

Modderfontein Time Trial - 27 June 2023

Thank you to our timekeepers: Helga and Chelsea

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	21:30	4:18	+0:27
Shanice Peens	21:50	4:22	+0:36
Estrelita Kotze	24:36	4:55	+0:57
Sam Murphy	28:57	5:47	+1:00
Therene Botha	29:58	6:00	+3:50
Deidre Coghlan	30:40	6:08	+2:36
Fulufelo Malada	35:10	7:02	+1:17
Lerato Funani	40:56	8:11	-1:25

Mens 5km TT

Name	Time	Pace	+/- PB
Ian Morrison	22:49	4:34	+0:52
Clayton Sumner	24:31	4:54	+1:57
Mitchell Gill	24:31	4:54	+1:11
Ross Phillips	24:36	4:55	-1:28
Tristan Laros	27:59	5:36	-0:20
Leon Jordaan	28:27	5:41	+6:09
Steve Moolman	29:00	5:48	-0:27
Simon Levin	29:28	5:54	+4:28
Herman Botha	29:58	6:00	+4:33
Frank Lepphoto	31:10	6:14	+1:18
Edwin Maroga	33:10	6:38	+3:49
Fred Muvhulawa	43:07	8:37	+14:26

Ladies 8km TT

Name	Time	Pace	+/- PB
Natalie Botha	47:28	5:56	+2:31
Sally Bevington	47:57	6:00	+5:18
Samantha Zermatten	47:57	6:00	+3:01
Michelle Sparke	49:37	6:12	+4:29
Bussi Ndlovu	54:31	6:49	+0:00
Kim Boucher	58:17	7:17	+6:48

Mens 8km TT

Name	Time	Pace	+/- PB
Mitchell Cook	35:30	4:26	-1:50
Andre Greyling	42:38	5:20	+6:42
Dieter Zermatten	42:38	5:20	+6:40
Deon Wessels	43:33	5:27	+3:19
JD du Plessis	46:02	5:45	+0:00
Chris Botha	46:53	5:52	+5:58
Coach Marco	51:30	6:26	+5:58

4km Walkers

Name	Time	Pace	+/- PB
Busisiwe Nxumalo	32:58	8:15	+0:00
Bradley Diamond	36:13	9:03	+11:41
Bronwyn Diamond	36:13	9:03	+11:43
Andre Portelli	36:19	9:05	-0:44
Lisa Portelli	36:19	9:05	+1:22
Kirsten Morrison	39:06	9:47	+7:08
Celine Van Enter	39:06	9:47	+14:28
Anthony Geeven	39:06	9:47	+0:00
Kimberley van der Walt	39:22	9:51	+4:02
Nikki van der Walt	39:22	9:51	+4:02

Virtual TT

Name	Time	Distance
Chelsea Muller	45:08	8
Barry Chapman	36:25	8