

Time Trial Results for: 2019/06/20

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3	R	1	Brink John	12.42	10.45	10.45
3	R	2	Malan Theo	13.15	12.12	12.12
3	R	3	Blom Michelle	14.06	13.04	13.59
3	R	4	Wallice Peter	14.34 PB	14.34	14.34
3	R	5	Kotzé Heidi	16.50	15.28	15.28
3	R	6	Stander Matie	17.16	15.56	16.15
3	R	7	Wallice Carol	18.08 PB	18.08	18.08
3	R	8	Romburgh Abbi	19.29 PB	19.29	19.29
3	R	9	Wessels Koos	20.10	20.10	20.10
3	R	10	Geldenhuis Lisle	21.45	14.41	21.45
3	R	11	Wallace Yolandi	22.20	22.20	22.20
3	W	1	Bootha Ronél	24.14	23.32	23.42
3	W	2	Bootha Ben	24.14	23.32	23.42
3	W	3	Grant Jean	24.18	23.43	23.43
3	W	4	Cumming Basil	24.23	24.23	24.23
3	W	5	Romburgh Kim	26.40	25.26	25.26
3	W	6	van Zyl Theresa	26.40	26.18	26.18
3	W	7	Loedolff Willie	30.19	20.48	28.35
3	W	8	Griffiths Gareth	30.46	30.46	30.46
3	W	9	Griffiths Michelle	30.46	30.46	30.46
3	W	10	Griffiths Lionel	30.46	30.46	30.46
5	R	1	Browne Thomas	18.12	16.44	18.12
5	R	2	Gillion Frank	22.09	18.22	21.15
5	R	3	Barnard Etienne	22.22	20.59	21.58
5	R	4	Kotzé Michael	23.32	23.17	23.17
5	R	5	Kotzé Johann	24.30	21.45	21.45
5	R	6	Eager Glynn	25.22	24.59	24.59
5	R	7	Engel Emile	25.22	25.22	25.22
5	R	8	van Groeningen Lester	27.00	26.29	26.29
5	R	9	Erasmus Mariska	27.24	27.24	27.24
5	R	10	Kloppers Lourie	27.25 PB	27.25	27.25
5	R	11	Nel Daniël	27.34	21.07	21.07
5	R	12	Oosthuizen Gerrit	27.35	24.48	25.07
5	R	13	Sleigh Sharon	27.35	26.56	26.56
5	R	14	Milne Mikki	29.15	21.05	26.16
5	R	15	Griffiths Mariaan	29.15 SB	24.54	29.15
5	R	16	Willmore Roly	29.50	27.05	27.25
5	R	17	Turner Gavin	30.28	23.39	30.16
5	R	18	Hanna Les	31.26	22.31	26.52
5	W	1	Ehrenberg Arlene	42.05 SB	35.30	42.05
5	W	2	Hamman Monica	42.05 SB	36.54	42.05
8	R	1	Sangurakani Calvin	34.50	34.50	34.50
8	R	2	Stabler Tom	43.53	37.03	40.00
8	R	3	Sleigh James	43.53	40.00	40.00