

**SSISA Super Tri #3 Results - Sprint**

<b>First Name</b>	<b>Last Name</b>	<b>Gender</b>	<b>Distance</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Brandon	Arlow	M	Sprint	00:07:39	00:21:12	00:18:00	00:46:51
Colin	George	M	Sprint	00:11:03	00:23:55	00:16:00	00:50:58
Damian-lee	Wallace	M	Sprint	00:10:03	00:25:00	00:18:00	00:53:03
Aj	Nel	M	Sprint	00:09:20	00:26:05	00:19:00	00:54:25
Romario Nelson	Sardinha	M	Sprint	00:12:57	00:22:33	00:20:00	00:55:30
Vishaan	Makan	M	Sprint	00:10:06	00:26:44	00:19:00	00:55:50
Paige	Andrew	F	Sprint	00:09:08	00:24:34	00:23:00	00:56:42
Henri	Van Der Merwe	F	Sprint	00:11:36	00:25:47	00:20:00	00:57:23
Adrian	Withers	M	Sprint	00:09:38	00:23:26	00:25:00	00:58:04
Tanya	Van Der Merwe	F	Sprint	00:10:39	00:28:23	00:20:00	00:59:02
Pierre	Smit	M	Sprint	00:16:26	00:25:10	00:19:00	01:00:36
Heyno	Kraft	M	Sprint	00:13:02	00:24:52	00:24:00	01:01:54
Zeo	Solomons	M	Sprint	00:20:52	00:24:16	00:17:00	01:02:08
Karl	Van Der Linde	M	Sprint	00:18:35	00:24:51	00:19:00	01:02:26
Nikki	Parker	F	Sprint	00:12:37	00:27:39	00:23:00	01:03:16
Alicia	Kotze	F	Sprint	00:12:23	00:28:59	00:22:00	01:03:22
Lara	Court	F	Sprint	00:13:04	00:29:36	00:24:00	01:06:40
Sasha-lee	Gallow	F	Sprint	00:11:33	00:33:19	00:23:00	01:07:52
Ashley	Bailey	M	Sprint	00:22:46	00:26:40	00:19:00	01:08:26
Faizel	Jabaar	M	Sprint	00:19:07	00:29:13	00:21:00	01:09:20
Irene	Kraft	F	Sprint	00:16:59	00:29:33	00:24:00	01:10:32
Mascha	Moorlach	F	Sprint	00:15:35	00:29:02	00:29:00	01:13:37
Conrad	Visser	M	Sprint	00:13:38	00:38:36	00:22:00	01:14:14
Kairan	Moorlach	M	Sprint	00:10:19	00:36:21	00:29:00	01:15:40
Kathryn	Van Niekerk	F	Sprint	00:15:18	00:26:59	00:35:00	01:17:17
Charlotte	Young	F	Sprint	00:17:22	00:31:35	00:29:00	01:17:57
Heather	Wynne	F	Sprint	00:17:13	00:33:00	00:28:00	01:18:13
Anelle	Goldblatt	F	Sprint	00:17:24	00:32:17	00:29:00	01:18:41
Patrick	Pedersen	M	Sprint	00:17:22	00:32:23	00:31:00	01:20:45
Tegan	Gibaud	F	Sprint	00:13:53	00:42:43	00:26:00	01:22:36
Nyasha	Mutema	F	Sprint	00:17:47	00:36:11	00:33:00	01:26:58
Dean	Frylinck	M	Sprint	00:13:49	00:45:30	00:28:00	01:27:19
Susan	Van Wyk	F	Sprint	00:17:13	00:35:30	00:54:00	01:46:43

<b>SSISA Super Tri #3 Results - Super Sprint</b>							
<b>First Name</b>	<b>Last Name</b>	<b>Gender</b>	<b>Distance</b>	<b>Swim</b>	<b>Bike</b>	<b>Run</b>	<b>Total</b>
Nico	De Nysschen	M	Super Sprint	00:06:42	00:12:23	00:07:00	00:26:05
Michael	Peacock	M	Super Sprint	00:09:44	00:15:27	00:08:00	00:33:11
Corne	Kooyman	M	Super Sprint	00:07:28	00:17:20	00:10:00	00:34:48
Alexander	Kohlhofer	M	Super Sprint	00:06:44	00:17:19	00:11:00	00:35:03
Jason	Freel	M	Super Sprint	00:06:18	00:16:23	00:13:00	00:35:41
Jenna	Devenish	F	Super Sprint	00:07:30	00:17:52	00:12:00	00:37:22
Christopher	Wagner	M	Super Sprint	00:08:31	00:16:55	00:12:00	00:37:26
Amazon	Jacobs	M	Super Sprint	00:10:02	00:18:20	00:11:00	00:39:22
Am	De Nysschen	M	Super Sprint	00:07:34	00:20:59	00:11:00	00:39:33
Gretchin	Davids	F	Super Sprint	00:08:59	00:19:36	00:11:00	00:39:35
Mikhail	Manuel	M	Super Sprint	00:08:50	00:18:13	00:13:00	00:40:03
Mark	Fairbanks	M	Super Sprint	00:12:57	00:17:40	00:11:00	00:41:37
Ruan	Olivier	M	Super Sprint	00:12:22	00:17:32	00:12:00	00:41:54
Adrian	Matthys	M	Super Sprint	00:10:07	00:21:50	00:10:00	00:41:57
Erin	Coull	F	Super Sprint	00:07:37	00:19:35	00:15:00	00:42:12
Kari	Lagler	F	Super Sprint	00:10:08	00:18:11	00:15:00	00:43:19
Freya	Coull	F	Super Sprint	00:07:29	00:22:14	00:14:00	00:43:43
Saadiq	Ungerer	M	Super Sprint	00:15:00	00:18:27	00:11:00	00:44:27
Isabella	De Beer	F	Super Sprint	00:08:58	00:23:30	00:12:00	00:44:28
Adam	Kleinschmidt	M	Super Sprint	00:10:58	00:24:55	00:12:00	00:47:53
Yumna	Jakoet	F	Super Sprint	00:15:35	00:19:52	00:13:00	00:48:27
Caroline	Young	F	Super Sprint	00:12:35	00:19:32	00:18:00	00:50:07
Ismail	Kleinsmidt	M	Super Sprint	00:15:20	00:20:13	00:16:00	00:51:33
Sara	Bind	F	Super Sprint	00:10:12	00:24:05	00:18:00	00:52:17
Chantal	September	F	Super Sprint	00:13:25	00:29:00	00:10:00	00:52:25
Ethan	Fairbanks	M	Super Sprint	00:15:23	00:21:07	00:16:00	00:52:30
Kim	Norton	F	Super Sprint	00:12:42	00:23:06	00:17:00	00:52:48
Anelda	Rennison	F	Super Sprint	00:16:12	00:20:58	00:16:00	00:53:10
Albie	Olivier	F	Super Sprint	00:14:51	00:19:21	00:20:00	00:54:12
Bryony	Brown	F	Super Sprint	00:22:02	00:19:18	00:13:00	00:54:20
Craig	Wentzel	M	Super Sprint	00:18:25	00:20:43	00:16:00	00:55:08
Rifqah	Maker	F	Super Sprint	00:11:24	00:23:34	00:21:00	00:55:58
Hayley	Fellies	F	Super Sprint	00:20:28	00:25:11	00:11:00	00:56:39
Zainu	Ungerer	F	Super Sprint	00:21:11	00:21:24	00:16:00	00:58:35
Sonja	Kohlhofer	F	Super Sprint	00:21:06	00:21:18	00:18:00	01:00:24
Riyaz	Parker	M	Super Sprint	00:14:23	00:32:40	00:16:00	01:03:03
Leto	Du Plessis	M	Super Sprint	00:16:15	00:40:34	00:24:00	01:20:49