

IRONMAN®

nelson mandela bay SOUTH AFRICA
AFRICAN CHAMPIONSHIP

FINISHER

Manfred LAMBRECHTS

SWIM

00:10:06

BIKE

04:55:45

RUN

03:46:05

OVERALL

08:59:22

AGE GROUP

25-29

AGE GROUP
RANKING

4

OVERALL
RANKING

45

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021