

Time Trial Results for: 14/08/2025

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
3	R	1	Jenkins Heather	18.52	16.51	16.58
3	R	2	van Groeningen Lester	18.57	15.15	17.08
3	R	3	Johnston Tamaryn	19.00	17.01	18.06
5	R	1	Bennett James	18.40	18.37	18.37
5	R	1	Nothnagel Ryno	22.03 PB	22.03	22.03
5	R	2	Erasmus Mariska	25.05	24.21	24.21
5	R	3	Wright Darren	25.52	24.44	25.22
5	R	4	Gouws (Sen) Danie	27.19	24.46	26.06
5	R	5	Nothnagel Caitlin	27.27 PB	27.27	27.27
5	R	6	Roberts Kobus	27.47	26.30	26.30
5	R	7	Hanna Les	29.35	22.31	27.39
5	R	8	Thusile Zanele	30.40	30.40	30.40