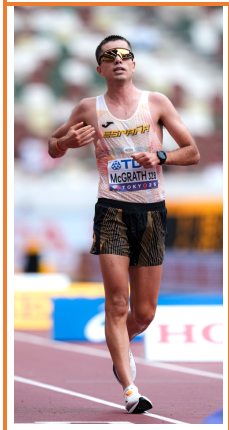
MCGRATH PAUL

07 - 03 - 2002



Personal Best

5.000 mt.	*(track)*	**18:22.02**	Barcelona (Esp)	25.05.2024
5 km.	*(road)*	**23:30**	Valverde (Esp)	04.03.2017
10.000 mt.	*(track)*	**38:49.76**	Tarragona (Esp)	01.08.2025
10 km.	*(road)*	**39:09**	Madrid (Esp)	30.04.2023
20 km.	*(road)*	**1:17:55**	Zaragoza (Esp)	25.02.2024

Ranking 20 km. (average = 1:19:50)

01	***1:17:55***	Zaragoza	25.02.2024	06	***1:20:19***	La Coruña	07.06.2025
02	***1:18:05***	Poděbrady	18.05.2025	07	***1:20:32***	Paris	01.08.2024
03	***1:18:45***	Tokyo	20.09.2025	08	***1:21:03***	Espoo	12.07.2023
04	***1:19:14***	Antalya	21.04.2024	09	***1:21:15***	Poděbrady	21.05.2023
10	***1:19:31***	Rome	08.06.2024	10	***1:21:43***	Pamplona	13.02.2022

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2024 = 17°	2025 = 3°	2022 = 37° 2024 = 2°	2024 = 2°	2023 = 5° 2025 = 1°

20 km.	*10.000 mt.*			*10 km.*
European U23 Championships	**World U20 Championships**	**European U20 Championships**	**Youth European Olympic**	**European U20 Cup**
2023 = 1°	2021 = 3°	2018 = 6° 2021 = 1°	2019 = 2°	2021 = 2°