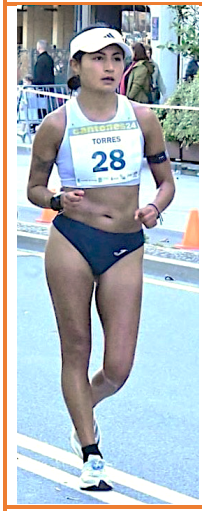
TORRES PAULA MILENA

17 - 10 - 2000



Personal Best

5.000	*(track)*	**24:15.31**	Nairobi (Ken)	15.07.2017
5 km.	*(road)*	**21:59**	Sucúa (Ecu)	15.04.2017
10.000	*(track)*	**47:53.17**	Tampere (Fin)	14.07.2018
10 km.	*(road)*	**45:56**	Sucúa (Ecu)	09.03.2019
20.000	*(track)*	**1:33:06.10**	São Paulo (Bra)	29.07.2023
20 km.	*(road)*	**1:26:18**	Tokyo (Jpn)	20.09.2025
35 km.	*(road)*	**2:42:44**	Tokyo (Jpn)	13.09.2025

Ranking 20 km. (average = 1:29:59)

01	***1:26:18***	Tokyo	20.09.2025	06	***1:29:47***	Antalya	21.04.2024
02	***1:28:29***	Warszawa	04.05.2025	07	***1:30:34***	Machala	25.02.2023
03	***1:28:48***	Paris	01.08.2024	08	***1:30:51***	La Coruña	07.06.2025
04	***1:29:32***	Poděbrady	06.04.2024	09	***1:32:47***	Loja	03.02.2024
05	***1:29:37***	Rio Maior	12.04.2025	10	*(t)* ***1:33:06***	São Paulo	29.07.2023

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	Pan American Cup	Pan American Games
2024 = 9°	2023 = 38° 2025 = 4°	2022 = 23° 2024 = 5°	2021 = 10°	2023 = 7°
35 km.	*10.000 mt.*	*10 km.*		*5.000 mt.*
World Championships	**World U20 Championships**	**World U20 Cup**	**Pan American U20 Cup**	**World U18 Championships**
2025 = 3°	2018 = 13°	2018 = 11°	2017 = 7°	2017 = 10°