

Modderfontein Time Trial - 19 April 2022

Thank you to our timekeepers: Caryn and Corneluis

Ladies 5km TT

Name	Time	Pace	+/- PB
Ruth Davis	28:49	5:46	+4:19
Charmaine Hibbert	32:58	6:36	+2:46
Michelle Sparke	34:07	6:49	+7:16
Samantha Zermatten	34:07	6:49	+6:06
Demi De Ruyter	34:17	6:51	+0:52
Debbie Ridgard	34:48	6:58	+1:42
Yonica Pienaar	36:29	7:18	+4:17
Gayle Bates	38:46	7:45	+2:13
Lianne Zermatten	38:46	7:45	+8:16
Brenda Williams	42:00	8:24	+0:00
Sally Bevington	44:31	8:54	+19:27

Mens 5km TT

Name	Time	Pace	+/- PB
Graham Ransom	24:49	4:58	+1:20
Dieter Zermatten	27:32	5:30	+4:28
Ross Hughes	28:44	5:45	+1:13
Michael Varanzakis	29:25	5:53	+4:35
Keanan Goodway	30:46	6:09	+3:01
Jonty Meiring	36:39	7:20	+4:27
Graham Clifton	48:01	9:36	+10:26

Ladies 8km TT

Name	Time	Pace	+/- PB
Tristan Torr	39:53	4:59	+2:40
Julie Hughes	45:19	5:40	+0:32
Laetitia Stap	46:55	5:52	+2:07
Marizanne Pienaar	47:58	6:00	+7:37
Kim Bouwer	54:52	6:52	+3:23

Mens 8km TT

Name	Time	Pace	+/- PB
Vernon Le Roux	39:37	4:57	+0:00
Richard De Klerk	39:53	4:59	+6:48
Jose Bates	44:32	5:34	+10:59
Coach Marco	47:23	5:55	+0:42
Chris Botha	48:43	6:05	+7:48
Ntshavheni Mudau	54:53	6:52	+17:58
Simon Lavin	54:53	6:52	+0:00

4km Walkers

Name	Time	Pace	+/- PB
Eva Ostoja	38:10	9:33	+0:00
Netasha Di Della	38:10	9:33	+3:56
Leande Botha	40:39	10:10	+1:03
Natalie Botha	40:39	10:10	+1:03
Jennifer Hodge	47:56	11:59	+7:09