

Sandton Time Trial - 05 July 2023

Thank you to our timekeeper: Jose Bates

Ladies 5km TT

Name	Time	Pace	+/- PB

Mens 5km TT

Name	Time	Pace	+/- PB
Gerhard Steyn	19:26	3:53	+1:05
Donald Mbonani	20:50	4:10	+0:30
Dwayne Nzimande	21:24	4:17	+0:32
Boyd Moonga	23:21	4:40	+0:03
George Kabini	25:29	5:06	-0:29
Tshivhidzo Makungo	25:30	5:06	-5:52
Stephen Gant	30:12	6:02	-0:07

