



CURRICULUM VITAE: **Lyno Muchena**

PERSONAL DETAILS

FIRST NAME / SURNAME: Lyno Muchena
DATE OF BIRTH: 2 January 1988
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
Half Marathon	1:07:33	Polokwane (RSA)	2007
Marathon	2:24:12	Kazungula (BOT)	2023

Best Performances 2025

Old Mutual Harare Marathon, 2:26:52,

Best Performances 2024

Two Oceans 56km, 3:14:41, 10th
Comrades Marathon, 5:57:16

Bests Performance 2023

FNB Kazungula Bridge Marathon, Kazungula BOT, 2:24:12, 4th
SA Run4Cancer 48km, 2:42:55

Bests Performance 2022

Two Oceans Marathon (RSA) 56km, 3:26:06



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