

## Modderfontein Time Trial - 11 July 2023

Thank you to our timekeepers: Celine and Gail

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:07	4:25	+0:53
Deidre Coghlan	36:20	7:16	+8:16
Lerato Funani	37:21	7:28	<b>-3:35</b>
Gayle Bates	39:56	7:59	+5:13
Helga Lucas	41:15	8:15	+5:35

### Mens 5km TT

Name	Time	Pace	+/- PB
Ross Phillips	22:22	4:28	<b>-2:14</b>
Fabio La Mantia	23:17	4:39	+2:10
Dieter Zermatten	24:13	4:51	+2:11
David Tsoeute	27:07	5:25	<b>-1:58</b>
Donald Barnard	28:14	5:39	<b>+0:00</b>
Keagan Smith	30:56	6:11	<b>-2:19</b>
Joshua McKeand	33:59	6:48	+14:10
Coach Marco	35:00	7:00	+6:48

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	40:05	5:01	+5:26
Chelsea Muller	47:38	5:57	+6:42
Marizanne Pienaar	47:38	5:57	+7:17
Sally Bevington	47:38	5:57	+4:59

### Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	34:18	4:17	+1:50
Barry Chapman	35:53	4:29	+3:48
Andre Greyling	39:38	4:57	+3:42
Clayton Sumner	40:05	5:01	+6:06
Frank Lephoto	44:33	5:34	+1:35
Deon Wessels	47:20	5:55	+7:06
JD du Plessis	48:13	6:02	+3:51
Chris Botha	48:16	6:02	+7:21
Patrick Wong	48:18	6:02	+1:16

### 4km Walkers

Name	Time	Pace	+/- PB
Paige Lindenberg	36:11	9:03	<b>+0:00</b>
Shanna West	36:11	9:03	+8:07
Claire Steyn	36:55	9:14	+1:55

### Virtual TT

Name	Time	Distance
Patrick Lovell	50:40	8