

AT Men end 2019 Africa		
		3432
	Limit	Nb
100	10.27	168
200	20.70	176
400	45.74/45.6	174
800	1:45.30	173
1500	3:35.27	174
5000	13:07.75	169
10000	27:26.92	171
Marathon	2:06:33	171
3000st	8:22.70	174
110H	14.15/13.9	169
400H	50.68	173
HJ	2.13	171
PV	4.60	178
LJ	7.75	180
TJ	16.00	175
SP	16.41	158
Discus	50.04	177
Hammer	54.56	169
Javelin	67.28	159
Deca	6281	173

AT Women end 2019 Africa		
		2668
	Limit	Nb
100	11.50	135
200	23.44/23.2	133
400	52.64	139
800	2:02.95	141
1500	4:09.34	141
5000	15:07.90	134
10000	31:59.94	133
Marathon	2:24:25	139
3000st	10:08.10	135
100H	13.90	139
400H	58.92	139
HJ	1.77	115
PV	3.35	85
LJ	6.17	142
TJ	12.65	141
SP	13.90	142
Discus	45.59	126
Hammer	47.71	138
Javelin	44.62	139
Hepta	4431	132