

MARTÍN ÁLVARO

18 - 06- 1994



Personal Best

5.000 mt.	(track)	18:39.65	Gjión (Esp)	25.07.2005
5 km.	(road)	20:20	Toledo (Esp)	24.11.2012
10.000 mt.	(track)	39:23.51	Gjión (Esp)	24.07.2016
10 km.	(road)	40:42	Getafe (Esp)	15.12.2029
20 km.	(road)	1:19:36	Rome (Ita)	07.05.2016

Ranking 10 km. track (average = 39:52.50)

01	39:23.51	Gjión	24.07.2016
02	39:31.72	Getafe	22.07.2018
03	39:33.38	La Nucia	31.08.2019
04	39:34.40	Castellón	04.05.2019
05	39:47.17	Barcelona	23.07.2017
06	39:52.20	Alcobendas	28.07.2013
07	40:05.99	Durango	06.07.2014
08	40:07.23	Toledo	25.06.2016
09	40:13.60	Castellón	02.08.2015
10	40:35.52	Barcelona	13.07.2012

Ranking 20 km. (average = 1:20:27)

01	1:19:36	Rome	07.05.2016
02	1:19:41	London	13.08.2017
03	1:19:57	La Coruña	03.06.2017
04	1:20:19	Renteira	22.03.2015
05	1:20:39	Taicang	04.05.2014
06	1:20:42	Berlin	11.08.2018
07	1:20:46	La Coruña	02.06.2018
08	1:20:50	La Coruña	08.06.2019
09	1:20:59	Alytus	19.05.2019
10	1:21:03	Rio Maior	19.03.2016

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup	European Under 23 Championships
2012 = Dnf. 2016 = 22°	2013 = 24° 2015 = 16° 2017 = 8°	2014 = 19° 2016 = 3° 2018 = 8°	2014 = 6° 2018 = 1°	2015 = 34° 2017 = 31°	2015 = 2°

10 km.

World Junior Championships	European Junior Championships	World Junior Cup	European Junior Cup	World Youth Championships
2012 = 5°	2013 = 3°	2012 = 34°	2011 = 6°	2011 = 8°

* Update at 31 december 2019





OTHERS RESULTS 20 KM.

11	1:21:11	Mérida	02.04.2017	23	1:24:00	La Coruña	31.05.2014
12	1:21:23	Cáceres	20.03.2016	24	1:24:51	Tallin	10.07.2015
13	1:21:41	Zürich	13.08.2014	25	1:25:09	La Coruña	28.05.2016
14	1:21:48	Castellón	18.03.2018	26	1:25:12	Moskva	11.08.2013
15	1:22:00	Rio Maior	07.04.2018	27	1:25:43	Cáceres	17.01.2015
16	1:22:04	La Coruña	06.06.2015	28	1:25:43	Podebrady	21.05.2017
17	1:22:04	Beijing	23.08.2015	25	1:25:45	Oropesa del Mar	17.03.2019
18	1:22:11	Rio de Janeiro	12.08.2016	26	1:26:29	Móstoles	04.02.2017
19	1:22:12	Lugano	18.03.2012	27	1:28:17	Monterrey	19.03.2017
20	1:22:25	La Coruña	01.06.2013	28	1:28:45	Murcia	17.05.2015
21	1:23:22	Taicang	06.05.2018	29	1:33:20	Doha	04.10.2019
22	1:23:40	Rio Maior	06.04.2019				

