

Time Trial Results for: 20/02/2025

| Distance | R/W | Position | Athlete | Time (mm.ss) | | PB | SB |
|----------|-----|----------|-----------------------|--------------|----|-------|-------|
| 3 R | | 1 | Gillion Frank | 15.15 | | 11.06 | 14.35 |
| 3 R | | 2 | Jenkins Heather | 16.58 | SB | 16.51 | 16.58 |
| 3 R | | 3 | Johnston Tamaryn | 18.30 | | 17.01 | 18.06 |
| 3 R | | 4 | van der Walt Jason | 18.50 | | 18.39 | 18.39 |
| 3 R | | 5 | van Schalkwyk Cassie | 22.14 | | 21.59 | 21.59 |
| 3 R | | 6 | van Schalkwyk Tandy | 22.26 | | 22.03 | 22.03 |
| 5 R | | 1 | Holme Jono | 24.17 | | 24.17 | 24.17 |
| 5 R | | 2 | Jackson Sam | 25.04 | SB | 24.45 | 25.04 |
| 5 R | | 3 | Lallu Norman | 25.48 | SB | 25.26 | 25.48 |
| 5 R | | 4 | Wright Darren | 26.20 | | 24.44 | 25.42 |
| 5 R | | 5 | Gouws (Sen) Danie | 27.21 | SB | 24.46 | 27.21 |
| 5 R | | 6 | Burton Sylvia | 27.54 | | 25.55 | 27.47 |
| 5 R | | 7 | Roberts Kobus | 28.27 | PB | 28.27 | 28.27 |
| 5 R | | 8 | van Groeningen Lester | 29.06 | | 26.15 | 28.35 |
| 5 R | | 9 | Coetzee André | 29.15 | SB | 26.43 | 29.15 |
| 5 R | | 10 | Filander André | 29.33 | | 24.17 | 28.25 |
| 5 R | | 11 | Hanna Les | 30.26 | | 22.31 | 27.39 |
| 5 R | | 12 | Burton Peter | 38.56 | | 33.55 | 36.05 |