



## CURRICULUM VITAE: Ntombesintu Mfunzi

### PERSONAL INFORMATION

**FIRST NAMES / SURNAME:** Ntombesintu Mfunzi  
**COUNTRY:** R.S. A  
**DATE OF BIRTH:** 1981/12/27  
**CLUB:** Nedbank Running Club EPA  
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### Personal Bests

| Event         | Result   | Venue                | Date |
|---------------|----------|----------------------|------|
| 10 Kilometers | 34:35:00 | Stellenbosch (RSA)   | 2009 |
| Half Marathon | 1:16:30  | Port Elizabeth (RSA) | 2011 |
| Marathon      | 2:47:56  | Cape Town (RSA)      | 2018 |
| 50km          | 3:40:33  | Johannesburg (RSA)   | 2013 |

### Bests Performances Two Oceans

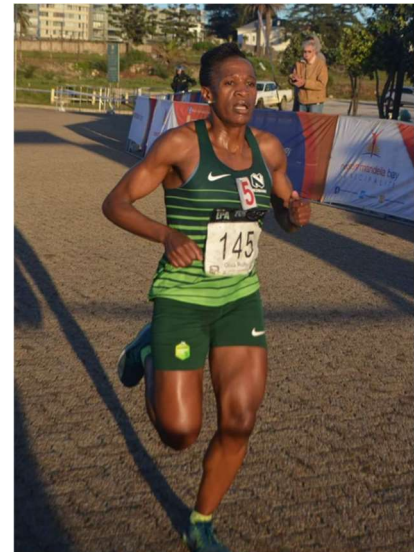
2018 Two Oceans Marathon 56km 3:59:27 10<sup>th</sup>  
2017 Two Oceans Marathon 56km 4:01:21 5<sup>th</sup>  
2015 Two Oceans Marathon 56km 4:21:05 16<sup>th</sup>  
2014 Two Oceans Marathon 56km 4:00:53 8<sup>th</sup>  
2012 Two Oceans Marathon 56km 3:52:38 8<sup>th</sup>

### Bests Performances 2020

NMBM One City Marathon 02:53:41. 1<sup>st</sup>

### Bests Performances 2019

IAU 50km WC Brasov (ROU) 3:44:23  
Freedom Run 10km, Port Elizabeth 36:06, 5<sup>th</sup>  
Cassie's 15km, Port Elizabeth 57:22, 1<sup>st</sup>  
Nelson Mandela Bay Half Marathon, Port Elizabeth 1:20:05  
HAJ Hannover Marathon, Hannover 2:48:53, 13<sup>th</sup>



**NEDBANK RUNNING CLUB** | ADMINISTRATIVE OFFICE

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