

Modderfontein Time Trial - 8 August 2023

Thank you to our timekeepers: Chelsea and Ozzie

Ladies 5km TT

Name	Time	Pace	+/- PB
Tristan Torr	21:02	4:12	-0:01
Shanice Peens	21:35	4:19	+0:21
Jo-Anne Buchner	28:29	5:42	+1:55
Therene Botha	28:40	5:44	+2:32
Deidre Coghlan	29:27	5:53	+1:23
Jessica Truter	30:15	6:03	-4:31
Paige Lindenberg	30:21	6:04	+1:28
Revana Laljith	33:09	6:38	+1:10
Lianne Zermatten	33:37	6:43	+3:07
Lerato Funani	36:50	7:22	-0:31
Gayle Bates	37:59	7:36	+3:16
Janice Ross	37:59	7:36	+5:29
Maria Mogano	38:10	7:38	-0:40
Patricia Muller	39:30	7:54	+3:34
Helga Lucas	43:09	8:38	+7:29
Heather Matteucci	43:11	8:38	+2:41

Mens 5km TT

Name	Time	Pace	+/- PB
Jose Bates	21:32	4:18	+1:34
Warren Graver	24:41	4:56	+1:47
Logan Hull	24:46	4:57	+0:57
Byron Benson	25:11	5:02	+0:50
Fabio La Mantia	25:11	5:02	+4:04
Andrew Lucas	28:29	5:42	+5:06
Herman Botha	28:40	5:44	+3:15
Ntwanano Gaza	29:08	5:50	+0:09
Tristan Laros	30:21	6:04	+2:22
Patrick Wong	30:32	6:06	+1:32
Edwin Maroga	32:52	6:34	+3:31
Graham Clifton	35:17	7:03	+0:49
Bobby Kassher	37:24	7:29	+3:12
Francios Peens	37:57	7:35	+4:25

Ladies 8km TT

Name	Time	Pace	+/- PB
Sammy Erasmus	43:08	5:24	-1:08
Celine Van Enter	43:22	5:25	+2:26
Michelle Sparke	47:51	5:59	+2:43
Bussi Ndlovu	59:59	7:30	+5:28
Kim Bouwer	59:59	7:30	+8:30

Mens 8km TT

Name	Time	Pace	+/- PB
Richard De Klerk	33:59	4:15	+1:31
Clayton Sumner	34:53	4:22	+0:54
Jayson Naicker	38:36	4:50	+3:19
Ofhani Rapetswane	39:18	4:55	+1:41
Jacob Aupiais	39:36	4:57	+0:00
Christoff Vermeulen	39:37	4:57	+0:43
JD du Plessis	42:28	5:19	-1:54
Andre Greyling	42:37	5:20	+6:41
David Tsoeute	42:49	5:21	+5:24
Frank Lephoto	45:52	5:44	+2:54
Fabio Matteucci	46:56	5:52	+11:01
Donald Barnard	49:50	6:14	+0:00
Adolph Gaza	50:23	6:18	+7:19

4km Walkers

Name	Time	Pace	+/- PB
Henri Zermatten	28:25	7:06	+0:25
Annette Vermeulen	35:40	8:55	+1:21
Liesel Raath	38:19	9:35	+1:04
Nela Alvares	38:19	9:35	+0:00
Rekha Laljith	40:22	10:06	+0:00
Reshayl Laljith	40:22	10:06	+0:00
Leigh Raath	40:24	10:06	+6:27
Julie Hughes	40:27	10:07	+5:49
Laetitia Stap	40:27	10:07	+0:00
Ross Hughes	40:27	10:07	+3:00
Kristy van Zijl	47:07	11:47	+0:00
Juanelle Bates	47:45	11:56	+13:25
Daimian van Zijl	47:45	11:56	+0:00
Donovan van Zijl	47:45	11:56	+0:00
Kate Spurgeon	47:45	11:56	+0:00
Ava Van Enter	47:45	11:56	+11:14

Virtual TT

Name	Time	Distance
Chelsea Muller	28:15	5
Patrick Lovell	51:53	8