SA Deca Challenge Results

Place	Name		Division	Power Clean/Reps	Push Ups	Pull Ups	5kg Ball Toss	Vertical Jump	Plank	1500M	400M	100M	Long Jump
3	Terrence	Sadowski	55-59	30	38	5	23	17 "	3:02	DNS	DNS	DNS	1.53m
1	Joseph	Cronin	55-59	40	50	15	22.4	20.5"	5:01	05:32.5	01:07.3	14.33	3.85m
2	David	Chow	55-59	8	41	7	19.1	18.5"	4:32	06:29.3	01:12.5	14.82	4.06m
1	Rudy	Justice	60-64	1	1	1	16.3	12"	:10	06:05.2	01:12.7	16.28	3.52m
1	Thomas	Simek	65-69	33	53	9	21.7	22"	4:05	08:14.6	01:23.9	14.16	4.30m
2	Charlie	OCHOA	65-69	8	16	5	22.9	16.5"	1:27	DNS	DNS	DNS	2.71m
1	Monroe	NOWOTNY	75-79	37	40	5	11.8	8"	20:17	DNS	02:27.9	22.83	2.00m