

# VIEIRA JOÃO

20 - 02 - 1976



## Personal Best

<b>5.000 mt.</b> (indoor)	<b>19:08.84</b>	Pombal (Por)	28.01.2012
<b>5.000 mt.</b> (track)	<b>19:30.60</b>	Lisboa (Por)	14.01.2012
<b>10.000 mt.</b> (track)	<b>39:44.91</b>	Lisboa (Por)	30.06.2011
<b>10 km.</b> (road)	<b>39:06</b>	Beijing (Chn)	18.09.2010
<b>20.000 mt.</b> (track)	<b>1:24:00</b>	Seixal (Por)	25.06.2009
<b>20 km.</b> (road)	<b>1:20:09</b>	Göteborg (Swe)	08.08.2006
<b>50 km.</b> (road)	<b>3:45:17</b>	Pontevedra (Esp)	04.03.2012

## Ranking 20 km.

(average = 1:20:41)

01	<b>1:20:09</b>	Göteborg	08.08.2006
02	<b>1:20:30</b>	La Coruña	07.06.2003
03	<b>1:20:33</b>	La Coruña	13.05.2006
04	<b>1:20:41</b>	London	04.08.2012
05	<b>1:20:42</b>	Leamington	20.05.2007
06	<b>1:20:44</b>	Naumburg	05.05.2002
07	<b>1:20:48</b>	La Coruña	05.06.2004
08	<b>1:20:49</b>	Barcelona	27.07.2010
09	<b>1:20:59</b>	Podebrady	19.04.1997
10	<b>1:21:01</b>	Cheboksary	18.05.2003

## Ranking 50 km.

01	<b>3:45:17</b>	Pontevedra	04.03.2012
02	<b>3:45:28</b>	London	13.08.2017
03	<b>3:46:38</b>	Alytus	19.05.2019
04	<b>3:49:05</b>	Dudince	19.03.2016
05	<b>3:51:46</b>	Porto de Mos	13.01.2019
06	<b>3:52:00</b>	Bejia	21.02.2004
07	<b>4:04:59</b>	Doha	28.09.2019

## Career Highlights

### 20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2004 = 10° 2008 = 32° 2012 = 11° 2016 = 31°	1999 = Dq. 2001 = Dq. 2003 = 17° 2005 = Dnf. 2007 = 25° 2009 = 9° 2011 = 11° 2013 = 4° 2015 = 36°	1999 = 21° 2002 = 11° 2004 = 4° 2006 = 8° 2008 = 15° 2012 = 15° 2014 = Dnf. 2016 = 30° 2018 = 35°	2006 = 3° 2010 = 2° 2014 = Dnf.	1997 = 27° 2003 = 4° 2005 = Dnf. 2007 = 7° 2009 = Dnf. 2011 = Dnf. 2013 = 7° 2015 = Dnf. 2017 = 14°

### 50 km.

Olympic Games	World Championships	European Championships	European Cup	European Champ. Under 20
2012 = Dnf. 2016 = Dnf.	2017 = 10° 2019 = 2°	2018 = Dnf.	2019 = 3°	1995 = Dq.

### 10.000 Mt.

\* update at 31 december 2019



OTHERS RESULTS 20 KM.

11	<b>1:21:08</b>	Rio Maior	06.04.2013	45	<b>1:23:47</b>	Lisboa	23.07.2005
12	<b>1:21:13</b>	Cheboksary	10.05.2008	46	<b>1:23:58</b>	Sesto San Giovanni	01.05.2011
13	<b>1:21:21</b>	Sesto San Giovanni	01.05.2006	47	<b>1:23:46</b>	Joao da Madeira	04.03.2017
14	<b>1:21:25</b>	Kraków	24.05.2008	48	<i>(p)</i> <b>1:24:00</b>	Seixal	25.07.2009
15	<b>1:21:30</b>	La Coruña	02.06.2007	49	<b>1:24:07</b>	Santa Eulária	28.03.2009
16	<b>1:21:43</b>	Berlin	15.08.2009	50	<b>1:24:08</b>	Tijuana	09.03.2003
17	<b>1:21:45</b>	Naumburg	02.05.2004	51	<b>1:24:13</b>	Torino	12.10.2012
18	<b>1:21:45</b>	La Coruña	20.06.2009	52	<b>1:24:15</b>	Sesto San Giovanni	19.06.2004
19	<b>1:21:45</b>	La Coruña	01.06.2013	53	<b>1:24:17</b>	Sesto San Giovanni	01.05.2009
20	<b>1:21:51</b>	La Coruña	06.06.2015	54	<b>1:24:25</b>	Mézidon-Canon	01.05.1999
21	<b>1:21:56</b>	La Coruña	04.06.2005	55	<b>1:24:25</b>	Rio Maior	09.04.2016
22	<b>1:21:56</b>	La Coruna	07.06.2008	56	<b>1:24:28</b>	Sesto San Giovanni	01.05.2013
23	<b>1:22:05</b>	Moskva	11.08.2013	57	<b>1:24:46</b>	Rio Maior	14.04.2007
24	<b>1:22:05</b>	Rio Maior	06.04.2019	58	<b>1:24:47</b>	Seia	22.07.2006
25	<b>1:22:06</b>	La Coruña	02.06.2018	59	<b>1:24:59</b>	Grândola	10.01.2004
26	<b>1:22:07</b>	Paris	23.08.2003	60	<b>1:25:05</b>	Beijing	16.08.2008
27	<b>1:22:09</b>	Rio Maior	02.04.2005	61	<b>1:25:05</b>	Porto	21.02.2009
28	<b>1:22:11</b>	Saransk	12.05.2012	62	<b>1:25:12</b>	Rio Maior	18.04.2015
29	<b>1:22:19</b>	Athens	20.08.2004	63	<b>1:25:31</b>	Rio Maior	05.04.2008
30	<b>1:22:27</b>	La Coruña	08.06.2019	64	<b>1:25:44</b>	Algarve	04.02.2018
31	<b>1:22:34</b>	La Coruña	28.05.2016	65	<b>1:25:48</b>	Chihuahua	05.03.2011
32	<b>1:22:35</b>	Tijuana	20.03.2004	66	<b>1:25:49</b>	Beijing	23.08.2015
33	<b>1:22:39</b>	Roma	07.05.2016	67	<b>1:25:54</b>	Grândola	07.01.2006
34	<b>1:22:42</b>	Podêbrady	21.05.2017	68	<b>1:26:02</b>	Quarteira	01.02.2014
35	<b>1:22:44</b>	Rio Maior	09.04.2011	69	<b>1:26:14</b>	Grândola	15.01.2005
36	<b>1:22:54</b>	La Coruña	19.06.2010	70	<b>1:26:31</b>	Lisboa	31.07.2004
37	<b>1:23:03</b>	Dudince	19.05.2013	71	<b>1:26:39</b>	Grândola	13.01.2007
38	<b>1:23:03</b>	Rio de Janeiro	12.08.2016	72	<b>1:26:56</b>	Santarém	09.03.2019
39	<b>1:23:15</b>	Sesto San Giovanni	01.05.2009	73	<b>1:26:59</b>	Taicang	06.05.2018
40	<b>1:23:16</b>	Sesto San Giovanni	01.05.2007	74	<b>1:27:05</b>	Lisboa	28.07.2007
41	<b>1:23:18</b>	Rio Maior	05.04.2003	75	<b>1:27:19</b>	Batalha	19.02.2011
42	<b>1:23:20</b>	Rio Maior	05.04.2014	76	<b>1:27:37</b>	Grândola	08.02.2009
43	<b>1:23:22</b>	Rio Maior	01.04.2006	77	<b>1:27:44</b>	Osaka	26.08.2007
44	<b>1:23:26</b>	Daegu	28.08.2011				

