

Modderfontein Time Trial - 22 November 2022

Thank you to our timekeepers: Bronwyn and Bradley

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	22:49	4:34	-0:01
Shanna West	30:40	6:08	+0:00
Paige Lindenberg	31:11	6:14	+0:20
Revana Laljith	32:42	6:32	+0:43
Tebogo Mohlala	38:24	7:41	+2:02
Aamirah Hassan	46:46	9:21	+3:23
Numaira Ebrahim	48:48	9:46	-3:52
Nasreen Motani	48:53	9:47	-3:47

Mens 5km TT

Name	Time	Pace	+/- PB
Jose Bates	21:42	4:20	+1:44
Mihir Daya	23:06	4:37	-0:11
Lourens Strauss	23:17	4:39	+0:12
Logan Hull	24:26	4:53	+0:37
Graham Ransom	24:53	4:59	+1:24
Tyler Morrison	28:06	5:37	+1:08
Wayne Riley	29:33	5:55	+1:27
Adam Greve	29:40	5:56	+0:00
Samkeliso Mkhumane	30:30	6:06	-0:40
Craig Laros	30:32	6:06	-0:16
Rhys West	30:37	6:07	+0:00
Riley Morrison	30:43	6:09	+2:13
Riley Morrison	30:43	6:09	+2:13
Chris Botha	32:01	6:24	+4:32
Francios Peens	35:15	7:03	+0:35
Graham Clifton	35:44	7:09	+1:16

Ladies 8km TT

Name	Time	Pace	+/- PB
Celine Van Enter	44:24	5:33	+1:49
Julie Hughes	44:53	5:37	+0:54
Laetitia Stap	46:07	5:46	+2:14
Theani Frazer-Evans	48:22	6:03	+0:00
Rozell van der Merwe	48:22	6:03	+0:00
Natalie Botha	51:42	6:28	+0:55
Deidre Coghlan	53:22	6:40	+9:06

Mens 8km TT

Name	Time	Pace	+/- PB
Ian Morrison	36:28	4:34	+1:14
Simon Levin	36:52	4:37	-0:07
Clayton Sumner	37:35	4:42	+3:36
Tyler Hughes	37:36	4:42	+0:23
Andrew Lucas	38:41	4:50	+3:20
Christoff Vermeulen	40:02	5:00	+1:08
Dieter Zermatten	40:02	5:00	+0:46
Jayson Naicker	40:02	5:00	+4:45
Deon Wessels	41:34	5:12	+1:20
Patrick Lovell	43:18	5:25	+3:21
Ayal Peretz	45:38	5:42	+5:32
Stefan Steyn	46:33	5:49	+7:16
Fred Muvhulawa	47:10	5:54	+1:10
Coach Marco	47:55	5:59	+1:14
Henri Zermatten	51:48	6:29	+4:17
Edwin Maroga	52:11	6:31	+4:45

4km Walkers

Name	Time	Pace	+/- PB
Fabio La Mantia	25:25	6:21	+0:00
Anora La Mantia	25:25	6:21	+0:00
Anisa Fielding	37:46	9:27	+2:43
Lesley Devitt	37:46	9:27	-3:11
Netasha Di Della	37:46	9:27	+3:32
Gill Docherty	37:46	9:27	+0:00
Gayle Bates	39:16	9:49	-2:28
Helga Lucas	39:16	9:49	+3:31
Leande Botha	40:44	10:11	+1:08

Virtual TT

Name	Time	Distance
Claudia	35:04	5
Garth	23:24	5