



CURRICULUM VITAE: HELALIA JOHANNES

PERSONAL INFORMATION

FIRST NAMES / SURNAME: Helalia Johannes
DATE OF BIRTH: 13 August 1980
CLUB: Nedbank Running Club
NATIONALITY: Namibia
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PERSONAL BEST PERFORMANCES

Event	Result	Venue	Date
10km	30:59	Durban (RSA)	2019
Half Marathon	1:08:10	Marugame (JPN)	2020
Marathon	2:19:52	Valencia (ESP)	2020

Best Performances 2022

Spar Ladies Grand Prix Series 10km, Gqeberha RSA, 31:53, 1st
SPAR Grand Prix Durban 10km, Durban RSA, 31:59, 2nd
SPAR Grand Prix Mbombela 10km, Mbombela RSA, 33:02, 2nd
SPAR Grand Prix Joburg 10km, Johannesburg RSA, 34:08, 2nd
Nelson Mandela Bay Half Marathon, Gqeberha RSA, 1:07:49, 2nd
XXII Commonwealth Games, Victoria Square, Birmingham GBR, 2:28:39, 3rd
Blackmores Sydney Marathon, Sydney AUS, 2:31:11, 7th

Best Performances 2021

Nelson Mandela Bay Half Marathon, Port Elizabeth, 1:09:26, 4th
The XXXII Olympic Games, Odori Park, Sapporo JPN, 2:31:22, 11th
TCS New York Marathon, New York, NY USA, 2:26:09, 5th

Best Performances 2020

Kagawa Marugame International Half Marathon, Marugame 1:08:10, 1st
Maratón Valencia Trinidad Alfonso EDP, Valencia 2:19:52, 3rd

PERSONAL PERFORMANCES 2019

Two Oceans Half Marathon, Cape Town 1:10:30, 1st
Women's Marathon, Nagoya 2:22:25, 1st
Spar Ladies PE 31:51, 1st
Spar Ladies CT 31:45, 1st



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Spar Ladies Durban 30:59, 1st
Bogota International half marathon 1:12:16, 2nd
Spar Ladies Pretoria 32:39, 1st
Marathon World Championship Doha 2:34:15, 3rd

PERSONAL PERFORMANCES 2018

Port Elizabeth Half Marathon 1:10:51, 2nd
Gold Coast Commonwealth Games 2:32:40, 1st
Cape Town Marathon 2:29:28, 1st

PERSONAL PERFORMANCES 2017

Vienna City Marathon 2:29:25, 6th
London IAAF World Championships in Athletics 2:32:01
Cape Town Marathon 2:30:28, 2nd



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