



CURRICULUM VITAE: **Marko Mambo**

PERSONAL DETAILS

FIRST NAME / SURNAME: Marko Mambo
DATE OF BIRTH: 1 March 1971
CLUB: Nedbank Running Club
NATIONALITY: Zimbabwe
CONTACT: [+263 77 244 7385](tel:+263772447385)

PERSONAL PERFORMANCES 2020

Om Die Dam 50km (RSA) 3:01:09. 5th

PERSONAL PERFORMANCES 2019

Comrades Marathon - Up Run (RSA) 5:48:30. 8th
Matopos 33 Miler Ultra Marathon (ZIM) 33mi 3:21:40. 8th
Om Die Dam 50km (RSA) 3:13:35. 18th

PERSONAL PERFORMANCES 2018

Om die Dam 50km 2:59:12 1st.
Comrades Down run 05:37:49, 5th.

Comrades Marathon

2019 Comrades Marathon - Up Run 89km 5:48:30 8th
2018 Comrades Marathon - Down Run 89km 5:37:49 5th
2017 Comrades Marathon - Up Run 89km 5:52:29 11th
2016 Comrades Marathon - Down Run 89km 5:45:05 13th
2012 Comrades Marathon - Down Run 89km 5:33:40 4th

Two Oceans 56km

2012 Two Oceans Marathon 56km 3:17:01 16th
2010 Two Oceans Marathon 56km 3:19:27
2009 Two Oceans Marathon 56km 3:10:53 2nd
2008 Two Oceans Marathon 56km 3:11:35 1st
2005 Two Oceans Marathon 56km 3:05:40 1st
2004 Two Oceans Marathon 56km 3:07:42 1st



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