



CURRICULUM VITAE: Adele Broodryk

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Adele Broodryk
COUNTRY: R.S.A.
DATE OF BIRTH: 1990/09/20
CLUB: Nedbank Running Club AGN
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INSTAGRAM: del_run
FACEBOOK: Adele Broodryk - runner

I love to run...

Long, short, fast, slow, ripping through trails or pounding some pavement. As a multi-dimensional athlete, I am training to push the limits of my performance potential and complete a variety of running goals to inspire others to experience what can be accomplished on two feet. – Adele Broodryk

Personal Bests

Event	Result	Venue	Date
10km	34:49	Durban (RSA)	2022
Half Marathon	1:22:16	Port Elizabeth (RSA)	2015
Marathon	2:47:54	Cape Town (RSA)	2021
Two Oceans 56km	3:46:35	Cape Town (RSA)	2022
Comrades Marathon	6:26:35	Durban (RSA)	2022

Bests Performances 2023

Bert's Bricks Half Marathon 1:18:30, 1st

Bests Performances 2022

Comrades 90km Downrun 6:26:35, 3rd
Om-die-Dam Ultra Marathon 50km 3:23:48, 1st
N12 Ultra-Marathon 46.5km 3:08:34, 2nd
Two Oceans Ultra-marathon 56km 3:46:35, 6th
Motsepe Half-Marathon 1:21:42, 3rd
Dischem Half-marathon 1:24:07, 3rd
Spar Grand Prix Series 10km Port Elizabeth – 35:20, 17th
Spar Grand Prix Series 10km Durban – 34:48, 15th
Spar Grand Prix Series 10km Nelspruit – 35:06, 9th



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Spar Grand Prix Series 10km Pretoria – 37:18, 14th
Spar Grand Prix Series 10km Johannesburg: 37:49, 14th
Spar Grand Prix Series 10km Cape Town: 35:11, 10th



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