

Time Trial Results for: 31/07/2025

Distance	R/W	Position	Athlete	Time (mm.ss)	PB	SB
5	R	1	Bennett James	18.44	18.37	18.37
5	R	2	Henshall Michael	21.14	20.23	20.23
5	R	3	Braaf Tamiesha	24.40	24.40	24.40
5	R	4	Wright Darren	25.36	24.44	25.22
5	R	5	Gouws (Sen) Danie	26.42	24.46	26.06