

Time Trial Leader Board - All Results 5KM

Date **Wednesday, 18 September 2019**



| Column Labels | | |
|--------------------|-------|----------|
| | 5 | |
| Row Labels | Time. | Pace. |
| Jared Jurisch | 22:46 | 00:04:33 |
| Yusuf Banoo | 24:05 | 00:04:49 |
| Peter Stainton | 24:35 | 00:04:55 |
| Cheffley Watt | 25:30 | 00:05:06 |
| Nathan Mooi | 26:01 | 00:05:12 |
| Guy Drew | 26:17 | 00:05:15 |
| Leandra Harrison | 26:18 | 00:05:16 |
| Ethan Oneil | 26:19 | 00:05:16 |
| Saydean Meadows | 26:59 | 00:05:24 |
| Janet Crone | 27:10 | 00:05:26 |
| Lance Van Rooyen | 27:35 | 00:05:31 |
| Valerie Ho Dunne | 28:43 | 00:05:45 |
| Lozitha Mahlangu | 29:31 | 00:05:54 |
| Gillian Denempont | 29:31 | 00:05:54 |
| Tony Waters | 30:00 | 00:06:00 |
| Richard Lomax | 30:05 | 00:06:01 |
| Sue Ottley | 30:07 | 00:06:01 |
| Nicus Oosthuizen | 30:20 | 00:06:04 |
| Kimberleigh Jarvis | 31:17 | 00:06:15 |
| Brendan Barnes | 32:00 | 00:06:24 |
| Estelle Le Roux | 33:38 | 00:06:44 |
| Matthew Pantland | 34:11 | 00:06:50 |
| Marilyn Dickens | 34:25 | 00:06:53 |
| Helen Gent | 35:00 | 00:07:00 |
| Fiona Maynard | 35:02 | 00:07:00 |
| Ockert Brits | 35:21 | 00:07:04 |
| Niki Dickens | 35:33 | 00:07:07 |
| Marize Marais | 35:59 | 00:07:12 |
| Thomas O Connor | 36:16 | 00:07:15 |
| Monique Bradbrooke | 37:07 | 00:07:25 |
| Mike Brown | 37:40 | 00:07:32 |
| Lihain Marais | 37:43 | 00:07:33 |
| Tracey McKay | 42:32 | 00:08:30 |
| Zama Zwane | 43:30 | 00:08:42 |
| Mbati Mkuze | 43:30 | 00:08:42 |