



Benguela Cove Cross Triathlon Short - 6 February 2016

Line-Through = Disqualified

Place	Name	Bib #	Time	Pace	Speed	Gender
1	HOPF, DEAN	505	00:36:29.226	5:06/M	11.8mph	MALE
	Swim - T1 >		0:10:42.240	(0:10:42.240)		
	Bike Finish >		0:25:46.986	(0:36:29.226)		
2	VAN DEN BERG, BERNO	508	00:38:46.620	5:25/M	11.1mph	MALE
	Swim - T1 >		0:10:06.666	(0:10:06.666)		
	Bike Finish >		0:28:39.954	(0:38:46.620)		
3	WEYERS, RUAN	519	00:41:44.086	5:50/M	10.3mph	MALE
	Swim - T1 >		0:12:58.323	(0:12:58.323)		
	Bike Finish >		0:28:45.763	(0:41:44.086)		
4	OSRIN, TOMMY	554	00:48:17.393	6:45/M	8.9mph	MALE
	Swim - T1 >		0:10:32.250	(0:10:32.250)		
	Bike Finish >		0:37:45.143	(0:48:17.393)		
5	CHERRY, STEPHANIE	514	00:53:32.786	7:29/M	8.0mph	FEMALE
	Swim - T1 >		0:16:09.660	(0:16:09.660)		
	Bike Finish >		0:37:23.126	(0:53:32.786)		
6	HELLINGER, NICOLE	530	00:53:37.256	7:30/M	8.0mph	FEMALE
	Swim - T1 >		0:13:58.276	(0:13:58.276)		
	Bike Finish >		0:39:38.980	(0:53:37.256)		
7	VAN DER STOEP, HANNEEN	535	00:53:50.713	7:32/M	8.0mph	FEMALE
	Swim - T1 >		0:15:56.780	(0:15:56.780)		
	Bike Finish >		0:37:53.933	(0:53:50.713)		
8	HELLINGER, SONJA	552	00:54:40.860	7:39/M	7.8mph	FEMALE
	Swim - T1 >		0:15:53.283	(0:15:53.283)		
	Bike Finish >		0:38:47.577	(0:54:40.860)		
9	BOSMAN, HENNIE	551	00:57:45.553	8:05/M	7.4mph	MALE
	Swim - T1 >		0:19:21.123	(0:19:21.123)		
	Bike Finish >		0:38:24.430	(0:57:45.553)		
10	LOURENS, ANDRE	517	00:57:46.163	8:05/M	7.4mph	MALE
	Swim - T1 >		0:23:47.600	(0:23:47.600)		
	Bike Finish >		0:33:58.563	(0:57:46.163)		
11	MCCULLOCH, CRAIG	523	00:58:06.263	8:08/M	7.4mph	MALE
	Swim - T1 >		0:19:24.470	(0:19:24.470)		
	Bike Finish >		0:38:41.793	(0:58:06.263)		
12	WESSELS, LOUIS	504	00:58:16.866	8:09/M	7.4mph	MALE
	Swim - T1 >		0:17:38.923	(0:17:38.923)		
	Bike Finish >		0:40:37.943	(0:58:16.866)		
13	WILSON, DOUG	511	00:58:30.013	8:11/M	7.3mph	MALE
	Swim - T1 >		0:16:29.603	(0:16:29.603)		
	Bike Finish >		0:42:00.410	(0:58:30.013)		
14	MCCULLOCH, NATALIE	522	00:59:35.233	8:20/M	7.2mph	FEMALE
	Swim - T1 >		0:16:25.480	(0:16:25.480)		
	Bike Finish >		0:43:09.753	(0:59:35.233)		
15	DEMILANDER, ALMERIE	550	00:59:38.883	8:21/M	7.2mph	FEMALE
	Swim - T1 >		0:16:55.516	(0:16:55.516)		
	Bike Finish >		0:42:43.367	(0:59:38.883)		



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16	DOLLMAN, SYD	555	00:59:48.000	8:22/M	7.2mph	MALE
	Swim - T1 >		0:17:27.676	(0:17:27.676)		
	Bike Finish >		0:42:20.324	(0:59:48.000)		
17	OOSTHUIZEN, HENDRIK	521	00:59:48.550	8:22/M	7.2mph	MALE
	Swim - T1 >		0:17:45.633	(0:17:45.633)		
	Bike Finish >		0:42:02.917	(0:59:48.550)		
18	COLLINS, SUNNYE	532	1:00:00.670	8:24/M	7.1mph	FEMALE
	Swim - T1 >		0:19:26.800	(0:19:26.800)		
	Bike Finish >		0:40:33.870	(1:00:00.670)		
19	MINNIES, WAYNE	560	1:00:15.450	8:26/M	7.1mph	MALE
	Swim - T1 >		0:19:39.646	(0:19:39.646)		
	Bike Finish >		0:40:35.804	(1:00:15.450)		
20	RAUBENHEIMER, PEET	549	1:00:45.860	8:30/M	7.1mph	MALE
	Swim - T1 >		0:16:16.930	(0:16:16.930)		
	Bike Finish >		0:44:28.930	(1:00:45.860)		
21	CLAYPOOL, PETER	543	1:00:54.136	8:31/M	7.0mph	MALE
	Swim - T1 >		0:21:46.530	(0:21:46.530)		
	Bike Finish >		0:39:07.606	(1:00:54.136)		
22	GREEN, TAMMY	556	1:01:03.936	8:33/M	7.0mph	FEMALE
	Swim - T1 >		0:15:50.043	(0:15:50.043)		
	Bike Finish >		0:45:13.893	(1:01:03.936)		
23	MCGREGOR, GWENDELYNNE	526	1:01:38.253	8:37/M	7.0mph	FEMALE
	Swim - T1 >		0:14:59.326	(0:14:59.326)		
	Bike Finish >		0:46:38.927	(1:01:38.253)		
24	ODENDAAL, REINHARD	557	1:01:38.643	8:37/M	7.0mph	MALE
	Swim - T1 >		0:21:03.850	(0:21:03.850)		
	Bike Finish >		0:40:34.793	(1:01:38.643)		
25	SANDENBERGH, STEPHAN	506	1:02:00.106	8:40/M	6.9mph	MALE
	Swim - T1 >		0:15:59.390	(0:15:59.390)		
	Bike Finish >		0:46:00.716	(1:02:00.106)		
26	HUMAN, RINA	512	1:02:06.126	8:41/M	6.9mph	FEMALE
	Swim - T1 >		0:21:35.286	(0:21:35.286)		
	Bike Finish >		0:40:30.840	(1:02:06.126)		
27	BASS, MARK	527	1:02:34.740	8:45/M	6.9mph	MALE
	Swim - T1 >		0:18:09.746	(0:18:09.746)		
	Bike Finish >		0:44:24.994	(1:02:34.740)		
28	LOUBSER, BRENDA	544	1:02:53.590	8:48/M	6.8mph	FEMALE
	Swim - T1 >		0:18:39.246	(0:18:39.246)		
	Bike Finish >		0:44:14.344	(1:02:53.590)		
29	RUSTER, TERESA-ANN	528	1:03:05.466	8:50/M	6.8mph	FEMALE
	Swim - T1 >		0:17:11.740	(0:17:11.740)		
	Bike Finish >		0:45:53.726	(1:03:05.466)		
30	HART, FRED	538	1:03:27.913	8:53/M	6.8mph	MALE
	Swim - T1 >		0:13:25.040	(0:13:25.040)		
	Bike Finish >		0:50:02.873	(1:03:27.913)		
31	PERESTRELO, ROXANNE	515	1:04:15.070	8:59/M	6.7mph	FEMALE
	Swim - T1 >		0:18:32.240	(0:18:32.240)		
	Bike Finish >		0:45:42.830	(1:04:15.070)		
32	VAN COLLER, ELMARIE	518	1:05:02.096	9:06/M	6.6mph	FEMALE
	Swim - T1 >		0:18:41.426	(0:18:41.426)		
	Bike Finish >		0:46:20.670	(1:05:02.096)		



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33	LOMBAARD, JEANETTE	536	1:05:02.686	9:06/M	6.6mph	FEMALE
	Swim - T1 >		0:21:06.386	(0:21:06.386)		
	Bike Finish >		0:43:56.300	(1:05:02.686)		
34	COETZEE, RISTA	531	1:05:03.423	9:06/M	6.6mph	FEMALE
	Swim - T1 >		0:22:07.966	(0:22:07.966)		
	Bike Finish >		0:42:55.457	(1:05:03.423)		
35	CARSTENS, MARISA	520	1:05:05.393	9:06/M	6.6mph	FEMALE
	Swim - T1 >		0:18:22.143	(0:18:22.143)		
	Bike Finish >		0:46:43.250	(1:05:05.393)		
36	LOMBAARD, LUTHER	537	1:05:19.386	9:08/M	6.6mph	MALE
	Swim - T1 >		0:23:51.890	(0:23:51.890)		
	Bike Finish >		0:41:27.496	(1:05:19.386)		
37	STREETER, ADAM	501	1:06:12.590	9:16/M	6.5mph	MALE
	Swim - T1 >		0:19:46.603	(0:19:46.603)		
	Bike Finish >		0:46:25.987	(1:06:12.590)		
38	VAN NIEKERK, PIERRE	500	1:06:13.680	9:16/M	6.5mph	MALE
	Swim - T1 >		0:19:53.763	(0:19:53.763)		
	Bike Finish >		0:46:19.917	(1:06:13.680)		
39	VOLSCHENK, MERCIA	553	1:07:52.240	9:30/M	6.3mph	FEMALE
	Swim - T1 >		0:22:16.873	(0:22:16.873)		
	Bike Finish >		0:45:35.367	(1:07:52.240)		
40	WILSON, PENNY	510	1:08:58.036	9:39/M	6.2mph	FEMALE
	Swim - T1 >		0:22:18.073	(0:22:18.073)		
	Bike Finish >		0:46:39.963	(1:08:58.036)		
41	LATIMER, LAUREN	548	1:09:22.220	9:42/M	6.2mph	FEMALE
	Swim - T1 >		0:15:54.353	(0:15:54.353)		
	Bike Finish >		0:53:27.867	(1:09:22.220)		
42	KLEYN, CORLIA	516	1:10:25.380	9:51/M	6.1mph	FEMALE
	Swim - T1 >		0:20:51.416	(0:20:51.416)		
	Bike Finish >		0:49:33.964	(1:10:25.380)		
43	DU PLESSIS, COREZA	507	1:11:41.036	10:02/M	6.0mph	FEMALE
	Swim - T1 >		0:21:21.350	(0:21:21.350)		
	Bike Finish >		0:50:19.686	(1:11:41.036)		
44	BOTHMA, DAWIE	539	1:15:24.516	10:33/M	5.7mph	MALE
	Swim - T1 >		0:22:13.063	(0:22:13.063)		
	Bike Finish >		0:53:11.453	(1:15:24.516)		
45	WAGNER, MELANIE	502	1:15:36.746	10:35/M	5.7mph	FEMALE
	Swim - T1 >		0:18:14.076	(0:18:14.076)		
	Bike Finish >		0:57:22.670	(1:15:36.746)		
46	HEWITT, GEORGINA	540	1:21:15.360	11:22/M	5.3mph	FEMALE
	Swim - T1 >		0:21:24.000	(0:21:24.000)		
	Bike Finish >		0:59:51.360	(1:21:15.360)		
47	EVANS, MARINA	534	1:22:04.970	11:29/M	5.2mph	FEMALE
	Swim - T1 >		0:20:07.280	(0:20:07.280)		
	Bike Finish >		1:01:57.690	(1:22:04.970)		
48	NICHOLAS, LIEZEL	524	1:22:05.650	11:29/M	5.2mph	FEMALE
	Swim - T1 >		0:20:01.430	(0:20:01.430)		
	Bike Finish >		1:02:04.220	(1:22:05.650)		
49	SMITH, WEHANN	529	1:23:42.043	11:43/M	5.1mph	MALE
	Swim - T1 >		0:30:05.940	(0:30:05.940)		
	Bike Finish >		0:53:36.103	(1:23:42.043)		



Place	Name	Bib #	Time	Pace	Speed	Gender
50	HEPBURN-BROWN, SANDY	547	1:23:42.983	11:43/M	5.1mph	FEMALE
	Swim - T1 >		0:27:50.536	(0:27:50.536)		
	Bike Finish >		0:55:52.447	(1:23:42.983)		
51	BELING, JENITA	559	1:27:28.720	12:14/M	4.9mph	FEMALE
	Swim - T1 >		0:28:46.780	(0:28:46.780)		
	Bike Finish >		0:58:41.940	(1:27:28.720)		
52	PRETORIUS, ANGELIQUE	558	1:27:34.170	12:15/M	4.9mph	FEMALE
	Swim - T1 >		0:28:29.726	(0:28:29.726)		
	Bike Finish >		0:59:04.444	(1:27:34.170)		