



EVENT RESULTS

Matroosberg Ice Swim

Fri, 19 Aug 2022 - Sun, 21 Aug 2022

Matroosberg Nature Reserve, Ceres, South Africa, South Africa



500m Freestyle Results

OVERALL (Male)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
		NONE					

OVERALL (Female)

CA	Swimmer Name	IISA	Time	AR	ER	WR	WC
1	Tanya Gist (38)	Warm	08:42.47				
2	Ryna Cilliers	Warm	11:29.65				

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
		NONE					

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	Tanya Gist (38)	Warm	08:42.47				

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
1	Ryna Cilliers (41)	Warm	11:29.65				

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
NONE							

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