

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Roman KOEHLER

SWIM

00:11:56

BIKE

05:16:35

RUN

03:41:12

OVERALL

09:18:08

AGE GROUP

40-44

AGE GROUP
RANKING

14

OVERALL
RANKING

64

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021