

IRONMAN[®]

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Mate MENYHARD

SWIM

00:10:02

BIKE

05:12:44

RUN

03:43:12

OVERALL

09:12:40

AGE GROUP

30-34

AGE GROUP
RANKING

8

OVERALL
RANKING

58

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021