

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Henri	Schoeman	RSA	1991	2	00:17:52	00:00:49	01:11:37	00:00:35	00:33:22	02:04:18
2	Christopher	Felgate	ZIM	1982	1	00:19:31	00:00:44	01:11:15	00:00:36	00:35:57	02:08:04
3	Rudolf	Naude	RSA	1991	3	00:19:31	00:00:41	01:11:18	00:00:35	00:37:58	02:10:05
4	Aidan	Nugent	RSA	1993	4	00:21:22	00:00:56	01:17:10	00:00:38	00:40:20	02:20:28