

The background image shows a scenic view of the Monte Sophia XIX race course. In the foreground, a man in a green singlet is seen from behind, walking on a gravel path. In the middle ground, a woman in a white and red costume stands next to a bicycle. In the background, there is a brick tower with a black roof, a large tree, and a white statue. The sky is blue with some clouds.

# URKUNDE

Monte Sophia XIX und 62. HAGL  
26. August 2023

MONTE SOPHIA

**Helge Heers**  
IAC Düren

hat am Lauf Montelino über 10 km  
teilgenommen und belegte in einer Zeit von

**00:38:26**

den **2. Platz** im Gesamteinlauf  
sowie den **1. Platz** der Altersklasse M50