

Position	Bib id	Name	Team	Gender	Gender Pos	Swim Start - Sirocco Jetty	Transition #1 - SAN Parks Jetty	Cycle - CP 1 - Wilderness Hotel	Transition #2 - Thesen Island	Run - CP 1 - Simola	Run - CP 2 - Terblans Trails	Finish - Diepwalle Forest Station	Overall Time
1	165	Keagon Cooke	-	male	1	00:00:00	1:07:39	2:05:55	3:20:31	4:15:38	4:40:03	5:45:35	5:45:35
2	125	Christiaan Wepener	-	male	2	00:00:00	3:43:13	2:23:26	3:43:13	4:26:20	5:16:59	6:25:35	6:25:35
3	160	Marsel Roos	-	male	3	00:00:00	3:41:18	2:19:35	3:41:18	4:21:03	5:20:31	6:27:56	6:27:56
4	106	Craig Wilson	-	male	4	00:00:00	0:35:45	2:23:26	3:40:48	4:24:07	5:20:21	6:29:40	6:29:40
5	104	Mechiel Nieuwoudt	-	male	5	00:00:00	0:39:09	2:33:22	4:01:02	4:41:56	5:37:33	6:47:55	6:47:55
6	131	Christine Harding	-	female	1	00:00:00	0:41:54	2:31:58	3:58:24	4:42:54	5:40:43	6:47:59	6:47:59
7	171	Bruwer Smit	-	male	6	00:00:00	0:59:44	2:47:54	4:34:56	5:22:54	6:14:32	7:16:00	7:16:00
8	108	Darryn Berry	-	male	7	00:00:00	0:54:14	2:50:08	4:16:30	5:06:53	6:06:11	7:16:28	7:16:28
9	Team 3	Grant Van Standen	Team 3	male	-	00:00:00	00:57:36	2:44:10	4:24:43	5:06:50	6:07:51	7:22:27	7:22:27
9	Team 3	Brendan Keevey	Team 3	male	-	00:00:00	00:57:36	2:44:10	4:24:43	5:06:50	6:07:51	7:22:27	7:22:27
9	Team 3	Grant Trollip	Team 3	male	-	00:00:00	00:57:36	2:44:10	4:24:43	5:06:50	6:07:51	7:22:27	7:22:27
10	168	Philip Le Roux	-	male	8	00:00:00	0:44:07	2:38:44	4:07:37	4:57:50	6:06:49	7:22:42	7:22:42
11	Team 4	Raymond Pretorius	Team 4	male	-	00:00:00	0:38:28	2:36:49	4:03:20	4:54:06	6:12:34	7:29:15	7:29:15
11	Team 4	Berend Maarsingh	Team 4	male	-	00:00:00	0:38:28	2:36:49	4:03:20	4:54:06	6:12:34	7:29:15	7:29:15
11	Team 4	Andrew Robinson	Team 4	male	-	00:00:00	0:38:28	2:36:49	4:03:20	4:54:06	6:12:34	7:29:15	7:29:15
12	102	Eugene Gerber	-	male	9	00:00:00	0:55:33	2:48:31	4:24:16	5:16:57	6:19:04	7:29:17	7:29:17
13	113	David Rose	-	male	10	00:00:00	0:55:25	2:59:15	4:30:31	5:19:36	6:19:30	7:32:51	7:32:51
14	127	Timothy David Berlyn	-	male	11	00:00:00	0:44:21	2:45:55	4:20:33	5:11:10	6:23:06	7:34:23	7:34:23
15	170	Francois Coetzee	-	male	12	00:00:00	0:56:48	2:57:29	4:27:13	5:16:24	6:20:37	7:40:10	7:40:10
16	181	Albert Verster	-	male	13	00:00:00	0:54:30	3:04:20	4:44:51	5:32:57	6:33:46	7:42:50	7:42:50
17	184	Stephen meijers	-	male	14	00:00:00	0:56:33	2:57:02	4:20:03	5:11:50	6:20:29	7:52:37	7:52:37
18	109	dean horton	-	male	15	00:00:00	0:42:35	2:48:29	4:26:46	5:18:10	6:30:43	7:58:27	7:58:27
19	157	Robin Brighton	-	male	16	00:00:00	0:42:45	2:42:09	4:18:01	5:15:22	6:32:43	8:00:35	8:00:35
20	156	Dean KRAIN	-	male	17	00:00:00	0:42:46	2:59:38	4:48:22	5:39:49	6:39:54	8:05:17	8:05:17
21	107	Elmari du Preez	-	female	2	00:00:00	0:57:44	3:05:20	4:43:31	5:35:11	6:44:04	8:06:13	8:06:13
22	183	Renier Erasmus	-	male	18	00:00:00	0:53:03	2:49:56	4:19:57	5:12:41	6:24:15	8:07:22	8:07:22
23	151	Daniel van De Venter	-	male	19	00:00:00	0:54:05	2:54:00	4:29:55	5:24:00	6:39:56	8:13:28	8:13:28
24	142	Jacques Smith	-	male	20	00:00:00	0:43:02	2:52:18	4:38:39	5:30:05	6:46:15	8:26:33	8:26:33
25	117	Dewald Scheepers	-	male	21	00:00:00	0:59:35	3:15:02	5:02:18	5:57:17	7:05:24	8:35:36	8:35:36
26	172	Sabelo Myeza	-	male	22	00:00:00	1:09:16	3:11:37	4:54:29	5:50:47	7:09:16	8:36:30	8:36:30
27	138	Hilton Schipholt	-	male	23	00:00:00	0:53:37	2:59:09	4:40:11	5:35:40	7:03:14	8:40:26	8:40:26
28	145	Roxi Smith	-	female	3	00:00:00	0:53:45	3:12:49	5:07:28	6:08:56	7:20:56	8:43:49	8:43:49
29	178	Shaun de Jager	-	male	24	00:00:00	0:55:51	3:05:15	4:42:43	5:43:27	7:09:59	8:47:04	8:47:04
30	179	Christiaan Pretorius	-	male	25	00:00:00	1:01:14	3:03:02	4:42:23	5:43:12	7:09:42	8:47:27	8:47:27
31	147	Lesley Loock	-	female	4	00:00:00	0:55:40	3:11:32	5:06:08	6:08:08	7:25:25	9:03:38	9:03:38
32	180	Jason Price	-	male	26	00:00:00	0:51:23	3:07:09	4:57:01	5:57:54	7:26:48	9:06:17	9:06:17
33	103	Cliff Wallace	-	male	27	00:00:00	0:39:04	3:01:42	5:03:12	6:07:42	7:27:20	9:08:15	9:08:15
34	135	Ryan Leatherby	-	male	28	00:00:00	1:00:09	3:37:39	5:12:20	6:18:01	7:31:34	9:09:01	9:09:01
35	122	Shaun Haman	-	male	29	00:00:00	0:39:12	3:02:12	5:00:13	6:05:40	7:36:38	9:15:43	9:15:43
36	Team 2	Heather Horrocks	Team 2	female	-	00:00:00	1:18:16	3:35:30	5:23:11	6:18:14	7:37:53	9:16:28	9:16:28
36	Team 2	Henry George Bailey	Team 2	male	-	00:00:00	1:18:16	3:35:30	5:23:11	6:18:14	7:37:53	9:16:28	9:16:28
36	Team 2	John Horrocks	Team 2	male	-	00:00:00	1:18:16	3:35:30	5:23:11	6:18:14	7:37:53	9:16:28	9:16:28
37	177	Peet Smit	-	male	30	00:00:00	0:57:18	3:14:47	5:00:01	6:11:21	7:33:25	9:17:53	9:17:53
38	175	DelRey Ribbens	-	male	31	00:00:00	0:47:13	2:59:19	4:58:37	6:04:33	7:40:20	9:18:12	9:18:12
39	149	Dean Rimmer	-	male	32	00:00:00	0:42:01	3:08:47	5:03:15	6:12:17	7:34:29	9:22:00	9:22:00
40	121	Nicole Haird	-	female	5	00:00:00	0:42:31	3:07:43	5:03:38	6:12:34	7:34:40	9:26:15	9:26:15
41	118	Janwillem Scheepers	-	male	33	00:00:00	0:59:45	3:25:15	5:16:18	6:22:59	7:46:13	9:26:15	9:26:15

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42	144	Marianne Reabow	-	female	6	00:00:00	0:57:46	3:24:27	5:17:05	6:22:59	7:53:37	9:27:33	9:27:33
43	129	Peter Berlyn	-	male	34	00:00:00	0:54:25	3:22:36	5:12:57	6:26:31	7:54:36	9:32:20	9:32:20
44	163	Jacobus Hoffman	-	male	35	00:00:00	0:52:14	3:21:07	5:18:04	6:24:46	7:53:42	9:35:00	9:35:00
45	152	Renier Venter	-	male	36	00:00:00	0:54:41	3:17:02	5:23:05	6:21:52	7:50:26	9:37:57	9:37:57
46	130	Johan Grobler	-	male	37	00:00:00	1:04:46	3:21:33	5:11:18	6:24:33	7:53:47	9:38:42	9:38:42
47	Team 1	Jessica Broodryk	Team 1	female	-	00:00:00	5:35:56	3:12:11	5:35:56	6:27:24	7:55:11	9:42:44	9:42:44
47	Team 1	Claude Crozier	Team 1	male	-	00:00:00	5:35:56	3:12:11	5:35:56	6:27:24	7:55:11	9:42:44	9:42:44
47	Team 1	Gerald Berlyn	Team 1	male	-	00:00:00	5:35:56	3:12:11	5:35:56	6:27:24	7:55:11	9:42:44	9:42:44
48	119	Anna-grazia Loi	-	female	7	00:00:00	0:54:36	3:27:21	5:22:00	6:33:20	8:03:16	9:42:53	9:42:53
49	110	Tshitso Mofokeng	-	male	38	00:00:00	1:10:14	3:19:01	5:06:39	6:16:55	7:56:15	9:44:20	9:44:20
50	143	tracy kitching	-	female	8	00:00:00	1:09:02	3:47:24	5:32:39	6:44:08	8:06:58	9:47:21	9:47:21
51	137	Warren Porteous	-	male	39	00:00:00	0:45:44	2:59:09	4:44:17	5:57:03	7:44:33	9:50:21	9:50:21
52	105	Riaan Dunckley	-	male	40	00:00:00	0:57:04	3:30:31	5:18:00	6:30:41	8:03:36	9:52:49	9:52:49
53	169	Liezl Schoeman	-	female	9	00:00:00	1:09:15	3:46:23	5:43:19	6:51:15	8:17:15	9:58:37	9:58:37
54	126	Jesse Berlyn	-	male	41	00:00:00	1:02:01	3:25:56	5:21:49	6:48:05	8:13:23	9:58:59	9:58:59
55	114	Virg Steenkamp	-	male	42	00:00:00	0:39:06	3:15:45	5:16:15	6:27:26	8:14:14	10:05:05	10:05:05
56	140	Julian Schmidt	-	male	43	00:00:00	1:01:30	3:41:01	5:41:31	6:46:22	8:14:20	10:07:23	10:07:23
57	139	Jonathan Barnes Truyens	-	male	44	00:00:00	0:54:24	3:21:02	5:32:35	6:39:21	8:12:50	10:08:33	10:08:33
58	123	Willem-Schalk Snyman	-	male	45	00:00:00	0:49:06	3:27:41	5:37:23	6:48:52	8:35:11	10:18:41	10:18:41
59	166	Olof Vorster	-	male	46	00:00:00	1:09:19	3:26:46	5:23:51	6:45:25	8:22:41	10:18:52	10:18:52
60	182	Danie Treurnich	-	male	47	00:00:00	1:14:22	3:57:56	6:01:59	7:10:55	8:42:11	10:26:00	10:26:00
61	132	Nicky Grobler	-	female	10	00:00:00	1:05:38	3:49:55	5:58:52	7:22:06	9:11:01	11:09:39	11:09:39
DNF	146	Shona Bell	-	female		DNF	1:05:06	4:09:07	6:30:28	7:24:29	9:08:41	-	DNF
DNF	173	Keeley Knutton	-	female		DNF	0:58:04	3:56:11	6:13:52	-	-	-	DNF
DNF	158	Nickey Seger	-	female		DNF	1:05:14	3:57:14	-	-	-	-	DNF
DNF	T5-A	Trudie Els	Team 5	female		DNF	1:07:45	3:58:06	-	-	-	-	DNF
DNF	T5-C	Adele Verwey	Team 5	female		DNF	1:07:45	3:58:06	-	-	-	-	DNF
DNF	174	Chris Viljoen	-	male		DNF	0:54:27	3:46:07	5:46:28	7:10:55	8:15:47	-	DNF
DNF	161	Kodi Findlay	-	male		DNF	1:05:38	3:38:41	5:39:07	-	-	-	DNF
DNF	159	Jason McGhee	-	male		DNF	0:58:36	3:50:41	6:13:58	-	-	-	DNF
DNF	T5-B	John Burns	Team 5	male		DNF	1:07:45	3:58:06	-	-	-	-	DNF
DNF	150	Reinhardt Gouws	-	male		DNF	1:18:20	4:02:28	-	-	-	-	DNF
DNF	120	Bernidene Thierofd	-	male		DNF	0:39:26	4:08:45	-	-	-	-	DNF
DNF	128	Jeremy Berlyn	-	male		DNF	1:28:13	4:09:36	-	-	-	-	DNF
DNS	124	marise nel	-	female				-	-	-	-	-	DNS
DNS	116	Elsje Poggenpoel	-	female				-	-	-	-	-	DNS
DNS	111	Hayley Mee	-	female				-	-	-	-	-	DNS
DNS	162	Heinrich Botha	-	male				-	-	-	-	-	DNS
DNS	136	Anton Eser	-	male				-	-	-	-	-	DNS
DNS	133	luke van Ees	-	male				-	-	-	-	-	DNS
DNS	134	Abelang Mosweu	-	male				-	-	-	-	-	DNS
DNS	148	Thomas Hope	-	male				-	-	-	-	-	DNS
DNS	176	Jaco Smit	-	male				-	-	-	-	-	DNS
DNS	141	Rowan Everts	-	male				-	-	-	-	-	DNS
DNS	155	Tommy Hanekom	-	male				-	-	-	-	-	DNS
DNS	115	Japie Ludick	-	male				-	-	-	-	-	DNS
DNS	153	JD KRIGE	-	male				-	-	-	-	-	DNS
DNS	167	Jannie Potgieter	-	male				-	-	-	-	-	DNS
DNS	154	Johannes Marthinus Erasmus	-	male				-	-	-	-	-	DNS