

# NEDBANK RUNNING CLUB



## Sandton Time Trial - 18 January 2023

Thank you to our timekeepers: Leanne

### Ladies 5km TT

Name	Time
Michelle Mayers	27:05:00
Lauren Gant	29:32:00
Abigail Pietersen	36:00:00
Rina Gerber	40:35:00
Renske Coetzee	40:35:00
Gu-Gu Kwinda	40:40:00

### Mens 5km TT

Name	Time
Michael McLaggan	18:54:00
Dwayne Nzimande	20:30:00
Ernest Dlamini	21:47:00
Gavin Arentsen	27:00:00
Grant Hallowell	29:05:00
Stephen Gant	29:37:00
Keanan Goodway	30:38:00

