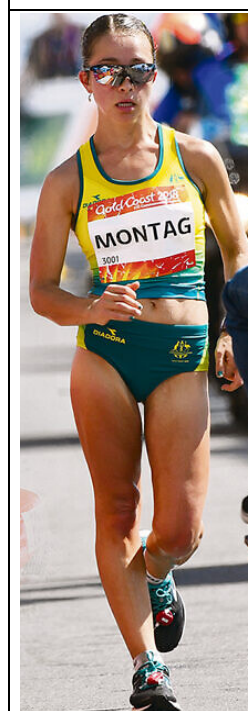


MONTAG JEMIMA

15 - 02 - 1998



Personal Best

5.000 Mt.	(track)	20:51.03	Melbourne (Aus)	27.02.2021
5 km.	(road)	22:52	Canberra (Aus)	07.06.2015
10.000 Mt.	(track)	42:35.20	Melbourne (Aus)	31.01.2021
10 km.	(road)	43:25	Melbourne (Aus)	23.05.2021
20 km.	(road)	1:28:50	Melbourne (Aus)	27.03.2021

Ranking 10.000 mt. track (average = 44:50.43)

01	42:35.20	Melbourne	31.01.2021
02	43:45.20	Clifton Hill	10.01.2021
03	43:50.84	Townsville	25.06.2019
04	43:51.47	Sydney	05.04.2019
05	43:59.46	Canberra	28.01.2019
06	44:58.50	Melbourne	27.01.2020
07	45:05.90	Melbourne	12.01.2020
08	45:36.84	Canberra	09.01.2019
09	46:18.42	Canberra	14.01.2018
10	48:25.18	Sydney	14.03.2014

Ranking 20 km. (average = 1:31:47)

01	1:28:50	Melbourne	27.03.2021
02	1:30:39	Sapporo	06.08.2021
03	1:30:51	Adelaide	10.02.2019
04	1:31:26	Adelaide	11.02.2018
05	1:31:51	Melbourne	02.05.2021
06	1:31:53	Nomi	17.03.2019
07	1:32:19	Lázaro Cárdenas	20.04.2019
08	1:32:50	Gold Coast	08.04.2018
09	1:33:15	Adelaide	09.02.2020
10	1:33:57	Napoli	12.07.2019

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Commonwealth Games	University Games
2021 = 6°	2019 = 10°	2018 = Dq.	2018 = 1°	2019 = 2°

10 km.

World Cup Under 20

2014 = 12°

5.000 Mt.

World Championships Under 18

2015 = 11°

* update at 31 December 2021

Others Results 20 km.

11	1:34:16	Chiasso	01.09.2019	14	1:35:55	Melbourne	23.06.2019
12	1:34:18	Melbourne	17.12.2017	15	1:36:54	Doha	29.09.2019
13	1:35:48	Melbourne	02.12.2018	16	1:37:22	Melbourne	01.12.2019

