

Sandton Time Trial - 14 June 2023

Thank you to our timekeepers: Samantha and Dieter Zermatten

Ladies 5km TT

Name	Time	Pace	+/- PB
Lu Ren	22:34	4:31	-1:11
Busi	32:40	6:32	+0:00
Rina Gerber	33:34	6:43	+2:41
Tiffany Smith	33:34	6:43	+1:52

Mens 5km TT

Name	Time	Pace	+/- PB
Michael McLaggan	18:59	3:48	+0:00
Donald Mbonani	20:20	4:04	-1:14
Dwayne Nzimande	20:52	4:10	+0:00
Roy Lynn	47:40	9:32	+1:16



THIRSTI

Bavaria