

Time slot	First Name	Last Name	Gender	Distance	Swim Time	Cycle Time	Run Time	Total
7:00	Kathryn	Van Niekerk	F	Super Sprint	9:44:00	18:15:00	18:26:00	46:25:00
7:00	Jandri	Jordaan	F	Super Sprint	13:55:00	18:47:00	11:39:00	44:21:00
7:00	Colin	George	M	Sprint	10:58:00	24:24:00	15:08:00	50:30:00
7:00	Dylan	Greyling	M	Sprint	13:24:00	27:10:00	19:44:00	1:00:18
7:00	Chantal	September	F	Super Sprint	9:27:00	19:37:00	9:34:00	38:38:00
7:00	Alicia	Kotze	F	Sprint	13:34:00	26:24:00	23:10:00	1:03:08
7:00	Nathan	Hopkins	M	Sprint	11:28:00	22:52:00	17:23:00	51:43:00
7:30	Leon	Walther-kotzé	M	Sprint	9:03:00	27:43:00	24:35:00	1:01:21
7:30	Lisanne	Hofmeyr	F	Super Sprint	19:21:00	21:50:00	20:32:00	1:01:43
7:30	Vishaan	Makan	M	Sprint	10:06:00	25:39:00	18:30:00	54:15:00
7:30	Samantha	Chambers	F	Sprint	12:44:00	24:52:00	26:19:00	1:03:55
7:30	Alexander	Kohlhofer	M	Super Sprint	7:03:00	18:50:00	9:48:00	35:41:00
7:30	Jason	Blight	M	Sprint	14:03:00	24:48:00	27:17:00	1:06:08
7:30	Jarrod	Grunewald	M	Super Sprint	13:16:00	16:20:00	11:18:00	40:55:00
7:30	J.g.	Du Preez	M	Sprint	12:09:00	24:30:00	22:22:00	59:01:00
7:30	Nyasha	Mutema	F	Super Sprint	10:55:00	23:04:00	16:56:00	50:55:00
7:30	Hein	Abrahams	M	Sprint	15:08:00	31:58:00	34:14:00	1:21:20
7:30	Siona	O'connell	F	Super Sprint	11:19:00	24:13:00	20:49:00	56:21:00
8:00	Mascha	Moorlach	F	Sprint	15:52:00	27.32	27:27:00	1:10:51
8:00	Kairan	Moorlach	M	Sprint	10:12:00	29:28:00	30:09:00	1:09:49
8:00	Andrew	Gavin	M	Sprint	10:40:00	23:34:00	23:17:00	57:31:00
8:00	Adam	Kleinschmidt	M	Super Sprint	14:42:00	16:26:00	12:14:00	43:22:00
8:00	Kim	Norton	F	Super Sprint	12:54:00	22:26:00	16:15:00	51:35:00
8:00	Georgina	Walsh	F	Super Sprint	7:50:00	20:26:00	11:27:00	39:43:00
8:00	Michael	Peacock	M	Super Sprint	8:28:00	15:30:00	9:08:00	33:06:00
8:30	Zana	Smit	F	Super Sprint	12.19	21:51:00	12:48:00	46:58:00
8:30	Cheyne	Haupt	M	Super Sprint	7:15:00	15:19:00	10:53:00	33:27:00
8:30	Amy	Cullinan	F	Super Sprint	7:19:00	18:18:00	10:57:00	36:34:00

8:30	Asad	Patel	M	Sprint	19:15:00	32:23:00	31:58:00	1:23:36
8:30	Patrick	Pedersen	M	Sprint	16:33:00	34:15:00	31:19:00	1:22:07
8:30	Geoffrey	Fatti	M	Super Sprint	9:49:00	21:26:00	14:30:00	45:45:00
8:30	Nathan	Fatti	M	Super Sprint	8:02:00	15:10:00	8:08:00	31:20:00
8:30	Rebekah	Fatti	F	Super Sprint	9:49:00	18:41:00	10:41:00	39:11:00
8:30	Edward	West	M	Sprint	11:09:00	25:08:00	19:51:00	56:08:00
8:30	Michael	Brown	M	Sprint	11:04:00	25:11:00	21:13:00	57:28:00
8:30	Ashley	Bailey	M	Sprint	23:05:00	32:00:00	21:10:00	1:16:15
9:00:00	Mark	Bind	M	Sprint	9:10:00	25:36:00	29:46:00	1:04:32
9:00:00	Isabella	Bind	F	Super Sprint	7:56:00	24:17:00	17:08:00	49:21:00
9:00:00	Sara	Bind	F	Sprint	15:17:00	36:56:00	27:00:00	1:19:13
9:00:00	Mikhail	Manuel	M	Super Sprint	9:55:00	18:03:00	10:23:00	38:21:00
9:00:00	Albie	Olivier	F	Super Sprint	15:58:00	20:22:00	19:45:00	56:05:00
9:00:00	Megan	Brennan	F	Super Sprint	13:50:00	27:28:00	22:39:00	1:03:57
9:00:00	Rob	Coombe	M	Sprint	10:52:00	25:07:00	26:16:00	1:02:15
9:00:00	Chrisopher	King	M	Sprint	20:14:00	28:12:00	29:29:00	1:17:55
9:30:00	Lemmie	Van Zyl	M	Sprint	18:55:00	24:40:00	24:34:00	1:08:09
9:30:00	Neil	Carrick	M	Sprint	17:50:00	25:09:00	32:22:00	1:15:21
9:30:00	Charlotte	Young	F	Sprint	17:56:00	31:09:00	28:58:00	1:18:03
9:30:00	Chad	Payne	M	Sprint	22:35:00	29:25:00	29:58:00	1:21:58
9:30:00	Romario Nelson	Sardinha	M	Sprint	12:52:00	22:07:00	19:45:00	54:44:00
9:30:00	Ethan	Fairbanks	M	Super Sprint	13:29:00	20:12:00	14:55:00	48:36:00
9:30:00	Natasha	Driescher-Engelbrecht	F	Sprint	14:07:00	29:38:00	23:48:00	1:07:33
9:30:00	Chad	Phillips	M	Super Sprint	12:45:00	20:36:00	14:19:00	47:40:00
9:30:00	Jason	Le-Cordeur	M	Super Sprint	10:01:00	17:37:00	10:02:00	37:40:00
10:00	Marguerite	Conradie	F	Sprint	9:37:00	24:54:00	23:01:00	57:31:00
10:00	Donnella	Le Roux	F	Sprint	12:33:00	31:21:00	26:12:00	1:10:06
10:00	Tegan	Gibaud	F	Sprint	12:42:00	29:41:00	25:29:00	1:07:52

10:00	Esme	Kruger	F	Sprint	13:13:00	31:31:00	29:33:00	1:14:17
10:00	Pieter-jan	Kruger	M	Sprint	13:38:00	27:14:00	29:32:00	1:10:24
10:00	Daniel Richard	September	M	Super Sprint	14:35:00	19:32:00	11:33:00	45:40:00
10:00	Tania	Idas	F	Super Sprint	11:50:00	21:04:00	11:32:00	44:26:00
10:00	Mark	Fairbanks	M	Super Sprint	11:23:00	14:55:00	11:10:00	37:28:00
10:30	Karl	Van Der Linde	M	Super Sprint	15:53:00	16:46:00	8:50:00	42:29:00
10:30	Margitta	Wright	F	Sprint	10:22:00	25:58:00	22:30:00	58:50:00
10:30	Ryan	Van Wyk	M	Sprint	15:07:00	25:13:00	23:00:00	1:03:20
10:30	Adrian	Withers	M	Sprint	9:24:00	23:12:00	23:14:00	55:49:00
10:30	Maggie	De Swardt	F	Sprint	15:04:00	26:12:00	23:14:00	1:04:29
10:30	Stanley	Jonck	M	Super Sprint	30:00:00	18:38:00	13:40:00	1:02:18
10:30	Amanda	Fourie	F	Super Sprint	30:00:00	20:56:00	14:31:00	1:05:26
10:30	Rifqah	Maker	F	Super Sprint	11:50:00	24:42:00	13:40:00	50:10:00
10:30	Michelle	Greyling	F	Super Sprint	14:32:00	21:16:00	14:30:00	50:17:00
10:30	Randall	Smith	M	Super Sprint	15:31:00	18:43:00	14:24:00	48:37:00
11:00	Jannie Michaela Rendtlew	Danielsen	F	Sprint	12:58:00	24:48:00	23:08:00	1:00:54
11:00	Vidar Rendtlew	Bendixen	M	Sprint	9:34:00	29:06:00	20:29:00	59:10:00
11:00	Soeren	Bendixen	M	Sprint	11:19:00	24:13:00	17:11:00	52:43:00
11:00	Zeo	Solomons	M	Sprint	21:16:00	24:57:00	23:25:00	1:09:38
11:00	Tanja	Beger	F	Sprint	11:10:00	28:00:00	25:11:00	1:04:21
11:00	Monica	Botha	F	Sprint	10:29:00	28:40:00	36:13:00	1:15:21
11:00	Humairah	Collins	F	Sprint	13:33:00	35:16:00	36:13:00	1:26:02
11:00	Roslyn	Karamba	F	Sprint	17:22:00	35:45:00	26:05:00	1:19:11