



11th June 2024 Time Trail. Thank you Julie and Ross

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Kai Hattingh	23:01	4:36	0:00
5 Tristan Torr	23:01	4:36	1:59
5 Bronwyn Diamond	30:54	6:11	0:31
5 Lwethu Skosana	35:12	7:02	-0:43
5 Viwe Dyubele	35:12	7:02	-0:43
5 Demi De Ruyter	36:19	7:16	2:54
5 Helga Lucas	36:23	7:17	2:09
5 Shereen Mogale	38:05	7:37	4:29
5 Mable Maboya	40:00	8:00	0:00
5 Claire Steyn	49:25	9:53	22:54

Mens 5km TT

Name	Time	Pace	+/- PB
5 David Tsoeute	26:09	5:14	2:54
5 Craig Bekker	26:40	5:20	1:22
5 Tristan Laros	26:56	5:23	1:12
5 Andrew Goodfellow	26:57	5:23	0:06
5 Carl Strydom	27:50	5:34	0:00
5 Kevin Lister	27:50	5:34	0:00
5 Jonathan Hanscombe	29:39	5:56	5:52
5 Craig Laros	29:54	5:59	0:36
5 Bradley Diamond	30:54	6:11	4:44
5 Mhlahli Mantyi	35:08	7:02	7:53

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Shanice Peens	36:09	4:31	1:51
8 Sally Bevington	44:54	5:37	2:15
8 Rochelle Fisher	45:12	5:39	2:25
8 Tayla Foong	59:44	7:28	0:00

Mens 8km TT

Name	Time	Pace	+/- PB
8 Mitchell Gill	35:46	4:28	2:55
8 Esau Mkuphe	36:56	4:37	-4:14
8 Isiah Dzambo	36:56	4:37	4:56
8 Bobby Kassner	41:18	5:10	4:18
8 Dino Lloyd	44:45	5:36	9:38
8 Deon Wessels	45:27	5:41	5:13
8 Chris Botha	48:22	6:03	7:27
8 Coach Marco	48:23	6:03	2:51
8 Andrew Lucas	51:12	6:24	16:14
8 Simon Levin	51:12	6:24	14:34

4km Walkers

Name	Time	Pace	+/- PB
4 Francios Peens	27:55	6:59	0:37
4 Tyron De Beer	34:50	8:43	1:15
4 Kirsten De beer	34:56	8:44	1:21
4 Andre Portelli	43:37	10:54	7:18
4 Lisa Portelli	43:37	10:54	8:40

Virtual TT

Name	Time	Distance
Candice Delacovia-Graver	30:41	5