



TIME TRIAL RESULTS



Thank you to our timekeepers: Tristan A.K.A Lightning and Ofhani A.K.A the voice

Ladies 5km TT

Name	Time	Pace	+/- PB
5 Serati May	28:13	5:39	-0:37
5 Portia Ntsepe	28:48	5:46	-2:57
5 Gail Elliot-Wilson	30:32	6:06	1:16
5 Estrelita Kotze	31:19	6:16	7:40
5 Keabetswe Monyake	33:00	6:36	0:23
5 Helga Lucas	35:57	7:11	1:43
5 Shereen Mogale	40:00	8:00	1:02
5 Naledi Mallela	40:20	8:04	-3:46
5 Jennifer Hodge	41:33	8:19	0:40
5 Skosana M	43:16	8:39	0:00
5 Anna Kransayg	55:49	11:10	0:00

Mens 5km TT

Name	Time	Pace	+/- PB
5 David Tsoeute	26:00	5:12	2:45
5 Robert Bode	28:24	5:41	0:22
5 Calvin Jenzen	29:28	5:54	-0:42
5 Casper Venter	30:13	6:03	0:00
5 Fred Muvhulawa	30:16	6:03	1:35
5 Khukle Nuzane	34:28	6:54	0:00
5 Martyi M	34:28	6:54	0:00
5 Revlen Ganesh	38:56	7:47	0:00
5 Graham Clifton	41:33	8:19	7:34
5 Mbumba Ntata	44:00	8:48	0:00
5 Patrick Wong	55:49	11:10	26:49

Ladies 8km TT

Name	Time	Pace	+/- PB
8 Shanice Peens	33:15	4:09	-1:03

8 Amy Ling	47:29	5:56	0:29
8 Nicole Van den bergh	48:35	6:04	-0:37

Mens 8km TT

Name	Time	Pace	+/- PB
8 Isiah Dzambo	33:42	4:13	1:42
8 Thulani Khumalo	40:58	5:07	-1:32
8 Sapau Maduana	41:49	5:14	-0:41
8 Richard De Klerk	42:36	5:20	10:25
8 Moses Mtetha	42:46	5:21	0:45
8 Tristan Laros	44:02	5:30	-0:38
8 Deon Wessels	45:15	5:39	5:01
8 Patrick Lovell	48:02	6:00	8:05
8 Mitchell Cook	48:35	6:04	13:05

4km Walkers

Name	Time	Pace	+/- PB
4 Heather Williams	27:56	6:59	-15:07
4 Jessica le Roux	27:56	6:59	-0:34
4 Francios Peens	30:35	7:39	3:17
4 Gay Geyser	34:12	8:33	2:32
4 Amanda Matson	34:12	8:33	2:32
4 Kirsten De beer	39:34	9:54	0:00
4 Tyron De Beer	40:09	10:02	0:09
4 Laura James	40:09	10:02	1:48

Virtual TT

Name	Time	Distance
Andre Greyling	0:42:00	8

