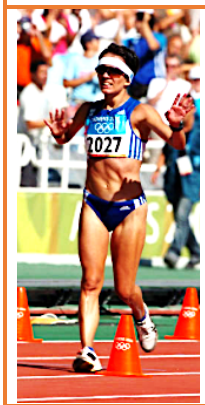
TSOUMELÉKA ATHANASÍA

02 - 01 - 1982

Personal Best



5 km.	*(road)*	22:05	Iraklio (Gre)	09.04.2003
10.000 mt.	*(track)*	44:10.02	Pyrgos (Gre)	17.04.2004
10 km.	*(road)*	46:43	Dudince (Svk)	19.05.2001
20 km.	*(road)*	1:29:12	Athens (Gre)	23.08.2004

Ranking 20 km. (average = 1:30:29)

01	***1:29:12***	Athens	23.08.2004	06	***1:30:40***	Cheboksary	11.05.2008
02	***1:29:34***	Paris	24.08.2003	07	***1:30:44***	La Coruña	07.06.2008
03	***1:29:51***	Naumburg	02.05.2004	08	***1:31:04***	Kracow	24.05.2008
04	***1:30:00***	Rio Maior	05.04.2008	09	***1:31:25***	München	07.08.2002
05	***1:30:21***	Sesto S.G.	01.05.2008	10	***1:31:55***	Kastorià	07.06.2003

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships
2004 = 1° 2008 = Dq.	2003 = 7° 2005 = Dq. 2007 = Dnf.	2004 = 14° 2008 = 14°	2002 = 9°

20 km.	*10 km.*	*10.000 mt.*	
European U23 Championships	**European U20 Cup**	**World U20 Championships**	**European U20 Championships**
2003 = 1°	2000 = 10° 2001 = 4°	2000 = 4°	2001 = 2°