BONFIM CAIO

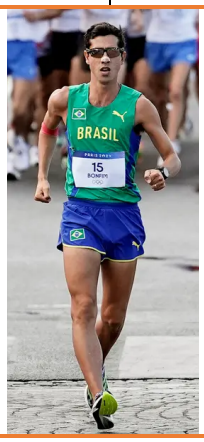
19 - 03 - 1991

Personal Best

5.000 mt.	*(track)*	**19:47.99**	Fortaleza (Bra)	11.05.2011
10.000 mt.	*(track)*	**39:57.59**	La Nucia (Esp)	23.05.2009
10 km.	*(road)*	**38:55**	Madrid (Esp)	01.06.2025
20.000 mt.	*(track)*	**1:18:37.90**	Sān Paulo (Bra)	31.07.2025
20 km.	*(road)*	**1:17:37**	Kobe (Jpn)	16.02.2025
35 km.	*(road)*	**2:25:14**	Eugene (Usa)	24.07.2022
50 km.	*(road)*	**3:47:02**	Rio de Janeiro (Bra)	19.08.2016

Ranking 20 km. (average = 1:18:18)

01	***1:17:37***	Kobe	16.02.2025
02	***1:17:44***	Taicang	03.03.2024
03	***1:17:47***	Budapest	19.08.2023
04	***1:17:52***	La Coruña	18.05.2024
05	***1:18:20***	Taicang	01.03.2025
06	***1:18:29***	La Coruña	03.06.2023
07	***1:18:35***	Tokyo	20.09.2025
08	***1:18:47***	La Coruña	08.06.2019
09	***1:18:50***	Poděbrady	06.04.2024
10	***1:18:54***	Poděbrady	02.04.2022



Ranking 35 km. (average = 2:31:41)

01	***2:25:14***	Eugene	24.07.2022
02	***2:27:30***	Dudince	25.03.2023
03	***2:27:45***	Budapest	24.08.2023
04	***2:27:48***	Dublin	15.12.2024
05	***2:28:55***	Tokyo	13.09.2025
06	***2:33:57***	Bragança P.	09.01.2022
07	***2:34:17***	Asunción	14.10.2022
08	***2:34.47***	Cuiaba	09.07.2023
09	***2:38:20***	Muscat	05.03.2022
10	***2:41:27***	São Paulo	13.06.2021

Career Highlights

20 km. + ½ Marathon walk

Olympic Games	World Championships	World Cup	Pan American Games	Pan American Cup	University Games
2012 = 38°	2011 = 18°	2012 = 14°	2011 = Dq.	2011 = 10°	2011 = 7°
2016 = 4°	2013 = Dq.	2014 = 16°	2015 = 3°	2013 = 3°	
2021 = 13°	2015 = 6°	2016 = 8°	2019 = 2°	2015 = 2°	
2024 = 2°	2017 = 3°	2026 = 3°	2023 = 2°	2017 = 30°	
	2019 = 13°			2021 = 2°	
	2022 = 6°				
	2023 = 3°				
	2025 = 1°				

35 km.

World Championships	World Cup
2022 = 7°	2022 = 8°
2023 = 10°	
2025 = 2°	

50 km.

Olympic Games	Pan American Games
2016 = 9°	2019 = 4°

Marathon Mixed Relay

World Cup	Pan American Games
2024 = 5°	2023 = 3°

10.000 mt.

World U20 Championships	World U18 Championships
2008 = 6°	2007 = 12°
2010 = 4°	

10 km.

World U20 Cup	Pan American U20 Cup
2008 = Dq.	2007 = 8°
2010 = Dq.	2009 = 1°