

Position	Time Slot	Name & Surname	Swim Time (400m)	Bike Time (12km)	Run Time (auto)	Total
1	7:00	Zahn van Wyngaard	6:27:00	19:41:00	16:05:10	42:13:10
2	8:00	Byron Joannides	6:40:45	22:29:00	16:53:00	46:02:45
3	7:00	Tim Kotze	7:02:16	22:47:00	16:51:30	46:40:46
4	10:00	Jarryd De Gouveia	8:10:00	20:47:00	17:59	46:56:35
5	8:00	Christelle Hattingh	6:43:00	24:46:00	15:39:22	47:08:22
6	10:00	Graham Thompson	8:36:00	22:05:00	17:58:00	48:39:00
7	8:00	Garth Baker	6:46:00	24:00:00	18:16:05	49:02:05
8	9:00	Waleed Abrahams	7:39:00	25:24:00	20:10:37	53:13:37
9	9:00	Robyn Phillips	6:07:45	26:08:00	21:29:18	53:45:03
10	9:00	Nicholas	10:29:34	22:20:00	21:44:23	54:33:57
11	11:00	Mark di Pasquale	6:13:00	23:09:00	25:33:00	54:55:00
12	10:00	Mila Lotz	8:36:31	24:37:00	23:51:43	57:05:14
13	8:00	Brittany Madden	9:15:30	28:40:00	21:27:51	59:23:21
14	11:00	Francois Gertze	7:25:00	27:58:00	24:31:44	59:54:44
15	9:00	Fairuz Coe	9:38:47	28:04:00	22:27:24	60:10:11
16	8:00	Theodore Chippendale	10:23:30	29:17:00	20:38:30	60:19:00
17	7:00	Ockert Poeter	6:58:29	32:05:00	22:00:00	61:03:29
18	11:00	Malena	10:12:00	27:25:00	27:01:00	64:38:00
19	10:00	Beverley Du Plessis	9:02:29	35:51:00	20:03:02	64:56:31
20	9:00	Roger Arendse	10:15:00	29:11:00	26:09:31	65:35:31
21	9:00	Nusrit Allie	9:32:00	34:20:00	22:01:43	65:53:43
22	11:00	Justin Hayward	10:32:10	26:10:00	31:50:55	68:33:05
23	11:00	Samantha Hayward	8:01:14	37:41:00	27:25:22	73:07:36
24	10:00	Holly Ramsden	6:29:00	35:51:00	30:51:39	73:11:39
25	10:00	Rinalda Arendse	8:41:19	33:25:00	31:13:47	73:20:06
26	11:00	Grant Mostert	13:36:06	28:42:00	32:02:59	74:21:05
27	8:00	Natalie chippendale	11:13:00	39:25:00	24:45:41	75:23:41
28	9:00	Anthea	10:53:00	40:47:00	23:46:35	75:26:35
29	8:00	Nazeema Moos	13:26:35	32:40:00	30:27:54	76:34:29
30	10:00	Charmiane Kruger	11:52:26	34:01:00	31:30:01	77:23:27
31	11:00	Wendy Mostert	11:41:06	34:03:00	31:58:38	77:42:44
32	8:00	Naadhirah Mukadam	9:34:00	38:55:00	34:43:52	83:12:52
33	7:00	Siona O'Connell	12:54:05	37:14:00	37:23:34	87:31:39