

GONZÁLEZ RAQUEL

16 - 11 - 1989



Personal Best

5 km. (track)	21:07.51	Cartagena (Esp)	29.04.2015
5 km. (road)	21:33	Guadix (Esp)	07.12.2014
10 km. (track)	42:14.12	Gijón (Esp)	23.07.2016
10 km. (road)	43:13	Viladecans (Esp)	24.01.2016
20 km. (road)	1:28:36	Taicang (Chn)	03.05.2014
35 km. (road)	2:48:40	Sevilla (Esp)	14.02.2021
50 km. (road)	4:11:01	El Vendrell (Esp)	10.02.2019

Ranking 10.000 Mt. Track

(average = 45:43.57)

01	42:14.12	Gijón	23.07.2016
02	43:21.31	Alcobendas	26.07.2014
03	43:37.95	Getafe	21.07.2018
04	44:28.85	Getafe	26.06.2021
05	44:44.32	La Nucia	01.09.2019
06	44:47.51	Castellón	01.08.2015
07	48:08.51	Andújar	02.07.2011
08	48:09.66	Cordoba	05.07.2009
09	48:53.69	Bydgoszcz	09.07.2008
10	48:54.77	Barcelona	01.08.2009

Ranking 20 km.

(average = 1:29:40)

01	1:28:36	Taicang	03.05.2014
02	1:28:37	Poděbrady	16.05.2021
03	1:29:01	Rome	07.05.2016
04	1:29:34	Murcia	17.95.2915
05	1:29:46	Motril	28.02.2016
06	1:30:03	Zürich	14.08.2014
07	1:30:11	La Coruña	01.06.2013
08	1:30:15	La Coruña	02.06.2018
09	1:30:17	Rio Maior	06.04.2019
10	1:30:17	Alytus	19.05.2019

Career Highlights

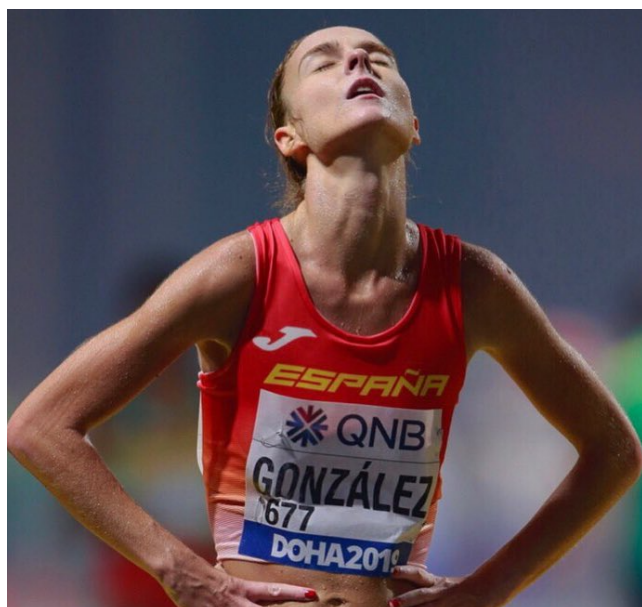
20 km.

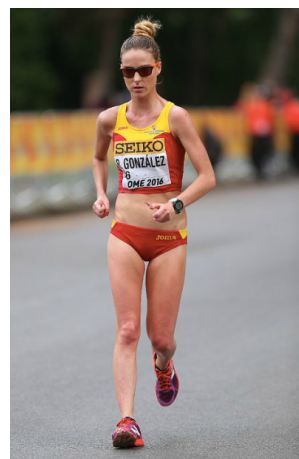
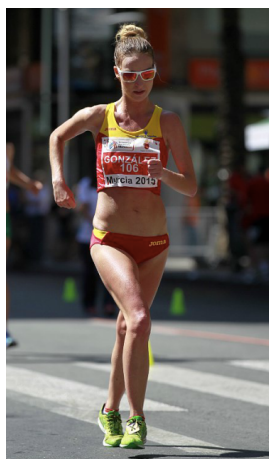
Olympic Games	World Championships	World Cup	European Championships	European Cup	European Under 23
2016 = 20° 2021 = 14°	2015 = 14° 2019 = 15°	2014 = 14° 2016 = 9° 2018 = 19°	2010 = 10° 2018 = 12°	2013 = 17° 2015 = 11° 2019 = 3° 2021 = 4°	2009 = 8° 2011 = 12°

10 km. / 10.000 Mt.track

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

* update at 31 december 2021





Others Results 20 km.

11	1:30:18	Murcia	16.02.2014	28	1:33:21	Badalona	17.02.2013
12	1:30:39	Jgualada	07.02.2015	29	1:33:27	La Coruña	06.06.2015
13	1:30:47	Murcia	14.03.2021	30	1:34:03	Badalona	07.02.2016
14	1:31:01	Taicang	05.05.2018	31	1:35:22	El Vendrell	31.01.2021
15	1:31:13	Jumilla	01.03.2015	32	1:35:39	Dudince	19.05.2013
16	1:31:16	Murcia	03.03.2013	33	1:36:32	La Coruña	09.06.2012
17	1:31:40	Oropesa del Mar	17.03.2019	34	1:36:37	Rio Maior	14.04.2012
18	1:31:48	Berlin	11.08.2018	35	1:37:42	Badalona	12.02.2012
19	1:31:55	El Vendrell	04.02.2018	36	1:38:00	Kaunas	17.07.2009
20	1:31:57	Sapporo	06.08.2021	37	1:38:02	Doha	29.09.2019
21	1:32:00	Beijing	28.08.2015	38	1:39:24	Pontevedra	04.03.2012
22	1:32:02	El Vendrell	26.01.2020	39	1:40:21	Villa di Serio	19.06.2011
23	1:32:15	La Coruña	28.05.2016	40	1:40:33	La Coruña	20.06.2009
24	1:32:17	Badalona	02.02.2014	41	1:41:08	Mersin	27.06.2013
25	1:32:54	La Coruña	08.06.2019	42	1:43:28	Santa Eulària des Riu	07.03.2010
26	1:33:03	Rio de Janeiro	19.08.2016	43	1:44:11	El Prat de Llobregat	31.01.2010
27	1:33:03	Castellón	18.03.2018	44	1:45:46	Ostrava	17.07.2011

