

SSISA Super Tri 21 April 2024

Sprint						
First Name	Last Name	Gender	Swim	Bike	Run	Total
Dale	van der Merwe	M	7:23	24:15	18:46	0:50:24
Colin	George	M	10:54	25:25	15:10	0:51:29
Stefan	Sowa	M	11:16	23:19	17:10	0:51:45
Keith	Watkins	M	9:16	23:36	19:10	0:52:02
Ryan	van Wyk	M	16:07	18:35	19:23	0:54:05
Darren	Conyngham	M	10:25	26:55	18:00	0:55:20
Roxy	Traylor	F	9:08	26:39	20:01	0:55:49
Jason	Price	M	11:21	26:40	17:59	0:56:00
Adrian	Withers	M	9:39	23:44	23:25	0:56:49
Travis	Russell	M	11:08	25:17	21:39	0:58:04
Tanya	van der Merwe	F	9:52	28:06	20:33	0:58:31
Marvin	Johnson	M	13:20	28:04	17:10	0:58:34
Liam	Curtis	M	9:23	27:00	23:29	0:59:52
Jannie Michaela	Danielsen	F	12:51	26:09	21:25	1:00:26
Julia	Kearns	F	11:17	27:07	22:57	1:01:22
Lorien	Pask	F	12:16	28:40	21:31	1:02:28
Oceans	Three	Team	10:55	28:19	23:18	1:02:32
Vidar Rendtlew	Bendixen	M	10:01	31:13	21:26	1:02:40
Allegra	Smith	F	9:39	28:37	25:04	1:03:21
Lindi	le Brasseur	F	12:10	28:19	22:57	1:03:26
Jeanne	Topliss	F	10:45	29:47	24:16	1:04:48
Melody	Mentz-Coetzee	F	13:12	30:52	21:36	1:05:40
Tracy	Orione	F	15:00	27:44	23:52	1:06:36
Lara	Dugas	F	12:55	29:49	23:52	1:06:37
Jehu	Kabamba	M	18:18	30:07	20:38	1:09:03
Nandipa	Mafongosi	F	14:36	27:51	27:22	1:09:50
Roshan	Esssa	F	12:11	32:06	25:55	1:10:13
Mascha	Moorlach	F	15:47	28:11	28:23	1:12:21
Alyson	Meintjes	F	13:15	33:12	26:16	1:12:43
Juanne	Vos	F	20:10	27:38	26:27	1:14:16
Zibeth	Hansen	F	13:56	26:39	33:56	1:14:32
Cean	Wilkinson	M	16:21	26:04	33:04	1:15:29
Patrick	Pedersen	M	16:00	32:03	29:47	1:17:51
Michele	Murry	F	15:21	37:20	26:28	1:19:09
Cathy	MacLeod	F	12:38	28:47	38:44	1:20:09
Farryl	Singh	M	14:10	28:09	39:16	1:21:35
Felicity	van Vyck	F	19:07	33:05	29:43	1:21:55
Mark	Human	M	24:46	30:00	27:38	1:22:24
Kareemah	Sulayman	F	21:11	31:28	33:39	1:26:18
Chad	Payne	M	25:42	29:25	29:01	1:24:09

Ethan	Wilkinson	M	16:46	27:14	40:27	1:24:28
Tristan	Hanekom	M	19:32	30:07	34:58	1:24:38
Laetitia	Sardjono	F	19:24	36:40	28:37	1:24:41
Asad	Patel	M	21:34	34:40	29:02	1:25:16
Nazeema	Moos	F	25:17	31:25	35:28	1:32:10

Super Sprint						
First Name	Last Name	Gender	Swim	Bike	Run	Total
Cheyne	Haupt	M	5:04	16:04	7:49	0:28:57
David	Weber	M	6:32	16:40	8:44	0:31:57
Michael	Peacock	M	8:44	14:53	8:39	0:32:17
Jacqueline	Trickett	F	6:21	18:38	11:53	0:36:52
Kerry	Lawrenson	F	6:32	19:53	11:10	0:37:35
Mark	Fairbanks	M	12:19	17:25	9:31	0:39:15
Nicole	Burgers	F	14:08	10:52	15:06	0:40:06
Cedric	Lebon	M	10:19	18:43	11:10	0:40:13
Amy	Cullinan	F	9:05	20:44	10:54	0:40:43
Erin	Coull	F	7:07	19:49	14:04	0:41:00
Berenice	Lemaitre	F	8:19	22:30	11:01	0:41:50
Edward	Sullivan	M	10:18	21:15	11:00	0:42:33
Lianne	Lembeck	F	8:01	21:52	13:14	0:43:08
Dayne	Angel	M	10:25	21:47	11:54	0:44:06
Emma	Acker	F	11:24	18:48	14:17	0:44:30
Isabel	McParland	F	10:26	22:14	11:53	0:44:33
Esti	Smit	F	8:44	20:44	15:08	0:44:36
Joshua	Conyngham	M	11:04	20:56	14:04	0:46:04
Lilly	Sowa	F	8:05	22:57	15:56	0:46:59
Daniel	September	M	16:32	19:46	10:56	0:47:15
Amelie	Lembeck	F	9:04	23:13	15:59	0:48:16
Tania	Idas	F	14:37	22:56	11:01	0:48:34
Zana	Smit	F	12:10	22:18	14:45	0:49:13
Sumayah	Jonkers	F	16:10	22:29	12:23	0:51:03
Ethan	Fairbanks	M	14:35	21:57	15:56	0:52:28
Lelona	Maliti	F	14:59	23:49	15:42	0:54:30
Prasidh	Ramson	M	15:58	26:20	13:01	0:55:20
Albie	Olivier	F	14:54	20:20	22:26	0:57:41
Kathryn	van Niekerk	F	10:17	33:53	16:01	1:00:11
Bettina	Meyer	F	12:52	35:20	13:16	1:01:28
Estelle	Kotze	F	13:42	29:26	20:14	1:03:22
Katherine	Rowan	F	18:01	28:17	20:14	1:06:33
Nathsha	Swartz	F	21:50	33:45	17:02	1:12:38
Ruwaida	Abrahams	F	32:00	22:14	18:40	1:12:55