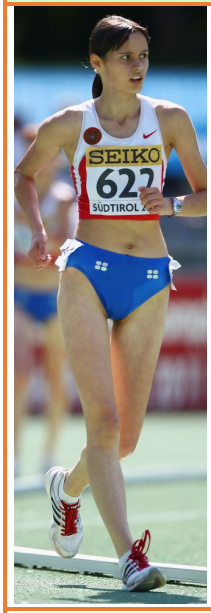
LASHMANOVA YELENA

09 - 04 - 1992



Personal Best

5.000 mt.	*(indoor)*	**20:16:60**	Saransk (Rus)	27.12.2020
5.000 mt.	*(track)*	**20:04:40**	Saransk (Rus)	30.12.2016
5 km.	*(road)*	**21:47**	Cheboksary (Rus)	21.05.2011
10.000 mt.	*(track)*	**42:59.48**	Tallin (Est)	21.07.2011
10 km.	*(road)*	**43:10**	Olhão (Por)	21.05.2011
20 km.	*(road)*	**1:23:39**	Cheboksary (Rus)	09.06.2018
35 km.	*(road)*	**2:43:59**	Sochi (Rus)	31.01.2022
50 km.	*(road)*	**3:50:42**	Voronovo (Rus)	05.09.2020

Ranking 20 km. (average = 1:25:56)

01	***1:23:39***	Cheboksary	09.06.2018	06	***1:26:23***	Sochi	19.02.2018
02	***1:24:31***	Sochi	18.02.2019	07	***1:27:19***	Cheboksary	15.06.2019
03	***1:24:58***	Cheboksary	25.06.2016	08	***1:27:43***	Cheboksary	10.06.2017
04	***1:25:18***	Sochi	18.03.2017	09	***1:27:52***	Cheboksary	29.05.2021
05	***1:25:41***	Sochi	19.02.2021				

Career Highlights

20 km.

Olympic Games	World Championships	World Cup
2012 = Dq.	2013 = Dq.	2012 = Dq.

10 km.	*10.000 mt.*		*5.000 mt.*
European U20 Cup	**World U20 Championships**	**European U20 Championships**	**World U18 Championships**
2011 = 1°	2010 = 1°	2011 = 1°	2009 = 1°