

**FIRST (1st) PLACE FINISH/PRIMER LUGAR
WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE**

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
100 m Hurdles/vallas	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	100 m Hurdles/vallas
W35-39	14.94	14.76	16,23		W35-39
80 m Hurdles/vallas	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	80 m Hurdles/vallas
W35-39	see above/vea arriba	see above/vea arriba	see above/vea arriba	see above/vea arriba	W35-39
W40-44	11.24	11.37	12,13		W40-44
W45-49	11.74	11.94	12,03		W45-49
W50-54	13.04	12.89	12,25		W50-54
W55-59	13.73	13.95	13,89		W55-59
W60-64	14.03	13.35	14,12		W60-64
W65-69	14.84	14.24	14,33		W65-69
W70-74	18.00	17.90	17,34		W70-74
W75-79	20.97	19.75			W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
400 m Hurdles/vallas	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	400 m Hurdles/vallas
W35-39	1:04.21	1:00.84	1.01,19		W35-39
W40-44	59:76	1:03.83	1.06,13		W40-44
W45-49	1:04.63	1:06.26	1.05,16		W45-49
300 m Hurdles/vallas	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	300 m Hurdles/vallas
W35-39	see above/vea arriba	see above/vea arriba	see above/vea arriba	see above/vea arriba	W35-39
W40-44	see above/vea arriba	see above/vea arriba	see above/vea arriba	see above/vea arriba	W40-44
W45-49	see above/vea arriba	see above/vea arriba	see above/vea arriba	see above/vea arriba	W45-49
W50-54	49.81	46.19	47,88		W50-54
W55-59	52.54	50.75	53,25		W55-59
W60-64	51.64	52.27	54,52		W60-64
W65-69	56.96	1:05.97	59,15		W65-69
W70-74	1:26.90	1:09.88	see above/vea abajo		W70-74
W75-79					W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
200 m Hurdles/vallas	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	300 m Hurdles/vallas
W70-74			39,26		W70-74

FIRST (1st) PLACE FINISH/PRIMER LUGAR
WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
2000 m steeplechase/ obstaculos	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	2000 m steeplechase/ obstaculos
W35-39	6:57.21	7:01.19	7.25,87		W35-39
W40-44	7:16.49	7:06.10	7.01,91		W40-44
W45-49	7:27.19	7:45.52	7.43,72		W45-49
W50-54	8:28.12	8:25.21	8.04,14		W50-54
W55-59	8:48.81	9:13.36	8.57,81		W55-59
W60-64	10:04.17	10:47.02	9.34,12		W60-64
W65-69	10:39.70	9:30.53	14.05,11		W65-69
W70-74	11:42.64	11:15.55	11.16,1		W70-74
W75-79			12.03,04		W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
100 meters	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	100 meters
W35-39	12.34	12.74	12.75		W35-39
W40-44	12.25	12.42	12,44		W40-44
W45-49	13.06	12.96	12,22		W45-49
W50-54	13.20	13.22	12,84		W50-54
W55-59	13.47	14.21	13,34		W55-59
W60-64	14.32	14.00	15,04		W60-64
W65-69	15.10	14.39	15,51		W65-69
W70-74	15.08	16.05	15,62		W70-74
W75-79	16.47	16.79	16,46		W75-79
W80-84	20.89	19.75	19,77		W80-84
W85-89	22.34	25.97	20,09		W85-89
W90-94	57.58	33.56	25,05		W90-94

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WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
200 meters	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	200 meters
W35-39	25.17	25.81	25,83		W35-39
W40-44	24.84	25.43	25,41		W40-44
W45-49	25.77	26.22	25,33		W45-49
W50-54	26.74	25.65	26,68		W50-54
W55-59	27.85	29.86	27,83		W55-59
W60-64	30.11	28.61	31,74		W60-64
W65-69	31.86	29.66	32,15		W65-69
W70-74	32.10	34.11	33,37		W70-74
W75-79	35.21	35.96	34,55		W75-79
W80-84	48.25	44.81	46,36		W80-84
W85-89	55.54	1:23.66	47,39		W85-89
W90-94	1:59.45		54,46		W90-94
400 meters	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	400 meters
W35-39	56.03	56.59	55,35		W35-39
W40-44	57.92	56.67	57,68		W40-44
W45-49	59.49	59.18	59,44		W45-49
W50-54	59.84	57.66	58,35		W50-54
W55-59	1:07.64	1:04.13	1.01,90		W55-59
W60-64	1:07.55	1:08.73	1.11,45		W60-64
W65-69	1:15.91	1:14.14	1.12,76		W65-69
W70-74	1:20.05	1:17.92	1.20,51		W70-74
W75-79	1:36.12	1:30.73	1.27,17		W75-79
W80-84	1:55.81	1:40.70	1.43,01		W80-84
W85-89		3.14.35			W85-89
W90-94					W90-94
800 meters	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	800 meters
W35-39	2:15.6	2:13.60	2.21,32		W35-39
W40-44	2:16.12	2:14.07	2.18,17		W40-44
W45-49	2:23.31	2:19.51	2.22,40		W45-49
W50-54	2:21.32	2:27.46	2.19,50		W50-54
W55-59	2:30.02	2:32.07	2.37,52		W55-59
W60-64	2:43.57	2:46.07	2.51,01		W60-64
W65-69	2:54.09	2:53.19	3.01,27		W65-69
W70-74	3:07.37	3:07.89	3.07,31		W70-74
W75-79	3:54.41	3:44.91	3.35,54		W75-79
W80-84	3:45.00	4:35.48	3.53,43		W80-84
W85-89					W85-89
W90-94					W90-94

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WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
1500 m run	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	1500 m run
W35-39	4:37.74	4:42.50	4.48,97		W35-39
W40-44	4:50.47	4:30.44	4.34,82		W40-44
W45-49	4:43.19	4:44.64	4.32,05		W45-49
W50-54	4:44.55	5:02.47	4.46,98		W50-54
W55-59	5:09.46	5:12.59	4.58,52		W55-59
W60-64	5:44.79	5:39.62	6.14,15		W60-64
W65-69	5:55.70	6:06.17	5.57,13		W65-69
W70-74	6:19.41	6:34.44	6.28,73		W70-74
W75-79	6:49.07	7:55.03	7.17,89		W75-79
W80-84	7:34.01	7:57.64	7.44,38		W80-84
W85-89					W85-89
W90-94					W90-94
5000 m run	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	5000 m run
W35-39	17:12.21	17:24.46	17.00,32		W35-39
W40-44	17:14.22	16:54.66	17.12,13		W40-44
W45-49	17:33.75	17:42.21	16.53,00		W45-49
W50-54	18:01.00	18:01.56	17.24,63		W50-54
W55-59	18:35.05	18:25.94	18.38,82		W55-59
W60-64	20:12.66	20:46.79	21.25,42		W60-64
W65-69	22:19.43	22:35.33	22.03,52		W65-69
W70-74	23:57.68	25:55.97	24.47,20		W70-74
W75-79	25:30.08	28:51.06	28.58,82		W75-79
W80-84	26:56.10	30:03.54	40.57,12		W80-84
W85-89	45:22.45				W85-89
W90-94					W90-94
10000 m run	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	10000 m run
W35-39	35:45.54	37:21.61	35.37,43		W35-39
W40-44	36:11.65	36:58.71	36.08,78		W40-44
W45-49	37:42.57	37:57.40	38.47,73		W45-49
W50-54	38:15.05	37:31.42	38.57,45		W50-54
W55-59	39:22.03	40:06.62	42.07,59		W55-59
W60-64	44:41.55	44:22.07	46.16,41		W60-64
W65-69	46:41.19	46:28.87	46.37,47		W65-69
W70-74	49:51.29	50:11.41	51.15,21		W70-74
W75-79	50:00.93	1:04:57.82	1.04.13,83		W75-79
W80-84	58:24.70	1:15:25.28	1.22.26,55		W80-84
W85-89					W85-89
W90-94					W90-94

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Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
5000 m track walk	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	5000 m track walk
W35-39	25:10.44	25:57.74			W35-39
W40-44	25:32.41	26:11.35	33.54,26		W40-44
W45-49	24:00.68	26:50.70	26.26,26		W45-49
W50-54	26:28.05	26:38.85	25.48,07		W50-54
W55-59	27:45.97	27:46.10	27.14,18		W55-59
W60-64	29:23.66	29:03.75	30.28,77		W60-64
W65-69	31:18.30	30:50.25	28.28,242		W65-69
W70-74	32:40.85	33:08.80	36.35,48		W70-74
W75-79	40:16.59	37:48.15	39.59,77		W75-79
W80-84	37:10.27	39:33.10	41.27,63		W80-84
W85-89	47:58.39		49.40,72		W85-89
W90-94		49:25.20	52.43,63		W90-94
4 x 100 m relay	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	4 x 100 m relay
W35-39	49.31	49.68	49,04		W35-39
W40-44	50.48	50.58	48,01		W40-44
W45-49	51.14	51:96	49,39		W45-49
W50-54	53.31	51.61	54,25		W50-54
W55-59	55.44	56.47	56,93		W55-59
W60-64	1:00.00	57.21	1.02,56		W60-64
W65-69	1:02.16	1:02.77	1.04,18		W65-69
W70-74	1:09.93	1:09.61	1.06,13		W70-74
W75-79	1:24.88	1:46.04	1.42,14		W75-79
W80-84					W80-84
W85-89					W85-89
W90-04					W90-04
4 x 400 m relay	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	4 x 400 m relay
W35-39	4:01.49	3:55.64	3.53,80		W35-39
W40-44	4:06.70	4:04.05	4.04,84		W40-44
W45-49	4:10.61	4:14.22	4.08,32		W45-49
W50-54	4:17.60	4:15.40	4.10,80		W50-54
W55-59	4:53.52	4:46.44	5.03,47		W55-59
W60-64	4:59.82	4:57.86	5.14,23		W60-64
W65-69	5:24.69	5:25.00	5.37,63		W65-69
W70-74	7:31.43	6:26.99	7.15,40		W70-74
W75-79	8:35.60	10:37.36	6.58,70		W75-79
W80-84					W80-84
W85-89					W85-89

FIRST (1st) PLACE FINISH/PRIMER LUGAR
WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
W90-04					W90-04
Long Jump	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Long Jump
W35-39	6.18	5.17	5,45		W35-39
W40-44	5.61	5.65	5,24		W40-44
W45-49	5.33	5.27	5,23		W45-49
W50-54	4.73	5.01	5,23		W50-54
W55-59	4.65	4.36	4,55		W55-59
W60-64	4.45	4.54	4,21		W60-64
W65-69	3.89	4.47	4,28		W65-69
W70-74	3.42	4.16	2,04		W70-74
W75-79	2.91	3.36	2,93		W75-79
W80-84	2.62	2.34	2,09		W80-84
W85-89	1.72	1.67			W85-89
W90-94			1,77		W90-94
Triple Jump	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Triple Jump
W35-39	11.92	11.49	12,47		W35-39
W40-44	11.53	11.87	11,20		W40-44
W45-49	11.31	10.72	10,77		W45-49
W50-54	10.35	10.46	10,17		W50-54
W55-59	9.17	9.41	9,13		W55-59
W60-64	9.02	9.46	9,03		W60-64
W65-69	8.53	9.53	9,13		W65-69
W70-74	7.30	8.46	8,65		W70-74
W75-79	6.18	6.96	5,27		W75-79
W80-84	4.08	4.60	4,63		W80-84
W85-89	3.91	3.57			W85-89
W90-94			4,02		W90-94
High Jump	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	High Jump
W35-39	1.69	1.73	156		W35-39
W40-44	1.69	1.65	162		W40-44
W45-49	1.51	1.53	156		W45-49
W50-54	1.48	1.48	152		W50-54
W55-59	1.41	1.48	131		W55-59
W60-64	1.36	1.33	130		W60-64
W65-69	1.30	1.34	130		W65-69
W70-74	1.09	1.24	123		W70-74
W75-79	1.09	1.09	112		W75-79
W80-84	0.94	0.88	085		W80-84

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WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
W85-89					W85-89
W90-94			082		W90-94
Pole Vault	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Pole Vault
W35-39	3.70	3.75	300		W35-39
W40-44	2.90	3.10	371		W40-44
W45-49	3.30	3.00	320		W45-49
W50-54	2.70	2.90	320		W50-54
W55-59	2.60	2.75	270		W55-59
W60-64	2.20	2.65	265		W60-64
W65-69	2.00	2.30	235		W65-69
W70-74		2.00	210		W70-74
W75-79	1.40	1.00	130		W75-79
W80-84	1.40		110		W80-84
W85-89					W85-89
W90-94					W90-94
Discus	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Discus
W35-39	44.00	43.12	43,03		W35-39
W40-44	42.44	38.26	47,47		W40-44
W45-49	48.65	41.95	42,88		W45-49
W50-54	33.70	43.43	42,70		W50-54
W55-59	35.42	37.23	35,27		W55-59
W60-64	31.74	32.50	31,24		W60-64
W65-69	37.62	35.45	33,80		W65-69
W70-74	25.57	28.47	28,86		W70-74
W75-79	18.61	25.07	22,36		W75-79
W80-84	16.48	18.71	19,76		W80-84
W85-89	12.72	14.61	14,82		W85-89
W90-94		11.45	13,92		W90-94
Shot Put	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Shot Put
W35-39	12.06	13.50	11,79		W35-39
W40-44	12.92	12.88	12,12		W40-44
W45-49	11.95	12.94	13,36		W45-49
W50-54	13.15	14.40	14,24		W50-54
W55-59	12.69	13.14	11,23		W55-59
W60-64	11.98	11.81	11,30		W60-64
W65-69	11.75	10.87	10,37		W65-69
W70-74	10.37	9.90	10,17		W70-74
W75-79	7.68	7.62	5,82		W75-79

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Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
W80-84	6.60	6.48	7,52		W80-84
W85-89	5.05	4.66	5,99		W85-89
W90-94		4.35	4,86		W90-94
Weight Throw	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Weight Throw
W35-39	14.01	15.66	14,40		W35-39
W40-44	15.23	15.81	12,93		W40-44
W45-49	15.26	15.10	14,66		W45-49
W50-54	13.60	14.99	16,21		W50-54
W55-59	14.94	14.29	11,66		W55-59
W60-64	14.49	17.36	16,21		W60-64
W65-69	14.03	14.63	13,40		W65-69
W70-74	13.66	12.46	11,07		W70-74
W75-79	10.12	10.09	8,24		W75-79
W80-84	7.46	9.57	8,66		W80-84
W85-89		7.18	5,29		W85-89
W90-94		5.27	6,49		W90-94
Javelin	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Javelin
W35-39	46.36	48.01	47,69		W35-39
W40-44	46.17	45.07	43,09		W40-44
W45-49	33.03	43.56	43,36		W45-49
W50-54	36.88	34.22	38,11		W50-54
W55-59	34.34	36.69	38,12		W55-59
W60-64	37.21	32.68	33,21		W60-64
W65-69	35.74	28.71	27,55		W65-69
W70-74	28.66	29.73	33,73		W70-74
W75-79	21.04	20.99	18,20		W75-79
W80-84	15.92	14.21	21,21		W80-84
W85-89		14.00	12,83		W85-89
W90-94		7.53	13,54		W90-94
Hammer	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Hammer
W35-39	43.36	49.20	49,45		W35-39
W40-44	51.95	50.04	49,40		W40-44
W45-49	49.54	43.86	44,19		W45-49
W50-54	46.86	45.36	48,07		W50-54
W55-59	45.04	45.73	36,81		W55-59
W60-64	38.30	42.88	40,45		W60-64
W65-69	39.58	35.37	35,29		W65-69
W70-74	34.13	28.82	35,18		W70-74

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WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE**

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
W75-79	23.33	22.95	20,97		W75-79
W80-84	12.01	22.39	22,65		W80-84
W85-89	15.14	14.22	12,52		W85-89
W90-94		9.79	12,91		W90-94
10000 m road walk	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	10000 m road walk
W35-39	50:52.00	51:30	55.35		W35-39
W40-44	54:39.00	52:33	1.08.41		W40-44
W45-49	49:45.00	52:32	54.12		W45-49
W50-54	54:10.00	52:53	53.08		W50-54
W55-59	59:14.00	54:54	56.46		W55-59
W60-64	1:01:41.00	58:24	1.02.55		W60-64
W65-69	1:05:51.00	1:02:27	57.28		W65-69
W70-74	1:07:16.00	1:06:55	1.16.13		W70-74
W75-79	1:23:52.00	1:23:05	1.26.50		W75-79
W80-84	1:18:01.00	1:23:09	1.24,19		W80-84
W85-89	1:37:36.00				W85-89
W90-94		1:38:07	1.48,07		W90-94
10000 road walk team	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	10000 road walk team
W35-39					W35-39
W40-44					W40-44
W45-49			2.44.22		W45-49
W50-54			3.25.09		W50-54
W55-59			3.12.16		W55-59
W60-64			3.25.15		W60-64
W65-69		3:42:49	3.28.00		W65-69
W70-74					W70-74
W75-79			4.30.09		W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
20000 m road walk	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	20000 m road walk
W35-39		1:51:04	2.11.51		W35-39
W40-44		1:48:45			W40-44
W45-49		1:55:59	1.52.39		W45-49
W50-54		1:50:39	1.48.04		W50-54
W55-59		1:57:07	2.00.25		W55-59
W60-64		1:59:04	2.12.10		W60-64
W65-69		2:08:2	2.00.03		W65-69

**FIRST (1st) PLACE FINISH/PRIMER LUGAR
WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE**

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
W70-74		2:18:39			W70-74
W75-79					W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
20000 road walk team	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	20000 road walk team
W35-39					W35-39
W40-44					W40-44
W45-49			6.08.12		W45-49
W50-54			6.03.49		W50-54
W55-59			6.50.18		W55-59
W60-64			7.11.37		W60-64
W65-69		6:53:19			W65-69
W70-74					W70-74
W75-79					W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
Marathon	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Marathon
W35-39	2:58:21.00	2:49:48	2.51.49		W35-39
W40-44	2:57:15.00	2:59:42	2.43.56		W40-44
W45-49	3:07:05.00	3:06:12	3.13.53		W45-49
W50-54	3:10:22.00	3:07:03	3.11.40		W50-54
W55-59	3:18:53.00	3:05:29	3.20.47		W55-59
W60-64	3:30:38.00	3:29:34	3.32.45		W60-64
W65-69	4:10:33.00	3:34:50	3.42.11		W65-69
W70-74	4:57:55.00	4:11:55	4.16.25		W70-74
W75-79					W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
Marathon Team	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Marathon Team
W35-39			9.01.18		W35-39
W40-44			10.15.03		W40-44
W45-49			10.17.15		W45-49
W50-54			9.48.55		W50-54
W55-59			10.33.25		W55-59
W60-64			11.42.13		W60-64

FIRST (1st) PLACE FINISH/PRIMER LUGAR
WOMEN, WMA OUTDOOR CHAMPIONSHIPS/MUJERES, WMA CAMPEONATO AL AIRE LIBRE

Age	San Sebastian, Spain--2005	Riccione, Italy 2007	Lahti, Finland 2009	Sacramento, USA 2011	Age
W65-69		15:08:56	11.57.58		W65-69
W70-74					W70-74
W75-79					W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94
Cross Country Race	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Cross Country Race
W35-39	30:03.00	27:46	28.19		W35-39
W40-44	30:04.00	26:38	28.26		W40-44
W45-49	30:26.00	26:45	28.08		W45-49
W50-54	33:32.00	29:16	29.10		W50-54
W55-59	34:55.00	29:27	33.09		W55-59
W60-64	36:47.00	32:16	34.51		W60-64
W65-69	38:48.00	35:13	37.12		W65-69
W70-74	42:00.00	37:15	40.30		W70-74
W75-79	1:00:02.00	45:35	48.09		W75-79
W80-84	50:43.00	48:47	49.20		W80-84
W85-89					W85-89
W90-94					W90-94
Cross Country Team	San Sebastian 1st	Riccione 1st	Lahti 1st	Sacramento 1st	Cross Country Team
W35-39			1.36.43		W35-39
W40-44			1.34.37		W40-44
W45-49			1.34.23		W45-49
W50-54			1.41.06		W50-54
W55-59			1.39.58		W55-59
W60-64			1.53.15		W60-64
W65-69			1.54.10		W65-69
W70-74			2.08.34		W70-74
W75-79					W75-79
W80-84					W80-84
W85-89					W85-89
W90-94					W90-94