

CAI ZELIN

11 - 04 - 1991



Personal Best

5 km. (track)	19:35	Fossano	13.09.2014
10 km. (track)	38:59	Tianjin	16.09.2012
10 km. (road)	39:06	Beijing	18.09.2010
20 km. (road)	1:17:39	Huangshan	20.03.2021

Ranking 20 km. (average = 1:19:12)

01	1:17:39	Huangshan	20.03.2021	06	1:19:34	Rome	07.05.2016
02	1:18:47	Taicang	30.03.2012	07	1:19:36	Huangshan	09.03.2019
03	1:18:52	Taicang	04.05.2014	08	1:19:42	Huaian	12.02.2012
04	1:18:55	Taicang	01.03.2013	09	1:19:44	London	04.08.2012
05	1:19:26	Rio de Janeiro	12.08.2016	10	1:19:45	La Coruña	06.06.2015

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Asian Games	University Games
2012 = 4°	2013 = 26°	2012 = 34°	2014 = 4°	2011 = 11°
2016 = 2°	2015 = 5°	2014 = 2°		
2021 = 26°	2019 = Dnf.	2016 = 2°		
		2018 = Dnf.		

10 km.

World Junior Championships	World Junior Cup
2010 = 2°	2010 = 2°

* update at 30 september 2021

Others Results 20 km.

11	1:19:48	Huangshan	06.03.2016	19	1:22:21	Lugano	20.03.2011
12	1:20:13	Beijing	20.03.2015	20	1:22:28	Huangshan	14.03.2010
13	1:20:13	Taicang	11.05.2019	21	1:22:35	Beijing	20.09.2010
14	1:20:18	Shenyang	11.05.2013	22	1:22:56	Incheon	28.09.2014
15	1:20:31	Lugano	16.03.2014	23	1:24:09	Saransk	12.05.2012
16	1:20:38	Huangshan	03.03.2018	24	1:24:10	Taicang	08.05.2021
17	1:20:42	Beijing	23.05.2015	25	1:25:31	Moskva	11.08.2013
18	1:21:07	Taicang	22.04.2011	26	1:26:39	Tokyo	05.08.2021
19	1:22:03	Baoji	16.09.2011	27	1:26:55	Shenzen	18.08.2011

