



# Lomond Triathlon 2019

## Full Solo



RaceNo	Name	Surname	Gender	OverAll	Gender	Age		Swim	Transistion 1	Bike	Transistion 2	Run	Total Time
				Pos	Pos	Age Cat	Pos						
163	Dylan	Janos	Male	1	1	30 to 34	1	00:18:28.5	00:01:02.9	01:24:43.8	00:00:58.3	00:51:16.2	02:36:29.9
284	Daniel	Mannweiler	Male	2	2	40 to 44	1	00:20:24.2	00:00:54.6	01:27:01.0	00:00:38.4	00:49:10.6	02:38:08.9
50	Robert	Scholtz	Male	3	3	45 to 49	1	00:20:34.4	00:01:12.9	01:25:43.8	00:01:32.2	00:51:12.4	02:40:15.9
271	Gary	Thomas	Male	4	4	25 to 29	1	00:20:40.1	00:00:47.2	01:25:30.8	00:00:49.6	00:54:06.0	02:41:53.9
212	Jacques	Badenhorst	Male	5	5	18 to 19	1	00:22:05.4	00:01:08.8	01:29:41.4	00:00:45.5	00:49:04.5	02:42:45.8
9	Samuel	Courts	Male	6	6	20 to 24	1	00:18:15.0	00:00:41.6	01:30:52.5	00:00:45.4	00:54:16.4	02:44:51.1
149	Vernon	Visser	Male	7	7	35 to 39	1	00:19:10.1	00:01:35.2	01:29:36.9	00:01:00.4	00:55:17.5	02:46:40.3
108	Thomas	Moss	Male	8	8	20 to 24	2	00:24:19.2	01:22:33.5	23:59:52.4	00:01:02.0	01:04:05.3	02:51:52.7
412	Dewald	van den Berg	Male	9	9	35 to 39	2	00:25:38.3	00:02:30.6	01:33:57.7	00:00:42.4	00:53:56.6	02:56:45.8
182	Kobus	Meyer	Male	10	10	40 to 44	2	00:22:45.2	00:01:49.9	01:41:07.4	00:01:05.6	00:50:57.1	02:57:45.4
403	Henry	Wolstenholme	Male	11	11	50 to 54	1	00:27:09.5	00:02:05.1	01:39:12.4	00:01:03.0	00:49:07.3	02:58:37.4
253	Martin	Havenga	Male	12	12	30 to 34	2	00:21:45.3	00:02:27.2	01:38:46.0	00:01:07.3	01:00:25.0	03:04:31.0
134	Kees	Wouters	Male	13	13	30 to 34	3	00:27:39.8	00:01:49.8	01:38:25.4	00:01:26.6	00:59:16.5	03:08:38.2
240	Visser	Liebenberg	Male	14	14	25 to 29	2	00:22:32.3	00:03:07.0	01:41:04.5	00:01:52.9	01:01:12.3	03:09:49.3
643	Juri	De Bruyn	Male	15	15	20 to 24	3	00:25:29.6	00:01:46.9	01:36:04.6	00:01:05.0	01:05:26.0	03:09:52.3
361	David	Stonestreet	Male	16	16	50 to 54	2	00:24:50.4	00:03:09.3	01:37:45.0	00:01:17.0	01:02:53.8	03:09:55.6
79	eckhardt	visser	Male	17	17	50 to 54	3	00:26:15.1	00:03:23.8	01:41:19.7	00:01:51.7	00:58:54.7	03:11:45.1
209	Jean-Baptiste	Wiroth	Male	18	18	45 to 49	2	00:30:41.6	00:03:53.8	01:39:25.4	00:01:33.6	00:56:47.2	03:12:21.9
202	Pieter	Herbst	Male	19	19	25 to 29	3	00:22:32.9	00:01:37.4	01:42:38.3	00:01:24.8	01:05:44.0	03:13:57.5
214	Reinard	Wessels	Male	20	20	30 to 34	4	00:22:10.0	00:02:50.1	01:43:08.1	00:01:36.4	01:05:21.7	03:15:06.5
601	Herman	Hattingh	Male	21	21	35 to 39	3	00:32:53.4	00:03:05.7	01:31:42.4	00:01:40.3	01:06:01.8	03:15:23.9
390	Jaco	Mouton	Male	22	22	35 to 39	4	00:25:22.0	00:03:58.9	01:44:38.0	00:01:59.3	00:59:43.6	03:15:41.9
218	Du Toit	Botha	Male	23	23	25 to 29	4	00:24:20.7	00:03:15.0	01:41:21.2	00:01:30.5	01:07:26.0	03:17:53.6
65	Andries	Aucamp	Male	24	24	40 to 44	3	00:25:57.3	00:03:29.8	01:46:53.4	00:02:17.8	01:02:11.2	03:20:49.8
615	Pieter	Uys	Male	25	25	20 to 24	4	00:28:32.7	00:03:23.3	01:37:26.3	00:01:26.5	01:10:17.1	03:21:06.1
285	Judah	Caetano	Male	26	26	16 to 17	1	00:30:18.9	00:03:20.7	01:48:58.4	00:01:13.0	01:00:10.3	03:24:01.5
263	Verone	Grobler	Female	27	1	25 to 29	1	00:26:55.1	00:01:57.8	01:54:22.3	00:02:56.6	00:58:09.7	03:24:21.7
232	Almari	De Milander	Female	28	2	35 to 39	1	00:27:31.8	00:01:49.9	01:53:53.4	00:02:22.7	01:02:23.6	03:28:01.7
13	Scott	Salvage	Male	29	27	30 to 34	5	00:20:21.9	00:02:22.1	01:51:27.2	00:02:00.3	01:13:13.1	03:29:24.8
78	Kevin	Spratley	Male	30	28	50 to 54	4	00:31:23.6	00:04:30.5	01:52:21.0	00:02:49.1	01:02:46.4	03:33:50.9
282	Rita	Terblanche	Female	31	3	40 to 44	1	00:20:34.6	00:02:15.8	01:50:24.7	00:02:00.0	01:18:42.8	03:33:58.1
121	Andre	Brand	Male	32	29	35 to 39	5	00:22:16.8	00:04:43.4	01:50:09.3	00:03:32.0	01:13:49.5	03:34:31.3



# Lomond Triathlon 2019

## Full Solo



RaceNo	Name	Surname	Gender	OverAll	Gender	Age		Swim	Transistion 1	Bike	Transistion 2	Run	Total Time
				Pos	Pos	Age Cat	Pos						
180	Karl-Hein	Pool	Male	34	30	20 to 24	5	00:27:45.9	00:05:21.0	02:01:55.1	00:03:03.9	01:00:28.5	<b>03:38:34.5</b>
302	Mark	Schoeman	Male	35	31	35 to 39	6	00:27:08.5	00:02:16.4	01:48:27.8	00:01:48.6	01:19:34.6	<b>03:39:16.0</b>
44	Julian	Burke	Male	36	32	35 to 39	7	00:27:42.2	00:04:21.6	01:56:11.4	00:02:39.3	01:08:31.8	<b>03:39:26.5</b>
255	Bernard	Coetzee	Male	37	33	50 to 54	5	00:27:47.2	00:04:04.2	01:43:23.8	00:02:00.0	01:22:34.9	<b>03:39:50.2</b>
161	BERNARD	NIEMAND	Male	38	34	35 to 39	8	00:24:03.2	00:05:37.0	01:56:35.0	00:02:11.9	01:11:53.8	<b>03:40:21.1</b>
197	Molly	De Bruyn	Female	39	5	45 to 49	1	00:29:40.5	00:05:52.3	01:32:42.4	00:02:00.0	01:34:41.1	<b>03:44:56.4</b>
227	Will	Dalling	Male	40	35	40 to 44	4	00:29:00.9	00:02:37.1	02:09:00.7	00:00:46.6	01:04:18.4	<b>03:45:43.9</b>
143	Samuel	Kuhn	Male	41	36	20 to 24	6	00:20:52.3	00:02:03.7	02:12:08.6	00:03:27.8	01:11:22.2	<b>03:49:54.7</b>
365	Johannes	Knoblauch	Male	42	37	25 to 29	5	00:33:20.4	00:04:18.0	02:06:36.8	23:51:30.8	01:14:11.5	<b>03:49:57.7</b>
217	Dejay	Groenewald	Male	43	38	30 to 34	6	00:24:18.9	00:05:25.3	02:07:22.4	00:01:56.4	01:13:18.4	<b>03:52:21.6</b>
633	Graham	Paulsen	Male	44	39	30 to 34	7	00:21:40.3	00:00:53.9	02:04:41.0	00:01:55.6	01:27:46.3	<b>03:56:57.2</b>
53	Jeremy	Midgley	Male	45	40	65 to 69	1	00:29:27.6	00:02:42.4	02:13:19.6	00:01:53.6	01:11:45.8	<b>03:59:09.2</b>
110	Jan	Ellis	Male	46	41	40 to 44	5	00:33:26.1	00:03:08.7	01:58:32.6	00:01:53.1	01:22:16.0	<b>03:59:16.6</b>
360	Ferdi	Visser	Male	47	42	30 to 34	8	00:33:56.8	00:03:11.6	01:59:53.4	00:03:38.3	01:19:26.5	<b>04:00:06.9</b>
359	rikus	smit	Male	48	43	25 to 29	6	00:28:43.2	00:03:16.4	02:06:44.5	00:02:01.2	01:19:27.0	<b>04:00:12.6</b>
5	Renscha	Van Heerden	Female	49	6	30 to 34	2	00:28:15.3	00:02:59.8	02:20:01.1	00:01:24.5	01:07:32.9	<b>04:00:13.8</b>
136	Nick	Pay	Male	50	44	50 to 54	6	00:26:10.6	00:03:22.8	02:08:35.2	00:02:10.2	01:19:55.8	<b>04:00:14.9</b>
341	Emanuelle	LIVET	Female	51	7	40 to 44	2	00:24:54.6	00:02:11.2	02:18:07.7	00:01:08.7	01:17:13.6	<b>04:03:36.2</b>
379	jordi	Meijer	Male	52	45	30 to 34	9	00:41:15.8	00:03:53.2	01:42:06.2	00:02:45.2	01:35:30.2	<b>04:05:30.7</b>
393	francois	van der merwe	Male	53	46	20 to 24	7	00:26:00.8	00:05:59.7	02:02:54.8	00:04:18.3	01:32:28.9	<b>04:11:42.8</b>
418	Johannes Gerhard	De Wet	Male	54	47	25 to 29	7	00:28:14.3	00:04:55.2	02:18:01.3	00:01:51.2	01:18:59.3	<b>04:12:01.5</b>
85	Twané	Wessels	Female	55	8	30 to 34	3	00:38:19.0	00:03:49.1	01:44:07.1	00:01:23.4	01:45:14.1	<b>04:12:52.9</b>
10	Helette	Du Toit	Female	56	9	40 to 44	3	00:27:55.3	00:02:14.6	02:02:05.3	00:03:34.8	01:37:36.2	<b>04:13:26.4</b>
57	Janke	Uys	Female	57	10	20 to 24	1	00:28:15.3	00:02:10.8	01:54:49.1	00:01:02.9	02:07:53.9	<b>04:34:12.1</b>
181	Santie	Knoblauch	Female	58	11	25 to 29	2	00:29:38.8	00:03:03.8	01:51:32.6	00:01:24.7	02:08:32.2	<b>04:34:12.2</b>
358	James	Genis	Male	59	48	25 to 29	8	00:33:41.4	00:03:47.8	01:51:46.0	00:01:35.9	02:04:09.7	<b>04:35:00.9</b>



# Lomond Triathlon 2019

## Full Teams



RaceNo	Team Names	Gender	OverAll	Gender	Age	Swim	Transistion 1	Bike	Transistion 2	Run	Total Time	
			Pos	Pos	Age Cat							Pos
279	Hendrik Eben & Cameron	Male	1	1	16 to 17	1	00:16:34.4	00:01:41.4	01:22:42.1	00:01:17.8	00:57:30.6	<b>02:39:46.5</b>
409	Isaac, Barend & John	Male	2	2	50 to 54	1	00:20:50.8	00:01:09.9	01:46:30.5	00:00:53.5	01:01:43.1	<b>03:11:08.0</b>
154	Celia & Evan	Female	3	1	55 to 59	1	00:27:27.6	00:01:08.6	01:33:12.5	00:00:38.0	01:10:43.0	<b>03:13:09.8</b>
229	Helgard & Suzanne Slabbert	Male	4	3	45 to 49	1	00:18:12.3	00:00:26.5	01:34:21.7	00:00:21.7	01:21:49.4	<b>03:15:11.7</b>
87	Deon, Lizette & Tammy Greenwood	Male	5	4	45 to 49	2	00:18:11.6	00:00:34.5	02:03:53.8	00:00:13.2	00:56:06.4	<b>03:18:59.7</b>
67	Erhardt, Jenna & Jacques	Male	6	5	50 to 54	2	00:30:07.5	00:00:38.5	01:47:29.7	00:02:00.0	01:11:20.3	<b>03:31:36.2</b>
417	Japie, Hans & Jan	Male	7	6	50 to 54	3	00:23:35.9	00:00:33.1	01:54:06.8	00:02:00.0	01:11:23.4	<b>03:31:39.3</b>
74	Johan Karel & Gabrielle	Male	8	7	40 to 44	1	00:23:20.2	00:00:39.5	01:57:51.4	00:00:22.3	01:10:23.9	<b>03:32:37.6</b>
376	Melanie & Ronny Boender	Female	9	2	40 to 44	1	00:23:52.2	00:00:39.5	01:56:36.3	00:00:44.4	01:16:08.9	<b>03:38:01.5</b>
16	Sunnye & Shaun	Female	10	3	40 to 44	2	00:29:25.6	00:00:46.8	01:56:03.3	00:02:40.5	01:20:08.5	<b>03:49:04.9</b>
345	Robert, Brenda & Lisa	Male	11	8	60 to 64	1	00:22:36.2	00:00:42.7	01:59:56.9	00:02:47.5	01:27:12.1	<b>03:53:15.6</b>
287	Nicola, Cindy & Willem	Female	12	4	55 to 59	2	00:32:20.1	00:00:49.3	02:04:28.8	00:00:35.5	01:33:13.0	<b>04:11:26.9</b>
363	Maret & Jeanetta	Female	13	5	20 to 24	1	00:24:05.5	00:00:45.5	01:53:24.8	00:02:00.0	01:51:31.4	<b>04:11:47.3</b>
111	Chana & Greg	Female	14	6	35 to 39	1	00:38:37.4	00:00:32.1	02:45:06.2	00:02:16.5	01:14:02.3	<b>04:40:34.8</b>



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## Sprint Solo



RaceNo	Name	Surname	Gender	OverAll	Gender	Age	Swim	Transistion 1	Bike	Transistion 2	Run	Total Time	
				Pos	Pos	Age Cat							Pos
130	Louis	Terblanche	Male	1	1	14 to 15	1	00:07:45.7	00:00:44.8	00:46:50.1	00:01:01.7	00:23:56.7	01:20:19.2
276	Frederick	Stafford	Male	2	2	12 to 13	1	00:08:00.7	00:01:14.0	00:50:34.1	00:01:03.9	00:25:19.8	01:26:12.7
400	Jaco	Wolstenholme	Male	3	3	18 to 19	1	00:06:40.8	00:01:20.0	00:52:32.9	00:00:32.5	00:25:54.8	01:27:01.2
112	Stephan	Rheeders	Male	4	4	35 to 39	1	00:09:21.4	00:01:42.2	00:52:37.0	00:01:02.5	00:23:14.7	01:27:58.0
270	Tanya	Rabie	Female	5	1	45 to 49	1	00:10:20.9	00:01:41.3	00:49:41.1	00:00:55.4	00:26:10.9	01:28:49.8
293	Meagan	Pereira	Female	6	2	25 to 29	1	00:10:23.4	00:00:37.7	00:55:12.3	00:00:40.9	00:23:24.9	01:30:19.3
294	Schalk	Albertyn	Male	7	5	40 to 44	1	00:11:30.5	00:02:07.5	00:51:50.6	00:01:10.5	00:24:49.0	01:31:28.2
27	Janco	Fourie	Male	8	6	14 to 15	2	00:08:52.4	00:02:38.9	00:54:45.5	00:00:44.3	00:24:33.3	01:31:34.5
91	Saskia	van der Merwe	Female	9	3	20 to 24	1	00:09:49.5	00:01:26.5	00:51:10.9	00:01:09.0	00:28:59.6	01:32:35.7
63	Tania	Fourie	Female	10	4	45 to 49	2	00:12:15.9	00:02:32.9	00:53:20.0	00:01:01.8	00:24:41.2	01:33:52.0
139	Rowan	Marais	Male	11	7	40 to 44	2	00:08:50.7	00:04:48.6	00:51:34.7	00:01:31.7	00:27:37.7	01:34:23.6
213	Aidan	Ravenscroft	Male	12	8	16 to 17	1	00:07:39.2	00:00:57.6	00:54:40.0	00:01:08.5	00:30:19.0	01:34:44.6
71	Jandre	De Milander	Male	13	9	45 to 49	1	00:10:21.4	00:02:34.2	00:54:21.4	00:01:07.7	00:26:37.5	01:35:02.4
367	Bradley	Schultz	Male	14	10	25 to 29	1	00:07:27.5	00:01:10.8	00:56:51.7	00:01:12.1	00:29:11.7	01:35:54.1
584	Alec	Van Wyk	Male	15	11	40 to 44	3	00:13:51.5	00:01:29.9	00:51:00.0	00:02:30.0	00:27:58.4	01:36:49.9
206	Paul	Smuts	Male	16	12	40 to 44	4	00:10:04.3	00:01:34.2	00:54:20.0	00:01:46.1	00:30:43.3	01:38:28.1
166	Katrien	van Zyl	Female	17	5	30 to 34	1	00:10:44.7	00:01:55.3	00:58:40.4	00:00:37.9	00:26:32.8	01:38:31.2
77	Kelly-Leigh	Reifarh (Harris)	Female	18	6	30 to 34	2	00:11:02.8	00:02:28.9	00:58:15.7	00:01:10.9	00:26:24.2	01:39:22.6
23	Charles	Fourie	Male	19	13	40 to 44	5	00:10:13.6	00:02:04.4	00:56:13.4	00:01:54.2	00:29:50.0	01:40:15.8
261	Lara	Paul	Female	20	7	20 to 24	2	00:09:09.1	00:01:19.1	00:59:37.3	00:00:47.0	00:29:32.5	01:40:25.2
405	Nelius	Oosthuizen	Male	21	14	35 to 39	2	00:09:28.0	00:01:27.2	01:04:58.3	00:00:44.6	00:23:54.9	01:40:33.2
242	Philip Hendrik	Morkel	Male	22	15	30 to 34	1	00:10:41.9	00:03:40.8	00:57:28.8	00:01:21.3	00:27:49.6	01:41:02.6
26	George	De Kock	Male	23	16	16 to 17	2	00:08:26.8	00:03:12.9	01:04:26.0	00:00:59.7	00:24:05.2	01:41:10.8
368	Christo	Smeda	Male	24	17	40 to 44	6	00:12:51.8	00:04:51.9	00:54:24.7	00:02:04.7	00:27:26.3	01:41:39.7
415	Herman	Du Toit	Male	25	18	35 to 39	3	00:11:58.3	00:03:20.6	00:55:18.0	00:02:39.2	00:28:31.1	01:41:47.3
606	Nina	Smeda	Female	26	8	35 to 39	1	00:12:51.3	00:04:50.1	00:54:21.5	00:02:09.6	00:27:52.8	01:42:05.5
272	Megan	Salvage	Female	27	9	30 to 34	3	00:10:06.7	00:03:37.2	00:59:51.1	00:01:33.7	00:27:03.1	01:42:12.0
15	Stuart	Macdonald	Male	28	19	45 to 49	2	00:11:27.5	00:03:03.1	00:56:57.3	00:01:16.2	00:30:24.9	01:43:09.1
69	Towner	Alison	Female	29	10	30 to 34	4	00:10:22.6	00:03:31.7	01:02:07.3	00:01:13.7	00:26:46.7	01:44:02.2
33	Brooke	de Bruyn	Female	30	11	20 to 24	3	00:10:04.7	00:03:00.4	01:00:59.0	00:01:24.6	00:28:45.4	01:44:14.2
353	Theo	Coetzee	Male	31	20	50 to 54	1	00:13:31.8	00:03:36.3	00:53:10.2	00:01:50.2	00:32:50.3	01:44:58.9
167	Capucine	Wiroth	Female	32	12	14 to 15	1	00:09:46.0	00:01:41.5	01:03:31.9	00:00:41.9	00:30:06.1	01:45:47.6



# Lomond Triathlon 2019

## Sprint Solo



RaceNo	Name	Surname	Gender	OverAll	Gender	Age		Swim	Transistion 1	Bike	Transistion 2	Run	Total Time
				Pos	Pos	Age Cat	Pos						
174	Mark	Barratt	Male	33	21	50 to 54	2	00:11:14.1	00:02:37.8	00:59:32.5	00:01:20.6	00:31:48.7	<b>01:46:33.9</b>
81	Lynette	Fischer	Female	34	13	60 to 64	1	00:09:41.3	00:02:45.6	01:04:55.8	00:01:14.3	00:28:28.4	<b>01:47:05.6</b>
645	Francette	Coetzee	Female	35	14	50 to 54	1	00:11:17.7	00:02:54.7	00:57:37.0	00:01:50.6	00:34:17.2	<b>01:47:57.3</b>
175	Pieter	Lategan	Male	36	22	50 to 54	3	00:14:13.0	00:04:33.4	00:54:35.8	00:02:15.5	00:33:04.5	<b>01:48:42.5</b>
254	Gerrit	Steyn	Male	37	23	55 to 59	1	00:15:06.4	00:04:37.5	00:55:48.4	00:02:22.7	00:30:48.7	<b>01:48:44.0</b>
634	Yolande	Viviers	Female	38	15	30 to 34	5	00:12:14.5	00:03:13.1	01:03:42.1	00:01:44.3	00:28:07.3	<b>01:49:01.5</b>
383	Edna	Ytier	Female	39	16	50 to 54	2	00:13:42.8	00:03:39.9	01:01:07.8	00:02:20.6	00:28:24.1	<b>01:49:15.4</b>
54	Karl	Turkovic	Male	40	24	45 to 49	3	00:12:18.1	00:03:17.9	01:02:57.5	00:01:31.2	00:29:43.7	<b>01:49:48.6</b>
283	Kara	Hobby	Female	41	17	35 to 39	2	00:08:56.2	00:01:24.0	01:06:50.8	00:01:33.9	00:31:11.7	<b>01:49:56.7</b>
190	Yolandi	Marais	Female	42	18	35 to 39	3	00:10:44.5	00:03:03.0	01:03:17.3	00:02:46.0	00:30:26.8	<b>01:50:17.8</b>
114	Monique	Brynard	Female	43	19	18 to 19	1	00:09:03.2	00:01:21.2	01:10:07.1	00:00:43.3	00:29:14.4	<b>01:50:29.3</b>
347	Ebbe	Rabie	Male	44	25	25 to 29	2	00:09:48.7	00:02:47.7	01:08:23.3	00:01:38.7	00:27:55.5	<b>01:50:34.1</b>
49	Deon	Kriel	Male	45	26	25 to 29	3	00:15:30.2	00:05:29.5	00:59:55.6	00:01:57.4	00:27:43.7	<b>01:50:36.6</b>
38	Rosine	Van Velzen	Female	46	20	30 to 34	6	00:12:06.5	00:03:10.4	01:01:39.6	00:00:39.8	00:33:19.8	<b>01:50:56.3</b>
55	Tanja	Fourie	Female	47	21	40 to 44	1	00:11:07.3	00:02:59.3	00:59:22.9	00:01:13.5	00:36:14.8	<b>01:50:58.0</b>
2	Paul	Boyce	Male	48	27	40 to 44	7	00:12:09.4	00:01:48.3	01:00:58.8	00:01:20.0	00:34:50.4	<b>01:51:07.0</b>
66	Hannah	Bateta	Female	49	22	30 to 34	7	00:11:16.6	00:02:18.4	01:05:25.1	00:00:55.2	00:31:41.7	<b>01:51:37.3</b>
211	Julia	Thompson	Female	50	23	20 to 24	4	00:11:18.9	00:02:23.5	01:05:29.9	00:01:49.7	00:31:34.1	<b>01:52:36.3</b>
351	MELANIE	JANSON	Female	51	24	40 to 44	2	00:10:17.4	00:03:22.6	01:06:10.9	00:01:16.0	00:32:57.3	<b>01:54:04.4</b>
410	Léna	Wiroth	Female	52	25	12 to 13	1	00:09:50.4	00:01:13.9	01:16:52.8	00:00:00.0	00:27:21.8	<b>01:55:19.1</b>
58	Samuel	Cragg	Male	53	28	20 to 24	1	00:11:06.2	00:01:31.2	01:02:14.5	00:01:05.0	00:39:34.9	<b>01:55:32.0</b>
82	Bernice	Wessels	Female	54	26	30 to 34	8	00:11:05.1	00:03:57.3	01:03:47.4	00:01:50.2	00:35:20.8	<b>01:56:00.9</b>
230	Esmare	Morkel	Female	55	27	30 to 34	9	00:12:04.0	00:03:35.1	01:08:42.2	00:02:40.3	00:29:14.3	<b>01:56:16.1</b>
172	Kim	Du Toit	Female	56	28	40 to 44	3	00:12:10.9	00:01:34.2	01:09:41.9	00:01:54.3	00:31:14.5	<b>01:56:36.0</b>
616	Anton	Bartel	Male	57	29	55 to 59	2	00:18:10.9	00:05:07.1	00:55:58.4	00:02:24.7	00:35:03.7	<b>01:56:45.0</b>
252	Grant	Longmore	Male	58	30	45 to 49	4	00:13:26.3	00:02:49.3	01:08:05.7	00:02:45.2	00:32:20.1	<b>01:59:26.8</b>
145	Annarette	Jansen Van Rensb	Female	59	29	35 to 39	4	00:10:51.3	00:01:43.0	01:06:22.4	00:01:24.6	00:39:58.7	<b>02:00:20.3</b>
62	Willie	Du Toit	Male	60	31	35 to 39	4	00:16:43.2	00:03:30.0	01:08:08.1	00:02:09.5	00:30:38.4	<b>02:01:09.4</b>
407	Dirkie	Viviers	Male	61	32	40 to 44	8	00:13:24.3	00:03:23.4	01:07:33.6	00:02:12.2	00:34:56.5	<b>02:01:30.1</b>
11	Trevor	Garvin	Male	62	33	45 to 49	5	00:10:50.0	00:04:42.8	01:12:00.4	00:00:00.0	00:34:18.9	<b>02:01:52.4</b>
542	Deanne	Longmore	Female	63	30	40 to 44	4	00:10:39.8	00:02:10.0	01:11:31.6	00:02:41.2	00:35:34.4	<b>02:02:37.1</b>
286	Doug	Wilson	Male	64	34	50 to 54	4	00:09:51.5	00:02:47.4	01:13:42.4	00:02:43.4	00:33:36.5	<b>02:02:41.4</b>



# Lomond Triathlon 2019

## Sprint Solo



RaceNo	Name	Surname	Gender	OverAll	Gender	Age	Swim	Transistion 1	Bike	Transistion 2	Run	Total Time	
				Pos	Pos	Age Cat							Pos
159	Jesse	Lord	Male	65	35	20 to 24	2	00:11:21.4	00:02:01.1	01:13:58.8	00:03:00.0	00:33:12.8	02:03:34.3
56	Adrian	Thornycroft	Male	66	36	50 to 54	5	00:13:13.8	00:04:13.4	01:08:54.1	00:02:39.3	00:34:41.7	02:03:42.5
626	lindsay	fortune	Male	67	37	60 to 64	1	00:13:21.0	00:03:58.9	01:05:43.7	00:01:17.7	00:40:55.2	02:05:16.7
119	Louise	Van Zyl	Female	68	31	30 to 34	10	00:12:15.5	00:01:05.8	01:18:29.5	00:01:30.4	00:32:05.3	02:05:26.8
388	Peter	Roos	Male	69	38	55 to 59	3	00:13:42.6	00:03:34.0	01:03:35.9	00:03:02.5	00:41:53.2	02:05:48.4
565	Natasha	Du Preez-Strauss	Female	70	32	40 to 44	5	00:12:21.2	00:02:55.3	01:12:04.8	00:02:34.1	00:36:20.5	02:06:16.0
109	Deon	Retief	Male	71	39	55 to 59	4	00:11:02.4	00:00:47.2	01:15:57.0	00:02:50.0	00:36:40.0	02:07:16.7
195	Inus	van Rooyen	Male	72	40	40 to 44	9	00:14:49.5	00:01:58.9	01:02:32.9	00:02:00.0	00:47:16.6	02:08:38.1
249	Hanko	van Rooyen	Male	73	41	12 to 13	2	00:14:50.2	00:02:00.0	01:02:31.1	00:02:00.0	00:47:18.8	02:08:40.3
395	PENNY	MELCK	Female	74	33	50 to 54	3	00:14:11.5	00:03:23.6	01:15:08.7	00:01:50.0	00:34:27.4	02:09:01.5
45	Marzanne	Bester Hunt	Female	75	34	40 to 44	6	00:10:16.1	00:02:53.2	01:16:12.0	00:02:10.6	00:38:34.5	02:10:06.6
243	Byron	Joannides	Male	76	42	20 to 24	3	00:12:35.6	00:05:53.4	01:00:52.3	00:02:00.0	00:49:00.3	02:10:21.8
132	Warwick	Barratt	Male	77	43	30 to 34	2	00:13:44.0	00:04:48.6	01:14:48.7	00:02:13.7	00:34:51.4	02:10:26.6
188	Muller	Smit	Male	78	44	35 to 39	5	00:11:44.0	00:04:38.7	01:19:43.7	00:02:31.5	00:33:07.3	02:11:45.3
160	Roger	Arendse	Male	79	45	50 to 54	6	00:14:21.2	00:03:00.4	01:15:59.7	00:02:29.7	00:36:18.8	02:12:10.0
398	Dewald	Jordaan	Male	80	46	35 to 39	6	00:16:37.5	00:03:07.5	00:59:36.2	00:02:00.0	00:51:18.3	02:12:39.8
124	Anami	Du Plessis	Female	81	35	40 to 44	7	00:13:23.3	00:04:35.6	01:20:35.1	00:03:28.3	00:32:00.0	02:14:02.5
556	Charl	Avenant	Male	82	47	25 to 29	4	00:14:16.9	00:04:03.5	01:20:04.4	00:03:43.6	00:32:21.4	02:14:29.9
142	Jacques	Bester	Male	83	48	40 to 44	10	00:12:13.5	00:03:39.6	01:17:28.2	00:02:55.0	00:38:26.8	02:14:43.3
639	Johandie	de Kock	Female	84	36	30 to 34	11	00:16:03.1	00:04:02.8	01:25:04.9	00:01:17.4	00:29:37.7	02:16:06.1
150	Inge	Beyers	Female	85	37	30 to 34	12	00:11:02.6	00:03:16.2	01:08:17.5	00:54:05.1	00:00:25.8	02:17:07.4
295	Nicolas	Rodenbach	Male	86	49	20 to 24	4	00:13:21.8	00:02:36.2	01:24:49.9	00:01:45.6	00:38:05.4	02:20:39.1
48	Jemma	Berk	Female	87	38	20 to 24	5	00:17:55.8	00:01:25.6	01:29:12.8	00:01:47.1	00:34:27.7	02:24:49.1
411	Rob	Speedy	Male	88	50	50 to 54	7	00:17:41.8	00:07:09.8	01:25:18.9	00:03:41.8	00:32:41.5	02:26:34.1
638	Amaritha	Meyer	Female	89	39	60 to 64	2	00:12:08.5	00:01:26.0	01:22:20.3	00:01:26.5	00:50:25.7	02:27:47.2
162	Esmari	Joubert	Female	90	40	30 to 34	13	00:18:37.3	00:04:53.0	01:26:53.5	00:03:40.2	00:39:50.0	02:33:54.3
236	Cherie	Schlebusch	Female	91	41	40 to 44	8	00:18:37.4	00:05:00.3	01:26:49.8	00:03:43.2	00:39:45.4	02:33:56.2
186	Johan	Meyer	Male	92	51	60 to 64	2	00:11:00.1	00:02:41.3	01:31:54.3	00:02:51.5	00:50:53.3	02:39:20.7
158	Cheryl	Petersen	Female	93	42	60 to 64	3	00:16:43.5	00:05:59.7	01:31:07.9	00:01:30.1	00:46:29.1	02:41:50.6
373	Rinalda	Arendse	Female	94	43	55 to 59	1	00:13:49.2	00:03:23.2	01:02:08.9	00:02:00.0	01:40:50.8	03:02:12.3
39	Renel	Fourie	Female	95	44	40 to 44	9	00:19:27.8	00:05:24.5	00:54:29.0	00:02:00.0	01:42:11.1	03:03:32.5
301	Christo	Olivier	Male	96	52	35 to 39	7	00:09:44.7	00:01:50.1	01:40:10.2	00:01:38.5	01:15:44.8	03:09:08.4



# Lomond Triathlon 2019

## Sprint Solo



RaceNo	Name	Surname	Gender	OverAll Pos	Gender Pos	Age Cat	Age Pos	Swim	Transistion 1	Bike	Transistion 2	Run	Total Time
629	Tracey	Sadie	Female	97	45	40 to 44	10	00:19:28.1	00:04:41.5	00:55:11.7	00:02:00.0	02:20:41.3	<b>03:42:02.7</b>



# Lomond Triathlon 2019

## Sprint Teams



RaceNo	Team Names	Gender	OverAll	Gender	Age		Swim	Transistion 1	Bike	Transistion 2	Run	Total Time
			Pos	Pos	Age Cat	Pos						
382	Herman & Zoe	Male	1	1	35 to 39	1	00:10:53.3	00:00:37.1	00:43:53.3	00:00:25.4	00:31:39.0	<b>01:27:28.4</b>
632	Johannes, Gustav & Aldo	Male	2	2	45 to 49	1	00:13:15.3	00:00:22.9	00:49:51.0	00:00:23.6	00:30:54.3	<b>01:34:47.2</b>
179	Clarisse & Stefan Terblanche	Female	3	1	16 to 17	1	00:08:33.9	00:00:36.6	00:53:40.2	00:00:31.7	00:32:51.8	<b>01:36:14.4</b>
205	Elsie, Elize & Anna	Female	4	2	45 to 49	1	00:08:30.8	00:00:39.8	00:57:08.3	00:00:38.0	00:29:23.4	<b>01:36:20.5</b>
618	Nathan & Aiden & Ivan Greenwood	Male	5	3	12 to 13	1	00:10:20.6	00:01:03.7	01:07:39.1	00:00:21.3	00:17:47.7	<b>01:37:12.6</b>
194	Inge & Volk Bauermeister	Female	6	3	30 to 34	1	00:11:47.5	00:00:32.6	00:54:37.9	00:00:26.9	00:31:41.1	<b>01:39:06.3</b>
613	Tw Van Zyl	Male	7	4	30 to 34	1	00:11:04.9	00:01:48.8	00:58:43.2	00:00:22.9	00:28:36.3	<b>01:40:36.2</b>
381	Anton & Annalize Werth	Male	8	5	40 to 44	1	00:10:49.5	00:02:47.7	00:56:10.0	00:00:31.2	00:30:18.5	<b>01:40:37.1</b>
94	Heather & Kirsten	Female	9	4	35 to 39	1	00:13:05.8	00:00:43.9	01:02:33.8	00:00:31.1	00:27:21.6	<b>01:44:16.3</b>
603	Janko Bezuidenhout	Male	10	6	16 to 17	1	00:10:43.5	00:01:01.7	01:02:35.5	00:00:25.8	00:31:22.3	<b>01:46:09.1</b>
370	Taegan Felton	Male	11	7	12 to 13	2	00:10:06.7	00:00:47.5	01:08:27.2	00:01:30.0	00:26:36.3	<b>01:47:27.9</b>
73	Derek, Christoff & Nina	Female	12	5	30 to 34	2	00:13:01.9	00:01:18.8	00:57:03.0	00:00:38.9	00:36:06.4	<b>01:48:09.3</b>
80	Annelise & Jacques Kannemeyer	Female	13	6	35 to 39	2	00:09:08.1	00:04:39.7	00:54:42.0	00:00:34.7	00:39:07.6	<b>01:48:12.4</b>
392	JC & Mandi	Male	14	8	35 to 39	2	00:11:35.4	00:00:55.3	01:03:28.6	00:00:35.9	00:39:17.6	<b>01:55:53.0</b>
265	Marlene & Thys	Female	15	7	40 to 44	1	00:12:10.3	00:00:55.9	01:14:16.4	00:00:00.0	00:35:26.3	<b>02:02:49.0</b>
366	David, Richard & ABel	Male	16	9	55 to 59	1	00:08:24.4	00:00:41.2	01:29:47.4	00:00:28.0	00:27:44.5	<b>02:07:05.7</b>
151	Phillip Fourie	Male	17	10	16 to 17	2	00:10:23.7	00:00:40.4	01:26:48.2	00:00:20.3	00:31:03.8	<b>02:09:16.6</b>
260	Lizaan & Nicola Slabbert	Female	18	8	12 to 13	1	00:08:55.2	00:00:28.7	01:18:47.9	00:00:00.0	00:42:50.5	<b>02:11:02.4</b>
349	Jeremy Felton	Male	19	11	50 to 54	1	00:14:03.7	00:00:50.3	01:28:52.4	00:00:27.3	00:30:45.0	<b>02:14:58.8</b>
621	Michelle & Erin	Female	20	9	20 to 24	1	00:10:13.9	00:00:36.9	01:31:10.6	00:00:33.4	00:33:25.1	<b>02:16:00.1</b>
378	Monique & Bianca	Female	21	10	25 to 29	1	00:18:15.4	00:01:18.2	00:57:29.4	00:00:39.7	01:03:43.3	<b>02:21:26.2</b>
61	Catherine Berk	Female	22	11	45 to 49	2	00:13:50.7	00:03:59.6	01:29:30.5	00:03:42.8	00:31:28.5	<b>02:22:32.3</b>