



CURRICULUM VITAE: Marko Mambo



PERSONAL DETAILS

FIRST NAME / SURNAME: Marko Mambo
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club Zimbabwe
NATIONALITY: Zimbabwe
EMAIL / CONTACT :

PERSONAL BEST PERFORMANCES

2018

Om die Dam 50km 2:59:12 1st

2017

Om die Dam 50km 3:01:26 6th

2011

City2City Ultra Marathon 50km 3:04:06 15th

Comrades Marathon

2018 Comrades Marathon - Up Run 89km 5:37:49 5th
 2017 Comrades Marathon - Up Run 89km 5:52:29 11th
 2016 Comrades Marathon - Down Run 89km 5:45:05 13th
 2012 Comrades Marathon - Down Run 89km 5:33:40 4th

Two Oceans 56km

2012 Two Oceans Marathon 56km 3:17:01 16th
 2010 Two Oceans Marathon 56km 3:19:27
 2009 Two Oceans Marathon 56km 3:10:53 2nd
 2008 Two Oceans Marathon 56km 3:11:35 1st
 2005 Two Oceans Marathon 56km 3:05:40 1st
 2004 Two Oceans Marathon 56km 3:07:42 1st



Nedbank Running Club - Administrative Head Office
 Tel: (012) 541 0577
 Fax: (012) 541 3752
www.nedbankrunningclub.co.za