

# Time Trial Results for: 2020/03/05

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3 R		1	Malan Theo	14.55	11.52	13.52
3 R		2	Joubert Leani	14.55	12.40	14.55
3 R		3	Eager Glynn	15.53	14.05	15.16
3 R		4	Tshabeni Alfred	15.53	9.59	14.26
3 R		5	Kotzé Richard	15.53 PB	15.53	15.53
3 R		6	Levine Vinnie	16.20	16.20	16.20
3 R		7	Knight Scott	16.22	16.22	16.22
3 R		8	Jansen Lizette	16.47	15.55	16.20
3 R		9	Grobler Nico	17.30	16.35	17.30
3 R		10	Grobler Cobe	19.03	18.24	19.03
3 R		11	Kotzé Heidi	19.38	15.28	18.00
3 R		12	Clark Sarah	20.35 SB	16.22	20.35
3 R		13	Kotzé Elsabé	22.16 SB	18.22	22.16
3 R		14	van Zyl Theresa	22.45 SB	21.04	22.45
3 R		15	Greene Rhian	22.46	22.46	22.46
3 R		16	Claassen Tamryn	23.10 PB	23.10	23.10
3 R		17	Visser Schalk	24.40	20.13	23.20
3 W		1	Hanna George	23.17	20.43	23.11
3 W		2	Ehrenberg Arlene	26.56	20.25	26.20
3 W		3	Gouws Emmie	26.56	25.00	26.20
3 W		4	Stander Matie	32.49	25.30	25.30
3 W		5	Erasmus Louise	32.49	21.41	29.55
3 W		6	Clark Wendy	32.49	32.49	32.49
5 R		1	Robey Michael	20.16 SB	19.59	20.16
5 R		2	Kotzé Johann	22.35 SB	21.45	22.35
5 R		3	Malan Charles	22.35	19.35	22.35
5 R		4	Kotzé Michael	25.40	22.24	25.40
5 R		5	Green Ken	26.08	25.40	26.00
5 R		6	van Groeningen Lester	26.20 PB	26.20	26.20
5 R		7	van der Merwe André	26.27	19.55	25.32
5 R		8	Havenga Christine	26.27 PB	26.27	26.27
5 R		9	Kotzé Snr Johann	27.18	25.23	26.26
5 R		10	Blom Josua	27.38	22.46	26.05
5 R		11	Sleigh Sharon	28.12	26.56	28.02
5 R		12	Sleigh James	28.12	22.57	28.02
5 R		13	Sanderson Francesca	28.38	28.38	28.38
5 R		14	Gouws (Sen) Danie	29.10	24.46	25.50
5 R		15	Hanna Les	29.15	22.31	25.32
5 R		16	Milne Mikki	29.15	21.05	29.11
5 R		17	de Kock Jonené	31.57	30.27	30.27
5 R		18	Cuffe Amy	32.05	32.05	32.05
5 R		19	Cuffe Elaine	32.05 SB	29.12	32.05
5 R		20	Gouws Anne-Marie	32.40	31.23	31.23
5 R		21	du Preez Josef	37.33	27.36	36.27
8 R		1	Kumbaca Darren	33.49	28.41	29.43
8 R		2	Jahni Nyasha	34.19 SB	31.56	34.19
8 R		3	Gillion Frank	35.59 SB	31.14	35.59
8 R		4	de Kock Pieter	47.15 PB	47.15	47.15