

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Nicola FREITAS

SWIM

00:13:46

BIKE

06:08:39

RUN

04:05:32

OVERALL

10:37:50

AGE GROUP

25-29

AGE GROUP
RANKING

4

OVERALL
RANKING

202

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021