

ARAI HIROKI

18 - 05 - 1988

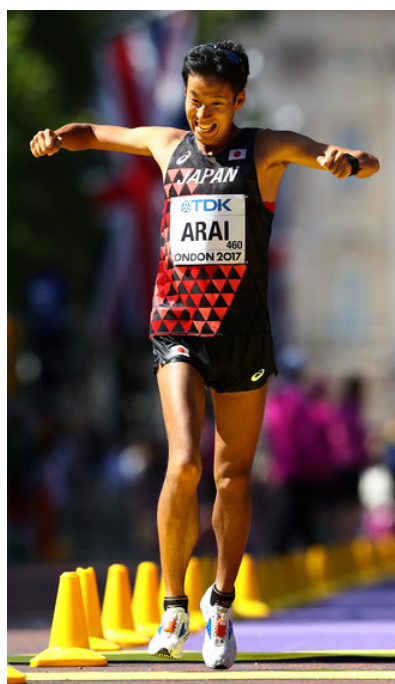


<i>Personal Best</i>							
5.000 mt.		<i>(track)</i>	19:05.46	Kumagaya (Jpn)		21.05.2016	
10.000 mt.		<i>(track)</i>	39:17.66	Yamaguchi (Jpn)		11.10.2014	
10 km.		<i>(road)</i>	39:55	Kobe (Chn)		16.02.2014	
20 km.		<i>(road)</i>	1:19:00	Kobe (Jpn)		17.02.2019	
35 km.		<i>(road)</i>	2:38:22	Daegu (Kor)		03.09.2011	
50 km.		<i>(road)</i>	3:40:20	Wajima (Jpn)		19.04.2015	
<i>Ranking 20 km.</i> (average = 1:20:17)				<i>Ranking 50 km.</i> (average = 3:43:08)			
01	1:19:00	Kobe	17.02.2019	01	3:40:20	Wajima	19.04.2015
02	1:19:19	Kobe	18.02.2018	02	3:40:34	Takahata	26.10.2014
03	1:19:25	Kobe	19.02.2017	03	3:41:17	London	13.08.2017
04	1:19:54	Kobe	21.02.2016	04	3:41:24	Rio de Janeiro	19.08.2016
05	1:19:56	La Coruña	08.06.2019	05	3:43:02	Wajima	14.04.2019
06	1:20:32	Kobe	16.02.2020	06	3:43:44	Beijing	29.08.2015
07	1:20:35	Kobe	15.02.2015	07	3:44.25	Taicang	05.05.2018
08	1:20:38	Kobe	16.02.2014	08	3:44:47	Wajima	17.04.2016
09	1:21:28	Kobe	17.02.2013	09	3:45:56	Moskva	14.08.2013
10	1:22:07	La Coruña	31.05.2014	10	3:47:08	Takahata	28.10.2012

Career Highlights

50 km.			20 km.
Olympic Games	World Championships	World Cup	World Cup
2016 = 3°	2011 = 9° 2013 = 11° 2015 = 4° 2017 = 2°	2018 = 1°	2012 = 57°

* Update at 31 december 2021





OTHERS RESULTS 50 KM.

11	3:47:18	Wajima	16.04.2017	16	3:55:56	Wajima	18.04.2010
12	3:48:40	Daegu	03.09.2011	17	3:57:22	Wajima	15.04.2012
13	3:48:46	Wajima	17.04.2011	18	4:04:01	Takahata	01.11.2009
14	3:49:18	Wajima	20.04.2014	19	4:19:08	Wajima	12.04.2009
15	3:50:11	Wajima	11.04.2021				



OTHERS RESULTS 20 KM.

11	1:22:08	Tokyo	01.01.2021	18	1:26:04	Kobe	31.01.2010
12	1:22:16	Nomi	14.04.2019	19	1:23:16	Kobe	20.02.2011
13	1:22:47	Takahata	30.10.2011	20	1:26:45	Nomi	14.03.2010
14	1:22:49	La Coruña	06.06.2015	21	1:27:59	Nomi	15.03.2009
15	1:23:11	Kobe	21.02.2021	22	1:27:17	Saransk	12.05.2012
16	1:23:16	Kobe	20.02.2011	23	1:29:58	Kobe	25.01.2009
17	1:25:43	La Coruña	09.06.2012				