

# Time Trial Results for: 04/07/2024

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3	R	1	Jenkins Heather	18.57		17.51	18.09
3	R	2	van Groeningen Lester	19.48	SB	15.15	19.48
3	R	3	van Groeningen David	23.42		20.53	22.13
3	W	1	Machado Rina	31.01		31.01	31.01
3	W	2	Burton Sylvia	31.01		27.51	31.01
5	R	1	Gouws (jnr) Danie	22.05		20.03	20.25
5	R	2	Willoughby Rodney	26.54		25.30	25.30
5	R	3	Wright Darren	27.28		24.44	25.12
5	R	4	Brookes Tiaan	28.11		28.11	28.11
5	R	5	Willoughby Noleen	28.44		27.34	27.34
5	R	6	Matthee Rosené	29.07		26.36	26.36
5	R	7	Bester Hennie	29.34		27.34	27.34
5	R	8	James Chris	29.44		29.19	29.19
5	R	9	Johnson Tamaryn	30.20	PB	30.20	30.20
5	R	10	McManus Janine	30.36	PB	30.36	30.36
5	R	11	Milne Mikki	30.40	SB	21.05	30.40
5	R	12	Burton Peter	39.42		38.11	38.11