

Modderfontein Time Trial - 26 April 2022

Thank you to our timekeepers: Lianne and Henri

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	25:18	5:04	+2:30
Bianca Nowicki	29:20	5:52	+0:51
Deidre Coghlan	29:20	5:52	-0:22
Sonia Correia	30:00	6:00	+1:23
Micaela Rei	32:37	6:31	+4:47
Samantha Zermatten	32:37	6:31	+4:36
Eva Ostoja	33:24	6:41	+1:04
Demi De Ruyter	33:31	6:42	+0:06
Charmaine Hibbert	33:34	6:43	+3:22
Gayle Bates	35:40	7:08	-0:53
Tayla Foong	37:05	7:25	+7:27
Leanne Levin	37:43	7:33	+0:00
Helga Lucas	38:14	7:39	+2:34
Janice Ross	38:14	7:39	+5:44
Xoli Madlala	41:32	8:18	-1:37
Sydney Dlamini	41:32	8:18	+0:00
Jennifer Hodge	43:18	8:40	-1:10

Mens 5km TT

Name	Time	Pace	+/- PB
Declan Davis	23:25	4:41	+0:36
Lourens Strauss	23:51	4:46	+0:33
Clayton Sumner	25:18	5:04	+2:40
Michael Varanzakis	25:36	5:07	+0:46
Patrick Wong	29:23	5:53	+0:23
Clifford Correia	29:48	5:58	+4:34
Bryce Curtis	32:16	6:27	-2:15
Simon Levin	37:43	7:33	+0:00
Graham Clifton	43:16	8:39	+5:41

Ladies 8km TT

Name	Time	Pace	+/- PB
Ruth Davis	40:30	5:04	+0:49
Celine Van Enter	43:22	5:25	+0:47
Julie Hughes	44:54	5:37	+0:07
Chelsea Muller	47:28	5:56	+5:16
Sally Bevington	47:28	5:56	+4:43
Kirsten Morrison	47:59	6:00	+1:01
Kim Bouwer	52:05	6:31	+0:36

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	34:04	4:16	+34:04
Jose Bates	35:01	4:23	+1:28
Richard De Klerk	35:01	4:23	+1:56
Rogan Botha	42:00	5:15	+4:45
Deon Wessels	44:30	5:34	+4:08
Chris Botha	44:57	5:37	+4:02
Dieter Zermatten	47:28	5:56	+8:12
Coach Marco	47:37	5:57	+0:56
Patrick Lovell	47:47	5:58	+6:25

4km Walkers

Name	Time	Pace	+/- PB
Amanda Matson	33:01	8:15	-1:04
Gay Geyser	33:01	8:15	-1:04