



CURRICULUM VITAE: Carla Molinaro



PERSONAL DETAILS

FIRST NAME / SURNAME: Carla Molinaro
DATE OF BIRTH: 27 July 1984
CLUB: Nedbank Running Club CGA
NATIONALITY: South African
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PERSONAL BEST TIMES

<u>Distance</u>	<u>Time</u>	<u>Venue</u>	<u>Year</u>
10 km Road	37:08	Paisley (UK)	2014
Half Marathon	1:20:39	Glasgow (UK)	2013
Marathon	2:51:46	London (UK)	2015
Comrades	6:51:31	Durban (RSA)	2018
100km	8:23:45	Sveti Martin (Croatia)	2018

Best Performances 2018

Comrades, 90.18km, 6:50:31, 9th
 100km World Championships, 8:23:45, 30th
 Tom Jenkins 10km, 38:55, 1st

Best Performances 2017

South of England Fell Running Championships, 3km, 12km, 21km, 1st
 Comrades, 86.73, 7:55:05, 27th
 Wimbledon Common Trail Series, 5 miles 30:29 & 8 miles 53:10 1st

Best Performances 2016

Comrades, 89.13km, 7:23:06, 23rd
 London Marathon, 42km, 2:57:52, 56th
 Snowdon Trail Marathon, 42km, 3:16:28, 5th

Best Performances 2015

North Downs Way Trail Marathon, 42km, 3:49:56, 1st
 Chester Marathon, 42km, 2:51:49, 2nd
 Southern Athletics League, 800m, 2:20, 1st



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