



CURRICULUM VITAE: Ludwick Mamabolo

PERSONAL DETAILS

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



PERSONAL BEST TIMES

Distance	Time
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 2020

Bests Performance 2019

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

Bests Performance 2018

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

Bests Performance 2017



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



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