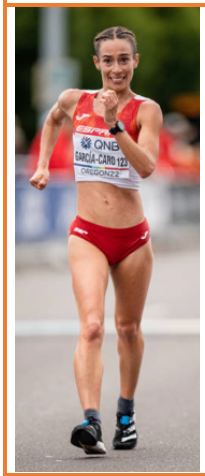
GARCÌA-CARO LAURA

16 - 04 - 1995

Personal Best



5.000 mt.	*(track)*	**21:29.41**	L'Hospitalet (Esp)	13.06.2015
5 km.	*(road)*	**21:54**	La Coruña (Esp)	28.05.2016
10.000	*(track)*	**43:16.76**	Nerja (Esp)	24.06.2022
10 km.	*(road)*	**43:50**	Madrid (Esp)	16.05.2022
20 km.	*(road)*	**1:27:19**	La Coruña (Esp)	18.05.2024
35 km.	*(road)*	**2:42:45**	Eugene (Usa)	22.07.2022

Ranking 20 km. (average = 1:28:44)

01	***1:27:19***	La Coruña	18.05.2024	06	***1:28:48***	Roam	07.06.2024
02	***1:28:07***	Poděbrady	16.05.2021	07	***1:29:03***	Zaragoza	25.02.2024
03	***1:28:12***	Paris	01.08.2024	08	***1:29:29***	London	13.08.2017
04	***1:28:15***	Berlin	11.08.2018	09	***1:29:32***	Murcia	17.05.2015
05	***1:28:40***	La Coruña	08.06.2019	10	***1:29:55***	Alytus	19.05.2019

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2021 = 33° 2024 = 7°	2015 = 32° 2017 = 9° 2019 = 33°	2018 = 14°	2018 = 6° 2024 = 4°	2015 = 10° 2017 = 3° 2019 = 2° 2021 = 3°

20 km.	*35 km.*		*Marathon Mixed Relay*
European U23 Championships	**World Championships**	**World Cup**	**World Cup**
2015 = 4° 2017 = Dq.	2022 = 6°	2022 = 4°	2024 = 3°

10.000 mt.		*10 km.*	
World U20 Championships	**European U20 Championships**	**World U20 Cup**	**European U20 Cup**
2012 = 24° 2012 = 4°	2013 = 5°	2012 = 19° 2014 = 4°	2013 = 6°