



EVENT RESULTS

Matroosberg 2021 ICE swim

Fri, 20th August, 2021

Matroosberg Nature Reserve, Western Cape,
South Africa, South Africa



500m Freestyle

OVERALL (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

OVERALL (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	ADINE FRIEDMAN (52)	Warm	12:24.00				
2	Rukeya Warner (33)	Warm	13:29.00				
3	Ilse Sabrina Woodward	Warm	13:34.00				

Junior (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Junior (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 18 to 24 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 18 to 24 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 25 to 29 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 25 to 29 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 30 to 34 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 30 to 34 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Rukeya Warner (33)	Warm	13:29.00				

Age 35 to 39 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 35 to 39 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Ilse Sabrina Woodward (39)	Warm	13:34.00				

Age 40 to 44 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 40 to 44 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 45 to 49 (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 45 to 49 (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

Age 50 to 54 (Male)

Age 50 to 54 (Female)

CA Swimmer Name IISA Time AR ER WR WC

NONE

CA Swimmer Name IISA Time AR ER WR WC

1  ADINE FRIEDMAN (52) **Warm** 12:24.00

Age 55 to 59 (Male)

CA Swimmer Name IISA Time AR ER WR WC

NONE

Age 55 to 59 (Female)

CA Swimmer Name IISA Time AR ER WR WC

NONE

Age 60 to 64 (Male)

CA Swimmer Name IISA Time AR ER WR WC

NONE

Age 60 to 64 (Female)

CA Swimmer Name IISA Time AR ER WR WC

NONE

Age 65 to 69 (Male)

CA Swimmer Name IISA Time AR ER WR WC

NONE

Age 65 to 69 (Female)

CA Swimmer Name IISA Time AR ER WR WC

NONE

CA = Country Association Time = Swim Time (mm:ss:cc) IISA = IISA Membership Level