



CURRICULUM VITAE: **Lebenya Nkoka**

PERSONAL DETAILS

NAME / SURNAME: Lebenya Nkoka
DATE OF BIRTH: 23 November 1986
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
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PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 Kilometres	29:44	Roodeport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

Two Oceans 56km Performances

2010	03:27:02	30th
2011	03:25:00	29th
2012	03:14:42	12th
2013	03:13:18	9th
2014	03:09:52	1st
2018	03:10:32	2nd
2019	03:24:28	16th

Best Marathon Performances

2019	2:28:46	Mandela Day (RSA)
2018	2:20:31	Soweto (RSA)
2017	2:19:02	Daegu (KOR)
2016	2:12:20	Bloemfontein (RSA)
2015	2:16:10	Cape Town (RSA)
2013	2:18:44	Johannesburg (RSA)
2012	2:22:57	Soweto (RSA)
2011	2:19:34	Soweto (RSA)
2010	2:19:44	Soweto (RSA)
2009	2:18:45	Johannesburg (RSA)
2008	2:15:10	Cape Town (RSA)
2007	2:16:27	Port Elizabeth (RSA)
2006	2:19:40	Melbourne (AUS)
2005	2:21:32	Soweto (RSA)



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