

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Andrew BARENDs

SWIM

00:17:59

BIKE

06:24:03

RUN

05:42:46

OVERALL

12:41:39

AGE GROUP

55-59

AGE GROUP
RANKING

26

OVERALL
RANKING

478

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021