

Sandton Time Trial - 15 March 2023

Thank you to our timekeepers: Demi, Dwayne and Naz

Ladies 5km TT

Name	Time	Pace	+/- PB
Andrea Anderson	26:32	5:18	+0:00
Bruna Jacobs	31:37	6:19	+0:00
Rina Gerber	33:28	6:42	-5:39
Gugu Kwindu	46:24	9:17	+0:00

Mens 5km TT

Name	Time	Pace	+/- PB
Michael McLaggan	19:54	3:59	+0:55
Keanan Goodway (3km run/walk)	22:22	4:28	+22:22
Ehtishaan Goolam-Amod	25:00	5:00	+0:00
Howard Feinberg	26:10	5:14	-4:09
Donald Mbonani	28:08	5:38	+0:00
Kosie van Vuuren	40:20	8:04	+8:11
Roy Lynn	46:24	9:17	+0:00

