

Position	Bib id	Name	Gender	Category	Team	Swim Start - Thesen Island	Swim Exit - Thesen Island	Transition 1 - Thesen Island	Cycle CP#1 - Wilderness	Transition 2 - Thesen Island	Run CP#1 - Simola	Run CP #2 - Terblans	Finish Line - Diepwalle	Overall Time
1	151	Valdo Lourenço	male	Individual	-	-	-	0:25:56	-	-	4:19:04	5:17:04	6:30:06	6:30:06
2	Team 4 - A	Wicus Pretorius	male	Team	Team 4	-	-	4:16:10	-	-	4:54:28	5:59:29	7:23:23	7:23:23
3	Team 4 - B	Nolan Pretorius	male	Team	Team 4	-	-	4:16:10	-	-	4:54:28	5:59:29	7:23:23	7:23:23
4	117	Roger Bester	male	Individual	-	-	-	0:45:14	-	-	4:44:19	5:56:46	7:25:29	7:25:29
5	134	Jacques Smith	male	Individual	-	-	-	4:04:04	-	-	4:50:21	6:04:50	7:32:47	7:32:47
6	153	Hennie Basson	male	Individual	-	-	-	3:59:03	-	-	4:51:17	6:05:44	7:35:07	7:35:07
7	122	Lauren Dance	female	Individual	-	-	-	0:16:29	-	-	4:52:21	6:15:23	7:36:38	7:36:38
8	106	Ninja Sand Wallonius	female	Individual	-	-	-	0:49:12	-	-	5:01:29	6:17:45	7:42:01	7:42:01
9	Team 3 - B	Andrew Robinson	male	Team	NSRI Team 2	-	-	-	-	-	4:57:14	6:05:39	7:42:02	7:42:02
10	Team 3 - C	Berrend Maarsingh	male	Team	NSRI Team 2	-	-	-	-	-	4:57:14	6:05:39	7:42:02	7:42:02
11	Team 3 - A	Grant Trollip	male	Team	NSRI Team 2	-	-	-	-	-	4:57:14	6:05:39	7:42:02	7:42:02
12	107	Dean Krain	male	Individual	-	-	-	4:26:11	-	-	5:12:45	6:21:25	7:44:04	7:44:04
13	112	Hendrich Behrens	male	Individual	-	-	-	4:03:51	-	-	4:57:56	6:14:15	7:44:53	7:44:53
14	141	Michelene van Gend	female	Individual	-	-	-	4:27:12	-	-	5:17:09	6:29:11	7:45:15	7:45:15
15	132	Klara Dorfling	female	Individual	-	-	-	4:23:41	-	-	5:13:47	6:24:02	7:46:41	7:46:41
16	Team 2 - A	Raymond Pretorius	male	Team	NSRI Team 1	-	-	4:13:13	-	-	5:01:31	6:19:48	7:52:26	7:52:26
17	Team 2 - C	Neil Steenkamp	male	Team	NSRI Team 1	-	-	4:13:13	-	-	5:01:31	6:19:48	7:52:26	7:52:26
18	Team 2 - B	Marc Van Staden	male	Team	NSRI Team 1	-	-	4:13:13	-	-	5:01:31	6:19:48	7:52:26	7:52:26
19	148	Nikolay Shipilov	male	Individual	-	-	-	4:29:16	-	-	5:19:27	6:35:27	7:59:48	7:59:48
20	138	Vanessa de Souza	female	Individual	-	-	-	0:50:43	-	-	5:20:06	6:42:57	8:06:33	8:06:33
21	121	Jason Price	male	Individual	-	-	-	4:17:30	-	-	5:07:36	6:33:48	8:08:33	8:08:33
22	109	Christoff Greyling	male	Individual	-	-	-	4:41:16	-	-	5:31:38	6:48:36	8:12:35	8:12:35
23	154	Alan Quinn	male	Individual	-	-	-	4:27:45	-	-	5:22:11	6:43:14	8:15:53	8:15:53
24	120	Adam Walden	male	Individual	-	-	-	4:28:06	-	-	5:22:31	6:39:22	8:16:00	8:16:00
25	115	Mandi Engelbrecht	female	Individual	-	-	-	4:43:08	-	-	5:35:33	6:52:07	8:26:13	8:26:13
26	113	Neels Scheepers	male	Individual	-	-	-	0:51:43	-	-	5:33:34	-	8:32:15	8:32:15
27	131	Mickael Sadeh	male	Individual	-	-	-	0:23:01	-	-	5:17:20	6:53:25	8:35:38	8:35:38
28	147	Elmarie Koekemoer	female	Individual	-	-	-	4:40:34	-	-	5:44:58	7:03:25	8:39:22	8:39:22
29	118	Bronwyn Whitticom	female	Individual	-	-	-	4:52:21	-	-	5:48:35	7:08:58	8:43:43	8:43:43
30	114	Kieran Casserley	male	Individual	-	-	-	4:35:35	-	-	5:40:04	7:11:35	8:54:38	8:54:38
31	Team 1 - A	Etienne Bruwer	male	Team	Bles Blesser Blessed	-	-	4:33:28	-	-	5:23:45	6:58:32	8:55:59	8:55:59
32	Team 1 - B	Hein Beyleveld	male	Team	Bles Blesser Blessed	-	-	4:33:28	-	-	5:23:45	6:58:32	8:55:59	8:55:59
33	Team 1 - C	Henk Meyer	male	Team	Bles Blesser Blessed	-	-	4:33:28	-	-	5:23:45	6:58:32	8:55:59	8:55:59
34	136	Alan Gillespie	male	Individual	-	-	-	4:34:18	-	-	5:52:26	7:15:00	9:00:17	9:00:17
35	137	Cameron Kiloh	male	Individual	-	-	-	4:43:57	-	-	6:08:11	7:24:32	9:02:27	9:02:27
36	101	Jason Kivedo	male	Individual	-	-	-	0:13:53	-	-	5:56:07	7:22:07	9:02:27	9:02:27
37	150	Audrey Liebenberg	female	Individual	-	-	-	5:11:32	-	-	6:06:41	7:31:13	9:06:13	9:06:13
38	135	Anérlı Vermeulen	female	Individual	-	-	-	0:49:56	-	-	5:54:12	7:36:43	9:34:49	9:34:49
39	149	Lourens Coetzee	male	Individual	-	-	-	4:49:57	-	-	5:58:07	7:34:53	9:35:16	9:35:16
40	108	Marna Grobler	female	Individual	-	-	-	5:22:55	-	-	6:19:02	7:43:38	9:36:07	9:36:07
41	127	Alan Chown	male	Individual	-	-	-	4:52:01	-	-	6:07:31	7:53:42	10:08:05	10:08:05
42	140	Hennie Van Loggarenberg	male	Individual	-	-	-	0:52:36	-	-	6:09:44	8:07:50	10:09:35	10:09:35
43	123	Peter-John Berlyn	male	Individual	-	-	-	0:49:59	-	-	6:28:52	8:15:16	10:11:46	10:11:46
44	142	Sune Le Roux	female	Individual	-	-	-	4:56:06	-	-	6:10:11	8:06:42	10:14:30	10:14:30
45	111	Kobus Swart	male	Individual	-	-	-	4:49:34	-	-	6:07:44	7:57:37	10:19:41	10:19:41
46	124	Jeremy Berlyn	male	Individual	-	-	-	5:38:11	-	-	7:08:09	9:23:27	11:49:58	11:49:58
47	102	Andrew Craig	male	Individual	-	-	-	0:16:59	-	-	8:18:23	10:56:45	13:37:06	13:37:06
48	105	Nichola Schreuder	female	Individual	-	-	-	5:50:19	-	-	7:06:27	9:02:52	10:58:03	WD
49	110	Aiden Monk	male	Individual	-	-	-	4:12:00	-	-	5:08:15	6:46:41	-	WD
50	146	Adam Barnard	male	Individual	-	-	-	0:10:27	-	-	-	-	-	WD
51	129	Danie Treurmich	male	Individual	-	-	-	0:12:19	-	-	-	-	-	WD
52	133	Coetzee Richter	male	Individual	-	-	-	0:14:48	-	-	-	-	-	WD
53	130	Michele Cameron	female	Individual	-	-	-	0:15:33	-	-	-	-	-	WD
54	128	Liana Saayman	female	Individual	-	-	-	0:16:18	-	-	-	-	-	WD
55	119	Nikki Kerr	female	Individual	-	-	-	0:16:20	-	-	-	-	-	WD
56	144	Willie Paulsen	male	Individual	-	-	-	0:17:29	-	-	-	-	-	WD
57	116	Jeff Claessen	male	Individual	-	-	-	0:17:49	-	-	-	-	-	WD
58	103	Martinus De Klerk	male	Individual	-	-	-	0:18:03	-	-	-	-	-	WD
59	104	Mohamed Ziyaad Mukuddem	male	Individual	-	-	-	0:19:00	-	-	-	-	-	WD
60	145	DelaRey Ribbens	male	Individual	-	-	-	0:19:52	-	-	-	-	-	WD
61	125	Petronella Hermiena Ferrie	female	Individual	-	-	-	0:19:59	-	-	-	-	-	WD
62	152	Ross Barnard	male	Individual	-	-	-	3:22:32	-	-	-	-	-	WD