

# Time Trial Results for: 18/09/2025

Distance	R/W	Position	Athlete	Time (mm.ss)		PB	SB
3 R		1	Johnston Tamaryn	18.32		17.01	17.55
5 R		1	Henshall Michael	20.45		20.23	20.23
5 R		2	Nothnagel Ryno	21.30	PB	21.30	21.30
5 R		3	Wright Darren	25.10	SB	24.44	25.10
5 R		4	Gouws (Sen) Danie	26.47		24.46	26.06
5 R		5	Nothnagel Caitlin	27.18	PB	27.18	27.18
5 R		6	Mathee Rosené	29.08		25.00	25.00
5 R		7	Siqhaza Lorna	29.24		29.00	29.00
5 R		8	van Dyk Gerrit	29.30		19.50	20.29
5 R		9	Bester Hennie	30.11		24.54	24.54
5 R		10	Blom Josua	30.11		22.46	25.00
5 R		11	Ducheyne Louis	30.14		30.14	30.14
5 R		12	Lang-Gordon Warren	30.15		29.49	29.49
5 R		13	Beeton Kenny	31.44	SB	30.20	31.44