

Time Trial Results for: 14/12/2023

| Distance | R/W | Position | Athlete | Time (mm.ss) | | PB | SB |
|----------|-----|----------|-------------------|--------------|----|-------|-------|
| 3 | R | 1 | Jenkins Heather | 18.53 | | 17.51 | 18.15 |
| 3 | W | 1 | Gouws Juan | 33.11 | | 33.11 | 33.11 |
| 3 | W | 2 | Gouws Anna-Marie | 33.11 | | 33.11 | 33.11 |
| 5 | R | 1 | Gouws (jnr) Danie | 20.48 | | 20.03 | 20.03 |
| 5 | R | 2 | Smith Andrew | 25.07 | | 20.42 | 22.21 |
| 5 | R | 3 | Johnston David | 26.10 | SB | 21.59 | 26.10 |
| 5 | R | 4 | Wright Darren | 26.31 | | 24.44 | 24.44 |
| 5 | R | 5 | Gouws (Sen) Danie | 28.33 | | 24.46 | 25.35 |
| 5 | R | 6 | Pretorius Paul | 33.55 | | 25.09 | 31.42 |
| 5 | R | 7 | Le Roux Marcelle | 34.31 | | 30.00 | 30.00 |
| 5 | R | 8 | Gunther Megan | 34.31 | | 30.00 | 30.00 |
| 5 | W | 1 | Ehrenberg Arlene | 51.15 | | 35.30 | 48.06 |
| 5 | W | 2 | Gouws Emmie | 51.15 | | 40.00 | 48.06 |