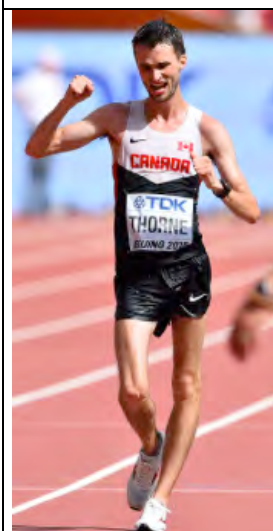


THORNE BENJAMIN

19 - 03 - 1993



Personal Best

5 km.	(track)	18:49.86	Burnaby	25.03.2017
10 km.	(track)	40:25.82	Camberra	11.01.2016
20 km.	(track)	1h29:08.64	Kamloops	10.08.2014
20 km.	(road)	1h19:55	Rome	07.05.2016

Ranking 20 km. (average = 1h21:29)

01	1h19:55	Rome	07.05.2016	06	1h21:16	Lima	13.05.2017
02	1h19:57	Beijing	23.08.2016	07	1h21:33	Gwangju	09.07.2015
03	1h20:08	Adelaide	21.02.2016	08	1h22:12	Nomi	15.03.2015
04	1h20:19	Taicang	04.05.2014	09	1h22:28	Rio de Janeiro	12.08.2016
05	1h20:49	Gold Coast	08.04.2018	10	1h22:49	Huntington	17.03.2013

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Cup	Commonwealth Games	University Games
2016 = 27°	2013 = 20° 2015 = 3° 2017 = 51°	2012 = 82° 2014 = 13° 2016 = 5° 2018 = 56°	2013 = Dnf. 2015 = 10° 2017 = 2°	2018 = 4°	2013 = 16° 2015 = 2°

10 km.

World Junior Championships	Pan American Junior Championships
2012 = Dq.	2011 = Dnf.

* update at 31 December 2018

Others Results 20 km.

11	1h24:12	Edmonton	17.09.2011	17	1h26:59	Kazan	08.07.2013
12	1h24:26	Moskva	11.08.2013	18	1h27:11	Moncton	27.06.2014
13	1h24:36	Arica	09.05.2015	19	(t) 1h29:25	Ottawa	08.07.2018
14	1h24:41	La Coruña	06.06.2015	20	1h30:19	Taicang	05.05.2018
15	1h24:52	Monterrey	19.03.2017	21	1h30:50	Nice	14.09.2013
16	1h26:56	London	13.08.2017	22	1h31:26	Saransk	12.05.2012

