

Modderfontein Time Trial - 23 August 2022

Thank you to our timekeepers: Richard and Stefan

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	24:31	4:54	+1:43
Paula Pfister	29:56	5:59	+1:30
Celine Van Enter	30:26	6:05	+4:41
Chelsea Muller	30:26	6:05	+5:08
Julie Hughes	30:26	6:05	-0:02
Dineo Ramokoena	31:39	6:20	+0:00
Lianne Zermatten	32:05	6:25	+1:35
Natalie Botha	32:38	6:32	-2:16
Yonica Pienaar	32:57	6:35	+0:45
Charmaine Hibbert	33:53	6:47	+3:41
Tebogo Mohlala	36:22	7:16	+0:00
Jessica le Roux	36:36	7:19	+0:00
Mara Rahme	36:36	7:19	+0:00
Demi De Ruyter	39:28	7:54	+6:03
Abigail Phago	42:57	8:35	+0:00
Milly Amani	42:57	8:35	+0:00
Mpho Letsoalo	43:43	8:45	+8:14

Mens 5km TT

Name	Time	Pace	+/- PB
Clint Suessmann	21:32	4:18	+21:32
Fabio La Mantia	21:32	4:18	-2:49
Clayton Sumner	24:31	4:54	+1:53
Simon Levin	25:00	5:00	-3:44
Deon Wessels	25:24	5:05	-1:17
Katlego Scheepers	27:40	5:32	-1:44
Dieter Zermatten	28:35	5:43	+5:31
Jaco Kruger	29:03	5:49	+0:00
Andre Portelli	29:09	5:50	-1:09
Andrew Lucas	31:10	6:14	+7:47
Christopher Sparke	31:10	6:14	+5:49
Henri Zermatten	31:46	6:21	+3:24
Keegan Russell	32:44	6:33	+0:00
Jonty Meiring	32:57	6:35	+0:45
Tyron De Beer	33:24	6:41	-0:45
Zamu Bala	34:28	6:54	+0:00
Graham Clifton	37:40	7:32	+2:50

Ladies 8km TT

Name	Time	Pace	+/- PB
Sally Bevington	46:10	5:46	+3:25
Sandy Ransom	46:10	5:46	+6:30

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	34:12	4:17	+0:00
Andre Greyling	40:41	5:05	+0:40
Christoff Vermeulen	41:24	5:11	+1:20
Jackson M	43:48	5:29	+13:48
Edwin Maroga	47:26	5:56	-0:10
Chris Botha	48:26	6:03	+7:31
Patrick Lovell	49:10	6:09	+7:48
Coach Marco	49:20	6:10	+2:39

4km Walkers

Name	Time	Pace	+/- PB
Dineo Mashigo	34:57	8:44	+0:00
Lisa Portelli	34:57	8:44	+0:00
Jennifer Hodge	36:10	9:03	+3:22
Laura James	38:21	9:35	+0:00
Kirsten James	38:21	9:35	+0:00
Lindiwe Mogatsela	40:19	10:05	+0:00
Matthew Wilcox	41:07	10:17	-2:35
Karien Kruger	41:07	10:17	+0:00
Ronel Kruger	41:07	10:17	+0:00
Helga Lucas	41:16	10:19	+5:31
Samantha Zermatten	41:16	10:19	-1:44
Sonia Correia	41:16	10:19	+0:00