

Modderfontein Time Trial - 1 November 2022

Thank you to our timekeepers: NJ, Fabio and Chris

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:50	4:34	-0:29
Sandy Ransom	25:08	5:02	+0:50
Chelsea Muller	29:17	5:51	+3:59
Claire Steyn	29:48	5:58	+3:17
Gina Faccio	30:50	6:10	+0:00
Paige Lindenberg	30:51	6:10	+0:00
Paula Pfister	31:00	6:12	+2:34
Ayora La Mantia	32:24	6:29	+0:00
Revana Laljith	32:36	6:31	+0:37
Sabrina Moraga	33:25	6:41	-1:20
Annalien Steyn	34:45	6:57	+9:03
Alexandra Hanegraaf	38:01	7:36	+0:00
Numaira Ebrahim	52:40	10:32	+0:00
Nasreen Motani	52:40	10:32	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Jose Bates	19:58	4:00	-0:06
Prashil Daya	22:21	4:28	+0:53
Joshua McKeand	23:29	4:42	+3:40
Barry Chapman	23:50	4:46	-0:06
Lourens Strauss	23:59	4:48	+0:54
Mihir Daya	24:27	4:53	+1:10
Logan Hull	24:29	4:54	-0:07
Andrew Lucas	25:29	5:06	+2:06
Jonathan Hanscombe	27:07	5:25	-0:45
Tyler Morrison	31:58	6:24	+4:57
Fabio La Mantia	32:24	6:29	+11:17
Sifiso Mabena	33:55	6:47	+0:00
Graham Clifton	34:28	6:54	-0:05
Francios Peens	34:40	6:56	-0:09

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:45	4:43	+2:11
Celine Van Enter	44:19	5:32	+1:44
Charmaine Hibbert	51:59	6:30	+1:57
Natalie Botha	53:03	6:38	-0:24
Yonica Pienaar	56:37	7:05	+3:35

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	31:57	4:00	+1:28
Clint Suessmann	34:28	4:19	-0:52
Tyler Hughes	37:13	4:39	-2:39
Christoff Vermeulen	38:54	4:52	-0:31
Ian Morrison	39:42	4:58	+4:28
Deon Wessels	42:12	5:17	+1:58
Frank Lephoto	45:46	5:43	-0:06
Ayal Peretz	46:50	5:51	+6:44
Senzo Mbeva	48:59	6:07	+0:00
Jonty Meiring	57:04	7:08	+3:48

4km Walkers

Name	Time	Pace	+/- PB
Riley Morrison	30:05	7:31	-15:10
Kirsten Morrison	31:58	8:00	-9:59
Hedri Hourie	32:19	8:05	-11:23
Bradley Diamond	32:27	8:07	+0:00
Bronwyn Diamond	32:27	8:07	+0:00
Linda Fisher	47:26	11:52	+3:55
Carolyn Canale	47:26	11:52	+0:00
Gayle Bates	50:04	12:31	+8:20
Helga Lucas	50:04	12:31	+14:19

Virtual TT

Name	Time	Distance
Regina	44:36	8
Ozzie	43:19	8
Garth	23:32	5