|  |
| --- |
|  |

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**

**Distance Time Venue Year**

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