



## Benguela Cove Cross Triathlon Long 6 February 2016

### Junior Male

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	317	Gerstner, Juka	1:15:10.780	4:57	12.127	5
		Swim - T1 >	0:21:37.940	(0:21:37.940)		
		Finish >	0:53:32.840	(1:15:10.780)		

### Open Male

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	368	Burger, Jean-Paul	1:07:25.427	4:26	13.521	1
		Swim - T1 >	0:18:29.153	(0:18:29.153)		
		Finish >	0:48:56.274	(1:07:25.427)		
2.	365	Janos, Dylan	1:12:13.207	4:45	12.622	3
		Swim - T1 >	0:17:40.523	(0:17:40.523)		
		Finish >	0:54:32.684	(1:12:13.207)		
3.	320	Hopf, Dean	1:14:14.863	4:53	12.280	4
		Swim - T1 >	0:20:17.593	(0:20:17.593)		
		Finish >	0:53:57.270	(1:14:14.863)		

### Open Female

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	370	Terblanche, Rita	1:23:57.530	5:32	10.858	8
		Swim - T1 >	0:21:41.303	(0:21:41.303)		
		Finish >	1:02:16.227	(1:23:57.530)		
2.	314	Fourie, Elna	1:35:02.843	6:15	9.592	15
		Swim - T1 >	0:28:45.833	(0:28:45.833)		
		Finish >	1:06:17.010	(1:35:02.843)		
3.	358	Van Den Heever,	1:42:00.507	6:43	8.937	24
		Swim - T1 >	0:29:17.033	(0:29:17.033)		
		Finish >	1:12:43.474	(1:42:00.507)		

### Vet Male

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	367	Boonstra, Lieuwe	1:07:26.627	4:26	13.518	2
		Swim - T1 >	0:17:23.763	(0:17:23.763)		
		Finish >	0:50:02.864	(1:07:26.627)		
2.	327	Krige, David	1:26:50.757	5:43	10.498	9
		Swim - T1 >	0:22:18.020	(0:22:18.020)		
		Finish >	1:04:32.737	(1:26:50.757)		
3.	372	De Vries, Herman	1:28:58.710	5:51	10.246	10
		Swim - T1 >	0:23:02.760	(0:23:02.760)		
		Finish >	1:05:55.950	(1:28:58.710)		



### Vet Female

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	331	Mathee, Francis	1:36:57.917 <i>(0:28:48.163)</i> <i>(1:36:57.917)</i>	6:23	9.402	18
		Swim - T1 >	0:28:48.163			
		Finish >	1:08:09.754			
2.	364	Betts, Bonte	1:48:33.730 <i>(0:32:55.557)</i> <i>(1:48:33.730)</i>	7:09	8.398	34
		Swim - T1 >	0:32:55.557			
		Finish >	1:15:38.173			
3.	348	Van Dyk, Michelle	1:53:39.030 <i>(0:35:12.720)</i> <i>(1:53:39.030)</i>	7:29	8.021	42
		Swim - T1 >	0:35:12.720			
		Finish >	1:18:26.310			

### Master Male

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	312	Engelbrecht, Schalk	1:35:19.230 <i>(0:27:33.190)</i> <i>(1:35:19.230)</i>	6:16	9.563	16
		Swim - T1 >	0:27:33.190			
		Finish >	1:07:46.040			
2.	341	Rynhoud, Beau	2:12:53.927 <i>(0:31:16.483)</i> <i>(2:12:53.927)</i>	8:45	6.860	50
		Swim - T1 >	0:31:16.483			
		Finish >	1:41:37.444			
3.	371	Frazer, Derrick	2:28:18.787 <i>(0:34:49.357)</i> <i>(2:28:18.787)</i>	9:46	6.147	54
		Swim - T1 >	0:34:49.357			
		Finish >	1:53:29.430			

### Master Female

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	338	Pienaar, Celia	1:45:43.477 <i>(0:27:02.057)</i> <i>(1:45:43.477)</i>	6:58	8.623	30
		Swim - T1 >	0:27:02.057			
		Finish >	1:18:41.420			
2.	315	Frazer, Debbie	2:35:48.497 <i>(0:34:48.653)</i> <i>(2:35:48.497)</i>	10:15	5.851	55
		Swim - T1 >	0:34:48.653			
		Finish >	2:00:59.844			

### Grand Master Male

Place	Bib#	Name	Time	Pace	Speed	Overall
1.	360	Van Der Merwe,	1:51:46.973 <i>(0:35:47.290)</i> <i>(1:51:46.973)</i>	7:21	8.156	39
		Swim - T1 >	0:35:47.290			
		Finish >	1:15:59.683			