

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Henrik GOESCH

SWIM

00:22:24

BIKE

04:37:18

RUN

02:58:54

OVERALL

08:02:29

AGE GROUP

Pro

AGE GROUP
RANKING

10

OVERALL
RANKING

10

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021