

Modderfontein Time Trial - 18 April 2023

Thank you to our timekeepers: Patrick and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:40	4:32	+1:00
Siphokazi Monoliwa	29:31	5:54	+0:54
Celine Van Enter	30:08	6:02	+4:23
Sonia Correia	31:00	6:12	+2:23
Bronwyn Currin	31:27	6:17	+2:33
Mavga Yowg	31:27	6:17	+0:00
Gail Elliot-Wilson	33:10	6:38	+3:54
Paula Pfister	33:23	6:41	+4:57
Leandre Van Heerden	34:52	6:58	-0:20
Fulufelo Malada	36:28	7:18	-2:19
Demi De Ruyter	38:14	7:39	+4:49
Janice Ross	40:15	8:03	+7:45
Gayle Bates	40:45	8:09	+6:02
Ami Lee Munnik	43:00	8:36	-0:18

Mens 5km TT

Name	Time	Pace	+/- PB
Andre Greyling	24:43	4:57	-0:39
Jude Chianwuna	26:07	5:13	+8:18
Herman Botha	26:51	5:22	-1:04
Thulani Mashiloane	26:51	5:22	+0:00
Helder Alves	27:12	5:26	-0:59
Andre Portelli	29:06	5:49	-0:03
Craig Laros	29:39	5:56	+0:21
Tristan Laros	29:39	5:56	+0:44
Steve Moolman	29:45	5:57	-0:29
Patrick Wong	31:07	6:13	+2:07
Ricky Matteucci	31:27	6:17	+0:00
Scott Dawson	33:10	6:38	+0:00
Francios Peens	35:48	7:10	+2:16
Riaan Steyn	36:15	7:15	+0:36
Eric Cotton	42:02	8:24	+0:00
Keagan Smith	42:20	8:28	+0:00
Joshua Wasson	42:55	8:35	+0:00
Alistair Elliot-Wilson	46:14	9:15	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	40:27	5:03	+2:05
Tristan Torr	40:27	5:03	+4:53

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	32:20	4:03	-2:55
Fabio Matteucci	36:25	4:33	+0:30
Warren Graver	36:25	4:33	-0:50
Leon Jordaan	37:22	4:40	+1:18
Deon Wessels	45:29	5:41	+5:15
Ayal Peretz	45:59	5:45	+5:53

4km Walkers

Name	Time	Pace	+/- PB
DJ Kirkby	20:43	5:11	-0:47
Candice Delacovia-Graver	29:00	7:15	-6:40
Cassandra Delacovia	30:00	7:30	-5:40
Iain Botha	36:40	9:10	-1:14
Jean-Pierre Robbertze	36:40	9:10	-1:14
Bradley Diamond	38:00	9:30	+11:55
Bronwyn Diamond	38:00	9:30	+11:55
Jay Swiegers	38:14	9:34	+0:00
Hein van Staden	38:14	9:34	+0:00
Natasha Di Bella	38:58	9:45	+4:44
Megan Nicholas	38:58	9:45	+0:00
Lauren Deyzel	45:45	11:26	+0:00
Lisa Portelli	47:42	11:56	+12:45
Lara Portelli	47:42	11:56	+0:00

Virtual TT

Name	Time	Distance
Jose Bates	32:24	8