

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Gillian	Sanders	RSA	1981	26	00:20:57	00:00:29	01:18:52	00:00:30	00:37:30	02:18:18
2	Lauren	Dance	RSA	1990	31	00:20:56	00:00:26	01:18:57	00:00:31	00:39:13	02:20:03
3	Mari	Rabie	RSA	1986	30	00:20:15	00:00:25	01:19:36	00:00:30	00:40:52	02:21:38
4	Carlyn	Fischer	RSA	1990	28	00:21:56	00:00:26	01:22:29	00:00:33	00:38:19	02:23:43
5	Cindy	Schwulst	RSA	1991	36	00:23:19	00:00:37	01:21:00	00:00:31	00:42:20	02:27:47
6	Charne	Prinsloo	RSA	1994	37	00:22:35	00:00:32	01:24:35	00:00:41	00:44:54	02:33:17
7	Fatma	Hagras	EGY	1996	38	00:28:14	00:01:17	01:35:45	00:01:05	00:53:10	02:59:31
8	Jessie	De Boer	KEN	1985	32	00:31:06	00:00:59	01:38:22	00:00:49	00:50:41	03:01:57
DNF	Anel	Radford	RSA	1978	27	00:20:58	00:00:30	00:00:00	00:00:00	00:00:00	DNF
DNF	Fabienn e	St Louis	MRI	1988	29	00:23:20	00:00:26	00:00:00	00:00:00	00:00:00	DNF