

Modderfontein Time Trial - 24 January 2023

Thank you to our timekeepers: Celine and Laetitia

Ladies 5km TT

Name	Time	Pace	+/- PB
Jo-Anne Buchner	28:05	5:37	+1:31
Roxanne Harley	28:20	5:40	+0:23
Gail Elliot-Wilson	29:59	6:00	-1:42
Paula Pfister	31:47	6:21	+3:21
Therene Botha	32:19	6:28	-0:46
Domanique da Graca	32:27	6:29	-1:09
Samantha Zermatten	32:30	6:30	+4:29
Paige Lindenberg	33:40	6:44	+2:49
Robin Claassen	34:15	6:51	+0:00
Emelia Dalhouzie	34:40	6:56	+0:00
Revana Laljith	35:40	7:08	+3:41
Bronwyn Diamond	35:55	7:11	+3:19
Janice Ross	37:45	7:33	+5:15
Dineo Mashigo	39:49	7:58	+4:55
Megan Louwrens	40:54	8:11	-2:07
Helga Lucas	40:58	8:12	+5:18
Busisiwe Nxumalo	41:32	8:18	+0:00
Heather Matteucci	43:06	8:37	+1:19
Nasreen Motani	47:54	9:35	-0:59
Numaira Ebrahim	47:54	9:35	-0:54
Jenna Buchner	53:27	10:41	+4:06

Mens 5km TT

Name	Time	Pace	+/- PB
Prashil Daya	23:48	4:46	+2:20
Andreas Trafoyer	24:59	5:00	-0:16
Mihir Daya	25:47	5:09	+2:41
Fabio La Mantia	27:03	5:25	+5:56
Jonathan Hanscombe	27:50	5:34	+0:43
Adam Greve	28:10	5:38	+0:39
Patrick Lovell	28:15	5:39	+1:45
Craig Bekker	28:33	5:43	-0:21
Luke vd Merwe	28:33	5:43	-0:21
Warren Graver	29:50	5:58	+2:19
Helder Alves	29:55	5:59	+0:00
Anrich Kock	30:28	6:06	+1:32
Herman Botha	32:19	6:28	-0:46
Mike Janet	32:27	6:29	+0:09
Keagile Konyana	32:32	6:30	+0:00
Logan Hull	32:46	6:33	+8:57
Jose Chroeven	33:25	6:41	+1:00
Sam Motshabi	34:15	6:51	+0:00
Kenneth Collett	35:21	7:04	+10:15
Bradley Diamond	35:36	7:07	+3:18
Warren Medcalf	37:45	7:33	+2:16
Ethan Frederick	39:35	7:55	+0:00
Riaan Steyn	40:35	8:07	+1:29
Graham Clifton	44:24	8:53	+9:56
Craig Jenkins	47:18	9:28	+0:00

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:22	4:40	+1:48
Nicola-Jayne Kirkby	43:50	5:29	+5:28
Chelsea Muller	45:55	5:44	+3:43
Sally Bevington	46:48	5:51	+4:03
Natalie Botha	47:18	5:55	-0:30
Claire Steyn	47:55	5:59	+5:15
Marizanne Pienaar	50:16	6:17	+9:55
Michelle Sparke	50:44	6:21	+5:36
Deidre Coghlan	51:53	6:29	+7:37
Lianne Zermatten	53:30	6:41	+2:13
Tamlyn Sayers	53:36	6:42	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	35:44	4:28	+3:01
Simon Levin	36:38	4:35	-0:14
Andrew Lucas	36:48	4:36	+1:27
Wyatt Bothma	37:43	4:43	-1:54
Clayton Sumner	40:20	5:03	+6:21
Thuiani Menye	41:59	5:15	+2:48
Fabio Matteucci	42:10	5:16	+6:15
Christoff Vermeulen	42:55	5:22	+4:01
Dieter Zermatten	42:55	5:22	+4:49
Jayson Naicker	42:55	5:22	+7:38
Michael Varanzakis	45:23	5:40	+6:09
Stefan Steyn	45:55	5:44	+6:38
Chris Botha	46:50	5:51	+5:55
Coach Marco	51:01	6:23	+4:20
Henri Zermatten	52:00	6:30	+4:29
Jonty Meiring	52:16	6:32	-1:00

4km Walkers

Name	Time	Pace	+/- PB
Raquel Regal	33:14	8:19	-8:06
Daniela Perosino	33:14	8:19	-8:06
David Swanepoel	35:10	8:48	+3:50
Chad Posthumus	36:14	9:04	+0:00
Amanda Matson	40:20	10:05	+8:40
Gay Geyser	40:28	10:07	+8:48
Leande Botha	40:58	10:15	+1:22
Michelle Ogilvie	40:58	10:15	-1:12
Lesley Devitt	41:28	10:22	+3:42
Netasha Di Della	41:28	10:22	+7:14
Lauren Prince	41:28	10:22	+0:10
Kirsten James	42:11	10:33	+3:50
Laura James	42:11	10:33	+3:50
Lizsinda Pitout	47:54	11:59	+0:00
Kylah Manthe	47:54	11:59	+0:00

Virtual TT

Name	Time	Distance
Barry Chapman	33:39	8
Jose Bates	31:56	8