

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Lauren FRIEDMAN

SWIM

00:16:38

BIKE

07:23:32

RUN

04:29:22

OVERALL

12:19:01

AGE GROUP

45-49

AGE GROUP
RANKING

14

OVERALL
RANKING

429

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021