

Time Trial Results for: 21/03/2019

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3	R	1	Gillion Frank	12.24		11.06	12.24
3	R	2	Erasmus Louise	13.06	SB	11.14	13.06
3	R	3	Blom Josua	15.32		13.35	13.35
3	R	4	Milne Mikki	17.03		14.52	16.32
3	R	5	Nel Christine	17.03		17.03	17.03
3	R	6	van Weele Roelof	17.03		14.03	15.12
3	R	7	Hanna Les	17.26		14.36	17.17
3	R	8	Visser Schalk	23.28		20.13	23.07
3	W	1	Erasmus Abel	24.23	SB	21.59	24.23
3	W	2	Grant Jean	24.32		24.22	24.22
3	W	3	Bootha Ronél	24.33	SB	23.32	24.33
3	W	4	Bootha Ben	24.33	SB	23.32	24.33
3	W	5	Oosthuizen Eloize	27.50		24.51	24.51
3	W	6	Oosthuizen Lizette	27.50		25.32	26.34
3	W	7	Loedolff Willie	29.31		20.48	28.35
5	R	1	Gouws (jnr) Danie	22.40	PB	22.40	22.40
5	R	2	Stabler Tom	22.53		21.36	21.36
5	R	3	Cooper Wilhelm	24.58		21.32	21.32
5	R	4	Laminga Dennis	24.58		24.58	24.58
5	R	5	Gouws (Sen) Danie	25.46		25.38	25.38
5	R	6	van der Merwe Gerald	25.46	PB	25.46	25.46
5	R	7	Oosthuizen Gerrit	26.45		24.48	25.07
5	R	8	Sleigh Sharon	26.58	PB	26.58	26.58
5	R	9	Nel Daniël	26.58		21.18	21.18
5	R	10	Katamzi-Joseph Zama	28.28	PB	28.28	28.28
5	R	11	Fenn Theresa	29.12	SB	28.24	29.12
5	R	12	Pnematicatos Taryn	29.33		29.33	29.33
5	R	13	Willmore Roly	30.35		27.05	27.34
5	R	14	Stander Matie	30.35		27.40	29.04
5	R	15	Hamman Monica	31.32	SB	28.56	31.32
5	R	16	Turner Gavin	31.36		23.39	30.56
5	W	1	Cooper Tania	36.36		36.11	36.11
5	W	2	Ehrenberg Arlene	44.20		35.30	44.14
5	W	3	Gouws Emmie	44.20	SB	40.00	44.20
8	R	1	Mhlonyane Bulelani	31.08	SB	30.52	31.08
8	R	2	Luzuko Staki	31.08		31.08	31.08