

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Shaun	Wolfaardt	RSA	2005	23	00:12:30	00:00:24	00:34:54	00:00:39	00:17:52	01:06:21
2	Christian	Hattingh	RSA	2004	22	00:11:43	00:00:26	00:38:00	00:00:37	00:20:02	01:10:50
3	Francois	De Villiers	RSA	2005	25	00:14:04	00:00:22	00:38:15	00:00:35	00:19:15	01:12:32
4	Matipa	Mawere	ZIM	2006	26	00:12:42	00:00:23	00:40:18	00:00:34	00:20:12	01:14:12
5	Ethan	Harris	RSA	2003	27	00:12:24	00:00:26	00:40:33	00:00:41	00:20:57	01:15:03
6	Adrien	Toulet	MRI	2006	30	00:13:39	00:00:28	00:42:21	00:00:38	00:19:28	01:16:35
7	George	Ascott	ZIM	2005	32	00:15:59	00:00:22	00:43:46	00:00:40	00:19:00	01:19:49
8	Duwan	Botha	ZIM	2006	24	00:15:41	00:00:21	00:40:24	00:00:49	00:24:52	01:22:09
9	Bongani	Tshabalala	RSA	2005	31	00:13:51	00:00:54	00:45:19	00:00:44	00:22:34	01:23:24
10	Mandlenkosi	Mthethwa	ZIM	2006	29	00:15:53	00:00:33	00:47:46	00:00:41	00:23:23	01:28:18
11	Raphael	Gerard	MRI	2005	28	00:17:43	00:00:18	00:48:54	00:00:40	00:26:15	01:33:51
DNF	Caleb	Meistre	RSA	2003	21	00:12:27	00:00:25	00:00:00	00:00:00	00:00:00	