

Modderfontein Time Trial - 25 October 2022

Thank you to our timekeepers: Helga, Andrew and Jonty

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	22:30	4:30	-0:18
Shanice Peens	23:19	4:40	-0:11
Lianne Zermatten	31:43	6:21	+1:13
Charmaine Hibbert	31:46	6:21	+1:34
Natalie Botha	32:11	6:26	-0:01
Revana Laljith	32:34	6:31	+0:35
Lindo Kumalo	33:18	6:40	+0:00
Deidre Coghlan	33:45	6:45	+5:41
Bronwyn Diamond	33:49	6:46	-0:18
Edna Nkosi	37:22	7:28	+2:26
Milly Manabihe	39:02	7:48	+2:07
Diane Bergs	39:40	7:56	+0:00
Gayle Bates	40:00	8:00	+5:17
Tebogo Mohlala	42:22	8:28	+6:00
Jabu Madonsela	51:01	10:12	+0:00
Sibongile Khumalo	51:01	10:12	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	19:52	3:58	+2:03
Mihir Daya	23:42	4:44	+0:25
Prashil Daya	25:31	5:06	+4:03
Lourens Strauss	25:53	5:11	+2:48
Logan Hull	27:15	5:27	+2:39
Jonathan Hanscombe	27:52	5:34	-1:32
Asthon Bergs	29:14	5:51	+0:00
Patrick Lovell	29:36	5:55	+3:06
Patrick Wong	30:31	6:06	+1:31
Craig Laros	30:55	6:11	+0:07
Edwin Maroga	31:26	6:17	+2:05
Ian Morrison	32:11	6:26	+6:57
Tyler Morrison	32:11	6:26	+5:10
Tristan Laros	34:44	6:57	+2:01
Graham Clifton	34:48	6:58	+0:15
Francios Peens	34:49	6:58	-0:11
Bradley Diamond	35:35	7:07	+2:15
Riley Morrison	36:28	7:18	+7:58
Henri Zermatten	37:14	7:27	+8:52
Kenneth Collett	49:34	9:55	+24:28

Ladies 8km TT

Name	Time	Pace	+/- PB
Sally Bevington	45:05	5:38	+2:20
Claire Steyn	46:45	5:51	+4:05
Zandile Masondo	48:22	6:03	+0:00
Marizanne Pienaar	48:38	6:05	+8:17
Michelle Sparke	50:45	6:21	+5:37

Mens 8km TT

Name	Time	Pace	+/- PB
Geoffrey Crow	32:20	4:03	+0:00
Jose Bates	33:01	4:08	-0:14
Edwin Mashabela	34:25	4:18	+0:00
Clint Suessmann	36:01	4:30	+0:41
Wilson Musiyambri	37:41	4:43	+0:00
Clayton Sumner	38:26	4:48	+4:27
Jayson Naicker	38:58	4:52	+3:41
Dillon Haverly	39:09	4:54	-2:41
Christoff Vermeulen	39:25	4:56	-0:23
Simon Levin	40:45	5:06	+2:08
Dieter Zermatten	40:46	5:06	+1:30
Deon Wessels	42:03	5:15	+1:49
Tumi Sole	47:27	5:56	-0:02
Stefan Steyn	47:30	5:56	+8:13
Ayal Peretz	47:35	5:57	+7:29
Coach Marco	48:51	6:06	+2:10

4km Walkers

Name	Time	Pace	+/- PB
Sue van Broembsen	33:18	8:20	-2:02
Heidi Von Broemben	33:18	8:20	+0:00
Sabrina Moraga	33:41	8:25	+0:00
Aamirah Hassan	35:35	8:54	+0:37
Alexandra Hanegraaf	36:59	9:15	-0:22
Pemmy Matsunyane	40:05	10:01	+0:00
Lesley Devitt	41:40	10:25	+0:43
Netasha Di Della	41:40	10:25	+7:26
Leande Botha	43:42	10:56	+4:06
Hedri Hourie	43:42	10:56	+0:00
Linda Fisher	45:24	11:21	+1:53
Delia Murray	45:25	11:21	+1:42
Jessica le Roux	45:28	11:22	+16:58
Mara Rahme	45:28	11:22	+16:58

Virtual TT

Name	Time	Distance
Regina	46:00	8
Paula	31:11	5
Garth	23:50	5
Chelsea	30:43	5