

NKOSINATHI MICHAEL DUMA

ATHLETE PROFILE



AGE: 34 YEARS

PLACE OF BIRTH: UNDERBERG

SPECIAL EVENTS: 42KM, 56KM & COMRADES MARATHON

SHOE BRAND: NIKE

SEASONAL BEST

DISTANCE	YEAR	EVENT	TIME
21KM	2019	SAPS Durban	1HR07'58
10 000M	2021	League	32:33

PERSONAL BEST

DISTANCE	YEAR	EVENT	TIME
21KM	2019	SAPS	1HR07'58
42KM	2019	WITNESS MARITZBURG CITY MARATHON	2HR28'34
56KM	2018	ZULU LAND MARATHON	3HR19'34
87km	2017	Comrades Marathon	5hr57'58
90km	2018	Comrades Marathon	5hr47'20

ACHIEVEMENTS

2020

42,2km Deloitte Maratho

Position 08

(02hrs:30:19)

2019

56km Two ocean Marathon

Position 10

(03hrs:19:34)

2019

42,2km The Witness Maritzbury City Marathon

Position 02

(02hrs:28:34)

2018

90,1km Comrade Marathon

Position 10

(05hrs:47:20)

2017

87km Comrade Marathon

Position 16
(05hrs:57mnt)

2016

42,2km GJ Zuma Maratho

Position 11
(02hrs:30:58)