

FMA International Athletes

We Build Champions



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Sports Management
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Athlete: Stephen Muange

Dob: July 6th, 1981

Age: 26

Country: Kenya

Team: FMA Athlete

Coach: Joseph Nzau

PERSONAL BEST TIMES

10K	27:48	Salt Lake City Utah	2010
15k	44:33	Utica, New York	2010
10-Miles	46:23	Washington, DC	2010
21k	1:03:11	Las Vegas, Nevada	2009

ROAD RACE RESULTS

<u>2011:</u>	10-Miler	47:03	Cherry Blossom	7th
	21k	1:04:13	Austin Texas	1st
<u>2010:</u>	10k	27:48	Salt Lake City Utah	4th
	15k	44:33	Utica, New York	8th
	21k	1:04:29	Grandmas Half	1st
	12k	34:39	Bloomsday 12k Spokane	3rd
	10-Miler	46:23	Cherry Blossom WA. DC	4th
<u>2009:</u>	21k	1:03:11	Las Vegas, Nevada	3rd
	21k	1:03:37	Big Sur, Monterey CA	1st
	21k	1:03:25	Chihuahua, Mexico	3rd

10k	29:30	Chihuahua, Mexico	3rd
21k	1:03:36	Columbus, Ohio	8th
10k	28:37	Salt Lake City, Utah	3rd
21k	1:05:18	Kansas City Missouri	2nd
21K	1:04:13	Nairobi, Kenya	2nd

ACHIEVEMENTS

Winner of 2011 3M Austin Texas Half Marathon 1:04:13
Winner 2009 Big Sur Half Mar. in Monterrey California 1:03:37