

Time Trial Results for: 14/03/2019

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3	R	1	Roux Chanté	12.40	11.47	12.40
3	R	2	Joubert Leani	12.40	12.40	12.40
3	R	3	Roux Carlien	13.14	12.41	13.04
3	R	4	Blom Josua	15.55	13.35	13.35
3	R	5	Kotzé Heidi	15.57	15.28	15.28
3	R	6	Taljaard Debbie	15.57	SB	15.30
3	R	7	van Weele Roelof	16.38	14.03	15.12
3	R	8	de Kock Nina	16.47	14.57	14.57
3	R	9	le Roux Marilie	16.50	PB	16.50
3	R	10	Pnematicatos Taryn	16.51	PB	16.51
3	R	11	Fraser Lizaan	16.52	PB	16.52
3	R	12	Vermeulen Charlene	17.02	PB	17.02
3	R	13	Olivier Petré	17.09	PB	17.09
3	R	14	van Zyl Anna	18.04	PB	18.04
3	R	15	Wallice Carol	18.44	18.08	18.08
3	R	16	Kotzé Elsabé	20.19	SB	18.22
3	R	17	du Preez Josef	20.19	18.00	19.36
3	R	18	Visser Schalk	23.55	20.13	23.07
3	R	19	Oosthuizen Eloize	25.00	PB	25.00
3	W	1	Bootha Ronél	25.12	23.32	25.06
3	W	2	Bootha Ben	25.12	23.32	25.06
3	W	3	Waters Hugh	26.41	23.32	26.24
3	W	4	Oosthuizen Lizette	28.14	25.32	26.34
3	W	5	Loedolff Willie	29.51	20.48	28.35
5	R	1	Cooper Wilhelm	21.32	PB	21.32
5	R	2	Malan Charles	21.55	19.35	21.55
5	R	3	Kotzé Johann	22.13	21.49	21.49
5	R	4	Erasmus Louise	22.44	SB	19.50
5	R	5	Bonjesi Jimmy	23.28	16.15	16.34
5	R	6	Calvyn	23.28	23.28	23.28
5	R	7	Malan Theo	24.10	SB	22.10
5	R	8	Griffiths Gareth	24.38	PB	24.38
5	R	9	Vlotman Christo	24.53	21.58	24.53
5	R	10	Hepburn-Brown David	25.00	19.59	22.38
5	R	11	van der Merwe Nicola	25.24	SB	25.03
5	R	12	Kotzé Michael	25.27	SB	23.38
5	R	13	Gildenhuis Jan	26.12	21.46	24.55
5	R	14	Kotzé Snr Johann	27.09	PB	27.09
5	R	15	Nel Daniël	27.25	21.18	21.18
5	R	16	Oosthuizen Gerrit	27.28	24.48	25.07
5	R	17	Willmore Roly	27.34	SB	27.05
5	R	18	Milne Mikki	27.52	21.05	26.36
5	R	19	Hanna Les	29.00	22.31	26.58
5	R	20	Stander Matie	29.04	SB	27.40
5	R	21	Griffiths Mariaan	29.17	SB	24.54
5	R	22	Fenn Theresa	29.51	SB	28.24
5	R	23	Hamman Monica	31.46	SB	28.56
5	W	1	Cooper Tania	37.55	36.11	36.11

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Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
5	W	2	Ehrenberg Arlene	46.10		35.30	44.14
5	W	3	Gouws Emmie	46.10		40.00	44.20
8	R	1	Mhlonyane Bulelani	32.12		30.52	31.18
8	R	2	Gillion Frank	36.13		31.14	35.37
8	R	3	Stabler Tom	43.14		37.03	43.14
8	R	4	Sleigh James	43.14	SB	41.31	43.14