



Ntsindiso Mphakathi

Email: mphakathijola@gmail.com

Contact: 0798045354

Gender: Male

Nationality: South African

- Born year: 1990/03/12
- Cape Town Marathon 2021 02:29:30
- Prince Mangosuthu Ultra 2021 02:59:22
- Nedbank Runified 50km 2021 02:42:16
- NMB Marathon 2020 02:18:41



50km World Record Attempt