

# IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Henk MOEN

SWIM

00:18:16

BIKE

06:36:55

RUN

04:11:29

OVERALL

11:20:06

AGE GROUP

50-54

AGE GROUP  
RANKING

24

OVERALL  
RANKING

279

RACE DIRECTOR,  
MICHELE DALTON



OPERATION DIRECTOR,  
PAUL WOLFF



MANAGING DIRECTOR,  
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021