

SSISA Super Tri 2 April 2023 - Results**Sprint Distance - Female Results**

First Name	Last Name	Gender	Race	Swim Time	Bike Time	Run Time	Total Time
Rebecca	Monk	F	Sprint	00:10:47	00:27:36	00:25:45	01:04:08
Julia	Monk	F	Sprint	00:11:59	00:28:54	00:33:25	01:14:18
Meg	Holtzhausen	F	Sprint	00:15:24	00:26:21	00:34:51	01:16:36
Caitlin	Miles	F	Sprint	00:19:01	00:26:53	00:30:50	01:16:44
Alecia	Pienaar	F	Sprint	00:12:34	00:29:56	00:36:43	01:19:13
Surita	Roberts	F	Sprint	00:16:28	00:28:00	00:37:07	01:21:35
Ingrid	Carmichael	F	Sprint	00:13:06	00:26:40	00:42:16	01:22:02
Jayde	Oates	F	Sprint	00:15:36	00:30:37	00:38:02	01:24:15
Véronique	Orban	F	Sprint	00:19:57	00:29:55	00:35:03	01:24:55
Monique	Laubscher	F	Sprint	00:13:39	00:29:17	00:42:33	01:25:29
Britt	Hyland	F	Sprint	00:10:22	00:27:53	00:48:50	01:27:05
Charmiane	Kruger	F	Sprint	00:20:24	00:29:16	00:42:36	01:32:16
Jana	Olivier	F	Sprint	00:17:59	00:32:53	00:45:35	01:36:27
Heather	Wynne	F	Sprint	00:19:49	00:29:32	00:49:35	01:38:56
Natasha	Erichsen	F	Sprint	00:20:49	00:39:40	00:41:38	01:42:07
Leanne	Jordaan	F	Sprint	00:19:49	00:29:16	00:54:40	01:43:45

Sprint Distance - Male Results

First Name	Last Name	Gender	Race	Swim Time	Bike Time	Run Time	Total Time
Crispin	Barrett	M	Sprint	00:10:37	00:22:20	00:24:56	00:57:53
Tristan	Hamilton	M	Sprint	00:13:25	00:21:21	00:24:54	00:59:40
Joshua	Starr	M	Sprint	00:11:34	00:23:31	00:24:43	00:59:48
Colin	George	M	Sprint	00:13:00	00:25:40	00:23:48	01:02:28
Keelan Mark	Mcmanus	M	Sprint	00:10:41	00:23:58	00:31:40	01:06:19
Christopher	Allpass-Jackson	M	Sprint	00:12:37	00:25:15	00:29:16	01:07:08
Jarrod	Barbeau	M	Sprint	00:15:00	00:25:31	00:26:52	01:07:23
Jason	Monk	M	Sprint	00:17:12	00:25:14	00:25:23	01:07:49
Ruan	Koch	M	Sprint	00:15:06	00:25:13	00:32:52	01:13:11
Luke	Hahn	M	Sprint	00:15:45	00:27:14	00:30:27	01:13:26
Matthew	Knoetze	M	Sprint	00:18:50	00:25:52	00:29:52	01:14:34
Stephen	Roberts	M	Sprint	00:14:28	00:23:24	00:37:02	01:14:54
Joel	Davis	M	Sprint	00:13:59	00:25:36	00:35:28	01:15:03
Christian	Hansen	M	Sprint	00:15:40	00:29:47	00:29:57	01:15:24
Alan	Shepherd	M	Sprint	00:13:51	00:29:04	00:34:48	01:17:43
Gary	Banfield	M	Sprint	00:21:06	00:24:51	00:34:21	01:20:18
Coert	Blom	M	Sprint	00:24:35	00:28:13	00:27:36	01:20:24
Francois	Trautmann	M	Sprint	00:16:02	00:26:54	00:37:29	01:20:25
Vuyani	Tati	M	Sprint	00:18:18	00:28:25	00:42:31	01:29:14
Harry	Wardeck	M	Sprint	00:18:40	00:29:03	00:46:57	01:34:40
Henry	Mcgregor	M	Sprint	00:24:40	00:29:54	00:42:31	01:37:05
Calvin	Sinnett	M	Sprint	00:14:59	00:27:04	01:17:46	01:59:49
Sean	Pincus	M	Sprint	00:17:43	00:27:12	01:17:53	02:02:48
Shaun	Diamond	M	Sprint	00:15:36	00:31:28	01:17:48	02:04:52

Super Sprint Distance - Female Results

First Name	Last Name	Gender	Race	Swim Time	Bike Time	Run Time	Total Time
Angeliki	Papavarnavas	F	Super Sprint	00:07:25	00:18:59	00:23:23	00:49:47
Marisa	Nolly	F	Super Sprint	00:07:29	00:20:26	00:22:35	00:50:30
Tahlia	Rossouw	F	Super Sprint	00:07:00	00:18:28	00:25:08	00:50:36
Julia	Pilbeam	F	Super Sprint	00:09:51	00:19:32	00:21:36	00:50:59
Tracy	Orione	F	Super Sprint	00:09:50	00:17:28	00:23:56	00:51:14
Roxy	Jordaan	F	Super Sprint	00:07:38	00:19:59	00:24:55	00:52:32
Keshia	Osmond	F	Super Sprint	00:07:58	00:20:03	00:26:37	00:54:38
Liezl	Schoeman	F	Super Sprint	00:08:57	00:22:20	00:23:25	00:54:42
Wendy-Joy	Floris	F	Super Sprint	00:11:03	00:19:50	00:24:17	00:55:10
Michaela	Kellerman	F	Super Sprint	00:13:46	00:19:10	00:24:02	00:56:58
Bianca	Giquel	F	Super Sprint	00:09:26	00:20:27	00:27:52	00:57:45
Léanne	Burger	F	Super Sprint	00:11:12	00:21:35	00:25:17	00:58:04
Gina	Shepherd	F	Super Sprint	00:10:40	00:19:35	00:28:07	00:58:22
Natalie	Jacobs	F	Super Sprint	00:12:34	00:18:55	00:27:42	00:59:11
Kerry-Leigh	Meyerson	F	Super Sprint	00:06:56	00:20:50	00:31:33	00:59:19
Tafadzwa	Mautsa	F	Super Sprint	00:11:30	00:19:42	00:28:07	00:59:19
Ezelle	Venter	F	Super Sprint	00:09:50	00:21:43	00:29:21	01:00:54
Amy-Joy	Houlie	F	Super Sprint	00:07:11	00:21:58	00:32:34	01:01:43
Elaine	Janse Van Rensburg	F	Super Sprint	00:13:37	00:22:58	00:25:26	01:02:01
Jamie	Els	F	Super Sprint	00:06:49	00:22:56	00:32:50	01:02:35
Hayley	Henry	F	Super Sprint	00:12:56	00:20:21	00:31:01	01:04:18
Roxanne	Rock	F	Super Sprint	00:10:32	00:26:16	00:27:47	01:04:35
Anita	Gulwa	F	Super Sprint	00:16:43	00:23:34	00:24:33	01:04:50
Franci	Engelbrecht	F	Super Sprint	00:12:52	00:18:50	00:34:58	01:06:40
Michelle	Els	F	Super Sprint	00:11:51	00:25:18	00:32:50	01:09:59
Wendy	Smith	F	Super Sprint	00:10:03	00:19:46	00:41:01	01:10:50
Bonita	Booyesen	F	Super Sprint	00:18:45	00:22:02	00:30:03	01:10:50
Olivia	Bandle	F	Super Sprint	00:19:48	00:22:25	00:30:10	01:12:23
Siona	O'Connell	F	Super Sprint	00:11:10	00:21:17	00:40:09	01:12:36
Colleen	Houlie	F	Super Sprint	00:12:45	00:24:43	00:41:54	01:19:22

Super Sprint Distance - Male Results

First Name	Last Name	Gender	Race	Swim Time	Bike Time	Run Time	Total Time
Neill	Davis Hannibal	M	Super Sprint	00:09:06	00:14:49	00:16:54	00:40:49
Sam	Houlie	M	Super Sprint	00:06:42	00:16:45	00:18:48	00:42:15
Sean	September	M	Super Sprint	00:07:13	00:18:12	00:21:52	00:47:17
Clinton	Abrahams	M	Super Sprint	00:09:49	00:18:32	00:19:40	00:48:01
Renier	Bekker	M	Super Sprint	00:11:08	00:19:49	00:17:53	00:48:50
David	Muchatibaya	M	Super Sprint	00:10:34	00:19:31	00:22:34	00:52:39
Nectarios	Papavarnavas	M	Super Sprint	00:10:24	00:19:31	00:23:23	00:53:18
Thomas	Pays	M	Super Sprint	00:14:17	00:16:43	00:22:44	00:53:44
Hilbert	Muchatibaya	M	Super Sprint	00:16:48	00:20:21	00:17:23	00:54:32
Danie	Snyman	M	Super Sprint	00:10:02	00:19:44	00:28:09	00:57:55
Warren Henry	Harper	M	Super Sprint	00:09:24	00:17:54	00:30:47	00:58:05
Hein	Abrahams	M	Super Sprint	00:10:46	00:19:49	00:31:00	01:01:35
Craig	Wentzel	M	Super Sprint	00:12:56	00:18:51	00:30:39	01:02:26
Craig	Gibson	M	Super Sprint	00:14:38	00:18:51	00:29:05	01:02:34
Francois	Bothma	M	Super Sprint	00:13:22	00:20:27	00:33:05	01:06:54
Andrea	Hahn	M	Super Sprint	00:10:10	00:24:48	00:33:00	01:07:58
Elton	Jansen	M	Super Sprint	00:08:09	00:45:22	00:18:37	01:12:08