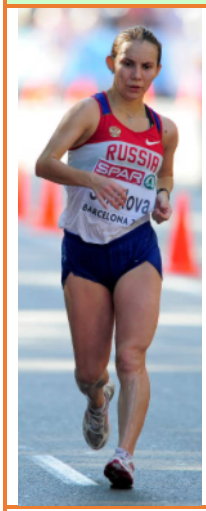
SOKOLOVA VERA

23 - 07 - 1987



Personal Best

5.000 mt.	*(indoor)*	**20:10.30**	Saransk (Chn)	30.12.2010
5.000 mt.	*(track)*	**21.02.80**	Saransk (Chn)	29.12.2019
10.000 mt.	*(track)*	**43:11.34**	Kaunas (Ltu)	21.07.2005
10 km.	*(road)*	**42:12**	Saransk (Rus)	19.09.2009
20 km.	*(road)*	**1:25:08**	Sochi (Rus)	26.02.2011

Ranking 20 km. (average = 1:26:34)

01	***1:25:08***	Sochi	26.02.2011	06	***1:27:03***	Taicang	03.05.2014
02	***1:25:26***	Adler	28.02.2009	07	***1:27:08***	Murcia	27.05.2015
03	***1:25:35***	Sochi	20.02.2010	08	***1:27:33***	Cheboksary	13.06.2009
04	***1:25:38***	Sochi	27.02.2015	09	***1:28:05***	Cheboksary	06.06.2014
05	***1:26:00***	Sochi	23.02.2013	10	***1:28:05***	Moskva	10.06.2012

Career Highlights

20 km.

World Championships	World Cup	European Championships	European Cup	University Games
2009 = 13° 2011 = 9° 2013 = Dq.	2010 = 4° 2014 = 4°	2010 = 2° 2014 = 4°	2009 = 10° 2011 = 1° 2013 = 1° 2015 = 5°	2013 = Dq.

10 km.		*10.000 mt.*		*5.000 mt.*
World Cup Under 20	**European Cup Under 20**	**World U20 Championships**	**European U20 Championships**	**World U18 Championships**
2004 = 1° 2006 = 1°	2005 = 1°	2002 = 9° 2004 = 3° 2006 = 4°	2005 = 1°	2003 = 1°