

Nedbank CG Sandton Time Trial Results

11-Feb-26

5km Female	Time	Pace	PB
Name	min:sec	min/km	+/-
Taolo Modisi	29:40	05:56	01:39
Brenda Hopewell	32:00	06:24	01:15
Karen Roos	32:55	06:35	01:50
Anne Kruger	34:55	06:59	02:45
Rina Gerber	35:05	07:01	01:43
Kate Reuss	35:30	07:06	00:00
Nuhaila Vally	35:40	07:08	00:00

5km Male	Time	Pace	PB
Name	min:sec	min/km	+/-
Dave Goldsworthy	26:43	05:21	00:00
Angel Maile	27:10	05:26	-02:20
David Smith	28:31	05:42	00:00
Grant Hallowell	30:21	06:04	01:17
Gavin Maile	31:10	06:14	00:00
Troye Brady	32:36	06:31	04:14
Mpilo Mhlongo	35:37	07:07	-03:19
Nabeed Vawda	35:40	07:08	00:00
Andy Msiza	36:36	07:19	00:00

8km Female	Time	Pace	PB
Name	min:sec	min/km	+/-
Liesl Viljoen-Nel	44:28	05:34	04:13

8km Male	Time	Pace	PB
Name	min:sec	min/km	+/-
George Kabini	42:30	05:19	02:15

