



CURRICULUM VITAE: **Lebenya Nkoka**

PERSONAL DETAILS

NAME / SURNAME: Lebenya Nkoka
DATE OF BIRTH: 23 November 1986
CLUB: Nedbank Running Club Lesotho
NATIONALITY: Lesotho
EMAIL / CONTACT: lebenyankoka@gmail.com / 078 832 9870

PERSONAL BEST TIMES

Distance	Time	Venue	Year
10 Kilometres	29:44	Rooдеport (RSA)	01 OCT 2006
20 Kilometres	1:02:51	George (RSA)	14 OCT 2006
Half Marathon	1:02:33	Port Elizabeth (RSA)	28 JUL 2018
Marathon	2:12:20	Bloemfontein (RSA)	16 APR 2016

Best Performances 2021

Nedbank Runified 50km 2:44:23, 8th
SA Half Marathon 1:03:58
Sanlam Cape Town Marathon, Cape Town RSA 2:13:39, 12th

Best Performances 2019

FNB Joburg 10K Cityrun, Johannesburg 31:22, 13th
Mandela Day Marathon, Howick 2:28:46, 5th
Soweto Marathon, Soweto 2:19:36, 6th

Best Performances 2018

Johannesburg 10 km, Johannesburg 30:34, 8th
Port Elizabeth Half Marathon, Port Elizabeth 1:02:33, 10th
Howick Mandela Half Marathon, Howick 1:03:24, 4th

Two Oceans 56km Performances

2010	03:27:02	30 th
2011	03:25:00	29 th
2012	03:14:42	12 th
2013	03:13:18	9 th
2014	03:09:52	1 st
2018	03:10:32	2 nd
2019	03:24:28	16 th



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