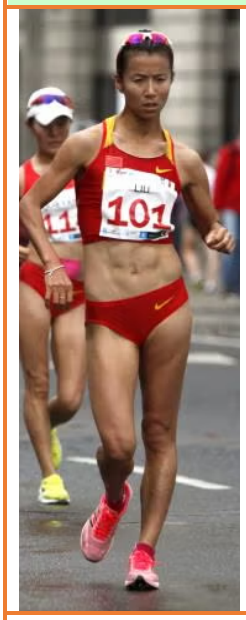
LIU HONG

12 - 05 - 1987



Personal Best

5.000 mt.	*(track)*	**20:34.76**	Tianjin (Chn)	16.09.2012
5 km.	*(road)*	**21:40**	Genova (Ita)	08.02.2015
10.000 mt.	*(track)*	**43:16.68**	Saluzzo (Ita)	18.07.2012
10 km.	*(road)*	**42:30**	Beijing (Chn)	18.09.2010
20.000 mt.	*(track)*	**1:31:16.18**	Wuhan (Chn)	01.11.2007
20 km.	*(road)*	**1:24:27**	Huangshan (Chn)	20.03.2021
35 km.	*(road)*	**2:38:42**	Wajima (Jpn)	16.04.2023
50 km.	*(road)*	**3:59:15**	Huangshan (Chn)	09.03.2019

Ranking 20 km. (average = 1:29:21)

01	***1:24:27***	Huangshan	20.03.2021	06	***1:26:00***	London	11.08.2012
02	***1:24:38***	La Coruña	06.06.2015	07	***1:26:47***	Taicang	03.03.2024
03	***1:25:46***	Taicang	30.03.2012	08	***1:26:58***	Taicang	03.05.2014
04	***1:25:56***	Huangshan	06.03.2016	09	***1:27:06***	Lugano	17.03.2012
05	***1:25:56***	La Coruña	08.06.2019	10	***1:27:11***	La Coruña	18.05.2024

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Asian Games
2008 = 4°	2007 = 19°	2006 = 6°	2006 = 1°
2012 = 2°	2009 = 2°	2010 = 13°	2010 = 1°
2016 = 1°	2011 = 1°	2014 = 2°	
2021 = 3°	2013 = 1°	2016 = Dq.	
2024 = 21°	2015 = 1°		
	2019 = 1°		
	2022 = 5°		
	2023 = 17°		

Marathon Mixed Relay	*10.000 mt.*
World Cup	**World U20 Championships**
2024 = 25°	2006 = 1°

