

Sandton Time Trial - 8 March 2023

Thank you to our timekeepers: Keanan and Jose

Ladies 5km TT

Name	Time	Pace	+/- PB
Noma Camane	29:34	5:55	+0:00
Leigh Harcourt	30:00	6:00	+0:00
Nicky Hopwood	30:00	6:00	+0:00
Rina Gerber	37:14	7:27	-1:53
Renske Coetzee	37:14	7:27	-1:53

Mens 5km TT

Name	Time	Pace	+/- PB
Dwayne Nzimande	21:02	4:12	-6:33
Michael McLaggan	21:10	4:14	+2:11
Pavel Dabrytski	25:15	5:03	-2:20
Stephen Gant	31:24	6:17	+1:05
Andrew Gant	31:24	6:17	+0:00
Kosie van Vuuren	32:50	6:34	+0:41
Howard Feinberg	33:06	6:37	+2:47
Ed Stoddard (Run/Walk)	41:17	8:15	+0:00