

YAMANISHI TOSHIKAZU

15 - 02 - 1996



Personal Best

5.000	(track)	18.34.88	Kumagaya (Jpn)	19.09.2020
10.000	(track)	39:24.49	Osaka (Jpn)	13.05.2017
10 km.	(road)	41:14	Kobe (Jpn)	17.02.2013
20 km.	(road)	1:17:15	Nomi (Jpn)	17.03.2019

Ranking 10 mt. track (average = 40:10.08)

01	39:24.49	Osaka	13.05.2017
02	39:27.04	Osaka	22.10.2018
03	39:28.63	Osaka	13.09.2015
04	39:45.92	Fukui	07.10.2018
05	39:55.80	Kitakami	09.10.2016
06	40:22.28	Fukui	09.09.2017
07	40:28.71	Wakayama	04.10.2015
08	40:38.01	Kumagaya	04.09.2016
09	40:40.96	Nagasaki	21.10.2014
10	40:58.20	Matsuyama	08.10.2017

Ranking 20 km. (average = 1:18:50)

01	1:17:15	Nomi	17.03.2019
02	1:17:20	Kobe	21.02.2021
03	1:17:36	Kobe	16.02.2020
04	1:17:41	Kobe	18.02.2018
05	1:17:41	La Coruña	08.06.2019
06	1:18:10	Kobe	17.02.2019
07	1:19:03	Kobe	19.02.2017
08	1:20:50	La Coruña	28.05.2016
09	1:21:20	Nomi	15.03.2015
10	1:21:23	Nomi	19.03.2017

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Asian Games	University Games	World Champ. Under 18
2021 = 3°	2019 = 1°	2018 = 4°	2018 = 2°	2017 = 1°	2013 = 1°

* Update at 31 December 2021





OTHERS RESULTS 20 KM.

11	1:21:28	Sapporo	05.08.2021	15	1:23:54	Kobe	15.02.2015
12	1:21:53	Taichang	06.05.2018	16	1:26:34	Doha	29.09.2019
13	1:22:10	Jakarta	29.08.2018	17	1:27:30	Taipei	26.08.2017
14	1:22:14	Takahata	23.10.2016				

