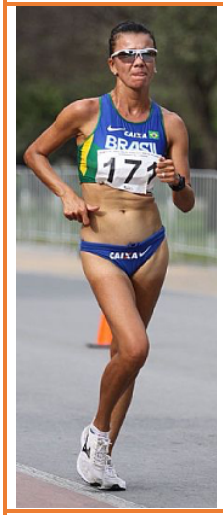
DE SENA ERICA

03 - 05 - 1985



Personal Best

5.000 mt.	*(track)*	**23:10.59**	Campinas (Bra)	07.11.2011
5 km.	*(road)*	**24:35**	Itajai (Bra)	12.06.2007
10.000 mt.	*(track)*	**43:41.30**	São Paulo (Bra)	01.08.2014
10 km.	*(road)*	**43:03**	Suzhou (Chn)	25.10.2015
20.000 mt.	*(track)*	**1:32:06.00**	São Paulo (Bra)	01.08.2014
20 km.	*(road)*	**1:26:59**	London (Gbr)	13.08.2017
35 km.	*(road)*	**2:47:59**	Dudince (Svk)	25.03.2023

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

01	***1:26:59***	London	13.08.2017	06	***1:28:40***	Rio Maior	09.04.2016
02	***1:27:18***	Rome	07.05.2016	07	***1:28:44***	La Coruña	05.06.2021
03	***1:27:38***	La Coruña	08.06.2019	08	***1:28:53***	La Coruña	03.06.2023
04	***1:28:11***	Taicang	05.05.2018	09	***1:29:14***	Poděbrady	10.10.2020
05	***1:28:22***	Dudince	19.03.2016	10	***1:29:16***	La Coruña	03.06.2017

Career Highlights

			20 km.			*35 km.*
Olympic Games	**World Champion.**	**World Cup**	**Pan American Games**	**Pan American Cup**	**University Games**	**World Champion.**
2016 = 7°	2015 = 6°	2012 = 34°	2011 = Dq.	2007 = 18°	2011 = Dnf.	2023 = Dnf.
2021 = 11°	2017 = 4°	2014 = 37°	2015 = 2°	2011 = 8°		
2024 = 13°	2019 = 4°	2016 = 3°	2019 = 3°	2019 = 1°		
	2023 = 13°	2018 = 4°		2021 = Dnf.		
	2025 = Dnf.	2024 = 3°				