

SSISA Super Tri Results - Super Sprint Male							
First Name	Last Name	Gender	Swim	Bike	Run	Total	Class
Neill	Davis Hannibal	M	8:40:00	15:17:00	18:25:00	42:22:00	Super Sprint
Sam	Houlie	M	6:47:00	17:21:00	18:51:00	42:59:00	Super Sprint
Werner	Myburgh	M	7:34:00	17:19:00	19:49:00	44:42:00	Super Sprint
Wayde	Oostendorp	M	8:48:00	15:50:00	20:11:00	44:49:00	Super Sprint
Christian	Hansen	M	10:11:00	19:22:00	20:14:00	49:47:00	Super Sprint
Willem	Botha	M	7:46:00	16:42:00	25:20:00	49:48:00	Super Sprint
Logan	Chippendale	M	5:17:00	20:05:00	24:58:00	50:20:00	Super Sprint
Jack Christian	Hansen	M	10:15:00	20:19:00	19:49:00	50:23:00	Super Sprint
Faeek	Peck	M	18:37:00	16:17:00	20:46:00	55:40:00	Super Sprint
Mu'aawiyah	Ceres	M	11:02:00	20:20:00	25:15:00	56:37:00	Super Sprint
Matthew	Knoetze	M	13:23:00	17:34:00	26:30:00	57:27:00	Super Sprint
William	Langenhoven	M	13:27:00	21:39:00	23:55:00	59:01:00	Super Sprint
Ziyaad	Majiet	M	12:03:00	18:23:00	28:37:00	59:03:00	Super Sprint
Calvin	Sinnett	M	8:10:00	19:24:00	33:10:00	60:44:00	Super Sprint
Fadl	Majiet	M	19:38:00	19:09:00	22:00:00	60:47:00	Super Sprint
Sean	Pincus	M	9:34:00	18:36:00	33:10:00	61:20:00	Super Sprint
Craig	Wentzel	M	14:25:00	18:44:00	29:01:00	62:10:00	Super Sprint
Darrel	Knight	M	7:56:00	20:29:00	39:17:00	67:42:00	Super Sprint
SSISA Super Tri Results - Super Sprint Female							
First Name	Last Name	Gender	Swim	Bike	Run	Total	Class
Caitlin	Miles	F	8:44:00	18:50:00	20:27:00	48:01:00	Super Sprint
Hanje	Miller	F	8:58:00	18:48:00	21:46:00	49:32:00	Super Sprint
Tahlia	Rossouw	F	7:52:00	18:58:00	24:45:00	51:35:00	Super Sprint
Ciska	Botha	F	6:15:00	21:06:00	25:24:00	52:45:00	Super Sprint
Jayde	Oates	F	8:33:00	18:43:00	26:41:00	53:57:00	Super Sprint
Roxy	Jordaan	F	7:31:00	20:48:00	26:06:00	54:25:00	Super Sprint
Ruanda	Downing	F	8:38:00	18:15:00	28:16:00	55:09:00	Super Sprint
Joslyn	Lategan	F	8:35:00	20:28:00	26:21:00	55:24:00	Super Sprint
Karde	Buys	F	8:48:00	20:33:00	26:14:00	55:35:00	Super Sprint
Georgina	Van Wyk	F	6:40:00	19:54:00	29:06:00	55:40:00	Super Sprint

Keshia	Osmond	F	8:30:00	21:45:00	26:45:00	57:00:00	Super Sprint
Milisa Fiona	Ngwane	F	13:54:00	18:13:00	25:52:00	57:59:00	Super Sprint
Amy	Brooks	F	11:15:00	20:39:00	26:23:00	58:17:00	Super Sprint
Tafadzwa	Mautsa	F	10:14:00	21:13:00	28:16:00	59:43:00	Super Sprint
Danette	Linde	F	8:38:00	27:29:00	23:49:00	59:56:00	Super Sprint
Natalie	Chippendale	F	11:59:00	22:09:00	26:37:00	60:45:00	Super Sprint
Sanette	Holthuis	F	14:21:00	19:29:00	29:07:00	62:57:00	Super Sprint
Lianne	Lembeck	F	7:53:00	24:02:00	33:07:00	65:02:00	Super Sprint
Liezl	Lewis	F	12:05:00	21:56:00	32:19:00	66:20:00	Super Sprint
Emily	Curtis	F	17:10:00	23:39:00	30:13:00	71:02:00	Super Sprint
Wendy	Smith	F	10:13:00	21:04:00	42:28:00	73:45:00	Super Sprint
Nelisa	Veto	F	18:00:00	22:30:00	33:19:00	73:49:00	Super Sprint
Ruwaida	Abrahams	F	30:00:00	21:04:00	38:56:00	90:00:00	Super Sprint
Kerry-Leigh	Meyerson	F	7:54:00	19:15:00	DNF	#VALUE!	Super Sprint
SSISA Super Tri Results - Super Sprint Teams							
First Name	Last Name	Gender	Swim	Bike	Run	Total	Class
Ashlee	Pretorius	F	5:11:00				Super Sprint
Sophie	Vickers	F		18:49:00			Super Sprint
Skye	Micklethwaite	F			16:52:00	40:52:00	Super Sprint
Wesley	Van wyk	M	4:55:00				Super Sprint
Keilah-Naomi	Holthuis	F		18:18:00			Super Sprint
Wayne	Van wyk	M			25:16:00	48:29:00	Super Sprint
SSISA Super Tri Results - Sprint Male							
First Name	Last Name	Gender	Swim	Bike	Run	Total	Class
Rudi	Kriel	M	10:39:00	23:23:00	25:38:00	59:40:00	Sprint
Paul	Ingpen	M	10:39:00	22:39:00	26:46:00	60:04:00	Sprint
Colin	George	M	13:25:00	25:35:00	23:38:00	62:38:00	Sprint
Jo	Brading	M	10:49:00	26:41:00	26:42:00	64:12:00	Sprint
Romario Nelson	Sardinha	M	13:53:00	22:29:00	30:14:00	66:36:00	Sprint
Vincent	Meintjes	M	11:55:00	26:33:00	31:42:00	70:10:00	Sprint
Jason	Monk	M	16:56:00	25:26:00	28:21:00	70:43:00	Sprint

Nathan Hugh	Venter	M	18:46:00	24:42:00	28:42:00	72:10:00	Sprint
Andrew	Williams	M	14:21:00	23:18:00	37:58:00	75:37:00	Sprint
Sanuel	Montagu-fryer	M	10:53:00	27:32:00	37:38:00	76:03:00	Sprint
Braedon	Powell	M	15:23:00	31:39:00	29:19:00	76:21:00	Sprint
Waleed	Abrahams	M	16:25:00	29:22:00	32:06:00	77:53:00	Sprint
Francois	Trautmann	M	17:04:00	27:11:00	39:52:00	84:07:00	Sprint
Adrian	Smith	M	15:12:00	32:08:00	49:17:00	96:37:00	Sprint
Theodore	Chippendale	M	17:19:00	DNF	31:24:00	#VALUE!	Sprint
SSISA Super Tri Results - Sprint Female							
First Name	Last Name	Gender	Swim	Bike	Run	Total	Class
Rebecca	Monk	F	10:56:00	28:07:00	25:46:00	64:49:00	Sprint
Mila	Lotz	F	12:43:00	27:20:00	34:33:00	74:36:00	Sprint
Claire	Gibson	F	12:36:00	26:33:00	37:04:00	76:13:00	Sprint
Julia	Monk	F	11:59:00	30:35:00	35:26:00	78:00:00	Sprint
Bronwyn	Powell	F	12:48:00	31:21:00	34:49:00	78:58:00	Sprint
Nikara	Mahadeo	F	15:10:00	31:33:00	32:46:00	79:29:00	Sprint
Karen	Montagu-Fryer	F	13:50:00	29:46:00	37:55:00	81:31:00	Sprint
Jeanne	Topliss	F	12:30:00	32:43:00	37:28:00	82:41:00	Sprint
Roselyn	Karamba	F	22:37:00	34:22:00	40:25:00	97:24:00	Sprint
Nazeema	Moos	F	23:52:00	28:49:00	46:56:00	99:37:00	Sprint