

Time Trial Results for: 2019/12/19

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3	R	1	Sleigh James	13.56	12.12	12.12
3	R	2	Erasmus Louise	14.14	11.14	12.23
3	R	3	Kotzé Michael	14.29	12.35	12.35
3	R	4	Sleigh Sharon	16.00	15.17	15.17
3	R	5	Eager Glynn	16.10	14.05	14.05
3	R	6	van Weele Roelof	16.48	14.03	15.12
3	R	7	du Plessis Ena	16.50	16.50	16.50
3	R	8	Jansen Lizette	17.00	15.55	15.55
3	R	9	Kotzé Heidi	17.33	15.28	15.28
3	R	10	Stander Shaun	20.23	20.23	20.23
3	R	11	Henn Nicola	20.50	20.50	20.50
3	R	12	Stander Matie	20.57	15.56	16.15
3	R	13	Kotzé Snr Johann	21.44	14.37	14.37
3	R	14	Kotzé Elsabé	21.52	18.22	19.43
3	R	15	Oosthuizen Eloise	24.59	23.14	23.14
3	W	1	Cumming Basil	25.13	23.55	23.55
3	W	2	Hofmeyer Elma	25.18	25.18	25.18
3	W	3	Ehrenberg Arlene	25.21	20.25	23.52
3	W	4	Hamman Monica	25.21	20.50	20.50
3	W	5	Gouws Emmie	25.21	SB	25.00
3	W	6	Bootha Ben	25.28	23.32	23.42
3	W	7	Bootha Ronél	25.28	23.32	23.42
5	R	1	Nel Daniël	23.33	20.48	20.48
5	R	2	Stabler Tom	24.16	21.36	21.36
5	R	3	Oosthuizen (Jnr) Gerrit	24.16	20.41	20.41
5	R	4	Johnston David	25.18	SB	21.59
5	R	5	Kanayo Petrus	26.15	26.13	26.13
5	R	6	Hepburn-Brown David	26.35	19.59	22.38
5	R	7	Henn Thomas	28.08	28.08	28.08
5	R	8	Milne Mikki	28.30	21.05	26.09
5	R	9	Henn Maryke	28.57	PB	28.57
5	R	10	van Groeningen Lester	29.38	26.29	26.29
5	R	11	Pretorius Paul	30.55	25.09	30.55
5	R	12	Turner Gavin	31.39	23.39	30.16
5	R	13	van Zyl Mark	35.48	35.48	35.48
5	R	14	van Zyl Theresa	36.54	27.09	27.09
5	R	15	van Zyl Anna	36.54	36.52	36.52
8	R	1	Gillion Frank	37.32	31.14	35.21
8	R	2	Robey Michael	37.32	34.51	34.51
8	R	3	Snyman Stiaan	38.36	38.36	38.36
8	R	4	Henn Anel	44.25	44.25	44.25
8	R	5	van der Merwe André	46.04	32.37	43.22