

Modderfontein Time Trial - 04 July 2023

Thank you to our timekeepers: Estee and Barry

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:35	4:19	+0:21
Mia Du Preez	30:22	6:04	+0:00
Sammy Erasmus	30:42	6:08	+0:00
Deidre Coghlan	32:32	6:30	+4:28
Fulufelo Malada	32:44	6:33	-1:09
Bronwyn Du Preez	34:49	6:58	+0:00
Linda van Deenk	38:34	7:43	+0:00
Busisiwe Nxumalo	40:13	8:03	+10:17
Maria Mogano	40:40	8:08	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Dino Lloyd	23:47	4:45	+1:07
Logan Hull	25:13	5:03	+1:24
Moji Mokobori	27:32	5:30	+0:00
Andre Portelli	28:33	5:43	-0:33
Ozzie Ferreira	28:56	5:47	+5:16
David Tsoeute	29:05	5:49	-6:11
Frank Lephoto	29:16	5:51	-0:36
Craig Laros	30:05	6:01	+0:47
Tristan Laros	30:05	6:01	+2:06
Dieter Zermatten	30:42	6:08	+8:40
Fred Muvhulawa	31:46	6:21	+3:05
Clayton Sumner	32:32	6:30	+9:58
Edwin Maroga	34:13	6:51	+4:52
Francios Peens	36:11	7:14	+2:39

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	41:48	5:14	+3:47
Chelsea Muller	43:28	5:26	+2:32
Marizanne Pienaar	44:17	5:32	+3:56
Celine Van Enter	44:28	5:34	+3:32
Jo-Anne Buchner	44:45	5:36	+2:47
Sally Bevington	45:15	5:39	+2:36
Laetitia Stap	45:30	5:41	+1:37
Natalie Botha	47:37	5:57	+2:40

Mens 8km TT

Name	Time	Pace	+/- PB
Calvin Sangweni	33:13	4:09	+2:19
Jude Chianwuna	33:45	4:13	+3:56
Mitchell Gill	34:14	4:17	-1:17
Richard De Klerk	35:10	4:24	+2:42
Ntshavheni Mudau	36:19	4:32	-0:36
Ofhani Rapetswane	37:37	4:42	-0:44
Ian Morrison	38:25	4:48	+3:11
Wyatt Bothma	38:55	4:52	+3:52
Andre Greyling	38:58	4:52	+3:02
Simon Levin	44:15	5:32	+7:37
JD du Plessis	44:22	5:33	-1:40
Rogan Botha	46:12	5:47	+8:57
Deon Wessels	46:14	5:47	+6:00
Chris Botha	47:02	5:53	+6:07
Coach Marco	49:18	6:10	+3:46
Patrick Wong	49:18	6:10	+2:16

4km Walkers

Name	Time	Pace	+/- PB
Jessica Truter	30:42	7:41	+0:00
Janice Ross	35:08	8:47	+6:57
Kimberley van der Walt	36:32	9:08	+1:12
Nikki van der Walt	36:32	9:08	+1:12
Michelle Sparke	39:40	9:55	+0:00
Julie Hughes	39:50	9:58	+5:12
Ross Hughes	39:50	9:58	+2:23
Samantha Zermatten	40:44	10:11	+2:36
Henri Zermatten	42:04	10:31	+1:14
Kirsten Morrison	42:04	10:31	+10:06
Anthony Geeven	42:04	10:31	+2:58
Demi De Ruyter	42:47	10:42	+5:52
Paula Pfister	42:47	10:42	+16:37
Claire Steyn	43:09	10:47	+8:09
Lianne Zermatten	43:09	10:47	+0:10
Jonty Meiring	43:44	10:56	+0:00
Yonica Pienaar	43:44	10:56	+7:38