

Time Trial Results for: 23/11/2023

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3	R	1	Erasmus Louise	14.58		11.14	14.54
3	R	2	van Groeningen Lester	18.08	SB	15.15	18.08
3	R	3	Jenkins Heather	21.03		17.51	18.15
3	R	4	Milne Mikki	21.05		14.52	19.12
3	R	5	Claassen Tamaryn	21.47		19.54	19.54
3	R	6	Hanna Les	21.48		14.36	18.43
3	R	7	van Emmenis Anneke	23.37	PB	23.37	23.37
3	W	1	Snyman Tessa	22.48		22.32	22.32
3	W	2	van Zyl Annelise	31.36	PB	31.36	31.36
3	W	3	Swanepoel Marie	31.39	PB	31.39	31.39
3	W	4	van Emmenis Wilna	31.43		27.50	28.00
5	R	1	Privett Matthew	20.05		18.55	18.55
5	R	2	Gouws (jnr) Danie	20.23		20.03	20.03
5	R	3	Easter Mark	22.20	PB	22.20	22.20
5	R	4	Wright Darren	26.00		24.44	24.44
5	R	5	Coetzee André	27.14		26.54	26.54
5	R	6	Filander André	27.37		24.17	25.17
5	R	7	Nel Annarie	29.33	SB	26.05	29.33
5	R	8	Machado Rina	29.33		25.00	25.00
5	R	9	Gouws (Sen) Danie	29.43		24.46	25.35
5	R	10	Bester Hennie	31.54		29.13	29.13
5	R	11	van Groeningen David	35.31		30.00	30.00
5	R	12	Pretorius Karen	35.32	PB	35.32	35.32
5	R	13	du Plessis Shayna	35.33		35.33	35.33
5	R	14	le Roux Marcelle	36.44		30.00	30.00
5	R	15	Gunther Megan	36.44		30.00	30.00
5	W	1	Ehrenberg Arlene	53.06		35.30	48.06
5	W	2	Gouws Emmie	53.06		40.00	48.06
5	W	3	van Emmenis Wilna	53.18		31.26	31.26
5	W	4	Walsh Gill Renee	53.18		31.26	31.26
5	W	5	Harris Roy	53.18		49.00	49.00