



Benguela Cove Cross Triathlon Long - 6 February 2016

Line Through = Disqualified

Place	Name	Bib #	Time	Pace	Speed	Gender
1	BURGER, JEAN-PAUL <i>Swim - T1 > 0:18:29.153 (0:18:29.153)</i> <i>Finish > 0:48:56.274 (1:07:25.427)</i>	368	1:07:25.426	4:26/M	13.5mph	MALE
2	BOONSTRA, LIEUWE <i>Swim - T1 > 0:17:23.763 (0:17:23.763)</i> <i>Finish > 0:50:02.864 (1:07:26.627)</i>	367	1:07:26.626	4:26/M	13.5mph	MALE
3	JANOS, DYLAN <i>Swim - T1 > 0:17:40.523 (0:17:40.523)</i> <i>Finish > 0:54:32.684 (1:12:13.207)</i>	365	1:12:13.206	4:45/M	12.6mph	MALE
4	HOPF, DEAN <i>Swim - T1 > 0:20:17.593 (0:20:17.593)</i> <i>Finish > 0:53:57.270 (1:14:14.863)</i>	320	1:14:14.863	4:53/M	12.3mph	MALE
5	GERSTNER, JUKA <i>Swim - T1 > 0:21:37.940 (0:21:37.940)</i> <i>Finish > 0:53:32.840 (1:15:10.780)</i>	317	1:15:10.780	4:57/M	12.1mph	MALE
6	CZERNY, SEBASTIAN <i>Swim - T1 > 0:21:34.920 (0:21:34.920)</i> <i>Finish > 0:54:11.957 (1:15:46.877)</i>	304	1:15:46.876	4:59/M	12.0mph	MALE
7	VAN NIEKERK, MICHAEL <i>Swim - T1 > 0:20:55.157 (0:20:55.157)</i> <i>Finish > 0:56:58.476 (1:17:53.633)</i>	325	1:17:53.633	5:08/M	11.7mph	MALE
8	TERBLANCHE, RITA <i>Swim - T1 > 0:21:41.303 (0:21:41.303)</i> <i>Finish > 1:02:16.227 (1:23:57.530)</i>	370	1:23:57.530	5:31/M	10.9mph	FEMALE
9	KRIGE, DAVID <i>Swim - T1 > 0:22:18.020 (0:22:18.020)</i> <i>Finish > 1:04:32.737 (1:26:50.757)</i>	327	1:26:50.756	5:43/M	10.5mph	MALE
10	DE VRIES, HERMAN <i>Swim - T1 > 0:23:02.760 (0:23:02.760)</i> <i>Finish > 1:05:55.950 (1:28:58.710)</i>	372	1:28:58.710	5:51/M	10.2mph	MALE
11	VAN DER MERWE, CRONJE <i>Swim - T1 > 0:25:02.947 (0:25:02.947)</i> <i>Finish > 1:04:17.380 (1:29:20.327)</i>	346	1:29:20.326	5:53/M	10.2mph	MALE
12	SWARTS, JUSTIN <i>Swim - T1 > 0:25:43.337 (0:25:43.337)</i> <i>Finish > 1:06:06.070 (1:31:49.407)</i>	356	1:31:49.406	6:03/M	9.9mph	MALE
13	NORTJE, HENRE <i>Swim - T1 > 0:26:55.540 (0:26:55.540)</i> <i>Finish > 1:04:54.107 (1:31:49.647)</i>	359	1:31:49.646	6:03/M	9.9mph	MALE
14	KAPP, JOHAN <i>Swim - T1 > 0:26:32.317 (0:26:32.317)</i> <i>Finish > 1:08:27.296 (1:34:59.613)</i>	324	1:34:59.613	6:15/M	9.6mph	MALE
15	FOURIE, ELNA <i>Swim - T1 > 0:28:45.833 (0:28:45.833)</i> <i>Finish > 1:06:17.010 (1:35:02.843)</i>	314	1:35:02.843	6:15/M	9.6mph	FEMALE



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16	ENGELBRECHT, SCHALK <i>Swim - T1 > 0:27:33.190 (0:27:33.190)</i> <i>Finish > 1:07:46.040 (1:35:19.230)</i>	312	1:35:19.230	6:16/M	9.6mph	MALE
17	MATTHEE, CAREL <i>Swim - T1 > 0:28:35.630 (0:28:35.630)</i> <i>Finish > 1:08:21.787 (1:36:57.417)</i>	332	1:36:57.416	6:23/M	9.4mph	MALE
18	MATTHEE, FRANCIS <i>Swim - T1 > 0:28:48.163 (0:28:48.163)</i> <i>Finish > 1:08:09.754 (1:36:57.917)</i>	331	1:36:57.916	6:23/M	9.4mph	FEMALE
19	BREYTENBACH, COBUS <i>Swim - T1 > 0:27:19.890 (0:27:19.890)</i> <i>Finish > 1:10:31.717 (1:37:51.607)</i>	302	1:37:51.606	6:26/M	9.3mph	MALE
20	ELS, JC <i>Swim - T1 > 0:32:22.153 (0:32:22.153)</i> <i>Finish > 1:07:25.340 (1:39:47.493)</i>	355	1:39:47.493	6:34/M	9.1mph	MALE
21	VAN DYK, JACQUES <i>Swim - T1 > 0:28:57.470 (0:28:57.470)</i> <i>Finish > 1:10:54.720 (1:39:52.190)</i>	347	1:39:52.190	6:34/M	9.1mph	MALE
22	MCCULLOCH, CRAIG <i>Swim - T1 > 0:25:40.907 (0:25:40.907)</i> <i>Finish > 1:14:16.250 (1:39:57.157)</i>	363	1:39:57.156	6:35/M	9.1mph	MALE
23	WIEHAHN, DARRYN <i>Swim - T1 > 0:25:38.937 (0:25:38.937)</i> <i>Finish > 1:15:14.523 (1:40:53.460)</i>	352	1:40:53.460	6:38/M	9.0mph	MALE
24	VAN DEN HEEVER, <i>Swim - T1 > 0:29:17.033 (0:29:17.033)</i> <i>Finish > 1:12:43.474 (1:42:00.507)</i>	358	1:42:00.506	6:43/M	8.9mph	FEMALE
25	VAN HEERDEN, JUDIKE <i>Swim - T1 > 0:27:15.703 (0:27:15.703)</i> <i>Finish > 1:15:04.747 (1:42:20.450)</i>	349	1:42:20.450	6:44/M	8.9mph	FEMALE
26	KOCK, HELEN <i>Swim - T1 > 0:26:53.060 (0:26:53.060)</i> <i>Finish > 1:15:39.153 (1:42:32.213)</i>	326	1:42:32.213	6:45/M	8.9mph	FEMALE
27	WHITE, WESLEY <i>Swim - T1 > 0:32:30.210 (0:32:30.210)</i> <i>Finish > 1:10:04.707 (1:42:34.917)</i>	351	1:42:34.916	6:45/M	8.9mph	MALE
28	STRAUSS, PIETER <i>Swim - T1 > 0:31:38.080 (0:31:38.080)</i> <i>Finish > 1:12:23.523 (1:44:01.603)</i>	342	1:44:01.603	6:51/M	8.8mph	MALE
29	ADAM, CARYN <i>Swim - T1 > 0:32:46.640 (0:32:46.640)</i> <i>Finish > 1:12:22.913 (1:45:09.553)</i>	319	1:45:09.553	6:55/M	8.7mph	FEMALE
30	PIENAAR, CELIA <i>Swim - T1 > 0:27:02.057 (0:27:02.057)</i> <i>Finish > 1:18:41.420 (1:45:43.477)</i>	338	1:45:43.476	6:57/M	8.6mph	FEMALE
31	DE JAGER, PERRY <i>Swim - T1 > 0:34:07.577 (0:34:07.577)</i> <i>Finish > 1:13:18.963 (1:47:26.540)</i>	307	1:47:26.540	7:04/M	8.5mph	MALE
32	BOSHOFF, HEINIE <i>Swim - T1 > 0:35:11.467 (0:35:11.467)</i> <i>Finish > 1:12:27.626 (1:47:39.093)</i>	301	1:47:39.093	7:05/M	8.5mph	MALE
33	GAUNTLETT, LUCY <i>Swim - T1 > 0:28:51.447 (0:28:51.447)</i> <i>Finish > 1:19:12.763 (1:48:04.210)</i>	316	1:48:04.210	7:07/M	8.4mph	FEMALE
34	BETTS, BONTE	364	1:48:33.730	7:09/M	8.4mph	FEMALE



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	Swim - T1 > 0:32:55.557 (0:32:55.557)					
	Finish > 1:15:38.173 (1:48:33.730)					
35	MCFARLANE, TYRONE	357	1:48:39.300	7:09/M	8.4mph	MALE
	Swim - T1 > 0:34:11.990 (0:34:11.990)					
	Finish > 1:14:27.310 (1:48:39.300)					
36	MARAIS, JASON	329	1:49:16.283	7:11/M	8.3mph	MALE
	Swim - T1 > 0:30:59.787 (0:30:59.787)					
	Finish > 1:18:16.496 (1:49:16.283)					
37	DAVIDSON, JARYD	305	1:50:38.956	7:17/M	8.2mph	MALE
	Swim - T1 > 0:32:20.940 (0:32:20.940)					
	Finish > 1:18:18.017 (1:50:38.957)					
38	DAVIDSON, MONIQUE	306	1:50:39.143	7:17/M	8.2mph	FEMALE
	Swim - T1 > 0:26:56.860 (0:26:56.860)					
	Finish > 1:23:42.283 (1:50:39.143)					
39	VAN DER MERWE, WESSEL	360	1:51:46.973	7:21/M	8.2mph	MALE
	Swim - T1 > 0:35:47.290 (0:35:47.290)					
	Finish > 1:15:59.683 (1:51:46.973)					
40	SURRIDGE, DAVE	344	1:52:38.360	7:25/M	8.1mph	MALE
	Swim - T1 > 0:35:08.927 (0:35:08.927)					
	Finish > 1:17:29.433 (1:52:38.360)					
41	DE WET, MARI-LO	309	1:52:39.130	7:25/M	8.1mph	FEMALE
	Swim - T1 > 0:35:10.043 (0:35:10.043)					
	Finish > 1:17:29.087 (1:52:39.130)					
42	VAN DYK, MICHELLE	348	1:53:39.030	7:29/M	8.0mph	FEMALE
	Swim - T1 > 0:35:12.720 (0:35:12.720)					
	Finish > 1:18:26.310 (1:53:39.030)					
43	NAYLOR, MICHELLE	369	1:56:40.560	7:41/M	7.8mph	FEMALE
	Swim - T1 > 0:30:51.993 (0:30:51.993)					
	Finish > 1:25:48.567 (1:56:40.560)					
44	DE KRIELEN, ROXANNE	308	1:58:09.530	7:47/M	7.7mph	FEMALE
	Swim - T1 > 0:30:56.817 (0:30:56.817)					
	Finish > 1:27:12.713 (1:58:09.530)					
45	NEL, LOUW	336	1:58:33.906	7:48/M	7.7mph	MALE
	Swim - T1 > 0:37:15.943 (0:37:15.943)					
	Finish > 1:21:17.964 (1:58:33.907)					
46	HART, FRED	354	2:02:23.233	8:03/M	7.4mph	MALE
	Swim - T1 > 0:24:52.977 (0:24:52.977)					
	Finish > 1:37:30.256 (2:02:23.233)					
47	CASTLE, DANE	303	2:03:29.170	8:08/M	7.4mph	MALE
	Swim - T1 > 0:31:46.993 (0:31:46.993)					
	Finish > 1:31:42.177 (2:03:29.170)					
48	NOVITZKAS, MELANIE	337	2:09:35.036	8:32/M	7.0mph	FEMALE
	Swim - T1 > 0:33:20.857 (0:33:20.857)					
	Finish > 1:36:14.180 (2:09:35.037)					
49	KIRSCH, LISA	361	2:09:40.816	8:32/M	7.0mph	FEMALE
	Swim - T1 > 0:31:35.567 (0:31:35.567)					
	Finish > 1:38:05.250 (2:09:40.817)					
50	RYNHOUD, BEAU	341	2:12:53.926	8:45/M	6.9mph	MALE
	Swim - T1 > 0:31:16.483 (0:31:16.483)					
	Finish > 1:41:37.444 (2:12:53.927)					
51	PRETORIUS, JANET	340	2:13:50.236	8:48/M	6.8mph	FEMALE
	Swim - T1 > 0:33:15.067 (0:33:15.067)					
	Finish > 1:40:35.170 (2:13:50.237)					
52	MAREE, BRONWYN	330	2:15:24.286	8:55/M	6.7mph	FEMALE
	Swim - T1 > 0:27:43.190 (0:27:43.190)					



Place	Name	Bib #	Time	Pace	Speed	Gender
	<i>Finish > 1:47:41.097 (2:15:24.287)</i>					
53	WATERHOUSE, LEIGH	350	2:17:46.090	9:04/M	6.6mph	FEMALE
	<i>Swim - T1 > 0:37:21.660 (0:37:21.660)</i>					
	<i>Finish > 1:40:24.430 (2:17:46.090)</i>					
54	FRAZER, DERRICK	371	2:28:18.786	9:46/M	6.1mph	MALE
	<i>Swim - T1 > 0:34:49.357 (0:34:49.357)</i>					
	<i>Finish > 1:53:29.430 (2:28:18.787)</i>					
55	FRAZER, DEBBIE	315	2:35:48.496	10:15/M	5.9mph	FEMALE
	<i>Swim - T1 > 0:34:48.653 (0:34:48.653)</i>					
	<i>Finish > 2:00:59.844 (2:35:48.497)</i>					
56	MULLON, STEPHEN	335	1:29:20.616	5:53/M	10.2mph	MALE
	<i>Swim - T1 > 0:22:23.290 (0:22:23.290)</i>					
	<i>Finish > 1:06:57.327 (1:29:20.617)</i>					
57	MCGREGOR, T	362	2:27:12.536	9:41/M	6.2mph	FEMALE
	<i>Swim - T1 > 0:32:50.100 (0:32:50.100)</i>					
	<i>Finish > 1:54:22.437 (2:27:12.537)</i>					