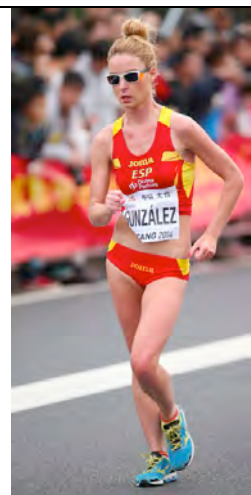


# GONZÁLEZ RAQUEL

16 - 11 - 1989



### Personal Best

<b>5.000m.</b> (track)	<b>21:07.51</b>	Cartagena	29.04.2015
<b>5 km.</b> (road)	<b>21:33</b>	Guadix	07.12.2014
<b>10.000m.</b> (track)	<b>42:14.12</b>	Gijón	23.07.2016
<b>10 km.</b> (road)	<b>43:13</b>	Viladecans	24.01.2016
<b>20 km.</b> (road)	<b>1h28:36</b>	Taicang	03.05.2014

### Ranking 20 km. (average = 1h30:04)

01	<b>1h28:36</b>	Taicang	03.05.2014	06	<b>1h30:11</b>	La Coruña	01.06.2013
02	<b>1h29:01</b>	Rome	07.05.2016	07	<b>1h30:18</b>	Murcia	16.02.2014
03	<b>1h29:34</b>	Murcia	17.95.2915	08	<b>1h30:39</b>	Jgualada	07.02.2015
04	<b>1h29:46</b>	Motril	28.02.2016	09	<b>1h31:13</b>	Jumilla	01.03.2015
05	<b>1h30:03</b>	Zürich	14.08.2014	10	<b>1h31:16</b>	Murcia	03.03.2013

### Career Highlights

#### 20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup	European Under 23
2016 = 20°	2015 = 14°	2014 = 14° 2016 = 9°	2010 = 10°	2013 = 17° 2015 = 11°	2009 = 8° 2011 = 12°

#### 10 km.

World Junior Championships	World Junior Cup	European Junior Championships	European Junior Cup
2008 = 21°	2006 = 26° 2008 = 18°	2007 = 11°	2005 = 16° 2007 = 17°

\* updated at 31 december 2016

### Others Results 20 km.

11	<b>1h32:00</b>	Beijing	28.08.2015	21	<b>1h37:42</b>	Badalona	12.02.2012
12	<b>1h32:15</b>	La Coruña	28.05.2016	22	<b>1h38:00</b>	Kaunas	17.07.2009
13	<b>1h32:17</b>	Badalona	02.02.2014	23	<b>1h39:24</b>	Pontevedra	04.03.2012
14	<b>1h33:03</b>	Rio de Janeiro	19.08.2016	24	<b>1h40:21</b>	Villa di Serio	19.06.2011
15	<b>1h33:21</b>	Badalona	17.02.2013	25	<b>1h40:33</b>	La Coruña	20.06.2009
16	<b>1h33:27</b>	La Coruña	06.06.2015	26	<b>1h41:08</b>	Mersin	27.06.2013
17	<b>1h34:03</b>	Badalona	07.02.2016	27	<b>1h43:28</b>	Santa Eulària des Riu	07.03.2010
18	<b>1h35:39</b>	Dudince	19.05.2013	28	<b>1h44:11</b>	El Prat de Llobregat	31.01.2010
19	<b>1h36:32</b>	La Coruña	09.06.2012	29	<b>1h45:46</b>	Ostrava	17.07.2011
20	<b>1h36:37</b>	Rio Maior	14.04.2012				

