

Modderfontein Time Trial - 29 August 2022

Thank you to our timekeepers: Demi and Chelsea

Ladies 5km TT

Name	Time	Pace	+/- PB
Claire Steyn	29:52	5:58	+3:21
Natalie Botha	36:12	7:14	+3:34
Sonia Correia	38:42	7:44	+10:05
Jessica le Roux	39:39	7:56	+3:03
Mara Rahme	39:49	7:58	+3:13
Leanne Tyriuos	40:55	8:11	+0:00
Sue van Broembsen	41:01	8:12	+0:00
Tebogo Mohlala	42:44	8:33	+6:22

Mens 5km TT

Name	Time	Pace	+/- PB
Dieter Zermatten	25:55	5:11	+2:51
Keegan Russell	29:09	5:50	-3:35
Coach Marco	29:42	5:56	+1:30
Tyron De Beer	32:06	6:25	-1:18
Zamu Bala	32:06	6:25	-2:22
Graham Clifton	35:37	7:07	+0:47

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	40:02	5:00	+1:40
Sandy Ransom	40:10	5:01	+0:30
Deidre Coghlan	46:08	5:46	+1:52

Mens 8km TT

Name	Time	Pace	+/- PB
Clint Suessmann	36:29	4:34	+0:40
Graham Ransom	37:09	4:39	-0:37
Andre Greyling	39:10	4:54	-0:51
Lourens Strauss	39:41	4:58	+2:17
Christoff Vermeulen	40:00	5:00	-0:04
Richard Sparke	41:49	5:14	+2:53
Deon Wessels	45:11	5:39	+4:49
Patrick Lovell	46:55	5:52	+5:33
Chris Botha	47:03	5:53	+6:08

4km Walkers

Name	Time	Pace	+/- PB
Kirsten Getuli	31:10	7:48	+0:00
Charne Oosthuizen	31:10	7:48	+0:00
Kirsten James	35:10	8:48	-3:11
Laura James	35:32	8:53	-2:49
Alexandra Hanegraaf	43:24	10:51	+2:44
Sabrina Moraga	43:24	10:51	+3:36
Andrew Lucas	48:50	12:13	+48:50
Helga Lucas	48:50	12:13	+13:05
Samantha Zermatten	48:50	12:13	+7:34