

Modderfontein Time Trial - 18 July 2023

Thank you to our timekeepers: Marizanne, Demi and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:43	4:21	+0:29
Sally Bevington	27:46	5:33	+2:42
Therene Botha	29:35	5:55	+3:27
Laetitia Stap	29:45	5:57	+3:41
Gail Elliot-Wilson	30:01	6:00	+0:45
Deidre Coghlan	31:48	6:22	+3:44
Leandre Van Heerden	32:25	6:29	-0:20
Lianne Zermatten	33:25	6:41	+2:55
Anora La Mantia	37:18	7:28	+4:54
Linda van Deenk	38:34	7:43	+0:00
Maria Mogano	40:33	8:07	-0:07

Mens 5km TT

Name	Time	Pace	+/- PB
Andre Greyling	22:17	4:27	-2:26
Deon Wessels	26:04	5:13	+1:07
Leon Jordaan	27:33	5:31	+5:15
Andre Portelli	27:56	5:35	-0:37
Steve Moolman	28:32	5:42	-0:28
Robert Bode	29:02	5:48	+0:00
Herman Botha	29:35	5:55	+4:10
Wayne Peters	29:50	5:58	-0:40
Keagan Smith	29:58	6:00	-0:58
Mytsesh Moodley	30:01	6:00	+0:00
Coach Marco	30:03	6:01	+1:51
Craig Laros	30:37	6:07	+1:19
Tristan Laros	30:37	6:07	+2:38
Fred Muvhulawa	30:47	6:09	+2:06
Edwin Maroga	32:58	6:36	+3:37
Fabio La Mantia	37:18	7:28	+16:11

Ladies 8km TT

Name	Time	Pace	+/- PB
Kate van Jaarsveld	33:28	4:11	+0:00
Tristan Torr	36:43	4:35	+2:04
Estrelita Kotze	40:34	5:04	+2:29
Chelsea Muller	44:46	5:36	+3:50
Celine Van Enter	44:56	5:37	+4:00
Nicole Van den bergh	49:12	6:09	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Ofhani Rapetswane	38:14	4:47	+0:37
Warren Graver	38:14	4:47	+2:01
Jayson Naicker	38:40	4:50	+3:23
David Tsoeute	40:48	5:06	+3:23
Dieter Zermatten	44:46	5:36	+8:48
Chris Botha	48:30	6:04	+7:35
Patrick Lovell	48:30	6:04	+8:33
Mitchell Cook	49:12	6:09	+13:42

4km Walkers

Name	Time	Pace	+/- PB
Donna Brand	35:13	8:48	+0:00
Busisiwe Nxumalo	37:15	9:19	+4:17
Paige Lindenberg	37:34	9:24	+1:23
Shanna West	37:34	9:24	+9:30
Gayle Bates	38:29	9:37	-0:47
Janice Ross	38:29	9:37	+10:18
Dineo Mashigo	39:28	9:52	+4:31
Lisa Portelli	39:28	9:52	+4:31
Henri Zermatten	39:46	9:57	-1:04
Leilani Kuter	39:46	9:57	+0:00
Liesel Raath	39:52	9:58	+1:28
Robyn Versace	39:52	9:58	+2:10
Kirsten Morrison	40:11	10:03	+8:13
Anthony Geeven	40:11	10:03	+1:05
Kimberley van der Walt	40:16	10:04	+4:56
Nikki van der Walt	40:16	10:04	+4:56