

AUGUSTYN RAFAŁ

14 - 05 - 1984



Personal Best

5.000 mt. (indoor)	19:16.51	Sopot (Pol)	23.02.2014
5.000 m (track)	19:26.55	Kraków (Pol)	10.09.2011
10.000 mt. (track)	40:32.00	Biała Podlaska (Pol)	30.05.2009
10 km. (road)	39:47	Kraków (Pol)	29.05.2010
20 km. (road)	1:20:53	Zaniemsyl (Pol)	21.04.2012
50 km. (road)	3:43:22	Dudince (Svk)	19.03.2016

Ranking 20 km.

(average = 1:21:35)

Ranking 50 km.

(average = 3:46:14)

01	1:20:53	Zaniemsyl	21.04.2012	01	3:43:22	Dudince	19.03.2016
02	1:20:57	Zaniemsyl	16.04.2011	02	3:43:55	Dudince	21.03.2015
03	1:21:13	Zaniemsyl	20.04.2013	03	3:44:18	London	13.08.2017
04	1:21:13	Poděbrady	12.04.2014	04	3:44:42	Dudince	25.03.2017
05	1:21:36	Zaniemsyl	23.04.2005	05	3:45:32	Dudince	22.03.2014
06	1:21:42	Rumia	12.06.2005	06	3:46:56	Dudince	26.11.2011
07	1:22:01	Warszawa	17.09.2011	07	3:47:04	Dudince	23.03.2019
08	1:22:02	Zaniemsyl	24.04.2010	08	3:48:15	Zürich	15.08.2014
09	1:22:03	Bydgoszcz	01.08.2009	09	3:48:22	Taicang	05.05.2018
10	1:22:08	Leamington	20.05.2007	10	3:49:53	Saransk	13.05.2012

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2008 = 29° 2012 = 29°	2007 = 26° 2011 = 20° 2013 = 19°	2006 = 26° 2008 = 55° 2010 = 14° 2014 = 56° 2016 = 36°	2010 = 9°	2005 = Dq. 2007 = 16° 2009 = 7° 2013 = 8° 2015 = 17° 2019 = 22°

50 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2016 = 22°	2009 = 51° 2015 = 28° 2017 = 7° 2019 = 13°	2012 = 7° 2018 = 7°	2014 = 8° 2018 = 6°	2011 = 6° 2019 =

20 km.

10 km.

University Games	European Under 23	World Cup Under 20
2005 = 13° 2007 = 15° 2009 = 8°	2005 = 4°	2003 = 9°

* Update at 31 December 2019

OTHERS RESULTS 20 KM.

11	1:22:34	Szczecin	30.07.2014	37	1:24:31	Leamington	17.06.2006
12	1:22:40	Barcelona	27.07.2010	38	1:24:33	Nowa Deba	11.06.2017
13	1:22:44	Dudince	29.03.2008	39	1:24:35	Poděbrady	07.04.2018
14	1:22:44	Alytus	14.06.2013	40	1:24:38	Taicang	23.04.2016
15	1:22:49	Rio Maior	14.04.2007	41	1:24:42	Gdansk	27.08.2005
16	1:23:00	Beograd	09.07.2009	42	1:24:42	Bielsko-Biala	16.06.2012
17	1:23:01	Zaniemśyl	22.04.2006	43	1:24:46	Sesto San Giovanni	01.03.2013
18	1:23:02	Gdansk	28.08.2010	44	1:24:47	Daegu	28.08.2011
19	1:23:04	Krakow	24.05.2008	45	1:24:52	Zaniemśyl	17.04.2004
20	1:23:08	Dudince	24.03.2007	46	1:24:56	Bydgoszcz	22.07.2006
21	1:23:09	Rome	07.05.2016	47	1:25:01	Erfurt	16.07.2005
22	1:23:16	La Coruña	13.05.2006	48	1:25:03	Gdansk	26.08.2006
23	1:23:16	Dudince	19.05.2013	49	1:25:10	Nowa Deba	12.06.2010
24	1:23:17	London	04.08.2012	50	1:25:12	Warszawa	23.06.2018
25	1:23.31	Toruń	20.07.2013	51	1:25:13	Zaniemśyl	13.04.2019
26	1:23:32	Zaniemśyl	18.04.2009	52	1:25:15	Alytus	19.05.2019
27	1:23:38	Poznań	30.06.2007	53	1:25:16	Mielec	22.06.2019
28	1:23:49	Bydgoszcz	03.07.2004	54	1:25:28	Chihuahua	16.05.2010
29	1:23:51	Rio Maior	18.04.2015	55	1:25:45	Cheboksary	10.05.2008
30	1:23:53	Taicang	04.05.2014	56	1:26:06	Metz	24.05.2009
31	1:23:53	Adelaide	11.02.2018	57	1:26:40	Gdansk	28.08.2004
32	1:23:59	Murcia	17.05.2015	58	1:26:52	Krakow	19.07.2015
33	1:24:00	Rumia	22.06.2008	59	1:27:54	Osaka	26.08.2007
34	1:24:03	Moskva	11.08.2013	60	1:28:42	Gdansk	30.08.2003
35	1:24:25	Beijing	16.08.2008	61	1:30:56	Izmir	16.08.2005
36	1:24:31	Warszawa	04.09.2004	62	1:31:46	Bangkok	14.08.2007



OTHERS RESULTS 50 KM.

11	3:49:54	Dudince	27.03.2010	16	3:55:01	Rio de Janeiro	19.08.2016
12	3:51:33	Dudince	23.03.2013	17	3:57:30	Beijing	29.08.2015
13	3:51:37	Berlin	07.08.2018	18	3:58:30	Berlin	21.08.2009
14	3:52:16	Dudince	28.03.2009	19	4:20:25	Doha	28.09.2019
15	3:54:38	Olohão	21.05.2011				