

Sandton Time Trial - 1 March 2023

Thank you to our timekeepers: Jose, Gayle and Keanan

Ladies 5km TT

| Name | Time | Pace | +/- PB |
|----------------|-------|------|--------|
| Renske Coetzee | 39:07 | 7:49 | +0:00 |
| Rina Gerber | 39:07 | 7:49 | +0:00 |

Mens 5km TT

| Name | Time | Pace | +/- PB |
|------------------|-------|------|--------|
| Michael McLaggan | 19:33 | 3:55 | +0:34 |
| Pavel Dabrytski | 27:35 | 5:31 | +0:00 |
| Dwayne Nzimande | 27:35 | 5:31 | +0:00 |
| Jackson Mogashoa | 28:19 | 5:40 | +0:00 |
| Howard Feinberg | 30:19 | 6:04 | +0:00 |
| Stephan Gant | 30:19 | 6:04 | +0:00 |
| Kosie van Vuuren | 32:09 | 6:26 | +0:00 |

