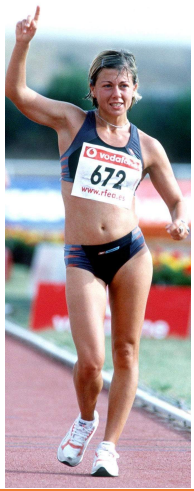
VASCO MARIA

26 - 12 - 1975



Personal Best

5.000 mt.	*(track)*	**20:57.11**	Barcelona (Esp)	02.06.2007
5 km.	*(road)*	**21:04**	Barcelona (Esp)	06.02.2005
10.000 mt.	*(track)*	**43:02.04**	Valencia (Esp)	21.07.2001
10 km.	*(road)*	**43:02**	Budapest (Hun)	20.08.1998
20 km.	*(road)*	**1:27:25**	Beijing (Chn)	21.08.2008

Ranking 20 km. (average = 1:28:30)

01	***1:27:25***	Beijing	21.08.2008	06	***1:28:47***	La Coruña	16.03.2002
02	***1:27:36***	Naumburg	02.05.2004	07	***1:28:51***	Helsinki	07.08.2005
03	***1:28:10***	Cheboksary	18.05.2003	08	***1:28:54***	Pontevedra	04.03.2012
04	***1:28:14***	London	11.08.2012	09	***1:29:06***	Tijuana	20.03.2004
05	***1:28:38***	Cheboksary	11.05.2008	10	***1:29:17***	Leamington	20.05.2007

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2000 = 3°	1999 = 10°	1999 = 23°	2002 = Dnf.	2000 = Dnf.
2004 = 7°	2001 = 5°	2002 = 8°	2006 = 15°	2001 = 7°
2008 = 5°	2003 = Dnf.	2004 = 3°	2010 = Dnf.	2003 = 3°
2012 = 7°	2005 = 4°	2008 = 5°		2007 = 5°
	2007 = 3°	2010 = 1°		2009 = 1°
	2009 = Dnf.	2012 = Dnf.		2011 = 3°
	2011 = 10°			

20 km. *10 km.*

Mediterranean Games	Olympic Games	World Championships	World Cup	European Championships
2005 = 2°	1996 = 27°	1995 = 25°	1997 = 21°	1998 = 5°

10 km. *5.000 mt.*

European Cup	European U23 Championships	World U20 Championships	European U20 Championships
1996 = 13°	1997 = 2°	1990 = 15°	1993 = 4°
1998 = 7°		1992 = 6°	
		1994 = 4°	