

Time Trial Results for: 01/03/2019

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3	R	1	Erasmus Luke	12.19	10.14	12.19
3	R	2	Stabler Tom	12.25	PB	12.25
3	R	3	Ludick Coby	12.31	12.12	12.31
3	R	4	de Bruyn Brooke	13.19	12.50	13.19
3	R	5	Blom Josua	14.35	13.35	13.35
3	R	6	Wallice Peter	14.49	14.42	14.42
3	R	7	Wellmann Bjorn	16.16	PB	16.16
3	R	8	Stander Matie	16.37	15.56	16.34
3	R	9	Taljaard Debbie	17.13	15.30	16.46
3	R	10	Fraser Lizaan	17.14	PB	17.14
3	R	11	Austin Karin	17.26	SB	17.26
3	R	12	Cilliers Heleen	17.49	PB	17.49
3	R	13	Vermeulen Charlene	17.52	PB	17.52
3	R	14	Boshoff Janine	18.03	18.03	18.03
3	R	15	Wallice Carol	18.08	PB	18.08
3	R	16	Pnematicatos Taryn	18.09	PB	18.09
3	R	17	Visser Schalk	23.41	20.13	23.07
3	R	18	Oosthuizen Eloize	25.17	25.17	25.17
3	R	19	Grant Jean	25.39	PB	25.39
3	R	20	Koster Sandy	33.33	33.33	33.33
3	W	1	Oosthuizen Lizette	27.27	25.32	26.34
3	W	2	van der Merwe Carina	27.51	27.01	27.01
3	W	3	Waters Hugh	27.51	23.32	26.24
3	W	4	Loedolff Willie	30.50	20.48	28.35
5	R	1	Bonjesi Jimmy	16.34	SB	16.34
5	R	2	Cooper Wilhelm	21.57	21.48	21.51
5	R	3	Kotzé André	22.02	22.02	22.02
5	R	4	Hepburn-Brown David	23.00	19.59	22.38
5	R	5	Ellis Garth	24.54	24.18	24.18
5	R	6	Oosthuizen Gerrit	25.17	24.48	25.07
5	R	7	Malan Theo	25.20	SB	25.20
5	R	8	Kotzé Michael	26.22	23.38	25.53
5	R	9	Eager Glynn	26.42	PB	26.42
5	R	10	Hanna Les	26.58	SB	26.58
5	R	11	Griffiths Gareth	27.25	SB	27.25
5	R	12	Willmore Roly	28.18	27.05	27.56
5	R	13	Katamzi-Joseph Zama	29.32	28.47	28.47
5	R	14	Griffiths Mariaan	29.50	SB	29.50
5	R	15	Fenn Theresa	30.23	SB	30.23
5	R	16	Hamman Monica	31.52	SB	31.52
5	W	1	van den Berg Gideon	34.38	PB	34.38
5	W	2	Ehrenberg Arlene	44.30	35.30	44.14
5	W	3	Gouws Emmie	44.30	40.00	44.20
8	R	1	Mhlonyane Bulelani	31.18	SB	31.18
8	R	2	Gillion Frank	36.07	31.14	35.37