

## Modderfontein Time Trial - 11 October 2022

Thank you to our timekeepers: Gayle and Jose

### Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	23:34	4:43	+0:00
Nicola-Jayne Kirkby	23:52	4:46	-1:19
Celine Van Enter	28:09	5:38	+2:24
Maryke Rossouw	30:31	6:06	+5:16
Julie Hughes	30:46	6:09	+0:20
Paula Pfister	31:14	6:15	+2:48
Lianne Zermatten	31:53	6:23	+1:23
Revana Laljith	31:59	6:24	-0:40
Charmaine Hibbert	32:43	6:33	+2:31
Natalie Botha	34:10	6:50	+1:32
Bronwyn Diamond	34:35	6:55	+0:26

### Mens 5km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	19:40	3:56	+0:20
Prashil Daya	21:43	4:21	+0:15
Mihir Daya	23:46	4:45	+0:29
Clayton Sumner	24:48	4:58	+2:10
Logan Hull	25:27	5:05	+0:15
Ozzie Ferreira	26:52	5:22	+3:12
DJ Kirkby	27:12	5:26	-0:57
Chris Botha	27:29	5:30	-3:37
Patrick Lovell	28:09	5:38	+1:39
Edwin Maroga	30:29	6:06	+1:08
Dino Lloyd	30:29	6:06	+0:00
Craig Laros	31:19	6:16	-0:07
Tristan Laros	32:43	6:33	-0:51
Des Chetty	33:45	6:45	-0:14
Mike Barios	33:45	6:45	-0:13
Keegan Russell	34:10	6:50	+3:05
Bradley Diamond	34:31	6:54	+1:11
Graham Clifton	34:33	6:55	-0:17
Francious Peens	36:52	7:22	+0:00
Tyler Morrison	39:04	7:49	+12:03

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:59	4:45	+2:25
Laetitia Stap	44:20	5:33	+0:27
Sally Bevington	44:50	5:36	+2:05
Claire Steyn	46:41	5:50	+4:01
Samantha Zermatten	48:34	6:04	+2:39
Michelle Sparke	50:27	6:18	+5:19

### Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	32:43	4:05	-0:22
Fabio La Mantia	33:53	4:14	-2:29
Barry Chapman	37:59	4:45	+5:00
Simon Levin	38:37	4:50	-1:22
Clint Suessmann	39:20	4:55	+4:00
Tyler Hughes	39:52	4:59	+0:00
Lourens Strauss	40:24	5:03	+3:00
Dieter Zermatten	41:30	5:11	+2:14
Fabio Matteucci	41:47	5:13	+5:52
Deon Wessels	43:17	5:25	+3:03
Ross Hughes	47:20	5:55	+1:09
Henri Zermatten	48:14	6:02	+0:43
Stefan Steyn	48:34	6:04	+9:17

### 4km Walkers

Name	Time	Pace	+/- PB
Sabrina Moraga	33:41	8:25	-1:06
Alexandra Hanegraaf	40:59	10:15	+3:38
Daryn Pillay	41:30	10:23	+0:00
Lesley Devitt	41:30	10:23	+0:33
Netasha Di Della	41:30	10:23	+7:16
Leande Botha	41:54	10:29	+2:18
Sonia Correia	41:54	10:29	+0:38
Linda Fisher	43:58	11:00	+0:27
Kim Murray	49:58	12:30	+6:27

### Virtual TT

Name	Time	Distance
Garth	38:14	8
Gayle	38:39	5
Regina	45:48	8