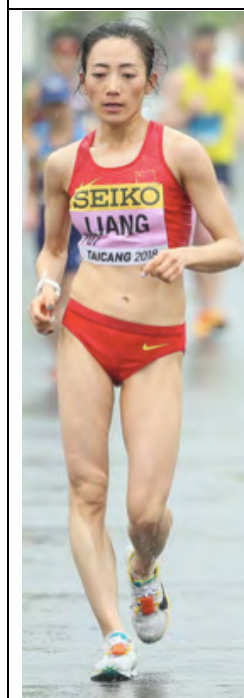


# LIANG RUI

18 - 06 - 1994



<i>Personal Best</i>							
<b>5.000 mt.</b>	<i>(track)</i>	<b>22:33.10</b>	Beijing (Chn)	27.08.2014			
<b>10.000 mt.</b>	<i>(track)</i>	<b>46:04.91</b>	Beijing (Chn)	29.08.2014			
<b>10 km.</b>	<i>(road)</i>	<b>45:41</b>	Wuzhong (Chn)	15.12.2020			
<b>20 km.</b>	<i>(road)</i>	<b>1:28:43</b>	Nomi (Jpn)	20.03.2016			
<b>35 km.</b>	<i>(road)</i>	<b>2:49:23</b>	Huangshan (Chn)	04.03.2018			
<b>50 km.</b>	<i>(road)</i>	<b>4:04:36</b>	Taicang (Chn)	05.05.2018			
<i>Ranking 20 km.</i> (average = 1:30:44)				<i>Results on the 50 km.</i>			
01	<b>1:28:43</b>	Nomi	20.03.2016	01	<b>4:04:36</b>	Taicang	05.05.2018
02	<b>1:28:49</b>	La Coruña	08.06.2019	02	<b>4:12:26</b>	X'ian	08.09.2018
03	<b>1:28:50</b>	Tianjin	04.09.2017	03	<b>4:19:34</b>	Huangshan	09.03.2019
04	<b>1:28:55</b>	Huangshan	04.03.2017	04	<b>4:23:26</b>	Doha	28.09.2019
05	<b>1:29:22</b>	Changbaishan	06.09.2015				
06	<b>1:30:15</b>	Huangshan	20.03.2021	<i>Results on the 35 km.</i>			
07	<b>1:31:09</b>	Beijing	20.03.2015	01	<b>2:49:23</b>	Huangshan	04.03.2018
08	<b>1:33:05</b>	Zhenzhou	21.05.2017				
09	<b>1:33:15</b>	Tai'an	20.09.2020				
10	<b>1:34:55</b>	Jinzhou	20.07.2020				

## Career Highlights

50 km.

### World Championships

2019 = **1°**

### World Cup

2018 = **1°**

\* Update at 31 December 2021

## Others Results 20 km.

11	<b>1:35:12</b>	Taicang	15.04.2017	16	<b>1:37:28</b>	Changbaishan	13.09.2014
12	<b>1:35:20</b>	Suzhou	24.09.2018	17	<b>1:39:17</b>	Taicang	11.05.2019
13	<b>1:36:01</b>	Taicang	08.05.2021	18	<b>1:40:07</b>	Xintai	15.01.2012
14	<b>1:36:25</b>	Xi'an	20.09.2021	19	<b>1:41:58</b>	Erdos	14.09.2012
15	<b>1:37:21</b>	Taicang	30.03.2012				

