

Modderfontein Time Trial - 18 October 2022

Thank you to our timekeepers: Yonica and Jonty

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	23:30	4:42	-0:04
Nicola-Jayne Kirkby	25:03	5:01	+1:11
Marizanne Pienaar	30:48	6:10	+2:41
Paula Pfister	31:48	6:22	+3:22
Lianne Zermatten	32:04	6:25	+1:34
Natalie Botha	32:12	6:26	-0:26
Charmaine Hibbert	32:17	6:27	+2:05
Bronwyn Diamond	34:07	6:49	-0:02
Cheri-lee Dos Reis	34:56	6:59	+0:59
Jessica le Roux	35:46	7:09	-0:50
Tayla Foong	36:15	7:15	+6:37
Milly Manabihe	36:55	7:23	-0:42
Mara Rahme	37:02	7:24	+0:26

Mens 5km TT

Name	Time	Pace	+/- PB
Clint Suessmann	22:11	4:26	+0:39
Dino Lloyd	23:18	4:40	-7:11
Logan Hull	24:36	4:55	-0:36
Kenneth Collett	25:06	5:01	+0:00
Jonathan	29:24	5:53	+0:00
Deon Wessels	30:20	6:04	+4:56
Craig Laros	30:48	6:10	-0:31
Riley Morrison	31:08	6:14	+2:38
Samkeliso Mkhvmane	31:10	6:14	+0:00
Des Chetty	32:22	6:28	-1:23
Mike Barios	32:22	6:28	-1:23
Bradley Diamond	34:07	6:49	+0:47
Ian Morrison	34:51	6:58	+9:37
Tyler Morrison	34:51	6:58	+7:50
Henri Zermatten	34:56	6:59	+6:34
Francios Peens	35:00	7:00	-1:52
Keegan Russell	37:07	7:25	+6:02
Craig Thomas	41:42	8:20	+7:10

Ladies 8km TT

Name	Time	Pace	+/- PB
Celine Van Enter	46:57	5:52	+4:22
Sally Bevington	46:57	5:52	+4:12
Samantha Zermatten	46:57	5:52	+1:02
Claire Steyn	48:08	6:01	+5:28
Michelle Sparke	49:30	6:11	+4:22

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	30:29	3:49	-0:31
Barry Chapman	32:22	4:03	-0:37
Richard De Klerk	33:41	4:13	+0:58
Dario Matteucci	35:26	4:26	+0:01
Busisani Sibiyi	35:35	4:27	+0:00
Jayson Naicker	36:19	4:32	+1:02
Clayton Sumner	38:14	4:47	+4:15
Dieter Zermatten	40:48	5:06	+1:32
Simon Levin	40:50	5:06	+2:13
Richard Sparke	44:41	5:35	+5:45
Coach Marco	48:20	6:03	+1:39

4km Walkers

Name	Time	Pace	+/- PB
Chelsea Muller	42:50	10:43	+0:53
Patrick Wong	42:50	10:43	+0:00
Delia Murray	43:43	10:56	-0:57
Linda Fisher	43:43	10:56	+0:12

Virtual TT

Name	Time	Distance
Regina	46:48	8
Jose	32:01	8