

# WORLD'S BEST PERFORMANCE

BY A 68-YEAR OLD ATHLETE USING  
HIDRO+ SUPER HYDRATE



A 68-year old South African woman from Pretoria, Amanda Economon, covered 500.40 km (age adjusted to 658.544 km) in 6 days drinking HIDRO+ SUPER HYDRATE for hydration, as supplied by HHH Water and Health, The Village, Moreleta Park. No supplements, energy drinks, medication, steroids, banned substances or specially prepared foods were used.

"I did not experience any cramps or dehydration in spite of the high average maximum temperature of 33.895C and relative humidity of 80.83 %. It was the first time I used this type of water."

### Amanda Economon's Ultra Long Distance Running Resume for 2016:

- 1st Place, World Ranking Age Category; 2nd female and 4th overall: 6 Day Circuit Race on 3 Jan 2016.
- Set new SA 24 hour record in age category on 23 Jan 2016.

<http://statistik.d-u-v.org/getresultpersonphp?runner=374580>



HHH Water and Health trading as Hidro+

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