



EVENT RESULTS

Matroosberg 2021 ICE swim

Fri, 20th August, 2021

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



500m Freestyle Results

OVERALL (Male)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

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 | | | | | |

NONE

Junior (Female)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 18 to 24 (Male)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 18 to 24 (Female)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 25 to 29 (Male)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 25 to 29 (Female)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 30 to 34 (Male)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

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 | | | | | |

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 | | | | | |

NONE

Age 40 to 44 (Female)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 45 to 49 (Male)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 45 to 49 (Female)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

NONE

Age 50 to 54 (Male)

| CA | Swimmer Name | IISA | Time | AR | ER | WR | WC |
|----|--------------|------|------|----|----|----|----|
| | | NONE | | | | | |

Age 50 to 54 (Female)

| 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