

Modderfontein Time Trial - 7 February 2023

Thank you to our timekeepers: Gayle, Diedre and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Shanice Peens	21:51	4:22	-0:17
Jo-Anne Buchner	26:54	5:23	+0:20
Sam Murphy	27:57	5:35	+0:00
Therene Botha	28:58	5:48	-3:21
Emelia Dalhouzie	30:58	6:12	-3:42
Domanique da Graca	31:32	6:18	-0:55
Sonia Correia	31:52	6:22	+3:15
Robin Claassen	33:10	6:38	-0:33
Lianne Zermatten	36:09	7:14	+5:39
Kutloano Ngema	36:52	7:22	+0:00
Janice Ross	37:03	7:25	+4:33
Samantha Zermatten	37:46	7:33	+9:45
Demi De Ruyter	39:34	7:55	+6:09
Yonica Pienaar	39:34	7:55	+7:22
Tebogo Mohlala	39:49	7:58	+3:27
Helga Lucas	40:54	8:11	+5:14
Michelle Ogilvie	44:50	8:58	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Keegan Reynolds	21:10	4:14	+0:17
Pieter Swanepoel	22:30	4:30	+0:00
Wyatt Bothma	22:47	4:33	-1:43
Warren Medcalf	23:16	4:39	-9:35
Andreas Trafoyer	24:06	4:49	-0:53
Jonathan Hanscombe	25:40	5:08	-0:55
Logan Hull	26:17	5:15	+2:28
Leon Jordaan	26:49	5:22	+0:00
Craig Bekker	26:56	5:23	-0:14
Luke vd Merwe	26:56	5:23	-0:14
Dieter Zermatten	27:59	5:36	+4:55
Helder Alves	28:11	5:38	+0:00
Anrich Kock	29:06	5:49	+0:28
Herman Botha	29:20	5:52	+0:07
Ntwanano Gaza	29:35	5:55	-1:44
Fred Muvhulawa	29:48	5:58	-1:44
Keith Agliotti	29:58	6:00	-2:02
Mike Janet	30:05	6:01	+0:05
Sifiso Mabena	30:31	6:06	+0:31
Steve Wellman	31:14	6:15	+0:00
Wayne Riley	31:52	6:22	+3:46
Michael Varanzakis	34:34	6:55	+9:44
Francios Peens	35:20	7:04	+1:48
Sithembiso Khumalo	36:52	7:22	+0:00
Riaan Steyn	38:42	7:44	-0:24

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	37:20	4:40	+1:46
Celine Van Enter	45:45	5:43	+3:10
Chelsea Muller	45:45	5:43	+3:33
Natalie Botha	47:49	5:59	+2:52
Claire Steyn	47:50	5:59	+5:10
Michelle Sparke	51:03	6:23	+5:55
Paula Pfister	51:50	6:29	+0:00
Tamlyn Sayers	51:50	6:29	-1:46
Roxanne le Roux	51:50	6:29	+0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Mxolisi Makaleng	30:09	3:46	-0:20
Barry Chapman	35:51	4:29	+3:29
Fabio La Mantia	35:51	4:29	+1:58
Stephen Morake	35:51	4:29	-0:53
Andrew Lucas	36:26	4:33	+1:05
Clayton Sumner	37:20	4:40	+3:21
Richard De Klerk	37:20	4:40	+4:37
Mitchell Gill	37:43	4:43	-1:42
Jayson Naicker	38:09	4:46	+2:52
Oliver Hauser	38:49	4:51	+0:00
Andre Greyling	39:10	4:54	+0:13
Stefan Steyn	41:59	5:15	+2:42
Simon Levin	42:03	5:15	+5:25
Deon Wessels	43:02	5:23	+2:48
Adolph Gaza	46:38	5:50	-2:17
Coach Marco	46:50	5:51	+0:09
Jonty Meiring	48:07	6:01	-4:09
Chris Botha	48:14	6:02	+7:19
Raymond Smith	53:56	6:45	+3:23

4km Walkers

Name	Time	Pace	+/- PB
Patrick Lovell	34:06	8:32	+0:00
Anisa Fielding	34:48	8:42	-0:15
Bradley Diamond	34:48	8:42	+2:21
Bronwyn Diamond	34:48	8:42	+2:21
Natasha Di Bella	35:57	8:59	+1:43
Lesley Devitt	38:34	9:39	+0:48
Leande Botha	39:04	9:46	-0:32
Dineo Mashigo	41:06	10:17	+6:09
Lisa Portelli	41:08	10:17	+6:11
Andre Portelli	41:09	10:17	+3:31
Edwin Maroga	44:35	11:09	+3:58
Fulufelo Malada	44:47	11:12	+0:00

Virtual TT

Name	Time	Distance
Ian Morrison	36:50	8
Marizanne	46:20	8