

Byeenkoms: TOP10 2022 LS (Bredasdorp)

Datum: 28/10/2022

Rekord simbole in gebruik:

R - TOP 10

No	Tyd	Geslag	Item	Plek	Rekord	Atleet	Span	Datum
1	13:00	Dogters - 11	70mH - 68,0 cm		R - 11.80	GT Visagie	Riverview	2007
2	13:00	Seuns - 13	VS	A	R - 6.30	N De Lange	Worcester Prim	2013
3	13:00	Dogters - 13	VS	B	R - 5.68	S Stephens	Vredenburg	2002
4	13:00	Dogters - 12	DG - 0,75 kg		R - 35.08	Chris-Mari Nel	Vredendal	2019
5	13:00	Seuns - 12	SG - 500 g		R - 41.03	Coetzee Le Roux	Worcester Oos	2015
6	13:00	Dogters - 11	HS	A	R - 1.41	T Visagie	Riverview	2007
7	13:00	Seuns - 11	HS	B	R - 1.55	S Breell	Volschenk	2019
8	13:10	Seuns - 11	70mH - 68,0 cm		R - 11.30	H Langenhoven	Beaumont / Swellendam	2003
9	13:20	Dogters - 12	75mH - 68,0 cm		R - 11.97	Elzahn Nel	Hugo Rust	2018
10	13:30	Seuns - 12	75mH - 76,2 cm		R - 11.70	Kurwin Gertse	Worcester Primer	2014
11	13:40	Dogters - 13	75mH - 76,2 cm		R - 11.70	A Badenhorst	Wesbank	2009
12	13:50	Seuns - 13	80mH - 76,2 cm		R - 11.30	Jurgens Louw	FDConradie	2009
13	14:00	Dogters - 13	1500m		R - 5:18.00	M Koegelenberg	Riebeeck Kasteel	2011
14	14:00	Dogters - 13	SG - 500 g		R - 35.60	Michaela Birch	Lochnerhof	2019
15	14:00	Seuns - 13	DG - 1 kg		R - 44.58	JL Van Rensburg	Park	2018
16	14:00	Dogters - 12	VS	A	R - 4.78	G Magerman	Vredenburg	2000
17	14:00	Seuns - 12	VS	B	R - 5.34	Ulrich Brown	Worcester Prim	2013
18	14:00	Seuns - 11	GS - 2 kg	A	R - 14.24	P Kleynhans	Ruens Kollege	2014

No	Tyd	Geslag	Item	Plek	Rekord	Atleet	Span	Datum
19	14:00	Dogters - 11	GS - 2 kg	B	R - 12.84	Minki Brink	Bertie Barnard	2019
20	14:10	Seuns - 13	1500m		R - 0:04.48	HJ Nell	Hartenbos	2018
21	14:20	Dogters - 11	100m		R - 13.20	Megan Donald	Gene Louw	2003
22	14:25	Seuns - 11	100m		R - 12.50	C De Wet	Eversdal	2009
23	14:30	Dogters - 12	100m		R - 12.38	Rowan Mafutu	Outeniqua	2018
24	14:35	Seuns - 12	100m		R - 11.84	Gregan Mentoor	Steenberg's Cove	2017
25	14:40	Dogters - 13	100m		R - 12.90	F Martens	Hermanus	2006
26	14:45	Seuns - 13	100m		R - 11.40	Niven Langdon	Ashton	2009
27	14:50	Dogters - 13	400m		R - 65.70	L v d Westhuizen	George Suid	2014
28	15:00	Seuns - 13	400m		R - 58.74	Will Vraagom	Stenberg'sCove	2015
29	15:00	Seuns - 12	DG - 0,75 kg		R - 44.97	Adruan Kotze	Paarl Gim	2017
30	15:00	Dogters - 12	SG - 500 g		R - 34.61	Nicole Barnard	George Suid	2019
31	15:00	Seuns - 13	GS - 4 kg	A	R - 15.51	Eugene Marx	Ind	2016
32	15:00	Dogters - 13	GS - 3 kg	B	R - 13.40	Meike Strydom	McLaglan	2013
33	15:00	Dogters - 12	HS	A	R - 1.51	C Pretorius	Eversdal	2008
34	15:00	Seuns - 12	HS	B	R - 1.61	W van Schalkwyk	Bredasdorp	2006
35	15:40	Dogters - 13	800m		R - 2:27.84	Anné Sabbagha	Gimnasium	2019
36	15:50	Seuns - 13	800m		R - 2:16.35	Wayne Ganniwa	Swellendam	2019
37	16:00	Dogters - 11	1200m		R - 3:59.34	M Lawrence	Worcester Primêr	2002
38	16:00	Dogters - 11	VS	A	R - 4.55	G Magerman	Vredenburg	2008
39	16:00	Seuns - 11	VS	B	R - 4.81	Mia Herselman	Hartenbos	2019
40	16:00	Seuns - 12	GS - 3 kg	A	R - 13.96	Adruan Kotze	Paarl Gim	2017

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41	16:00	Dogters - 12	GS - 3 kg	B	R - 13.45	A Smit	Gene Louw	2010
42	16:00	Seuns - 13	SG - 600 g		R - 60.06	J Slabbert	Panorama	2008
43	16:00	Dogters - 13	DG - 0,75 kg		R - 32.06	Meike Strydam	McLaghan	2013
44	16:00	Dogters - 13	HS	A	R - 1.54	Lisa Ahrends	Hugo Rust	2019
45	16:00	Seuns - 13	HS	B	R - 1.67	Charl Janson	Bredasdorp	2013
46	16:10	Seuns - 11	1200m		R - 3:50.63	Gerald Lakey	Protea Primêr	2002
47	16:20	Dogters - 13	200m		R - 27.50	F Martens	Hermanus	2006
48	16:30	Seuns - 13	200m		R - 24.39	N De Lange	Worcester Prim	2013
49	16:40	Dogters - 12	1200m		R - 3:51.80	M Jordaan	Eversdal	2004
50	16:50	Seuns - 12	1200m		R - 3:37.30	D Claassen	Eversdal	2005