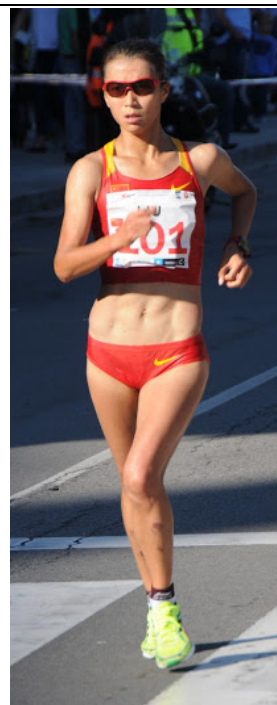


LIU HONG

12 - 05 - 1987



Personal Best

5 km. (track)	20:34.76	Tianjin	16.09.2012
10 km. (track)	43:16.68	Saluzzo	18.07.2012
10 km. (road)	42:30	Beijing	18.09.2010
20 km. (track)	1:31:16.2	Wuhan	01.11.2007
20 km. (road)	1:24:27	Huangshan	20.03.2021
50 km. (road)	3:59:15	Huangshan	09.03.2019

Ranking 10 km. road - 10.000 Mt (track) (average = 43:42)

01	42:30	Beijing	18.09.2010	01	1:24:27	Huangshan	20.03.2021
02	42:57	La Coruña	17.09.2011	02	1:24:38	La Coruña	06.06.2015
03	(t) 43:17	Saluzzo	18.07.2012	03	1:25:46	Taichang	30.03.2012
04	43:18	Erdos	14.09.2012	04	1:25:56	Huangshan	06.03.2016
05	(t) 43:30	Mondovì	12.06.2011	05	1:25:56	La Coruña	08.06.2019
06	43:31	Genova	10.02.2013	06	1:26:00	London	11.08.2012
07	43:47	Kraków	29.05.2010	07	1:26:58	Taichang	03.05.2014
08	44:10	Genova	26.02.2012	08	1:27:06	Lugano	17.03.2012
09	44:51	Andria	11.03.2012	09	1:27:17	Beijing	21.08.2009
10	(t) 45:13	Beijing	19.08.2006	10	1:27:17	Taichang	22.04.2011

Career Highlights

20 km.				10 km.
Olympic Games	World Championships	World Cup	Asian Games	World Junior Championships
2008 = 4° 2012 = 3° 2016 = 1° 2021 = 3°	2007 = 19° 2009 = 2° 2011 = 1° 2013 = 2° 2015 = 1° 2019 = 1°	2006 = 6° 2010 = 13° 2014 = 2° 2016 = Dq. x doping	2006 = 1° 2010 = 1°	2006 = 1°

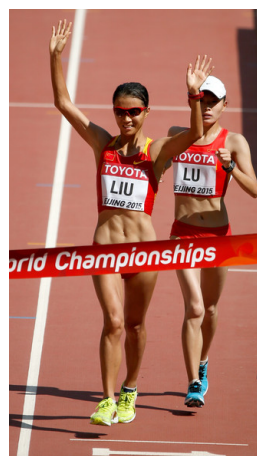
* update at 31 December 2021





Others Results 20 km.

11	1:27:22	Rio Maior	18.04.2015	34	1:29:53	Suzhou	20.10.2019
12	1:27:25	Lugano	16.03.2014	35	1:29:57	Sapporo	06.08.2021
13	1:27:32	La Coruña	09.06.2012	36	1:29:59	Xi'an	24.09.2021
14	1:27:39	La Coruña	31.04.2014	37	1:30:00	Daegu	28.08.2011
15	1:27:39	Beijing	20.03.2015	38	1:30:01	Wuxi	18.04.2009
16	1:27:45	Beijing	28.08.2015	39	1:30:06	Guangzhou	23.11.2010
17	1:27:48	Taian	20.09.2020	40	1:30:22	Nanning	20.10.2005
18	1:27:53	Shenyang	11.05.2013	41	1:30:26	La Coruña	19.06.2010
19	1:27:56	Kobe	17.02.2019	42	1:30:29	Huangshan	16.03.2010
20	1:28:10	Moskva	13.08.2013	43	1:30:43	Hong Kong	01.01.2019
21	1:28:11	Jinan	24.10.2009	44	<i>(p)</i> 1:31:16	Wuhan	01.11.2007
22	1:28:22	Taicang	11.05.2019	45	1:31:56	Latina	29.01.2012
23	1:28:26	Yangzhou	22.04.2006	46	1:32:19	Doha	07.12.2006
24	1:28:35	Rio de Janeiro	19.08.2016	47	1:32:20	Nanning	25.02.2005
25	1:28:48	Taicang	08.05.2021	48	1:32:45	La Coruña	26.06.2009
26	1:28:58	Xi'an	22.10.2006	49	1:33:48	Taihu	14.11.2013
27	1:28:59	La Coruña	13.05.2006	50	1:32:53	Doha	29.09.2019
28	1:29:10	Berlin	16.08.2009	51	1:35:04	Kunshan	23.05.2004
29	1:29:29	Lugano	20.03.2011	52	1:36:34	Tlanepantia	25.03.2006
30	1:29:33	Beijing	18.04.2008	53	1:36:34	Chihuahua	15.05.2010
31	1:29:39	Cixi City	23.04.2005	54	1:36:40	Osaka	31.08.2007
32	1:29:41	Shenzhen	14.03.2007	55	1:39:00	London	30.05.2011
33	1:29:44	Dublin	26.06.2011				





All races from 2010 to 2021

Day		City & Event	Km.	Placem.	Time	Split
2010						
1	16.03	Huangshan * Chinese Selection	km. 20	1 ^o	1:30:29	===
2	15.05	Chihuahua * World Cup	km. 20	13 ^o	1:36:34	===
3	29.05	Kraków * W.A. Race Walking	km. 10	2 ^o	43:47	22:25 * 44:27 * 1:06:19
4	19.06	La Coruña * W.A. Race Walking	km. 20	6 ^o	1:30:26	===
5	18.09	Beijing * Challenge Iaaf	km. 10	2 ^o	42:30	===
6	23.11	Guangzhou * Asian Games	km. 20	1 ^o	1:30:06	22:46 * 45:12 * 1:07:25
2011						
7	27.02	Genova * Italian National Race	km. 10	1 ^o	45:35	22:58 * 22:37
8	20.03	Lugano * European Meeting	km. 20	1 ^o	1:29:29	22:51 * 45:01 * 1:07:10
9	22.04	Taicang * Challenge Iaaf	km. 20	1 ^o	1:27:17	22:18 * 43:43 * 1:05:05
10	26.06	Dublin * Challenge Iaf	km. 20	1 ^o	1:29:44	22:36 * 44:56 * 1:07:23
11	30.05	London * International Race	km. 20	==	1:39:00	===
12	12.06	Mondovi * Italian C.D.S. Track	km. 10	1 ^o	43:30	22:03 * 21:27
13	28.08	Daegu * World Championships	km. 20	1 ^o	1:30:00	23:30 * 46:16 * 1:08:12
14	17.09	La Coruña * W.A. Race Walking	km. 10	2 ^o	42:57	===
2012						
15	29.01	Latina * Italian National Race	km. 20	2 ^o	1:31:58	23:32 * 46:35 * 1:09:37
16	26.02	Genova * Italian National Race	km. 10	1 ^o	44:10	22:45 * 21:25
17	11.03	Andria * Italian National Race	km. 10	1 ^o	44:51	23:21 * 21:29
18	29.03	Taicang * W.A. Race Walking	km. 20	1 ^o	1:25:46	22:27 * 43:55 * 1:05:00
19	09.06	La Coruña * W.A. Race Walking	km. 20	1 ^o	1:27:32	22:25 * 44:27 * 1:06:19
20	18.07	Saluzzo * Italian regional Race	km. 10	1 ^o	43:17	22:22 * 20:55
21	11.08	London * Olympyc Games	km. 20	3 ^o	1:26:00	21:17 * 42:50 * 1:04:23
22	14.09	Erdos * Final W.A. Race Walk.	km. 10	1 ^o	43:18	21:50 * 21:28
23	16.09	Tianjin * Chinese University	km. 5	1 ^o	20:34	===
2013						
24	10.02	Genova * Italian National Race	km. 10	1 ^o	43:31	22:09 * 21:22
25	17.03	Lugano * International Race	km. 20	1 ^o	1:27:06	22:18 * 44:15 * 1:06:05
26	11.05	Shenyang * China Games	km. 20	2 ^o	1:27:53	22:40 * 44:50 * 1:06:39
27	13.08	Moskva * World Championships	km. 20	3 ^o	1:28:10	23:22 * 45:34 * 1:07:00
28	14.11	Taiku * Around Taihu	km. 20	2 ^o	1:33:48	===
29	15.11	Qionglong * Around Taihu	km. 15	1 ^o	1:08:07	===
30	16.11	Wangshan * Around Taihu	km. 15	1 ^o	1:10:39	===
31	17.11	Dongshan * Around Taihu	km. 15	1 ^o	1:09:03	===
2014						
32	16.03	Lugano * International Race	km. 20	1 ^o	1:27:25	22:23 * 44:14 * 1:05:55
33	03.05	Taicang * World Cup	km. 20	2 ^o	1:26:53	22:27 * 44:33 * 1:05:53
34	31.05	La Coruña * W.A. Race Walking	km. 20	1 ^o	1:27:39	22:39 * 44:32 * 1:06:17
35	14.06	Pont S. Donnaz * IT. C.d.S. track	km. 5	1 ^o	21:27	===

Day	City & Event		Km.	Placem.	Time	Split
2015						
36	08.02	Genova * Italian National Race	km. 5	2°	21:40	====
37	20.03	Beijing * Chinese selection	km. 20	2°	1:27:45	22:02 * 43:57 * 1:05:45
38	18.04	Rio Maior * W.A. Race Walking	km. 20	1°	1:27:22	22:40 * 44:40 * 1:06:03
39	09.05	Turin * Italian C.d.S. track	km. 5	1°	21:25	====
40	06.06	La Coruña * W.A. Race Walking	km. 20	1°	1:24:38	21:26 * 42:39 * 1:03:44
41	28.08	Beijing * World Champhionships	km. 20	1°	1:27:45	22:24 * 44:19 * 1:06:24
2016						
42	06.03	Huanshan * Chinese selection	km. 20	1°	1:25:56	21:54 * 43:02 * 1:04:31
43	07.05	Rome * World Cup	km. 20	*Dq.	1:25:59	22:10 * 43:51 * 1:05:00
44	21.05	Asti * Italian C.d.S track	km. 5	*Dq.	22:33	====
45	28.05	La Coruña * W.A. Race Walking	km. 20	*Dq.	1:27:43	21:44 * 44:17 * 1:06:01
46	19.08	Rio de Janeiro * Olympic Games	km. 20	1°	1:28:35	22:57 * 45:24 * 1:07:20
2019						
47	01.01	Hong Kong * International Race	km. 20	1°	1:30:43	22:52 * 45:39 * 1:08:19
48	17.02	Kobe * Japanese Championships	km. 20	1°	1:27:56	22:07 * 44:17 * 1:06:15
49	09.03	Huangshan * Chinese Selection	km. 50	1°	3:59:15	48:40 * 1:37:17 * 2:25:05 3:12:40
50	11.05	Taicang *W.A. Race Walking	km. 20	3°	1:28:22	22:48 * 44:59 * 1:06:52
51	08.06	La Coruña *W.A Race Walking	km. 20	3°	1:26:56	21:44 * 42:58 * 1:04:22
52	29.09	Doha * World Championships	km. 20	1°	1:32:53	24:01 * 47:51 * 1:11:07
53	20.10	Suzhou * W.A. Race Walking	km. 20	1°	1:29:53	=====
2020						
54	20.09	Tai'an * Chinese Championships	km. 20	1°	1:27:48	22:12 * 44:14 * 1:06:07
2021						
55	20.03	Huangshan * Chinese Selection	km. 20	2°	1:24:27	21:03 * 42:01 * 1:02:56
56	08.05	Taicang * W.A. Race Waling	km. 20	1°	1:28:48	22:12 * 44:29 * 1:06:46
57	06.08	Sapporo * Olympic Games	km. 20	3°	1:29:57	23:05 * 45:57 * 1:08:29
58	24.09	Xi'an * Chinese Championships	km. 20	4°	1:29:59	22:18 * 44:28 * 1:07:24





