

## Nagao, Kaoru (JPN)

DOB: 26 Sept 1989; Chiba Prefecture  
Team: Universal Entertainment;

### Personal Bests:

5000m: 15:54.66 (2009); Half marathon: 1:10:45 (2010); Marathon: 2:26:58

### Progressions:

Year	5000m	10000m	Half Marathon	Marathon
2011				2:26:58
2010			1:10:45	
2009	15:54.66			
2008	16:10.71			

### Marathon career

	Time	Venue	Place	Date
Personal Best	<b>2:26:58</b>	Yokohama Women's	4 <sup>th</sup>	20 Feb 2011

### 2011 Results

Date	Race	Distance	Place	Time
20 Feb	Yokohama Women's Marathon	Marathon	4 <sup>th</sup>	2:26:58

### 2010 Results

Date	Race	Distance	Place	Time
19 Dec	JPN Corporate team Women's Ekiden - Gifu	Stage 5 – 11.6Km	4 <sup>th</sup>	38:19
23 Nov	Chiba Ekiden	Stage 6 - 7.195Km	5 <sup>th</sup>	24:11
3 Nov	East JPN Corporate team Women's Ekiden – Saitama	Stage 1 – 6.795Km	5 <sup>th</sup>	21:40
21 Mar	JPN Corporate team half marathon – Yamaguchi	Half marathon	3 <sup>rd</sup>	1:10:45
14 Feb	Chiba Cross Country	6Km	7 <sup>th</sup>	20:01

### 2009 Results

Date	Race	Distance	Place	Time
13 Dec	JPN Corporate team Women's Ekiden - Gifu	Stage 1 – 6.6Km	8 <sup>th</sup>	21:02
8 Nov	East JPN Women's Ekiden	Stage 1 - 6.0Km	3 <sup>rd</sup>	19:17
3 Nov	East JPN Corporate team Women's Ekiden	Stage 1 – 6.795Km	1 <sup>st</sup>	21:57
26 Sept	JPN Corporate team T&F Champ – Okayama	3000m	2 <sup>nd</sup>	9:13.25
26 Sept	JPN Corporate team T&F Champ – Okayama	3000m	Heat	9:36.58
22 Aug	Kanto district T&F Champ – Chiba	5000m	1 <sup>st</sup>	16:16.24
15 July	Hokuren Distance Challenge – Kitami	5000m	4 <sup>th</sup>	15:54.66
28 June	Chiba Prefecture T&F Champ	5000m	2 <sup>nd</sup>	16:29.50
17 May	East JPN Corporate team T&F Champ - Tendo	3000m	4r2	9:24.33
16 May	East JPN Corporate team T&F Champ	1500m	Heat	4:33.16
19 Apr	Chiba	3000m	1r1	9:22.32
12 Apr	Chiba	1500m	2r1	4:29.60
4 Apr	Kanaguri – Kumamoto	5000m	1r1	16:27.42
21 Mar	Inba	3000m	3 <sup>rd</sup>	9:27.1

### 2008 Results

Date	Race	Distance	Place	Time
14 Dec	JPN Corporate team Women's Ekiden – Gifu	Stage 4 – 4.1Km	8 <sup>th</sup>	13:11
9 Nov	East JPN Women's Ekiden	Stage 2 – 4.0Km	5 <sup>th</sup>	13:14
3 Nov	East JPN Corporate team Women's Ekiden	Stage 6 – 6.3Km	2 <sup>nd</sup>	21:02
27 Sept	JPN Corporate team T&F Champ – Tendo	3000m	3 <sup>rd</sup>	9:22.83
26 Sept	JPN Corporate team T&F Champ – Tendo	3000m	Heat	9:33.85
23 Aug	Kanto district T&F Champ - Naka	5000m	3 <sup>rd</sup>	16:18.05
29 June	Chiba Prefecture T&F Champ	5000m	2 <sup>nd</sup>	16:10.71
17 May	East JPN Corporate team T&F Champ - Kumagaya	1500m	26 <sup>th</sup>	4:34.81
18 May	East JPN Corporate team T&F Champ - Kumagaya	3000m	8 <sup>th</sup>	9:27.25
29 Apr	Challenge Kumagaya	3000m	4r4	9:22.41