CAI ZELIN

11 - 04 - 1991



Personal Best

5.000 mt.	*(track)*	**19:35**	Fossano (Ita)	13.09.2014
5 km.	*(road)*	**20:03**	Lomello (Ita)	15.04.2018
10.000 mt.	*(track)*	**38:59**	Tianjin (Chn)	16.09.2012
10 km.	*(road)*	**39:06**	Beijing (Chn)	18.09.2010
20 km.	*(road)*	**1:17:39**	Huangshan (Chn)	20.03.2021

Ranking 20 km. (average = 1:19:12)

01	***1:17:39***	Huangshan	20.03.2021	06	***1:19:34***	Rome	07.05.2016
02	***1:18:47***	Taicang	30.03.2012	07	***1:19:36***	Huangshan	09.03.2019
03	***1:18:52***	Taicang	04.05.2014	08	***1:19:42***	Huaian	12.02.2012
04	***1:18:55***	Taicang	01.03.2013	09	***1:19:44***	London	04.08.2012
05	***1:19:26***	Rio de Janeiro	12.08.2016	10	***1:19:45***	La Coruña	06.06.2015

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Asian Games
2012 = 4°	2013 = 26°	2012 = 34°	2014 = 4°
2016 = 2°	2015 = 5°	2014 = 2°	
2021 = 26°	2019 = Dnf.	2016 = 2°	
		2018 = Dnf.	

20 km.	*10.000 mt.*	*10 km.*
University Games	**World U20 Championships**	**World U20 Cup**
2011 = 11°	2010 = 2°	2010 = 2°