



CURRICULUM VITAE: Etienne Plaatjies

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Etienne Plaatjies
COUNTRY: R.S.A
CLUB: Nedbank Running Club
D.O.B: 25 September 1987
NATIONALITY: South African



PERSONAL BEST PERFORMANCES

Distance	Time	Race	Date
800m	1:47.57	Arnhem (NED)	2008
1500m	3:41.7h	Durban (RSA)	2009
One Mile	4:07.10	Oudtshoorn (RSA)	2011
3000m	8:12.76	Vught (NED)	2009
5000m	14:14.88	Stellenbosch (RSA)	2013
3000m Steeple	9:03.12	Oudtshoorn (RSA)	2007
10 Kilometres	29:48	Cape Town (RSA)	2014
Half Marathon	1:04:00	Mossel Bay (RSA)	2014

Personal Performances 2019

Petro SA Half Marathon, 1:07:06, 6th

Personal Performances 2018 Etienne Plaatjies

Cape Town 10 km, 30:41, 15th

Personal Performances 2017

Cape Town Bay to Bay 30K, 1:36:46, 2nd

Personal Performances 2016

De Rust Meiringspoort Half Marathon, 1:07:10, 1st

Personal Performances 2015

Cape Town 10 km, 30:11, 11th

Knysna Half Marathon, 1:07:06, 2nd

Mossel Bay PetroSA Half Marathon, 1:05:36, 2nd

De Rust Meiringspoort Half Marathon, 1:05:11, 2nd



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