

Time Trial Results for: 24/01/2019

| Distance | R/W | Position | Athlete | Time (mm.ss) | PB | SB |
|----------|-----|----------|----------------------------|--------------|-------|-------|
| 3 | R | 1 | Godana Ingallathi | 13.13 | 11.54 | 11.54 |
| 3 | R | 2 | Blom Josua | 13.35 | PB | 13.35 |
| 3 | R | 3 | Malan Theo | 13.46 | 12.51 | 13.46 |
| 3 | R | 4 | Kotzé Michael | 13.54 | 13.01 | 13.54 |
| 3 | R | 5 | Kruger André | 14.50 | 14.50 | 14.50 |
| 3 | R | 6 | van der Westhuizen Donovan | 14.50 | 14.20 | 14.20 |
| 3 | R | 7 | Wallice Peter | 14.54 | PB | 14.54 |
| 3 | R | 8 | van Weele Roelof | 15.12 | SB | 14.03 |
| 3 | R | 9 | van der Westhuizen Anel | 15.59 | PB | 15.59 |
| 3 | R | 10 | Vorster Carla | 17.32 | PB | 17.32 |
| 3 | R | 11 | Wallice Carol | 18.44 | PB | 18.44 |
| 3 | R | 12 | Kruger San Marié | 20.23 | PB | 20.23 |
| 3 | R | 13 | du Preez Josef | 20.45 | 18.00 | 20.23 |
| 3 | R | 14 | Visser Schalk | 23.07 | SB | 20.13 |
| 3 | W | 1 | Loedolff Willie | 28.41 | 20.48 | 28.35 |
| 3 | W | 2 | Waters Hugh | 29.40 | 23.32 | 28.39 |
| 3 | W | 3 | Wheeler Norma | 29.40 | 26.25 | 28.39 |
| 5 | R | 1 | Mkhohlakali Mlandeli | 19.12 | 18.01 | 19.12 |
| 5 | R | 2 | Gillion Frank | 22.45 | 18.22 | 21.40 |
| 5 | R | 3 | Stabler Tom | 22.58 | 22.17 | 22.53 |
| 5 | R | 4 | Kotzé Johann | 23.02 | 21.58 | 22.14 |
| 5 | R | 5 | Cooper Wilhelm | 23.40 | 21.48 | 21.51 |
| 5 | R | 6 | van der Merwe André | 25.51 | 19.55 | 25.50 |
| 5 | R | 7 | Kotzé Snr Johann | 27.30 | PB | 27.30 |
| 5 | R | 8 | Kotzé Heidi | 27.42 | PB | 27.42 |
| 5 | R | 9 | Hanna Les | 28.36 | SB | 22.31 |
| 5 | R | 10 | Cronjé Anel | 28.36 | 28.36 | 28.36 |
| 5 | R | 11 | Willmore Roly | 28.44 | 27.05 | 27.56 |
| 5 | R | 12 | Katamzi-Joseph Zama | 30.13 | 30.13 | 30.13 |
| 5 | R | 13 | Fenn Theresa | 30.47 | SB | 28.24 |
| 5 | R | 14 | Stander Matie | 31.17 | 27.40 | 31.04 |
| 5 | R | 15 | van Dyk Renate | 31.17 | 30.52 | 31.17 |
| 5 | R | 16 | Kotzé Elsabé | 35.55 | 33.53 | 35.55 |
| 5 | W | 1 | Cooper Tania | 36.11 | PB | 36.11 |
| 8 | R | 1 | Bonjesi Jimmy | 28.24 | SB | 26.30 |
| 8 | R | 2 | Kumbaca Darren | 36.16 | 33.12 | 33.12 |
| 8 | R | 3 | Sleigh James | 46.45 | 41.31 | 46.45 |
| 8 | R | 4 | Sleigh Sharon | 46.45 | 46.45 | 46.45 |