



# Toyota SASAPD Nationals 2023

## Para Cycling - Time Trial - 19 March 2023



**18 Km**

**6 Laps**

All	Category	No	Name	Category	Province	Lap 1	Lap 2	Lap 3	Lap 4	Lap 5	Lap 6	Time	Laps
1	1	148	Vernon Treu	C3 OPEN Male	Western Cape	06:15	06:51	06:55	06:54	06:52	06:49	0:40:36	6

**12 Km**

**4 Laps**

Position		Participants Detail				Split Times				Final Results	
All	Category	No	Name	Category	Province	Lap 1	Lap 2	Lap 3	Lap 4	Time	Laps
1	1	160	Jaedan Gouws	T2 Invitation Male	Western Cape	07:32	07:47	08:02	08:03	0:31:24	4
2	1	162	Roodley Gowaseb	H3 Open Male	Namibia	08:09	08:17	08:18	07:55	0:32:39	4
3	2	164	Lukas Ndahangwapo	H3 Open Male	Namibia	07:43	08:20	08:21	08:57	0:33:21	4
4	1	133	Lehloane Leshoro	C5 U19 Male	Free State	08:00	08:35	08:13	08:51	0:33:39	4
5	3	163	Nico Kharuxab	H3 Open Male	Namibia	08:57	08:34	08:42	08:39	0:34:52	4
6	1	165	Gabriel Nghiishililwa	H5 Open Male	Namibia	09:08	09:07	09:26	09:42	0:37:23	4
7	1	141	Teri Stellenberg	C4 U21 Male	Free State	10:46	10:55	11:38	11:48	0:45:07	4
8	1	129	Kathlego Ramaru	H5 U19 Male	Northern Cape	11:52	11:00	11:38	12:22	0:46:52	4
9	1	128	Noweed Koko	H5 U17 Male	Northern Cape	11:45	11:29	13:05	16:29	0:52:48	4
10	1	140	Jenna-Leigh Pollock	C5 U19 Female	Free State	12:02	12:50	14:14	13:49	0:52:55	4
11	1	159	Toni Mould	T1 Invitation Female	Western Cape	23:33	12:33	11:29	11:27	0:59:02	4
12	1	125	Adrian Van Schalkwyk	H3 U19 Male	Northern Cape	12:02	12:00	18:55	50:21	1:33:18	4
13	1	146	Anthony Snyman	C5 U15 Male	Free State	10:30	13:58			0:24:28	2



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### 9 Km

### 3 Laps

Position		Participants Detail			Split Times			Final Results		
All	Category	No	Name	Category	Province	Lap 1	Lap 2	Lap 3	Time	Laps
1	1	150	Siyambonga Ketelo	T2 OPEN Male	Western Cape	20:44	10:40	13:18	0:44:42	3
2	1	122	Pabalelo Mogatle	H3 U19 Female	Northern Cape	31:54	38:33	40:09	1:50:36	3

### 6 Km

### 2 Laps

Position		Participants Detail			Split Times		Final Results		
All	Female	No	Name	Category	Province	Lap 1	Lap 2	Time	Laps
1	1	132	Seiso Shaliba	C2 U19 Male	Free State	06:52	07:31	0:14:23	2
2	1	137	Jimmy Ozoude	C3 U17 Male	Free State	07:47	07:40	0:15:27	2
3	1	138	Zack Wolmarans	C1 U19 Male	Free State	08:17	08:47	0:17:04	2
4	1	126	Brandon Peltser	C3 U21 Male	Northern Cape	08:47	08:26	0:17:13	2
5	2	143	Altus de Wet	C1 U19 Male	Free State	08:10	09:20	0:17:30	2
6	1	145	Reyaleboha Memani	C4 U17 Male	Free State	09:13	09:38	0:18:51	2
7	1	139	Ance Immelman	C3 U21 Female	Free State	08:49	10:55	0:19:44	2
8	1	130	Altus Swarts	T2 U17 Male	Northern Cape	09:30	10:26	0:19:56	2
9	1	134	Xolile Mthembu	T1 U17 Male	Free State	11:41	10:48	0:22:29	2
10	1	124	Polosho Bingwa	T2 U19 Male	Northern Cape	11:05	11:43	0:22:48	2
11	1	158	Milani Bongoza	T2 U15 Male	Western Cape	10:57	12:17	0:23:14	2
12	2	142	Ruan Gribble	T2 U19 Male	Free State	13:06	13:20	0:26:26	2
13	1	135	Mpho Thomas	T2 U19 Female	Free State	14:11	13:08	0:27:19	2
14	2	156	Rahul Williams	T2 U15 Male	Western Cape	17:15	11:45	0:29:00	2
15	3	157	Lekho Keva	T2 U15 Male	Western Cape	14:39	14:42	0:29:21	2
16	2	149	Marlie Blom	T2 U19 Female	Western Cape	18:07	16:44	0:34:51	2
17	1	144	Mojalefa Majake	T2 U21 Male	Free State	20:22	16:54	0:37:16	2
18	3	123	Kennedy Kakamba	T2 U19 Male	Northern Cape	22:53	17:10	0:40:03	2
19	1	136	Sindi Hugo	T2 U21 Female	Free State	21:26	18:38	0:40:04	2
20	1	127	Thandiwe Johnson	T2 U17 Female	Northern Cape	27:21	23:07	0:50:28	2