

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>	19:37	Toledo (Esp)	19.11.2016
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 = 39:58:51)

01	39:37.10	Castellón	04.05.2019	01	1:18:58	La Coruña	08.06.2019
02	39:47.77	Torrent	01.07.2017	02	1:19:18	La Coruña	02.06.2018
03	39:51.59	Eugene	26.07.2014	03	1:19:19	Poděbrady	16.05.2021
04	40:05.21	Eskilstuna	18.05.2015	04	1:19:37	La Coruña	06.06.2021
05	40:20.53	Castellón	02.08.2015	05	1:19:40	Murcia	14.03.2021
06	40:35.66	Andújar	21.04.2018	06	1:20:23	Alytus	19.05.2019
07	40:37.78	Getafe	27.06.2021	07	1:20:34	London	13.08.2017
08	41:05.78	Getafe	22.07.2018	08	1:20:48	Berlin	11.08.2018
09	41:13.98	Tunis	04.06.2016	09	1:21:15	Rio Maior	07.04.2018
10	41:16.76	Soria	07.07.2018	10	1:21:26	Rio Maior	06.04.2019

Ranking 20 km.

(average = 1:20:08)

Career Highlights

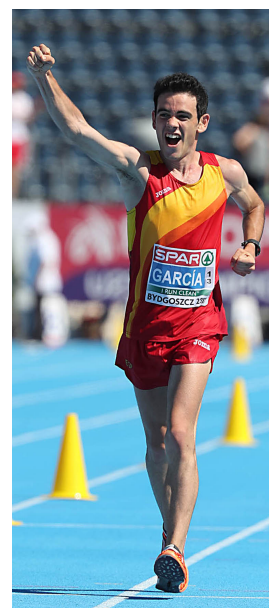
20 km.

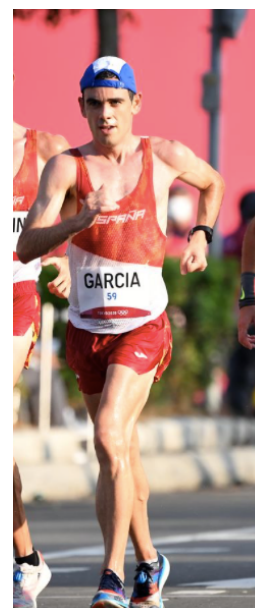
Olympic Games	World Championships	World Cup	European Championships	European Cup	European U23 Championships
2021 = 6°	2015 = 29° 2017 = 13° 2019 = 35°	2016 = 19° 2018 = 23°	2018 = 2°	2017 = 7° 2019 = 3° 2021 = 3°	2017 = 1°

10.000 Mt. / 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 2021





OTHERS RESULTS 20 KM.

11	1:21:36	Rome	07.05.2016	19	1:23:59	Lázaro Cárdenas	20.04.2019
12	1:21:45	Renteira	22.03.2015	20	1:24:37	Taicang	06.05.2018
13	1:21:56	Poděbrady	21.05.2017	21	1:24:52	Beijing	23.08.2015
14	1:21:57	Sapporo	05.08.2021	22	1:26:04	Móstoles	04.02.2017
15	1:22:29	Bydgoszcz	16.07.2017	23	1:26:41	La Coruña	03.06.2017
16	1:23:21	Oropesa del Mar	17.03.2019	24	1:27:52	Móstoles	04.02.2018
17	1:23:23	La Coruña	28.05.2016	25	1:41:14	Doha	04.10.2019
18	1:23:31	Castellón	18.03.2018				

