

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Cindy	Schwulst	RSA	1991	36	00:23:19	00:00:37	01:21:00	00:00:31	00:42:20	02:27:47
2	Charne	Prinsloo	RSA	1994	37	00:22:35	00:00:32	01:24:35	00:00:41	00:44:54	02:33:17
3	Fatma	Hagras	EGY	1996	38	00:28:14	00:01:17	01:35:45	00:01:05	00:53:10	02:59:31