



## CURRICULUM VITAE: Ludwick Mamabolo

### PERSONAL DETAILS

**FIRST NAME / SURNAME:** Ludwick Mamabolo  
**DATE OF BIRTH:** 14 April 1977  
**CLUB:** Nedbank Running Club  
**NATIONALITY:** South African  
**EMAIL:** [modibemamabolo@gmail.com](mailto:modibemamabolo@gmail.com)  
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**ISTAGRAM:** [#mamabolomodibe](https://www.instagram.com/mamabolomodibe)



### PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>
Half Marathon	1:07:37
Marathon	2:20:48
50 km Road	2:49:55

### Comrades Marathon Results

2010 Down, 05:35:29, 2nd  
2011 Up, 05:50:18, 7th  
2012 Down, 05:31:03, 1st  
2013 Up, 05:45:49, 4th  
2014 Down, 05:33:14, 2nd  
2016 Down, 05:24:05, 2nd  
2017 Up, 05:42:40, 4th

### Two Oceans 56km Results

2004, 03:19:44, 21st  
2008, 03:18:02, 11th  
2009, 03:14:43, 7th  
2010, 03:20:52, 18th  
2011, 03:16:33, 18th  
2012, 03:22:48, 25th  
2016, 03:17:52, 6th  
2017, 03:21:42, 15th  
2018, 03:35:27, 45th

### Bests Performance 2019

Mall of The North (lima) 42km, 2:41:49

### Bests Performance 2018

3rd Mall of The North (lima) 42km 2:34:58  
5th Marula Festival (lima) 21km 1:11:58

### Bests Performance 2017

Om die Dam (RSA) 50km 2:56:51  
PetroSA 42km 2:28:26



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