

Modderfontein Time Trial - 29 November 2022

Thank you to our timekeepers: Chris and Patrick

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	21:32	4:18	-0:58
Shanice Peens	22:35	4:31	-0:14
Nicola-Jayne Kirkby	22:40	4:32	-1:12
Celine Van Enter	26:25	5:17	+0:40
Kirsten Morrison	31:04	6:13	+2:36
Paula Pfister	31:16	6:15	+2:50
Deidre Coghlan	33:41	6:44	+5:37
Bronwyn Diamond	35:31	7:06	+2:55
Annalien Steyn	36:45	7:21	+11:03
Jordan Spolander	36:45	7:21	+12:10
Charmaine Hibbert	37:02	7:24	+6:50
Demi De Ruyter	50:59	10:12	+17:34

Mens 5km TT

Name	Time	Pace	+/- PB
Ian Morrison	21:57	4:23	-3:17
Logan Hull	24:03	4:49	+0:14
Graham Ransom	25:03	5:01	+1:34
Tyler Morrison	26:03	5:13	-0:55
Andre Portelli	29:34	5:55	+0:25
Bradley Diamond	35:31	7:06	+3:13
Francios Peens	36:36	7:19	+1:56
Tristan Laros	36:36	7:19	+3:53

Ladies 8km TT

Name	Time	Pace	+/- PB
Julie Hughes	43:04	5:23	-0:55
Samantha Zermatten	44:56	5:37	-0:59
Claire Steyn	47:31	5:56	+4:51
Lisa Portelli	50:59	6:22	+0:00
Lianne Zermatten	51:35	6:27	+0:18
Yonica Pienaar	54:22	6:48	+1:20

Mens 8km TT

Name	Time	Pace	+/- PB
Jose Bates	34:07	4:16	+1:06
Dino Lloyd	36:16	4:32	+0:00
Andrew Lucas	37:08	4:39	+1:47
Stephen Moraw	37:09	4:39	+0:00
Lourens Strauss	37:56	4:45	+0:32
Jayson Naicker	37:58	4:45	+2:41
Dieter Zermatten	38:06	4:46	-1:10
Clayton Sumner	38:18	4:47	+4:19
Fabio La Mantia	38:19	4:47	+4:26
Barry Chapman	39:22	4:55	+7:00
Simon Levin	39:38	4:57	+2:46
Deon Wessels	40:25	5:03	+0:11
Ayal Peretz	44:54	5:37	+4:48
Fred Muvhulawa	47:14	5:54	+1:14
Edwin Maroga	50:18	6:17	+2:52
Jonty Meiring	54:32	6:49	+1:16

4km Walkers

Name	Time	Pace	+/- PB
Graham Clifton	41:12	10:18	+6:30
Gayle Bates	41:27	10:22	+2:11
Helga Lucas	41:27	10:22	+5:42
Nasreen Motani	45:40	11:25	+6:15
Numaira Ebrahim	47:25	11:51	+8:11
Sumi Naidu	47:25	11:51	+0:00

Virtual TT

Name	Time	Distance
Patrick L	25:08	5