



CURRICULUM VITAE: Duran Faro

PERSONAL DETAILS

FIRST NAME / SURNAME: Duran Faro
DATE OF BIRTH: 5 Feb 1994
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
400 Metres	49.92	Erlangen (GER)	2015
600 Metres	1:22.67	Parow (RSA)	2013
800 Metres	1:46.57	Pretoria (RSA)	2021
1500 Metres	3:48.68	Stellenbosch (RSA)	2021
One Mile	4:10.61	Port Elizabeth (RSA)	2014
3000 Metres	8:39.37	Athletic Track, Parow (RSA)	2020

Best Performances 2021

Invitational Middle Distance Track Series 800m, Coetzenburg Stadium, Stellenbosch 1:49.83, 3rd
Invitational Middle Distance Track Series 800m, Coetzenburg Stadium, Stellenbosch 1:47.34, 2nd
AGN Ch. 800m, Bestmed Tuks Stadium, Pretoria 1:48.75, 3rd
AGN Ch. 800m, Bestmed Tuks Stadium, Pretoria 1:48.22, 3rd
Invitational Middle Distance Track Series 800m, Coetzenburg Stadium, Stellenbosch 1:48.23, 1st
South African Ch. 800m, Bestmed Tuks Stadium, Pretoria 1:47.67, 1st
South African Ch. 800m, Bestmed Tuks Stadium, Pretoria 1:46.57, 3rd
Invitational Middle Distance Track Series 1500m, Coetzenburg Stadium, Stellenbosch 3:48.68, 5th
Invitational Middle Distance Track Series 1 mile, Coetzenburg Stadium, Stellenbosch 4:15.45, 3rd



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