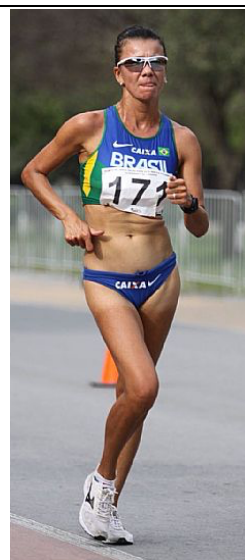


DE SENA ERICA

03 - 05 - 1985



Personal Best

5 km. (track)	23:10.59	Campinas (Bra)	07.11.2011
5 km. (road)	24:35	Itajai (Bra)	12.06.2007
10 km. (track)	43:41.30	Sao Paulo (Bra)	01.08.2014
10 km. (road)	43:03	Suzhou (Chn)	25.10.2015
20 km. (track)	1:35:29.60	Sao Paulo (Bra)	05.08.2008
20 km. (road)	1:26:59	London (Gbr)	13.08.2017
35 km. (road)	2:51:11	Macas (Ecu)	13.03.2021

Ranking 20 km. (average = 1:28:29)

01	1:26:59	London	13.08.2017	06	1:28:40	Rio Maior	09.04.2016
02	1:27:18	Rome	07.05.2016	07	1:28:44	La Coruña	05.06.2021
03	1:27:38	La Coruña	08.06.2019	08	1:29:14	Poděbrady	10.10.2020
04	1:28:11	Taicang	05.05.2018	09	1:29:16	La Coruña	03.06.2017
05	1:28:22	Dudince	19.03.2016	10	1:29:22	Lázaro Cárdenas	20.04.2019

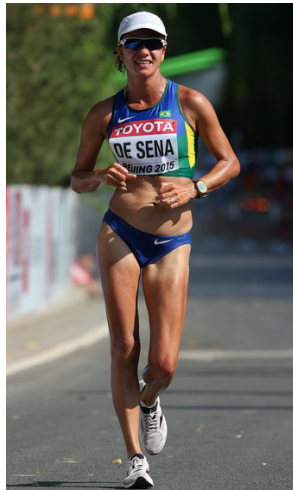
Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Games	Pan American Cup	University Games
2016 = 7° 2021 = 11°	2015 = 6° 2017 = 4° 2019 = 4°	2012 = 35° 2014 = 38° 2016 = 3° 2018 = 4°	2011 = Dq. 2015 = 2° 2019 = 3°	2007 = 18° 2011 = 8° 2019 = 1° 2021 = Dnf.	2011 = Dnf.

* update at 31 December 2021





Others Results 20 km. < 1:40:00

11	1:29:29	Rio de Janeiro	19.08.2016	30	1:32:59	Dudince	23.03.2013
12	1:29:37	Dudince	21.03.2015	31	1:33:24	Salinas	17.03.2012
13	1:29:50	La Coruña	06.06.2015	32	1:33:36	Doha	29.09.2019
14	1:30:03	Toronto	19.07.2015	33	1:33:37	Sao Paulo	07.06.2013
15	1:30:06	Beijing	28.08.2015	34	1:34:04	Ciudad Juárez	06.03.2016
16	1:30:22	Sucúa	10.03.2018	35	1:34:09	Guayaquí	03.04.2016
17	1:30:34	Lima	04.08.2019	36	<i>(t)</i> 1:35:29	Sao Paulo	05.06.2011
18	1:30:43	Poděbrady	12.04.2014	37	<i>(t)</i> 1:36:37	Santiago de Chile	13.03.2014
19	1:30:47	Monterrey	24.02.2018	38	1:36:37	Suzhou	24.09.2018
20	1:30:49	Ciudad Juaréz	12.03.2017	39	1:36:40	Rio Maior	09.04.2011
21	1:30:52	Guajquil	29.05.2021	40	1:37:06	Recifé	16.02.2020
22	1:31:16	Rio Maior	06.04.2019	41	1:37:10	São Bernardo	16.05.2015
23	1:31:22	Rio Maior	05.04.2014	42	1:37:34	São Bernardo	17.06.2017
24	1:31:31	Taicang	15.04.2017	42	1:37:38	São Bernardo	02.07.2016
25	1:31:39	Sapporo	06.08.2021	43	1:37:44	Saransk	13.05.2012
26	1:31:52	Suzhou	20.10.2019	44	1:38:45	Envigado	26.03.2011
27	1:31:53	Rio Maior	14.04.2012	45	1:38:59	Sao Paulo	10.10.2014
28	1:32:07	Monterrey	19.03.2017	46	1:39:06	Sucúa	04.04.2015
29	1:32:27	Taicang	03.05.2014	47	1:39:12	Lugano	17.03.2013
30	1:32:57	Chihuahua	07.03.2015				

