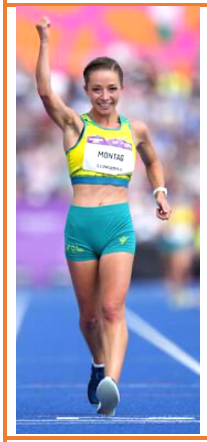
MONTAG JEMINA

15 - 02 - 1998

Personal Best



5.000 mt.	*(track)*	**20:17.35**	Melbourne (Aus)	26.02.2022
5 km.	*(road)*	**22:52**	Canberra (Aus)	07.06.201
10.000	*(track)*	**42:34.30**	Birmingham (Gbr)	06.08.2022
10 km.	*(road)*	**43:25**	Melbourne (Aus)	23.05.2021
20 km.	*(road)*	**1:26:25**	Paris (Fra)	01.08.2024

Ranking 20 km. (average = 1:27:33)

01	***1:26:25***	Paris	01.08.2024	06	***1:27:47***	Adelaide	16.02.2025
02	***1:27:09***	Adelaide	11.02.2024	07	***1:27:51***	Nomi	19.03.2023
03	***1:27:16***	Budapest	20.08.2023	08	***1:27:56***	Warszawa	05.05.2024
04	***1:27:20***	Taicang	01.03.2025	09	***1:28:00***	Melbourne	12.02.2023
05	***1:27:27***	Adelaide	13.02.2025	10	***1:28:17***	Eugene	15.07.2022

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Commonwealth Games	University Games
2021 = 6° 2024 = 3°	2019 = 10° 2022 = 4° 2023 = 2°	2018 = Dq.	2018 = 1°	2019 = 2°

Marathon Mixed Relay		*10.000 mt.*	*10 km.*	*5.000 mt.*
Olympic Games	**World Cup**	**Commonwealth Games**	**World U20 Cup**	**World U18 Championships**
2024 = 3°	2024 = 6°	2022 = 1°	2014 = 12°	2015 = 11°