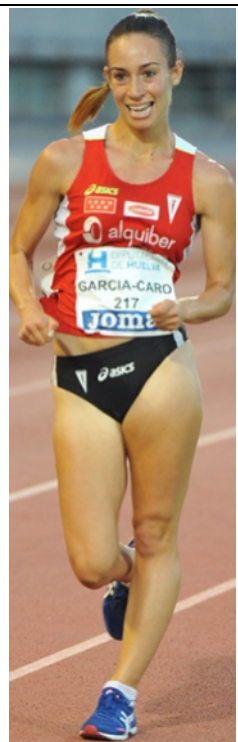


GARCÍA-CARO LAURA

16 - 04 - 1995



Personal Best

5 km. (track)	21:29.41	L'Hospitalet (Esp)	13.06.2015
5 km. (road)	21:54	La Coruña (Esp)	28.05.2016
10 km. (track)	43:50.25	Getafe (Esp)	21.08.2018
10 km. (road)	45:00	Getafe (Esp)	17.12.2017
20 km. (road)	1:28:07	Poděbrady (Cze)	16.05.2021
35 km. (road)	2:51:01	Sevilla (Esp)	14.02.2021

Ranking 10.000 Mt. track

(average = 45:29.36)

01	43:50.25	Getafe	21.08.2018
02	44:32.84	Eugene	23.07.2014
03	44:49.31	Getafe	26.06.2021
04	44:55.51	Tunis	04.06.2016
05	45:41.63	Gjión	23.06.2016
06	46:48.09	La Nucia	01.09.2019
07	47:04.04	Castellón	05.07.2014
08	47:17.74	Rieti	18.07.2013
09	47:22.75	Toledo	26.06.2016
10	50:13.77	Barcelona	11.07.2012

Ranking 20 km.

(average = 1:29:34)

01	1:28:07	Poděbrady	16.05.2021
02	1:28:15	Berlin	11.08.2018
03	1:28:40	La Coruña	08.06.2019
04	1:29:29	London	13.08.2017
05	1:29:32	Murcia	17.05.2015
06	1:29:55	Alytus	19.05.2019
07	1:29:57	Poděbrady	21.05.2017
08	1:29:58	Taichang	05.05.2018
09	1:30:33	Rio Maior	06.04.2019
10	1:31:09	Murcia	14.03.2021

Career Highlights

20 km.

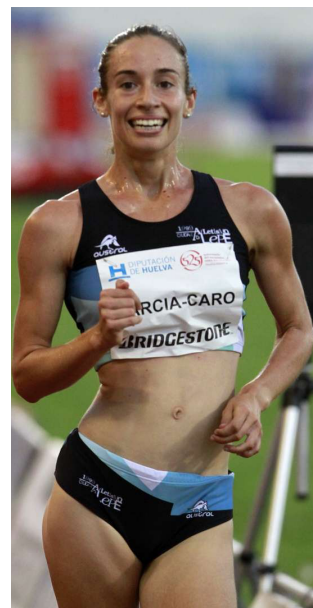
Olympic Games	World Championships	World Cup	European Championships	European Cup	European U23 Championships
2021 = 33°	2015 = 32° 2017 = 9° 2019 = 33°	2018 = 14°	2018 = 6°	2015 = 10° 2017 = 3° 2019 = 2° 2021 = 3°	2015 = 4° 2017 = Dq.

10 km. / 10.000 Mt. track

World Junior Championships	World Junior Cup	European Junior Championships	European Junior Cup
2012 = 24° 2012 = 4°	2012 = 19° 2014 = 4°	2013 = 5°	2013 = 6°

* update at 31 December 2021





Others Results 20 km.

11	1:31:33	Merida	02.04.2017	16	1:33:53	La Coruña	28.05.2016
12	1:31:52	Tallin	10.07.2015	17	1:34:50	La Coruña	31.05.2014
13	1:32:36	Renteria	22.03.2015	18	1:35:01	La Coruña	06.06.2015
14	1:32:37	Oropesa del Mar	17.09.2019	19	1:37:48	Sapporo	06.08.2021
15	1:33:24	Rio Maior	09.04.2016	20	1:44:05	Doha	29.09.2019
16	1:33:51	Rio Maior	07.04.2018				



