

Modderfontein Time Trial - 22 March 2022

Ladies 5km TT

	Name	Time	Pace	+/- PB
	5 Petrie Strydom	23:02	4:36	-14:30
	5 Tristan Torr	23:37	4:43	+0:49
	5 Tammy Craig	23:38	4:44	-0:52
	5 Nicola-Jayne Kirkby	24:00	4:48	-1:11
	5 Ruth Davis	24:08	4:50	-1:03
	5 Shannon Pearce	24:56	4:59	+0:00
	5 Chelsea Muller	25:53	5:11	+0:35
	5 Micaela Rei	26:08	5:14	-1:42
	5 Celine Van Enter	26:13	5:15	-0:46
	5 Lauren Wessels	26:16	5:15	-0:14
	5 Laetitia Stap	26:39	5:20	+0:24
	5 Claire Steyn	27:00	5:24	+0:29
	5 Deidre Coghlan	27:20	5:28	-2:22
	5 Kirsten Morrison	28:07	5:37	-0:21
	5 Michelle Sparke	28:09	5:38	+1:18
	5 Sally Bevington	28:45	5:45	+3:41
	5 Marizanne Pienaar	28:46	5:45	+0:00
	5 Bianca Nowicki	29:17	5:51	-1:29
	5 Bussi Ndlovu	29:36	5:55	-0:28
	5 Sonia correia	29:44	5:57	+1:07
	5 Di Seeley	30:44	6:09	+0:00
	5 Lianne Zermatten	31:39	6:20	+1:09
	5 Charmaine Hibbert	32:02	6:24	+1:50
	5 Annalien Steyn	32:30	6:30	+6:48
	5 Eva Ostoja	32:44	6:33	-0:52
	5 Samantha Zermatten	33:40	6:44	+5:39
	5 Bronwyn Diamond	34:09	6:50	+0:00
	5 Seshnee Naicker	34:57	6:59	-0:45
	5 Edna Nkosi	35:39	7:08	+0:00
	5 Gayle Bates	36:46	7:21	+0:13
	5 Jackie Pellew	37:22	7:28	+2:14
	5 Helga Lucas	38:53	7:47	+3:13
	5 Colleen Medcalf	43:06	8:37	+0:00
	5 Lesley Devitt	43:44	8:45	+2:02
	5 Laurinda De Matos	44:26	8:53	+17:02
	5 Anisa Fielding	46:09	9:14	+0:00
	5 Netasha Di Della	46:09	9:14	+0:00
	5 Nela Alvares	50:41	10:08	+0:27
	5 Leande Botha	53:45	10:45	+0:00
	5 Veronica Swanepoel	53:45	10:45	+0:00
	5 Natalie Botha	53:49	10:46	+0:00

Mens 5km TT

	Name	Time	Pace	+/- PB
	5 Cameron Dansie	16:54	3:23	-0:26
	5 Tshepo Mashiloane	18:34	3:43	+0:00
	5 Mxolisi Makaleng	19:20	3:52	+0:00
	5 Joshua McKeand	19:36	3:55	-0:13
	5 Richard De Klerk	20:12	4:02	-5:59
	5 Cosmos Gumede	20:18	4:04	+20:18
	5 Jose Bates	21:03	4:13	+0:59
	5 Jayson Naicker	21:28	4:18	-14:14
	5 Clayton Sumner	21:53	4:23	-0:45
	5 Rogan Botha	23:21	4:40	+0:00
	5 Andrew Wainwright	24:42	4:56	-1:38
	5 Ennio Zotti	24:44	4:57	+1:50
	5 Theo Swanepoel	25:07	5:01	+0:00
	5 Patrick Lovell	25:26	5:05	-1:04
	5 Rob Thomas	26:18	5:16	-11:26
	5 Deon Wessels	26:41	5:20	+0:00
	5 Wayne Riley	26:41	5:20	-1:25
	5 Keanan Goodway	27:22	5:28	-0:23
	5 Dieter Zermatten	27:27	5:29	+4:23
	5 Chris Botha	27:31	5:30	-3:35
	5 Daryn Pillay	27:50	5:34	+0:09
	5 Cameron Jones	28:11	5:38	-16:00
	5 Stefan Steyn	28:15	5:39	+0:00
	5 Patrick Wong	29:06	5:49	+0:06
	5 Clifford Correia	29:14	5:51	+4:00
	5 Coach Marco	29:43	5:57	+1:31
	5 Henri Zermatten	30:07	6:01	+1:45
	5 Edwin Maroga	30:42	6:08	-0:15
	5 Kyle Nowicki	30:51	6:10	+0:00
	5 Bradley Diamond	33:20	6:40	+0:00
	5 Geoff Craig	33:34	6:43	+0:00
	5 Warren Medcalf	36:34	7:19	+0:00
	5 Craig Thomas	38:37	7:43	+4:05
	5 Andrew Lucas	38:53	7:47	+15:30
	5 Anton Van Wyk	43:44	8:45	+1:54
	5 Spencer Pope	48:03	9:37	+0:00
	5 DJ Kirkby	48:42	9:44	+0:00
	5 Graham Clifford	51:20	10:16	+10:33
	5 Matt Kirkby	54:21	10:52	+0:00
	5 Jonty Kirkby	54:22	10:52	+0:00