

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Shine BAR

SWIM

00:08:58

BIKE

06:28:18

RUN

03:52:49

OVERALL

10:45:04

AGE GROUP

45-49

AGE GROUP
RANKING

2

OVERALL
RANKING

217

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021