

## Time Trial Results for: 09/06/2022

| Distance | R/W | Position | Athlete               | Time (mm.ss) |    | PB    | SB    |
|----------|-----|----------|-----------------------|--------------|----|-------|-------|
| 3        | R   | 1        | Middleton Kevin       | 13.25        |    | 11.34 | 13.02 |
| 3        | R   | 2        | Erasmus Louise        | 14.44        |    | 11.14 | 14.08 |
| 3        | R   | 3        | Hendry Jilly          | 15.41        | PB | 15.41 | 15.41 |
| 3        | R   | 4        | Brookes Tiaan         | 16.26        |    | 15.40 | 15.40 |
| 3        | R   | 5        | Jansen Lizette        | 18.25        |    | 15.55 | 17.59 |
| 3        | R   | 6        | Jenkins Heather       | 18.49        | PB | 18.49 | 18.49 |
| 3        | R   | 7        | Thom Tamsin           | 19.58        |    | 19.20 | 19.20 |
| 3        | R   | 8        | Paine Jenna           | 21.14        |    | 21.14 | 21.14 |
| 3        | R   | 9        | Claassen Tamaryn      | 21.14        |    | 20.22 | 20.56 |
| 3        | W   | 1        | Bootha Ronél          | 29.07        |    | 23.32 | 27.30 |
| 3        | W   | 2        | Bootha Ben            | 29.07        |    | 23.32 | 27.30 |
| 3        | W   | 3        | van der Merwe Carina  | 29.07        |    | 26.11 | 29.07 |
| 5        | R   | 1        | Gouws (jnr) Danie     | 22.26        |    | 20.53 | 21.09 |
| 5        | R   | 2        | Louw Henk             | 23.17        | SB | 22.55 | 23.17 |
| 5        | R   | 3        | Griffiths Gareth      | 24.40        | SB | 24.38 | 24.40 |
| 5        | R   | 4        | Wright Darren         | 25.59        |    | 25.43 | 25.43 |
| 5        | R   | 5        | Jahni Nyasha          | 26.32        |    | 19.32 | 21.36 |
| 5        | R   | 6        | Leibrandt Cayden      | 26.48        |    | 26.48 | 26.48 |
| 5        | R   | 7        | Gouws (Sen) Danie     | 26.55        |    | 24.46 | 25.51 |
| 5        | R   | 8        | van der Merwe Gerald  | 28.02        |    | 25.46 | 27.14 |
| 5        | R   | 9        | Blom Josua            | 28.27        |    | 22.46 | 24.27 |
| 5        | R   | 10       | Burton Sylvia         | 28.30        |    | 26.25 | 27.39 |
| 5        | R   | 11       | Hanna Les             | 28.36        |    | 22.31 | 27.56 |
| 5        | R   | 12       | van Groeningen Lester | 28.55        | SB | 26.15 | 28.55 |
| 5        | R   | 13       | Denver Tony           | 29.48        |    | 29.48 | 29.48 |
| 5        | R   | 14       | Louw Hein             | 30.16        |    | 30.16 | 30.16 |
| 5        | R   | 15       | Cuffe Elaine          | 33.40        | SB | 29.12 | 33.40 |
| 5        | R   | 16       | van Niekerk Danie     | 37.41        |    | 34.14 | 34.14 |
| 5        | R   | 17       | Machado Rina          | 37.41        |    | 33.25 | 33.25 |
| 5        | R   | 18       | Burton Peter          | 39.45        |    | 30.18 | 33.37 |
| 5        | W   | 1        | Ehrenberg Arlene      | 46.59        |    | 35.30 | 45.12 |
| 5        | W   | 2        | Gouws Emmie           | 46.59        |    | 40.00 | 45.30 |
| 5        | W   | 3        | van Emmenis Wilna     | 49.59        |    | 46.53 | 47.12 |
| 5        | W   | 4        | Loedolff Willie       | 59.38        |    | 38.08 | 56.40 |