

# IRONMAN<sup>®</sup>

## 70.3<sup>®</sup> SOUTH AFRICA

### DURBAN

**TEAM NAME**

TRI-LAMBS

**SWIM**

00:24:35

**BIKE**

03:05:31

**RUN**

01:46:10

**OVERALL**

05:21:57

RACE DIRECTOR,  
WERNER SMIT



DIRECTOR OPERATIONS,  
PAUL WOLFF



MANAGING DIRECTOR,  
KEITH BOWLER



SUNDAY, 6 JUNE 2021