



TIME TRIAL RESULTS

6th May 2025. Thank you T&T (Tshapo and Tristan)

Ladies 5km TT

Name	Time	Pace	+/- PB
Gia Sada	25:12	5:02	-1:09
Gail Elliot-Wilson	29:30	5:54	0:30
Shannon de Ryhove	29:30	5:54	2:06
Lindsay King	31:10	6:14	-0:26
Kirsty Love	31:14	6:15	1:00
Nati Trassienra	31:34	6:19	-3:24
Amber Banks	31:50	6:22	0:20
Nicole Cook	31:55	6:23	2:10
Claire Steyn	32:31	6:30	6:00
Mautle Mojappel	32:31	6:30	0:10
Caitlin Ransom	34:11	6:50	1:01
Lianne Zermatten	34:46	6:57	4:16
Michelle Mphahlele	35:39	7:08	1:18
Sonali Kuldip	35:40	7:08	-10:17
Helga Lucas	36:28	7:18	2:14
Sihle Xulu	36:50	7:22	0:03
Tatum Lister-Strydom	39:30	7:54	-4:10
Catherine Pitti	39:58	8:00	0:00
Dimpho Moeti	46:00	9:12	1:28
Tibiki Mogatla	46:50	9:22	0:15
Robyn Versace	52:35	10:31	-1:27
Liesel Raath	52:35	10:31	-1:27

Mens 5km TT

Name	Time	Pace	+/- PB
Koketso Selopyane	20:00	4:00	-0:40
Carl Strydom	23:50	4:46	-1:37
Dieter Zermatten	25:12	5:02	3:10
Jaryd Hubrig	25:12	5:02	2:05
Timothy Goodchild	26:10	5:14	-0:46
Patrick Moore	26:39	5:20	-0:48
Moses Mtetha	26:53	5:23	1:51
Ayal Peretz	27:10	5:26	3:41
Kevin Lister	28:44	5:45	3:23
Deon Wessels	29:13	5:51	4:16
Benjamin Banks	29:30	5:54	-0:20
Craig Duncan	29:30	5:54	1:26
Patrick Wong	30:48	6:10	1:48
Fred Muvhulawa	31:18	6:16	2:37
Colleen Moja	31:40	6:20	-0:35
Mitchell Cook	31:55	6:23	8:42
Coach Marco	32:00	6:24	3:48
Steve Moolman	32:45	6:33	4:17
Alessandro Bazzo	34:30	6:54	34:30
Yannick Lubamba	49:48	9:58	5:08
Siphesihle Toki	50:00	10:00	9:04
Geoff Hadley	52:35	10:31	3:10

Ladies 8km TT

Name	Time	Pace	+/- PB
Shanice Peens	35:13	4:24	0:55
Claire Koetze	40:30	5:04	-8:15
Chelsea Muller	41:49	5:14	2:41
Celine Van Enter	43:45	5:28	2:49
Jenna Griesel	52:24	6:33	3:29
MAbedi Mufahotho	52:28	6:34	0:11
Ayanda Tikayo	57:31	7:11	0:00

Mens 8km TT

Name	Time	Pace	+/- PB
Dario Matteucci	31:49	3:59	3:01
Nicolas Steensma	34:30	4:19	0:00
Jackson Malumalu	37:30	4:41	7:30
Sipho Matsimbi	39:50	4:59	2:05
Simon Levin	40:15	5:02	3:37
Clement Mangwane	43:32	5:27	0:58
Hector Moloko	43:44	5:28	0:54
Thabo Moopa	43:47	5:28	0:00
Chris Botha	44:21	5:33	3:26
Islah Dzambo	47:01	5:53	15:01
Robert Bode	47:22	5:55	6:06

4km Walkers

Name	Time	Pace	+/- PB
Bradley Diamond	37:14	9:19	12:49
Bronwyn Diamond	37:14	9:19	12:44
Dylan Wong	41:01	10:15	4:20

Virtual TT

Name	Time	Distance
Andre Greyling	0:44:00	8
Macana Qwane	0:15:00	5

