



▶ Janko de Hart

Phone: 0718698811

Birth date: 24 February 1992

About me

- ▶ I started running at the age of 10. Running makes me feel good, and while I run I clear my head from all my worries. God gave me talent and I am using my talent to my full potential.

Goals

- ▶ I want to stay fit and healthy and want to enjoy sport for a very long time.

Personal best

- ▶ 800m – 1 min 57 sek (2010)
- ▶ 1500m- 4 min 15 (2010)
- ▶ 300m – 9 min 30s (2010)

Achievements

2010

- ▶ Participated at Gauteng championship and ASA 800m

