

Time Trial Results for: 30/11/2023

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3	R	1	Erasmus Louise	15.12		11.14	14.54
3	R	2	Van Weele Roelof	17.52	SB	14.03	17.52
3	R	3	Jenkins Heather	20.44		17.51	18.15
3	R	4	Claassen Tamaryn	21.25		19.54	19.54
3	R	5	Snyman Tessa	22.09		18.55	22.09
3	R	6	van Emmenis Anneke	23.24	PB	23.24	23.24
3	R	7	Machado Rina	27.59		27.59	27.59
3	W	1	Bootha Ronél	28.03		23.32	25.44
3	W	2	Bootha Ben	28.38		23.32	26.42
3	W	3	van Emmenis Wilna	31.38		27.50	28.00
5	R	1	Gouws (jnr) Danie	20.16		20.03	20.03
5	R	2	Angelil Oliver	22.09		20.08	20.08
5	R	3	de Vries Lydia	23.07	PB	23.07	23.07
5	R	4	Smith Andrew	23.27		20.42	22.21
5	R	5	Appleton Apples	23.56	PB	23.56	23.56
5	R	6	Wright Darren	26.34		24.44	24.44
5	R	7	Mcguirk Roy	26.43		26.43	26.43
5	R	8	Mcguirk Helen	26.44		26.44	26.44
5	R	9	Coetzee André	28.38		26.54	26.54
5	R	10	Gouws (Sen) Danie	29.19		24.46	25.35
5	R	11	Filander André	29.19		24.17	25.17
5	R	12	Hanna Les	30.12		22.31	28.33
5	R	13	Pretorius Karen	30.33	PB	30.33	30.33
5	R	14	Bester Hennie	31.16		29.13	29.13
5	R	15	van Groeningen Lester	31.29		26.15	29.10
5	R	16	Milne Mikki	33.15		21.05	29.16
5	R	17	van Groeningen David	35.06		30.00	30.00
5	W	1	van Emmenis Wilna	53.45		31.26	31.26