

IRONMAN®

nelson mandela bay SOUTH AFRICA

AFRICAN CHAMPIONSHIP

FINISHER

Toinette VAN NIEKERK

SWIM

00:12:21

BIKE

05:27:10

RUN

03:45:32

OVERALL

09:32:25

AGE GROUP

35-39

AGE GROUP
RANKING

2

OVERALL
RANKING

84

RACE DIRECTOR,
MICHELE DALTON



OPERATION DIRECTOR,
PAUL WOLFF



MANAGING DIRECTOR,
KEITH BOWLER



SUNDAY, 21 NOVEMBER 2021