

Modderfontein Time Trial - 23 May 2023

Thank you to our timekeepers: Marco, Patrick W and Riaan

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:47	4:21	+0:33
Lauren Crow	25:44	5:09	+0:00
Therene Botha	29:30	5:54	+3:22
Deidre Coghlan	31:50	6:22	+3:46
Sonia Correia	32:11	6:26	+3:34
Kyla Linton	32:12	6:26	-1:48
Fulufelo Malada	33:53	6:47	-0:48
Janice Ross	35:26	7:05	+2:56
Demi De Ruyter	37:48	7:34	+4:23
Kimberley van der Walt	40:42	8:08	+0:00
Nonhlanhla Sikakane	44:59	9:00	+0:42

Mens 5km TT

Name	Time	Pace	+/- PB
Christoff Vermeulen	25:42	5:08	+1:13
Kyle Ribeiro	26:26	5:17	-0:17
Ross Hughes	29:26	5:53	+1:55
Steve Moolman	29:27	5:53	-0:18
Herman Botha	29:30	5:54	+3:26
Leon Jordaan	30:00	6:00	+7:42
Ethan Jordan	30:00	6:00	+0:00
Stefan Steyn	30:14	6:03	+3:32
Craig Laros	31:07	6:13	+1:49
Tristan Laros	31:25	6:17	+2:44
Francios Peens	33:53	6:47	+0:21
Edwin Maroga	34:46	6:57	+5:25
Ozzie Ferreira	35:26	7:05	+11:46

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	36:42	4:35	+2:03
Estrelita Kotze	41:20	5:10	+3:15
Jo-Anne Buchner	41:58	5:15	-0:06
Celine Van Enter	43:11	5:24	+1:09
Julie Hughes	45:37	5:42	+2:33
Chelsea Muller	45:57	5:45	+3:45
Natalie Botha	48:18	6:02	+3:21
Sally Bevington	49:52	6:14	+7:13
Samantha Zermatten	49:52	6:14	+4:56

Mens 8km TT

Name	Time	Pace	+/- PB
Geoffrey Crow	30:14	3:47	-2:06
Dario Matteucci	31:27	3:56	-0:53
Dillon Haverly	33:07	4:08	-6:02
Jose Bates	33:48	4:14	+0:47
Darryn Miles	34:47	4:21	+0:00
Warren Graver	36:40	4:35	+0:15
Clayton Sumner	36:43	4:35	+2:44
David Tsoeute	37:25	4:41	-0:19
Adam Greve	38:42	4:50	-0:08
Jackson Malumalu	39:02	4:53	+9:02
Andrew Lucas	39:12	4:54	+4:14
Dieter Zermatten	39:12	4:54	+3:14
Wyatt Bothma	40:42	5:05	+3:45
Jonathan Hanscombe	41:08	5:09	+0:00
Andre Greyling	41:18	5:10	+3:51
Toni Zwicker	42:00	5:15	+0:33
Ayal Peretz	46:55	5:52	+6:49
Chris Botha	47:10	5:54	+6:15

4km Walkers

Name	Time	Pace	+/- PB
Candice Delacovia-Graver	27:17	6:49	-1:18
Andre Portelli	38:25	9:36	+1:22
Lisa Portelli	38:25	9:36	+3:28
Helga Lucas	42:43	10:41	+6:58
Annalien Steyn	42:48	10:42	+13:48
Kaela Hindle	44:20	11:05	+1:10

Virtual TT

Name	Time	Distance
Barry Chapman	34:40	8
Siphokazi Mondliwa	27:52	5