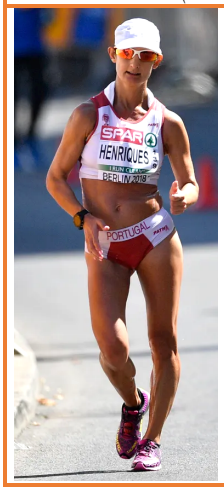
# ENRIQUES INES

**01 - 05 - 1980**

## *Personal Best*

| | | | | |
|---|---|---|---|---|
| **5.000 mt.** | *(track)* | **21:32.08** | Abrantes (Por) | 10.06.2014 |
| **5 km.** | *(road)* | **21:43** | Olhão (Por) | 26.04.2014 |
| **10.000 mt.** | *(track)* | **43:19.30** | Leiria (Por) | 07.07.2018 |
| **10 km.** | *(road)* | **43:09** | Beijing (Chn) | 18.09.2011 |
| **20.000 mt.** | *(track)* | **1:34:46.50** | Lisboa (Por) | 13.07.2002 |
| **20 km.** | *(road)* | **1:29:00** | Rome (Ita) | 07.05.2016 |
| **35 km.** | *(road)* | **2:45:51** | Porto de Mos (Por) | 07.01.2018 |
| **50 km.** | *(road)* | **4:05.56** | London (Gbr) | 13.08.2017 |




### *Ranking 20 km.* (average = 1:29:32)

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 01 | ***1:29:00*** | Rome | 07.05.2016 | 06 | ***1:29:33*** | Taicang | 03.05.2014 |
| 02 | ***1:29:14*** | Rio Maior | 09.04.2016 | 07 | ***1:29:36*** | La Coruña | 19.06.2010 |
| 03 | ***1:29:15*** | Rio Maior | 07.04.2018 | 08 | ***1:29:52*** | Rio Maior | 18.04.2015 |
| 04 | ***1:29:28*** | La Coruña | 28.05.2016 | 09 | ***1:29:54*** | London | 11.08.2012 |
| 05 | ***1:29:30*** | La Coruña | 01.06.2013 | 10 | ***1:29:56*** | Rio Maior | 06.04.2013 |

### *Ranking 35 km.* (average = 2:53:21)

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 01 | ***2:45:51*** | Porto de Mos | 07.01.2018 | 05 | ***2:55:26*** | Porto de Mos | 15.01.2023 |
| 02 | ***2:51:17*** | Eugene | 22.07.2022 | 06 | ***2:55:27*** | Leira | 07.11.2021 |
| 03 | ***2:53:14*** | Poděbrady | 21.05.2023 | 07 | ***2:57:27*** | Porto de Mos | 16.01.2022 |
| 04 | ***2:54:46*** | Lepe | 30.01.2022 | | | | |

## *Career Highlights*

*20 km.*

| Olympic Games | World Championships | World Cup | European Championships | European Cup |
|---|---|---|---|---|
| 2004 = 25° | 2001 = Dq. | 2002 = 23° | 2002 = 15° | 2000 = 42° |
| 2012 = 14° | 2005 = 27° | 2004 = 34° | 2006 = 12° | 2001 = 25° |
| 2016 = 12° | 2007 = 7° | 2006 = 13° | 2010 = 8° | 2003 = 32° |
| | 2009 = 10° | 2008 = 19° | 2014 = 13° | 2005 = 17° |
| | 2011 = 8° | 2010 = 3° | | 2007 = 7° |
| | 2013 = 9° | 2012 = 7° | | 2009 = Dq. |
| | 2015 = 23° | 2014 = 21° | | 2011 = 11° |
| | 2022 = 32° | 2016 = 8° | | 2013 = 7° |
| | | | | 2015 = 15° |
| | | | | 2017 = Dq. |

*50 km.*

| World Champion. | World Cup | European Champion. | European Cup |
|---|---|---|---|
| 2017 = 1° | 2018 = Dnf. | 2018 = 1° | 2019 = 3° |
| 2019 = Dnf. | 2022 = Dnf. | 2022 = 9° | |

*35 km.*

| World Champion. | European Cup |
|---|---|
| 2022 = 13° | 2021 = Dnf. |
| 2023 = Dnf. | 2023 = 6° |

*20 km.*

| European U23 Championships |
|---|
| 2001 = 10° |

*10 km.*

| European Cup |
|---|
| 1998 = 51° |

*5.000 mt.*

| World U20 Championships | European U20 Championships |
|---|---|
| 1996 = 22° | 1997 = 21° |
| 1998 = 24° | 1999 = 12° |