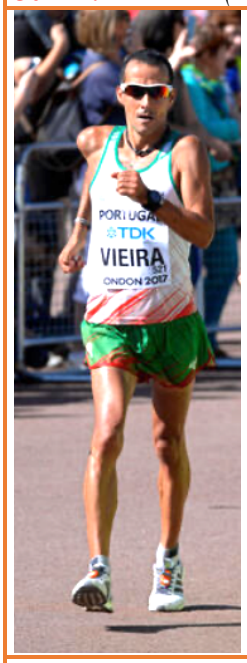
VIEIRA JOÃO

20 - 02 - 1976

Personal Best

5.000 mt.	*(indoor)*	**19:04.78**	Espinho (Por)	17.02.2017
5.000 mt.	*(track)*	**18:33.16**	Rio Maior (Por)	10.05.2000
5 km.	*(road)*	**21:10**	Moita (Por)	15.11.2025
35 km.	*(road)*	**39:44.91**	Lisboa (Por)	30.06.20111
10 km.	*(road)*	**39:06**	Beijing (Chn)	18.09.2010
20.000 mt.	*(track)*	**1:24:00**	Seixal (Por)	25.06.2009
20 km.	*(road)*	**1:20:09**	Göteborg (Swe)	08.08.2006
35 km.	*(road)*	**2:31:41**	Poděbrady (Cze)	18.05.2025
50 km.	*(road)*	**3:45:17**	Pontevedra (Esp)	04.03.2012



Ranking 20 km. (average = 1:19:27)

01	***1:20:09***	Göteborg	08.08.2006
02	***1:20:30***	La Coruña	07.06.2003
03	***1:20:33***	La Coruña	13.05.2006
04	***1:20:41***	London	04.08.2012
05	***1:20:42***	Leamington	20.05.2007
06	***1:20.44***	Naumburg	05.05.2002
07	***1:20:48***	La Coruña	05.06.2004
08	***1:20:49***	Barcelona	27.07.2010
09	***1:20:59***	Poděbrady	19.04.1997
10	***1:21:01***	Cheboksary	18.05.2003

Ranking 50 km. (average = 3:49:44)

01	***3:45:17***	Pontevedra	04.03.2012
02	***3:45:28***	London	13.08.2017
03	***3:46:38***	Alytus	19.05.2019
04	***3:49:05***	Dudince	19.03.2016
05	***3:51:28***	Sapporo	06.08.2021
06	***3:51:46***	Porto de Mos	13.01.2019
07	***3:52:00***	Bejia	21.02.2004
08	***4:04:59***	Doha	28.09.2019

Ranking 35 km. (average = 2:36:42)

01	***2:31:41***	Poděbrady	18.05.2025	05	***2:38:17***	Lagoa	12.01.2025
02	***2:33:23***	Dudince	23.04.2022	06	***2:38:20***	Tokyo	13.09.2025
03	***2:33:34***	Dudince	25.03.2023	07	***2:39:47***	Porto de Mos	10.01.2021
04	***2:36:32***	Porto de Mos	15.01.2023	08	***2:42:06***	Porto de Mos	26.01.2020

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2004 = 10°	1999 = Dq.	1999 = 21°	1998 = 20°	1996 = 39°
2008 = 32°	2001 = Dq.	2002 = 11°	2002 = 12°	1998 = 26°
2012 = 11°	2003 = 17°	2004 = 17°	2006 = 3°	2001 = 15°
2016 = 31°	2005 = Dnf.	2006 = 8°	2010 = 2°	2003 = 4°
	2007 = 25°	2008 = 15°	2014 = Dnf.	2005 = Dnf.
	2009 = 9°	2012 = 14°		2007 = 7°
	2011 = 11°	2014 = Dnf.		2009 = Dnf.
	2013 = 3°	2016 = 30°		2011 = Dnf.
	2015 = 36°	2018 = 35°		2013 = 6°
	2023 = 23°			2015 = Dnf.
				2017 = 14°
				2023 = 10°

50 km.

Olympic Games	World Championships	European Championships
2012 = Dnf.	2017 = 10°	2018 = Dnf.
2016 = Dnf.	2019 = 2°	
2021 = 5°	205 = 17°	

Marathon Mixed Relay

World Cup
2024 = 32°

35 km.

World Championships	European Cup	European U23 Ch.
2022 = Dnf.	2019 = 3°	1997 = Dnf.
2023 = Dnf.		
2025 = 20°		

10.000 mt..

European U20 Ch.
1995 = Dq.