

**Sylvia M. Abmayr**

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## Afro Sport Promotion 2018 / Athletes – Bio's

**Athletes Curricula Vitae: Competitions, Performances, d.o.b. & other Achievements**

**BOTSWANA**
**Kabelo KGOSIEMANG** 07<sup>th</sup> January 1986 **PB: 2.34 (NR)**

➤	1 <sup>st</sup>	African Champion/ETH	HJ	2.34m	(PB)	2008	(NR)
➤	Q	Berlin / GER	WC	2.30m		2009	
➤	6 <sup>th</sup>	Doha WIC / QAT	WC	2.28m	(PB)	2010	(NR)
➤	1 <sup>st</sup>	Nairobi / KEN	AC	2.19m		2010	
➤	3 <sup>rd</sup>	Delhi / IND	CG	2.26m		2010	
➤	1 <sup>st</sup>	Porto-Novo/BEN	AC	2.25m		2012	
➤	1 <sup>st</sup>	Potchefstroom / RSA	HJ	2.29m		2013	
➤	9 <sup>th</sup>	Moscow / RUS	WC	2.26m		2013	
➤	1 <sup>st</sup>	South Africa / RSA	HJ	2.28m		2014	
➤	1 <sup>st</sup>	Cassabla/MAR	AC	2.28m		2014	
➤	5 <sup>th</sup>	Bühl / GER	HJ	2.25m		2015	
➤	Q	Beijing / CHN	WC	2.25m		2015	
➤	1 <sup>st</sup>	Brazzaville/CGO	AG	2.25m		2015	
➤	1 <sup>st</sup>	Polokwane / RSA	HJ	2,25m		2016	
➤	2 <sup>nd</sup>	Weinheim / GER	HJ	2.20m		2017	
➤	5 <sup>th</sup>	Bühl / GER	HJ	2.19m		2017	
➤	2 <sup>nd</sup>	Schiffflange / LUX	HJ	2,17m		2017	

**Amantle VICTOR-NKAPE (MONTSHO)** 04<sup>th</sup> July 1983 **PB: 22.89 / 49.33**

➤	1 <sup>st</sup>	Monaco / MON	GL	400m		49.71sec	2011
➤	1 <sup>st</sup>	Daegu / KOR	WC	400m		49.56sec	2011
➤	2 <sup>nd</sup>	Eugene / USA	GL	400m		49.62sec	2012
➤	3 <sup>rd</sup>	Shizuoka / JAP		200m		22.89sec	(PB) 2012
➤	1 <sup>st</sup>	Porto Novo/BEN	AC	400m		49.54sec	2012
➤	1 <sup>st</sup>	Monaco / MON	DL	400m		49.33sec	(PB) 2013
➤	2 <sup>nd</sup>	Moscow / RUS	WC	400m		49.41sec	2013
➤	7 <sup>th</sup>	Shanghai / CHN	DL	400m		50.37sec	2014
➤	2 <sup>nd</sup>	Sasolburg / RSA		300m		37.44sec	(PB) 2017
➤	1 <sup>st</sup>	Francistown/BOT	NC	400m		51.38sec	2017
➤	4 <sup>th</sup> sf3	London / GBR	WC	400m		51.28sec	2017
➤	7 <sup>th</sup>	London / GBR	WC	4x400m		3:28:00min	2017

**Onkabetse NKOBOLO** 22<sup>nd</sup> July 1993 **PB: 45,10 / 1:49:61i**

➤	3 <sup>rd</sup>	Gaborone / BOT		400m		46,8sec	2013
➤	3 <sup>rd</sup> i	Sabbadel / ESP		800m	(i)	1:49:61min	(PB) 2014
➤	1h2	Marrakesh / MOR	AC	400m		46,78sec	2014
➤	2 <sup>nd</sup>	Huelva / ESP		400m		46,21sec	2014
➤	2 <sup>nd</sup> i	San Sebast/ ESP		400m	(i)	46,86sec	(PB) 2015
➤	2 <sup>nd</sup> sf2	Brazzaville/CGO	AG	400m		45,10sec	(PB) 2015
➤		Beijing / CHN	WC	4x400m		2:59.59min	2015 (NR)
➤	3 <sup>rd</sup> f	Brazzaville/CGO	AG	400m		45,34sec	2015
➤	2 <sup>nd</sup>	Stockholm / SWE		500m	(i)	1:00.71min	(PB) 2016 INDOOR
➤	2 <sup>nd</sup>	Ellwangen / GER		400m		47.03sec.	2016
➤	1 <sup>st</sup> B	Huelva / ESP		400m		46.00sec	2016
➤	2 <sup>nd</sup>	Dakar / SEN		400m		46.30sec	2016
➤	2 <sup>nd</sup>	Gaborone / BOT		400m		46,12sec	2017
➤	2 <sup>nd</sup>	Potchefstroom / RSA		400m		45,95sec	2017
➤	2 <sup>nd</sup>	Germiston / RSA		400m		45,81sec	2017
➤	4 <sup>th</sup>	Sasolburg / RSA		400m		45,86sec	2017

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➤	2 <sup>nd</sup>	WCre Nassau / BAH	4 x 400m	3:02,28min	2017
➤	1 <sup>st</sup>	Zeulenroda / GER	400m	45,91sec	2017
➤	2 <sup>nd</sup>	Forbach / F	400m	45,34sec	2017
➤	1 <sup>st</sup>	Rehlingen / GER	400m	45,62sec	2017
➤	2 <sup>nd</sup>	Hengelo / NED	400m	45,71sec	2017
➤	1 <sup>st</sup>	Huelva / ESP	400m	45,34sec	2017
➤	7 <sup>th</sup>	Stockholm / SWE	400m	46,24sec	2017
➤	2 <sup>nd</sup>	Lobatse / BOT	400m	46,14sec	2018
➤	3 <sup>rd</sup>	Johannesburg / RSA	400m	46,04sec	2018

**Galefele MOROKO** 16<sup>th</sup> April 1997 **PB: 24.98 / 53.38**

➤	2 <sup>nd</sup>	Gaborone / BOT NC	200m	24.98sec (PB)	2016
➤	4 <sup>th</sup>	Durban / RSA AC	4x400m	3:31:54min	2016
➤	3 <sup>rd</sup>	Francistown/BOT NC	400m	53.38sec (PB)	2017
➤	1 <sup>st</sup> h2	London / GBR	4x400m	3:26.90min	2017

3:40:28min

**Loungo MATLHAKU** 24<sup>th</sup> February 1995 **PB: 11.56 / 23.25**

➤	3 <sup>rd</sup>	Marakesch/MAR AC	4x400m	3:40:28min	2014
➤	5 <sup>th</sup>	Nassa / BAH WC	4x400m	3:35:75min (PB)	2015
➤	1 <sup>st</sup>	Gaberone / BOT NC	100m	11.57sec	2016
➤	3 <sup>rd</sup> sf2	Durban / RSA AC	100m	11.56sec (PB)	2016
➤	1 <sup>st</sup> h1	Gaberone / BOT	200m	23.25sec (PB)	2016
➤	3 <sup>rd</sup>	Germison / RSA	100m	11.77sec	2017
➤	1 <sup>st</sup>	Francistown/BOT NC	200m	23.39sec	2017
➤	3 <sup>rd</sup>	Warri / NGR	200m	23:74sec	2017
➤	7 <sup>th</sup>	London / GBR WC	4x400m	3:28:00min	2017



**GERMANY**

**Malaika Fatma MIHAMBO (LG Kurpfalz)** 03<sup>rd</sup> February 1994 **PB: 6.95 / 1.79**

➤	3 <sup>rd</sup>	Rieti / ITA	LJ	6.70m	2013
➤	2 <sup>nd</sup>	Weinheim / GER	LJ	6.81m	2014
➤	1 <sup>st</sup>	Regensburg / GER	LJ	6.88m	2014
➤	1 <sup>st</sup>	Braunschweig / E-TEAM	LJ	6.90m	2014
➤	1 <sup>st</sup> q1	Zürich / SUI EC	LJ	6.70m	2014
➤	4 <sup>th</sup> f	Zürich / SUI EC	LJ	6.66m	2014
➤	1 <sup>st</sup>	Berlin / GER	LJ	6.72m	2014
➤	4 <sup>th</sup>	Weinheim	LJ	6,52m	2015
➤	4 <sup>th</sup>	Rome / ITA	LJ	6,79m	2015
➤	1 <sup>st</sup>	GER U23 Champion	LJ	6,60m	2015
➤	1 <sup>st</sup>	ECH U23 Champ Tallinn	LJ	6.73m	2015
➤	Q	Beijing / CHN WC	LJ	6.84m	2015
➤	6 <sup>th</sup>	Beijing / CHN WC	LJ	6.76m	2015
➤	1 <sup>st</sup>	Mannheim / GER	LJ	6,51m	2016
➤	1 <sup>st</sup>	Kassel / GER NC	LJ	6,72m	2016
➤	3 <sup>rd</sup>	Amsterdam/NED EC	LJ	6,76m	2016
➤	4 <sup>th</sup>	OG Rio / BRA	LJ	6.95m (PB)	2016
➤	2 <sup>nd</sup>	Mannheim / GER	LJ	6,39m	2017
➤	3 <sup>rd</sup>	Erfurt / GER NC	LJ	6.62m	2017
➤	1 <sup>st</sup>	Karlsruhe / GER	LJ	6.72m (PB) i	2018
➤	1 <sup>st</sup>	Dortmund / GER NC	LJ	6.68m	2018
➤	5 <sup>th</sup>	WIC Birmingham / GBR	LJ	6.64m	2018

**Corinna HARRER (LG Telis Fin. Regensburg)** 19<sup>th</sup> January 1991 **PB: 2:00,34/4:04.30 / 32:27,75 / 1h13:21**

➤	5 <sup>th</sup>	Rome / ITA	1 500m	4:04,30min (PB)	2012
➤	3 <sup>rd</sup>	Albi / FRA	800m	2:00,34min (PB)	2012
➤	2 <sup>nd</sup>	Nagold / GER	10km	33:38.0min	2012
➤	3 <sup>rd</sup>	Karlsruhe / GER	3 000m (i)	8:51:04min (PB)	2013

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➤	5 <sup>th</sup>	München / GER	½ Marathon	1h14:04min		2013
➤	1 <sup>st</sup>	Koblenz / GER	<b>5 000m</b>	<b>15:41,73min</b>	<b>(PB)</b>	<b>2014</b>
➤	1 <sup>st</sup>	Aichach / GER	<b>10 000m</b>	<b>32:27,75min</b>	<b>(PB)</b>	<b>2014</b>
➤	2 <sup>nd</sup>	Regensburg / GER	1500m	4:10.04min		2015
➤	1 <sup>st</sup>	Huelva / ESP	1500m	4:14.04min		2015
➤	5 <sup>th</sup>	Basel / SUI	Road 5,9km	20:03,6min		2016
➤	3 <sup>rd</sup>	Hannover / GER NC	½ Marathon	1h14:28min		2017
➤	2 <sup>nd</sup>	<b>Bautzen / GER NC</b>	<b>10 000m</b>	<b>34:12,64min</b>		<b>2017</b>
➤	1 <sup>st</sup>	Pfungstadt / GER	1500m	4:26,00min		2017
➤	3 <sup>rd</sup>	<b>Erfurt / GER NC</b>	<b>5000m</b>	<b>16:27.34min</b>		<b>2017</b>
➤	3 <sup>rd</sup>	<b>Bad Liebenzell NC</b>	<b>10km</b>	<b>33:48,0min</b>		<b>2017</b>
➤	2 <sup>nd</sup>	Albstadt / GER	10km	34:11.0min		2017
➤	10 <sup>th</sup>	<b>Barcelona / ESP</b>	<b>½ Marathon</b>	<b>1h13:21min</b>	<b>(PB)</b>	<b>2018</b>

**Cornelia GRIESCHE (LG Telis Fin. Regensburg)** 28<sup>th</sup> August 1993 **PB: 4:24.04/9:51.66/16:24.96**

➤	3 <sup>rd</sup> h1	Jacksonville / USA	3000SC	9.57.75min		2015
➤	5 <sup>th</sup>	Tuscalosa / USA	<b>5 000m</b>	<b>16:24.96min</b>	<b>(PB)</b>	2016
➤	3 <sup>rd</sup> F	<b>Tuscalosa / USA NCA</b>	<b>3000SC</b>	<b>9:51.66min</b>	<b>(PB)</b>	<b>2016</b>
➤	1 <sup>st</sup> h1	Jacksonville / USA	3000SC	9:56.81min		2016
➤	12 <sup>th</sup>	<b>Hannover / GER NC</b>	<b>½ Mar</b>	<b>1h17:25min</b>	<b>(PB)</b>	<b>2017</b>
➤	2 <sup>nd</sup>	Oodegem / BEL	3000SC	9:58.77min		2017
➤	4 <sup>th</sup>	Kassel / GER	1500m	4:30.42min		2017
➤	2 <sup>nd</sup>	Regensburg / GER	<b>10 000m</b>	<b>34:58.97min</b>	<b>(PB)</b>	<b>2017</b>
➤	3 <sup>rd</sup>	<b>Erfurt / GER NC</b>	<b>3000SC</b>	<b>10:12.59sec</b>		2017
➤	18 <sup>th</sup>	<b>Bad Liebenzell NC</b>	<b>10km</b>	<b>35:32.0min</b>		<b>2017</b>

**Martin James JASPER (VfB Stuttgart)** 06<sup>th</sup> January 1989 **PB: 7.65 / 16.55**

➤	6 <sup>th</sup>	Weinheim / GER	<b>LJ</b>	<b>7.65m</b>	<b>(PB)</b>	<b>2013</b>
➤	2 <sup>nd</sup>	<b>Ulm / GER Champ</b>	TJ	16.37m		2014
➤	4 <sup>th</sup>	Karlsruhe / GER	<b>LJ</b>	<b>7.42m</b>	<b>(PB)</b>	<b>2014</b>
➤	4 <sup>th</sup>	METZ / FRA	TJ	16.09m	<b>(PB)</b>	2015
➤	1 <sup>st</sup>	Ingolstadt / GER	TJ	16.03m		2015
➤	9 <sup>th</sup>	Forbach / FRA	TJ	16:10m		2016
➤	Q1/9.	<b>Amsterdam / NED EM</b>	TJ	16.27m		2016
➤	2 <sup>nd</sup>	<b>Kassel / GER NCh</b>	<b>TJ</b>	<b>16.55m</b>	<b>(PB)</b>	<b>2016</b>
➤	3 <sup>rd</sup>	<b>Leipzig / GER NiCh</b>	TJ	15.37m		2017
➤	7 <sup>th</sup>	Forbach / GER	TJ	15.07m		2017

**Eike ONNEN (Hannover 96)** 03. August 1982 **PB: 2.34**

➤	1 <sup>st</sup>	Ulm / GER	HJ	2.23m		2006
➤	1 <sup>st</sup>	Garbsen / GER	<b>HJ</b>	<b>2.34m</b>	<b>(PB)</b>	<b>2007</b>
➤	7 <sup>th</sup> F	Osaka / KOR WC	HJ	2.26m		2007
➤	1 <sup>st</sup>	Rostock / GER	HJ	2.31m		2008
➤	1 <sup>st</sup>	Ulm / GER <b>NC</b>	HJ	2.26m		2009
➤	1 <sup>st</sup>	Hannover / GER	HJ	2.31m		2011
➤	1 <sup>st</sup>	Bochum / GER <b>NC</b>	HJ	2.25m		2012
➤	1 <sup>st</sup>	Bühl / GER	HJ	2.32m		2015
➤	4 <sup>th</sup> q1	Beijing / CHN <b>WC</b>	<b>HJ</b>	<b>2.31m</b>		<b>2015</b>
➤	1 <sup>st</sup>	Bühl / GER	HJ	2.32m		2016
➤	1 <sup>st</sup>	Kassel / GER <b>NC</b>	HJ	2.20m		2016
➤	3 <sup>rd</sup>	Eberstadt / GER	HJ	2.32m		2016
➤	1 <sup>st</sup>	Hannover / GER	HJ	2.30m		2017
➤	2 <sup>nd</sup>	Hirson / FRA	HJ	2.24m		2018

**Simon BOCH (LG Telis Fin. Regensburg)** 18<sup>th</sup> April 1994 **PB:3:45.71/13:55.19/29:03,0**

➤	1 <sup>st</sup> F2	Fürth / GER	<b>3000m</b> (i)	<b>8:06.68min</b>	<b>(PB)</b>	<b>2016</b>
➤	5 <sup>th</sup> F	<b>Hannover / GER</b>	<b>½ Mar</b>	<b>1h06:03min</b>	<b>(PB)</b>	<b>2017</b>
➤	8 <sup>th</sup>	Pfungstadt / GER	<b>1500m</b>	<b>3:45.71min</b>	<b>(PB)</b>	<b>2017</b>
➤	1 <sup>st</sup>	<b>Bautzen / GER NC</b>	<b>10 000m</b>	<b>29:13.60min</b>	<b>(PB)</b>	<b>2017</b>
➤	1 <sup>st</sup>	Karlsruhe / GER	<b>5000m</b>	<b>13:55.19min</b>	<b>(PB)</b>	<b>2017</b>

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➤	1 <sup>st</sup>	Regensburg / GER	1500m	3:46.22min		2017
➤	2 <sup>nd</sup>	<b>Erfurt / GER NC</b>	<b>5000m</b>	14:21.41min		2017
➤	2 <sup>nd</sup>	<b>Bad Liebenzell NC</b>	<b>10km</b>	<b>29:03.0min</b>	<b>(PB)</b>	<b>2017</b>
➤	1 <sup>st</sup>	Bietigheim / GER	11.1km	33:11.0min		2017

**Benedikt HUBER (LG Telis Fin. Regensburg)** 13<sup>th</sup> October 1989 **PB: 47.84/1:46.57/3:49.48**

➤	1 <sup>st</sup>	Neustadt / GER	800m	1:48:38min		2015
➤	2 <sup>nd</sup>	Regensburg / GER	<b>800m</b>	<b>1:46:57min</b>	<b>(PB)</b>	<b>2016</b>
➤	3 <sup>rd</sup>	Munich / GER	<b>400m</b>	<b>47.84sec</b>	<b>(PB)</b>	<b>2016</b>
➤	1 <sup>st</sup>	Munich / GER	<b>1500m</b>	<b>3:49.48min</b>	<b>(PB)</b>	<b>2016</b>
➤	1 <sup>st</sup>	<b>Kassel / GER NC</b>	<b>800m</b>	1:47:17min		2016
➤	3 <sup>rd</sup>	Mannheim / GER	800m	1:47:13min		2017
➤	1 <sup>st</sup>	<b>Erfurt / GER NC</b>	<b>800m</b>	1:48:21min		2017



**KENYA**

**Eliud Kiptoo RUTTO** 25<sup>th</sup> November 1985 **PB: 1:46.04 / 3:41.03**

➤	3 <sup>rd</sup>	Nairobi / KEN	<b>800m</b>	<b>1:46.04min</b>	<b>(PB)</b>	<b>2011</b>
➤	5 <sup>th</sup>	Daegu / KOR	800m	1:46.62min		2011
➤	5 <sup>th</sup>	Italy	800m	1:46.8min		2011
➤	9 <sup>th</sup>	Daegu / KOR	800m	1:47.37min		2012
➤	2 <sup>nd</sup>	Kasarani / KEN	800m	1:46.70min		2013
➤	1 <sup>st</sup>	Chepkoleil / KEN	1500m	3:45.3min		2013
➤	2 <sup>nd</sup> h	Kasarani / KEN	800m	1:47.04min		2013
➤	1 <sup>st</sup>	Attnang / AUT	1 Mile (road)	4:09.92min		2014
➤	6 <sup>th</sup>	Dessau / GER	1500m	3:41.90min		2014
➤	1 <sup>st</sup>	Reduit / MRI	1500m	3:42.34min		2015
➤	1 <sup>st</sup>	Attnang / AUT	1 Mile (road)	4:06.36min		2015
➤	1 <sup>st</sup>	Attnang / AUT	1 Mile (road)	4:06.67min		2016
➤	4 <sup>th</sup>	Pliezhausen / GER	<b>1000m</b>	<b>2:19.36min</b>	<b>(PB)</b>	<b>2016</b>
➤	1 <sup>st</sup>	Ellwangen / GER	800m	1:48.06min		2016
➤	3 <sup>rd</sup>	Mauritius / MAI	1500m	3:41.45min		2017
➤	2 <sup>nd</sup>	Mumias / KEN	<b>1500m</b>	<b>3:41.03min</b>	<b>(PB)</b>	<b>2017</b>
➤	1 <sup>st</sup>	Ellwangen / GER	1500m	3:50.42min		2017
➤	4 <sup>th</sup>	Forbach / F	800m	1:49.94min		2017

**Elijah Kiplagat KIMITEI** 25<sup>th</sup> December 1986 **PB: 8,09 / 16.67**

➤	1 <sup>st</sup>	Nairobi / KEN NC	Long Jump	8,09m	<b>(PB)</b>	<b>2012</b>
➤	1 <sup>st</sup>	Nairobi / KEN NC	Triple Jump	16,45m		2013
➤	2 <sup>nd</sup>	Nairobi / KEN NC	Long Jump	7,93m		2014
➤	1 <sup>st</sup>	Nairobi / KEN NC	Triple Jump	16,40m		2014
➤	1 <sup>st</sup>	Nairobi / KEN	Triple Jump	16,63m		2015
➤	3 <sup>rd</sup>	Reduit / MRI	Triple Jump	16,04m		2016
➤	2 <sup>nd</sup>	Nairobi / KEN	Ling Jump	7.88m		2016
➤	1 <sup>st</sup>	Nairobi / KEN NC	<b>Triple Jump</b>	<b>16,67m</b>	<b>(PB)</b>	<b>2017</b>

**Mark BETT** 01<sup>st</sup> February 1990 **PB: 3:38,58**

➤	1 <sup>st</sup>	Nairobi / KEN	<b>1500m</b>	<b>3:38,58min</b>	<b>(PB)</b>	<b>2015</b>
➤	2 <sup>nd</sup>	Nairobi / KEN	1500m	3:41,11min		2016
➤	3 <sup>rd</sup>	Nairobi / KEN NCr	Mixed Relay			2017
➤	1 <sup>st</sup>	Reduit / MRI	1500m	3:41:37min		2017

**Dominic Kipngeno MIBEI** 12<sup>th</sup> December 1991 **PB: 28:25.0 / 1h04:25**

➤	4 <sup>th</sup>	Nairobi / KEN	<b>½ Marathon</b>	<b>1h04:25min</b>	<b>(PB)</b>	<b>2014</b>
➤	2 <sup>nd</sup>	Palmira / COL	½ Marathon	1h04:25min		2015
➤	7 <sup>th</sup>	Nairobi	10 000m	30:08.2min		2016
➤	1 <sup>st</sup>	Olede / GER	<b>10km</b>	<b>28:25.0min</b>	<b>(PB)</b>	<b>2017</b>

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➤	2 <sup>nd</sup>	Vierden / NED	10km	28:35.0min	2017
➤	2 <sup>nd</sup>	Brunssum / NED	10km	29:07.0min	2018
➤	6 <sup>th</sup>	Paderborn / GER	10km	29:04.0min	2018

**Evans KIPKORIR** 04<sup>th</sup> April 1994 **PB: 1:45.50**

➤	2 <sup>nd</sup>	Heusden / BEL	800m	1:45.91min	2012
➤	4 <sup>th</sup>	Nancy / FRA	800m	1:46.09min	2013
➤	2 <sup>nd</sup>	Nairobi / KEN <b>NC</b>	<b>800m</b>	<b>1:45.50min</b>	<b>(PB) 2014</b>
➤	2 <sup>nd</sup>	Rehlingen / GER	800m	1:47.24min	2015
➤	3 <sup>rd</sup>	Nakuru / KEN	800m	1:46.2min	2016
➤	3 <sup>rd</sup>	Mumias / KEN	800m	1:46,7min	2017

**Abednego Chesebe MITI** 20<sup>th</sup> June 1982 **PB: 1:45.49 / 3:35:02**

➤	3 <sup>rd</sup>	Nairobi / KEN <b>NC</b>	<b>1500m</b>	<b>3:35:02min</b>	<b>(PB) 2012</b>
➤	1 <sup>st</sup>	Kampala / UGA	<b>800m</b>	<b>1:45:49min</b>	<b>(PB) 2013</b>
➤	1 <sup>st</sup>	Dessau / GER	1500m	3:36:35min	2013
➤	5 <sup>th</sup>	Ostrava / CZE	<b>3000m</b>	<b>7:54.59min</b>	<b>(PB) 2014</b>
➤	5 <sup>th</sup>	Montreuil / FRA	1500m	3:36.21min	2014
➤	2 <sup>nd</sup>	Nassau / BAH	Medlay	9:17:20min	2015
➤	4 <sup>th</sup>	Nairobi / KEN	1500m	3:37.82min	2016
➤	4 <sup>th</sup>	Nairobi / KEN	3000m	7:55.2min	2016
➤	3 <sup>rd</sup> h	Nairobi / KEN <b>NC</b>	800m	1:46.03min	2017
➤	2 <sup>nd</sup>	Nairobi / KEN	1500m	3:36,9min	2017

**Charles Wachira MAINA** 11<sup>th</sup> October 1982 **PB: 28:14.0 / 1h01:12**

➤	1 <sup>st</sup>	Paderborn / GER	<b>½ Marathon</b>	<b>1h01:12min</b>	<b>(PB) 2010</b>
➤	1 <sup>st</sup>	Marouilles/ FRA	<b>20km</b>	<b>59:24.0min</b>	<b>(PB) 2010</b>
➤	4 <sup>th</sup>	Düsseldorf / GER	10km	28:36min	2010
➤	2 <sup>nd</sup>	Leverkusen / GER	10km	28:22.0min	2011
➤	11 <sup>th</sup>	Ahmedabad / IND	<b>Marathon</b>	<b>2h13:19min</b>	<b>(PB) 2011</b>
➤	6 <sup>th</sup>	Brunssum / NED	<b>10km</b>	<b>28:14.0min</b>	<b>(PB) 2012</b>
➤	4 <sup>th</sup>	Paderborn / GER	½ Marathon	1h02:14min	2012
➤	4 <sup>th</sup>	Chonping / CHN	Marathon	2h14:13min	2013
➤	1 <sup>st</sup>	Jaipur / IND	½ Marathon	1h02:53min	2014
➤	3 <sup>rd</sup>	Brunssum / NED	10km	28:23.0min	2014
➤	8 <sup>th</sup>	Duesseldorf / GER	Marathon	2h:13.30min	2014 (pace till KM38)
➤	3 <sup>rd</sup>	Jakarta / IND	10km	29:08.0min	2014
➤	1 <sup>st</sup>	Hamburg / GER	½ Marathon	1h01:41min	2014 (course record)
➤	5 <sup>th</sup>	Berlin / GER	25km	1h17 :18min	2015
➤	1 <sup>st</sup>	Ludwigshafen / GER	9,6km	28:03,9min	2015
➤	3 <sup>rd</sup>	Paderborn / GER	½ Marathon	1h02 :32min	2016
➤	5 <sup>th</sup>	Brunssum / NED	10km	29:18.0min	2016
➤	3 <sup>rd</sup>	Riga / LAT	Marathon	2h13 :54min	2016
➤	10 <sup>th</sup>	Paderborn / GER	10km	29 :34.0min	2017
➤	4 <sup>th</sup>	Brig-Glis / SUI	8km	23 :35,1min	2017
➤	11 <sup>th</sup>	Lille / FRA	½ Marathon	1h02 :57min	2017
➤	2 <sup>nd</sup>	Hamburg / GER	10km	28 :48,0min	2017
➤	1 <sup>st</sup>	Tübingen / GER	10km	29 :16,0min	2017
➤	5 <sup>th</sup>	Kerzers / CH	15km	44 :31.4min	2018
➤	2 <sup>nd</sup>	Paderborn / GER	½ Marathon	1h02 :49min	2018

**PACE:** Zürich Marathon 2010, Düsseldorf 2011+2014+2015, Vienna 2012+ 201+2017, Riga 2015+ 2016, Hamburg 2015, Berlin 2017, Münster 2016, Frankfurt+ Bucharest 2015+ 2016+2017

**Patrick Kiprono KIMELI** 22<sup>nd</sup> April 1989 **PB: 27:35.85/1h02:12/2h13:16**

➤	8 <sup>th</sup>	Neerpelt / BEL	<b>10 000m</b>	<b>27:35,85min</b>	<b>(PB) 2007</b>
➤	1 <sup>st</sup>	Hannover / GER	½ Marathon	1h02:12min	(PB) 2008
➤	7 <sup>th</sup>	Brunssum / NED	10km	28:27.0min	2011
➤	5 <sup>th</sup>	Paderborn / GER	½ Marathon	1h02:19min	2012
➤	4 <sup>th</sup>	Paderborn / GER	½ Marathon	1h02:58min	2013
➤	4 <sup>th</sup>	Paderborn / GER	10km	28:38.0min	2014
➤	2 <sup>nd</sup>	Tübingen / GER	10km	29:28,0min	2015

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➤	1 <sup>st</sup>	Bukarest / ROM	Marathon	2h13:16min	(PB)	2015	Course record
➤	2 <sup>nd</sup>	Albstadt / GER	10km	29:06.0min		2015	
➤	6 <sup>th</sup>	Düsseldorf / GER	Marathon	2h14:04min		2016	
➤	1 <sup>st</sup>	Paderborn / GER	½ Marathon	1h02:28min		2017	
➤	5 <sup>th</sup>	Würzburg / GER	10km	29:26.0min		2017	
➤	4 <sup>th</sup>	Tübingen / GER	10km	30:24.0min		2017	
➤	4 <sup>th</sup>	Paderborn / GER	½ Marathon	1h02:55min		2018	

**PACE: Riga Marathon 2013+2014+2015+2017, Düsseldorf 2014+2015, Cologne 2017, Münster2016+ 2017**
**Elnathan Kipkemboi ROTICH** 27<sup>th</sup> December 1992 **PB: 29:16.0**

➤	3 <sup>rd</sup>	Doha / QAT	10km	29:20.0min	(PB)	2017	
➤	11 <sup>th</sup>	Brunssum / NED	<b>10km</b>	<b>29:16.0min</b>	<b>(PB)</b>	<b>2018</b>	
➤	11 <sup>th</sup>	Paderborn / GER	10km	29:35.0min		2018	

**Moses Wagura WAMAITHA** 30<sup>th</sup> July 1998 **PB: 29:03 / 1h03:02**

➤	4 <sup>th</sup>	Krems / AUS	½ Marathon	1h03:28min		2015	
➤	6 <sup>th</sup>	Berlin / GER	25km	1h19:28min	(PB)	2016	
➤	1 <sup>st</sup>	Genova / ITA	½ <b>Marathon</b>	<b>1h03:02min</b>	<b>(PB)</b>	<b>2016</b>	
➤	3 <sup>rd</sup>	Kerzers / CH	15km	43:58.5min		2018	
➤	5 <sup>th</sup>	Paderborn / GER	<b>10km</b>	<b>29,03.0min</b>	<b>(PB)</b>	<b>2018</b>	

**Fredrick Kipchumba NGENY** 05<sup>th</sup> December 1988 **PB: 13:38.9/28:02/1h01:37**

➤	1 <sup>st</sup>	Düsseldorf / GER	10km	28:13.0min		2012	
➤	1 <sup>st</sup>	Rapperswil / SUI	9,1km	26:52.5min		2012	
➤	2 <sup>nd</sup>	Paderborn / GER	<b>10km</b>	<b>28:02.0min</b>	<b>(PB)</b>	<b>2013</b>	
➤	5 <sup>th</sup>	Berlin / GER	½ <b>Marathon</b>	<b>1h01:37min</b>	<b>(PB)</b>	<b>2013</b>	
➤	1 <sup>st</sup>	Düsseldorf / GER	10km	28:12.0min		2013	
➤	1 <sup>st</sup>	Paderborn / GER	10km	28:28.0min		2014	
➤	11 <sup>th</sup>	Berlin / GER	½ Marathon	1h01:56min		2015	
➤	4 <sup>th</sup>	Paderborn / GER	10km	28:19min		2015	
➤	4 <sup>th</sup>	Berlin / GER	<b>25km</b>	<b>1h14:49min</b>	<b>(/PB)</b>	<b>2015</b>	
➤	2 <sup>nd</sup>	Eldoret / GER	<b>5 000m</b>	<b>13:38,9min</b>	<b>(PB)</b>	<b>2015</b>	
➤	2 <sup>nd</sup>	Hamburg / GER	10km	28:36.0min		2015	
➤	1 <sup>st</sup>	Kiel / GER	½ Marathon	1h02:45min		2015	
➤	1 <sup>st</sup>	Biberach / GER	8km			2015	
➤	3 <sup>rd</sup>	Aschaffenburg / GER	7,9km	22:40,0min		2016	

**PACE: Düsseldorf 2013, Berlin & Frankfurt 2014, Hannover 2014, Riga 2015**
**Bethwel Kiprono CHEMWENO** 10<sup>th</sup> July 1988 **PB: 28:48.0 / 1h01:33**

➤	8 <sup>th</sup>	Prague / CZE	<b>10km</b>	<b>28:48.0min</b>	<b>(PB)</b>	<b>2013</b>	
➤	1 <sup>st</sup>	Eldoret / KEN	13km Cross			2015	
➤	2 <sup>nd</sup>	Kerzers / SUI	15km	43:58.5min		2015	
➤	2 <sup>nd</sup>	Paderborn / GER	½ Marathon	<b>1h01:33min</b>	<b>(PB)</b>	<b>2015</b>	
➤	3 <sup>rd</sup>	Remich / LUX	½ Marathon	1h02:11min		2015	
➤	5 <sup>th</sup>	Reims / F	½ Marathon	1h03:08min		2015	
➤	1 <sup>st</sup>	Kerzers / SUI	15km	44:03.1min		2016	
➤	5 <sup>th</sup>	Paderborn / GER	10km	29:03.0min		2016	
➤	7 <sup>th</sup>	Brunssum / NED	10km	29:37min		2016	
➤	1 <sup>st</sup>	Düsseldorf / GER	½ Marathon	1h05:22min		2016	
➤	2 <sup>nd</sup>	Albstadt / GER	10km	29:24.0min		2016	
➤	4 <sup>th</sup>	Kerzers / SUI	15km	45:42,0min		2017	
➤	6 <sup>th</sup>	Brunssum / NED	10km	29:26,0min		2017	
➤	3 <sup>rd</sup>	Brig Glis / SUI	8km	23:23,1min		2017	
➤	2 <sup>nd</sup>	Tübingen / GER	10km	30:04,0min		2017	
➤	6 <sup>th</sup>	Kerzers / CH	15km	44:40.0min		2018	
➤	3 <sup>rd</sup>	Paderborn / GER	½ Marathon	1h02:54min		2018	

**PACE: Hannover & Düsseldorf – 2015 + 2016, Riga & Münster MA 2015+2016+2017, Frankfurt 2017,**



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<b>Samwel Kiptanui MASWAI</b>			<b>29<sup>th</sup> March 1988</b>	<b>PB: 2h08:52</b>	
➤	1 <sup>st</sup>	Karlsruhe / GER	Marathon	2h13:12min	2011
➤	1 <sup>st</sup>	Karlsruhe / GER	Marathon	2h11:46min	2012
➤	5 <sup>th</sup>	Berlin / GER	<b>Marathon</b>	<b>2h08:52min</b>	<b>(PB) 2013</b>
➤	8 <sup>th</sup>	Berlin / GER	Maarathon	2h10:18min	2014
➤	3 <sup>rd</sup>	Dongguan / CHN	Marathon	2h11:37min	2016
➤	5 <sup>th</sup>	Hongkong / HKK	Marathon	2h12:50min	2017
<b>Eliud KIPTANUI</b>			<b>06<sup>th</sup> June 1989</b>	<b>PB: 1h01:24/1h12:59/2h05:21</b>	
➤	2 <sup>nd</sup>	Olomouc / CZE	<b>½ Marathon</b>	<b>1h01:24min</b>	<b>(PB) 2011</b>
➤	3 <sup>rd</sup>	Berlin / GER	<b>25km</b>	<b>1h12:59min</b>	<b>(PB) 2011</b>
➤	3 <sup>rd</sup>	Seoul / KOR	Marathon	2h06:44min	2012
➤	12 <sup>th</sup>	Seoul / KOR	Marathon	2h15:10min	2013
➤	5 <sup>th</sup>	Berlin / GER	Marathon	2h07:28min	2014
➤	2 <sup>nd</sup>	Berlin / GER	<b>Marathon</b>	<b>2h05:21min</b>	<b>(PB) 2015</b>
➤	6 <sup>th</sup>	Berlin / GER	Marathon	2h07:47min	2016
➤	1 <sup>st</sup>	Ottawa / CAN	Marathon	2h10:14min	2017
➤	5 <sup>th</sup>	Valencia / ESP	Marathon	2h07:25min	2017
<b>Hosea KIPKEMBOI</b>			<b>1<sup>st</sup> October 1989</b>	<b>PB: 1h01:48 / 2h12:05</b>	
➤	8 <sup>th</sup>	Nairobi / KEN	Marathon	2h12:28min	2011
➤	5 <sup>th</sup>	Kericho / KEN	<b>10km</b>	<b>28:36.1min (PB)</b>	<b>2012</b>
➤	4 <sup>th</sup>	Remich / LUX	<b>½ Marathon</b>	<b>1h01:48min (PB)</b>	<b>2012</b>
➤	2 <sup>nd</sup>	Wien / AUT	<b>½ Marathon</b>	1h02:02min	2013
➤	2 <sup>nd</sup>	Nairobi / KEN	<b>Marathon</b>	<b>2h12:05min (PB)</b>	<b>2013</b>
➤	9 <sup>th</sup>	Berlin / GER	<b>½ Marathon</b>	1h02:09min	2014
➤	6 <sup>th</sup>	Hannover / GER	Marathon	2h12:36min	2014
➤	4 <sup>th</sup>	Vienna / AUT	Marathon	2h13:47min	2015
➤	2 <sup>nd</sup>	Luxembourg / LUX	Marathon	2h15:22min	2015
➤	2 <sup>nd</sup>	Lagos / NGR	Marathon	2h16:34min	2016
➤	3 <sup>rd</sup>	Münster / GER	Marathon	2h13:59min	2016 (after pacing)
➤	4 <sup>th</sup>	Münster / GER	Marathon	2h12:55min	2017
➤	2 <sup>nd</sup>	Bucharest / ROM	Marathon	2h14:19min	2017
➤	6 <sup>th</sup>	Lagos / NGR	Marathon	2h	2018
<b>PACE: Düsseldorf &amp; Vienna 2013+2014, Hannover – 2013</b>					
<b>Duncan Cheruiyot KOECH</b>			<b>28<sup>th</sup> December 1981</b>	<b>PB: 1h03:02 / 2h07:53</b>	
➤	4 <sup>th</sup>	Kobujoi / KEN	<b>½ Marathon</b>	<b>1h03:02min (PB)</b>	<b>2006</b>
➤	3 <sup>rd</sup>	Lossos / KEN	<b>10 km</b>	<b>28:44.1min (PB)</b>	<b>2007</b>
➤	1 <sup>st</sup>	Hannover / GER	Marathon	2h14:29min	2008
➤	12 <sup>th</sup>	Reims / FRA	Marathon	2h13:11min	2008
➤	6 <sup>th</sup>	Hannover / GER	Marathon	2h12:26min	2009
➤	7 <sup>th</sup>	Hannover / GER	Marathon	2h11:51min	2010
➤	1 <sup>st</sup>	Bucharest / ROM	Marathon	2h13:54min	2010 (Course Record)
➤	4 <sup>th</sup>	Hannover / GER	Marathon	2h10:27min	2011
➤	9 <sup>th</sup>	Frankfurt / GER	Marathon	2h08:38min	2011
➤	2 <sup>nd</sup>	Düsseldorf / GER	Marathon	2h08:33min	2012
➤	3 <sup>rd</sup>	Cologne / GER	<b>Marathon</b>	<b>2h07:53min</b>	<b>(PB) 2012</b>
➤	3 <sup>rd</sup>	Düsseldorf / GER	Marathon	2h09:10min	2013
➤	3 <sup>rd</sup>	Cologne / GER	Marathon	2h10:10min	2013
➤	3 <sup>rd</sup>	Macau / CHN	Marathon	2h15:51min	2013
➤	4 <sup>th</sup>	Vienna / AUT	Marathon	2h09:17min	2014
➤	2 <sup>nd</sup>	Münster / GER	Marathon	2h12:04min	2014
➤	3 <sup>rd</sup>	Macau / CHN	Marathon	2h14:48min	2014
➤	2 <sup>nd</sup>	Vienna / AUT	Marathon	2h12:14min	2015
➤	3 <sup>rd</sup>	Riga / LAT	Marathon	2h12:53min	2015
➤	2 <sup>nd</sup>	Linz / AUT	Marathon	2h11:18min	2016
➤	1 <sup>st</sup>	Münster / GER	Marathon	2h12:59min	2016
➤	2 <sup>nd</sup>	Münster / GER	Marathon	2h12:06min	2017
➤	3 <sup>rd</sup>	Riga / LAT	Marathon	2h14:13min	2017
➤	1 <sup>st</sup>	Bucharest / ROM	Marathon	<b>2h13:13min</b>	2017 (Course Record)

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**Cynthia JEROP** 20<sup>th</sup> March 1995 **PB: 33:13.0 / 1h12:53**

➤	3 <sup>rd</sup>	Pensacola / USA	15km	52:34.0min	(PB)	2016
➤	2 <sup>nd</sup>	Mobile / USA	10km	33:13.0min	(PB)	2016
➤	4 <sup>th</sup>	Columbus / USA	½ Marathon	1h13:33min		2017
➤	6 <sup>th</sup>	Brunssum / NED	10km	34:15.0min		2018
➤	1 <sup>st</sup>	Paderborn / GER	½ Marathon	1h12:53min	(PB)	2018

**Maureen Jelagat MAIYO** 28<sup>th</sup> May 1985 **PB: 23.76 / 51.40 / 56.12**

➤	1 <sup>st</sup>	<b>Nairobi / KEN – NC</b>	400mH	56.65sec		2011
➤	1 <sup>st</sup>	Kaserani / KEN	200m	23.98sec		2012
➤	1 <sup>st</sup>	<b>Nairobi / KEN - NC</b>	400mH	56.90sec		2013
➤	1 <sup>st</sup>	<b>Nairobi / KEN - NC</b>	400m	52.20sec		2013
➤	1 <sup>st</sup>	Nairobi / KEN	400m	51.63sec		2013
➤	1 <sup>st</sup>	<b>Nairobi / KEN - NC</b>	400m	51.79sec		2014
➤	1 <sup>st</sup>	Nairobi / KEN	400m	51.72sec		2014
➤	2 <sup>nd</sup>	Dakar / SEN	400m	54.88sec		2015
➤	6 <sup>th</sup>	Rehlingen / GER	400m	54.47sec		2015
➤	4 <sup>th</sup>	Forbach / FRA	400m	53.95sec		2015
➤	2 <sup>nd</sup>	<b>Nairobi / KEN NC</b>	400m	52.04sec		2015
➤	<b>4h2</b>	<b>Beijing / CHN – IAAF WC</b>	<b>400m</b>	<b>51.40sec</b>	<b>(PB)</b>	<b>2015 NR</b>
➤	1 <sup>st</sup>	Reduit / MRI	400m	52.6sec		2016
➤	1 <sup>st</sup>	Eldoret / KEN	<b>200m</b>	<b>23,76sec</b>	<b>(PB)</b>	<b>2016</b>
➤	2 <sup>nd</sup>	Herzogenaurach / GER	400m	54,07sec		2016
➤	4 <sup>th</sup>	Rehlingen / GER	400m	54,67sec		2016
➤	4 <sup>th</sup>	Ostrava / CZE	400m	52,14sec		2016
➤	1 <sup>st</sup>	<b>Nairobi / KEN – NC</b>	400m H	57.39sec		2016
➤	2 <sup>nd</sup>	<b>Durban / RSA – AC</b>	<b>400m H</b>	<b>56.12sec</b>	<b>(PB)</b>	<b>2016</b>
➤	<b>1h/8.</b>	<b>Rio / BRA Olympic G</b>	<b>400m H</b>	57.97sec		2016
➤	1 <sup>st</sup>	Nairobi / KEN	400m	52.12sec		2017
➤	4 <sup>th</sup>	Forbach / FRA	400m	52.98sec		2017

**Georgina Jepkirui RONO** 19<sup>th</sup> May 1980 **PB: 1h07:58 / 2h21:39**

➤	1 <sup>st</sup>	Eindhoven / NED	Marathon	2h24:33min		2011
➤	4 <sup>th</sup>	Rabat / MAR	½ Marathon	1h09:08min		2011
➤	2 <sup>nd</sup>	Rak / UAE	½ Marathon	1h09:13min		2012
➤	1 <sup>st</sup> pr	Udine / ITA	10km	31:54.0min	(PB)	2012
➤	1 <sup>st</sup> pr	Udine / ITA	15km	49:12.0min	(PB)	2012
➤	1 <sup>st</sup>	Udine / ITA	½ Marathon	1h07:58min	(PB)	2012
➤	2 <sup>nd</sup> pr	Frankfurt / GER	30km	1h39:58min	(PB)	2012
➤	2 <sup>nd</sup>	Frankfurt / GER	Marathon	2h21:39min	(PB)	2012
➤	1 <sup>st</sup>	Santa Pola / ESP	½ Marathon	1h10:00min		2013
➤	2 <sup>nd</sup>	Nairobi / KEN	½ Marathon	1h10:51min		2013
➤	2 <sup>nd</sup>	Paris / FRA	½ Marathon	1h09:31min		2014
➤	1 <sup>st</sup>	Hamburg / GER	Marathon	2h26:47min		2014
➤	4 <sup>th</sup>	Lanzhou / CHN	Marathon	2h32:06min		2015
➤	3 <sup>rd</sup>	Santa Pola / ESP	½ Marathon	1h11:02min		2015
➤	3 <sup>rd</sup>	Donqiyiq / CHN	Marathon	2h28:52min		2017
➤	4 <sup>th</sup>	Laqos / NGR	Marathon	2h39:42min		2018

**Maryanne Wangari WANJIRU** 20<sup>th</sup> December 1986 **PB: 32:15.0 / 1h10:13**

➤	3 <sup>rd</sup>	Nakuru / KEN	5000m	15:58.2min	(PB)	2010
➤	1 <sup>st</sup>	Luzern / CH	4,190km	13.01.7min		2012
➤	1 <sup>st</sup>	Würzburg / GER	10km	32:43.0min		2012
➤	2 <sup>nd</sup>	Paderborn / GER	½ Marathon	1h11:11min		2013
➤	3 <sup>rd</sup>	Brunssum / NED	10km	32:22.0min		2014
➤	4 <sup>th</sup>	Paderborn / GER	½ Marathon	1h11:21min		2014
➤	1 <sup>st</sup>	Brunssum / NED	10km	32:21.0min		2015
➤	1 <sup>st</sup>	Paderborn / GER	½ Marathon	1h11:12min		2015
➤	3 <sup>rd</sup>	Lucerne / SUI	4,250km	13:34.5min		2015
➤	1 <sup>st</sup>	Kerzers / SUI	<b>15km</b>	<b>49:35.5min</b>	<b>(PB)</b>	<b>2016</b>



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➤	2 <sup>nd</sup>	Paderborn / GER	½ Marathon	1h10:13min	(PB)	2016
➤	2 <sup>nd</sup>	Brunssum / NED	10km	32:15.0min	(PB)	2016
➤	3 <sup>rd</sup>	Hamburg / GER	10km	32:23.0min		2016
➤	2 <sup>nd</sup>	Venlo / NED	½ Marathon	1h10:20min		2017
➤	3 <sup>rd</sup>	Brunssum / NED	10km	32:18.0min		2017
➤	5 <sup>th</sup>	Paderborn / GER	10km	32:36.0min		2017
➤	3 <sup>rd</sup>	Roerdong / NED	10 Miles	53:19.0min	(PB)	2017
➤	1 <sup>st</sup>	Brig Glis / SUI	8km	26:20,1min		2017
➤	6 <sup>th</sup>	Lille / FRA	½ Marathon	1h11:35.0min		2017
➤	4 <sup>th</sup>	Hamburg / GER	10km	33:29,0min		2017
➤	1 <sup>st</sup>	Tübingen / GER	10km	33:40,0min		2017
➤	3 <sup>rd</sup>	Kerzers / CH	15km	52:16.2min		2018
➤	5 <sup>th</sup>	Venlo / NED	½ Marathon	1h11:17.0min		2018
➤	4 <sup>th</sup>	Paderborn / GER	10km	33:16.0min		2018

**Eunice Mumbua KIKO** 04<sup>th</sup> October 1987 **PB: 32:07.0 / 1h10:31 / 2h33:59**

➤	1 <sup>st</sup>	Paderborn / GER	½ Marathon	1h10:59min		2013
➤	5 <sup>th</sup>	Würzburg / GER	10km	33:53.0min		2013
➤	5 <sup>th</sup>	Langueux / FRA	10km	33:04.0min		2014
➤	3 <sup>rd</sup>	Grand Rapids / USA	25km	1h27:00min	(PB)	2016
➤	2 <sup>nd</sup>	Brunssum / NED	10km	32:07.0min	(PB)	2017
➤	2 <sup>nd</sup>	Paderborn / NED	½ Marathon	1h10:31min	(PB)	2017
➤	2 <sup>nd</sup>	Roerdong / NED	10 Miles	53:14.0min	(PB)	2017
➤	2 <sup>nd</sup>	Würzburg / GER	10km	33:50.0min		2017
➤	4 <sup>th</sup>	Riga / LAT	Marathon	2h39:05min		2017 debut
➤	2 <sup>nd</sup>	Münster / GER	Marathon	2h33:59min	(PB)	2017

**Mary Wangechi MAINA** 15<sup>th</sup> January 1993 **PB: 32:24.0 / 1h11:30**

➤	1 <sup>st</sup>	Tübingen / GER	10km	33:18.0min		2012
➤	1 <sup>st</sup>	Düsseldorf / GER	10km	32:24.0min	(PB)	2012
➤	1 <sup>st</sup>	Kiel / GER	½ Marathon	1h11:30min	(PB)	2012
➤	1 <sup>st</sup>	Rapperswill / SUI	5,41km	17:43.0min		2012 (course record)
➤	1 <sup>st</sup>	Düsseldorf / GER	10km	32:33.0min		2013
➤	2 <sup>nd</sup>	Remich / LUX	½ Marathon	1h12:57min		2013
➤	3	Youngstown / USA	10km	33:22.0min		2014
➤	5	Flint / USA	10 Miles	56:01.0min		2014
➤	3	Waterloo / USA	½ Marathon	1h12:57min		2014
➤	5 <sup>th</sup>	Hamburg / GER	10km	32:51min		2016
➤	1 <sup>st</sup>	Tübingen / GER	10km	33:45min		2016
➤	1 <sup>st</sup>	Albstadt / GER	10km	33:01min		2016

**Dorcas Nzembi KITHOME** 22<sup>nd</sup> December 1997 **PB: 32:49.0 / 1h11:48**

➤	1 <sup>st</sup>	Pune / IND	½ Marathon	1h11:48min	(PB)	2015
➤	3 <sup>rd</sup>	Kerzers / SUI	15km	50:57.7min		2016
➤	3 <sup>rd</sup>	Paderborn / GER	10km	32:49min	(PB)	2016
➤	4 <sup>th</sup>	Berlin / GER	½ Marathon	1h12:47min		2016
➤	4 <sup>th</sup>	Würzburg / GER	10km	33:28.0min		2016
➤	4 <sup>th</sup>	Okpekpe / NGR	10km			2016
➤	1 <sup>st</sup>	Aschaffenburg / GER	7,9km	25,34min		2016
➤	4 <sup>th</sup>	Oelde / GER	10km	33:39min		2016
➤	1 <sup>st</sup>	Darmstadt / GER	5,5km	18:23,2min		2016
➤	2 <sup>nd</sup>	Hamburg / GER	½ Marathon	1h14:29min		2016
➤	2 <sup>nd</sup>	Kaiserslautern / GER	5km	16:16,40min		2016

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**NIGERIA**

<b>Ogho-Oghene O. EGWERO</b>				26 <sup>th</sup> November 1988	<b>PB:</b>	<b>6.60 / 10.06 / 20.60</b>
➤	5 <sup>th</sup> r2	Berlin IAAF WC	100m	10.19sec		2009
➤	3 <sup>rd</sup>	Stuttgart / GER	60m i	6.62sec		2010
➤	5 <sup>th</sup> sf	African Championships	100m	10.17sec		2010
➤	1 <sup>st</sup>	Abuja / NGR	100m	10.10sec		2010
➤	4 <sup>th</sup> sf	Commonwealth Games	100m	10.13sec		2010
➤	5 <sup>th</sup>	Düsseldorf / GER	60m i	6.60sec	(PB)	2011
➤	1 <sup>st</sup> sf	All African Games	100m	10.06sec	(PB)	2011
➤	2 <sup>nd</sup>	Calabar / NGR	100m	10.19sec		2012
➤	2 <sup>nd</sup>	Gent / BEL	60m i	6.62sec		2013
➤	1 <sup>st</sup>	Dessau / GER	100m	10.21sec		2013
➤	1 <sup>st</sup> h	Warri / NGR	100m	10.16sec		2013
➤	2 <sup>nd</sup>	Warri / NGR I NC	100m	10.18sec		2014
➤	1 <sup>st</sup>	African Championship	4x100m	38.80sec		2014
➤	1 <sup>st</sup>	Abuja / NGR	100m	10.28sec		2015
➤	1 <sup>st</sup>	Rehlingen / GER	100m	10.36sec		2015
➤	3 <sup>rd</sup>	Praque / CZE	100m	10.30sec		2015
➤	1 <sup>st</sup>	Rechberghausen / GER	100m	10.22sec		2015
➤	1 <sup>st</sup>	Freistett / GER	100m	10.15sec		2015
➤	1 <sup>st</sup>	Freistett / GER	200m	20.84sec		2015
➤	3 <sup>rd</sup> B	Lucerne / SUI	100m	10.21sec		2015
➤	3 <sup>rd</sup>	Warri / NGR	200m	20.60sec	(PB)	2015
➤	1 <sup>st</sup> sf2	African Games / CGO	100m	10.06sec	(PB)	2015
➤	2 <sup>nd</sup>	African Games / CGO	100m	10.17sec		2015
➤	1 <sup>st</sup>	African Games / CGO	4x100m	38.95sec		2015
➤	1 <sup>st</sup>	Sepelle / NGR	100m	10.15sec		2016
➤	1 <sup>st</sup>	Abuja / NGR	100m	10.24sec		2016
➤	2 <sup>nd</sup>	Doha / QAT	100m	10.17sec		2017

<b>Cecilia Busola FRANCIS</b>				17 <sup>th</sup> September 1996	<b>PB:</b>	<b>11.50 / 23.69</b>
➤	6 <sup>th</sup>	Laos / NGR	100m	11.71sec		2014
➤	4 <sup>th</sup>	Laos / NGR	200m	24.71sec		2014
➤	3 <sup>rd</sup>	Warri / NGR	100m	11.67sec		2015
➤	3 <sup>rd</sup>	Abuja / NGR	200m	24.10sec		2015
➤	3 <sup>rd</sup> sf2	Brazzaville / CGO AG	100m	11.60sec		2015
➤	5 <sup>th</sup>	Brazzaville / CGO AG	100m	11.53sec		2015
➤	1 <sup>st</sup>	African Games / CGO	4x100m	43.10sec		2015
➤	3 <sup>rd</sup>	Metz / F	60m i	7.40sec	(PB)	2016
➤	4 <sup>th</sup>	Jablonec / CZE	60m i	7.41sec		2016
➤	7 <sup>th</sup>	Sapelle / NGR I NC	100m	11.50sec	(PB)	2016
➤	3 <sup>rd</sup> h1	Sapelle / NGR	200m	23.69sec	(PB)	2016
➤	2 <sup>nd</sup>	Sapelle / NGR I GP	100m	11.60sec		2016
➤	2 <sup>nd</sup> h2	Abudja / NGR	100m	11.70sec		2017
➤	4 <sup>th</sup>	Ozoro / NGR	100m	11.68sec		2017