfred Nebe	ZA	Male	M30-34	12:54:15	129	0:58:25	101		6:34:11	1014		4:58:56	1053
942	878	Cedric Olivier	ZA	Male	M30-34	12:54:17	130	1:19:48	1145		6:39:38	1074		4:37:37	799
943	1417	Guillaume (Thys) Erasmus	ZA	Male	M45-49	12:54:31	139	1:13:14	741		6:06:37	631		5:18:47	1264
944	655	Neville Noble	ZA	Male	M35-39	12:54:39	166	1:12:35	705		6:27:14	925		5:03:19	1099
945	1545	Andre Van Rooyen	ZA	Male	M45-49	12:54:48	140	1:25:40	1386		6:14:06	736		4:58:47	1051
946	867	Dewald Mostert	ZA	Male	M30-34	12:54:50	131	1:17:16	998		6:17:36	786		5:06:32	1130
947	872	Michael Nesor	ZA	Male	M30-34	12:55:13	132	1:26:30	1413		6:17:23	782		4:53:50	977
948	206	Jackie Faye Burton	US	Female	F30-34	12:55:33	38	1:40:16	1638		6:15:30	755		4:48:48	924
949	192	Sonia Ballard	ZA	Female	F55-59	12:56:00	4	1:16:34	948		6:13:32	724		5:11:45	1176
950	1084	Marco Schlorf	ZA	Male	M35-39	12:56:04	167	1:18:07	1043		7:21:07	1457		4:00:49	370
951	1550	Stompie Venter	ZA	Male	M45-49	12:56:05	141	1:12:16	687		6:25:55	903		4:56:05	1010
952	2008	Samantha Leader	GB	Female	F50-54	12:56:32	10	1:13:43	779		7:26:43	1492		3:56:17	333
953	711	Jacques Gnade	ZA	Male	M25-29	12:56:39	69	1:15:58	906		6:39:06	1066		4:39:38	823
954	1601	Jaap De Groot	NL	Male	M50-54	12:57:34	74	1:21:12	1209		6:24:29	889		4:50:48	940
955	1561	Shane Wollenschlaeger	ZA	Male	M45-49	12:58:00	142	1:13:09	736		6:37:58	1051		4:54:12	982
956	742	Lourens Steyl	ZA	Male	M25-29	12:59:04	70	1:20:53	1191		6:27:22	926		4:58:13	1041
957	1833	Angela De Gouveia	ZA	Female	F30-34	12:59:08	39	1:25:30	1378		6:45:38	1131		4:27:35	672
958	1133	Clint Willemse	ZA	Male	M35-39	12:59:23	168	1:25:57	1395		6:51:31	1191		4:25:22	646
959	1631	Derrick Knoesen	ZA	Male	M50-54	12:59:45	75	1:17:28	1006		6:47:51	1155		4:41:55	855
960	499	Matthys Lourens	ZA	Male	M45-49	13:00:16	143	1:13:28	759		6:03:49	589		5:30:05	1353
961	757	Darren Venter	ZA	Male	M25-29	13:00:43	71	1:08:25	493		5:58:03	528		5:43:37	1463
962	736	Simon Pienaar	ZA	Male	M25-29	13:00:44	72	1:07:39	432		6:37:39	1050		4:55:01	993

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
963	651	Lindsay Jolly	ZA	Female	F25-29	13:00:56	12	1:14:37	822		6:28:00	935		5:01:09	1076
964	850	Faheem Mahomed	ZA	Male	M30-34	13:00:57	133	1:28:08	1461		6:13:29	722		4:56:41	1022
965	391	Julie Wilford	ZA	Female	F45-49	13:01:03	19	1:19:21	1117		6:30:57	975		4:56:57	1027
966	454	Curwin Francis	ZA	Male	M35-39	13:01:13	169	1:07:57	457		6:49:04	1166		4:49:21	929
967	921	Ziyaad Adam	ZA	Male	M35-39	13:01:27	170	1:25:19	1368		6:13:57	733		5:03:37	1104
968	1693	Gellie Bibis	ZA	Male	M55-59	13:01:31	38	1:03:25	247		6:17:54	789		5:27:39	1331
969	1720	Andre Kleynhans	ZA	Male	M55-59	13:01:50	39	1:01:53	200		6:21:23	840		5:27:36	1330
970	1552	Gerrit Visser	ZA	Male	M45-49	13:02:30	144	1:11:30	650		6:20:07	826		5:18:32	1260
971	1796	Andre Collins	ZA	Male	M70-74	13:02:31	2	1:32:26	1547		6:25:56	904		4:47:28	910
971	1346	shorne ulyate	ZA	Male	M40-44	13:02:31	154	1:13:34	766		6:51:40	1193		4:37:38	800
973	739	Lee Schoombie	ZA	Male	M25-29	13:02:39	73	1:16:10	920		6:23:34	873		5:09:50	1161
974	1925	Janneke Hampsink	NL	Female	F40-44	13:02:51	26	1:17:56	1031		6:05:26	614		5:26:11	1319
975	1035	Patrick Mcculla	ZA	Male	M35-39	13:02:53	171	1:21:22	1222		6:21:21	839		5:03:22	1100
976	405	ANDRES ARRIETA	CL	Male	M35-39	13:03:08	172	1:23:06	1297		6:55:41	1233		4:26:21	660
977	1531	Christopher Thorp	ZA	Male	M45-49	13:03:13	145	1:09:54	565		6:19:08	809		5:17:09	1244
978	489	Jean-Philippe Leblanc	CA	Male	M60-64	13:03:15	7	1:11:59	671		6:26:31	911		5:06:05	1126
979	922	Waseem Agherdien	ZA	Male	M35-39	13:03:34	173	1:13:38	769		6:19:22	814		5:13:41	1200
980	212	Gustaf Cilliers	ZA	Male	M60-64	13:03:40	8	1:16:19	929		6:31:41	981		5:03:51	1108
981	838	Malan Kotze	ZA	Male	M30-34	13:03:52	134	1:19:49	1147		6:03:49	590		5:17:00	1241
982	1522	Jaco Steenkamp	ZA	Male	M45-49	13:04:05	146	1:07:58	461		6:22:07	848		5:25:21	1315
983	385	Estelle Van As	ZA	Female	F55-59	13:04:23	5	1:26:42	1420		7:02:44	1305		4:20:16	582
984	942	Fabian Cazares	MX	Male	M35-39	13:04:30	174	1:08:58	519		6:31:23	978		5:02:43	1096
985	487	Greg Laxton	ZA	Male	M25-29	13:04:38	74	1:16:32	946		6:44:23	1121		4:46:37	903
986	1054	Bruno Paul	ZA	Male	M35-39	13:04:39	175	1:27:18	1434		6:35:46	1035		4:45:40	892
987	1187	Heine Deysel	ZA	Male	M40-44	13:05:07	155	1:19:05	1099		6:20:43	829		5:07:48	1145
988	953	James Davis	ZA	Male	M35-39	13:05:09	176	1:21:07	1201		6:24:23	884		4:57:06	1031
989	982	Mark Goosen	ZA	Male	M35-39	13:05:24	177	1:01:43	191		6:22:16	851		5:23:02	1298
990	537	Romeo Lii Puncia	PH	Male	M30-34	13:05:25	135	1:31:53	1532		6:36:28	1041		4:43:56	872
991	1367	Elliott Wood	ZA	Male	M40-44	13:05:37	156	1:18:44	1081		6:21:08	836		5:12:08	1180
992	83	Sam Cardona	PR	Male	M45-49	13:05:39	147	1:25:49	1391		6:17:11	773		5:07:49	1146
993	1222	Craig Hartley	ZA	Male	M40-44	13:05:46	157	1:11:22	642		6:14:26	744		5:17:36	1251
994	427	Reinhard B?rner	DE	Male	M70-74	13:05:56	3	1:24:59	1353		6:47:54	1156		4:38:30	808
995	839	Zako Kruger	ZA	Male	M30-34	13:06:06	136	1:16:15	924		6:51:39	1192		4:45:34	890
996	1386	Burni Brewis	ZA	Male	M45-49	13:06:18	148	1:04:37	304		6:22:17	852		5:28:56	1340
997	1893	Jodine Momberg	ZA	Female	F35-39	13:06:51	22	1:21:11	1206		6:50:26	1180		4:35:08	771
998	1040	Karol Migo	PL	Male	M35-39	13:06:56	178	1:18:10	1047		6:38:50	1062		4:51:10	949
999	1018	Stephane Latini	FR	Male	M35-39	13:07:00	179	1:17:54	1028		6:34:39	1021		4:51:13	950

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1000	287	Tony Lederle	ZA	Male	M60-64	13:07:13	9	1:20:50	1186		6:12:09	701		5:20:42	1281
1001	491	Hugo Leuenberger	ZA	Male	M40-44	13:07:28	158	1:14:29	813		6:33:20	1002		4:57:05	1030
1002	1366	Adam Walker	ZA	Male	M40-44	13:07:38	159	1:13:31	765		6:31:31	979		5:07:30	1141
1003	1323	Basil Smith	ZA	Male	M40-44	13:07:45	160	1:25:41	1387		6:28:30	943		4:58:17	1042
1004	805	Jan Jan Eksteen	ZA	Male	M30-34	13:07:49	137	1:13:16	744		6:34:22	1019		4:52:57	968
1005	1154	Yan Bechet	FR	Male	M40-44	13:07:54	161	1:22:03	1255		6:05:02	609		5:24:56	1311
1006	1257	Morne Le Roux	ZA	Male	M40-44	13:07:56	162	1:26:03	1399		6:40:40	1081		4:41:38	853
1007	339	J?rg Rinsche	DE	Male	M45-49	13:08:27	149	1:14:00	787		6:26:06	905		5:18:26	1258
1008	1941	Chantal Nosworthy	ZA	Female	F40-44	13:08:45	27	1:16:43	961		7:17:28	1434		4:16:11	526
1009	1590	Roux Coetzee	ZA	Male	M50-54	13:08:48	76	1:22:58	1291		6:14:58	750		5:12:34	1185
1010	924	Eissa Alnashmi	KW	Male	M35-39	13:08:50	180	1:15:14	856		6:42:09	1094		4:59:24	1056
1011	870	Ruan Nel	ZA	Male	M30-34	13:09:28	138	1:19:27	1121		6:59:57	1282		4:39:04	816
1012	1157	Mohammed Bharoochi	ZA	Male	M40-44	13:09:44	163	1:22:00	1253		6:08:55	665		5:17:34	1250
1013	1769	Neil Henderson	ZA	Male	M60-64	13:09:52	10	1:08:10	476		6:41:40	1089		4:53:35	975
1014	527	Robyn Perry	ZA	Female	F30-34	13:09:56	40	1:06:34	382		6:44:13	1117		5:07:18	1140
1015	623	Hannes Botes	ZA	Male	M55-59	13:09:58	40	1:20:09	1158		6:22:15	850		5:15:08	1215
1016	738	Ralph Schmitt	ZA	Male	M25-29	13:09:59	75	1:08:16	482		6:49:40	1174		5:02:14	1091
1017	713	Tim Heine	ZA	Male	M25-29	13:10:06	76	1:17:24	1002		6:24:19	881		5:16:29	1233
1018	1566	Jack Akers	ZA	Male	M50-54	13:10:18	77	1:16:08	918		6:42:17	1096		4:53:34	974
1019	1902	Yolande Van Heerden	ZA	Female	F35-39	13:10:23	23	1:28:51	1483		7:06:50	1346		4:18:25	561
1020	1785	James Stewart	GB	Male	M60-64	13:10:50	11	1:26:31	1415		6:07:36	648		5:17:06	1243
1021	1193	Darryn Edinburg	ZA	Male	M40-44	13:11:05	164	1:25:01	1356		6:33:49	1009		4:44:56	885
1022	883	Patrick Phillips	ZA	Male	M30-34	13:11:06	139	1:34:58	1583		6:30:35	971		4:45:59	896
1023	847	Wayne Lotter	ZA	Male	M30-34	13:11:11	140	1:08:22	489		6:01:45	565		5:49:35	1512
1024	1904	Claire Winterton	ZA	Female	F35-39	13:11:15	24	1:13:39	770		6:29:46	959		5:13:45	1201
1025	620	Simon Van Der Linden	ZA	Male	M50-54	13:11:21	78	1:23:33	1318		6:13:43	726		5:16:00	1225
1026	1059	Ivan Pe?a	CL	Male	M35-39	13:11:29	181	1:20:40	1178		6:41:05	1087		4:54:27	985
1027	1686	Shane Viviers	ZA	Male	M50-54	13:11:30	79	1:22:01	1254		6:44:13	1118		4:44:37	882
1028	966	Carel Esterhuysen	ZA	Male	M35-39	13:11:36	182	1:18:08	1044		6:27:44	932		5:03:35	1102
1029	1984	Tracey Proudfoot	ZA	Female	F45-49	13:11:54	20	1:19:43	1137		7:16:08	1421		4:14:02	510
1029	2004	Annalita Goosen	ZA	Female	F50-54	13:11:54	11	1:18:16	1055		7:00:14	1284		4:28:26	681
1031	1630	Danny Knoesen	ZA	Male	M50-54	13:12:02	80	1:14:35	820		6:43:33	1109		4:57:15	1034
1032	1294	Olivier Sliwanski	FR	Male	M40-44	13:12:11	165	1:12:56	729		6:20:07	825		5:15:50	1222
1033	1151	Antonie Bam	ZA	Male	M40-44	13:12:15	166	1:17:52	1027		6:11:30	692		5:33:17	1378
1034	1965	Amanda Cromhout	ZA	Female	F45-49	13:12:39	21	1:14:01	789		6:57:13	1253		4:45:04	886
1035	1985	Liesl Ribeiro	ZA	Female	F45-49	13:12:52	22	1:28:30	1472		6:45:18	1129		4:41:01	843
1035	1023	Jason Leon-Baptista	US	Male	M35-39	13:12:52	183	1:11:36	655		6:45:17	1128		4:55:57	1008

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1037	965	Raymond Enslin	ZA	Male	M35-39	13:13:05	184	1:25:37	1383		6:24:27	886		5:12:34	1184
1037	1467	Derek Minnie	ZA	Male	M45-49	13:13:05	150	1:28:40	1477		6:23:31	872		5:01:34	1081
1039	423	Roy Brennon	ZA	Male	M50-54	13:13:09	81	1:21:06	1200		6:11:47	695		5:12:42	1189
1040	1228	Morne Heystek	ZA	Male	M40-44	13:13:29	167	1:21:14	1213		5:56:40	508		5:38:34	1407
1041	1867	Melissa Chaney	ZA	Female	F35-39	13:13:51	25	1:20:10	1161		6:52:22	1200		4:41:32	851
1041	512	Michael Moolman	ZA	Male	M30-34	13:13:51	141	1:15:00	841		6:28:27	942		5:18:50	1266
1043	1121	Gerhard van Niekerk	ZA	Male	M35-39	13:13:59	185	1:28:49	1481		6:32:53	995		4:53:52	978
1044	1335	James Thomas	GB	Male	M40-44	13:14:09	168	1:30:33	1508		6:30:33	969		4:47:59	914
1045	1951	Elmaree Stapelberg	ZA	Female	F40-44	13:14:17	28	1:14:08	794		6:55:51	1237		4:39:24	821
1046	1073	Joaquin Daniel Quinodoz	AR	Male	M35-39	13:14:39	186	1:08:11	481		6:25:27	896		5:25:17	1314
1047	556	Kathryn Shepard	ZA	Female	F35-39	13:14:40	26	1:22:52	1285		6:44:31	1123		4:54:52	991
1048	467	Megan Hand	ZA	Female	F35-39	13:14:50	27	1:16:51	969		6:52:05	1196		4:54:51	990
1049	400	Bridget Altenkirk	ZA	Female	F30-34	13:14:59	41	1:32:14	1541		6:52:06	1197		4:30:47	712
1050	1557	Roger Watts	ZA	Male	M45-49	13:15:01	151	1:13:16	743		6:44:25	1122		5:06:35	1131
1051	729	Ruan Mouton	ZA	Male	M25-29	13:15:12	77	1:16:17	926		6:57:22	1254		4:46:57	904
1052	1620	Graeme Green	ZA	Male	M50-54	13:15:22	82	1:16:53	971		6:29:42	957		5:12:43	1190
1053	686	Gert Johannes Brits	ZA	Male	M25-29	13:15:38	78	1:09:11	533		6:46:10	1139		5:01:56	1089
1054	1655	Johan Mostert	ZA	Male	M50-54	13:16:00	83	1:32:03	1536		6:46:18	1142		4:40:17	831
1055	524	Oliver Osborne	ZA	Male	M45-49	13:16:01	152	1:22:48	1281		7:14:36	1415		4:25:48	655
1056	1712	Alan Gibb	ZA	Male	M55-59	13:16:05	41	0:58:13	98		6:13:48	729		5:51:53	1530
1057	1770	Rudy Hollander	ZA	Male	M60-64	13:16:30	12	1:15:22	864		6:49:29	1173		4:58:31	1046
1057	1876	Reani Fouche	ZA	Female	F35-39	13:16:30	28	1:21:39	1234		7:05:16	1335		4:33:41	755
1059	1278	Spyros Mello	GR	Male	M40-44	13:16:32	169	1:22:22	1267		7:10:11	1376		4:23:47	629
1060	837	Leon Knoesen	ZA	Male	M30-34	13:16:36	142	1:12:43	715		6:34:59	1027		5:14:01	1207
1061	564	Hernan Suarez	BO	Male	M45-49	13:16:56	153	1:20:16	1164		6:11:44	694		5:28:57	1341
1062	1583	Thomas Brouns	US	Male	M50-54	13:17:10	84	1:13:19	750		6:25:14	895		5:24:34	1308
1063	1916	Mariam Desai	ZA	Female	F40-44	13:17:11	29	1:31:28	1525		6:29:22	952		4:49:44	932
1064	1542	Leon Van Niekerk	ZA	Male	M45-49	13:17:12	154	1:33:24	1564		6:15:50	759		5:13:01	1194
1065	1344	Simon Turner	ZA	Male	M40-44	13:17:35	170	1:04:11	281		6:35:19	1029		5:11:48	1178
1066	1399	Deon Cross	ZA	Male	M45-49	13:17:43	155	1:12:31	702		6:53:08	1212		5:00:28	1065
1067	1846	Rhea Malkin	GB	Female	F30-34	13:17:50	42	1:18:53	1088		6:42:29	1098		4:56:37	1019
1068	680	Quintin Beukes	ZA	Male	M25-29	13:18:12	79	1:06:42	388		6:57:41	1259		4:48:10	918
1069	1671	Marco Aurelio Dos Santos	BR	Male	M50-54	13:18:27	85	1:35:25	1590		6:37:00	1046		4:51:35	954
1070	1328	Francois Stock	ZA	Male	M40-44	13:18:46	171	0:59:14	110		7:31:09	1529		4:39:20	820
1071	1576	Basil Bibis	ZA	Male	M50-54	13:18:54	86	1:11:27	645		6:26:26	909		5:24:24	1307
1072	1727	Eamonn Mc Cann	ZA	Male	M55-59	13:19:05	42	1:26:31	1414		6:56:13	1240		4:31:30	722
1073	1383	Fanie Botha	ZA	Male	M45-49	13:19:06	156	1:20:48	1181		6:06:49	635		5:36:40	1402

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1074	1582	Johan Bronkhorst	ZA	Male	M50-54	13:19:07	87	1:23:28	1313		6:13:06	714		5:26:45	1323
1075	335	gabriel recabal	CL	Male	M45-49	13:19:18	157	1:25:02	1357		6:55:17	1230		4:44:54	884
1076	1879	Adele Wannenburg	ZA	Female	F35-39	13:19:39	29	1:20:19	1166		7:26:45	1494		4:10:48	476
1077	1883	Racquel Iverson	ZA	Female	F35-39	13:19:48	30	1:16:56	975		7:11:21	1391		4:36:12	786
1078	678	Muhammad Bana	ZA	Male	M25-29	13:20:27	80	1:25:24	1372		6:06:28	628		5:41:02	1434
1079	1496	Fanie Pretorius	ZA	Male	M45-49	13:20:47	158	1:09:18	540		6:20:07	824		5:33:29	1380
1080	1062	Murray Pienaar	ZA	Male	M35-39	13:20:58	187	1:19:37	1131		7:09:49	1375		4:27:36	673
1081	1223	Gareth Hartmann	ZA	Male	M40-44	13:21:11	172	1:12:44	717		6:04:36	597		5:46:57	1489
1082	1810	Kate Johnstone	ZA	Female	F25-29	13:21:17	13	1:19:14	1109		7:16:54	1430		4:21:12	597
1083	1141	Shuaib Abrahams	ZA	Male	M40-44	13:21:27	173	1:15:04	845		6:19:16	812		5:29:04	1344
1084	1721	Craig Lithgow	ZA	Male	M55-59	13:21:29	43	1:14:27	809		6:36:54	1044		5:13:48	1202
1085	1058	Zuhdi Petersen	ZA	Male	M35-39	13:21:35	188	1:33:11	1562		6:37:23	1048		4:52:25	960
1086	500	Orlando Luis	ZA	Male	M35-39	13:21:39	189	1:31:53	1531		6:16:47	770		5:18:30	1259
1087	1547	Willie Van Wyk	ZA	Male	M45-49	13:21:55	159	1:22:23	1269		6:44:01	1115		5:03:49	1107
1087	780	Pieter Brits	ZA	Male	M30-34	13:21:55	143	1:16:54	973		7:09:48	1374		4:38:11	806
1089	1509	Bradley Schroder	ZA	Male	M45-49	13:21:57	160	1:16:49	967		6:31:34	980		5:20:21	1276
1090	606	Kyle Lotz	ZA	Male	M30-34	13:22:14	144	1:04:17	289		6:56:21	1241		5:00:03	1063
1091	1105	Shezaad Tayob	ZA	Male	M35-39	13:22:18	190	1:32:12	1539		6:53:57	1217		4:23:08	622
1092	560	Lauren Smith	ZA	Female	F35-39	13:22:23	31	1:29:26	1490		6:56:58	1251		4:40:35	837
1093	1528	Kurt Heunis	ZA	Male	M45-49	13:22:34	161	1:35:03	1585		6:59:40	1278		4:31:53	732
1094	890	Ruben Salvador Mc Cafferty Myles	ZA	Male	M30-34	13:22:44	145	1:15:28	868		6:30:13	964		5:13:18	1195
1095	308	Maureen Mossop	ZA	Female	F50-54	13:22:49	12	1:23:36	1319		6:47:01	1148		4:58:30	1045
1096	1609	Johan Erwee	ZA	Male	M50-54	13:22:53	88	1:16:57	977		6:23:55	875		5:28:35	1338
1097	1832	Marie-Victoire Cumming	ZA	Female	F30-34	13:23:00	43	1:17:51	1024		6:55:50	1236		4:52:24	959
1098	434	Hugo Cisternas	CL	Male	M45-49	13:23:01	162	1:23:11	1302		6:46:07	1138		4:57:37	1038
1099	1677	Sean Stephenson	ZA	Male	M50-54	13:23:55	89	1:18:31	1070		6:20:39	828		5:30:37	1356
1100	1172	LIANG MING HUGO CHANG	ZA	Male	M40-44	13:23:58	174	1:26:20	1407		7:00:53	1292		4:36:44	789
1101	480	Wayne Jones	ZA	Male	M40-44	13:24:15	175	1:07:35	428		6:51:56	1195		5:13:36	1199
1102	451	Decio Ferreira	GB	Male	M35-39	13:24:20	191	1:18:53	1089		7:08:30	1364		4:47:57	913
1103	1570	Graham Barrett	ZA	Male	M50-54	13:24:21	90	1:28:33	1474		6:38:14	1055		4:58:31	1047
1104	1170	Chandre Buys	ZA	Male	M40-44	13:24:38	176	1:12:52	726		6:32:24	991		5:21:55	1289
1105	815	Thamsanqa Gumpo	ZA	Male	M30-34	13:24:53	146	1:32:15	1542		6:55:21	1232		4:43:15	867
1106	1670	Bradley Ryder	ZA	Male	M50-54	13:25:14	91	1:19:44	1138		7:19:22	1443		4:32:56	746
1107	1227	Hank Heukelman	ZA	Male	M40-44	13:25:31	177	1:22:57	1290		6:31:50	983		5:15:46	1220
1108	777	Andre Botes	ZA	Male	M30-34	13:25:35	147	1:07:42	438		6:34:48	1026		5:25:28	1316
1109	1540	Eben Van Heerden	ZA	Male	M45-49	13:25:38	163	1:16:27	937		6:34:15	1015		5:18:42	1261
1109	1184	Andreas Demetriou	ZA	Male	M40-44	13:25:38	178	1:21:11	1207		6:15:12	753		5:32:09	1369

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1111	493	Marius Liebenberg	ZA	Male	M50-54	13:26:01	92	1:15:32	873		6:36:29	1042		5:12:36	1186
1112	1976	Mischelle Jolly	ZA	Female	F45-49	13:26:07	23	1:18:11	1049		6:07:47	650		5:40:29	1429
1113	1156	Daniel Benjamin	ZA	Male	M40-44	13:26:18	179	1:15:56	904		6:27:11	924		5:28:46	1339
1114	495	Anneke Lombard	ZA	Female	F35-39	13:26:35	32	1:12:55	728		6:36:34	1043		5:23:53	1304
1115	1926	Camilla Howard Browne	ZA	Female	F40-44	13:26:40	30	1:10:33	598		6:50:31	1181		5:09:54	1162
1116	827	Kieren Jacobsen	ZA	Male	M30-34	13:26:54	148	1:11:53	665		6:49:14	1169		5:11:14	1171
1117	671	Edwin Punt	ZA	Male	M18-24	13:26:57	11	1:17:39	1016		7:29:37	1519		4:28:10	677
1118	1558	Donald Weir	ZA	Male	M45-49	13:27:18	164	1:11:43	660		6:26:47	915		5:33:31	1381
1119	1624	Ian Halkerd	ZA	Male	M50-54	13:27:21	93	1:11:41	659		6:28:06	937		5:30:44	1357
1120	469	Deborah Swart	ZA	Female	F55-59	13:27:25	6	1:11:20	639		7:24:44	1474		4:36:56	795
1121	1921	Nicolette Du Preez	ZA	Female	F40-44	13:27:32	31	1:21:19	1218		6:58:30	1266		4:48:35	923
1122	1205	Philip Fourie	ZA	Male	M40-44	13:27:35	180	1:14:22	804		7:04:51	1331		4:48:08	917
1123	1908	Amanda Borlotti	GB	Female	F40-44	13:27:49	32	1:22:46	1279		7:02:57	1308		4:43:52	871
1124	852	Mohamed Mansura	ZA	Male	M30-34	13:27:52	149	1:14:18	798		6:54:15	1219		4:57:54	1039
1124	1120	Jaco Van Heerden	ZA	Male	M35-39	13:27:52	192	1:17:34	1009		6:32:34	993		5:18:52	1267
1126	1639	Thomas Lim	SG	Male	M50-54	13:28:00	94	1:18:43	1080		6:29:43	958		5:22:00	1290
1127	1333	Gordon Swans	ZA	Male	M40-44	13:28:13	181	1:13:42	777		6:40:11	1077		5:17:31	1249
1128	1130	Guillaume Walters du Plooy	ZA	Male	M35-39	13:28:18	193	1:08:52	517		7:10:41	1380		4:55:43	997
1129	1766	Dimmie De Milander	ZA	Male	M60-64	13:28:22	13	1:31:56	1534		6:40:21	1079		4:55:52	1004
1130	859	Darryn Mccormick	ZA	Male	M30-34	13:29:02	150	1:27:46	1453		6:38:47	1061		5:01:47	1085
1131	1746	Rafael Silva Vial	CL	Male	M55-59	13:29:33	44	1:12:11	681		7:05:43	1338		4:57:17	1035
1132	979	Miguel Angel Gimenez	AR	Male	M35-39	13:29:55	194	2:01:27	1706		6:49:56	1177		4:23:29	625
1133	1862	Elizma Van Lill	ZA	Female	F30-34	13:30:08	44	1:28:30	1473		7:10:20	1378		4:38:05	804
1134	1308	Amir Radnai	IL	Male	M40-44	13:30:26	182	1:12:48	723		6:46:37	1143		5:06:35	1132
1135	830	Sean Julyan	ZA	Male	M30-34	13:30:29	151	1:22:28	1271		6:56:44	1246		4:57:30	1036
1136	539	Marianne Reabow	ZA	Female	F35-39	13:30:44	33	1:17:01	982		7:14:26	1414		4:48:06	916
1137	1044	Laurent Morel	FR	Male	M35-39	13:30:46	195	1:16:41	959		7:02:39	1304		4:59:45	1060
1138	388	Axel Weichel	DE	Male	M50-54	13:30:55	95	1:17:02	984		6:17:55	790		5:46:12	1485
1139	533	Lesyl Potgieter	ZA	Female	F40-44	13:31:27	33	1:47:14	1675		6:41:01	1084		4:35:10	772
1139	1240	Herman Joubert	ZA	Male	M40-44	13:31:27	183	1:21:24	1224		6:43:28	1107		5:05:29	1123
1141	844	Eduardo Lazcano	BO	Male	M30-34	13:31:28	152	1:29:38	1494		7:02:50	1306		4:39:16	819
1142	1657	Steven Norcott	ZA	Male	M50-54	13:31:31	96	1:24:59	1354		6:31:47	982		5:16:13	1231
1143	701	Kyriacos Floudiotis	ZA	Male	M25-29	13:31:59	81	1:13:22	752		6:46:55	1145		5:12:13	1182
1144	1774	Greg Kietzmann	ZA	Male	M60-64	13:32:02	14	1:17:02	985		7:17:54	1437		4:35:40	778
1145	543	Trevor Mark Robinson	GB	Male	M55-59	13:32:44	45	1:13:18	748		6:57:32	1257		4:51:14	951
1146	1919	Igna Dougal	ZA	Female	F40-44	13:33:01	34	1:11:03	626		7:19:44	1445		4:49:39	931
1147	1703	William Cooper	ZA	Male	M55-59	13:33:10	46	1:14:49	831		6:36:17	1039		5:22:33	1292

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1148	1929	Karla Kik Gillingham	ZA	Female	F40-44	13:33:12	35	1:05:39	345		7:20:06	1448		4:50:03	935
1149	1391	Deon Burger	FR	Male	M45-49	13:33:18	165	1:16:31	942		6:27:10	923		5:31:28	1365
1150	1039	Warren Michael	ZA	Male	M35-39	13:33:22	196	1:15:04	846		7:00:19	1285		4:55:51	1003
1151	772	Redah Bergstedt	ZA	Male	M30-34	13:33:24	153	1:18:24	1064		6:56:43	1244		5:03:09	1098
1152	1597	Magnus Dahlgren	SE	Male	M50-54	13:33:26	97	1:29:42	1496		6:45:32	1130		5:07:41	1143
1153	1834	Magz De La Kethulle De Ryhove	ZA	Female	F30-34	13:33:27	45	1:23:46	1321		7:04:21	1325		4:54:35	986
1153	478	Paul Jacobs	ZA	Male	M30-34	13:33:27	154	1:12:09	678		6:52:31	1203		5:11:11	1170
1155	2036	Michael Howell	ZA	Male	M50-54	13:33:39	98	1:09:55	569		6:30:31	967		5:38:43	1409
1156	1200	Songo Fipaza	ZA	Male	M40-44	13:34:01	184	1:51:31	1690		7:13:43	1408		4:11:31	486
1157	1762	Andy Birtwhistle	ZA	Male	M60-64	13:34:13	15	1:11:18	638		6:16:32	766		5:48:46	1503
1158	653	Jason Kumm	ZA	Male	M30-34	13:34:17	155	1:16:18	927		6:47:20	1151		5:18:46	1262
1159	1418	Jacques Botha	ZA	Male	M45-49	13:34:23	166	1:46:36	1670		6:29:04	948		4:56:59	1028
1160	1866	Nicola Centner	ZA	Female	F35-39	13:34:24	34	1:24:10	1331		7:51:13	1624		4:02:17	383
1161	1750	Etienne Stanvliet	ZA	Male	M55-59	13:34:26	47	1:19:42	1134		6:07:28	643		5:36:07	1401
1162	1271	Cedric Lum Chook	FR	Male	M40-44	13:34:37	185	1:16:02	911		6:39:14	1068		5:24:39	1309
1163	1790	Peter Winfield	ZA	Male	M60-64	13:34:42	16	1:00:03	141		6:29:03	947		5:51:13	1524
1164	324	Eduardo Pasten	CL	Male	M45-49	13:34:57	167	1:25:57	1394		6:51:47	1194		5:05:41	1125
1165	1475	Ettienne Marx	ZA	Male	M45-49	13:35:08	168	1:19:19	1114		6:51:19	1188		5:01:52	1087
1166	579	Helen Van Niekerk	ZA	Female	F35-39	13:35:10	35	1:09:28	549		7:06:59	1348		4:52:55	966
1166	743	Ernst Gabriel Stoffberg	ZA	Male	M25-29	13:35:10	82	1:28:02	1460		6:59:37	1277		4:47:23	908
1168	990	Dwain Heldsinger	ZA	Male	M35-39	13:35:15	197	1:23:15	1306		6:55:41	1234		5:03:42	1105
1169	1837	Louise Fourie	ZA	Female	F30-34	13:35:18	46	1:16:21	931		6:51:21	1189		5:09:56	1163
1170	1060	Darren Phillips	ZA	Male	M35-39	13:35:22	198	1:24:30	1340		6:37:00	1045		5:22:44	1295
1171	1231	Robert Howse	ZA	Male	M40-44	13:36:11	186	1:15:59	908		6:27:03	921		5:36:57	1403
1172	2040	Fabrizio Morgia	ZA	Male	M50-54	13:36:28	99	1:20:51	1188		6:46:11	1140		5:21:02	1283
1173	791	Michard Conrad	ZA	Male	M30-34	13:36:32	156	1:08:32	498		6:30:08	963		5:48:22	1499
1174	919	Wade-O Witbooi	ZA	Male	M30-34	13:36:35	157	1:21:19	1219		6:49:44	1175		5:03:52	1109
1175	946	Shaun Condes	ZA	Male	M35-39	13:36:44	199	1:17:36	1011		6:19:57	821		5:41:53	1444
1176	1739	Mark Raubenheimer	ZA	Male	M55-59	13:37:02	48	1:22:52	1284		6:56:54	1250		5:01:28	1079
1177	1036	Andrew Mckeaveney	ZA	Male	M35-39	13:37:03	200	1:34:47	1582		7:09:13	1371		4:33:48	757
1178	255	Robert-James Green	ZA	Male	M30-34	13:37:11	158	1:12:38	711		6:52:44	1206		5:22:18	1291
1179	766	Uzair Angamia	ZA	Male	M30-34	13:37:40	159	1:26:26	1410		6:58:04	1260		4:36:00	783
1180	592	Lara Browne	ZA	Female	F30-34	13:37:59	47	1:12:36	708		6:58:21	1263		4:58:21	1043
1181	1210	Suhail Gani	ZA	Male	M40-44	13:38:09	187	1:24:01	1328		6:41:27	1088		5:04:33	1115
1182	1656	Duane Muller	ZA	Male	M50-54	13:38:20	100	1:16:58	978		7:11:27	1393		4:54:50	989
1183	465	Sonja Guerra	ZA	Female	F50-54	13:38:34	13	1:17:50	1023		6:34:17	1016		5:35:50	1397
1184	816	Hugo Hall	ZA	Male	M30-34	13:38:36	160	1:19:02	1096		6:46:46	1144		5:16:04	1229

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1185	1617	Allen Goosen	ZA	Male	M50-54	13:39:04	101	1:18:37	1076		6:26:42	913		5:36:04	1400
1185	1731	Cecil Munch	ZA	Male	M55-59	13:39:04	49	1:17:09	986		6:51:29	1190		5:11:44	1175
1187	1758	Michael Webb	ZA	Male	M55-59	13:39:05	50	1:25:46	1389		6:40:38	1080		5:14:30	1211
1188	694	Desmond De Jongh	ZA	Male	M25-29	13:39:07	83	1:08:38	504		6:43:04	1104		5:33:21	1379
1189	862	Devon Melville	ZA	Male	M30-34	13:39:17	161	1:17:10	988		6:33:59	1012		5:29:01	1343
1190	1786	Franzt Struwig	ZA	Male	M60-64	13:39:27	17	1:13:41	774		6:50:50	1185		5:13:30	1198
1191	1536	Chris Van Den Berg	ZA	Male	M45-49	13:39:28	169	1:11:30	651		7:15:29	1418		4:50:07	936
1192	968	Daniel Fornes	AR	Male	M35-39	13:40:03	201	1:28:11	1462		6:59:33	1276		4:51:43	955
1193	803	Daniel Rudolf Du Toit	ZA	Male	M30-34	13:40:21	162	1:24:29	1338		6:42:27	1097		5:18:55	1268
1194	625	Claudia Condie	ZA	Female	F50-54	13:40:34	14	1:21:32	1229		7:07:30	1356		4:46:32	901
1195	1318	Oteng Sebonego	BW	Male	M40-44	13:40:50	188	1:19:26	1120		6:29:39	956		5:19:39	1270
1196	1777	Carl May	ZA	Male	M60-64	13:41:08	18	1:15:30	870		6:59:30	1275		5:10:38	1166
1197	1482	Moraki Mokgosana	BW	Male	M45-49	13:41:14	170	1:46:49	1673		7:11:09	1388		4:19:49	576
1198	1616	Olivier Goor	BE	Male	M50-54	13:41:26	102	1:09:38	553		6:31:52	984		5:38:40	1408
1199	846	Antonie Lombard	ZA	Male	M30-34	13:42:00	163	1:17:12	992		6:17:18	776		5:40:21	1427
1200	1159	Darren Bissell	ZA	Male	M40-44	13:42:14	189	1:18:08	1045		7:00:50	1290		4:56:36	1018
1201	689	Andreas Courtial	FR	Male	M25-29	13:42:25	84	1:03:16	242		7:36:55	1555		4:47:48	912
1202	900	Sj Swart	ZA	Male	M30-34	13:42:35	164	1:20:00	1154		7:08:11	1361		4:56:32	1015
1203	194	Marco Barbieri	ZA	Male	M35-39	13:42:39	202	1:16:51	970		6:52:15	1198		5:15:53	1224
1204	1685	Gerhard Vermeulen	ZA	Male	M50-54	13:42:50	103	1:29:58	1498		6:56:39	1243		4:56:52	1026
1205	1074	Jaco Raulstone	ZA	Male	M35-39	13:43:05	203	1:15:13	855		6:50:40	1183		5:24:53	1310
1205	716	Johnny Jansen Van Rensburg	ZA	Male	M25-29	13:43:05	85	1:30:38	1509		7:03:49	1318		4:56:22	1012
1207	1714	Mark Hansen	AU	Male	M55-59	13:43:13	51	1:10:55	620		6:27:51	934		5:47:37	1495
1208	1284	Willie Mouton	ZA	Male	M40-44	13:43:20	190	1:16:59	979		6:33:05	1000		5:29:42	1352
1209	552	Rolf Schindler	ZA	Male	M60-64	13:43:36	19	1:15:16	858		6:45:08	1127		5:27:22	1329
1210	618	Anr? Swart	ZA	Female	F35-39	13:43:44	36	1:21:03	1196		6:55:48	1235		5:05:16	1119
1211	1153	Jacques Barnard	ZA	Male	M40-44	13:43:46	191	1:07:10	412		6:38:22	1057		5:42:06	1445
1212	326	Odessa Perelson	ZA	Female	F30-34	13:43:58	48	1:27:05	1430		7:17:22	1433		4:38:21	807
1213	1944	Idelette Olivier	ZA	Female	F40-44	13:44:05	36	0:57:21	82		6:56:38	1242		5:34:28	1385
1214	1348	Corne Van Der Berg	ZA	Male	M40-44	13:44:07	192	1:21:53	1245		6:49:25	1172		5:15:14	1216
1215	1684	Gerhardt Van Niekerk	ZA	Male	M50-54	13:44:08	104	1:26:43	1421		6:18:52	802		5:34:03	1383
1216	857	Bruno Martins	PT	Male	M30-34	13:44:09	165	1:20:50	1184		6:34:47	1025		4:51:04	946
1216	1600	Rob De Bruyne	ZA	Male	M50-54	13:44:09	105	1:18:57	1094		6:38:30	1058		5:25:35	1317
1218	414	Jan Berclaz	CH	Male	M45-49	13:44:16	171	1:37:05	1606		6:39:44	1075		4:51:07	947
1219	848	Deine Lubbe	ZA	Male	M30-34	13:44:26	166	1:27:47	1455		7:09:48	1373		4:52:39	962
1220	855	Magnus Maritz	ZA	Male	M30-34	13:44:30	167	1:24:23	1335		6:50:08	1178		5:13:28	1197
1221	1086	Christo Scriven	ZA	Male	M35-39	13:44:46	204	1:21:08	1203		7:21:54	1461		4:39:11	817

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1222	1368	Chris Wright	US	Male	M40-44	13:44:50	193	1:10:17	582		6:28:45	945		5:51:48	1529
1223	1449	Stephanus Keyter	ZA	Male	M45-49	13:45:03	172	1:32:56	1555		6:26:49	917		5:23:43	1303
1224	1180	Carlos De Oliveira	ZA	Male	M40-44	13:45:43	194	1:20:34	1174		7:06:00	1340		4:59:11	1054
1225	1483	Warren Montano	ZA	Male	M45-49	13:45:55	173	1:11:27	646		6:36:26	1040		5:35:17	1391
1226	1907	Susan Booysen	ZA	Female	F40-44	13:46:03	37	1:21:52	1244		7:25:32	1483		4:38:59	814
1227	1020	Matthew Law	GB	Male	M35-39	13:46:28	205	1:37:01	1604		6:35:32	1032		5:15:23	1218
1228	1743	Karsten Schmalfeldt	DE	Male	M55-59	13:46:43	52	1:36:06	1594		6:08:54	664		5:45:34	1479
1229	1275	Kobus Massyn	ZA	Male	M40-44	13:46:46	195	1:13:15	742		6:57:11	1252		5:21:04	1284
1229	851	Unathi Majara	ZA	Male	M30-34	13:46:46	168	1:38:21	1623		7:19:30	1444		4:29:36	699
1231	1051	zuko Njokweni	ZA	Male	M35-39	13:47:00	206	1:30:07	1500		7:25:00	1478		4:34:03	759
1232	222	Helder de Almeida e Silva	ZA	Male	M60-64	13:47:29	20	1:13:40	771		7:04:20	1323		5:16:45	1238
1233	1420	Robin Finch	ZA	Male	M45-49	13:47:34	174	1:22:51	1282		7:04:19	1321		4:56:03	1009
1234	778	Theuns Botha	ZA	Male	M30-34	13:47:38	169	1:48:20	1682		6:53:51	1215		4:44:38	883
1235	1756	Roy Bramwill Van De Vyver	ZA	Male	M55-59	13:48:10	53	1:23:47	1323		6:42:58	1102		5:27:15	1327
1236	1587	Trevor Carolin	ZA	Male	M50-54	13:48:16	106	1:06:48	392		6:33:04	998		5:48:55	1506
1237	734	Thomas Orchard	GB	Male	M25-29	13:48:40	86	1:16:34	947		7:27:56	1507		4:47:04	905
1238	511	Konstantinos Michail	GR	Male	M60-64	13:48:42	21	1:34:05	1572		7:22:50	1466		4:35:05	770
1239	1250	Rudolf Kruty	SK	Male	M40-44	13:49:25	196	1:19:51	1148		6:46:57	1146		5:17:19	1245
1240	1010	Eckard Kohne	ZA	Male	M35-39	13:49:40	207	1:08:44	506		6:57:35	1258		5:18:46	1263
1241	1841	Franconette Hoell	ZA	Female	F30-34	13:49:41	49	1:19:29	1123		6:58:05	1261		5:16:00	1226
1242	436	Ian Cloete	ZA	Male	M45-49	13:49:52	175	1:07:28	423		6:48:55	1162		5:38:54	1410
1243	1320	Hanson Singaphi	ZA	Male	M40-44	13:50:13	197	1:21:44	1238		6:58:27	1265		5:15:19	1217
1244	1429	Marcello Gnudi	ZA	Male	M45-49	13:50:16	176	1:21:44	1237		6:57:29	1255		5:13:54	1204
1245	1155	Marthinus Bekker	ZA	Male	M40-44	13:50:54	198	1:33:56	1568		6:28:03	936		5:31:17	1363
1246	662	Joshua Allan	ZA	Male	M18-24	13:51:15	12	1:03:25	248		7:03:06	1309		5:26:58	1325
1247	1104	Philippe Taylor	ZA	Male	M35-39	13:51:18	208	1:32:50	1553		7:03:29	1314		4:55:00	992
1248	1409	Henk Du Plessis	ZA	Male	M45-49	13:51:48	177	1:16:45	964		6:13:47	728		6:09:46	1603
1249	1493	Jacques Orton	ZA	Male	M45-49	13:52:00	178	1:19:47	1144		7:08:47	1366		5:05:11	1118
1250	670	Francois Naude	ZA	Male	M18-24	13:52:02	13	1:10:41	605		6:30:19	965		5:59:13	1561
1251	1979	Lauren Kennedy	ZA	Female	F45-49	13:52:14	24	1:15:19	862		7:16:35	1427		5:08:23	1152
1252	1167	Anton Brune	ZA	Male	M40-44	13:53:02	199	1:44:41	1664		6:54:51	1225		4:56:14	1011
1253	1906	Carin Badenhorst	ZA	Female	F40-44	13:53:31	38	1:37:46	1615		7:16:12	1422		4:36:20	787
1254	1096	Mark Stares	ZA	Male	M35-39	13:53:46	209	1:35:07	1586		7:12:50	1400		4:40:11	830
1255	603	Taschyana van Zyl	ZA	Female	F35-39	13:53:49	37	1:37:39	1612		7:07:34	1357		4:52:40	964
1256	882	Shannon Peters	ZA	Male	M30-34	13:53:50	170	1:18:12	1051		7:18:25	1439		4:57:35	1037
1257	1405	Ryno De Villiers	ZA	Male	M45-49	13:54:04	179	1:14:43	826		6:34:35	1020		5:49:23	1510
1258	1298	Theo Parpottas	ZA	Male	M40-44	13:54:06	200	1:16:00	910		6:19:12	810		6:00:45	1568

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1259	1292	Lance Oakes	ZA	Male	M40-44	13:54:16	201	1:16:37	953		6:43:03	1103		5:30:57	1359
1260	1986	Angela Scruby	ZA	Female	F45-49	13:54:22	25	1:14:03	792		7:05:15	1334		5:16:38	1235
1261	208	Luiz Carlos Cassemiro	BR	Male	M60-64	13:54:27	22	1:27:29	1442		6:52:16	1199		5:07:07	1137
1262	1604	Mike Donaldson	ZA	Male	M50-54	13:54:33	107	1:15:39	884		7:02:09	1301		5:16:47	1239
1263	1219	Nasiegh Hamdulay	ZA	Male	M40-44	13:54:34	202	1:28:21	1468		7:04:20	1322		5:00:58	1073
1264	584	Mike Webb	ZA	Male	M45-49	13:54:35	180	1:22:18	1266		8:01:08	1657		4:13:50	508
1265	1211	Jason Garde	ZA	Male	M40-44	13:54:42	203	1:14:42	825		7:29:20	1516		4:46:24	900
1266	776	Chris Blake	ZA	Male	M30-34	13:54:49	171	1:23:02	1295		6:17:43	787		5:52:21	1531
1267	1356	Riaan van Jaarsveld	ZA	Male	M40-44	13:54:59	204	1:25:32	1379		6:21:29	843		5:49:49	1514
1268	1038	Christophe Mery	FR	Male	M35-39	13:55:04	210	1:32:40	1550		7:39:14	1569		4:23:18	624
1269	1218	Gerhard Greeff	ZA	Male	M40-44	13:55:07	205	1:23:48	1325		7:21:05	1456		4:45:55	895
1269	986	Johan Greeff	ZA	Male	M35-39	13:55:07	211	1:23:47	1322		7:21:05	1455		4:45:55	894
1271	1643	Wayne Mackenzie	ZA	Male	M50-54	13:55:41	108	1:19:32	1127		6:47:20	1152		5:31:13	1362
1272	836	Christopher Knight	ZA	Male	M30-34	13:56:18	172	1:21:57	1249		7:07:08	1350		5:04:34	1116
1273	714	James Hellawell	ZA	Male	M25-29	13:56:52	87	1:22:53	1286		7:04:37	1329		5:06:47	1136
1274	1691	David Aucamp	ZA	Male	M55-59	13:57:05	54	1:18:20	1059		6:52:30	1202		5:25:04	1313
1275	1360	Alec Van Wyk	ZA	Male	M40-44	13:57:14	206	1:23:29	1316		6:58:14	1262		5:05:17	1120
1276	1980	Tracy Kitching	ZA	Female	F45-49	13:58:01	26	1:26:51	1424		7:45:28	1597		4:30:50	714
1277	2034	Olga Klukas	DE	Female	F35-39	13:58:08	38	1:33:30	1565		7:20:43	1450		4:45:42	893
1278	2024	Sarah-Jane Horscroft	ZA	Female	F55-59	13:58:29	7	1:21:47	1240		7:17:47	1436		4:51:04	945
1279	947	Heinz Conrad	ZA	Male	M35-39	13:58:37	212	1:19:21	1118		6:28:17	938		5:45:59	1481
1280	282	Leszek Koziol	PL	Male	M55-59	13:58:53	55	1:31:19	1521		6:52:45	1207		5:17:45	1253
1281	1025	Dimitri Lingris	KE	Male	M35-39	13:59:00	213	1:18:04	1040		6:43:27	1106		5:43:19	1458
1282	559	Marisa Smalberger	ZA	Female	F45-49	13:59:03	27	1:12:10	679		7:10:54	1385		5:06:29	1129
1283	1196	Theo Endemann	ZA	Male	M40-44	13:59:35	207	1:12:29	698		7:27:51	1506		4:59:32	1058
1284	1122	Hugo Van Niekerk	ZA	Male	M35-39	13:59:48	214	1:21:31	1227		6:06:07	619		6:16:15	1632
1285	1061	Andre Piek	ZA	Male	M35-39	13:59:52	215	1:16:26	936		6:40:17	1078		5:43:19	1457
1286	1430	Louis Green	ZA	Male	M45-49	14:00:10	181	1:14:18	799		6:59:48	1279		5:32:40	1373
1287	1469	adam mahomed	ZA	Male	M45-49	14:00:35	182	1:36:09	1595		6:54:53	1226		4:57:15	1033
1288	908	Hermanus Van Der Merwe	ZA	Male	M30-34	14:00:40	173	1:21:14	1214		7:05:50	1339		5:05:23	1121
1289	957	Roelof Diederichs	ZA	Male	M35-39	14:01:02	216	1:06:30	378		6:49:03	1165		5:48:30	1502
1290	398	Maria ?berg	SE	Female	F40-44	14:01:20	39	1:28:24	1470		7:07:10	1351		5:11:29	1172
1291	416	Peter-John Berlyn	ZA	Male	M65-69	14:01:31	2	1:22:37	1275		7:41:05	1573		4:34:01	758
1292	1869	Leone Croukamp	ZA	Female	F35-39	14:01:32	39	1:31:15	1520		7:02:54	1307		5:13:50	1203
1293	1423	Stephan Fourie	ZA	Male	M45-49	14:01:36	183	1:27:11	1431		7:03:21	1313		5:12:38	1188
1294	996	Mark Huppelschoten	ZA	Male	M35-39	14:01:42	217	1:17:48	1022		6:55:06	1228		5:20:39	1280
1295	1724	Rael Lurie	ZA	Male	M55-59	14:01:50	56	1:19:13	1108		7:03:18	1312		5:20:33	1279

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1296	1311	Mo Reynolds	ZA	Male	M40-44	14:01:51	208	1:20:57	1193		6:53:00	1211		5:32:28	1372
1297	1349	Craig Van Der Linde	ZA	Male	M40-44	14:02:00	209	1:20:56	1192		7:01:32	1296		5:14:02	1208
1298	1580	Christo Botha	ZA	Male	M50-54	14:02:04	109	1:27:16	1433		7:22:41	1464		4:52:17	957
1299	1377	Sheldon Ball	ZA	Male	M45-49	14:02:11	184	1:09:59	572		6:26:43	914		6:10:13	1606
1300	1659	Gregory More O'Ferrall	CA	Male	M50-54	14:02:33	110	1:06:50	394		7:23:46	1469		5:03:23	1101
1301	1416	Shane Ellis	ZA	Male	M45-49	14:02:46	185	1:19:10	1104		6:19:05	808		6:07:58	1597
1302	1529	Charn Swart	ZA	Male	M45-49	14:03:30	186	1:25:45	1388		6:44:19	1120		5:29:22	1347
1303	1459	Bernd Leibenguth	ZA	Male	M45-49	14:03:53	187	1:43:18	1656		6:47:11	1149		5:17:05	1242
1304	1804	Maryke Suzaan Dreyer	ZA	Female	F25-29	14:03:56	14	1:44:58	1666		7:37:56	1560		4:26:52	665
1304	1870	Debbie De Bruyn	ZA	Female	F35-39	14:03:56	40	1:19:05	1097		7:48:20	1614		4:44:02	876
1306	1802	Megan Bellinger-Witbooi	ZA	Female	F25-29	14:04:30	15	1:19:01	1095		7:16:32	1426		5:05:34	1124
1307	927	Craig Atkinson	ZA	Male	M35-39	14:04:41	218	1:31:32	1527		6:33:35	1005		5:43:31	1462
1308	1549	Johan Van Zyl	ZA	Male	M45-49	14:04:49	188	1:25:14	1366		6:38:12	1054		5:44:54	1473
1309	412	Hamid Belkebir	DZ	Male	M40-44	14:05:00	210	1:32:01	1535		7:01:58	1300		5:10:40	1167
1310	583	Rodrigo Vega	CL	Male	M45-49	14:05:44	189	1:47:36	1676		6:24:20	882		5:33:50	1382
1311	1765	John Cronje	ZA	Male	M60-64	14:05:51	23	1:26:39	1418		7:29:52	1523		4:42:47	863
1312	692	Alexander Danielsson	SE	Male	M25-29	14:06:17	88	1:15:46	895		6:14:15	741		6:21:12	1644
1313	1175	Philip Cooper	GB	Male	M40-44	14:06:23	211	1:22:05	1260		6:49:49	1176		5:31:57	1367
1313	304	Gert Meiring	ZA	Male	M55-59	14:06:23	57	1:13:49	780		6:37:33	1049		6:00:36	1566
1315	587	Gert Wilkins	ZA	Male	M55-59	14:06:26	58	1:21:53	1246		7:16:30	1425		5:01:34	1080
1316	1640	Dirk Lourens	ZA	Male	M50-54	14:06:46	111	1:30:19	1503		6:41:03	1085		5:29:34	1348
1317	437	Paddy Cloete	ZA	Female	F45-49	14:06:59	28	1:27:47	1454		6:53:24	1214		5:30:07	1354
1318	885	Stephan Pinker	ZA	Male	M30-34	14:07:05	174	1:13:56	785		7:24:19	1472		5:14:27	1210
1319	1845	Mel Lotter	ZA	Female	F30-34	14:07:58	50	1:17:43	1018		7:42:01	1581		4:53:09	970
1320	2041	John Abbott	ZA	Male	M45-49	14:08:06	190	1:15:28	867		7:20:55	1452		5:14:00	1206
1321	1453	Steven Knowles	ZA	Male	M45-49	14:08:08	191	1:32:44	1551		7:04:27	1327		5:09:35	1159
1322	1317	Imraan Sardar	BW	Male	M40-44	14:08:09	212	1:20:34	1175		6:29:13	950		5:41:17	1436
1323	619	Christina Thomas	ZA	Female	F45-49	14:08:14	29	1:19:44	1139		8:04:27	1664		4:18:28	563
1323	1287	Andre Nel	ZA	Male	M40-44	14:08:14	213	1:14:53	833		6:48:29	1159		5:50:56	1523
1325	1621	Conrad Greer	ZA	Male	M50-54	14:09:25	112	1:10:32	595		6:31:57	986		6:15:30	1630
1326	444	David Duarte	US	Male	M35-39	14:09:32	219	1:36:10	1596		6:55:06	1229		5:08:08	1148
1327	1112	Thomas Shaw	ZA	Male	M35-39	14:09:37	220	1:12:49	724		6:23:06	864		6:18:31	1637
1328	2014	Beverly Schultz	ZA	Female	F50-54	14:09:58	15	1:32:07	1537		7:36:37	1553		4:40:32	836
1329	1508	Werner Schmidt	ZA	Male	M45-49	14:10:28	192	1:32:11	1538		7:08:04	1360		5:16:03	1228
1330	1886	Karen Krakowitz	ZA	Female	F35-39	14:10:35	41	1:22:59	1293		7:47:09	1609		4:40:01	827
1331	622	Paul Bailey	ZA	Male	M45-49	14:11:56	193	1:25:50	1392		7:13:34	1406		5:20:27	1277
1332	1897	Clare Schenk	ZA	Female	F35-39	14:12:00	42	1:27:36	1446		7:07:43	1358		5:16:43	1237

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1333	1730	Pierre Mostert	ZA	Male	M55-59	14:12:02	59	1:29:48	1497		6:52:28	1201		5:32:03	1368
1334	1598	Clive Dawkins	ZA	Male	M50-54	14:12:10	113	1:17:14	996		7:27:48	1505		5:04:28	1114
1335	726	Jacques Maritz	ZA	Male	M25-29	14:12:28	89	1:07:41	437		7:11:26	1392		5:28:15	1335
1336	1299	Reyaad Peck	ZA	Male	M40-44	14:12:36	214	1:24:16	1333		6:28:51	946		5:48:53	1505
1337	561	Dom Smith	ZA	Male	M45-49	14:12:45	194	1:02:22	212		6:38:01	1053		6:18:09	1635
1338	1588	Karl Charvat	GB	Male	M50-54	14:12:47	114	1:17:57	1033		7:05:34	1336		5:29:38	1351
1339	1397	Ashley Cook	ZA	Male	M45-49	14:12:56	195	1:25:05	1359		7:26:58	1496		4:56:42	1023
1340	369	Stephen Taraniuk	GB	Male	M50-54	14:13:12	115	1:27:50	1456		6:16:22	763		6:07:45	1596
1341	1812	Tersia Needham	ZA	Female	F25-29	14:13:18	16	1:01:47	195		7:15:05	1416		5:32:14	1370
1342	1017	Martin Langley	ZA	Male	M35-39	14:14:00	221	1:25:15	1367		7:14:19	1412		5:09:18	1158
1343	962	Denver Ellie	ZA	Male	M35-39	14:14:06	222	1:22:56	1289		7:25:39	1484		5:07:36	1142
1344	1546	Marius V Wyk	ZA	Male	M45-49	14:14:25	196	1:18:42	1079		6:30:20	966		6:02:06	1572
1345	1382	Andre Botes	ZA	Male	M45-49	14:14:38	197	1:21:52	1243		6:43:37	1110		5:51:25	1527
1346	529	Nacho Piedra	ES	Male	M50-54	14:15:02	116	1:17:17	999		7:32:33	1535		5:07:09	1138
1347	1717	Alan Introna	ZA	Male	M55-59	14:15:58	60	1:05:12	331		6:39:22	1072		6:04:36	1589
1348	1076	Alister Reid	ZA	Male	M35-39	14:16:24	223	1:12:23	696		6:49:02	1164		5:41:51	1443
1349	1389	Zunaid Bulbulia	ZA	Male	M45-49	14:16:32	198	1:34:39	1580		6:27:38	930		5:18:03	1257
1350	1055	Joby Paul	IN	Male	M35-39	14:16:54	224	1:46:37	1671		8:02:54	1663		4:10:40	474
1351	1426	Jappie George	ZA	Male	M45-49	14:16:59	199	1:21:51	1242		7:37:54	1559		4:53:37	976
1352	1791	Johan Bloemhoff	ZA	Male	M65-69	14:17:10	3	1:15:02	843		7:51:39	1628		4:56:46	1025
1353	1884	Travis Benn	ZA	Female	F35-39	14:17:18	43	1:26:34	1417		7:00:13	1283		5:32:58	1375
1354	657	Samantha Rosenstein	ZA	Female	F30-34	14:17:28	51	1:37:17	1607		6:45:04	1126		5:40:55	1431
1355	1803	Michelle Cremer	ZA	Female	F25-29	14:17:31	17	0:57:56	90		7:10:14	1377		5:57:30	1551
1356	1361	Willem Christiaan Van Zyl	ZA	Male	M40-44	14:18:14	215	1:26:45	1422		7:10:52	1384		5:08:18	1151
1357	1768	Roy Heine	ZA	Male	M60-64	14:18:15	24	1:16:53	972		6:56:44	1245		5:44:58	1475
1358	1515	Simonn Shawyer	GB	Male	M45-49	14:18:53	200	1:21:22	1223		6:53:54	1216		5:39:01	1413
1359	430	Aitor Casta?eyra Mena	ES	Male	M45-49	14:18:54	201	1:08:46	509		7:04:02	1320		5:49:28	1511
1360	1410	Koos Du Plessis	ZA	Male	M45-49	14:19:01	202	1:25:34	1381		6:21:34	844		6:10:05	1605
1361	1860	Louise Strydom	ZA	Female	F30-34	14:19:02	52	1:21:20	1220		7:03:41	1316		5:39:55	1422
1362	674	Jaques Stander	ZA	Male	M18-24	14:19:20	14	1:13:30	763		6:43:58	1112		6:07:12	1593
1363	840	Praveen Kumar	IN	Male	M30-34	14:19:38	175	1:34:02	1569		7:37:28	1557		4:47:27	909
1364	1623	Jody Hahn	ZA	Male	M50-54	14:19:42	117	1:33:00	1557		6:38:14	1056		5:44:56	1474
1365	1273	Pieter Marais	ZA	Male	M40-44	14:19:44	216	1:24:26	1336		7:34:35	1546		5:00:41	1069
1366	843	Jason Lawson	ZA	Male	M30-34	14:19:50	176	0:54:36	43		7:13:36	1407		5:57:25	1548
1366	1880	Pam Gretschel	ZA	Female	F35-39	14:19:50	44	1:20:26	1171		7:13:19	1405		5:24:24	1306
1368	1990	Gerda Van Der Walt	ZA	Female	F45-49	14:20:00	30	1:18:09	1046		6:58:55	1269		5:30:26	1355
1369	1816	Erin Schexnaydre	US	Female	F25-29	14:20:57	18	1:24:48	1347		7:33:04	1539		5:02:43	1097

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1370	894	Yonwaba Sipeliti	ZA	Male	M30-34	14:21:19	177	1:21:44	1239		7:08:52	1368		5:16:56	1240
1371	1330	Louis Stroebel	ZA	Male	M40-44	14:21:45	217	1:30:42	1510		7:09:07	1370		5:12:59	1192
1372	1526	Adriaan Strydom	ZA	Male	M45-49	14:22:04	203	1:10:52	618		6:42:04	1092		6:11:10	1610
1373	1752	Phil Templar	GB	Male	M55-59	14:22:15	61	1:21:42	1235		6:43:58	1113		5:53:06	1535
1374	1079	Jonathan Roets	ZA	Male	M35-39	14:22:39	225	1:28:36	1475		6:54:17	1220		5:42:59	1454
1375	1068	Jaco Potgieter	ZA	Male	M35-39	14:22:42	226	1:18:36	1073		7:04:49	1330		5:40:16	1426
1376	1699	Mark Clarence	ZA	Male	M55-59	14:23:15	62	1:42:52	1654		7:13:53	1409		5:08:01	1147
1377	595	Nicolas Cardenas	ZA	Male	M30-34	14:23:46	178	1:22:51	1283		7:14:16	1411		5:19:55	1272
1378	1209	Zane Gamiet	ZA	Male	M40-44	14:23:48	218	1:09:52	563		7:08:44	1365		5:50:52	1522
1379	910	Warren Van Der Struys	ZA	Male	M30-34	14:24:00	179	1:14:19	803		7:16:38	1428		5:35:33	1394
1380	1081	Cillian Ryan	IE	Male	M35-39	14:24:05	227	1:12:23	694		7:07:23	1354		5:45:20	1477
1381	914	Christian Weitz	ZA	Male	M30-34	14:24:40	180	1:27:45	1450		7:13:15	1403		5:22:58	1297
1382	1641	Marius Louw	ZA	Male	M50-54	14:24:58	118	1:18:36	1074		6:52:55	1209		5:51:37	1528
1383	530	Giovanni Pierandrea	IT	Male	M45-49	14:25:37	204	1:25:08	1362		7:25:44	1486		5:16:15	1232
1384	1463	George Lockhart	ZA	Male	M45-49	14:26:17	205	1:14:22	805		7:48:02	1613		5:06:40	1134
1385	1032	Richard Manser	ZA	Male	M35-39	14:26:19	228	1:24:47	1346		7:29:47	1521		5:11:57	1179
1386	950	Scott Craig-Mackie	ZA	Male	M35-39	14:26:33	229	1:16:40	957		7:13:55	1410		5:31:23	1364
1387	1586	Jacobus I Burger	ZA	Male	M50-54	14:26:34	119	1:23:21	1310		6:54:26	1223		5:44:46	1470
1388	804	Abraham Christiaan Duvenage	ZA	Male	M30-34	14:27:00	181	1:21:15	1215		6:47:28	1153		5:57:31	1552
1389	1707	Dave Eloff	ZA	Male	M55-59	14:27:04	63	1:16:29	940		7:27:39	1503		5:24:57	1312
1390	1828	Jayne Clare Broderick	ZA	Female	F30-34	14:27:23	53	1:05:56	353		8:07:35	1675		4:58:32	1048
1391	1900	Adri Van Den Heever	ZA	Female	F35-39	14:27:33	45	1:47:47	1678		6:56:03	1238		5:28:28	1337
1392	632	Mandy Hawthorne	ZA	Female	F45-49	14:28:02	31	1:24:26	1337		6:59:05	1272		5:43:21	1460
1393	635	Heather Horrocks	ZA	Female	F45-49	14:28:39	32	1:25:00	1355		7:04:21	1324		5:41:00	1433
1394	1080	Mark Rossi	ZA	Male	M35-39	14:28:40	230	1:15:47	896		6:32:56	997		6:23:05	1650
1395	1792	Graham Chrich	ZA	Male	M65-69	14:29:09	4	1:22:40	1277		7:01:57	1299		5:50:07	1520
1396	2053	Anton Homsek		Male	M55-59	14:29:12	64	1:41:10	1641		7:11:20	1390		4:52:39	963
1397	1713	Deon Haak	ZA	Male	M55-59	14:29:54	65	1:18:23	1063		6:48:32	1161		5:55:33	1543
1398	911	Dennis Vangeneugden	BE	Male	M30-34	14:30:05	182	1:25:24	1371		6:27:28	927		6:14:43	1627
1399	749	Christiaan Van Der Merwe	ZA	Male	M25-29	14:30:24	90	1:21:38	1231		6:58:26	1264		5:49:54	1515
1399	770	Schalk Bean	ZA	Male	M30-34	14:30:24	183	1:21:39	1232		6:48:06	1157		5:49:55	1517
1401	1642	Charles Lubbe	ZA	Male	M50-54	14:30:32	120	1:20:00	1153		7:04:55	1333		5:48:23	1500
1402	1534	David Truter	ZA	Male	M45-49	14:30:36	206	1:15:46	894		6:19:43	819		6:41:09	1692
1403	871	Rodney Nel	ZA	Male	M30-34	14:30:47	184	1:11:48	662		7:11:16	1389		5:47:38	1496
1404	1004	Alasdair Kelly	ZA	Male	M35-39	14:30:49	231	1:04:27	295		7:10:32	1379		5:56:58	1547
1404	1661	Ashraf Orrie	ZA	Male	M50-54	14:30:49	121	1:53:49	1694		7:52:42	1634		4:29:01	692
1406	1230	Toby Hone	ZA	Male	M40-44	14:31:10	219	1:11:58	669		6:52:58	1210		6:02:41	1578

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1406	1683	Wouter Van Der Westhuizen	ZA	Male	M50-54	14:31:10	122	1:18:02	1039		6:56:49	1249		5:56:28	1545
1408	1811	Anika Kenny	ZA	Female	F25-29	14:31:19	19	1:35:01	1584		7:58:46	1655		4:41:28	850
1409	1606	Johann (Duppie) Du Preez	ZA	Male	M50-54	14:31:39	123	1:31:23	1524		6:53:11	1213		5:46:34	1487
1410	756	Ruan Venter	ZA	Male	M25-29	14:32:05	91	1:16:46	966		7:15:19	1417		5:51:18	1526
1411	1097	Johann Steyn	ZA	Male	M35-39	14:32:21	232	1:11:06	628		7:21:00	1454		5:43:06	1455
1412	858	Desmond Mc Lellan	ZA	Male	M30-34	14:32:42	185	1:25:53	1393		7:15:56	1420		5:35:37	1395
1413	1208	Donovan Fraser	ZA	Male	M40-44	14:32:50	220	1:01:52	197		7:47:43	1611		5:23:16	1300
1414	1458	Garth Lary	ZA	Male	M45-49	14:33:11	207	1:39:12	1629		7:00:39	1287		5:40:03	1423
1415	980	Brent Godfrey	ZA	Male	M35-39	14:33:53	233	1:22:04	1258		7:07:30	1355		5:42:57	1453
1416	809	Lourens Gerber	ZA	Male	M30-34	14:33:56	186	1:14:05	793		6:56:47	1247		6:07:33	1595
1417	1252	Div Lamprecht	ZA	Male	M40-44	14:34:05	221	1:16:23	934		7:12:31	1398		5:43:46	1465
1418	814	Leroi Grimbeek	ZA	Male	M30-34	14:34:10	187	1:05:20	336		7:10:45	1382		5:59:30	1564
1419	1917	Michelle Dickens	ZA	Female	F40-44	14:34:16	40	1:14:55	837		7:41:37	1577		5:22:34	1293
1420	981	Luis Gonzalez	CL	Male	M35-39	14:34:18	234	1:44:38	1663		7:02:35	1302		5:26:39	1321
1421	1198	Danube Eric	RE	Male	M40-44	14:34:28	222	1:41:28	1642		6:42:07	1093		5:50:04	1518
1422	2026	Karen O'Leary	ZA	Female	F55-59	14:34:46	8	1:15:12	854		7:34:36	1547		5:20:00	1273
1423	1585	Jaco Burger	ZA	Male	M50-54	14:34:48	124	1:29:39	1495		7:30:29	1527		5:12:13	1181
1424	2007	Toinette Koumpan	ZA	Female	F50-54	14:35:00	16	1:29:27	1491		7:16:22	1424		5:29:05	1345
1425	1108	Gavin Thorne	ZA	Male	M35-39	14:35:19	235	1:09:40	554		7:45:50	1600		5:22:57	1296
1426	1981	Lynette Marais	ZA	Female	F45-49	14:36:18	33	1:25:23	1369		7:51:31	1627		4:55:49	1002
1427	1927	Ilana Human	ZA	Female	F40-44	14:36:27	41	1:08:17	483		7:29:38	1520		5:41:50	1442
1427	596	Nicol Carstens	ZA	Male	M35-39	14:36:27	236	1:30:51	1512		7:16:14	1423		5:21:50	1288
1429	1045	Jaco Muller	ZA	Male	M35-39	14:37:04	237	1:20:21	1168		7:05:43	1337		5:44:44	1469
1430	1162	Wynand Christiaan Blom	ZA	Male	M40-44	14:37:16	223	1:33:45	1567		6:53:57	1218		5:42:37	1448
1431	1127	Bertus Venter	ZA	Male	M35-39	14:37:18	238	1:16:30	941		7:27:15	1500		5:39:24	1417
1432	1307	Petrus Rademeyer	ZA	Male	M40-44	14:37:22	224	1:36:10	1597		7:45:13	1595		4:56:45	1024
1433	1075	Delme Redcliffe	ZA	Male	M35-39	14:37:31	239	1:36:54	1603		7:52:31	1633		4:52:15	956
1434	1462	Greg Livingston	ZA	Male	M45-49	14:38:21	208	1:23:19	1308		6:59:11	1274		5:55:17	1541
1435	1800	Elnae Neethling	ZA	Female	F18-24	14:38:23	2	1:30:58	1514		7:19:06	1442		5:26:47	1324
1436	1763	Peter Boer	ZA	Male	M60-64	14:38:25	25	1:50:29	1688		7:20:46	1451		5:01:16	1077
1437	1101	Louis Sultz	ZA	Male	M35-39	14:38:28	240	1:26:09	1402		6:36:15	1038		6:21:56	1645
1438	751	Ruhan Van Der Westhuizen	ZA	Male	M25-29	14:38:40	92	1:17:47	1021		7:37:27	1556		5:17:40	1252
1439	594	Amanda Cardenas	ZA	Female	F25-29	14:38:55	20	1:17:30	1008		7:20:57	1453		5:29:37	1350
1440	1407	Owen Dicks	ZA	Male	M45-49	14:39:03	209	1:17:51	1025		7:07:19	1353		5:55:28	1542
1441	1345	Stefan Ulland	ZA	Male	M40-44	14:39:29	225	1:26:11	1403		6:42:02	1091		5:55:03	1538
1442	1400	Attila Csernus	ZA	Male	M45-49	14:39:33	210	1:35:53	1592		7:22:49	1465		5:15:53	1223
1443	1909	Belinda Brinckmann	ZA	Female	F40-44	14:39:36	42	1:37:27	1609		7:49:29	1619		4:42:29	860

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1444	1002	Gareth Jones	ZA	Male	M35-39	14:39:38	241	1:21:06	1199		7:12:26	1397		5:35:21	1392
1445	1910	Nathalie Burrows	ZA	Female	F40-44	14:39:39	43	1:25:34	1382		7:07:19	1352		5:35:55	1398
1446	702	Ryno Fourie	ZA	Male	M25-29	14:39:49	93	1:10:39	603		7:41:08	1574		5:21:25	1285
1447	888	Anthony Salas	FR	Male	M30-34	14:39:52	188	1:18:48	1083		6:33:11	1001		6:33:57	1674
1448	1855	Lyzette Porter	ZA	Female	F30-34	14:40:01	54	1:24:30	1339		7:34:08	1544		5:18:49	1265
1449	1370	Wayne Abraham	ZA	Male	M45-49	14:40:07	211	1:27:04	1429		7:58:44	1653		4:55:55	1007
1450	2025	Debbi Newcombe	ZA	Female	F55-59	14:40:24	9	1:23:13	1303		7:58:07	1649		5:01:50	1086
1451	1874	Anel Ferreira	ZA	Female	F35-39	14:40:30	46	1:19:29	1124		7:14:20	1413		5:47:06	1490
1452	1814	Grace Robinson	GB	Female	F25-29	14:40:43	21	1:12:37	710		7:23:48	1471		5:42:07	1446
1453	1285	Kuvern Naidoo	ZA	Male	M40-44	14:41:25	226	1:25:37	1384		7:07:50	1359		5:47:55	1497
1454	1306	Michael Price	ZA	Male	M40-44	14:41:31	227	1:23:22	1311		7:01:14	1294		5:52:28	1532
1455	1943	Lizette Odendaal	ZA	Female	F40-44	14:41:51	44	1:23:28	1312		7:32:27	1534		5:23:06	1299
1456	2021	Louise Botha	ZA	Female	F55-59	14:41:53	10	1:24:38	1343		7:28:09	1508		5:28:58	1342
1457	1872	Tonelia Monanze Els	ZA	Female	F35-39	14:42:08	47	1:06:56	400		7:33:41	1541		5:43:20	1459
1458	881	Jean Pierre Pellissier	ZA	Male	M30-34	14:42:18	189	1:10:33	597		7:29:22	1517		5:40:47	1430
1459	1548	Kobus Van Zyl	ZA	Male	M45-49	14:42:39	212	1:20:05	1156		7:42:37	1586		5:16:01	1227
1460	1555	Alan Vorster	ZA	Male	M45-49	14:43:34	213	1:50:07	1687		7:00:42	1288		5:39:22	1416
1461	1930	Annemarie Kropman	ZA	Female	F40-44	14:44:39	45	1:09:59	573		7:32:46	1538		5:33:10	1376
1462	1664	Barno Pieters	ZA	Male	M50-54	14:44:57	125	1:39:19	1632		7:22:02	1462		5:20:30	1278
1463	774	Tian Beukes	ZA	Male	M30-34	14:45:05	190	1:23:15	1305		7:03:11	1310		6:00:42	1567
1464	1992	Janine Van Rooyen	ZA	Female	F45-49	14:45:16	34	1:16:37	954		7:25:55	1487		5:41:46	1441
1465	1572	Arvind Mittal	ZA	Male	M50-54	14:45:26	126	1:23:29	1315		7:03:43	1317		5:57:47	1554
1466	1206	Riaan Fourie	ZA	Male	M40-44	14:46:29	228	1:18:06	1042		7:24:59	1477		5:32:16	1371
1467	409	Andrew Barrow	ZA	Male	M50-54	14:46:33	127	1:25:03	1358		8:19:50	1697		4:43:57	873
1468	818	Diego Hamuy Blanco	ZA	Male	M30-34	14:46:46	191	1:47:53	1680		6:58:51	1268		5:42:38	1449
1469	1680	Luc Tambour	BE	Male	M50-54	14:46:49	128	1:21:15	1216		7:45:29	1598		5:16:36	1234
1470	1933	Julia Christina Le Roux	ZA	Female	F40-44	14:47:08	46	1:21:08	1202		7:50:33	1623		5:07:46	1144
1471	854	Cherwyn Marcus	ZA	Male	M30-34	14:47:09	192	1:25:46	1390		6:42:54	1101		6:20:57	1643
1472	420	Ursula Botha	ZA	Female	F50-54	14:47:21	17	1:39:45	1634		7:13:15	1404		5:39:49	1420
1473	931	Marcel Blignaut	ZA	Male	M35-39	14:47:41	242	1:22:03	1256		7:09:18	1372		5:53:32	1536
1474	630	Anthony Garstang	ZA	Male	M40-44	14:47:46	229	0:59:45	131		6:38:43	1060		6:50:05	1699
1475	1234	Neels Janse Van Vuuren	ZA	Male	M40-44	14:47:52	230	1:08:54	518		7:30:07	1524		5:49:02	1508
1476	176	Pamela Williams	AU	Female	F65-69	14:47:53	1	1:26:01	1396		7:57:49	1647		5:06:09	1127
1477	290	Bernard Lodewyk	ZA	Male	M45-49	14:47:59	214	1:02:18	209		7:45:26	1596		5:46:01	1483
1478	1280	Leon Meyer	ZA	Male	M40-44	14:48:27	231	1:31:55	1533		7:32:40	1537		5:21:32	1287
1479	422	Armin Brandle	ZA	Male	M65-69	14:48:36	5	1:36:37	1600		7:08:53	1369		5:44:49	1472
1480	1749	Marco Spinoni	IT	Male	M55-59	14:48:44	66	1:23:59	1327		7:00:46	1289		5:58:04	1555

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1481	1928	Kristina Le Cok	ZA	Female	F40-44	14:49:10	47	1:23:08	1299		7:25:42	1485		5:39:48	1419
1482	824	Justin Hotz	ZA	Male	M30-34	14:49:15	193	1:21:12	1211		7:29:50	1522		5:38:59	1412
1483	1829	Corlia Burger	ZA	Female	F30-34	14:49:34	55	1:21:33	1230		7:41:27	1576		5:27:51	1332
1484	1485	Hp Muller	ZA	Male	M45-49	14:49:54	215	1:37:34	1611		7:27:35	1502		5:27:19	1328
1485	1820	Anmari Van Wyk	ZA	Female	F25-29	14:50:08	22	1:26:27	1411		7:28:56	1514		5:35:00	1389
1486	2017	Chrisna Van Lille	ZA	Female	F50-54	14:50:10	18	1:26:26	1409		7:28:49	1512		5:35:03	1390
1487	1064	Devan Pillay	ZA	Male	M35-39	14:50:41	243	1:34:08	1573		7:35:58	1549		5:17:20	1246
1488	1447	Hennie Kanfer	ZA	Male	M45-49	14:50:53	216	1:31:45	1529		7:41:25	1575		5:10:23	1165
1489	1819	Telise Tonkin	ZA	Female	F25-29	14:51:17	23	1:38:13	1620		8:04:58	1668		4:54:02	981
1490	676	Cullen Wall	ZA	Male	M18-24	14:51:41	15	1:29:15	1487		7:23:39	1468		5:47:20	1492
1491	557	Leigh Shepherd	ZA	Male	M55-59	14:51:54	67	1:20:53	1189		7:12:40	1399		5:56:55	1546
1492	1589	Anton Coetzee	ZA	Male	M50-54	14:52:04	129	1:18:17	1057		7:02:35	1303		6:05:55	1591
1493	1658	Neil Nortje	ZA	Male	M50-54	14:52:21	130	1:28:24	1471		6:59:49	1280		6:06:09	1592
1494	1514	Simon Shaw	ZA	Male	M45-49	14:52:25	217	1:32:52	1554		7:46:54	1608		5:08:53	1153
1495	605	Kevin Kotze	ZA	Male	M45-49	14:52:36	218	1:48:20	1683		7:06:21	1343		5:33:15	1377
1496	1999	Linda Wood	ZA	Female	F45-49	14:52:41	35	1:47:50	1679		7:52:06	1630		4:54:12	983
1497	403	Carl Anschutz	ZA	Male	M55-59	14:53:15	68	1:30:23	1507		8:06:42	1672		4:57:04	1029
1498	825	Justin Hulme	ZA	Male	M30-34	14:53:21	194	1:27:30	1443		7:45:00	1594		5:26:24	1320
1499	1276	Phenyo Mathopa	ZA	Male	M40-44	14:53:23	232	1:57:10	1701		7:00:26	1286		5:31:04	1360
1500	699	Muhammed Zaakir Essack	ZA	Male	M25-29	14:53:26	94	1:39:40	1633		7:29:00	1515		5:28:15	1334
1501	1946	Nicolette Pringle	ZA	Female	F40-44	14:53:35	48	1:27:34	1445		7:48:22	1615		5:13:00	1193
1502	1042	Mu-Az Mohamed	ZA	Male	M35-39	14:54:08	244	1:23:18	1307		7:01:02	1293		6:14:09	1624
1503	1783	Geoffrey Smith	US	Male	M60-64	14:55:15	26	1:15:10	852		7:08:21	1363		6:11:06	1608
1504	1186	Frederic Descamps	FR	Male	M40-44	14:55:22	233	1:21:05	1198		8:40:52	1708		4:34:24	764
1505	1065	Nicholas Pilz	ZA	Male	M35-39	14:55:28	245	1:01:59	201		7:26:59	1497		6:11:22	1611
1506	1282	Jonathan Moseling	GB	Male	M40-44	14:55:50	234	1:19:45	1142		7:11:01	1387		5:58:22	1556
1507	1007	Andres Kieffer	BO	Male	M35-39	14:56:09	246	1:34:18	1576		7:01:29	1295		6:03:54	1583
1508	1527	Yusuf Suliman	ZA	Male	M45-49	14:56:11	219	2:03:18	1708		7:10:56	1386		5:20:48	1282
1509	1544	Reon Van Rensburg	ZA	Male	M45-49	14:56:14	220	1:29:13	1486		7:28:37	1510		5:30:45	1358
1510	1885	Veronika Kerdei	RU	Female	F35-39	14:56:21	48	1:23:47	1324		7:28:50	1513		5:46:08	1484
1511	1700	Dave Coffey	ZA	Male	M55-59	14:56:42	69	1:22:04	1257		7:11:38	1395		6:07:17	1594
1512	730	Athi Mtiya	ZA	Male	M25-29	14:56:56	95	1:03:24	245		6:59:10	1273		6:36:49	1684
1513	1535	Jacques Tulleken	ZA	Male	M45-49	14:57:10	221	1:38:37	1626		7:08:50	1367		5:44:10	1467
1514	1517	Richard Siebert	ZA	Male	M45-49	14:57:34	222	1:32:32	1549		6:42:15	1095		6:25:41	1657
1515	1708	Pieter Erasmus	ZA	Male	M55-59	14:57:39	70	1:22:09	1261		7:23:47	1470		5:48:59	1507
1516	2022	Joanie Coetzee	ZA	Female	F55-59	14:58:21	11	1:27:23	1436		7:39:48	1572		5:31:53	1366
1517	598	Claire Cowan	ZA	Female	F35-39	14:59:08	49	1:21:54	1247		6:54:18	1221		6:25:55	1658

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1518	1966	Rochelle De Klerk	ZA	Female	F45-49	14:59:37	36	1:29:34	1493		7:28:11	1509		5:28:16	1336
1519	1888	Jenny Liao	ZA	Female	F35-39	14:59:50	50	1:18:55	1092		7:42:28	1584		5:34:50	1386
1520	744	Sean Swanepoel	ZA	Male	M25-29	15:00:19	96	1:08:24	491		7:11:38	1394		6:23:46	1652
1521	1481	Ismail Mitha	ZA	Male	M45-49	15:00:41	223	1:42:53	1655		6:38:58	1065		6:04:31	1588
1522	1958	Tania Welthagen	ZA	Female	F40-44	15:00:59	49	1:34:20	1577		7:24:33	1473		5:44:48	1471
1523	1757	Andr? van Rooyen	ZA	Male	M55-59	15:01:07	71	1:37:31	1610		7:44:41	1592		4:55:47	1000
1524	1451	Luke Kirsten	ZA	Male	M45-49	15:01:42	224	1:36:51	1602		7:10:44	1381		5:43:06	1456
1525	1716	Michael Herbst	ZA	Male	M55-59	15:01:49	72	1:12:22	691		6:33:57	1011		6:55:56	1703
1526	338	Christina Rinne-Luuk	DE	Female	F50-54	15:02:07	19	1:26:03	1398		7:06:57	1347		6:04:06	1584
1527	834	Tjaart Kleu	ZA	Male	M30-34	15:02:15	195	1:31:11	1518		7:38:46	1568		5:35:44	1396
1528	1722	Antoon Lombard	ZA	Male	M55-59	15:02:54	73	1:29:27	1492		7:25:09	1479		5:39:13	1414
1529	1767	Cobus Fourie	ZA	Male	M60-64	15:03:05	27	1:25:38	1385		6:49:06	1168		6:18:47	1638
1530	1733	Igsaan Noordien	ZA	Male	M55-59	15:03:33	74	2:14:40	1712		7:37:57	1561		4:56:34	1016
1531	633	Karen Hemmingsson	SZ	Female	F35-39	15:03:39	51	1:41:56	1648		8:04:57	1667		4:58:24	1044
1532	2050	Chris Howes	ZA	Male	M50-54	15:03:55	131	1:06:36	384		6:31:59	987		7:12:18	1709
1533	1352	Sedick Van Der Schyff	ZA	Male	M40-44	15:04:03	235	1:43:53	1660		6:59:00	1271		6:02:25	1575
1534	1428	Giuseppe Giussani	IT	Male	M45-49	15:04:26	225	1:24:46	1345		7:17:07	1431		5:50:04	1519
1535	1444	maris hurter	ZA	Male	M45-49	15:04:38	226	1:31:50	1530		7:18:28	1441		5:42:51	1452
1536	1692	Johnny Bakker	ZA	Male	M55-59	15:04:49	75	1:14:13	797		7:25:18	1481		6:08:29	1600
1537	1194	Shawn Ehlert	ZA	Male	M40-44	15:04:52	236	1:21:04	1197		7:11:50	1396		5:41:02	1435
1538	2013	Lynda Schonfeldt	ZA	Female	F50-54	15:05:01	20	1:25:28	1376		7:59:45	1656		5:11:46	1177
1539	1882	Lorraine Holtzhausen	ZA	Female	F35-39	15:05:09	52	1:20:24	1170		7:41:57	1580		5:45:55	1480
1540	754	Jp Van Zittert	ZA	Male	M25-29	15:05:13	97	1:22:04	1259		7:27:10	1499		5:57:42	1553
1541	1957	Carlie Venter	ZA	Female	F40-44	15:05:48	50	1:25:06	1361		7:07:08	1349		6:11:07	1609
1542	2023	Barbara Fisher-Hill	ZA	Female	F55-59	15:07:29	12	1:20:42	1180		7:58:16	1650		5:29:35	1349
1543	1233	Corn? Janse Van Rensburg	ZA	Male	M40-44	15:07:55	237	1:16:08	919		6:56:47	1248		6:31:33	1671
1544	1794	Stephen Mac Donald	ZA	Male	M65-69	15:08:04	6	1:22:54	1287		7:10:50	1383		6:18:15	1636
1545	721	Elmar Landman	ZA	Male	M25-29	15:08:05	98	1:30:23	1505		7:28:42	1511		5:57:29	1549
1546	998	Reinecke Janse Van Rensburg	ZA	Male	M35-39	15:09:15	247	1:08:21	486		6:34:18	1018		7:03:17	1706
1547	1574	Eugene Bezuidenhout	ZA	Male	M50-54	15:09:28	132	1:26:58	1426		7:46:32	1606		5:38:24	1405
1548	1959	Gail Arnell	ZA	Female	F45-49	15:10:11	37	1:38:22	1624		7:24:46	1475		5:39:20	1415
1549	685	Michael Brink	ZA	Male	M25-29	15:10:15	99	1:42:06	1651		7:22:25	1463		5:40:13	1424
1549	700	Zayn Figg	ZA	Male	M25-29	15:10:15	99	1:37:59	1618		7:38:04	1562		5:35:32	1393
1551	2035	Stephanus Weyers	ZA	Male	M40-44	15:10:46	238	1:25:14	1365		7:26:55	1495		6:03:29	1581
1552	615	Esther Patience	ZA	Female	F45-49	15:10:58	38	1:49:10	1685		8:02:23	1661		4:50:50	941
1553	452	Jose Arturo Figueroa	MX	Male	M55-59	15:11:33	76	1:27:26	1438		7:04:29	1328		6:19:44	1640
1554	1316	Chad Saloner	ZA	Male	M40-44	15:11:44	239	1:23:32	1317		7:31:31	1530		6:00:50	1569

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1555	1914	Susan De Wet	ZA	Female	F40-44	15:11:55	51	1:51:25	1689		7:46:28	1605		5:08:56	1155
1556	628	Warren Dowse	ZA	Male	M45-49	15:12:37	227	1:31:02	1516		7:43:39	1590		5:41:29	1438
1557	1488	Pierre Nel	ZA	Male	M45-49	15:12:56	228	1:21:21	1221		6:56:06	1239		6:26:13	1659
1558	1204	Frederick Fourie	ZA	Male	M40-44	15:13:09	240	1:30:19	1504		7:12:51	1401		6:09:03	1601
1559	1962	Chane Tho Wor Christelle	RE	Female	F45-49	15:13:32	39	1:19:59	1152		7:55:30	1643		5:35:55	1399
1560	767	Ruan Pieter Badenhorst	ZA	Male	M30-34	15:13:42	196	1:37:44	1614		7:33:22	1540		5:44:06	1466
1561	1773	Donald Jardine	ZA	Male	M60-64	15:13:48	28	1:41:29	1643		7:39:23	1570		5:28:13	1333
1562	1705	Wim De Klerk	ZA	Male	M55-59	15:13:58	77	1:30:06	1499		7:06:19	1342		6:14:29	1625
1563	1760	Mark Bellinger	ZA	Male	M60-64	15:14:28	29	1:16:22	932		7:08:17	1362		6:30:35	1670
1564	1824	Petri Bester	ZA	Female	F30-34	15:14:45	56	1:20:19	1167		7:21:53	1460		6:12:03	1616
1565	1973	Pinnie Hearn	ZA	Female	F45-49	15:14:57	40	1:33:07	1560		7:35:37	1548		5:39:55	1421
1566	1818	Ilze Swart	ZA	Female	F25-29	15:15:17	24	1:13:57	786		7:04:54	1332		6:40:15	1689
1567	1592	Mark Cooper	ZA	Male	M50-54	15:15:49	133	1:04:06	278		7:19:51	1446		6:27:36	1666
1568	826	Michael Jacobs	ZA	Male	M30-34	15:16:04	197	1:27:46	1452		7:12:56	1402		6:04:23	1587
1569	1615	Matthew Goode	GB	Male	M50-54	15:16:12	134	1:58:15	1703		7:15:43	1419		5:32:53	1374
1570	1755	Johann Van De Venter	ZA	Male	M55-59	15:16:52	78	1:41:39	1645		7:01:36	1297		6:17:57	1634
1571	1890	Saruta Luangjame	TH	Female	F35-39	15:17:00	53	1:38:53	1628		7:34:34	1545		5:40:57	1432
1572	1229	Michael Hirsch	US	Male	M40-44	15:17:12	241	1:28:18	1467		7:32:12	1532		6:01:46	1571
1573	1439	Clinton Heimann	ZA	Male	M45-49	15:20:24	229	1:25:29	1377		7:46:25	1604		5:41:39	1440
1574	1681	Arshadalli Ismail Tayob	ZA	Male	M50-54	15:20:26	135	1:28:45	1479		6:39:16	1069		6:40:29	1690
1575	845	Clyde Lewis	ZA	Male	M30-34	15:20:30	198	1:14:46	829		7:26:14	1489		6:20:37	1642
1576	833	Jason Kivedo	ZA	Male	M30-34	15:21:32	199	1:31:28	1526		7:55:35	1644		5:42:30	1447
1577	1541	Frans Van Niekerk	ZA	Male	M45-49	15:21:35	230	1:10:44	611		7:49:30	1620		5:57:30	1550
1578	1647	Steve Mccarley	ZA	Male	M50-54	15:21:48	136	1:43:25	1657		7:36:31	1552		5:43:38	1464
1579	1644	Shahed Mahomed	ZA	Male	M50-54	15:21:53	137	1:54:55	1698		7:06:02	1341		5:59:01	1560
1580	1745	Steven Shimmings	ZA	Male	M55-59	15:23:45	79	1:15:16	859		7:53:40	1636		5:55:05	1539
1581	1202	Tobie Forbes	GB	Male	M40-44	15:23:56	242	1:24:16	1334		8:05:08	1669		5:38:10	1404
1582	1519	Stephen Slaughter	ZA	Male	M45-49	15:24:08	231	1:21:55	1248		7:21:32	1458		6:23:31	1651
1583	1014	Martin Kunstmann Rojas	CL	Male	M35-39	15:25:12	248	1:11:28	648		7:58:39	1651		5:38:56	1411
1584	1452	Gustav Klingbiel	ZA	Male	M45-49	15:25:23	232	1:26:05	1400		7:18:22	1438		6:20:32	1641
1585	1864	Vuyo Bongela	ZA	Female	F35-39	15:25:24	54	1:41:56	1649		7:42:21	1583		5:45:21	1478
1586	621	Yushaa Abrahams	ZA	Male	M45-49	15:25:42	233	2:00:51	1705		8:01:29	1659		5:02:22	1092
1587	1653	Peter Moravec	ZA	Male	M50-54	15:26:39	138	1:22:54	1288		7:41:52	1579		5:59:15	1563
1588	731	Steven Nortje	ZA	Male	M25-29	15:26:47	101	1:06:23	373		7:36:45	1554		6:27:22	1665
1589	1998	Marsha Wessels	ZA	Female	F45-49	15:27:03	41	1:19:09	1103		7:54:08	1638		5:49:54	1516
1590	520	Eugene Nomura	JP	Male	M50-54	15:27:41	139	1:12:40	712		7:49:27	1618		6:11:00	1607
1591	1734	Dirk Olivier	ZA	Male	M55-59	15:27:52	80	1:34:15	1575		7:04:01	1319		6:24:00	1653

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1592	638	Andre Lombaard	ZA	Male	M35-39	15:28:04	249	1:25:11	1364		7:25:09	1480		6:22:56	1648
1593	1836	Vanessa Faber	DE	Female	F30-34	15:28:14	57	1:24:04	1330		7:58:03	1648		5:38:33	1406
1594	1737	Brian Pivo	ZA	Male	M55-59	15:28:23	81	1:31:01	1515		7:38:07	1563		5:54:56	1537
1595	1952	Mary-Anne Stott	ZA	Female	F40-44	15:28:25	52	1:05:49	348		7:26:45	1493		6:35:20	1680
1596	1224	Francois Hattingh	ZA	Male	M40-44	15:28:32	243	1:26:14	1405		7:18:28	1440		6:27:06	1661
1597	1871	Venette De Wet	ZA	Female	F35-39	15:28:48	55	1:26:23	1408		7:27:10	1498		6:13:47	1621
1598	1556	Ben Vosloo	ZA	Male	M45-49	15:29:22	234	1:15:40	887		8:16:16	1692		5:40:22	1428
1599	2049	Simon Boucher	ZA	Male	M35-39	15:30:02	250	1:26:51	1425		7:46:49	1607		5:59:14	1562
1600	1710	Louis Pierre Fourie	ZA	Male	M55-59	15:30:25	82	1:53:54	1695		7:16:49	1429		5:45:13	1476
1601	1091	Zaan Smit	ZA	Male	M35-39	15:30:49	251	1:20:36	1176		8:05:43	1670		5:41:38	1439
1602	1584	Adrian Brown	ZA	Male	M50-54	15:31:02	140	1:19:36	1130		7:33:54	1543		6:15:19	1629
1603	1948	Warangrat Savetsilp	TH	Female	F40-44	15:31:03	53	1:19:28	1122		7:44:04	1591		5:51:16	1525
1604	2051	Victor Williams	ZA	Male	M50-54	15:31:30	141	1:11:39	657		6:47:39	1154		7:21:26	1712
1605	1041	Christopher Mispion	ZA	Male	M35-39	15:32:58	252	1:22:13	1265		7:44:45	1593		6:00:03	1565
1606	648	Leonard Foley	ZA	Male	M55-59	15:32:59	83	2:03:15	1707		7:21:44	1459		5:49:13	1509
1607	1225	Jonas Hellsten	SE	Male	M40-44	15:33:25	244	1:32:20	1546		6:40:51	1083		7:02:28	1705
1608	2020	Bettina Berti	ZA	Female	F55-59	15:34:26	13	1:36:43	1601		7:58:41	1652		5:42:44	1451
1609	819	Hechter Hansen	ZA	Male	M30-34	15:34:32	200	1:52:59	1693		8:10:26	1685		5:12:55	1191
1610	967	Lennon Fisher	ZA	Male	M35-39	15:34:38	253	1:39:57	1637		7:39:45	1571		5:48:01	1498
1611	1826	Celeste Blake	ZA	Female	F30-34	15:34:51	58	1:36:22	1598		8:01:17	1658		5:43:26	1461
1612	1695	Marius Bouwer	ZA	Male	M55-59	15:34:58	84	1:27:28	1440		7:46:03	1602		6:02:31	1577
1612	932	Garith Botha	ZA	Male	M35-39	15:34:58	254	1:33:04	1558		7:29:37	1518		6:02:07	1573
1614	1568	Lyndon Bagley	ZA	Male	M50-54	15:36:53	142	2:09:44	1711		7:42:37	1587		5:17:29	1247
1615	1612	Godfrey Gelderbloem	ZA	Male	M50-54	15:37:22	143	1:20:36	1177		7:03:12	1311		6:54:47	1702
1616	1422	Paulo Fonseca	BR	Male	M45-49	15:38:48	235	1:19:38	1132		8:27:44	1703		5:31:09	1361
1617	1594	Grant Cowen	ZA	Male	M50-54	15:39:19	144	1:18:54	1091		7:25:21	1482		6:34:24	1675
1618	1960	Pamela Ann Black	ZA	Female	F45-49	15:39:28	42	1:26:33	1416		8:14:37	1690		5:29:10	1346
1619	1996	Nicole Vollmerhaus-Everitt	ZA	Female	F45-49	15:39:47	43	1:17:00	981		7:24:52	1476		6:28:20	1667
1620	1261	Firoz Limalia	ZA	Male	M40-44	15:40:50	245	1:42:45	1653		6:19:22	815		7:08:17	1708
1621	2000	Adri Albertyn	ZA	Female	F50-54	15:40:51	21	1:46:49	1672		8:07:50	1677		5:19:38	1269
1622	1532	Mitch Tiltmann	ZA	Male	M45-49	15:41:31	236	1:09:50	560		6:57:31	1256		7:19:52	1710
1623	1850	Valeria Mustafa	BO	Female	F30-34	15:41:39	59	1:19:12	1106		8:39:05	1707		5:17:59	1255
1624	1795	David Westwood	CA	Male	M65-69	15:42:15	7	1:15:38	881		7:19:55	1447		6:36:39	1683
1625	1764	Graham Boyd	ZA	Male	M60-64	15:43:00	30	1:41:41	1646		7:42:05	1582		5:53:05	1534
1626	599	Raees Dalvie	ZA	Male	M30-34	15:43:33	201	1:49:37	1686		7:54:43	1640		5:18:00	1256
1627	1246	Reza Khan	ZA	Male	M40-44	15:43:43	246	1:56:39	1699		7:52:17	1631		5:34:20	1384
1628	1719	James King	ZA	Male	M55-59	15:43:50	85	1:27:41	1448		6:54:24	1222		6:42:04	1694

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1629	1160	Pierre Bloem	ZA	Male	M40-44	15:44:55	247	1:37:43	1613		7:56:15	1645		5:55:14	1540
1630	1815	Liana Saayman	ZA	Female	F25-29	15:46:36	25	1:38:19	1621		7:53:43	1637		5:58:47	1557
1631	1991	Ina Van Rensburg	ZA	Female	F45-49	15:46:45	44	1:39:56	1636		8:09:26	1680		5:42:42	1450
1632	1687	Bryan Webster	ZA	Male	M50-54	15:46:49	145	1:11:54	666		7:17:10	1432		6:40:29	1691
1633	2043	Sikhumbuzo Mayaba	ZA	Male	M40-44	15:47:08	248	1:45:59	1668		7:52:58	1635		5:47:34	1493
1634	1139	Nicholas Yiangou	ZA	Male	M35-39	15:47:37	255	2:08:37	1710		7:37:31	1558		5:44:44	1468
1635	1357	Morne Van Lill	ZA	Male	M40-44	15:47:52	249	1:18:12	1050		7:50:11	1621		6:12:09	1617
1636	1823	Renata Bernardo	BR	Female	F30-34	15:48:01	60	1:34:21	1578		8:04:33	1666		5:50:44	1521
1637	877	Lane Nichols	US	Male	M30-34	15:48:06	202	1:30:43	1511		7:27:24	1501		6:40:09	1688
1638	1937	Mandy Marlin	ZA	Female	F40-44	15:48:24	54	1:24:12	1332		7:30:22	1526		6:35:02	1678
1639	884	Tiaan Pieterse	ZA	Male	M30-34	15:48:42	203	1:19:42	1135		8:09:57	1682		5:48:49	1504
1640	1650	Andre Miles	ZA	Male	M50-54	15:49:30	146	1:32:48	1552		7:42:33	1585		6:11:35	1614
1641	1629	Farhad Khan	ZA	Male	M50-54	15:49:31	147	1:45:56	1667		7:31:44	1531		6:11:31	1613
1642	616	Mario Frank Penso	ZA	Male	M25-29	15:49:56	102	1:39:13	1630		7:27:41	1504		6:25:21	1656
1643	889	Sabir Salie	ZA	Male	M30-34	15:50:16	204	1:29:05	1484		7:38:38	1567		6:12:34	1619
1644	2037	Pierre Steenkamp	ZA	Male	M35-39	15:51:00	256	1:57:26	1702		7:33:44	1542		5:52:50	1533
1645	1384	James Botha	ZA	Male	M45-49	15:51:31	237	1:44:23	1662		7:42:57	1588		6:04:07	1585
1646	958	Craig Dingle	ZA	Male	M35-39	15:52:06	257	1:08:35	501		7:51:19	1626		6:39:19	1687
1647	1009	Francois Koen	ZA	Male	M35-39	15:52:24	258	1:30:19	1502		7:38:12	1564		6:27:14	1662
1648	769	Daniel Beal	US	Male	M30-34	15:54:07	205	1:02:34	217		7:26:40	1490		7:03:19	1707
1649	1078	Alan Rodgers	ZA	Male	M35-39	15:54:41	259	1:23:13	1304		7:58:45	1654		6:04:14	1586
1650	458	Matthew Gedye	AU	Male	M25-29	15:55:11	103	1:27:46	1451		8:48:43	1712		5:16:04	1230
1651	1364	Deon Vermeulen	ZA	Male	M40-44	15:55:18	250	1:31:15	1519		8:04:31	1665		5:58:55	1559
1652	602	Zaheer Goodman-Bhyat	ZA	Male	M45-49	15:58:10	238	1:17:27	1005		7:46:01	1601		6:19:41	1639
1653	1578	Graeme Boake	ZA	Male	M50-54	15:58:29	148	1:25:24	1373		7:42:59	1589		6:14:37	1626
1654	1295	Azhar Panchbhai	ZA	Male	M40-44	15:58:47	251	1:38:44	1627		7:32:36	1536		6:22:39	1647
1655	1254	Etienne Launay	FR	Male	M40-44	15:59:31	252	1:34:09	1574		7:55:18	1642		5:41:21	1437
1656	875	Christopher Newman	GB	Male	M30-34	15:59:40	206	2:05:34	1709		7:56:46	1646		5:34:55	1387
1657	593	Adrian Buddingh	ZA	Male	M55-59	15:59:45	86	1:37:03	1605		8:15:48	1691		5:47:37	1494
1658	597	Cameron Edward Clarke	ZA	Male	M30-34	15:59:55	207	1:19:06	1100		7:30:34	1528		6:49:50	1698
1659	1563	Craig Wood	ZA	Male	M45-49	16:00:07	239	1:34:44	1581		7:20:39	1449		6:45:24	1697
1660	1652	Anant Morar	ZA	Male	M50-54	16:00:39	149	1:24:40	1344		7:36:26	1551		6:38:26	1686
1661	748	Peter Van Biljon	ZA	Male	M25-29	16:01:10	104	1:17:37	1015		8:42:08	1709		5:34:58	1388
1662	1660	Dieter Oosthuizen	ZA	Male	M50-54	16:02:04	150	1:12:04	674		8:11:11	1687		6:12:21	1618
1663	611	Sean Mcculla	ZA	Male	M40-44	16:02:49	253	1:26:02	1397		7:30:16	1525		6:36:09	1682
1664	1898	Yolandi Steyn	ZA	Female	F35-39	16:03:37	56	1:44:56	1665		7:17:44	1435		6:27:21	1663
1665	1249	Nico Kotze	ZA	Male	M40-44	16:03:39	254	1:37:56	1616		7:26:13	1488		6:27:21	1664

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1666	629	Kerry Ellis-Williams	ZA	Female	F40-44	16:05:04	55	1:27:52	1457		8:06:58	1674		6:03:20	1580
1667	1788	Jurie Jacobus Weber	ZA	Male	M60-64	16:05:31	31	1:52:02	1691		7:47:48	1612		6:02:22	1574
1668	1694	Tyrone Blignaut	ZA	Male	M55-59	16:05:42	87	1:27:57	1458		7:36:03	1550		6:37:26	1685
1669	610	Shaun Matthews	ZA	Male	M45-49	16:05:57	240	1:34:25	1579		7:23:08	1467		6:28:35	1668
1670	1128	Andre Vosloo	ZA	Male	M35-39	16:06:24	260	1:26:06	1401		7:52:17	1632		6:24:02	1654
1671	1989	Stephanie Waller	ZA	Female	F45-49	16:07:58	45	1:31:19	1522		7:41:49	1578		6:35:08	1679
1672	1554	Roaan Vorster	ZA	Male	M45-49	16:08:31	241	1:15:53	902		7:46:19	1603		6:44:03	1696
1673	944	Cobus Coetsee	ZA	Male	M35-39	16:08:41	261	1:30:58	1513		7:55:03	1641		6:08:22	1599
1674	1651	Chris Moody	ZA	Male	M50-54	16:08:48	151	1:24:31	1341		8:17:40	1695		6:02:25	1576
1675	1126	jacques@retail.spar.co.za van wyngaardt	ZA	Male	M35-39	16:09:47	262	1:37:23	1608		7:50:16	1622		6:26:41	1660
1676	1185	Salwyn Dennis	ZA	Male	M40-44	16:09:55	255	1:44:04	1661		7:32:18	1533		6:32:59	1672
1677	2011	Karen Mels	ZA	Female	F50-54	16:10:27	22	1:26:13	1404		8:28:02	1704		5:55:52	1544
1678	1688	Trevor Williams	ZA	Male	M50-54	16:10:54	152	1:22:30	1272		7:47:15	1610		6:33:55	1673
1679	1970	Sylvia George	ZA	Female	F45-49	16:11:02	46	1:54:18	1696		8:09:08	1679		5:47:09	1491
1680	1435	Joe Hannan	ZA	Male	M45-49	16:11:09	242	1:16:04	914		8:09:27	1681		6:16:03	1631
1681	935	Christopher Briggs	US	Male	M35-39	16:12:04	263	1:14:33	817		8:22:11	1699		6:14:57	1628
1682	1839	Michelle Janse Van Rensburg	ZA	Female	F30-34	16:12:17	61	1:23:19	1309		8:46:42	1711		5:40:15	1425
1683	1894	Charlene Rademeyer	ZA	Female	F35-39	16:13:30	57	1:28:17	1465		8:19:13	1696		6:05:22	1590
1684	1808	Jessica Hamuy Blanco	ZA	Female	F25-29	16:13:40	26	1:38:06	1619		8:05:44	1671		6:11:26	1612
1685	761	Reece Alberts	ZA	Male	M30-34	16:15:30	208	1:48:03	1681		8:11:05	1686		5:49:38	1513
1686	1889	Rianna Louw	ZA	Female	F35-39	16:16:14	58	1:28:18	1466		8:44:10	1710		5:46:00	1482
1687	725	Pierre Maritz	ZA	Male	M25-29	16:17:28	105	1:32:31	1548		8:24:29	1700		6:00:56	1570
1688	514	owen murphy	ZA	Male	M65-69	16:18:29	8	1:46:02	1669		8:02:24	1662		6:03:50	1582
1689	864	Pieter Meyer	ZA	Male	M30-34	16:20:17	209	1:35:55	1593		8:06:43	1673		6:22:59	1649
1690	1343	Jacobus Alwyn Truter	ZA	Male	M40-44	16:21:20	256	1:33:07	1561		8:02:04	1660		6:17:54	1633
1691	1347	Mohamed Valoria	ZA	Male	M40-44	16:22:20	257	1:56:41	1700		7:38:31	1565		6:14:05	1623
1692	1057	Jamie Peers	ZA	Male	M35-39	16:22:28	264	1:17:57	1032		7:49:22	1617		6:43:16	1695
1693	1117	Francois Van Der Walt	ZA	Male	M35-39	16:22:32	265	1:40:45	1639		7:51:15	1625		6:29:08	1669
1694	2028	Hazel Aggett	ZA	Female	F60-64	16:23:26	1	1:37:58	1617		8:28:58	1705		5:48:26	1501
1695	1771	Stephen Jackson	ZA	Male	M60-64	16:24:12	32	1:24:56	1351		8:14:07	1689		6:24:18	1655
1696	1781	Musik Prachia	IL	Male	M60-64	16:24:37	33	1:15:15	857		7:26:40	1491		7:20:12	1711
1697	1711	Peter Frandsen	DK	Male	M55-59	16:24:46	88	1:35:15	1588		8:07:38	1676		5:46:24	1486
1698	1851	Melanie Nel	ZA	Female	F30-34	16:25:28	62	1:28:43	1478		8:26:59	1702		6:02:46	1579
1699	1918	Gracia Dos Ramos	ZA	Female	F40-44	16:25:29	56	1:35:15	1589		8:09:04	1678		6:12:59	1620
1700	1807	Tracey Anne Gaze	ZA	Female	F25-29	16:26:31	27	1:19:21	1116		7:54:15	1639		6:58:55	1704
1701	1269	Thomas Lubbe	ZA	Male	M40-44	16:28:02	258	1:34:02	1570		7:51:55	1629		6:34:46	1677
1702	811	Angus Geswint	ZA	Male	M30-34	16:28:19	210	1:47:40	1677		8:13:26	1688		6:09:50	1604

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
1703	1577	Steven Bloemink	ZA	Male	M50-54	16:28:43	153	1:23:11	1301		8:16:27	1693		6:34:42	1676
1704	2005	Caroline Henry	ZA	Female	F50-54	16:31:10	23	1:27:18	1435		8:10:15	1684		6:35:37	1681
1705	1030	Muhammad Makda	ZA	Male	M35-39	16:31:44	266	1:52:07	1692		7:48:55	1616		6:22:35	1646
1706	1709	Dawid Ferreira	ZA	Male	M55-59	16:33:08	89	1:27:44	1449		7:38:36	1566		6:51:25	1700
1707	1801	Sadie Niekerk	ZA	Female	F18-24	16:33:15	3	1:43:41	1658		8:26:49	1701		6:09:39	1602
1708	1849	Therese Mitchell	ZA	Female	F30-34	16:35:00	63	1:54:31	1697		8:10:01	1683		6:08:01	1598
1709	301	Thulani Mazula	ZA	Male	M25-29	16:35:03	106	1:46:52	1674		8:34:02	1706		5:58:53	1558
1710	1486	Anand Naidoo	ZA	Male	M45-49	16:35:11	243	1:40:50	1640		8:21:36	1698		6:13:52	1622
1711	1968	Denise Du Plessis	ZA	Female	F45-49	16:35:51	47	1:42:14	1652		8:16:34	1694		6:12:00	1615
1712	1915	Kanchana Uawithya	TH	Female	F40-44	16:43:23	57	1:38:19	1622		7:45:48	1599		6:51:45	1701
-	1543	Louw Van Reenen	ZA	Male	M45-49		-								
-	54	Camille Donat	FR	Female	FPRO		-								
-	1729	Kenny Mclean	ZA	Male	M55-59		-								
-	294	Peter Magill	DK	Male	M50-54		-								
-	663	Matthew Armstrong	ZA	Male	M18-24		-								
-	263	Cristian Hassen	CL	Male	M45-49		-								
-	77	Alexandre Birman	BR	Male	M40-44		-								
-	351	Aage Saxlund	NO	Male	M50-54		-								
-	342	Mike Mike Roller	ZA	Male	M50-54		-								
-	939	Mogamat Junaid Cader	ZA	Male	M35-39		-								
-	1619	Craig Granville	BW	Male	M50-54		-								
-	65	Angela Naeth	CA	Female	FPRO		-								
-	1940	Brenda-Lynn Nell	ZA	Female	F40-44		-								
-	641	Renata Schmidtova	SK	Female	F40-44		-								
-	1047	Barthes Nicolas	FR	Male	M35-39		-								
-	1232	Nic Jacobs	ZA	Male	M40-44		-								
-	1248	Nico Koch	ZA	Male	M40-44		-								
-	765	Warren Andrews	ZA	Male	M30-34		-								
-	393	Duncan Wyness	MZ	Male	M40-44		-								
-	314	Tony Nocton-Smith	ZA	Male	M60-64		-								
-	1744	Norbert Schroeder	DE	Male	M55-59		-								
-	1414	Carlos Eduardo Mendes Cota	BR	Male	M45-49		-								
-	1011	Charalambos Kourtoumbellides	ZA	Male	M35-39		-								
-	1394	Ian Carnegie	ZA	Male	M45-49		-								
-	1279	Micha Menzi	CH	Male	M40-44		-								
-	773	Ricky Beselaar	ZA	Male	M30-34		-								
-	1131	Gareth Warburton	ZA	Male	M35-39		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	707	Justin Frieslaar	ZA	Male	M25-29		-								
-	1611	Arndt Gather	DE	Male	M50-54		-								
-	645	Jonathan Colledge	ZA	Male	M35-39		-								
-	813	Je-Handrey Gouws	ZA	Male	M30-34		-								
-	531	Gareth Pile	ZA	Male	M40-44		-								
-	1679	Blackie Swart	ZA	Male	M50-54		-								
-	1740	Federico Ros Camara	ES	Male	M55-59		-								
-	93	Chris Dam	AT	Male	M40-44		-								
-	2042	Wayne Beuthin	ZA	Male	M35-39	11:54:56	-	1:12:55			6:23:22			4:01:09	
-	1432	Riaan Greyling	ZA	Male	M45-49		-								
-	631	Steven Greenspan	ZA	Male	M40-44		-								
-	1374	Emmit Andrews	GB	Male	M45-49		-								
-	1507	Andr? Schlieker	DK	Male	M45-49		-								
-	1560	quintin white	ZA	Male	M45-49		-								
-	76	Pedro Berredo	BR	Male	M40-44		-								
-	1401	Ismail Daya	ZA	Male	M45-49		-								
-	1286	Guilherme Nehemy	BR	Male	M40-44		-								
-	1027	Rob Lugg	ZA	Male	M35-39		-								
-	1912	Francisca Casas	CL	Female	F40-44		-								
-	1021	Anthony Lecointre	FR	Male	M35-39		-								
-	1955	Jacky Van Heerden	ZA	Female	F40-44		-								
-	472	Alasdair Helliwell	GB	Male	M35-39		-								
-	1350	Henk Van Der Merwe	ZA	Male	M40-44		-								
-	1972	Desiree Hart	US	Female	F45-49		-								
-	1132	Mark Whittington	ZA	Male	M35-39		-								
-	1913	Claudia De Villiers	BW	Female	F40-44		-								
-	649	Nizaam Fredericks	ZA	Male	M45-49		-								
-	576	Madele Van Heerden	ZA	Female	F35-39		-								
-	904	Mark Trollope	ZA	Male	M30-34		-								
-	1072	Jeremy Putz	US	Male	M35-39		-								
-	704	Brett France	ZA	Male	M25-29		-								
-	1678	Gerald Struwig	ZA	Male	M50-54	16:46:12	-	1:18:50			8:40:29			6:29:28	
-	101	Marcos Faria	BR	Male	M35-39		-								
-	1192	Dennis Duarte	ZA	Male	M40-44		-								
-	1626	Etienne Herselman	ZA	Male	M50-54		-								
-	1798	Roelof Van Riet	ZA	Male	M70-74		-								
-	1628	Jari Jukarainen	FI	Male	M50-54		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	1446	Richard Joubert	ZA	Male	M45-49		-								
-	586	Peter Weiss	DE	Male	M50-54		-								
-	165	Andre Van Heerden	ZA	Male	M60-64		-								
-	1406	Patricio Delgado Delgado	CL	Male	M45-49		-								
-	1726	Gavin Magrath	ZA	Male	M55-59		-								
-	58	Carolin Lehrieder	DE	Female	FPRO		-								
-	125	Christopher Louw	ZA	Male	M30-34		-								
-	347	Felipe Salas	CL	Male	M45-49		-								
-	1591	Ian Cook	ZA	Male	M50-54		-								
-	331	Johan Pretorius	ZA	Male	M35-39		-								
-	1176	Sergio Costa	PT	Male	M40-44		-								
-	1963	Annerie Cornelissen	ZA	Female	F45-49		-								
-	1118	Jaco Van Der Walt	ZA	Male	M35-39		-								
-	1099	Cobus Stofberg	ZA	Male	M35-39		-								
-	1355	George Van Huyssteen	ZA	Male	M40-44		-								
-	2001	Carol Cooper	ZA	Female	F50-54	16:59:52	-	1:28:27			8:33:10			6:33:20	
-	316	Bibben Nordblom	SE	Female	F25-29		-								
-	171	Stefano Vedovati	IT	Male	M30-34		-								
-	302	Iain Mc Gregor	ZA	Male	M40-44		-								
-	1182	Willie De Witt	ZA	Male	M40-44		-								
-	474	Debbie Hibbert	ZA	Female	F50-54		-								
-	604	Ntlantla Nonkasa	ZA	Male	M45-49		-								
-	1956	Carola Varela	CL	Female	F40-44		-								
-	758	Gareth Wright	ZA	Male	M25-29		-								
-	62	Lina-Kristin Schink	DE	Female	FPRO		-								
-	1682	Abdurragiem Van Der Schaff	ZA	Male	M50-54		-								
-	1445	Huw Jones	GB	Male	M45-49		-								
-	683	Petrus Coenraad Botes	NA	Male	M25-29		-								
-	518	James David Neville	ZA	Male	M50-54		-								
-	1892	Claire Malik	ZA	Female	F35-39		-								
-	4	James Cunnama	ZA	Male	MPRO		-								
-	1905	Burcu Aslanagi	TR	Female	F40-44		-								
-	1793	Claudio Fuentes	CL	Male	M65-69		-								
-	1341	Ian Trenzano	ES	Male	M40-44		-								
-	61	Charlotte Morel	FR	Female	FPRO		-								
-	1403	John De Beer	ZA	Male	M45-49		-								
-	94	Samuel De Araujo Silva	BR	Male	M35-39		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	1634	Alan Philip Krost	IL	Male	M50-54		-								
-	1994	Engela Van Zyl	ZA	Female	F45-49		-								
-	486	Greg Launay	CH	Male	M30-34		-								
-	997	Stephanus Hyman	ZA	Male	M35-39		-								
-	1704	James Cresswell-George	ZA	Male	M55-59		-								
-	150	Rodrigo Semprebom	BR	Male	M35-39		-								
-	1813	Talia Nomdoe	ZA	Female	F25-29		-								
-	1456	Reggie Kukama	ZA	Male	M45-49		-								
-	280	Carolin Knobelspies	US	Female	F45-49		-								
-	2009	Lesley Looock	ZA	Female	F50-54		-								
-	901	William Taute	ZA	Male	M30-34		-								
-	984	Roedolf Petrus Grabie	ZA	Male	M35-39		-								
-	1253	Andrew Latimer	ZA	Male	M40-44		-								
-	1238	Andre Jordaan	ZA	Male	M40-44		-								
-	1778	Nolte Cornelis	ZA	Male	M60-64		-								
-	673	Wilbur Smith	ZA	Male	M18-24		-								
-	1102	Barrie Swart	ZA	Male	M35-39		-								
-	764	Philipp Burghardt	DE	Male	M30-34		-								
-	149	Cedric Sellin	FR	Male	M40-44		-								
-	43	Emma Pallant-Browne	GB	Female	FPRO		-								
-	1028	David Luppnow	ZA	Male	M35-39		-								
-	272	Ahmed Iraky	EG	Male	M40-44		-								
-	1217	Dwayne Gouws	ZA	Male	M40-44		-								
-	1666	David Prinsloo	ZA	Male	M50-54		-								
-	1221	Marius Harmsen	ZA	Male	M40-44		-								
-	1164	Peter Borchers	ZA	Male	M40-44		-								
-	1093	Amin Soltani	GB	Male	M35-39		-								
-	440	Andrew Diplock	GB	Male	M30-34		-								
-	1806	Francesca McDiarmid	GB	Female	F25-29	16:55:18	-	1:45:56			8:21:11			6:26:10	
-	1178	Nelson De Andrade	ZA	Male	M40-44		-								
-	2010	Sherilee Mccormac	ZA	Female	F50-54		-								
-	1498	Erwan Prevost	ZA	Male	M45-49		-								
-	1988	Fawzia Suliman	ZA	Female	F45-49		-								
-	1632	Shimanovskiy Konstantin	RU	Male	M50-54		-								
-	174	Manfred Wiehahn	ZA	Male	M45-49		-								
-	1327	Johann Spengler	ZA	Male	M40-44		-								
-	636	Ivan Janse Van Rensburg	ZA	Male	M30-34		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	1169	Willie Burger	ZA	Male	M40-44		-								
-	747	Lazola Tutani	ZA	Male	M25-29		-								
-	2029	Lynette Fischer	ZA	Female	F60-64		-								
-	644	Kevin Black	ZA	Male	M40-44		-								
-	210	Nicolas Charrier	FR	Male	M40-44		-								
-	1936	Svenja Mann	DE	Female	F40-44		-								
-	1239	Christiaan G Joubert	ZA	Male	M40-44		-								
-	2016	Santie Van Der Merwe	ZA	Female	F50-54		-								
-	1977	Kelly Joyce	US	Female	F45-49		-								
-	330	Benjy Porter	ZA	Male	M45-49		-								
-	1610	Iain Findlay	ZA	Male	M50-54		-								
-	1932	Claudia Landivar	BO	Female	F40-44		-								
-	1197	Gerrit Engelbrecht	ZA	Male	M40-44		-								
-	1787	Matthew Walton	ZA	Male	M60-64		-								
-	1171	Nathan Carr	ZA	Male	M40-44		-								
-	1329	Henry Stoltz	ZA	Male	M40-44		-								
-	553	Florian Schmidbauer	DE	Male	M25-29		-								
-	1751	Ireneusz Szpot	PL	Male	M55-59		-								
-	2015	Sue Stockley	GB	Female	F50-54		-								
-	1784	Leon Stanvliet	ZA	Male	M60-64		-								
-	1614	Paul Goddard	ZA	Male	M50-54		-								
-	1226	Gavin Heron	ZA	Male	M40-44		-								
-	1779	Dou Pienaar	ZA	Male	M60-64		-								
-	1663	Mike Phillips	ZA	Male	M50-54		-								
-	1502	Ralph Reilly	ZA	Male	M45-49		-								
-	1924	Monique Grossrieder	CH	Female	F40-44		-								
-	119	Adam Kjellstr?m	SE	Male	M18-24		-								
-	523	Samuel Oliveira	BR	Male	M50-54		-								
-	14	Reece Barclay	GB	Male	MPRO		-								
-	1969	Laura-Beth Eicker-Harris	ZA	Female	F45-49		-								
-	2030	THEMIS VILELA	BR	Female	F60-64		-								
-	1113	Moises Torres Rojas	CL	Male	M35-39		-								
-	1775	Yuji Kiriwara	JP	Male	M60-64		-								
-	64	Monica Juhart	AU	Female	FPRO		-								
-	1675	Allan Solok	DK	Male	M50-54		-								
-	2018	Julia Webster	ZA	Female	F50-54		-								
-	1579	Luigi Bonardi	IT	Male	M50-54		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	969	Marwaan Fredericks	ZA	Male	M35-39		-								
-	1484	Andrew Moses	ZA	Male	M45-49		-								
-	1305	Ivan Pretorius	ZA	Male	M40-44	14:20:22	-	1:29:29			7:12:43			5:10:14	
-	938	Alvaro Bueso-Inchausti	ES	Male	M35-39		-								
-	1735	Adi Paikin	IL	Male	M55-59		-								
-	121	Michael Klose	DE	Male	M55-59		-								
-	1877	Laura Gnecco	CO	Female	F35-39		-								
-	2033	Mariko Kirihara	JP	Female	F65-69		-								
-	297	Dr. Desmyttere Martin	DE	Male	M60-64		-								
-	1110	Daniel Tkac	CZ	Male	M35-39		-								
-	1718	Eric Joyce	IE	Male	M55-59		-								
-	1648	Dean Mcgarry	GB	Male	M50-54		-								
-	1618	Anthony Gouveia	ZA	Male	M50-54		-								
-	1706	Achmat Ellie	ZA	Male	M55-59	16:46:37	-	1:33:57			8:25:59			6:21:30	
-	1780	Petr Polansky	CZ	Male	M60-64		-								
-	1070	Luca Prosperi	IT	Male	M35-39		-								
-	933	Burger Bothma	ZA	Male	M35-39		-								
-	46	Katja Kenschak	DE	Female	FPRO		-								
-	1761	Xavier Benet	ES	Male	M60-64		-								
-	925	Abdulla Alsharhan	KW	Male	M35-39		-								
-	377	Camm Van Rensburg	ZA	Male	M40-44		-								
-	1385	Michael Brewer	GB	Male	M45-49		-								
-	1259	Patrick Lehmann	ZA	Male	M40-44		-								
-	1455	Philip Krumm	CL	Male	M45-49		-								
-	1433	C. Ozgur Guneri	TR	Male	M45-49		-								
-	162	Kino Valverde	ZA	Male	M40-44		-								
-	136	Ignacio Munoz Roman	CL	Male	M40-44		-								
-	1627	Ashley Jacobs	ZA	Male	M50-54		-								
-	1235	Justin Jeffery	ZA	Male	M40-44		-								
-	1256	Wimpie Le Roux	ZA	Male	M40-44		-								
-	841	Martin Lanzer	AT	Male	M30-34		-								
-	141	Mark Pellew	ZA	Male	M40-44		-								
-	829	Aldea Valverde Jorge Juan	ES	Male	M30-34		-								
-	1016	Coenie Labuschagne	ZA	Male	M35-39		-								
-	429	Mark Carson	GB	Male	M55-59		-								
-	1873	Helena Ferreira	ZA	Female	F35-39		-								
-	1672	Carl Schultz	ZA	Male	M50-54		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	11	Markus Fachbach	DE	Male	MPRO		-								
-	9	Michael Raelert	DE	Male	MPRO		-								
-	1387	David Brissaud	GA	Male	M45-49		-								
-	1258	Dvir Leabovich	IL	Male	M40-44		-								
-	26	Dylan Mcneice	NZ	Male	MPRO		-								
-	617	Maria Botha	ZA	Female	F50-54		-								
-	1037	Mark Mckenna	ZA	Male	M35-39		-								
-	1393	Clifford Campbell	ZA	Male	M45-49		-								
-	723	Leonard Louw	NA	Male	M25-29		-								
-	1207	Zachie Fourie	ZA	Male	M40-44		-								
-	1772	Machfooz Jappie	ZA	Male	M60-64	16:45:58	-	1:32:27			8:22:03			6:24:42	
-	1934	Eugenie Macdonald	ZA	Female	F40-44		-								
-	1789	James Welsh	ZA	Male	M60-64		-								
-	47	Nikki Bartlett	GB	Female	FPRO		-								
-	216	Matthew Cook	ZA	Male	M35-39		-								
-	139	Kevin Orlandi	FR	Male	M35-39		-								
-	970	Jos? Fuenzalida Salas	CL	Male	M35-39		-								
-	2012	Shanaaz Saloojee	ZA	Female	F50-54		-								
-	2032	Dot Hunt	ZA	Female	F65-69		-								
-	201	Graham Brooks	ZA	Male	M50-54		-								
-	1260	Gary Leurs	ZA	Male	M40-44		-								
-	243	Victor Garcia	ES	Male	M25-29		-								
-	1008	Marius Koch	ZA	Male	M35-39		-								
-	1853	Pia Valdivieso Pia	CL	Female	F30-34		-								
-	659	Rowland Visser	ZA	Male	M45-49		-								
-	1822	Ilse Adri Volmer	ZA	Female	F25-29		-								
-	92	Rodrigo Da Costa Silva	BR	Male	M35-39		-								
-	712	Juha-Matti Halonen	FI	Male	M25-29		-								
-	802	Garry Dorr	FR	Male	M30-34		-								
-	1668	Ahmed Ehaz Rahim	ZA	Male	M50-54		-								
-	1263	Alessandro Giorgio Lo Curto	IT	Male	M40-44		-								
-	104	Ilse Fritz	ZA	Female	F60-64		-								
-	79	Andrew Botha	ZA	Male	M40-44		-								
-	755	Alex Varughese	ZA	Male	M25-29		-								
-	627	Tracy Dennis	ZA	Female	F35-39		-								
-	245	Piotr Gasiorowski	PL	Male	M45-49		-								
-	345	Dave Rosenstein	ZA	Male	M60-64		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	1782	Theo Pretorius	ZA	Male	M60-64		-								
-	1518	David Sinclair	ZA	Male	M45-49		-								
-	35	Ruedi Wild	CH	Male	MPRO		-								
-	1216	Alvin Gouws	ZA	Male	M40-44		-								
-	19	Alain Djouad-Guibert	MA	Male	MPRO		-								
-	1863	Pamela Vargas	CL	Female	F30-34		-								
-	1500	Ron Raviv	IL	Male	M45-49		-								
-	1053	Gregory Papadopoulos	ZA	Male	M35-39		-								
-	379	Angela Van Wyk	ZA	Female	F30-34		-								
-	346	David Rowland	US	Male	M55-59		-								
-	1289	Mbongeni Nobumba	ZA	Male	M40-44		-								
-	545	Rodrigo Rocha	MZ	Male	M40-44		-								
-	1967	Lee Den Hond	ZA	Female	F45-49		-								
-	1144	ebi Ahmed	ZA	Male	M40-44		-								
-	705	Erick Francis	ZA	Male	M25-29		-								
-	1489	Rudi Nell	ZA	Male	M45-49		-								
-	447	Brink Eksteen	ZA	Male	M45-49		-								
-	1375	Gabriel Antolinez Garcia	ES	Male	M45-49	13:11:22	-	1:34:58			7:17:14			4:00:28	
-	1633	Daniel Kotze	NA	Male	M50-54		-								
-	32	Evert Scheltinga	NL	Male	MPRO		-								
-	1564	David Wright	ZA	Male	M45-49		-								
-	502	Bruno Maggio	CL	Male	M35-39		-								
-	2031	Althea Bacchialoni	ZA	Female	F65-69		-								
-	985	Tin Greeff	ZA	Male	M35-39		-								
-	988	Francois Haasbroek	ZA	Male	M35-39		-								
-	940	Lorenzo Cannavacchiolo	IT	Male	M35-39		-								
-	1538	Braam Van Der Schyff	ZA	Male	M45-49		-								
-	1868	Joanna Combrink	ZA	Female	F35-39		-								
-	217	Rodrigo Cordovero	CL	Male	M40-44		-								
-	1596	Danie Cronje	ZA	Male	M50-54		-								
-	860	Justin Mclean	ZA	Male	M30-34		-								
-	20	Pedro Gomes	PT	Male	MPRO		-								
-	1728	Sean Mccoy	ZA	Male	M55-59		-								
-	30	Artem Parienko	RU	Male	MPRO		-								
-	97	Dominic Engelhoven	DE	Male	M30-34		-								
-	127	Roman Malivanek	CZ	Male	M45-49		-								
-	146	Michael Rowe	GB	Male	M50-54		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	1702	Ryan Conway	ZA	Male	M55-59		-								
-	1741	J?rg R?semeier	DE	Male	M55-59		-								
-	1161	Lyal Blom	ZA	Male	M40-44		-								
-	50	Judith Corachan Vaquera	ES	Female	FPRO		-								
-	159	Terry Thornton	ZA	Male	M50-54		-								
-	1487	Valentine Nefdt	ZA	Male	M45-49		-								
-	1454	Ryan Kowalsky	ZA	Male	M45-49		-								
-	364	Chris Stavenhagen	DE	Male	M40-44		-								
-	312	Adam Newton	GB	Male	M25-29		-								
-	1191	Craig Du Preez	ZA	Male	M40-44		-								
-	1759	Michael Battersby	GB	Male	M60-64		-								
-	853	Gregory Marchand	CH	Male	M30-34		-								
-	1575	Eduardo Bianchi	CL	Male	M50-54		-								
-	1847	Wilna Marais	ZA	Female	F30-34		-								
-	535	Louis Pretorius	ZA	Male	M30-34		-								
-	1551	Rodrigo Veto	CL	Male	M45-49		-								
-	1309	Bushan Ravjee	ZA	Male	M40-44		-								
-	259	Rosie Guy	GB	Female	F40-44		-								
-	1470	Steven Main	ZA	Male	M45-49		-								
-	1569	Andrew Bailey	AE	Male	M50-54		-								
-	22	Bruno Joaquim	BR	Male	MPRO		-								
-	1214	Thomas Gillis	BE	Male	M40-44		-								
-	21	Christian Jais	DE	Male	MPRO		-								
-	1891	Pia Houg Lund	DK	Female	F35-39		-								
-	978	Terry Gillespie	ZA	Male	M35-39		-								
-	1465	Nathaniel Mabetwa	ZA	Male	M45-49		-								
-	147	Claudia Scaldini	BR	Female	F30-34		-								
-	271	Emma Igelstrom	SE	Female	F35-39		-								
-	333	Linda Eden	ZA	Female	F45-49		-								
-	49	Michelle Vesterby	DK	Female	FPRO		-								
-	528	Peter Krins	DE	Male	M30-34		-								
-	23	Alexander Kochetkov	LT	Male	MPRO		-								
-	1437	Jason Harding	GB	Male	M45-49		-								
-	293	Sebastian Ludolfs	DE	Male	M40-44		-								
-	376	Natalie Van Blerk	ZA	Female	F40-44		-								
-	540	Sebastian Recabal	CL	Male	M35-39		-								
-	1168	Marc Bryant	ZA	Male	M40-44		-								

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Rang	Bib	Name	Land	m/w	AK	Zeit	Pl. AK	Swim	Pl. Swim	T1	Bike	Pl. Bike	T2	Run	Pl. Run
-	1478	Leonardo Mello	BR	Male	M45-49		-								
-	643	Jason Bailey	ZA	Male	M40-44		-								
-	90	Neil Cooper	IE	Male	M55-59		-								
-	1504	Peter Russell	GB	Male	M45-49		-								
-	2006	Deidre Herbst	ZA	Female	F50-54		-								
-	1971	Estelle Gilbert	ZA	Female	F45-49		-								