

SA DUATHLON QUALIFYING TIMES 2022/23

CATEGORY	EVENT DISTANCE	SA CHAMPS 2019	SA CHAMPS 2021	SA CHAMPS 2022	Average TIME	ADD 10%
U23 Elite F	Standard	2:19:15			2:19:15	2:33:06
U23 Elite M	Standard	1:55:50			1:55:50	2:07:05
Elite F	Standard	2:17:08			2:17:08	2:30:45
Elite M	Standard	2:02:04			2:02:04	2:14:12
20-24 F	Standard	3:36:06			3:04:30	3:22:45
20-24 M	Standard	2:11:46	1:58:46	2:00:45	2:03:28	2:15:48
25-29 F	Standard		2:33:55	2:23:43	0:02:08	2:43:22
25-29 M	Standard	2:09:29	1:59:50	1:54:17	2:00:59	2:13:05
30-34 F	Standard	2:18:21		2:17:43	2:17:49	2:31:36
30-34 M	Standard	2:03:52	2:04:23	2:10:10	2:05:57	2:18:33
35-39 F	Standard	2:29:49		2:13:11	2:21:18	2:35:27
35-39 M	Standard	2:04:33	2:11:20	2:07:21	2:07:35	2:20:20
40-44 F	Standard	2:26:12	2:35:38	2:14:29	2:25:15	2:39:48
40-44 M	Standard	2:10:50	2:06:38	2:04:20	2:07:01	2:19:45
45-49 F	Standard	2:44:45	3:09:39	2:30:20	2:48:01	3:04:48
45-49 M	Standard	2:09:14	2:21:39	2:08:08	2:12:52	2:26:10
50-54 F	Standard	2:31:05		2:21:14	2:26:06	2:40:42
50-54 M	Standard	2:14:20	2:11:28	2:10:52	2:12:00	2:25:12
55-59 F	Standard	2:47:00	3:21:30	2:37:20	2:55:10	3:12:40
55-59 M	Standard	2:21:27	2:20:18	2:08:55	2:16:40	2:30:20
60-64 F	Standard	2:46:05	2:45:34	2:39:26	2:43:33	2:59:55
60-64 M	Standard	2:37:45	2:22:17	2:24:53	2:28:03	2:42:52
65-69M	Standard		2:53:49		2:53:30	3:10:50
70-74 M	Standard			2:53:40	2:53:24	3:10:45
75-79 M	Standard		3:49:05	3:57:57	3:53:18	4:16:40
20-24 F	Sprint		1:15:24	1:10:14	1:12:41	1:19:57
20-24 M	Sprint		1:02:33	1:06:32	1:04:49	1:11:20
25-29 F	Sprint		1:10:20	1:21:57	1:15:54	1:23:28
25-29 M	Sprint		1:02:50	1:03:59	1:03:03	1:09:21
30-34 F	Sprint		1:09:24		1:09:15	1:16:09
30-34 M	Sprint		1:11:47	1:11:28	1:11:22	1:18:30
35-39 F	Sprint		1:15:20	1:25:48	1:20:20	1:28:22
35-39 M	Sprint		1:13:10	1:20:02	1:16:34	1:24:14
40-44 F	Sprint		1:13:47	1:16:19	1:14:50	1:22:20
40-44 M	Sprint		1:02:42	1:11:15	1:06:47	1:13:27
45-49 F	Sprint		1:17:59	1:13:34	1:15:27	1:23:01
45-49 M	Sprint		1:08:23	1:10:09	1:09:10	1:16:04
50-54 F	Sprint		1:33:53	1:25:27	1:29:24	1:38:21
50-54 M	Sprint		1:09:26	1:07:16	1:08:13	1:15:01
55-59 F	Sprint		1:21:55	1:32:59	1:27:04	1:35:46

55-59M	Sprint		1:14:13	1:19:04	1:16:35	1:24:21
60-64F	Sprint		1:34:40	1:28:59	1:31:30	1:40:38
60-64M	Sprint		1:25:44	1:11:47	1:18:27	1:26:18
65-69M	Sprint		1:35:18	1:26:12	1:30:39	1:39:43
70-74M	Sprint		1:40:38		1:40:22	1:50:25
16-17 F	Sprint	1:06:15	1:15:00	1:15:53	1:12:15	1:19:27
16-17 M	Sprint	0:58:10	1:00:29	0:59:05	0:59:08	1:05:03
18-19 F	Sprint		1:11:57	1:21:15	1:16:20	1:24:00
18-19 M	Sprint	0:57:51	1:00:31	0:59:34	0:59:03	1:04:57
12-13 F	Super Sprint	0:39:12	0:38:29	0:45:23	0:40:52	0:44:57
12-13 M	Super Sprint	0:37:01	0:34:14	0:33:43	0:34:50	0:38:21
14-15 F	Super Sprint	0:37:41	0:37:39	0:35:46	0:36:45	0:40:26
14-15 M	Super Sprint	0:32:30	0:33:28	0:32:21	0:32:36	0:35:51