

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Christiaan	Stroebel	RSA	2001	31	00:09:30	00:01:00	00:35:44	00:00:33	00:18:09	01:04:57
2	Jack	Spence	RSA	2003	41	00:10:08	00:01:02	00:37:54	00:00:31	00:17:59	01:07:35
3	Seifeddine	Selmi	TUN	2001	35	00:09:38	00:01:07	00:38:23	00:00:30	00:18:28	01:08:08
4	Luke	Heathcote - Hacker	ZIM	2003	37	00:09:36	00:01:05	00:38:01	00:00:40	00:19:34	01:08:58
5	Christian	Hattingh	RSA	2004	33	00:09:58	00:01:03	00:38:11	00:00:36	00:19:33	01:09:22
6	Divan	Du Plooy	NAM	2001	39	00:10:15	00:01:08	00:39:53	00:00:37	00:17:38	01:09:34
7	Siefeldeen	Ismail	EGY	2001	32	00:09:40	00:01:08	00:41:21	00:00:34	00:17:49	01:10:35
8	Mohamed Aziz	Sebai	TUN	2001	43	00:10:16	00:01:09	00:40:46	00:00:31	00:18:31	01:11:15
9	Luke	Steffens	ZIM	2003	44	00:11:04	00:01:01	00:40:02	00:00:29	00:19:22	01:12:00
10	Jordyn	Jacobs	ZIM	2003	46	00:11:05	00:00:59	00:40:05	00:00:32	00:20:40	01:13:22
11	Keith	Elliott	ZIM	2004	40	00:10:45	00:01:13	00:40:18	00:00:46	00:23:53	01:16:57
12	Loic	Mariette	MRI	2001	38	00:12:06	00:01:35	00:43:50	00:00:36	00:20:47	01:18:57
13	Mathew	Palmer	ZIM	2003	45	00:13:15	00:01:14	00:42:01	00:00:38	00:22:14	01:19:24

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
14	Jayden	Young	ZIM	2004	34	00:13:16	00:01:14	00:43:00	00:00:38	00:21:30	01:19:40
15	Marcel	Paulser	ZIM	2002	42	00:11:30	00:00:58	00:45:01	00:00:50	00:23:51	01:22:12
16	Pieter	De La Rey	NAM	2003	36	00:14:22	00:01:42	00:50:21	00:00:37	00:26:23	01:33:27