

Time Trial Results for: 04/01/2024

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3	W	1	Verster Marichen	26.36	26.36	26.36
3	W	2	du Plessis Luan	27.31	27.31	27.31
3	W	3	du Plessis Jean	29.00	29.00	29.00
3	W	4	van Emmenis Wilna	31.24	27.50	31.24
3	W	5	van Emmenis Anneke	31.24	29.26	31.24
3	W	6	Verster Liese	31.24	31.24	31.24
3	W	7	Muller Nora	31.24	31.24	31.24
5	R	1	Verster Servaas	20.38 PB	20.38	20.38
5	R	2	Dowling Michael	21.24 PB	21.24	21.24
5	R	3	Verster Pieter	22.43	21.54	22.43
5	R	4	Smith Andrew	22.53	20.42	22.53
5	R	5	Holme Jonathan	23.12 PB	23.12	23.12
5	R	6	Pretorius Lisa	23.36	23.36	23.36
5	R	7	Verster Suzaan	23.36	23.36	23.36
5	R	8	Verster Janelle	23.38	22.35	23.38
5	R	9	Mathee Rosené	26.36	26.36	26.36
5	R	10	Wright Darren	27.31	24.44	27.31
5	R	11	Holme Mark	28.47	26.00	28.47
5	R	12	Pretorius Ella	28.47	28.23	28.47
5	R	13	Bester Hennie	33.23	29.13	33.23
5	R	14	Pretorius Paul	33.49	25.09	33.49
5	W	1	Gouws Emmie	52.39	40.00	52.39
5	W	2	Ehrenberg Arlene	52.39	35.30	52.39
5	W	3	van Emmenis Wilna	54.27	31.26	54.27
8	R	1	Easter Mark	37.04 PB	37.04	37.04