



CURRICULUM VITAE: **Isaac Mpofu**

PERSONAL DETAILS

FIRST NAME / SURNAME: Isaac Mpofu
DATE OF BIRTH: 20 August 1988
CLUB: Nedbank Running Club
NATIONALITY: South African

PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
800 Metres	1:56.83	Bulawayo (ZIM)	2020
5000 Metres	14:42.40	Bulawayo (ZIM)	2020
Half Marathon	1:06:42	Victoria Falls (ZIM)	2014
Marathon	2:13:31	Siena (ITA)	2021

Best Performances 2021

Xiamen Marathon & Tuscany Camp Global Elite Race, SienaITA 2:13:31

Best Performances 2020

Zimbabwean Ch. 800m, White City Stadium, Bulawayo ZIM 1:56.83, 3rd
Zimbabwean Ch. 5000m, White City Stadium, Bulawayo ZIM 14:42.40, 2nd

Best Performances 2019

Soweto Half Marathon & 10km, Soweto 1:10:15, 10th
Petro SA Marathon, Mossel Bay 2:15:10, 2nd
IAAF World Championships in Athletics, Corniche, Doha 2:29:24



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