

GARCÍA CARRERA DIEGO

19 - 01 - 1996



Personal Best

5.000 mt.	<i>(track)</i>	19:03.16	Plasencia (Esp)	20.06.2015
5 km.	<i>(road)</i>	20:38	Toledo (Esp)	18.11.2017
10.000 mt.	<i>(track)</i>	39:37.10	Castellón (Esp)	04.05.2019
10 km.	<i>(road)</i>	40:10	Taicang (Chn)	03.05.2014
20 km.	<i>(road)</i>	1:18:58	La Coruña (Esp)	08.06.2019

Ranking 10 km. track

(average = 40:34:50)

01	39:37.10	Castellón	04.05.2019
02	39:47.77	Torrent	01.07.2017
03	39:51.59	Eugene	26.07.2014
04	40:05.21	Eskilstuna	18.05.2015
05	40:20.53	Castellón	02.08.2015
06	40:35.66	Andújar	21.04.2018
07	41:05.78	Getafe	22.07.2018
08	41:13.98	Tunis	04.06.2016
09	41:16.76	Soria	07.07.2018
10	41:50.34	Toledo	25.06.2016

Ranking 20 km.

(average = 1:20:48)

01	1:18:58	La Coruña	08.06.2019
02	1:19:18	La Coruña	02.06.2018
03	1:20:23	Alytus	19.05.2019
04	1:20:34	London	13.08.2017
05	1:20:48	Berlin	11.08.2018
06	1:21:15	Rio Maior	07.04.2018
07	1:21:26	Rio Maior	06.04.2019
08	1:21:36	Rome	07.05.2016
09	1:21:45	Renteira	22.03.2015
10	1:21:56	Poděbrady	21.05.2017

Career Highlights

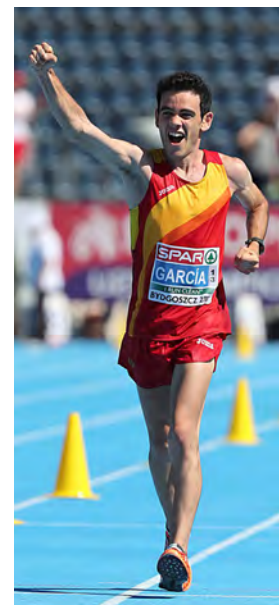
20 km.

World Championships	World Cup	European Championships	European Cup	European Under 23 Championships
2015 = 29° 2017 = 13° 2019 = 35°	2016 = 19° 2018 = 23°	2018 = 2°	2017 = 7° 2019 = 3°	2017 = 1°

10 km.

World Under 20 Championships	European Under 20 Championships	World Under 20 Cup	European Under 20 Cup	World Under 18 Championships
2014 = 2°	2015 = 1°	2014 = 4°	2013 = 8°	2013 = 3°

* Update at 31 december 2019





OTHERS RESULTS 20 KM.

11	<i>1:22:29</i>	Bydgoszcz	16.07.2017	17	<i>1:24:52</i>	Beijing	23.08.2015
12	<i>1:23:21</i>	Oropesa del Mar	17.03.2019	18	<i>1:26:04</i>	Móstoles	04.02.2017
13	<i>1:23:23</i>	La Coruña	28.05.2016	19	<i>1:26:41</i>	La Coruña	03.06.2017
14	<i>1:23:31</i>	Castellón	18.03.2018	20	<i>1:27:52</i>	Móstoles	04.02.2018
15	<i>1:23:59</i>	Lázaro Cárdenas	20.04.2019	21	<i>1:41:14</i>	Doha	04.10.2019
16	<i>1:24:37</i>	Taicang	06.05.2018				

