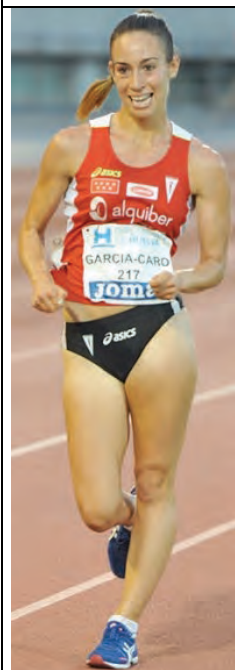


# GARCÍA-CARO LAURA

16 - 04 - 1995



<i>Personal Best</i>			
<b>5 km.</b>	<i>(track)</i>	<b>21:49.09</b>	Zaragoza 13.06.2015
<b>5 km.</b>	<i>(road)</i>	<b>23:46</b>	Toledo 24.11.2012
<b>10 km.</b>	<i>(track)</i>	<b>44:32.84</b>	Eugene 23.07.2014
<b>10 km.</b>	<i>(road)</i>	<b>45:29</b>	Taicang 04.05.2014
<b>20 km.</b>	<i>(road)</i>	<b>1h29:29</b>	London 13.08.2017

<i>Ranking 10 km.</i> (average = 47:44.20)				<i>Ranking 20 km.</i> (average = 1h32:13)			
01	<i>(p)</i> <b>44:32.84</b>	Eugene	23.07.2014	01	<b>1h29:29</b>	London	13.08.2017
02	<i>(p)</i> <b>44:55.51</b>	Tunis	04.06.2016	02	<b>1h29:32</b>	Murcia	17.05.2015
03	<b>45:29</b>	Taicang	04.05.2014	03	<b>1h29:57</b>	Podebrady	21.05.2017
04	<i>(p)</i> <b>47:04.04</b>	Castellón	05.07.2014	04	<b>1h31:33</b>	Merida	02.04.2017
05	<i>(p)</i> <b>47:17.74</b>	Rieti	18.07.2013	05	<b>1h31:52</b>	Tallin	10.07.2015
06	<i>(p)</i> <b>47:22.75</b>	Toledo	26.06.2016	06	<b>1h32:36</b>	Renteria	22.03.2015
07	<b>48:47</b>	Dudince	19.05.2013	07	<b>1h33:24</b>	Rio Maior	09.04.2016
08	<b>48:52</b>	Murcia	03.03.2013	08	<b>1h33:53</b>	La Coruña	28.05.2016
09	<b>49:44</b>	Saransk	12.05.2012	09	<b>1h34:50</b>	La Coruña	31.05.2014
10	<i>(p)</i> <b>50:13.57</b>	Barcelona	11.07.2012	10	<b>1h35:01</b>	La Coruña	06.06.2015

## Career Highlights

*20 km.*

World Championships	European Cup	European U23 Championships
2015 = 32° 2017 = 9°	2015 = 10° 2017 = 3°	2015 = 4° 2017 = Dq.

*10 km.*

World Junior Championships	World Junior Cup	European Junior Championships	European Junior Cup
2012 = 24° 2012 = 4°	2012 = 19° 2014 = 4°	2013 = 5°	2013 = 6°

\* update at 31 December 2017

