

## Time Trial Results for: 04/09/2025

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3 R		1	Johnston Tamaryn	17.55	SB	17.01	17.55
3 R		2	Jenkins Heather	17.55		16.51	16.58
3 R		3	van der Walt Jason	18.32	PB	18.32	18.32
3 R		4	van Groeningen Lester	19.27		15.15	17.08
5 R		1	van Dyk Gerrit	21.46		19.50	20.29
5 R		2	Nothnagel Ryno	22.11		22.03	22.03
5 R		3	Holme Jono	22.59		22.04	22.04
5 R		4	Chelin Eric	23.09	PB	23.09	23.09
5 R		5	Silolo Namhla	23.13		23.13	23.13
5 R		6	Green Tamsyn	25.27		25.27	25.27
5 R		7	Wright Darren	25.36		24.44	25.22
5 R		8	Clarke James	26.15		26.15	26.15
5 R		9	Blom Josua	26.18		22.46	25.00
5 R		10	Mathee Rosené	26.18		25.00	25.00
5 R		11	Nothnagel Caitlin	27.40		27.27	27.27
5 R		12	Siqhaza Lorna	29.00	PB	29.00	29.00
5 R		13	Lang-Gordon Warren	29.49	PB	29.49	29.49
5 R		14	Hanna Les	30.29		22.31	27.39
5 R		15	Beeton Kenny	33.13	SB	30.20	33.13