



**NEDBANK
RUNNING
CLUB**

**TIME TRIAL
RESULTS**



Modderfontein - 31 October 2023

Ladies 5km TT

| Name | Time | Pace | +/- PB |
|-------------|-------|------|--------|
| Janice Ross | 31:54 | 6:23 | +1:11 |

Mens 5km TT

| Name | Time | Pace | +/- PB |
|-----------------|-------|------|--------|
| Andre Greyling | 26:51 | 5:22 | +4:34 |
| Fabio La Mantia | 29:39 | 5:56 | +8:32 |
| Calvin Jenzen | 31:56 | 6:23 | +1:13 |

Ladies 8km TT

| Name | Time | Pace | +/- PB |
|--------------------|-------|------|--------|
| Tristan Torr | 37:52 | 4:44 | +3:13 |
| Estrelita Kotze | 41:46 | 5:13 | +3:41 |
| Chelsea Muller | 44:23 | 5:33 | +3:27 |
| Jo-Anne Buchner | 44:23 | 5:33 | +2:25 |
| Samantha Zermatten | 46:02 | 5:45 | +1:33 |
| Deidre Coghlan | 46:43 | 5:50 | +2:52 |

Mens 8km TT

| Name | Time | Pace | +/- PB |
|------------------|-------|------|--------|
| Pieter Swanepoel | 32:51 | 4:06 | +1:13 |
| Barry Chapman | 35:02 | 4:23 | +2:57 |
| Dario Matteucci | 37:36 | 4:42 | +7:18 |
| Clayton Sumner | 37:43 | 4:43 | +4:34 |
| Jackson Malumalu | 38:47 | 4:51 | +8:47 |
| Dieter Zermatten | 41:45 | 5:13 | +5:47 |
| Chris Botha | 46:50 | 5:51 | +5:55 |

Virtual TT

| Name | Time | Distance |
|------------------|-------|----------|
| Robert Bode | 48:16 | 8 |
| Sonia Correia | 55:31 | 8 |
| Mxolisi Makaleng | 35:40 | 8 |

