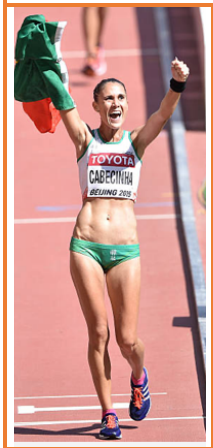
CABECINHA ANA

29 - 04 - 1984

Personal Best



5.000 mt.	*(track)*	**21:22:23**	Faro (Por)	21.03.2015
5 km.	*(road)*	**21:20**	Olhão (Por)	26.04.2014
10.000 mt.	*(track)*	**43:08.17**	Seixal (Por)	19.07.2008
10 km.	*(road)*	**43:15**	La Coruña	17.09.2011
20 km.	*(road)*	**1:27:46**	Beijing (Chn)	21.08.2008

Ranking 20 km. (average = 1:28:34)

01	***1:27:46***	Beijing	21.08.2008	06	***1:28:40***	Rome	07.05.2016
02	***1:27:49***	Taicang	04.05.2014	07	***1:28:49***	Budapest	20.08.2023
03	***1:28:03***	London	11.08.2012	08	***1:28:57***	London	13.08.2017
04	***1:28:28***	Murcia	17.05.2015	09	***1:29:11***	Dudince	19.03.2016
05	***1:28:40***	Zürich	14.08.2014	10	***1:29:17***	Moskva	13.08.2013

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2008 = 8°	2011 = 5°	2004 = 56°	2010 = 7°	2007 = Dnf.
2012 = 7°	2013 = 7°	2006 = 14°	2014 = 6°	2009 = 13°
2016 = 6°	2015 = 4°	2008 = 11°	2018 = 8°	2011 = 15°
2021 = 20°	2017 = 6°	2010 = 8°	2022 = 8°	2013 = 5°
2024 = 43°	2019 = 9°	2012 = 7°		2015 = 9°
	2022 = 9°	2014 = 8°		2017 = 2°
	2023 = 9°	2016 = 6°		2019 = 5°
		2018 = 18°		2021 = Dnf.
				2023 = 3°

20 km.	*10 km.*	*10.000 mt.*	
European U23 Championships	**European U20 Cup**	**World U20 Championships**	**European U20 Championships**
2005 = 4°	2003 = 14°	2002 = 12°	2003 = 3°