

CURRICULUM VITAE: Rutendo Nyahora



PERSONAL INFORMATION

SURNAME: Nyahora
FIRST NAMES: Rutendo
DATE OF BIRTH: 11/11/1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST

Event	Result	Venue	Date
10 km Road	32:55	Cape Town (RSA)	15.04.2012
12 km Road	40:16	Cape Town (RSA)	17.05.2015
15 km Road	53:41	Pretoria (RSA)	15.08.2015
Half Marathon	1:14:56	Zwolle (NED)	09.06.2012
Marathon	2:39:58	Wien (AUT)	10.04.2016

PERSONAL PERFORMANCES 2017

2 Deloitte Pretoria (agn) 10km 36:46
 1 Spar Irene Lantern (agn) 10km 36:24
 10 km Road, 33:50, Durban (RSA)
 12 km Road, 41:24, Cape Town (RSA)
 Marathon, 2:42:53, London (GBR)

PERSONAL PERFORMANCES 2014

Solomon Mahlangu (agn) 10km 34:02
 4 Spar Womens (wp) 10km 33:30
 Bestmed Tuks (agn) 10km 34:30
 Mccarthy Toyota (agn) 21km 1:17:46
 Two Oceans 21km 1:17:30
 5 Spar Woman's PE 10km 33:44
 2 Spar Woman's Durban 10km 33:41
 2 Spar Women's Pretoria 10km 33:50
 2 Spar Women's Johannesburg 10km 34:40

PERSONAL PERFORMANCES 2016

1 Mccarthy Toyota (agn) 21km 1:17:19
 5 Spar Ladies (ep) 10km 34:55
 1 Spar Womens (agn) 10km 35:25
 1 Outsurance Gun Run (wp) 10km 34:02

PERSONAL PERFORMANCES 2015

George Claassen (agn) 21km 1:20:17
 Mccarthy Toyota (agn) 21km 1:19:06
 Deloitte Pretoria (agn) 10km 35:22
 2 Spar Womens Challenge (wp) 10km 33:03
 Solomon Mahlangu (agn) 21km 1:17:20
 Fnb Cape Town 12 Onerun (wp) 12km 40:16
 3 Spar Woman's PE 10km 33:43
 3 Spar Woman's Durban 10km 33:53
 1 Spar Woman's Race Pretoria 10km 34:54



PERSONAL PERFORMANCES 2012

Tuks Bestmed 10km, 1st, time: 34:34
Deloitte Pretoria (agn) 21km 01:19:22
Medihelp Sunrise Monster (agn) 32km 02:13:26
Old Mutual Om Die Dam (nwn) 21km 01:19:22
Old Mutual Provisional Two Oceans (wp) 21km 01:18:30
2 Spar Womens Challenge (wp) 10km 32:55
Jackie Mekler (agn) 10km 35:15
Kwai Challenge (cga) 10km 34:15
Polokwane Mayors (lima) 21km 01:16:11
Foskor (lima) 21km 01:16:07
1 Ocean Basket Marcel Van T Slot (agn) 15km 54:29

PERSONAL PERFORMANCES 2013

3 Mccarthy Toyota (agn) 21km 01:18:15
1 Irene Night 10km 35:16
6 Two Oceans 21km, time: 1:17:49
1 Spar Women's PE, time: 33:09
2 Spar Woman's KZN, time: 33:55
4 Spar Ladies Pretoria, time: 34:32
3 Spar Ladies Johannesburg

