

# IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Robert TIMMIS

SWIM

00:14:42

BIKE

06:29:06

RUN

04:31:14

OVERALL

11:26:48

AGE GROUP

35-39

AGE GROUP  
RANKING

59

OVERALL  
RANKING

295

RACE DIRECTOR,  
MICHELE DALTON



OPERATION DIRECTOR,  
PAUL WOLFF



MANAGING DIRECTOR,  
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021