

POS	First Name	Last Name	Nation	YOB	Start No.	Swim	T1	Bike	T2	Run	Time
1	Kadence	Ribbink	RSA	2006	39	00:11:53	00:01:21	00:45:40	00:00:45	00:21:34	01:21:15
2	Mia	Van Der Veen	RSA	2005	42	00:13:16	00:01:06	00:47:33	00:00:38	00:23:20	01:25:56
3	Brooklyn	Tippett	ZIM	2005	43	00:14:22	00:01:08	00:48:06	00:00:37	00:23:36	01:27:51
4	Makanaka	Mawere	ZIM	2004	36	00:13:12	00:01:15	00:50:46	00:00:43	00:23:16	01:29:15
5	Josette Umi Njeri	Kiarie	KEN	2003	46	00:13:12	00:01:15	00:52:50	00:00:36	00:30:44	01:38:38
6	Riya Vaishali	Dhurma	MRI	2006	37	00:13:15	00:01:19	00:57:21	00:01:00	00:28:46	01:41:43
7	Inkosinomusa	Mthethwa	ZIM	2006	40	00:14:14	00:01:44	01:06:31	00:01:01	00:39:05	02:02:37