

Athlete: Dorota Gruca

Date of Birth: 12/05/1970

Age: 45

Country: Poland / Resident USA

Training: Albuquerque NM, USA

PERSONAL RECORD TIMES:

3000m 9:09.35 Lublin, Poland 1st 2000

5000m 15:18:75 Los Angeles 1st 2004

10,000m 31:52:17 Police, Poland 1st 2004

15K 50:50 Pila, Poland 1st 1999

10-Mile 54:21 Chicago, Illinois 3rd 2003

Half-Marathon 1:11:56 Berlin, Germany 3rd 2000

Marathon 2:27:47 World IAAF Helsinki 13th 2005

ACHIEVEMENTS:

2008 Beijing Olympic Games Marathon 2:33:32 30th place

IAAF 2005 Helsinki World Marathon Championships 2:27:47 13th place

Winner 2004 Mazatlan Marathon 2:28:49

Mexico National Record Time (\$100,000 prize)

Poland National Record Holder 10,000m 31:52 2004-2013

2 times Poland National Record Holder 5000 and 10,000 meters

15 times Poland National Champion 5K to Marathon = 25 medals

Competed in over 20 Marathons and many distance races in over 40 countries

Marathon wins in Debno, Lublin, and Poznan Poland, Dortmund Germany, Mazatlan Mexico,

Birmingham AL, Las Vegas NV, Salt Lake City UT

2nd and 3rd place Marathon finishes in Amsterdam, Las Vegas, Monaco, Nagano, San Antonio, Warsaw

RACE RESULTS:

2015: Apr: Boston Marathon 2:48:49 3rd place Masters 30th place Overall

Jan: P.F. Chang's Rock'N'Roll Phoenix Half-Marathon 1:18:31 7th place Overall

2014: May: Bloomsday 12K 44:16 1st place Masters (3Peat 2012-2014)

Apr: Crescent City Classic 10K 35:56 1st place Masters (Repeat) 9th Overall

Mar: Carlsbad 5000 17:01 1st place Masters (3Peat 2012-2014)

2013: Dec: California International Marathon 2:43:38 1st place Masters (Boston Qualified Time)

Nov: San Antonio R'N'R Half-Marathon 1:19:26 2nd place Overall

Oct: Detroit International Half Marathon 1:18:30 1st place Overall

Sep: Philadelphia Half-Marathon 1:15:25 1st place Masters 8th Overall

Aug: Crim Festival 10 Mile 57:35 1st place Masters 7th Overall

Jul: Peachtree 10K Road Race 34:58 2nd place Masters

Jun: Freihofer's Run for Women 5K 16:59 1st place Masters 17th Overall

May: Bloomsday 12K 43:04 1st place Masters 14th Overall

Apr: Carlsbad 5000 16:40 1st place Masters

Mar: Crescent City Classic 10K 34:35 1st place Masters 12th Overall

Mar: Mountain to Fountain 15K 52:50 1st place Masters 5th Overall

Jan: P.F. Chang's Rock'N'Roll Phoenix Half-Marathon 1:15:56 2nd place

2012: Phoenix 10K 35:07 (Masters Course and State record)

Des Moines Half-Marathon 1:16:41 2nd place Overall

Philadelphia Half-Marathon 1:16:11 1st place Masters 10th Overall

Beach to Beacon 10K Race 35:33 2nd place Masters 14th Overall

Peachtree 10K Road Race 34:55 2nd place Masters 15th Overall

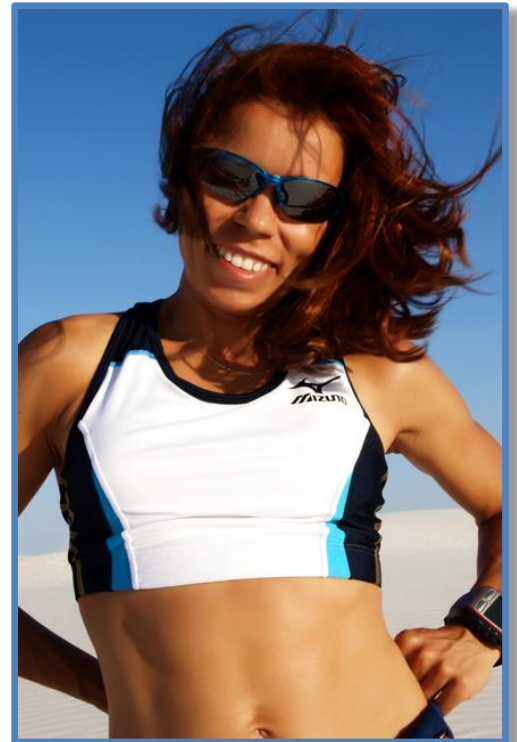
Freihofer's Run for Women 5K 16:50 1st place Masters 14th Overall

Bloomsday 12K 42:50 1st place Masters 13th Overall

Carlsbad 5000 16:58 1st place Masters

Mountain to Fountain 15K 53:30 1st place Masters 5th Overall

P.F. Chang's Rock'N'Roll Phoenix Half-Marathon 1:18:34 2nd place



www.dorotagruca.com

