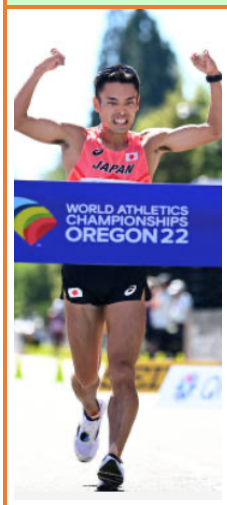
YAMANISHI TOSHIKAZU

15 - 02 - 1996



Personal Best

5.000 mt.	*(track)*	**18.34.88**	Kumagaya (Jpn)	19.09.2020
10.000 mt.	*(track)*	**38:27.34**	Yamaguchi (Jpn)	22.09.2024
10 km.	*(road)*	**38:50**	Madrid (Esp)	01.06.2015
20 km.	*(road)*	**1:16:10**	Kobe (Jpn)	16.02.2025
35 km.	*(road)*	**2:26:18**	Takahata (Jpn)	23.10.2022

Ranking 20 km. (average = 1:17:35)

01	***1:16:10***	Kobe	16.02.2025	06	***1:17:41***	La Coruña	08.06.2019
02	***1:17:15***	Nomi	17.03.2019	07	***1:17:47***	La Coruña	18.05.2024
03	***1:17:20***	Kobe	21.02.2021	08	***1:17:56***	Takahata	27.10.2024
04	***1:17:36***	Kobe	16.02.2020	09	***1:18:10***	Kobe	17.02.2019
05	***1:17:41***	Kobe	18.02.2018	10	***1:18:15***	La Coruña	07.06.2025

Career Highlights

20 km. + ½ Marathon walk

Olympic Games	World Championships	World Cup	Asian Games
2021 = 3°	2019 = 1° 2022 = 1° 2023 = 24° 2025 = 28°	2018 = 4° 2022 = 1° 2026 = 7°	2018 = 2°

20 km.

Asian Championships	University Games
2019 = 1°	2017 = 1°

10.000 mt.

World U18 Championships
2013 = 1°