

Sandton Time Trial - 24 May 2023

Thank you to our timekeepers: Demi & Coach Marco

Ladies 5km TT

Name	Time	Pace	+/- PB
Tiffany Smith	31:42	6:20	+0:00
Cordelia McTaggart	32:58	6:36	+0:00
Tanya Meyer	32:58	6:36	+0:00
Rina Gerber	44:09	8:50	+13:16

Mens 5km TT

Name	Time	Pace	+/- PB
Donald Mbonani	21:34	4:19	+0:00
Lu Ren	23:45	4:45	-8:22
Chris Klusmann	31:51	6:22	+0:00
Stephen Gant	32:30	6:30	+2:11
Mathew Snowball	32:30	6:30	+0:00
Roy Lynn	44:09	8:50	-2:15

