RIGAUDO ELISA

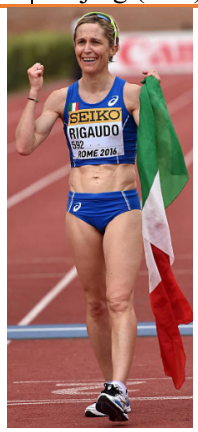
17 - 06 - 1980

Personal Best

5.000 mt.	*(track)*	**20:56.29**	Pescara (Ita)	14.09.2002
5 km.	*(road)*	**21:09**	Firenze (Ita)	10.07.2004
10.000 mt.	*(track)*	**42:29.06**	Mondovì (Ita)	01.05.2013
10 km.	*(road)*	**42:33**	Pescara (Ita)	19.04.2009
20 km.	*(road)*	**1:27:12**	Beijing (Chn)	21.08.2008

Ranking 10 km. (average = 42:33)

01	*(t)* ***42:29***	Mondovì	01.05.2013
02	***42:32***	Pescara	19.04.2009
03	*(t)* ***42:47***	Rieti	15.06.2013
04	*(t)* ***42:55***	Rieti	13.06.2015
05	*(t)* ***43:06***	Saluzzo	04.08.2004
06	***43:08***	Torino	24.07.2015
07	***43:26***	Lloret de Mar	10.04.2005
08	***43:29***	Piacenza	30.06.2002
09	***43:29***	Saransk	19.09.2009
10	*(t)* ***43:32***	Mondovì	12.06.2011



Ranking 20 km. (average = 1:30:34)

01	***1:27:12***	Beijing	21.08.2008
02	***1:27:36***	London	11.08.2012
03	***1:27:49***	Naumburg	02.05.2004
04	***1:28:01***	Murcia	17.05.2015
05	***1:28:03***	Roma	07.05.2016
06	***1:28:31***	Rio Maior	09.04.2016
07	***1:28:37***	Göteborg	09.08.2006
08	***1:28:41***	Moskva	13.08.2013
09	***1:28:50***	Tijuana	20.03.2004
10	***1:29:04***	Sesto S.G.	01.05.2009

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2004 = 6°	2003 = 10°	2002 = 16°	2006 = 3°	2003 = 13°
2008 = 3°	2005 = 7°	2004 = 5°		2005 = 3°
2012 = 4°	2007 = Dnf.	2006 = 10°		2007 = 4°
2016 = 11°	2009 = 8°	2008 = 20°		2011 = 2°
	2011 = 2°	2012 = 4°		2013 = Dnf.
	2013 = 3°	2016 = 4°		2015 = 7°
	2015 = Dq.			

20 km.		*10 km.*	*5.000 mt.*	
European U23	**Mediterranean Games**	**University Games**	**World U20 Championships**	**European U20 Championships**
2001 = 1°	2005 = 1°	2001 = Dnf.	1998 = 7°	1999 = 6°