

Modderfontein Time Trial - 4 October 2022

Thank you to our timekeepers: Julie and Ross

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	23:17	4:39	+0:29
Revana Laljith	32:39	6:32	-0:12
Paula Pfister	32:45	6:33	+4:19
Yonica Pienaar	33:44	6:45	+1:32
Cheri-lee Dos Reis	33:57	6:47	-1:12
Gayle Bates	38:58	7:48	+4:15

Mens 5km TT

Name	Time	Pace	+/- PB
Jude Chianwuna	19:55	3:59	+2:06
Prashil Daya	22:54	4:35	+1:26
Mihir Daya	23:17	4:39	-0:15
Logan Hull	27:17	5:27	+2:05
Jaco Kruger	29:27	5:53	+0:24
Edwin Maroga	29:36	5:55	+0:15
Stefan Steyn	31:01	6:12	+4:19
Craig Laros	31:26	6:17	-0:41
Henri Zermatten	34:00	6:48	+5:38
Jonty Meiring	34:28	6:54	+2:16
Tristan Laros	35:45	7:09	+2:11
Ozzie Ferreira	42:58	8:36	+19:18

Ladies 8km TT

Name	Time	Pace	+/- PB
Nicola-Jayne Kirkby	39:34	4:57	+1:12
Sandy Ransom	40:09	5:01	+2:03
Sally Bevington	46:15	5:47	+3:30
Chelsea Muller	50:09	6:16	+7:57
Samantha Zermatten	50:42	6:20	+4:47
Michelle Sparke	54:02	6:45	+8:54
Claire Steyn	54:05	6:46	+11:25
Charmaine Hibbert	54:11	6:46	+4:09
Lianne Zermatten	54:11	6:46	+1:16

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	31:00	3:53	-3:12
Dario Matteucci	35:25	4:26	-1:13
Richard De Klerk	35:46	4:28	+2:41
Barry Chapman	35:47	4:28	+2:48
Michael Varanzakis	39:14	4:54	+0:00
Graham Ransom	39:15	4:54	+3:13
Christoff Vermeulen	39:48	4:59	-0:16
Patrick Lovell	39:57	5:00	-1:25
Deon Wessels	40:14	5:02	-0:08
Dieter Zermatten	42:14	5:17	+2:58
Chris Botha	46:34	5:49	+5:39
Patrick Wong	47:23	5:55	+0:21
Coach Marco	50:18	6:17	+3:37

4km Walkers

Name	Time	Pace	+/- PB
Celine Van Enter	24:38	6:10	-5:22
Mpho Letsoalo	33:04	8:16	-9:23
Graham Clifton	34:42	8:41	-1:47
Jennifer Hodge	35:40	8:55	+2:52
Aamirah Hassan	37:14	9:19	+2:16
Jacques Kruger	37:26	9:22	-0:10
Ronel Kruger	37:26	9:22	-3:41
Karien Kruger	37:36	9:24	-6:06
Beverly Wilcox	37:40	9:25	+0:00
Matthew Wilcox	37:40	9:25	-3:27
Demi De Ruyter	41:30	10:23	+3:30
Sonia Correia	41:30	10:23	+0:14
Janice Ross	44:40	11:10	+15:40
Frank Ross	44:53	11:13	+0:00

Virtual TT

Name	Time	Distance
Garth	23:55	5