GAO HONGMIAO

17 - 03 - 1974



Personal Best

5.000 mt.	*(track)*	**21:20.03**	Seoul (Kor)	20.09.1992
10 km.	*(road)*	**41:57**	Beijing (Chn)	08.08.1993
10.000 mt.	*(track)*	**41:37.90**	Beijing (Chn)	07.04.1994
20 km.	*(road)*	**1:28:45**	Dandong (Chn)	13.04.2001

Ranking 10 km. (average = 42:36)

01	*(t)* ***41:37***	Beijing	07.04.1994	05	***42:32***	Shenzen	18.02.1993
02	***41:57***	Beijing	08.09.1993	06	*(t)* ***42:49***	Jinan	15.03.1992
03	***42:19***	Beijing	29.04.1995	07	*(t)* ***42:56***	Tangshan	27.09.1991
04	*(t)* ***42:30***	Nanjing	24.10.1995	08	***44:11***	Hiroshima	10.10.1994

Career Highlights

10 km.				*20 km.*	
Olympic Games	**World Championships**	**World Cup**	**Asian Games**	**World Championships**	**World Cup**
1996 = Dq.	1995 = Dq.	1995 = 1°	1994 = 1°	1999 = 15°	1999 = 7°