

NEDBANK RUNNING CLUB



Sandton Time Trial - 11 January 2023

Thank you to our timekeepers: Leanne

Ladies 5km TT

Name	Time
Rina Gerber	38:50:00
Renske Coetzee	38:50:00
Gu-Gu Kurinda	38:50:00

Mens 5km TT

Name	Time
Michael McLaggan	19:49:00
Dwayne Nzimande	21:23:00
Ernest Dlamini	22:33:00
Jose Bates	24:20:00
Teboho Koea	25:35:00
Thulani Menye	28:53:00
Xolani Matyolo	29:10:00
Pavel Dabrytski	29:17:00
Howard Feinberg	31:06:00
Grant Hallowell	31:06:00
Ed Stoddard	34:49:00
Kosie van Vuuren	40:39:00
Roy Lynn (Walk)	56:25:00

