

EXPERIENCE
THE KENYAN WAY...



RUNNERS PROFILE

Caroline Makandi GITONGA

DATE OF BIRTH: 12.05.1996

Discipline: 5 Km, 10 Km, half marathon
road races, mountain races

Personal bests:

1.500m - 4.45 (Kenya) 2015

3.000m - 9.44,91 (Andorf AUT) 2016

5 Km - 19.25 (Kenya) 2016

10 Km - 35.22 (Weiz, AUT) 2016

Half marathon – 1.05.44 (Wachau, AUT) 2017



Results

- 4th place Wachau Half marathon (AUT) 2017 - **PB**
- 4th place Giro Podistico Citta di Pordenone (ITA) 2017
- 5th place Kärnten Läufer Half marathon (AUT) 2017
- 1st place 10 K Münsiger Louf (CH) 2017
- 3rd place Scorze Half marathon (ITA) 2017
- 1st place 3.000m Track Meeting Andorf (AUT) 2017
- 1st place Jakobi Run Half marathon (AUT) 2017
- 1st place Half marathon Sappada (ITA) 2017
- 1st place Family Run Lutzmannsburg (AUT) 2017
- 2nd place Paluzza – Malga Mountain run (ITA) 2016
- 4th place Kärnten Läufer Half marathon (AUT) 2016
- 3rd place Josko Track-meeting Andorf 3.000 m (AUT) 2016 - **PB**
- 1st place Cityrun Villach (AUT) 2016
- 2nd place Stralivigno Half marathon (ITA) 2016
- 1st place Grabensee runHalf marathon (AUT) 2016
- 1st place Cityrun Steyrer (AUT) 2016
- 1st place Citylauf Gallneukirchen (AUT) 2016
- 1st place Trofeo Citta d'Udine (ITA) 2016
- 1st place Weizer Energielauf (AUT) 2016 - **PB**

Profile

Shoe-sponsor: [On running](#)

Caroline and her twin-sister Purity are members of our team since 2015. Due to her great performances in training in Kenya she entered the summer team in 2016. She demonstrated her talent in various competitions with excellent results. With her openhearted and joyful personality she is a big gain to the team and to our running weeks in Austria.

Laufteam run2gether Austria

Zustelladresse

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