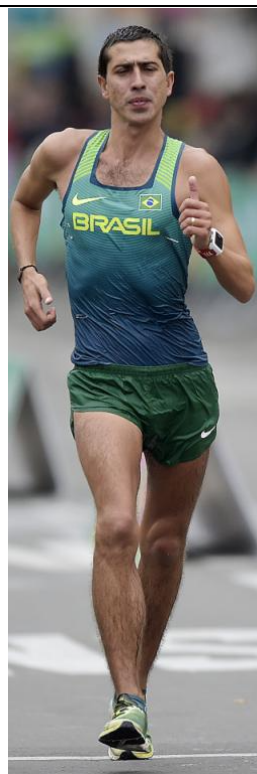


BONFIM CAIO

19 - 03 - 1991



Personal Best

5 km.	(track)	19:47.99	Fortaleza (Bra)	11.05.2011
10.000 Mt.	(track)	40:40.00	Blumenau (Bra)	23.05.2009
10 km.	(road)	43:04	San Salvador (Esa)	01.05.2009
20 km.	(track)	1:20:13.68	Bragança Paulista (Bra)	25.04.2021
20 km.	(road)	1:19:04	London (Gbr)	13.08.2017
35 km.	(road)	2:41:27	São Paulo (Bra)	13.06.2021
50 km.	(road)	3:47:02	Rio de Janeiro (Bra)	19.08.2016

Ranking 20.000 Mt. Track

(average = 1:23:39.44)

01	1:20:13.68	Bragança P.	25.04.2021	01	1:18:47	La Coruña	08.06.2019
02	1:20:58.50	Buenos Aires	05.06.2011	02	1:19:04	London	13.08.2017
03	1:21:36.00	São Paulo	29.06.2012	03	1:19:42	Rio de Janeiro	12.08.2016
04	1:23:04.00	Brasilia	05.05.2013	04	1:20:15	São Paulo	12.06.2021
05	1:23:22.13	Sao Paulo	22.09.2012	05	1:20:20	Rome	07.05.2016
06	1:24:28.73	Cartagena	06.07.2013	06	1:20:28	Taicang	04.05.2014
07	1:24:49.52	São Paulo	02.08.2014	07	1:20:37	Taicang	11.05.2019
08	1:25:14.10	Maringa	08.09.2012	08	1:20:44	Beijing	23.08.2015
09	1:26:10.20	São Paulo	05.08.2011	09	1:20:49	La Coruña	28.05.2016
10	1:26:40.70	Rio de Janeiro	14.05.2016	10	1:21:04	Rio Maior	18.04.2015

Ranking 20 km.

(average = 1:20:11)

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Games
2012 = 38° 2016 = 4° 2021 = 13°	2011 = 18° 2013 = Dq. 2015 = 6° 2017 = 3° 2019 = 13°	2012 = 14° 2014 = 16° 2016 = 8°	2011 = Dq. 2015 = 3° 2019 = 2°

20 km.

50 km.

Pan American Cup	University Games	Olympic Games	Pan American Games
2013 = 3° 2015 = 2° 2017 = 30° 2021 = 2°	2011 = 7°	2016 = 9°	2019 = 4°

10 km.

10.000 Mt.

World Champion. Under 20	World Cup Under 20	Pan American Games Under 20	Pan American Cup Under 20	World Champion. Under 18
2008 = 6° 2010 = 4°	2008 = Dq. 2010 = Dq.	2007 = 5°	2007 = 8° 2009 = 1°	2007 = 12°

* update at 31 December 2021





OTHERS RESULTS 20 KM.

11	1:21:04	La Coruña	06.06.2015	41	1:24:43	Toronto	19.07.2015
12	1:21:04	La Coruña	03.06.2017	42	1:24:44	Dudince	21.03.2015
13	1:21:24	La Coruña	31.05.2014	43	1:24:45	London	04.08.2012
14	1:21:25	São Bernardo	10.06.2017	44	1:24:53	São Bernardo	16.05.2015
15	1:21:26	Arica	09.05.2015	45	1:25:27	Guatemala City	25.05.2013
16	1:21:42	Guayaquil	07.05.2021	46	1:25:31	Bragança	15.09.2018
17	1:21:43	Podêbrady	11.04.2015	47	1:25:33	Suzhou	24.09.2018
18	1:21:44	Rio Maior	06.04.2019	48	1:25:42	Barueri	13.04.2013
19	1:21:57	Lima	04.08.2019	49	1:25:43	Lázaro Cárdenas	20.04.2019
20	1:22:00	Lugano	15.03.2015	50	1:25:43	Recifé	16.02.2020
21	1:22:05	Saransk	12.05.2012	51	1:25:47	Sobradinho	18.02.2018
22	1:22:13	Rio Maior	01.04.2017	52	1:26:09	Sao Paulo	07.06.2013
23	1:22:14	La Coruña	01.06.2013	53	1:26:12	Rio de Janeiro	27.02.2016
24	(t) 1:23:05	São Paulo	12.12.2020	54	1:26:36	Rio Maior	09.04.2011
25	1:23:15	Rio Maior	05.04.2014	55	1:26:47	Ciudad Juárez	12.03.2017
26	1:22:16	Taicang	15.04.2017	56	1:27:06	Blumenau	25.02.2012
27	1:23:21	Sapporo	05.08.2021	57	1:27:19	Shenzen	18.08.2011
28	1:23:26	São Bernardo	02.07.2016	58	(t) 1:27:21	São Paulo	31.07.2010
29	1:23:26	Camboriú	17.03.2019	59	(t) 1:28:16	Brasília	18.06.2011
30	(t) 1:23:32	Brasília	20.11.2020	60	1:28:22	Monterrey	24.02.2018
31	1:23:48	Dudince	22.03.2014	61	1:29:17	Blumenau	07.03.2015
32	1:23:52	Lugano	16.03.2014	62	1:30:05	Bragança	05.03.2017
33	1:23:53	La Coruña	09.06.2012	63	1:31:47	Lima	13.05.2017
34	1:23:59	Sesto San Giovanni	01.05.2011	64	(t) 1:30:17	Sao Paulo	08.09.2009
35	1:23:59	Bragança Paulista	14.03.2021	65	1:30:50	Navegantes	18.01.2014
36	1:23:59	Salinas	17.03.2012	66	1:31:00	Envigado	26.03.2011
37	1:24:13	Blumenau	21.05.2011	67	(t) 1:31:25	Brasília	16.05.2009
38	1:24:29	Daegu	28.08.2011	68	1:31:32	Doha	04.10.2019
39	1:24:32	Bragança Paulista	31.08.2019	69	(t) 1:33:05	Medellín	21.03.2010
40	1:24:33	Lima	07.03.2020	70	1:33:16	Barueri	19.02.2011



RESULTS 50 KM.

01	3:47:02	Rio de Janeiro	19.08.2016	04	4:01:42	San Diego	22.11.2015
02	3:55:24	Melbourne	02.12.2018	05	4:10:04	Dudince	19.03.2016
03	3:57:54	Lima	11.08.2019				