

SA TRIATHLON QUALIFYING TIMES 2022/23

CATEGORY	EVENT DISTANCE	SA CHAMPS 2019	SA CHAMPS 2021	SA CHAMPS 2022	Average TIME	ADD 10%
u23 Elite F	Standard		2:08:46	2:08:13	2:08:18	2:21:07
u23 Elite M	Standard	1:55:43	1:49:20	1:52:21	1:52:18	2:03:30
Elite F	Standard	2:10:09	2:01:06	2:12:05	2:05:36	2:18:08
Elite M	Standard	1:53:24	1:48:45	1:51:33	1:51:00	2:02:06
20-24 F	Standard	2:16:42	2:25:26	2:11:40	2:17:42	2:31:28
20-24 M	Standard	1:59:00	2:06:07	2:01:33	2:02:08	2:14:20
25-29 F	Standard	2:13:29	2:34:29	2:12:57	2:20:03	2:34:03
25-29 M	Standard	1:55:32	2:07:34	2:02:46	2:01:42	2:13:50
30-34 F	Standard	2:26:56	2:34:01	2:11:16	2:23:54	2:38:18
30-34 M	Standard	1:59:52	1:58:24	2:00:34	1:59:20	2:11:18
35-39 F	Standard	2:19:43	2:20:31	2:06:49	2:15:25	2:28:57
35-39 M	Standard	2:00:03	2:16:31	2:10:14	2:08:50	2:21:42
40-44 F	Standard	2:20:56	2:25:01	2:10:32	2:18:38	2:32:30
40-44 M	Standard	2:03:25		2:02:50	2:05:36	2:18:10
45-49 F	Standard	2:19:24		2:23:08	2:25:36	2:40:10
45-49 M	Standard	2:08:46		2:21:54	2:13:30	2:26:50
50-54 F	Standard	2:27:14		2:15:13	2:25:50	2:40:27
50-54 M	Standard	2:10:30		2:13:52	2:12:40	2:25:56
55-59 F	Standard	2:32:48		2:23:51	2:30:50	2:45:55
55-59 M	Standard	2:20:11		2:24:22	2:21:37	2:35:48
60-64 F	Standard	2:34:56		2:24:15	2:32:36	2:47:52
60-64 M	Standard	2:19:44		2:24:14	2:22:50	2:37:09
65-69F	Standard				3:24:13	3:44:32
65-69 M	Standard	3:11:41		2:36:10	2:58:38	3:16:30
70-74M	Standard	2:31:33		3:57:09	3:12:55	3:32:15
75-79 M	Standard			3:20:05	3:20:05	3:40:03
Elite F	Sprint			1:06:44	1:06:44	1:13:05
Elite M	Sprint			0:58:40	0:58:40	1:04:15
20-24 F	Sprint	1:21:19	1:18:49	1:19:30	1:19:38	1:17:36
20-24 M	Sprint	1:04:21	1:04:30	1:04:34	1:04:16	1:10:43
25-29 F	Sprint	1:23:48	1:16:48	1:16:11	1:18:40	1:26:35
25-29 M	Sprint	1:06:11	1:04:17	1:03:26	1:04:31	1:10:57
30-34 F	Sprint	1:28:36	1:18:00	1:16:22	1:20:50	1:28:57
30-34 M	Sprint	1:12:51	1:02:27	1:14:06	1:09:37	1:16:35
35-39 F	Sprint	1:13:41	1:24:15	1:09:43	1:15:40	1:23:15
35-39 M	Sprint	1:15:01	1:13:44	1:11:53	1:13:20	1:20:40
40-44 F	Sprint	1:14:16	1:16:47	1:18:35	1:16:20	1:23:55
40-44 M	Sprint	1:06:20	1:06:43	1:10:09	1:07:35	1:14:20
45-49 F	Sprint	1:21:08	1:22:09	1:23:22	1:22:08	1:30:20
45-49 M	Sprint	1:16:37	1:03:16	1:12:42	1:10:40	1:17:43

50-54 F	Sprint	1:36:27	1:30:48	1:46:22	1:37:40	1:47:25
50-54 M	Sprint	1:12:02	1:07:48	1:07:55	1:09:01	1:15:55
55-59 F	Sprint	1:22:49	1:30:02		1:26:16	1:34:53
55-59 M	Sprint	1:16:11	1:24:42	1:22:38	1:20:57	1:29:18
60-64 F	Sprint	1:28:44	1:24:58	1:26:17	1:26:24	1:35:02
60-64 M	Sprint	1:26:38	1:16:31	1:32:22	1:24:55	1:33:28
65-69F	Sprint	2:08:30	2:19:27	2:24:20	2:17:15	2:30:57
65-69 M	Sprint		1:34:03		1:34:18	1:43:25
70-74 F	Sprint			1:50:52	1:50:52	2:01:35
70-74 M	Sprint			1:37:01	1:37:01	1:46:42
16-17 F	Sprint	1:12:01	1:12:45	1:13:16	1:12:32	1:19:48
16-17 M	Sprint	1:06:02	1:02:24	1:02:37	1:03:32	1:09:54
18-19 F	Sprint	1:09:02	1:11:07	1:14:26	1:11:27	1:18:36
18-19 M	Sprint	1:02:52	1:00:59	1:00:30	1:01:08	1:07:15
12-13 F	Super Sprint	0:43:11	0:40:31	0:42:48	0:42:55	0:47:12
12-13 M	Super Sprint	0:40:49	0:37:01	0:41:10	0:39:32	0:43:28
14-15 F	Super Sprint	0:39:51	0:37:37	0:40:10	0:39:00	0:42:54
14-15 M	Super Sprint	0:36:00	0:35:23	0:36:23	0:35:50	0:39:24

