


PÉREZ MARIA

29 - 04 - 1996

	<i>Personal Best</i>							
	5.000 Mt.	<i>(track)</i>	20:38.16	Granollers (Esp)			14.07.2018	
	5 km.	<i>(road)</i>	21:38	Guadix (ESP)			08.12.2018	
	10.000 Mt.	<i>(track)</i>	43:42.04	Getafe (Esp)			26.06.2021	
	10 km.	<i>(road)</i>	43:36	Antequera (Esp)			31.01.2021	
	20 km.	<i>(road)</i>	1:26:36	Berlin (Ger)			11.08.2018	
	35 km.	<i>(road)</i>	2:44:17	Sevilla (Esp)			14.02.2021	
	<i>Ranking 10.000 mt. track</i> (average = 44:59.43)				<i>Ranking 20 km.</i> (average = 1:29:36)			
	01	43:42.04	Getafe	26.06.2021	01	1:26:36	Berlin	11:08:2018
	02	43:52.08	La Nucía	01.09.2019	02	1:28:03	Poděbrady	16.05.2021
03	44:13.83	Gijón	23.07.2016	03	1:28:26	Murcia	14.03.2021	
04	44:19.05	Eskilstuna	16.07.2015	04	1:28:50	Taicang	05.05.2018	
05	44:33.03	Getafe	21.07.2018	05	1:29:37	London	13.08.2017	
06	44:57.30	Eugene	23.07.2014	06	1:30:05	Sapporo	06.08.2021	
07	45:31.83	Rio de Janeiro	15.05.2016	07	1:30:52	Poděbrady	21.05.2017	
08	45:40.70	Valladolid	04.07.2015	08	1:30:55	Oropesa del Mar	17.03.2019	
09	46:05.58	Toledo	26.06.2016	09	1:31:11	Lázaro Cárdenas	20.04.2019	
10	47:25.82	Castellón	05.07.2014	10	1:31:29	Bydgoszcz	16.07.2017	

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup	European U23 Championships
2021 = 4°	2017 = 10° 2019 = 8°	2018 = 7°	2018 = 1°	2017 = 6° 2019 = 11° 2021 = 2°	2017 = 2°

10 km. / 10.000 Mt.

5.000 Mt.

World under 20 Championships	World Under 20 Cup	European Under Championships	World under 18 Championships
2014 = 5°	2012 = 29° 2014 = 9°	2015 = 4°	2013 = 6°

* update at 31 December 2021





Others Results 20 km.

11	1:31:46	Mérida	02.04.2017	15	1:35:14	Rentería	22.03.2015
12	1:31:46	Castellón	18.03.2018	16	1:35:43	Doha	29.09.2019
13	1:33:44	Cáceres	20.03.2016	17	1:37:40	Motril	31.01.2016
14	1:34:08	Alytus	12.05.2019				

