

EXPERIENCE  
THE KENYAN WAY...



## RUNNERS PROFILE

### Ronald Ngigi KARUIKI

**DATE OF BIRTH:** 20.08.1988

**Discipline:** 5.000m, 10.000m, half marathon road and track races,

**Personal bests:**

1.500 m – 3.48

3.000m – 8.02.32

5.000 m - 14.21

10km - 28.40

#### Results

- 2nd place Lake Achen Run (AUT) 2018
- 11th place Half Marathon Kärnten Läufer (AUT) 2018
- 4th place Jever Fun Run (GER) 2018
- 5th place 10 Miles Garda (ITA) 2018
- 1st place Meeting Andorf 3000m (AUT) 2018
- 11th place Meeting Bellinzona 3000m (ITA) 2018
- 1st place Gernkogel Mountain Run (AUT) 2018
- 1st place City Run Gallneukirchen (AUT) 2018
- 2nd place City Run Steyr (AUT) 2018
- 4th place City Run Kaiserslautern (GER) 2018
- 7th place Meeting Conegliano 3000m (ITA) 2018
- 11th place Wachau Half marathon (AUT) 2017
- 4th place Alster Run Hamburg (GER) 2017
- 10th place Kärnten Läufer Half Marathon (AUT) 2017
- 1st place 5,2 K Münsiger Louf (CH) 2017 – **Course record**
- 1st place 3.000m Track Meeting Andorf (AUT) 2017
- 1st place Family Run Lutzmannsburg (AUT) 2017
- 1st place Steinbach 3-Hügel Run (AUT) 2016 – **Course record**



#### Profile

Shoe-sponsor: [On running](#)

Ronaldo is member of the team since 2014 and impressed with great training results in Kenya. 2015 was his first year in Austria and he demonstrated that he was a good choice for our summer team. For 2016 he was preparing well and becomes part of the team in August. Ronaldo is known as extra motivational and always in good mood! We welcome him again in Austria for 2016 and wish him a successful stay!

*Represented by*  
Thomas Krejci  
IAAF Authorized Athletes' Representative  
tel. +43-650-5331100  
email [thomas@run2gether.com](mailto:thomas@run2gether.com)  
website [www.run2gether.com](http://www.run2gether.com)

#### Laufteam run2gether Austria

**Zustelladresse**  
Thomas Krejci, Ungarstraße 3  
A-8280 Fürstenfeld, Österreich  
ÖLV-Nr. 8110  
**Bankverbindung**  
PSK Bank Köflach BLZ 60000  
Konto 00510056639  
IBAN: AT636000000510056639  
BIC: OPSKATWW

