

Modderfontein Time Trial - 16 May 2023

Thank you to our timekeepers: NJ and Deon

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:41	4:20	+0:27
Siphokazi Monoliwa	29:18	5:52	+1:28
Marizanne Pienaar	29:43	5:57	+1:36
Nicole Van den bergh	31:30	6:18	+0:00
Deidre Coghlan	32:23	6:29	+4:19
Samantha Zermatten	32:23	6:29	+4:22
Kyla Linton	34:00	6:48	-7:27
Fulufelo Malada	34:41	6:56	-0:15
Janice Ross	35:20	7:04	+2:50

Mens 5km TT

Name	Time	Pace	+/- PB
Jonathan Hanscombe	23:47	4:45	-0:56
Kyle Ribeiro	27:40	5:32	+0:57
Dieter Zermatten	27:52	5:34	+4:48
Ayal Peretz	28:16	5:39	+4:47
Tristan Laros	29:22	5:52	+0:41
Ross Hughes	29:35	5:55	+2:04
Craig Laros	30:00	6:00	+0:42
Mitchell Cook	31:30	6:18	+0:00
Coach Marco	33:00	6:36	+4:48
Keagan Smith	33:15	6:39	-9:05
Wouter De Beer	33:15	6:39	+0:00
Frank Lephoto	33:25	6:41	+3:33
Ozzie Ferreira	35:20	7:04	+11:40
Francios Peens	36:11	7:14	+2:39
Edwin Maroga	37:19	7:28	+7:58

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:42	4:43	+3:03
Estrelita Kotze	41:59	5:15	+3:54
Chelsea Muller	43:58	5:30	+1:46
Jo-Anne Buchner	43:58	5:30	+1:54
Julie Hughes	48:14	6:02	+5:10

Mens 8km TT

Name	Time	Pace	+/- PB
Andrew Lucas	34:58	4:22	-0:23
Barry Chapman	35:20	4:25	+3:15
Graham Ransom	36:50	4:36	+0:48
Clayton Sumner	37:42	4:43	+3:43
David Tsoeute	37:44	4:43	+0:00
Mitchell Gill	38:10	4:46	+2:39
Wyatt Bothma	41:31	5:11	+4:34
Andre Greyling	41:58	5:15	+4:31
Warren Graver	41:58	5:15	+5:33
Patrick Lovell	48:14	6:02	+8:17

4km Walkers

Name	Time	Pace	+/- PB
Alicia Pollock	26:27	6:37	-8:09
Claire Steyn	35:00	8:45	-4:08
Simon Levin	36:07	9:02	+0:00
Charlene Holder	40:41	10:10	+0:20
Kaela Hindle	43:10	10:48	-0:32
Alistair Elliot-Wilson	43:25	10:51	+3:56
Lauren Deyzel	43:25	10:51	-1:30