

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Christiaan NEL

SWIM

00:13:06

BIKE

05:33:26

RUN

04:24:14

OVERALL

10:19:53

AGE GROUP

40-44

AGE GROUP
RANKING

30

OVERALL
RANKING

164

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021