



# 10K VALENCIA IBERCAJA 2020



LOVE THIS RACE

## MEN

Rhonex Kipruto  
 Josphat Kiprono Menjo  
 Benard Kimeli  
 Stephen Kissa  
 Shadrack Koech  
 Chala Regasa Ketema  
 Julien Wanders  
 Vedic Kipkoech  
 Alex Korio  
 Lawi Kosgei  
 Amos Mitei  
 Juan Antonio Pérez  
 Jesper Van Der Wielen  
 Daniele Meucci  
 Javier Guerra  
 Robert Kiprof Koech  
 Ben Connor  
 Samuel Fitwi  
 Jacob Krop  
 Callum Hawkins  
 Alejandro Fernández  
 Corentin Le Roy  
 Richard Douma  
 Djilali Bedrani  
 Jaouad El Bissis  
 Isaac Kiprono Yego  
 Jesús Ángel Olmos  
 Javier Nagore Arizu  
 Emmanuel Roudolff  
 Derek Hawkins  
 Jaume Leiva  
 Luuk Maas  
 Daniele D'Onofrio  
 Sikiyas Misganaw  
 Necho Tayachew  
 Pablo Sánchez Gómez  
 Marc Fernandes

## WOMEN

Sheila Chepkirui  
 Lonah Chemtai Salpeter  
 Norah Jeruto  
 Rosemary Wanjiru  
 Stella Chesang  
 Charlotte Arter  
 Karolina Naldoska  
 Jess Piasecki  
 Paula González Berodia  
 Rachael Chebet  
 Sofiiia Yaremchuk  
 Jennifer Nesbitt  
 Bosen Mulate  
 Fanny Marthe Huguette  
 Laura Méndez  
 Yesica Mas  
 Katja Fischer  
 Maria UreEa  
 Rediet Daniel  
 Mercy Chemutai Koech

### Personal Best

**26'46"** Praha 2018. KENYA  
**27'04"** Barcelona 2010. KENYA  
**27'10"** Praha 2017. KENYA  
**27'13"** Laredo 2019. UGANDA  
**27'21"** Praha 2019. KENYA  
**27'23"** 10K Valencia Ibercaja 2019. ETIOPIA  
**27'25"** Houilles 2018. SUIZA  
**27'26"** 10K Valencia Ibercaja 2019. KENYA  
**27'34"** Cape Elizabeth 2019. KENYA  
**27'41"** Würzburg 2019. KENYA  
**27'58"** 10K Paderbon 2015. KENYA  
**27'59"** 10K Valencia Ibercaja 2019. ESPAÑA  
**28'18"** Paderborn 2015. HOLANDA  
**28'19"** 10K New York 2014. ITALIA  
**28'29"** Laredo 2017. ESPAÑA  
**28'39"** Praha 2018. KENYA  
**28'40"** Houilles 2019. GRAN BRETAÑA  
**28'43"** 10K Brunssum 2019. ALEMANIA  
**28'45"** 10K El Doret 2019. KENYA  
**28'55"** 10K Valencia Ibercaja 2019. GRAN BRETAÑA  
**28'56"** 10K Trinidad Alfonso Valencia 2019. ESPAÑA  
**28'56"** 10K Niza 2019. FRANCIA  
**29'00"** Hole 2019. HOLANDA  
**29'08"** Houillines 2018. FRANCIA  
**29'08"** Madrid 2019. MARRUECOS  
**29'08"** Castellón 2019. KENYA  
**29'10"** 10K Trinidad Alfonso Valencia 2019. ESPAÑA  
**29'16"** 10K Laredo 2018. ESPAÑA  
**29'22"** Houilles 2017. FRANCIA  
**29'24"** Houillines 2015. GRAN BRETAÑA  
**29'38"** Praha 2019. ESPAÑA  
**29'53"** Schoorl 2019. HOLANDA  
**30'01"** Roma 2019. ITALIA  
**Debut.** ETIOPIA  
**Debut.** ISRAEL  
**Debut.** ESPAÑA  
**Debut.** FRANCIA

**29'57"** Praha 2019. KENYA  
**30'05"** 10K Tilburg 2019. ISRAEL  
**30'07"** Praha 2019. KENYA  
**30'50"** 10K Valencia Ibercaja 2019. KENYA  
**31'14"** 10K Durban 2018. UGANDA  
**31'35"** 10K Leeds 2019. GRAN BRETAÑA  
**32'20"** 10K Valencia Ibercaja 2019. POLONIA  
**32'33"** Londres 2019. GRAN BRETAÑA  
**32'36"** 10K Laredo 2014. ESPAÑA  
**32'37"** Oelde 2019. UGANDA  
**32'45"** Fiumicino 2019. UKRANIA  
**32'52"** 10K Cardiff 2019. GRAN BRETAÑA  
**32'58"** Great Ethiopian Run 2019. ETIOPIA  
**33'15"** Nice 2016. FRANCIA  
**33'58"** 10K Trinidad Alfonso Valencia 2019. ESPAÑA  
**34'46"** 10K Valencia 2018. ESPAÑA  
**35'16"** Essen 2019. ALEMANIA  
**35'22"** Madrid 2019. ESPAÑA  
**Debut.** ETIOPIA  
**Debut.** KENYA