

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Loise DE KOCK

SWIM

00:20:11

BIKE

08:32:24

RUN

06:09:22

OVERALL

15:18:59

AGE GROUP

60-64

AGE GROUP
RANKING

6

OVERALL
RANKING

684

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021