



Ladies 5km TT

Name	Time	Pace	+/- PB
Taolo Modisi	31:32	6:18	0:19
Daryn Van Maltitz	31:49	6:22	0:09
Anne Kruger	32:40	6:32	-0:46
Gugu Kwinda	32:40	6:32	0:00
Karen Roos	33:08	6:38	2:24
Louise Leech	33:42	6:44	1:51
Carrie Peter	33:42	6:44	-4:14
Rina Gerber	35:17	7:03	0:49
Simone Olivier	38:08	7:38	-0:36

Mens 5km TT

Name	Time	Pace	+/- PB
Grant Hallowell	32:08	6:26	5:06
Troye Brady	36:59	7:24	5:09
Andrew Childs	38:18	7:40	-1:02