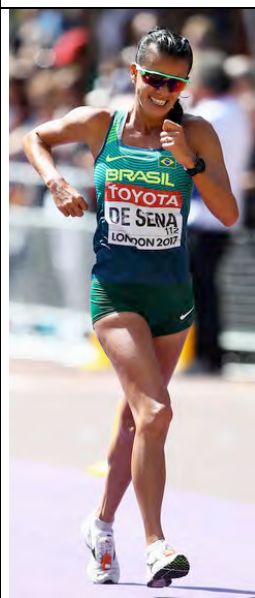


DE SENA ERICA

03 - 05 - 1985



Personal Best

5 km. (track)	23:10.59	Campinas	07.11.2011
5 km. (road)	24:35	Itajai	12.06.2007
10 km. (track)	43:41.30	Sao Paulo	01.08.2014
10 km. (road)	46:26	Walley Cottage	25.10.2015
20 km. (track)	1:35:29.60	Sao Paulo	05.08.2008
20 km. (road)	1:26:59	London	13.08.2017

Ranking 20 km. (average = 1:28:46)

01	1:26:59	London	13.08.2017	06	1:29:16	La Coruña	03.06.2017
02	1:27:18	Rome	07.05.2016	07	1:29:29	Rio de Janeiro	19.08.2016
03	1:28:11	Taicang	05.05.2018	08	1:29:37	Dudince	21.03.2015
04	1:28:22	Dudince	19.03.2016	09	1:29:50	La Coruña	06.06.2015
05	1:28:40	Rio Maior	09.04.2016	10	1:30:03	Toronto	19.07.2015

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Games	Pan American Cup	University Games
2016 = 7°	2015 = 6° 2017 = 4°	2012 = 37° 2014 = 38° 2016 = 3° 2018 = 4°	2011 = Dq. 2015 = 2°	2007 = 19°	2011 = Dnf.

* update at 31 December 2018

Others Results 20 km. < 1:40:00

11	1:30:06	Beijing	28.08.2015	25	1:34:04	Ciudad Juárez	06.03.2016
12	1:30:22	Sucúa	10.03.2018	26	1:34:09	Guayaqui	03.04.2016
13	1:30:43	Poděbrady	12.04.2014	27	(t) 1:35:29	Sao Paulo	05.06.2011
14	1:30:47	Monterrey	24.02.2018	28	(t) 1:36:37	Santiago de Chile	13.03.2014
15	1:30:49	Ciudad Juarèz	12.03.2017	29	1:36:37	Suzhou	24.09.2018
16	1:31:22	Rio Maior	05.04.2014	30	1:36:40	Rio Maior	09.04.2011
17	1:31:31	Taicang	15.04.2017	31	1:37:10	São Bernardo	16.05.2015
18	1:31:53	Rio Maior	14.04.2012	32	1:37:38	São Bernardo	02.07.2016
19	1:32:07	Monterrey	19.03.2017	33	1:37:44	Saransk	13.05.2012
20	1:32:27	Taicang	03.05.2014	34	1:38:45	Envigado	26.03.2011
21	1:32:57	Chihuahua	07.03.2015	35	1:38:59	Sao Paulo	10.10.2014
22	1:32:59	Dudince	23.03.2013	36	1:39:06	Sucúa	04.04.2015
23	1:33:24	Salinas	17.03.2012	37	1:39:12	Lugano	17.03.2013
24	1:33:37	Sao Paulo	07.06.2013				

