

Time Trial Results for: 2019/07/18

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3 R		1	Malan Theo	13.23	12.12	12.12
3 R		2	Engelbrecht Martin	14.29	14.20	14.20
3 R		3	van Weele Roelof	17.53	14.03	15.12
3 R		4	Gouws Anne-Marie	17.53	17.39	17.39
3 R		5	Lamminga Ena	28.51 PB	28.51	28.51
3 R		6	Lamminga Jack	28.51 PB	28.51	28.51
3 W		1	Bootha Ronél	24.00	23.32	23.42
3 W		2	Bootha Ben	24.00	23.32	23.42
3 W		3	Grant Jean	24.11	23.43	23.43
3 W		4	Oosthuizen Eloise	25.44	24.42	24.42
3 W		5	Oosthuizen Lizet	26.46	25.32	26.34
3 W		6	Hunter Diane	26.50 SB	25.26	26.50
3 W		7	Loedolff Willie	31.25	20.48	28.35
5 R		1	Godana Ingallathi	21.07	20.37	20.37
5 R		2	Nel Daniël	21.09	20.48	20.48
5 R		3	Mboqe Snati	21.27 PB	21.27	21.27
5 R		4	Gouws (jnr) Danie	21.27	20.53	20.53
5 R		5	Kotzé Johann	21.45 PB	21.45	21.45
5 R		6	Oosthuizen (Jnr) Gerrit	22.04	20.41	20.41
5 R		7	Cooper Wilhelm	23.20	21.32	21.32
5 R		8	van der Merwe Nicolene	23.57 SB	23.02	23.57
5 R		9	Gouws (Sen) Danie	25.44	25.08	25.08
5 R		10	Hanna Les	26.52	22.31	26.17
5 R		11	Lamminga Tiaan	27.33 PB	27.33	27.33
5 R		12	Lamminga Dennis	27.33	24.58	24.58
5 R		13	Hartnec André	27.43	24.56	24.56
5 R		14	Taljaard Debbie	27.43	27.18	27.18
5 R		15	Kotzé Heidi	27.47	27.42	27.42
5 R		16	Kotzé Snr Johann	27.56	26.46	26.46
5 R		17	Milne Mikki	28.02	21.05	26.14
5 R		18	Willmore Roly	28.40	27.05	27.25
5 R		19	Fenn Theresa	29.26	28.24	28.58
5 R		20	Cronje Annelle	29.38 PB	29.38	29.38
5 R		21	Pnematicatos Taryn	29.49	29.33	29.33
5 R		22	Sleigh Sharon	29.50	26.56	26.56
5 R		23	Heyns Theo	29.51	27.20	27.20
5 R		24	Theobald John	31.07	29.00	30.20
5 R		25	Theobald Glenda	31.28	28.53	30.20
5 R		26	Hamman Monica	31.43	28.56	31.32
5 R		27	Kotzé Elsabé	36.06	33.53	35.55
5 R		28	Gouws Emmie	44.09	31.50	44.00
5 W		1	Cooper Tania	39.16	36.11	36.11
5 W		2	Ehrenberg Arlene	44.09	35.30	42.05
8 R		1	Bonjesi Jimmy	26.43	26.17	26.17
8 R		2	Mhlonyane Bulelani	31.08 SB	30.52	31.08
8 R		3	Gillion Frank	36.57	31.14	35.37
8 R		4	King Suzie	37.25	36.10	36.10
8 R		5	Jordaan David	41.58 SB	38.32	41.58

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Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
8	R	6	Stabler Tom	42.24	37.03	40.00
8	R	7	Sleigh James	42.24	40.00	40.00