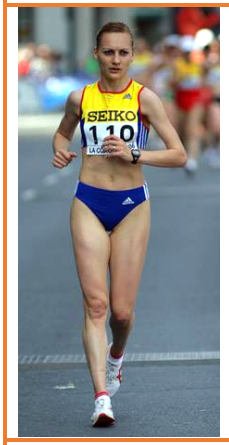
# ŞTEF CLAUDIA

**25 - 02 - 1978**




## *Personal Best*

| | | | | |
|---|---|---|---|---|
| **5.000 mt.** | *(track)* | **21:15.99** | Ljubljana (Slo) | 24.07.1997 |
| **5 km.** | *(road)* | **20:33** | Bucarest (Rou) | 08.08.1997 |
| **10.000 mt.** | *(track)* | **43:41.70** | Bucarest (Rou) | 24.05.1997 |
| **10 km.** | *(road)* | **42:35** | Alba Iulia (Rou) | 15.09.2002 |
| **20 km.** | *(road)* | **1:27:41** | La Coruña | 05.06.2004 |

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

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 01 | ***1:27:41*** | La Coruña | 05 06 2004 | 06 | ***1:29:40*** | Naumburg | 02.05.2004 |
| 02 | ***1:29:09*** | Paris | 24.08.2003 | 07 | ***1:29:46*** | La Coruña | 13.05.2006 |
| 03 | ***1:29:27*** | Göteborg | 09.08.2006 | 08 | ***1:29:54*** | Sesto S.G. | 01.05.2005 |
| 04 | ***1:29:39*** | Mézidon | 02.05.1999 | 09 | ***1:29:57*** | München | 07.08.2002 |
| 05 | ***1:29:39*** | Békéscsaba | 09.04.2000 | 10 | ***1:29:59*** | Sesto S.G. | 01.05.2006 |

## *Career Highlights*

*20 km.*

| Olympic Games | World Championships | World Cup | European Championships | Europen Cup |
|---|---|---|---|---|
| 2012 = 35° | 1999 = 11° | 1999 = 6° | 2002 = 5° | 2005 = 4° |
| 2016 = 57° | 2003 = 5° | 2002 = 6° | 2006 = 5° | 2007 = 8° |
| | 2005 = 8° | 2004 = 12° | | 2009 = 15° |
| | 2007 = 6° | 2006 = 11° | | 2011 = Dq. |
| | 2009 = 22° | 2008 = 21° | | 2015 = 24° |
| | 2011 = 24° | 2012 = 9° | | |
| | 2015 = 24° | | | |

*20 km.*

| European U23 Championships |
|---|
| 1999 = 1° |

*10 km.*

| World Cup | European Championships | European Cup |
|---|---|---|
| 1997 = 33° | 1998 = 12° | 1998 = 3° |

*5.000 mt.*

| World U20 Championships | European U20 Championships |
|---|---|
| 1996 = 3° | 1997 = 1° |