

Time Trial Leader Board - All Results 5KM

Date **Wednesday, 06 November 2019**



Column Labels			
5			
Row Labels	Time.		Pace.
Joy Tupholme	24:25		00:04:53
Alexandra Wilson	26:01		00:05:12
Ethan Oneil	28:17		00:05:39
Talya Duif	28:38		00:05:44
Nicole Astfalck	28:38		00:05:44
Nicus Oosthuizen	28:49		00:05:46
Robyn Wilson	30:02		00:06:00
Altamari Botha	30:13		00:06:03
Jonessa De Bruyn	31:22		00:06:16
Fiona Maynard	32:00		00:06:24
Estelle Le Roux	32:09		00:06:26
Cherie Setzer	33:05		00:06:37
Phil Setzer	33:05		00:06:37
Monique Bradbrooke	34:27		00:06:53
Marize Marais	36:36		00:07:19
Londiwe Langa	37:22		00:07:28
Lennie Marais	37:26		00:07:29
Helen Gent	37:28		00:07:30
Dikeledi Makkane	38:30		00:07:42
Khomobu Mabutja	40:36		00:08:07
Zama Zwane	41:42		00:08:20