

Sandton Time Trial - 21 June 2023

Thank you to our timekeeper: Michael McLaggan

Ladies 5km TT

Name	Time	Pace	+/- PB
Holly Metlitzky	32:41	6:32	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Donald Mbonani	20:14	4:03	-0:06
Dwayne Nzimande	22:14	4:27	+1:22
Derek McCarthy	34:58	7:00	+0:00
Roy Lynn	47:15	9:27	+0:51

