

NAMIBIA SCHOOLS SPORTS UNION RECORDS 2013

ITEM	BOYS				GIRLS			
	13	15	17	19	13	15	17	19
100m	11,80	11,15	10,56	10,18	12,87	12,55	11,87	11,87
200m	24,16	22,76	21,44	20,67	22,80	24,22	24,22	24,14
400m		51,64	47,60	46,92		58,92	58,04	54,37
800m	02:09,90	02:03,22	01:50,70	01:52,60	02:22,89	02:19,49	02:13,36	02:08,50
1500 m	4:29,17	4:16,04	4:04,80	3:53,05	4:58,73	4:44,10	4:28,19	4:31,10
3 000m		09:30,62	08:41,73				09:44,82	09:30,98
2 000m s/c			06:17,63				07:31,04	
3 000m s/c				08:41,73				09:30,98
5 000m				15:01,90				
75mH					11,75			
80mH	11,30					11,84		
100mH	13,61	13,61					14,64	14,10
110mH			14,59	13,87				
200mH	31,21	27,10			33,30	30,67		
400mH			41,98	51,83			55,21	66,05
H/J	1,70m	1,85m	2,00m	2,15m	1,61m	1,63m	1,70m	1,82m
L/J	5,50m	6,67m	6,95m	7,42m	4,93m	5,48m	5,67m	5,84m
T/J			14,58m	15,26			11,00m	11,50m
S/P	12,50m	15,73m	15,59m	15,39	10,62m	10,90m	12,81m	13,66m
D/T	28,65m	45,78m	44,98m	49,02m	27,57 m	32,59m	38,19 m	43,96m
J/T	36,48m	52,23m	64,85m	69,58m	34,24m	39,79m	47,00m	50,00m