

Modderfontein Time Trial - 13 June 2023

Thank you to our timekeepers: Sally

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:43	4:21	+0:29
Michelle Sparke	30:07	6:01	+3:16
Deidre Coghlan	31:51	6:22	+3:47
Samantha Zermatten	31:51	6:22	+3:50
Sonia Correia	31:55	6:23	+3:18
Lauren Wessels	32:32	6:30	+6:02

Mens 5km TT

Name	Time	Pace	+/- PB
Andreas Trafoyer	24:31	4:54	+0:25
Herman Botha	25:25	5:05	-0:39
Simon Levin	26:00	5:12	+1:00
Ross Phillips	26:04	5:13	+0:00
Deon Wessels	27:45	5:33	+2:48
JD du Plessis	28:06	5:37	+2:20
Tristan Laros	28:19	5:40	-0:22
Fred Muvhulawa	29:30	5:54	+0:49
Jonty Meiring	29:48	5:58	+1:43
Wyatt Bothma	32:33	6:31	+11:08
Edwin Maroga	33:17	6:39	+3:56
Francios Peens	35:42	7:08	+2:10
Coach Marco	37:13	7:27	+9:01
Joshua Wasson	43:10	8:38	+1:30
Keagan Smith	44:00	8:48	+10:45

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	36:44	4:36	+2:05
Estrelita Kotze	42:03	5:15	+3:58

Mens 8km TT

Name	Time	Pace	+/- PB
Warren Graver	36:46	4:36	+0:21
Mitchell Cook	37:20	4:40	-0:17
Christoff Vermeulen	40:39	5:05	+1:45
Dieter Zermatten	42:03	5:15	+6:05
Ayal Peretz	42:41	5:20	+2:35

4km Walkers

Name	Time	Pace	+/- PB
Candice Delacovia-Graver	26:39	6:40	-0:14
Gail Elliot-Wilson	30:33	7:38	+0:00
Kimberley van der Walt	35:20	8:50	-1:17
Nikki van der Walt	35:20	8:50	-1:17
Andre Portelli	39:59	10:00	+2:56
Lisa Portelli	39:59	10:00	+5:02
Andrew Lucas	47:10	11:48	+2:39
Charmaine Hibbert	47:10	11:48	+0:00
Clayton Sumner	47:10	11:48	+0:00
Helga Lucas	47:10	11:48	+11:25
Ofhani Rapetswane	47:10	11:48	+0:00
Yonica Pienaar	47:10	11:48	+11:04

Virtual TT

Name	Time	Distance
Ian Morrison	22:43	5