

Modderfontein Time Trial - 20 September 2022

Thank you to our timekeepers: Demi and Marco

Ladies 5km TT

Name	Time	Pace	+/- PB
Laetitia Stap	26:04	5:13	-0:11
Debbie Matteucci	28:38	5:44	-1:12
Revana Laljith	32:56	6:35	-1:04
Sabrina Moraga	34:45	6:57	+0:00
Dineo Mashigo	37:43	7:33	+2:49
Cheri-lee Dos Reis	37:43	7:33	+2:34

Mens 5km TT

Name	Time	Pace	+/- PB
Prashil Daya	21:28	4:18	-4:24
Dario Matteucci	22:35	4:31	+1:10
Mihir Daya	23:32	4:42	-2:20
Tyler Morrison	27:01	5:24	-3:22
Guy Coulson	27:03	5:25	+0:00
Logan Hull	27:49	5:34	+2:37
DJ Kirkby	28:09	5:38	-0:21
David Coulson	28:55	5:47	+0:00
Wayne Riley	29:12	5:50	+1:06
Keegan Russell	31:05	6:13	-1:39
Riley Morrison	31:58	6:24	+3:28
Craig Laros	32:07	6:25	-0:43
Mike Barios	33:58	6:48	-0:06
Des Chetty	33:59	6:48	-0:12
Tristan Laros	34:38	6:56	-2:09
Graham Clifton	36:15	7:15	+1:25
Craig Thomas	43:04	8:37	+8:32

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	36:29	4:34	+0:55
Nicola-Jayne Kirkby	40:05	5:01	+1:43
Chelsea Muller	44:03	5:30	+1:51
Sally Bevington	44:21	5:33	+1:36
Julie Hughes	46:21	5:48	+2:22
Michelle Sparke	47:47	5:58	+2:39
Kirsten Morrison	48:26	6:03	+1:28
Charmaine Hibbert	52:54	6:37	+2:52
Claire Steyn	53:01	6:38	+10:21
Lianne Zermatten	53:02	6:38	+0:07

Mens 8km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	33:07	4:08	+3:18
Jose Bates	33:23	4:10	+0:08
Andrew Lucas	35:32	4:27	+0:11
Richard De Klerk	36:30	4:34	+3:25
Clayton Sumner	38:15	4:47	+4:16
Barry Chapman	38:17	4:47	+5:18
Clint Suessmann	38:18	4:47	+2:29
Fabio La Mantia	38:19	4:47	+1:57
Deon Wessels	41:19	5:10	+0:57
Dieter Zermatten	44:03	5:30	+4:47
Simon Levin	44:03	5:30	-10:50
Patrick Lovell	44:27	5:33	+3:05
Chris Botha	45:21	5:40	+4:26
Frank Lephoto	46:20	5:48	-1:47
Patrick Wong	47:25	5:56	+0:23
Edwin Maroga	48:43	6:05	+1:17
Henri Zermatten	49:10	6:09	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Aamirah Hassan	35:41	8:55	-2:18
Alexandra Hanegraaf	37:52	9:28	-2:48
Ava Van Staden	41:42	10:26	+5:11
Celine Van Enter	41:42	10:26	+0:00
Samantha Zermatten	41:42	10:26	+3:34
Helga Lucas	42:54	10:44	+7:09
Sonia Correia	42:54	10:44	+1:38
Delia Murray	44:40	11:10	+0:00
Kim Murray	45:20	11:20	+0:00
Linda Fisher	45:20	11:20	+0:00