

Time Trial Results for: 27/07/2023

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3 R		1	Erasmus Louise	15.40	SB	11.14	15.40
3 R		2	van Weele Roelof	19.46		14.03	18.55
3 R		3	Jenkins Heather	20.39		17.51	18.15
3 R		4	Jenkins Charlie	20.44	SB	18.44	20.44
3 R		5	Prain Jenna	21.26		20.28	20.28
3 R		6	Claassen Tamaryn	21.54		19.54	19.54
3 R		7	Mathee Rosene	22.29		22.29	22.29
3 R		8	Heunis Simoné	22.37		22.37	22.37
3 R		9	Malcomess Nicky	22.59		22.59	22.59
3 W		1	Snyman Tessa	22.47		22.42	22.46
3 W		2	van Emmenis Wilna	31.13		27.50	28.00
3 W		3	Walsh Gill Renee	31.13		31.00	31.00
3 W		4	Burton Peter	35.28		28.12	30.15
3 W		5	Hull Hettie	39.25		25.00	39.25
5 R		1	Mullis Shane	23.15		22.41	22.41
5 R		2	Kotzé Michael	24.14		22.24	24.05
5 R		3	Wright Darren	25.36		24.44	24.44
5 R		4	Kotzé Chané	26.19	SB	24.34	26.19
5 R		5	Gouws (Sen) Danie	27.16		24.46	25.35
5 R		6	Burton Sylvia	28.05		26.25	27.57
5 R		7	Coetzee André	29.39		29.08	29.08
5 R		8	Kotzé Heidi	29.40		27.42	29.27
5 R		9	Bester Hennie	30.04		29.13	29.13
5 R		10	Hanna Les	30.22		22.31	29.23
5 R		11	van Groeningen Lester	30.28		26.15	29.10
5 R		12	Milne Mikki	31.22		21.05	29.16
5 R		13	van Groeningen David	35.48		30.49	30.49
5 R		14	Machado Rina	36.12		33.13	33.13
5 R		15	Nel Annarie	36.24	SB	26.05	36.24
5 R		16	Conradie Carl Heinz	36.49		36.49	36.49
5 R		17	Pretorius Karen	36.50		36.50	36.50
5 R		18	du Plessis Shagna	36.50		33.43	33.43
5 W		1	van Emmenis Wilna	48.46		31.26	31.26
5 W		2	Ehrenberg Arlene	48.55		35.30	48.06
5 W		3	Gouws Emmie	48.55		40.00	48.06