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CURRICULUM VITAE: **Riaan van Zyl**

**PERSONAL DETAILS**

**FIRST NAME / SURNAME:** Riaan van Zyl

**DATE OF BIRTH:** 1988

**CLUB:** Nedbank Running Club

**NATIONALITY:** RSA

**PERSONAL BEST TIMES**

**Distance Time Year Venue**

Marathon 2:34:27 2024 Berlin (GER)

50km 3:34:45 2024 Hartbeespoort (RSA)

Comrades 6:04:31 2024 Durban (RSA)

**Best Performances 2025**

Two Oceans Marathon (RSA) 56km, 3:49:50

**Best Performances 2024**

Comrades Marathon - Up Run (RSA) 89km, 6:04:31

Two Oceans Marathon (RSA) 56km, 3:48:13

Om Die Dam 50km (RSA) 50km, 3:34:45

BMW Berlin Marathon, Berlin (GER), 2:34:27

**Best Performances 2023**

Comrades Marathon - Down Run (RSA) 89km, 6:51:03

Two Oceans Marathon (RSA) 56km, 3:54:41

Om Die Dam 50km (RSA) 50km, 3:44:52