

POS	First Name	Last Name	Nation	YOB	Star t No.	Swim	T1	Bike	T2	Run	Time
1	Nadya	Stolarczyk	RSA	2003	52	00:14:30	00:00:22	00:42:20	00:00:27	00:21:29	01:19:08
2	Mikayla	Colegrave	ZIM	2002	50	00:14:07	00:00:25	00:42:33	00:00:35	00:22:13	01:19:53
3	Kayla	Ribbink	RSA	2002	54	00:11:14	00:00:30	00:45:25	00:00:29	00:22:57	01:20:35
4	Andie	Kuipers	ZIM	2002	53	00:12:56	00:00:17	00:42:53	00:01:24	00:24:13	01:21:43
5	Erin	Elliott	ZIM	2003	51	00:12:59	00:00:19	00:43:42	00:00:36	00:25:10	01:22:46
6	Aimee	Roux	RSA	2003	47	00:11:24	00:00:23	00:47:52	00:00:57	00:22:50	01:23:26
7	Syrine	Fattoum	TUN	2001	46	00:12:52	00:00:08	00:48:39	00:01:02	00:25:40	01:28:21
8	Tsebo Katleho	Botsane	RSA	2003	49	00:14:11	00:00:21	00:49:31	00:01:00	00:24:42	01:29:45
9	Zara	Toinette	MRI	2002	48	00:15:48	00:00:44	00:57:47	00:00:59	00:28:05	01:43:23