

Time Trial Results for: 15/05/2025

| Distance | R/W | Position | Athlete | Time (mm.ss) | PB | SB |
|----------|-----|----------|-----------------------|--------------|----------|-------|
| 3 | R | 1 | Lalu Norman | 16.01 | 16.01 | 16.01 |
| 3 | R | 2 | van Groeningen Lester | 18.10 | 15.15 | 17.08 |
| 3 | R | 3 | Jenkins Heather | 18.40 | 16.51 | 16.58 |
| 3 | R | 4 | Johnston Tamaryn | 18.40 | 17.01 | 18.06 |
| 3 | R | 5 | Jenkins Charlie | 18.57 | 17.42 | 17.42 |
| 3 | R | 6 | van Schalkwyk Cassie | 21.38 PB | 21.38 | 21.38 |
| 3 | R | 7 | van Schalkwyk Tandy | 21.57 | 21.46 | 21.46 |
| 3 | R | 8 | Burton Peter | 23.24 PB | 23.24 | 23.24 |
| 3 | R | 9 | James Sue | 23.27 | 21.40 | 21.40 |
| 5 | R | 1 | Mullis Shane | 22.26 | 22.17 | 22.25 |
| 5 | R | 2 | James Chris | 23.27 PB | 23.27 | 23.27 |
| 5 | R | 3 | Wright Darren | 25.30 | 24.44 | 25.22 |
| 5 | R | 4 | Willoughby Roger | 25.33 | 25.33 | 25.33 |
| 5 | R | 5 | Roberts Kobus | 26.44 | 26.30 | 26.30 |
| 5 | R | 6 | Gouws (Sen) Danie | 26.53 | 24.46 | 26.21 |
| 5 | R | 7 | Beeton Neville | 27.26 | 24.55 | 27.26 |
| 5 | R | 8 | Burton Sylvia | 27.35 | 25.55 | 27.22 |
| 5 | R | 9 | Coetzee André | 27.37 | 26.43 SB | 27.37 |
| 5 | R | 10 | Blom Josua | 28.50 | 22.46 | 25.00 |
| 5 | R | 11 | Hanna Les | 29.53 | 22.31 | 27.39 |
| 5 | R | 12 | Willoughby Noleen | 30.35 | 27.34 | 27.47 |
| 5 | R | 13 | Shaw Evan | 30.35 | 30.35 | 30.35 |
| 5 | R | 14 | Henshall Tamsyn | 32.14 | 28.52 | 28.52 |
| 5 | R | 15 | Henshall Michael | 32.14 | 20.23 | 20.23 |