

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Lance HEROLDT

SWIM

00:14:28

BIKE

05:29:47

RUN

03:34:27

OVERALL

09:25:59

AGE GROUP

50-54

AGE GROUP
RANKING

6

OVERALL
RANKING

74

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021