

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Kira	Ribbink	RSA	2003	31	00:00:00	00:00:00	00:43:52	00:00:48	00:21:21	01:17:54
2	Anika	Visser	RSA	2005	34	00:12:34	00:02:08	00:47:21	00:00:58	00:23:01	01:26:05
3	Makanaka	Mawere	ZIM	2004	32	00:12:25	00:01:44	00:47:05	00:00:55	00:25:20	01:27:31
4	Josette Umi Njeri	Kiarie	KEN	2003	33	00:13:06	00:01:33	00:50:33	00:00:56	00:29:31	01:35:42
5	Jessica	Fuller	ZIM	2005	35	00:14:38	00:01:13	00:51:01	00:00:54	00:29:15	01:37:03