

Running CV of Musa Maluleke

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Date of Birth 13 June 1983

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Brief Personal Summary

I am a South African born long distance runner, and I started running in 2011. I am an ambitious, hungry and dedicated athlete who loves to win and improve to be the better athlete, and I believe my better running days are yet to come. I have completed four Comrades Marathon, Two Oceans and over thirty marathons. Provincially I represented Athletic Gauteng North at the 8 KM cross country Championships Men's 35 and Won the Bronze team prize.

Running Times

DISTANCE & TIME	RACE NAME & YEAR
5 KM 00:14:27	Tucks Bestmed 2013
8 Km 00:27	SA cross country Champs 2019
10 Km 00:33	PWC George Gassen 2013
15 Km 00:47:27	Ocean Basket Mercel Van slot 2012
21 Km 01:15:00	SunnyPark right to run 2016
32 Km 01:52:00	Overkruin Kolonade 2019
42 Km 02:34:00	Akasia/ Wonderpark 2017
48 Km 03:09:00	Irene Ultra 2017
50 Km 03:29:00	Om Die Dam 2013/2019
56 Km 03:41:00	Two Ocean 2018
90 Km 06:42:00	Comrades Marathon 2018