MARTÍN ÁLVARO

18 - 06 - 1994

Personal Best

5.000 mt.	*(track)*	**18:39.65**	Gjión (Esp)	25.07.2005
5 km.	*(road)*	**20:20**	Toledo (Esp)	24.11.2012
10.000 mt.	*(track)*	**38:53.64**	La Nucia (Esp)	29.06.2024
10 km.	*(road)*	**40:42**	Getafe (Esp)	15.12.2029
20 km.	*(road)*	**1:17:32**	Budapest (Hun)	19.08.2023
35 km.	*(road)*	**2:24:30**	Budapest (Hun)	24.08.2023
50 km.	*(road)*	**3:57:24**	Torrevieja (Esp)	16.02.2020



Ranking 20 km. (average = 1:19:06)

01	***1:17:33***	Budapest	19.08.2023	06	***1:19:14***	Poděbrady	16.05.2021
02	***1:17:49***	La Coruña	18.05.2024	07	***1:19:36***	Rome	07.05.2016
03	***1:18:49***	La Coruña	03.06.2023	08	***1:19:41***	London	13.08.2017
04	***1:19:11***	München	20.08.2022	09	***1:19:57***	La Coruña	03.06.2017
05	***1:19:11***	Paris	01.08.2024	10	***1:19:58***	La Coruña	28.05.2022

Ranking 35 km.

01	***2:24:30***	Budapest	24.08.2023	04	***2:29:59***	Lepe	30.01.2022
02	***2:25:35***	Poděbrady	21.05.2023	05	***2:36:54***	Muscat	05.03.2022
03	***2:28:16***	Cieza	26.02.2023				

Career Highlights

20 km.

Olympic Games	World Champion.	World Cup	European Champion.	European Cup	European U23 Champion.
2012 = Dnf.	2013 = 24°	2014 = 19°	2014 = 6°	2015 = 34°	2015 = 2°
2016 = 22°	2015 = 16°	2016 = 3°	2018 = 1°	2017 = 31°	
2021 = 4°	2017 = 8°	2018 = 8°	2022 = 1°	2021 = 2°	
2024 = 3°	2022 = 7°				
	2023 = 1°				

35 km.

World Championships	European Cup
2023 = 1°	2023 = 1°

Marathon Mixed Relay

Olympic Games	World Cup
2024 = 1°	2024 = 3°