



Benguela Cove Cross Triathlon Short 6 February 2016

Junior Male

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	508	Van Den Berg, Berno	38:46.620	5:26	11.060	2
		Swim - T1 >	0:10:06.666	(0:10:06.666)		
		Bike Finish >	0:28:39.954	(0:38:46.620)		
2.	519	Weyers, Ruan	41:44.086	5:50	10.273	3
		Swim - T1 >	0:12:58.323	(0:12:58.323)		
		Bike Finish >	0:28:45.763	(0:41:44.086)		
3.	517	Lourens, Andre	57:46.163	8:05	7.422	10
		Swim - T1 >	0:23:47.600	(0:23:47.600)		
		Bike Finish >	0:33:58.563	(0:57:46.163)		

Junior Female

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	516	Kleyn, Corlia	1:10:25.380	9:51	6.089	42
		Swim - T1 >	0:20:51.416	(0:20:51.416)		
		Bike Finish >	0:49:33.964	(1:10:25.380)		

Open Male

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	505	Hopf, Dean	36:29.226	5:06	11.752	1
		Swim - T1 >	0:10:42.240	(0:10:42.240)		
		Bike Finish >	0:25:46.986	(0:36:29.226)		
2.	554	Osrin, Tommy	48:17.393	6:45	8.880	4
		Swim - T1 >	0:10:32.250	(0:10:32.250)		
		Bike Finish >	0:37:45.143	(0:48:17.393)		
3.	551	Bosman, Hennie	57:45.553	8:05	7.424	9
		Swim - T1 >	0:19:21.123	(0:19:21.123)		
		Bike Finish >	0:38:24.430	(0:57:45.553)		

Open Female

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	530	Hellinger, Nicole	53:37.256	7:30	7.997	6
		Swim - T1 >	0:13:58.276	(0:13:58.276)		
		Bike Finish >	0:39:38.980	(0:53:37.256)		
2.	550	Demilander, Almerie	59:38.883	8:21	7.190	15
		Swim - T1 >	0:16:55.516	(0:16:55.516)		
		Bike Finish >	0:42:43.367	(0:59:38.883)		
3.	532	Collins, Sunnye	1:00:00.670	8:24	7.146	18
		Swim - T1 >	0:19:26.800	(0:19:26.800)		
		Bike Finish >	0:40:33.870	(1:00:00.670)		



Vet Male

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	523	Mcculloch, Craig	58:06.263	8:08	7.379	11
		Swim - T1 >	0:19:24.470 (0:19:24.470)			
		Bike Finish >	0:38:41.793 (0:58:06.263)			
2.	549	Raubenheimer, Peet	1:00:45.860	8:30	7.058	20
		Swim - T1 >	0:16:16.930 (0:16:16.930)			
		Bike Finish >	0:44:28.930 (1:00:45.860)			
3.	537	Lombaard, Luther	1:05:19.386	9:08	6.564	36
		Swim - T1 >	0:23:51.890 (0:23:51.890)			
		Bike Finish >	0:41:27.496 (1:05:19.386)			

Vet Female

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	514	Cherry, Stephanie	53:32.786	7:29	8.009	5
		Swim - T1 >	0:16:09.660 (0:16:09.660)			
		Bike Finish >	0:37:23.126 (0:53:32.786)			
2.	535	Van Der Stoep, Hanneen	53:50.713	7:32	7.964	7
		Swim - T1 >	0:15:56.780 (0:15:56.780)			
		Bike Finish >	0:37:53.933 (0:53:50.713)			
3.	552	Hellinger, Sonja	54:40.860	7:39	7.843	8
		Swim - T1 >	0:15:53.283 (0:15:53.283)			
		Bike Finish >	0:38:47.577 (0:54:40.860)			

Master Male

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	511	Wilson, Doug	58:30.013	8:11	7.329	13
		Swim - T1 >	0:16:29.603 (0:16:29.603)			
		Bike Finish >	0:42:00.410 (0:58:30.013)			
2.	543	Claypool, Peter	1:00:54.136	8:31	7.040	21
		Swim - T1 >	0:21:46.530 (0:21:46.530)			
		Bike Finish >	0:39:07.606 (1:00:54.136)			

Master Female

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	510	Wilson, Penny	1:08:58.036	9:39	6.217	40
		Swim - T1 >	0:22:18.073 (0:22:18.073)			
		Bike Finish >	0:46:39.963 (1:08:58.036)			
2.	547	Hepburn-Brown, Sandy	1:23:42.983	11:43	5.122	50
		Swim - T1 >	0:27:50.536 (0:27:50.536)			
		Bike Finish >	0:55:52.447 (1:23:42.983)			

Grand Master Male

Place	Bib#	Name	Time	Pace	Speed	Overall Place
1.	539	Bothma, Dawie	1:15:24.516	10:33	5.686	44
		Swim - T1 >	0:22:13.063 (0:22:13.063)			
		Bike Finish >	0:53:11.453 (1:15:24.516)			