

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Frans LUCK

SWIM

00:08:45

BIKE

07:34:37

RUN

05:32:30

OVERALL

13:28:59

AGE GROUP

35-39

AGE GROUP
RANKING

97

OVERALL
RANKING

574

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021