

# Time Trial Results for: 19/06/2025

| Distance | R/W | Position | Athlete           | Time (mm.ss) |    | PB    | SB    |
|----------|-----|----------|-------------------|--------------|----|-------|-------|
| 3        | R   | 1        | Jenkins Heather   | 19.06        |    | 16.51 | 16.58 |
| 3        | R   | 2        | Johnston Tamaryn  | 19.11        |    | 17.01 | 18.06 |
| 5        | R   | 1        | Henshall Michael  | 24.53        |    | 20.23 | 20.23 |
| 5        | R   | 2        | Gouws (jnr) Danie | 24.55        |    | 20.03 | 24.05 |
| 5        | R   | 3        | Scholtz Ben       | 25.27        |    | 25.27 | 25.27 |
| 5        | R   | 4        | Wright Darren     | 25.53        |    | 24.44 | 25.22 |
| 5        | R   | 5        | Gouws (Sen) Danie | 26.12        | SB | 24.46 | 26.12 |
| 5        | R   | 6        | McManus Janine    | 27.59        |    | 26.36 | 26.36 |
| 5        | R   | 7        | Pienaar Nelda     | 28.03        |    | 27.06 | 28.03 |
| 5        | R   | 8        | Henshall Tamsyn   | 31.16        |    | 28.52 | 28.52 |