

## Modderfontein Time Trial - 2 August 2022

Thank you to our timekeepers: Paula and Charmine

### Ladies 5km TT

Name	Time	Pace	+/- PB
Micaela Rei	31:23	6:17	+3:33
Sally Bevington	31:23	6:17	+6:19
Samantha Zermatten	31:23	6:17	+3:22
Lianne Zermatten	32:48	6:34	+2:18
Charne Oosthuizen	34:19	6:52	+0:00
Mpho Letsoalo	35:29	7:06	-5:08
Nicole Stanton-Jones	35:29	7:06	-5:36
Sheri-Lee Dos Reis	35:40	7:08	+0:00
Dineo Mashigo	36:55	7:23	-4:32
Lisa Portelli	38:30	7:42	-2:58
Kirsten Getuli	40:00	8:00	+0:00

### Mens 5km TT

Name	Time	Pace	+/- PB
Jose Bates	21:23	4:17	+1:19
Dieter Zermatten	31:23	6:17	+8:19
Brendon Unterslak	32:01	6:24	-0:47
Kurt Preston	32:13	6:27	+0:00
Tyron De Beer	34:09	6:50	+0:00
Sibusiso Malaza	34:23	6:53	+0:00
Obakeng Sebetlele	35:21	7:04	+3:52
Edwin Maroga	35:28	7:06	+6:07
Graham Clifton	38:08	7:38	+3:18

### Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	38:05	4:46	+2:31
Sandy Ransom	40:07	5:01	+0:27
Chelsea Muller	48:00	6:00	+5:48
Marizanne Pienaar	48:00	6:00	+7:39
Julie Hughes	49:44	6:13	+5:45
Michelle Sparke	52:44	6:36	+7:36
Natalie Botha	53:27	6:41	+0:00

### Mens 8km TT

Name	Time	Pace	+/- PB
Cameron Dansie	30:29	3:49	+2:29
Barry Chapman	36:22	4:33	+3:23
Fabio La Mantia	36:22	4:33	-0:21
Clayton Sumner	40:07	5:01	+4:46
Jayson Naicker	40:07	5:01	+4:50
Deon Wessels	40:47	5:06	+0:25
Andre Greyling	42:06	5:16	+2:05
Katlego Scheepers	45:03	5:38	-1:36
Stefan Steyn	46:01	5:45	+6:44
Graham Ransom	46:18	5:47	+8:32
Patrick Lovell	48:21	6:03	+6:59
Patrick Wong	49:16	6:10	+1:55
Chris Botha	52:45	6:36	+11:50
Raymond Smith	53:21	6:40	+2:48

### 4km Walkers

Name	Time	Pace	+/- PB
Ari Guinsberg	36:24	9:06	+0:00
Claire Steyn	39:48	9:57	+0:00
Karien Kruger	43:42	10:56	+0:00
Matthew Wilcox	43:42	10:56	+0:00
Michael Oliaro	43:42	10:56	+0:00