

Modderfontein Time Trial - 11 April 2023

Thank you to our timekeepers: Andre and Chelsea

Ladies 5km TT

Name	Time	Pace	+/- PB
Samantha Coetzer	20:37	4:07	+0:00
Shanice Peens	21:37	4:19	-0:03
Estrelita Kotze	23:46	4:45	+0:07
Estrelita Kotze	23:46	4:45	+0:07
Courtenay Davis	23:46	4:45	-0:47
Paige Mills	26:07	5:13	+0:00
Therene Botha	26:25	5:17	-1:17
Siphokazi Monoliwa	27:50	5:34	-0:47
Debbie Matteucci	28:34	5:43	+0:26
Paige Lindenberg	28:53	5:47	-1:58
Deidre Coghlan	29:06	5:49	+1:02
Busisiwe Nxumalo	29:56	5:59	-11:36
Julie Hughes	30:34	6:07	+0:30
Marizanne Pienaar	30:34	6:07	+2:27
Samantha Zermatten	30:34	6:07	+2:33
Michelle Sparke	32:12	6:26	+5:21
Domanique da Graca	32:25	6:29	+0:53
Bronwyn Diamond	33:07	6:37	+0:31
Heather Matteucci	40:30	8:06	-1:17
Janice Ross	41:11	8:14	+8:41
Gayle Bates	41:21	8:16	+6:38
Helga Lucas	41:29	8:18	+5:49
Nonhlanhla Sikakane	45:49	9:10	-1:45

Mens 5km TT

Name	Time	Pace	+/- PB
Clayton Sumner	22:34	4:31	-0:04
Dieter Zermatten	23:20	4:40	+0:16
Aiden Raath	24:36	4:55	+0:00
Logan Hull	24:40	4:56	+0:51
Andrew Lucas	24:46	4:57	+1:23
Rogan Botha	25:00	5:00	+1:39
Helder Alves	25:55	5:11	-2:16
Deon Wessels	26:16	5:15	+1:19
Herman Botha	26:33	5:19	-1:22
Tyler Morrison	26:42	5:20	+0:39
Dylan Zietsman	26:58	5:24	+0:00
Patrick Lovell	28:04	5:37	+1:34
Fred Muvhulawa	29:13	5:51	+0:32
Craig Laros	30:03	6:01	+0:45
Tristan Laros	31:52	6:22	+2:57
Bradley Diamond	33:12	6:38	+1:48
Francios Peens	35:52	7:10	+2:20

Mens 8km TT

Name	Time	Pace	+/- PB
Jose Bates	33:07	4:08	+0:06
Mitchell Gill	35:31	4:26	-0:38
Dario Matteucci	35:52	4:29	+0:37
Warren Graver	36:54	4:37	-0:21
Wyatt Bothma	37:33	4:42	+0:36
Patrick Richards	40:08	5:01	+3:40
Fabio Matteucci	41:16	5:10	+5:21
Ayal Peretz	45:56	5:45	+5:50

4km Walkers

Name	Time	Pace	+/- PB
Shanna West	28:04	7:01	-8:04
Candice Delacovia-Graver	29:32	7:23	-6:08
Keagan Smith	36:00	9:00	+0:22
Joshua Wasson	36:01	9:00	+0:23
Iain Botha	36:20	9:05	-1:34
Leigh Raath	41:45	10:26	+2:00
Liesel Raath	41:45	10:26	+2:00
Robyn Versace	41:50	10:28	+1:35
Alison Botha	41:50	10:28	+0:00

Virtual TT

Name	Time	Distance
Chelsea Muller	27:26	5
Andre Greyling	27:45	5