

POHLE HAGEN

05 - 03 - 1992



Personal Best

5.000 mt.	<i>(indoor)</i>	18:54.32	Erfurt (Ger)	14.02.2016
5.000 mt.	<i>(track)</i>	20:07.43	Rhede (Ger)	09.08.2009
10.000 mt.	<i>(track)</i>	39:39.45	Diez (Ger)	16.09.2017
10 km.	<i>(road)</i>	41:15	Poděbrady (Cze)	10.04.2010
20 km.	<i>(road)</i>	1:19:58	Poděbrady (Cze)	09.04.2016
20 km.	<i>(road)</i>	3:51:18	Andernach (Ger)	10.10.2015

Ranking 20 km. (average = 1h21:24)

01	1:19:58	Poděbrady	09.04.2016	06	1:21:39	Rome	07.05.2016
02	1:20:53	London	13.08.2017	07	1:21:41	Poděbrady	08.04.2017
03	1:21:29	Naumburg	19.05.2014	08	1:21:41	Naumburg	14.04.2018
04	1:21:34	Naumburg	19.04.2015	09	1:21:44	Rio de Janeiro	12.08.2016
05	1:21:35	Berlin	11.08.2018	10	1:21:47	La Coruña	31.05.2014

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup	European Under 23
2016 = 18°	2015 = 18° 2017 = 17°	2012 = 70° 2016 = 20° 2018 = 11°	2014 = 14° 2018 = 8°	2013 = 24° 2015 = 12° 2017 = 18°	2013 = 2°

10 km.

World Championships	World Cup	European under 20 Championships	European under 20 Cup	World Youth Championships
2010 = 11°	2008 = 34°	2011 = 1°	2009 = 4° 2011 = 2°	2009 = 1°

** update at 31 December 2018*

OTHERS RESULTS 20 KM.

11	1:22:29	Beijing	23.08.2015	21	1:23:24	Poděbrady	21.05.2017
12	1:22:29	Naumburg	23.04.2017	22	1:23:44	Taicang	06.05.2018
13	1:22:34	Naumburg	22.05.2016	23	1:24:00	Zürich	13.08.2014
14	1:22:37	Naumburg	28.04.2013	24	1:24:40	Naumburg	22.04.2012
15	1:22:40	Poděbrady	11.04.2015	25	1:25:04	Tampere	10.07.2013
16	1:22:47	Lugano	16.03.2014	26	1:25:20	La Coruña	09.06.2012
17	1:22:58	Poděbrady	13.04.2013	27	1:25:33	Naumburg	24.09.2011
18	1:23:07	Murcia	17.05.2015	28	1:26:39	Dudince	19.05.2013
19	1:23:18	Taicang	30.03.2012	29	1:28:58	Saransk	12.05.2012
20	1:23:20	Poděbrady	07.04.2018	30	1:29:50	Dudince	26.03.2011