

CURRICULUM VITAE: Claude Moshiywa



PERSONAL INFORMATION

SURNAME: Moshiywa
FIRST NAMES: Claude
COUNTRY: R.S.A
DATE OF BIRTH: 10-Oct-1974
CLUB: Nedbank Running Club

PERSONAL BEST PERFORMANCES

10km: 30 minutes
15km: 48 Minutes
21.1km: 1H06
42.2km: 2H24
56km: 3H11
Comrades: 5H32

Comrades Marathon Results

2005 Down, 05:42:23, 8th
 2006 Up, 05:50:18, 11th
 2007 Down, 05:53:30, 12th
 2008 Up, 06:04:12, 19th
 2009 Down 05:53:22, 16th
 2010 Down, 05:43:04, 6th
 2011 Up, 05:42:06, 3rd
 2012 Down, 05:39:11, 9th
 2013 Up, 05:32:09, 1st
 2015 Up, 05:55:17, 7th
 2016 Down, 05:36:25, 6th

Two Oceans 56km Results

2006, 03:16:29, 13th
 2007, 03:12:03, 4th
 2008, 03:22:42, 18th
 2013, 03:15:36, 14th
 2015, 03:26:40, 19th
 2016, 03:22:20, 15th
 2017, 03:21:50, 16th

Annual Bests 2017

Event	Result	Venue	Date
50km	3:09:30	Om die Dam (RSA)	18.03.2017

