

NEDBANK RUNNING CLUB



Sandton Time Trial - 22 February 2023

Thank you to our timekeepers: Leanne / Jose

Ladies 5km TT

Name	Time
Vicky Hulley	26:15
Yolande Brand	32:52
Gugu Kwindu	37:38
Renske Coetzee	38:55
Rina Gerber	38:55

Mens 5km TT

Name	Time
Michael McLaggan	20:36
Ernest Dlamini	21:20
Ben Maluleke	21:56
Karl Azong	22:48
Pavel Dabrytski	25:26
Howard Feinberg	25:58
Gavin Arentsen	28:01
Ian Fuller	28:05
Stephen Gant	28:39
Andrew	28:39
Xolani Matyolo	29:35
Grant Hallowell	30:00
Kosie van Vuuren	33:03

