

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
1	1	685	Open Men	<a href="#">Llewellyn</a>	<a href="#">Groeneveld</a>	01:04:38	00:09:21	00:01:26	00:35:57	00:00:58	00:16:57	-	02:29 min/km	24.1 km/h
2	2	720	Open Men	<a href="#">David</a>	<a href="#">Sher</a>	01:09:53	00:09:19	00:01:54	00:39:03	00:01:03	00:18:33	+05:14.595	02:41 min/km	22.3 km/h
3	3	642	Open Men	<a href="#">Maniora</a>	<a href="#">Regis</a>	01:10:04	00:11:50	00:01:49	00:34:07	00:01:32	00:20:46	+05:25.730	02:41 min/km	22.3 km/h
4	4	716	Open Men	<a href="#">Gary</a>	<a href="#">Thomas</a>	01:10:29	00:10:53	00:02:05	00:36:21	00:01:16	00:19:54	+05:51.179	02:42 min/km	22.1 km/h
5	1	706	Junior Men	<a href="#">Jacques</a>	<a href="#">Badenhorst</a>	01:12:43	00:12:11	00:01:48	00:37:18	00:01:23	00:20:02	+08:04.403	02:47 min/km	21.5 km/h
6	1	911	Open Women	<a href="#">Vicky</a>	<a href="#">Van Der Merwe</a>	01:13:33	00:10:33	00:01:40	00:38:45	00:01:14	00:21:21	+08:54.457	02:49 min/km	21.2 km/h
7	2	643	Junior Men	<a href="#">Johannes</a>	<a href="#">Botha</a>	01:14:42	00:09:32	00:02:12	00:37:41	00:01:54	00:23:24	+10:03.947	02:52 min/km	20.9 km/h
8	5	712	Open Men	<a href="#">Ryk</a>	<a href="#">Lochner</a>	01:15:38	00:11:37	00:02:48	00:35:59	00:02:28	00:22:45	+10:59.490	02:54 min/km	20.6 km/h
9	2	907	Open Women	<a href="#">Cristina</a>	<a href="#">Heywood</a>	01:16:03	00:10:35	00:01:41	00:41:34	00:01:32	00:20:40	+11:24.750	02:55 min/km	20.5 km/h
10	6	658	Open Men	<a href="#">Nicholas</a>	<a href="#">Walker</a>	01:16:39	00:09:26	00:01:52	00:39:15	00:01:31	00:24:35	+12:00.652	02:56 min/km	20.4 km/h
11	7	680	Open Men	<a href="#">Gareth</a>	<a href="#">Dragt</a>	01:17:15	00:08:54	00:02:13	00:41:24	00:01:24	00:23:20	+12:36.536	02:58 min/km	20.2 km/h
12	8	703	Open Men	<a href="#">Bram</a>	<a href="#">Peereboom</a>	01:18:12	00:12:40	00:03:02	00:37:45	00:01:41	00:23:04	+13:33.843	03:00 min/km	19.9 km/h
13	9	633	Open Men	<a href="#">Scott</a>	<a href="#">Tait</a>	01:18:30	00:09:59	00:02:00	00:41:30	00:01:34	00:23:27	+13:51.684	03:01 min/km	19.9 km/h
14	3	698	Junior Men	<a href="#">Janke</a>	<a href="#">Janse Van Vuuren</a>	01:20:15	00:11:35	00:02:14	00:41:27	00:01:57	00:23:02	+15:36.627	03:05 min/km	19.4 km/h
15	4	681	Junior Men	<a href="#">Aidan</a>	<a href="#">Ravenscroft</a>	01:20:57	00:10:58	00:01:48	00:42:42	00:02:15	00:23:14	+16:19.075	03:06 min/km	19.3 km/h
16	10	624	Open Men	<a href="#">Roy</a>	<a href="#">Gordon</a>	01:21:50	00:11:27	00:02:01	00:42:13	00:01:30	00:24:39	+17:11.834	03:08 min/km	19.1 km/h
17	5	660	Junior Men	<a href="#">William</a>	<a href="#">Gordge</a>	01:23:22	00:12:51	00:02:35	00:41:24	00:01:37	00:24:55	+18:43.765	03:12 min/km	18.7 km/h
18	11	675	Open Men	<a href="#">Matthew</a>	<a href="#">Troost</a>	01:25:13	00:09:28	00:02:56	00:44:59	00:01:25	00:26:25	+20:34.292	03:16 min/km	18.3 km/h
19	1	917	Team	<a href="#">Team</a>	<a href="#">Benchwarmers</a>	01:25:57	01:03:56	-	-	-	00:22:00	+21:18.413	03:18 min/km	18.2 km/h
20	3	915	Open Women	<a href="#">Chanel</a>	<a href="#">Hannah</a>	01:26:40	00:13:22	00:02:47	00:40:11	00:02:18	00:28:03	+22:01.466	03:19 min/km	18.0 km/h
21	12	606	Open Men	<a href="#">Steven</a>	<a href="#">Bolleurs</a>	01:27:50	00:10:57	00:03:58	00:45:25	00:02:25	00:25:05	+23:11.255	03:22 min/km	17.8 km/h
22	13	650	Open Men	<a href="#">Henrico</a>	<a href="#">Bekker</a>	01:28:52	00:21:52	00:04:16	00:37:33	00:02:15	00:22:56	+24:14.124	03:25 min/km	17.6 km/h
23	14	710	Open Men	<a href="#">Sean</a>	<a href="#">Greyvenstein</a>	01:29:45	00:16:18	00:03:41	00:42:05	00:02:42	00:24:59	+25:07.029	03:27 min/km	17.4 km/h
24	15	661	Open Men	<a href="#">Simon</a>	<a href="#">Hobbs</a>	01:30:18	00:13:57	00:03:28	00:46:53	00:01:49	00:24:12	+25:39.425	03:28 min/km	17.3 km/h
25	16	676	Open Men	<a href="#">Craig</a>	<a href="#">Jagga</a>	01:30:29	00:16:17	00:04:45	00:41:53	00:02:12	00:25:23	+25:50.607	03:28 min/km	17.2 km/h
26	4	873	Open Women	<a href="#">Clarize</a>	<a href="#">Prinsloo</a>	01:30:47	00:12:53	00:03:11	00:47:58	00:02:00	00:24:46	+26:09	03:29 min/km	17.2 km/h
27	17	702	Open Men	<a href="#">Jan</a>	<a href="#">Kriel</a>	01:31:33	00:09:52	00:03:51	00:49:54	00:02:37	00:25:19	+26:54.773	03:31 min/km	17.0 km/h
28	5	893	Open Women	<a href="#">Clare</a>	<a href="#">Townsend</a>	01:31:49	00:17:38	00:03:35	00:45:56	00:02:04	00:22:36	+27:10.724	03:31 min/km	17.0 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
29	18	962	Open Men	<a href="#">Dan</a>	<a href="#">Marcus</a>	01:31:58	00:14:12	00:03:12	00:42:26	00:02:39	00:29:29	+27:19.297	03:32 min/km	17.0 km/h
30	6	916	Open Women	<a href="#">Marli</a>	<a href="#">Le Roux</a>	01:32:09	00:14:57	00:03:41	00:44:29	00:02:40	00:26:22	+27:30.539	03:32 min/km	16.9 km/h
31	19	709	Open Men	<a href="#">Alec</a>	<a href="#">Van Wyk</a>	01:32:34	00:16:20	00:04:19	00:42:13	00:02:08	00:27:34	+27:55.346	03:33 min/km	16.9 km/h
32	20	695	Open Men	<a href="#">Gary</a>	<a href="#">Swart</a>	01:32:52	00:13:21	00:03:48	00:42:48	00:02:35	00:30:19	+28:13.269	03:34 min/km	16.8 km/h
33	7	864	Open Women	<a href="#">Michaela</a>	<a href="#">Van Den Honert</a>	01:33:12	00:16:09	00:04:04	00:44:13	00:02:30	00:26:17	+28:33.710	03:35 min/km	16.7 km/h
34	21	635	Open Men	<a href="#">Craig</a>	<a href="#">Turnbull</a>	01:34:10	00:17:14	00:05:06	00:43:57	00:02:29	00:25:25	+29:31.939	03:37 min/km	16.6 km/h
35	22	637	Open Men	<a href="#">Wouter</a>	<a href="#">Van Der Merwe</a>	01:35:06	00:16:12	00:03:37	00:49:53	00:01:54	00:23:30	+30:27.837	03:39 min/km	16.4 km/h
36	1	902	Junior Women	<a href="#">Cameron</a>	<a href="#">Mostert</a>	01:36:23	00:12:52	00:03:17	00:52:56	00:01:45	00:25:32	+31:44.442	03:42 min/km	16.2 km/h
37	8	830	Open Women	<a href="#">Michelle</a>	<a href="#">Van Dyk</a>	01:36:39	00:17:10	00:04:30	00:45:29	00:02:25	00:27:06	+32:01.191	03:43 min/km	16.1 km/h
38	23	651	Open Men	<a href="#">Daniël</a>	<a href="#">Botha</a>	01:36:52	00:19:32	00:04:18	00:46:42	00:02:04	00:24:16	+32:13.505	03:43 min/km	16.1 km/h
39	2	856	Junior Women	<a href="#">Monique</a>	<a href="#">Brynard</a>	01:37:11	00:12:46	00:02:58	00:53:30	00:01:29	00:26:28	+32:32.401	03:44 min/km	16.1 km/h
40	24	684	Open Men	<a href="#">Edward</a>	<a href="#">West</a>	01:37:29	00:13:58	00:04:02	00:49:35	00:02:30	00:27:24	+32:50.624	03:44 min/km	16.0 km/h
41	9	885	Open Women	<a href="#">Nicole</a>	<a href="#">Faulmann</a>	01:37:38	00:12:16	00:02:44	00:49:28	00:02:16	00:30:53	+32:59.217	03:45 min/km	16.0 km/h
42	2	920	Team	<a href="#">Team</a>	<a href="#">Mia-Tanja-Rohan</a>	01:38:03	00:17:31	00:01:54	00:50:13	00:01:31	00:26:54	+33:24.674	03:46 min/km	15.9 km/h
43	25	618	Open Men	<a href="#">Andre</a>	<a href="#">Ackerman</a>	01:38:15	00:18:21	00:04:08	00:47:06	00:02:11	00:26:29	+33:36.478	03:46 min/km	15.9 km/h
44	26	697	Open Men	<a href="#">Johan</a>	<a href="#">Kruger</a>	01:38:23	00:16:29	00:04:48	00:46:30	00:02:51	00:27:45	+33:44.554	03:47 min/km	15.9 km/h
45	27	705	Open Men	<a href="#">Tiger</a>	<a href="#">Volkwyn</a>	01:38:25	00:13:05	00:03:41	00:54:01	00:02:42	00:24:56	+33:47.034	03:47 min/km	15.9 km/h
46	28	667	Open Men	<a href="#">Brett</a>	<a href="#">Maeyer</a>	01:38:31	00:15:35	00:04:50	00:51:40	00:02:30	00:23:57	+33:52.566	03:47 min/km	15.8 km/h
47	10	866	Open Women	<a href="#">Illana</a>	<a href="#">Van Niekerk</a>	01:39:23	00:14:16	00:05:20	00:47:35	00:03:05	00:29:05	+34:44.285	03:49 min/km	15.7 km/h
48	29	719	Open Men	<a href="#">Trevor</a>	<a href="#">Garvin</a>	01:39:27	00:14:58	00:04:36	00:48:38	00:03:25	00:27:49	+34:48.664	03:49 min/km	15.7 km/h
49	30	619	Open Men	<a href="#">Neil</a>	<a href="#">Pitzer</a>	01:40:44	00:18:08	00:03:38	00:50:25	00:01:53	00:26:39	+36:05.715	03:52 min/km	15.5 km/h
50	11	877	Open Women	<a href="#">Etna</a>	<a href="#">Kotze</a>	01:41:01	00:14:22	00:03:26	00:52:53	00:02:19	00:28:01	+36:22.656	03:53 min/km	15.4 km/h
51	31	639	Open Men	<a href="#">Hentie</a>	<a href="#">Van Vuuren</a>	01:41:25	00:18:56	00:05:10	00:47:54	00:02:54	00:26:30	+36:46.703	03:54 min/km	15.4 km/h
52	12	857	Open Women	<a href="#">Brenda</a>	<a href="#">Hobbs</a>	01:41:54	00:15:31	00:05:04	00:48:03	00:02:41	00:30:35	+37:15.533	03:55 min/km	15.3 km/h
53	13	897	Open Women	<a href="#">Julia</a>	<a href="#">Kearns</a>	01:42:47	00:14:29	00:03:45	00:50:52	00:02:34	00:31:07	+38:08.501	03:57 min/km	15.2 km/h
54	32	693	Open Men	<a href="#">Gary</a>	<a href="#">Kahn</a>	01:43:08	00:15:36	00:04:28	00:43:23	00:02:14	00:37:27	+38:29.223	03:57 min/km	15.1 km/h
55	14	823	Open Women	<a href="#">Trizanne</a>	<a href="#">Barnard</a>	01:43:54	00:15:17	00:04:26	00:52:12	00:02:43	00:29:16	+39:15.248	03:59 min/km	15.0 km/h
56	33	708	Open Men	<a href="#">Hilton</a>	<a href="#">Pellow-Jarman</a>	01:43:57	00:18:09	00:03:58	00:48:01	00:03:00	00:30:50	+39:18.843	03:59 min/km	15.0 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
57	15	806	Open Women	<a href="#">Diane</a>	<a href="#">Smith</a>	01:44:05	00:13:19	00:04:33	00:50:10	00:03:05	00:32:57	+39:26.225	04:00 min/km	15.0 km/h
58	34	641	Open Men	<a href="#">Shane</a>	<a href="#">Ketel</a>	01:44:19	00:18:49	00:05:20	00:49:14	00:02:58	00:27:57	+39:40.369	04:00 min/km	15.0 km/h
59	16	820	Open Women	<a href="#">Lee-Anne</a>	<a href="#">Freeland-Hughes</a>	01:44:24	00:19:23	00:05:30	00:50:29	00:03:12	00:25:49	+39:45.316	04:00 min/km	14.9 km/h
60	17	800	Open Women	<a href="#">Tanya</a>	<a href="#">Stead</a>	01:44:41	00:15:20	00:04:41	00:49:25	00:02:40	00:32:35	+40:02.756	04:01 min/km	14.9 km/h
61	35	711	Open Men	<a href="#">Donovan</a>	<a href="#">Seymour</a>	01:44:42	01:33:19	-	-	-	00:11:23	+40:03.250	04:01 min/km	14.9 km/h
62	18	876	Open Women	<a href="#">Jonase</a>	<a href="#">Smit</a>	01:44:44	00:17:26	00:05:04	00:54:27	00:01:44	00:26:04	+40:05.770	04:01 min/km	14.9 km/h
63	36	649	Open Men	<a href="#">Mark</a>	<a href="#">Hamman</a>	01:44:45	00:17:53	00:04:56	00:46:31	00:02:49	00:32:36	+40:06.916	04:01 min/km	14.9 km/h
64	37	656	Open Men	<a href="#">Allan</a>	<a href="#">Ketterer</a>	01:44:46	00:15:30	00:05:55	00:48:01	00:03:09	00:32:10	+40:07.433	04:01 min/km	14.9 km/h
65	38	691	Open Men	<a href="#">Gerrie</a>	<a href="#">Smit</a>	01:44:51	00:17:09	00:06:30	00:50:00	00:02:51	00:28:22	+40:13.093	04:01 min/km	14.9 km/h
66	19	826	Open Women	<a href="#">Tanit</a>	<a href="#">Kruger</a>	01:45:07	00:17:30	00:03:49	00:49:07	00:03:13	00:31:29	+40:28.513	04:02 min/km	14.8 km/h
67	39	953	Open Men	<a href="#">Shayne</a>	<a href="#">Walker</a>	01:45:17	00:16:53	00:03:55	00:52:06	00:02:22	00:30:01	+40:38.713	04:02 min/km	14.8 km/h
68	40	648	Open Men	<a href="#">Wilmar</a>	<a href="#">Van Niekerk</a>	01:45:31	00:17:47	00:03:59	00:53:47	00:01:32	00:28:26	+40:52.227	04:03 min/km	14.8 km/h
69	41	713	Open Men	<a href="#">Sean</a>	<a href="#">Johnston</a>	01:45:34	00:19:24	00:08:23	00:46:21	00:03:22	00:28:03	+40:55.331	04:03 min/km	14.8 km/h
70	20	831	Open Women	<a href="#">Teresa-Ann</a>	<a href="#">Roster</a>	01:46:45	00:16:00	00:04:56	00:55:35	00:02:54	00:27:20	+42:06.930	04:06 min/km	14.6 km/h
71	42	677	Open Men	<a href="#">Ben</a>	<a href="#">Wahl</a>	01:46:47	00:13:02	00:06:19	00:46:59	00:03:12	00:37:16	+42:08.974	04:06 min/km	14.6 km/h
72	21	805	Open Women	<a href="#">Louise</a>	<a href="#">Van Der Merwe</a>	01:46:52	00:12:59	00:06:06	00:58:34	00:02:28	00:26:45	+42:13.766	04:06 min/km	14.6 km/h
73	22	846	Open Women	<a href="#">Nikita</a>	<a href="#">Walker</a>	01:46:58	00:15:53	00:04:26	00:55:51	00:02:37	00:28:11	+42:19.959	04:06 min/km	14.6 km/h
74	23	887	Open Women	<a href="#">Dyveke</a>	<a href="#">Borg</a>	01:47:01	00:14:04	00:04:01	00:58:15	00:01:58	00:28:43	+42:22.612	04:06 min/km	14.6 km/h
75	24	923	Open Women	<a href="#">Lizanne</a>	<a href="#">Mostert</a>	01:47:24	00:14:30	00:04:26	00:49:04	00:02:25	00:36:59	+42:45.457	04:07 min/km	14.5 km/h
76	1	919	Team	<a href="#">Team</a>	<a href="#">Musketeers</a>	01:47:51	00:14:56	00:02:13	00:57:18	00:02:02	00:31:23	+43:12.212	04:08 min/km	14.5 km/h
77	43	613	Open Men	<a href="#">Johannes</a>	<a href="#">Conradie</a>	01:48:10	00:18:31	00:04:33	00:55:06	00:01:57	00:28:04	+43:32.015	04:09 min/km	14.4 km/h
78	44	663	Open Men	<a href="#">Craig</a>	<a href="#">Maulson</a>	01:48:22	00:13:19	00:05:07	00:51:58	00:02:29	00:35:29	+43:43.828	04:10 min/km	14.4 km/h
79	45	688	Open Men	<a href="#">Brent</a>	<a href="#">Falkenberg</a>	01:48:27	00:19:28	00:05:14	00:48:18	00:02:17	00:33:10	+43:48.942	04:10 min/km	14.4 km/h
80	46	701	Open Men	<a href="#">Brandon</a>	<a href="#">Seymour</a>	01:48:56	00:19:38	00:05:48	00:47:58	00:02:34	00:32:59	+44:17.269	04:11 min/km	14.3 km/h
81	47	717	Open Men	<a href="#">Pierre</a>	<a href="#">Van Heerden</a>	01:49:16	00:20:36	00:06:19	00:52:41	00:03:20	00:26:20	+44:37.999	04:12 min/km	14.3 km/h
82	25	861	Open Women	<a href="#">Annarette</a>	<a href="#">Jansen Van Rensburg</a>	01:49:32	00:15:24	00:03:20	00:56:37	00:02:06	00:32:04	+44:53.256	04:12 min/km	14.2 km/h
83	48	628	Open Men	<a href="#">Ramiz</a>	<a href="#">Samsodien</a>	01:49:40	00:20:57	00:07:36	00:46:59	00:03:38	00:30:32	+45:02.182	04:13 min/km	14.2 km/h
84	49	615	Open Men	<a href="#">Dean</a>	<a href="#">Reich</a>	01:49:41	00:15:34	00:04:25	00:57:09	00:01:55	00:30:37	+45:02.215	04:13 min/km	14.2 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
85	50	655	Open Men	<a href="#">Michael</a>	<a href="#">Ketterer</a>	01:49:51	00:17:40	00:06:07	00:56:04	00:02:26	00:27:34	+45:12.305	04:13 min/km	14.2 km/h
86	26	824	Open Women	<a href="#">Lauren</a>	<a href="#">Moir</a>	01:50:16	00:11:54	00:03:23	00:53:15	00:02:15	00:39:29	+45:38.090	04:14 min/km	14.1 km/h
87	51	601	Open Men	<a href="#">Clifford</a>	<a href="#">Reddell</a>	01:50:47	00:15:37	00:06:24	00:51:05	00:03:39	00:34:02	+46:08.954	04:15 min/km	14.1 km/h
88	52	699	Open Men	<a href="#">Danie</a>	<a href="#">Van Der Merwe</a>	01:50:53	00:18:35	00:05:10	00:53:53	00:02:45	00:30:29	+46:14.312	04:15 min/km	14.1 km/h
89	53	700	Open Men	<a href="#">Stuart</a>	<a href="#">Jackson</a>	01:50:53	00:17:30	00:06:08	00:53:53	00:03:08	00:30:15	+46:15.118	04:15 min/km	14.1 km/h
90	54	662	Open Men	<a href="#">Allan</a>	<a href="#">Hobbs</a>	01:51:07	00:20:11	00:05:47	00:47:29	00:03:45	00:33:56	+46:29.050	04:16 min/km	14.0 km/h
91	27	888	Open Women	<a href="#">Bronwen</a>	<a href="#">Williams</a>	01:51:16	00:19:27	00:04:36	00:52:04	00:02:48	00:32:20	+46:37.719	04:16 min/km	14.0 km/h
92	28	828	Open Women	<a href="#">Adrienne</a>	<a href="#">Hobbs</a>	01:51:17	00:12:20	00:03:54	01:00:51	00:03:28	00:30:43	+46:38.338	04:16 min/km	14.0 km/h
93	55	664	Open Men	<a href="#">Steven-John</a>	<a href="#">Morgenrood</a>	01:51:30	00:16:58	00:05:44	00:51:52	00:03:33	00:33:22	+46:51.757	04:17 min/km	14.0 km/h
94	56	653	Open Men	<a href="#">David</a>	<a href="#">Zimmerman</a>	01:51:32	00:19:21	00:06:12	00:47:04	00:02:26	00:36:29	+46:53.704	04:17 min/km	14.0 km/h
95	57	631	Open Men	<a href="#">Warren</a>	<a href="#">Goosen</a>	01:51:47	00:20:04	00:03:51	00:51:19	00:01:25	00:35:08	+47:08.610	04:17 min/km	14.0 km/h
96	58	707	Open Men	<a href="#">Jacques</a>	<a href="#">Maritz</a>	01:52:12	00:19:03	00:05:36	00:55:39	00:03:45	00:28:08	+47:34.003	04:18 min/km	13.9 km/h
97	29	851	Open Women	<a href="#">Melanie</a>	<a href="#">Novitzkas</a>	01:52:40	00:16:31	00:06:02	00:56:47	00:03:15	00:30:04	+48:01.341	04:19 min/km	13.8 km/h
98	59	668	Open Men	<a href="#">Chris</a>	<a href="#">Maeyer</a>	01:52:55	00:14:51	00:05:37	00:55:14	00:03:28	00:33:45	+48:16.666	04:20 min/km	13.8 km/h
99	30	825	Open Women	<a href="#">Ingrid</a>	<a href="#">Carmichael</a>	01:54:27	00:14:28	00:05:19	00:54:52	00:03:56	00:35:52	+49:48.328	04:24 min/km	13.6 km/h
100	60	647	Open Men	<a href="#">Luke</a>	<a href="#">Kelly</a>	01:54:31	00:15:04	00:04:36	00:58:17	00:03:07	00:33:27	+49:53.172	04:24 min/km	13.6 km/h
101	31	848	Open Women	<a href="#">Annarie</a>	<a href="#">Bruwer</a>	01:54:48	00:17:33	00:05:14	00:56:21	00:03:33	00:32:07	+50:09.662	04:24 min/km	13.6 km/h
102	61	644	Open Men	<a href="#">Johann</a>	<a href="#">Botha</a>	01:54:57	00:15:28	00:04:41	00:53:22	00:03:33	00:37:52	+50:18.536	04:25 min/km	13.6 km/h
103	32	840	Open Women	<a href="#">Carmen</a>	<a href="#">Van Niekerk</a>	01:56:14	00:16:34	00:03:40	01:02:49	00:03:05	00:30:06	+51:36.057	04:28 min/km	13.4 km/h
104	33	886	Open Women	<a href="#">Marine</a>	<a href="#">Opperman</a>	01:56:18	00:18:16	00:05:58	00:54:53	00:03:09	00:34:03	+51:40.048	04:28 min/km	13.4 km/h
105	34	914	Open Women	<a href="#">Renche</a>	<a href="#">Van Aarde</a>	01:56:27	00:18:00	00:06:44	00:58:31	00:02:46	00:30:25	+51:48.776	04:28 min/km	13.4 km/h
106	62	431	Open Men	<a href="#">Ronald</a>	<a href="#">Van Den Berg</a>	01:56:42	00:19:22	00:07:36	00:59:00	00:03:17	00:27:27	+52:03.224	04:29 min/km	13.4 km/h
107	63	673	Open Men	<a href="#">Werner</a>	<a href="#">Viljoen</a>	01:56:47	00:17:53	00:04:28	00:55:59	00:03:30	00:34:57	+52:08.647	04:29 min/km	13.4 km/h
108	64	604	Open Men	<a href="#">Jabez</a>	<a href="#">Serfontein</a>	01:56:51	00:19:49	00:04:38	00:57:01	00:03:29	00:31:53	+52:12.596	04:29 min/km	13.4 km/h
109	35	883	Open Women	<a href="#">Karoline</a>	<a href="#">Atkinson</a>	01:56:53	00:18:00	00:04:04	00:57:21	00:03:35	00:33:53	+52:14.541	04:29 min/km	13.3 km/h
110	36	889	Open Women	<a href="#">Karen</a>	<a href="#">Burger</a>	01:57:02	00:15:09	00:04:36	01:03:07	00:02:07	00:32:04	+52:23.853	04:30 min/km	13.3 km/h
111	37	813	Open Women	<a href="#">Tamsin</a>	<a href="#">Barrett</a>	01:57:04	00:14:34	00:05:06	00:54:11	00:03:32	00:39:40	+52:25.266	04:30 min/km	13.3 km/h
112	6	629	Junior Men	<a href="#">Jason</a>	<a href="#">Erasmus</a>	01:57:43	00:15:36	00:06:54	01:00:35	00:02:25	00:32:13	+53:04.497	04:31 min/km	13.3 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
113	65	632	Open Men	<a href="#">Jan-Hendrik</a>	<a href="#">Slabbert</a>	01:57:59	00:19:48	00:04:50	00:58:08	00:03:10	00:32:05	+53:21.173	04:32 min/km	13.2 km/h
114	66	616	Open Men	<a href="#">William</a>	<a href="#">Domnisse</a>	01:58:05	00:22:01	00:05:15	00:50:17	00:04:15	00:36:17	+53:26.858	04:32 min/km	13.2 km/h
115	38	896	Open Women	<a href="#">Tilida</a>	<a href="#">Maas</a>	01:58:25	00:21:13	00:04:10	00:58:44	00:02:37	00:31:42	+53:46.477	04:33 min/km	13.2 km/h
116	39	812	Open Women	<a href="#">Natasha</a>	<a href="#">Du Preez-Strauss</a>	01:58:37	00:18:43	00:03:39	00:58:17	00:02:20	00:35:38	+53:58.223	04:33 min/km	13.2 km/h
117	67	652	Open Men	<a href="#">Marvyn</a>	<a href="#">Kilian</a>	01:59:04	00:12:49	00:08:35	00:55:55	00:04:37	00:37:08	+54:25.708	04:34 min/km	13.1 km/h
118	40	850	Open Women	<a href="#">Elizabeth</a>	<a href="#">Davidson</a>	01:59:19	00:15:26	00:06:38	01:04:07	00:02:49	00:30:19	+54:40.759	04:35 min/km	13.1 km/h
119	68	634	Open Men	<a href="#">Claude</a>	<a href="#">Louw</a>	01:59:52	00:29:29	00:07:16	00:51:32	00:03:41	00:27:53	+55:13.659	04:36 min/km	13.0 km/h
120	69	600	Open Men	<a href="#">Alan</a>	<a href="#">Shepherd</a>	02:00:00	00:17:33	00:06:59	00:55:58	00:03:31	00:36:00	+55:22.121	04:36 min/km	13.0 km/h
121	41	803	Open Women	<a href="#">Bronwyn</a>	<a href="#">Davis</a>	02:00:54	00:22:08	00:04:33	00:58:06	00:03:20	00:32:46	+56:15.458	04:38 min/km	12.9 km/h
122	70	689	Open Men	<a href="#">Ismaiel</a>	<a href="#">Mohamed</a>	02:01:10	00:14:23	00:04:23	01:00:01	00:03:26	00:38:58	+56:31.554	04:39 min/km	12.9 km/h
123	42	909	Open Women	<a href="#">Lerina</a>	<a href="#">Van Zyl</a>	02:01:14	00:19:00	00:05:37	01:05:27	00:03:07	00:28:02	+56:35.930	04:39 min/km	12.9 km/h
124	71	678	Open Men	<a href="#">Philip</a>	<a href="#">Lochner</a>	02:03:44	00:18:14	00:04:05	01:02:10	00:02:23	00:36:52	+59:05.254	04:45 min/km	12.6 km/h
125	43	913	Open Women	<a href="#">Amori</a>	<a href="#">Engelbrecht</a>	02:04:11	00:22:34	00:07:35	00:58:31	00:04:11	00:31:19	+59:32.378	04:46 min/km	12.6 km/h
126	44	912	Open Women	<a href="#">Heather</a>	<a href="#">Oosthuizen</a>	02:04:11	00:22:37	00:07:31	00:58:38	00:04:06	00:31:19	+59:32.559	04:46 min/km	12.6 km/h
127	45	853	Open Women	<a href="#">Welma</a>	<a href="#">Liebenberg</a>	02:04:20	00:17:52	00:05:20	01:06:52	00:03:17	00:30:59	+59:41.624	04:46 min/km	12.5 km/h
128	2	921	Team	<a href="#">Team</a>	<a href="#">Run Your Ass Off</a>	02:04:32	00:20:09	00:02:36	01:07:05	00:01:36	00:33:06	+59:54.030	04:47 min/km	12.5 km/h
129	72	657	Open Men	<a href="#">Jordan</a>	<a href="#">Maze</a>	02:04:47	00:16:39	00:07:09	00:58:46	00:05:44	00:36:29	+1:00:08.922	04:47 min/km	12.5 km/h
130	46	859	Open Women	<a href="#">Joy</a>	<a href="#">Winkworth</a>	02:05:44	00:23:53	00:05:04	01:03:17	00:02:19	00:31:11	+1:01:05.944	04:50 min/km	12.4 km/h
131	47	844	Open Women	<a href="#">Ashleigh</a>	<a href="#">Kent</a>	02:06:27	00:15:39	00:08:52	01:00:53	00:02:52	00:38:10	+1:01:48.460	04:51 min/km	12.3 km/h
132	48	843	Open Women	<a href="#">Catherine</a>	<a href="#">Lacey</a>	02:06:27	00:18:19	00:06:14	01:00:49	00:02:55	00:38:10	+1:01:48.837	04:51 min/km	12.3 km/h
133	49	910	Open Women	<a href="#">Danette</a>	<a href="#">De Klerk</a>	02:06:55	00:16:08	00:06:42	00:59:58	00:04:29	00:39:38	+1:02:16.654	04:52 min/km	12.3 km/h
134	50	894	Open Women	<a href="#">Bevin</a>	<a href="#">Blight</a>	02:07:12	00:15:37	00:04:13	01:06:35	00:02:14	00:38:34	+1:02:33.710	04:53 min/km	12.3 km/h
135	73	715	Open Men	<a href="#">Martin</a>	<a href="#">Jacobson</a>	02:07:42	00:17:34	00:06:09	01:01:08	00:03:30	00:39:21	+1:03:03.956	04:54 min/km	12.2 km/h
136	74	690	Open Men	<a href="#">Jaco</a>	<a href="#">Stofberg</a>	02:07:52	00:22:14	00:06:09	01:07:12	00:02:47	00:29:31	+1:03:13.789	04:55 min/km	12.2 km/h
137	75	659	Open Men	<a href="#">Dirk</a>	<a href="#">Husselmann</a>	02:07:55	00:24:11	00:06:38	01:03:43	00:03:05	00:30:17	+1:03:16.223	04:55 min/km	12.2 km/h
138	76	669	Open Men	<a href="#">Luan</a>	<a href="#">Greeff</a>	02:08:06	00:17:33	00:06:12	01:08:20	00:04:13	00:31:49	+1:03:27.933	04:55 min/km	12.2 km/h
139	51	863	Open Women	<a href="#">Micaela</a>	<a href="#">Pym</a>	02:08:08	00:16:03	00:05:00	01:07:44	00:02:30	00:36:52	+1:03:29.803	04:55 min/km	12.2 km/h
140	52	875	Open Women	<a href="#">Luzanne</a>	<a href="#">Le Roux</a>	02:09:10	00:22:10	00:05:51	01:09:01	00:02:51	00:29:18	+1:04:32.090	04:58 min/km	12.1 km/h



Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
141	77	621	Open Men	<a href="#">Robert</a>	<a href="#">Hofmeyr</a>	02:10:33	00:16:09	00:11:09	01:05:07	00:03:00	00:35:08	+1:05:54.395	05:01 min/km	11.9 km/h
142	53	890	Open Women	<a href="#">Emrie</a>	<a href="#">Human</a>	02:10:41	00:21:52	00:08:00	01:03:06	00:02:40	00:35:03	+1:06:02.789	05:01 min/km	11.9 km/h
143	54	829	Open Women	<a href="#">Bernedene</a>	<a href="#">Garisch</a>	02:10:42	00:16:00	00:06:12	01:10:19	00:03:09	00:35:02	+1:06:03.614	05:01 min/km	11.9 km/h
144	55	817	Open Women	<a href="#">Yumna</a>	<a href="#">Ismail</a>	02:10:50	00:23:25	00:07:59	01:06:10	00:03:01	00:30:15	+1:06:11.491	05:01 min/km	11.9 km/h
145	56	827	Open Women	<a href="#">Cameron</a>	<a href="#">Van Den Berg</a>	02:10:59	00:13:16	00:05:04	01:18:56	00:03:12	00:30:31	+1:06:21.025	05:02 min/km	11.9 km/h
146	57	849	Open Women	<a href="#">Karen</a>	<a href="#">Thomas</a>	02:12:00	00:17:35	00:05:47	01:03:56	00:04:26	00:40:16	+1:07:21.858	05:04 min/km	11.8 km/h
147	58	852	Open Women	<a href="#">Corika</a>	<a href="#">Dodd</a>	02:12:21	00:24:36	00:05:41	01:07:59	00:03:19	00:30:46	+1:07:42.872	05:05 min/km	11.8 km/h
148	59	871	Open Women	<a href="#">Elizabeth</a>	<a href="#">Hauptfleisch</a>	02:12:33	00:19:25	00:07:21	01:05:04	00:04:52	00:35:51	+1:07:54.526	05:05 min/km	11.8 km/h
149	78	605	Open Men	<a href="#">Lawrie</a>	<a href="#">Higham</a>	02:12:48	00:19:29	00:06:45	01:05:51	00:03:54	00:36:49	+1:08:09.490	05:06 min/km	11.7 km/h
150	79	646	Open Men	<a href="#">Kirk</a>	<a href="#">Beukes</a>	02:13:07	00:22:42	00:09:29	00:55:40	00:04:27	00:40:49	+1:08:28.835	05:07 min/km	11.7 km/h
151	60	860	Open Women	<a href="#">Ansie</a>	<a href="#">Van Wyk</a>	02:13:13	00:24:14	00:06:02	01:04:06	00:02:39	00:36:12	+1:08:34.312	05:07 min/km	11.7 km/h
152	61	847	Open Women	<a href="#">Cornelie</a>	<a href="#">Jacobson</a>	02:13:32	00:18:42	00:07:53	01:08:48	00:03:52	00:34:18	+1:08:54.012	05:08 min/km	11.7 km/h
153	80	692	Open Men	<a href="#">Chad</a>	<a href="#">Fortuin</a>	02:14:39	00:15:30	00:07:54	01:02:12	00:03:34	00:45:29	+1:10:00.991	05:10 min/km	11.6 km/h
154	62	874	Open Women	<a href="#">Cori</a>	<a href="#">Steenkamp</a>	02:15:31	00:18:23	00:08:24	01:12:01	00:02:54	00:33:51	+1:10:52.966	05:12 min/km	11.5 km/h
155	63	891	Open Women	<a href="#">Rinalda</a>	<a href="#">Arendse</a>	02:15:44	00:17:04	00:05:33	01:05:32	00:03:56	00:43:39	+1:11:06.086	05:13 min/km	11.5 km/h
156	81	682	Open Men	<a href="#">Ameen</a>	<a href="#">Stemmet</a>	02:16:02	00:17:58	00:07:19	01:02:03	00:03:08	00:45:34	+1:11:23.366	05:13 min/km	11.5 km/h
157	3	918	Team	<a href="#">Team</a>	<a href="#">3Kuns</a>	02:16:04	00:14:34	00:02:42	01:27:35	00:01:53	00:29:20	+1:11:25.820	05:14 min/km	11.5 km/h
158	64	854	Open Women	<a href="#">Lida</a>	<a href="#">Van Zyl</a>	02:17:31	00:20:42	00:06:23	01:09:47	00:03:59	00:36:40	+1:12:53.099	05:17 min/km	11.3 km/h
159	65	881	Open Women	<a href="#">Janine</a>	<a href="#">Walsh</a>	02:17:32	00:19:34	00:10:12	01:04:33	00:03:38	00:39:35	+1:12:53.915	05:17 min/km	11.3 km/h
160	66	804	Open Women	<a href="#">Bev</a>	<a href="#">Orlik</a>	02:17:49	00:21:02	00:09:20	01:11:24	00:04:08	00:31:55	+1:13:10.241	05:18 min/km	11.3 km/h
161	67	816	Open Women	<a href="#">Lindsay</a>	<a href="#">Kaiser</a>	02:17:49	00:17:44	00:07:35	01:14:43	00:03:35	00:34:12	+1:13:10.829	05:18 min/km	11.3 km/h
162	68	901	Open Women	<a href="#">Erika</a>	<a href="#">Ketterer</a>	02:18:13	00:22:39	00:08:07	01:05:47	00:03:49	00:37:52	+1:13:35.179	05:18 min/km	11.3 km/h
163	69	865	Open Women	<a href="#">Lizzie</a>	<a href="#">Kennedy</a>	02:18:42	00:12:42	00:06:51	01:16:37	00:04:01	00:38:31	+1:14:03.801	05:20 min/km	11.2 km/h
164	70	855	Open Women	<a href="#">Johanita</a>	<a href="#">Husselmann</a>	02:19:28	00:20:47	00:06:17	01:10:03	00:03:46	00:38:35	+1:14:49.790	05:21 min/km	11.2 km/h
165	82	636	Open Men	<a href="#">Sharief</a>	<a href="#">Shabodien</a>	02:20:05	00:21:16	00:09:00	01:09:20	00:04:06	00:36:24	+1:15:27.035	05:23 min/km	11.1 km/h
166	71	900	Open Women	<a href="#">Jolene</a>	<a href="#">Gillespie</a>	02:20:15	00:18:54	00:06:26	00:52:38	00:04:12	00:58:06	+1:15:36.936	05:23 min/km	11.1 km/h
167	72	822	Open Women	<a href="#">Sue</a>	<a href="#">Strybis</a>	02:20:17	00:22:07	00:06:32	01:03:43	00:03:52	00:44:03	+1:15:38.539	05:23 min/km	11.1 km/h
168	73	845	Open Women	<a href="#">Sam</a>	<a href="#">Bell</a>	02:21:26	00:15:23	00:07:44	01:13:10	00:03:42	00:41:27	+1:16:47.726	05:26 min/km	11.0 km/h

Pos All	Pos Cat	Bib	Category	First Name	Last Name	Tot Time	Swim	T1	Bike	T2	Run	Diff.	Pace	Speed
169	74	839	Open Women	<a href="#">Pam</a>	<a href="#">Gretschel</a>	02:21:52	00:19:35	00:09:16	00:54:52	00:06:52	00:51:17	+1:17:13.693	05:27 min/km	11.0 km/h
170	75	898	Open Women	<a href="#">Samantha</a>	<a href="#">Von Brandis</a>	02:21:52	00:19:33	00:09:18	00:55:38	00:06:11	00:51:12	+1:17:13.711	05:27 min/km	11.0 km/h
171	83	640	Open Men	<a href="#">Rod</a>	<a href="#">Arnold</a>	02:23:33	00:20:30	00:10:12	01:07:56	00:04:55	00:39:59	+1:18:54.232	05:31 min/km	10.9 km/h
172	84	625	Open Men	<a href="#">Louis</a>	<a href="#">Cronje</a>	02:25:55	00:24:34	00:09:26	01:04:50	00:08:03	00:39:01	+1:21:16.834	05:36 min/km	10.7 km/h
173	85	626	Open Men	<a href="#">Francois</a>	<a href="#">Serfontein</a>	02:25:55	00:24:32	00:09:39	01:08:42	00:04:07	00:38:56	+1:21:16.842	05:36 min/km	10.7 km/h
174	86	666	Open Men	<a href="#">Farryl</a>	<a href="#">Singh</a>	02:27:15	00:23:41	00:06:46	01:06:47	00:03:38	00:46:23	+1:22:37.017	05:39 min/km	10.6 km/h
175	76	950	Open Women	<a href="#">Nazeema</a>	<a href="#">Moos</a>	02:28:18	00:28:07	00:06:13	01:00:52	00:05:59	00:47:07	+1:23:39.376	05:42 min/km	10.5 km/h
176	87	718	Open Men	<a href="#">Peet</a>	<a href="#">Hauptfleisch</a>	02:31:50	00:24:03	00:21:59	01:05:27	00:04:30	00:35:51	+1:27:11.360	05:50 min/km	10.3 km/h
177	77	858	Open Women	<a href="#">Simone</a>	<a href="#">De Beer</a>	02:34:12	00:21:48	00:09:55	01:09:14	00:06:10	00:47:06	+1:29:34.183	05:55 min/km	10.1 km/h
178	78	832	Open Women	<a href="#">Yumna</a>	<a href="#">Hoosain</a>	02:35:14	00:23:59	00:07:31	01:25:50	00:03:00	00:34:54	+1:30:35.611	05:58 min/km	10.0 km/h
179	88	620	Open Men	<a href="#">Bradley</a>	<a href="#">Smith</a>	02:38:24	00:25:07	00:07:10	01:25:30	00:03:37	00:37:00	+1:33:45.388	06:05 min/km	9.8 km/h
180	79	814	Open Women	<a href="#">Caitlin</a>	<a href="#">Bullivant</a>	02:50:44	00:21:54	00:10:16	01:26:05	00:05:33	00:46:55	+1:46:05.577	06:33 min/km	9.1 km/h
181	80	836	Open Women	<a href="#">Elgonda</a>	<a href="#">Beukes</a>	03:08:54	00:21:11	00:11:09	01:27:00	00:05:00	01:04:34	+2:04:16.061	07:15 min/km	8.3 km/h