

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Cindy	Schwulst	RSA	1991	2	00:12:37	00:00:21	00:40:30	00:00:33	00:19:44	01:13:45
2	Jayne-Sue	Vermaas	RSA	1998	4	00:11:43	00:00:20	00:42:17	00:00:30	00:21:06	01:15:56
3	Yan Yin Hilda	Choi	HKG	1994	1	00:11:51	00:00:21	00:42:42	00:00:32	00:20:50	01:16:16
4	Maude Elaine	Le Roux	RSA	1997	3	00:12:27	00:00:40	00:42:18	00:00:36	00:22:44	01:18:45
DNF	Shanae	Williams	RSA	1998	5	00:10:55	00:00:23	00:00:00	00:00:00	00:00:00	DNF