

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM

Organiser: Białoruska Federacja Nordic Walking; Ministerstwo sportu i turystyki
Date: 2019-02-16
Place: Grodno
Distance: 10 km
Klasyfikacja wg czasów netto.



ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, Wszyscy

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	КОШУР АЛЕКСАНДР	48	ЛОКОМОТИВ/RUN4FUN.BY	БАРАНОВИЧИ	BLR	M-30	1	M 1	00:08:58	00:18:13	00:27:18	00:36:20.00	3:38	16.5
2	КРАПИВКО ДМИТРИЙ	49		ГРОДНО	BLR	M-30	2	M 2	00:08:58	00:18:13	00:27:46	00:37:26.61	3:44	16
3	KRASKO PAVEL	28	RUN4FUN	GRODNO	BLR	M-30	3	M 3	00:09:27	00:19:14	00:28:58	00:38:40.74	3:52	15.5
4	CHEMODANOV ALEXEY	23	RUN4FUN.BY	ГРОДНО	BLR	M-30	4	M 4	00:09:25	00:19:07	00:28:58	00:39:03.64	3:54	15.4
5	KOZAK ARKADIUSZ	402	POLSKA TEAM	KOSZALIN	POL	M-40	1	M 5	00:09:33	00:19:22	00:29:17	00:39:06.90	3:54	15.3
6	ЛЯНГА АЛЕКСАНДР	53	RUN4FUN.BY	ЛИДА	BLR	M-30	5	M 6	00:09:27	00:19:30	00:29:47	00:39:51.52	3:59	15.1
7	VOROBJOV ALEXEJ	36	RUN4FUN.BY	GRODNO	BLR	M-30	6	M 7	00:10:35	00:21:01	00:31:20	00:41:30.17	4:09	14.5
8	ТРОФИМОВ ФЁДОР	64	RUN4FUN.BY	МОСТЫ	BLR	M-20	1	M 8	00:10:35	00:21:13	00:32:15	00:43:00.93	4:18	13.9
9	БОГАН АЛЕКСАНДР	41	RUN4FUN.BY	ГРОДНО	BLR	M-30	7	M 9	00:11:03	00:22:20	00:33:49	00:45:17.40	4:31	13.2
10	ШОТ ДМИТРИЙ	66	ОАО'СКИДЕЛЬСКИЙ САХКОМБИНАТ'	СКИДЕЛЬ	BLR	M-30	8	M 10	00:11:22	00:23:01	00:34:34	00:45:47.33	4:34	13.1
11	БОЛСУН ВИКТОР	42	РЕГИОН	МОЛОДЕЧНО	BLR	M-40	2	M 11	00:12:00	00:23:26	00:35:06	00:46:32.11	4:39	12.9
12	МАЗЫРКО АЛЕКСАНДР	54		ГРОДНО	BLR	M-30	9	M 12	00:11:04	00:22:59	00:35:20	00:47:39.33	4:45	12.6
13	ВИНЕНКО АЛЕКСАНДР	44	RUN4FUN.BY	ГРОДНО	BLR	M-30	10	M 13	00:11:10	00:24:06	00:36:24	00:47:56.94	4:47	12.5
14	СТУПАКЕВИЧ АННА	61	RUN4FUN.BY	ГРОДНО	BLR	K-30	1	K 1	00:11:33	00:23:28	00:35:54	00:48:13.84	4:49	12.4
15	КИШКЕЛЬ ИВАН	46	RUN4FUN	ГРОДНО	BLR	M-40	3	M 14	00:11:52	00:24:04	00:36:28	00:48:15.83	4:49	12.4
16	ШАФРАНОВИЧ ПАВЕЛ	43	RUN4FUN	ГРОДНО	BLR	M-30	11	M 15	00:12:03	00:24:20	00:36:37	00:48:19.39	4:49	12.4
17	ОШУРКО АНТОН	56	RUN4FUN.BY	ГРОДНО	BLR	M-30	12	M 16	00:11:29	00:23:33	00:36:00	00:48:19.77	4:49	12.4
18	MURYHIN ALEKSEI	32	RUN4FUN.BY	ГРОДНО	BLR	M-40	4	M 17	00:11:34	00:24:00	00:36:51	00:49:24.21	4:56	12.1
19	SAKALOUSKI ARTSEM	33	RUN4FUN.BY	ГРОДНО	BLR	M-30	13	M 18	00:12:20	00:24:33	00:37:39	00:50:19.70	5:02	11.9
20	TAN BURAK	34	BERUNNER	ANTALYA	TUR	M-30	14	M 19	00:11:49	00:24:03	00:37:29	00:50:25.01	5:02	11.9
21	DEDUL DMITRY	24		ГРОДНО	BLR	M-20	2	M 20	00:12:10	00:24:44	00:38:11	00:51:08.83	5:06	11.7
22	ТОКАРЕВ КОНСТАНТИН	63		МИНСК	BLR	M-40	5	M 21	00:13:05	00:25:56	00:38:42	00:51:25.59	5:08	11.7
23	КУЛИК ОЛЬГА	50	NEMIGA-NORD	ГРОДНО	BLR	K-40	1	K 2	00:12:44	00:25:49	00:39:00	00:52:19.35	5:13	11.5
24	АНДРУШКЕВИЧ ВИТАЛИЙ	38	RUN4FUN	ГРОДНО	BLR	M-30	15	M 22	00:13:06	00:26:36	00:40:07	00:53:15.20	5:19	11.3
25	KUCHYN'SKAYA KATSIARYNA	29		GRODNO	BLR	K-20	1	K 3	00:13:06	00:26:36	00:40:12	00:53:18.87	5:19	11.3
26	БЕКИШ АННА	39	RUN4FUN	ГРОДНО	BLR	K-30	2	K 4	00:13:11	00:26:40	00:40:16	00:53:23.51	5:20	11.2
27	РЯБУШЕВ ВИКТОР	57	КАБАНЧИК	ЖОДИНО	BLR	M-60	1	M 23	00:13:24	00:26:50	00:40:32	00:54:17.13	5:25	11.1
28	ТРОФИМОВ КИРИЛЛ	65		ГРОДНО	BLR	M-30	16	M 24	00:13:26	00:27:13	00:40:58	00:55:05.66	5:30	10.9
29	CHEKEL YULIYA	22	RUN4FUN.BY	GRODNO	BLR	K-30	3	K 5	00:13:18	00:27:11	00:41:35	00:55:23.08	5:32	10.8
30	КОЛБ ОЛЬГА	47	RUN4FUN	ГРОДНО	BLR	K-30	4	K 6	00:13:30	00:28:08	00:42:29	00:56:10.68	5:37	10.7
31	LISINA NATALLIA	31		GRODNO	BLR	K-30	5	K 7	00:13:54	00:27:52	00:42:02	00:56:16.75	5:37	10.7
32	HATSUK NATALIYA	26	RUN4FUN	GRODNO	BLR	K-30	6	K 8	00:14:27	00:28:44	00:43:07	00:57:34.55	5:45	10.4
33	ULDZINOVICH PAVEL	35		БЕЛОСТОК	POL	M-20	3	M 25	00:13:51	00:27:47	00:42:27	00:57:56.20	5:47	10.4
34	САЗОН ИНЕССА	58	RUN4FUN.BY	ГРОДНО	BLR	K-30	7	K 9	00:13:57	00:28:10	00:42:51	00:58:01.67	5:48	10.3
35	ANATSKA LEANID	21	ULTRARUN VERAS	LIDA LIDA	BLR	M-50	1	M 26	00:14:20	00:28:47	00:43:32	00:58:46.41	5:52	10.2
36	БЕЛЯТКО АЛЕКСАНДР	40		ГРОДНО	BLR	M-60	2	M 27	00:14:40	00:29:31	00:44:33	00:59:50.66	5:59	10
37	КУЦК ТАТЯНА	30	NEMIGA-NORD	МИНСК	BLR	K-20	2	K 10	00:13:47	00:28:14	00:44:20	01:00:14.35	6:01	10
38	ЯРОШ АНАСТАСИЯ	68	RUN4FUN.BY	ГРОДНО	BLR	K-30	8	K 11	00:16:03	00:31:39	00:47:41	01:02:41.60	6:16	9.6
39	ЛИТВИНСКАЯ ЛЮДМИЛА	52	АМАТАР	БОБРУЙСК	BLR	K-40	2	K 12	00:14:08	00:29:45	00:46:40	01:03:01.99	6:18	9.5
40	ТЕРМЕНЕВ АЛЕКСАНДР	62	RUN4FUN.BY	ГРОДНО	BLR	M-40	6	M 28	00:15:37	00:32:04	00:48:49	01:05:21.01	6:32	9.2

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, K-OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	СТУПАКЕВИЧ АННА	61	RUN4FUN.BY	ГРОДНО	BLR	K-30	1	K 1	00:11:33	00:23:28	00:35:54	00:48:13.84	4:49	12.4
2	КУЛИК ОЛЬГА	50	NEMIGA-NORD	ГРОДНО	BLR	K-40	1	K 2	00:12:44	00:25:49	00:39:00	00:52:19.35	5:13	11.5
3	KUCHYNSKAYA KATSIARYNA	29		GRODNO	BLR	K-20	1	K 3	00:13:06	00:26:36	00:40:12	00:53:18.87	5:19	11.3
4	БЕКИШ АННА	39	RUN4FUN	ГРОДНО	BLR	K-30	2	K 4	00:13:11	00:26:40	00:40:16	00:53:23.51	5:20	11.2
5	СНЕКЕЛ YULIYA	22	RUN4FUN.BY	GRODNO	BLR	K-30	3	K 5	00:13:18	00:27:11	00:41:35	00:55:23.08	5:32	10.8
6	КОЛБ ОЛЬГА	47	RUN4FUN	ГРОДНО	BLR	K-30	4	K 6	00:13:30	00:28:08	00:42:29	00:56:10.68	5:37	10.7
7	LISINA NATALLIA	31		GRODNO	BLR	K-30	5	K 7	00:13:54	00:27:52	00:42:02	00:56:16.75	5:37	10.7
8	HATSUK NATALIYA	26	RUN4FUN	GRODNO	BLR	K-30	6	K 8	00:14:27	00:28:44	00:43:07	00:57:34.55	5:45	10.4
9	САЗОН ИНЕССА	58	RUN4FUN.BY	ГРОДНО	BLR	K-30	7	K 9	00:13:57	00:28:10	00:42:51	00:58:01.67	5:48	10.3
10	KULIK TATSIANA	30	NEMIGA-NORD	MINSK	BLR	K-20	2	K 10	00:13:47	00:28:14	00:44:20	01:00:14.35	6:01	10
11	ЯРОШ АНАСТАСИЯ	68	RUN4FUN.BY	ГРОДНО	BLR	K-30	8	K 11	00:16:03	00:31:39	00:47:41	01:02:41.60	6:16	9.6
12	ЛИТВИНСКАЯ ЛЮДМИЛА	52	AMATAR	БОБРУЙСК	BLR	K-40	2	K 12	00:14:08	00:29:45	00:46:40	01:03:01.99	6:18	9.5

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, M-OPEN

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	КОШУР АЛЕКСАНДР	48	ЛОКОМОТИВ/RUN4FUN.BY	БАРАНОВИЧИ	BLR	M-30	1	M 1	00:08:58	00:18:13	00:27:18	00:36:20.00	3:38	16.5
2	КРАПИВКО ДМИТРИЙ	49		ГРОДНО	BLR	M-30	2	M 2	00:08:58	00:18:13	00:27:46	00:37:26.61	3:44	16
3	KRASKO PAVEL	28	RUN4FUN	GRODNO	BLR	M-30	3	M 3	00:09:27	00:19:14	00:28:58	00:38:40.74	3:52	15.5
4	СНЕМОДАНОВ ALEXEY	23	RUN4FUN.BY	ГРОДНО	BLR	M-30	4	M 4	00:09:25	00:19:07	00:28:58	00:39:03.64	3:54	15.4
5	KOZAK ARKADIUSZ	402	POLSKA TEAM	KOSZALIN	POL	M-40	1	M 5	00:09:33	00:19:22	00:29:17	00:39:06.90	3:54	15.3
6	ЛЯНГА АЛЕКСАНДР	53	RUN4FUN.BY	ЛИДА	BLR	M-30	5	M 6	00:09:27	00:19:30	00:29:47	00:39:51.52	3:59	15.1
7	VOROBJOV ALEXEJ	36	RUN4FUN.BY	GRODNO	BLR	M-30	6	M 7	00:10:35	00:21:01	00:31:20	00:41:30.17	4:09	14.5
8	ТРОФИМОВ ФЁДОР	64	RUN4FUN.BY	МОСТЫ	BLR	M-20	1	M 8	00:10:35	00:21:13	00:32:15	00:43:00.93	4:18	13.9
9	БОГАН АЛЕКСАНДР	41	RUN4FUN.BY	ГРОДНО	BLR	M-30	7	M 9	00:11:03	00:22:20	00:33:49	00:45:17.40	4:31	13.2
10	ШОТ ДМИТРИЙ	66	ОАО'СКИДЕЛЬСКИЙ САХКОМБИНАТ'	СКИДЕЛЬ	BLR	M-30	8	M 10	00:11:22	00:23:01	00:34:34	00:45:47.33	4:34	13.1
11	БОЛСУН ВИКТОР	42	РЕГИОН	МОЛОДЕЧНО	BLR	M-40	2	M 11	00:12:00	00:23:26	00:35:06	00:46:32.11	4:39	12.9
12	МАЗЫРКО АЛЕКСАНДР	54		ГРОДНО	BLR	M-30	9	M 12	00:11:04	00:22:59	00:35:20	00:47:39.33	4:45	12.6
13	ВИНЕНКО АЛЕКСАНДР	44	RUN4FUN.BY	ГРОДНО	BLR	M-30	10	M 13	00:11:10	00:24:06	00:36:24	00:47:56.94	4:47	12.5
14	КИШКЕЛЬ ИВАН	46	RUN4FUN	ГРОДНО	BLR	M-40	3	M 14	00:11:52	00:24:04	00:36:28	00:48:15.83	4:49	12.4
15	ШАФРАНОВИЧ ПАВЕЛ	43	RUN4FUN	ГРОДНО	BLR	M-30	11	M 15	00:12:03	00:24:20	00:36:37	00:48:19.39	4:49	12.4
16	ОШУРКО АНТОН	56	RUN4FUN.BY	ГРОДНО	BLR	M-30	12	M 16	00:11:29	00:23:33	00:36:00	00:48:19.77	4:49	12.4
17	MURYHIN ALEKSEI	32	RUN4FUN.BY	ГРОДНО	BLR	M-40	4	M 17	00:11:34	00:24:00	00:36:51	00:49:24.21	4:56	12.1
18	SAKALOUSKI ARTSEM	33	RUN4FUN.BY	ГРОДНО	BLR	M-30	13	M 18	00:12:20	00:24:33	00:37:39	00:50:19.70	5:02	11.9
19	TAN BURAK	34	BERUNNER	ANTALYA	TUR	M-30	14	M 19	00:11:49	00:24:03	00:37:29	00:50:25.01	5:02	11.9
20	DEDUL DMITRY	24		ГРОДНО	BLR	M-20	2	M 20	00:12:10	00:24:44	00:38:11	00:51:08.83	5:06	11.7
21	ТОКАРЕВ КОНСТАНТИН	63		МИНСК	BLR	M-40	5	M 21	00:13:05	00:25:56	00:38:42	00:51:25.59	5:08	11.7
22	АНДРУШКЕВИЧ ВИТАЛИЙ	38	RUN4FUN	ГРОДНО	BLR	M-30	15	M 22	00:13:06	00:26:36	00:40:07	00:53:15.20	5:19	11.3
23	РЯБУШЕВ ВИКТОР	57	КАБАНЧИК	ЖОДИНО	BLR	M-60	1	M 23	00:13:24	00:26:50	00:40:32	00:54:17.13	5:25	11.1
24	ТРОФИМОВ КИРИЛЛ	65		ГРОДНО	BLR	M-30	16	M 24	00:13:26	00:27:13	00:40:58	00:55:05.66	5:30	10.9
25	ULDZINOVICH PAVEL	35		БЕЛОСТОК	POL	M-20	3	M 25	00:13:51	00:27:47	00:42:27	00:57:56.20	5:47	10.4
26	ANATSKA LEANID	21	ULTRARUN VERAS	LIDA LIDA	BLR	M-50	1	M 26	00:14:20	00:28:47	00:43:32	00:58:46.41	5:52	10.2
27	БЕЛЯТКО АЛЕКСАНДР	40		ГРОДНО	BLR	M-60	2	M 27	00:14:40	00:29:31	00:44:33	00:59:50.66	5:59	10
28	ТЕРМЕНЕВ АЛЕКСАНДР	62	RUN4FUN.BY	ГРОДНО	BLR	M-40	6	M 28	00:15:37	00:32:04	00:48:49	01:05:21.01	6:32	9.2

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, K-20

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	KUCHYNSKAYA KATSIARYNA	29		GRODNO	BLR	K-20	1	K 3	00:13:06	00:26:36	00:40:12	00:53:18.87	5:19	11.3
2	KULIK TATSIANA	30	NEMIGA-NORD	MINSK	BLR	K-20	2	K 10	00:13:47	00:28:14	00:44:20	01:00:14.35	6:01	10

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, M-20

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	ТРОФИМОВ ФЁДОР	64	RUN4FUN.BY	МОСТЫ	BLR	M-20	1	M 8	00:10:35	00:21:13	00:32:15	00:43:00.93	4:18	13.9
2	DEDUL DMITRY	24		ГРОДНО	BLR	M-20	2	M 20	00:12:10	00:24:44	00:38:11	00:51:08.83	5:06	11.7
3	ULDZINOVICH PAVEL	35		БЕЛОСТОК	POL	M-20	3	M 25	00:13:51	00:27:47	00:42:27	00:57:56.20	5:47	10.4

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, K-30

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	СТУПАКЕВИЧ АННА	61	RUN4FUN.BY	ГРОДНО	BLR	K-30	1	K 1	00:11:33	00:23:28	00:35:54	00:48:13.84	4:49	12.4
2	БЕКИШ АННА	39	RUN4FUN	ГРОДНО	BLR	K-30	2	K 4	00:13:11	00:26:40	00:40:16	00:53:23.51	5:20	11.2
3	СНЕКЕЛ YULIYA	22	RUN4FUN.BY	ГРОДНО	BLR	K-30	3	K 5	00:13:18	00:27:11	00:41:35	00:55:23.08	5:32	10.8
4	КОЛЬ ОЛЬГА	47	RUN4FUN	ГРОДНО	BLR	K-30	4	K 6	00:13:30	00:28:08	00:42:29	00:56:10.68	5:37	10.7
5	LISINA NATALLIA	31		ГРОДНО	BLR	K-30	5	K 7	00:13:54	00:27:52	00:42:02	00:56:16.75	5:37	10.7
6	HATSUK NATALIYA	26	RUN4FUN	ГРОДНО	BLR	K-30	6	K 8	00:14:27	00:28:44	00:43:07	00:57:34.55	5:45	10.4
7	САЗОН ИНЕССА	58	RUN4FUN.BY	ГРОДНО	BLR	K-30	7	K 9	00:13:57	00:28:10	00:42:51	00:58:01.67	5:48	10.3
8	ЯРОШ АНАСТАСИЯ	68	RUN4FUN.BY	ГРОДНО	BLR	K-30	8	K 11	00:16:03	00:31:39	00:47:41	01:02:41.60	6:16	9.6

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, M-30

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	КОШУР АЛЕКСАНДР	48	ЛОКОМОТИВ/RUN4FUN.BY	БАРАНОВИЧИ	BLR	M-30	1	M 1	00:08:58	00:18:13	00:27:18	00:36:20.00	3:38	16.5
2	КРАПИВКО ДМИТРИЙ	49		ГРОДНО	BLR	M-30	2	M 2	00:08:58	00:18:13	00:27:46	00:37:26.61	3:44	16
3	KRASKO PAVEL	28	RUN4FUN	ГРОДНО	BLR	M-30	3	M 3	00:09:27	00:19:14	00:28:58	00:38:40.74	3:52	15.5
4	СНЕМОДАНОВ ALEXEY	23	RUN4FUN.BY	ГРОДНО	BLR	M-30	4	M 4	00:09:25	00:19:07	00:28:58	00:39:03.64	3:54	15.4
5	ЛЯНГА АЛЕКСАНДР	53	RUN4FUN.BY	ЛИДА	BLR	M-30	5	M 6	00:09:27	00:19:30	00:29:47	00:39:51.52	3:59	15.1
6	VOROVJOV ALEXEJ	36	RUN4FUN.BY	ГРОДНО	BLR	M-30	6	M 7	00:10:35	00:21:01	00:31:20	00:41:30.17	4:09	14.5
7	БОГАН АЛЕКСАНДР	41	RUN4FUN.BY	ГРОДНО	BLR	M-30	7	M 9	00:11:03	00:22:20	00:33:49	00:45:17.40	4:31	13.2
8	ШОТ ДМИТРИЙ	66	ОАО'СКИДЕЛЬСКИЙ САХКОМБИНАТ'	СКИДЕЛЬ	BLR	M-30	8	M 10	00:11:22	00:23:01	00:34:34	00:45:47.33	4:34	13.1
9	МАЗЫРКО АЛЕКСАНДР	54		ГРОДНО	BLR	M-30	9	M 12	00:11:04	00:22:59	00:35:20	00:47:39.33	4:45	12.6
10	ВИНЕНКО АЛЕКСАНДР	44	RUN4FUN.BY	ГРОДНО	BLR	M-30	10	M 13	00:11:10	00:24:06	00:36:24	00:47:56.94	4:47	12.5
11	ШАФРАНОВИЧ ПАВЕЛ	43	RUN4FUN	ГРОДНО	BLR	M-30	11	M 15	00:12:03	00:24:20	00:36:37	00:48:19.39	4:49	12.4
12	ОШУРКО АНТОН	56	RUN4FUN.BY	ГРОДНО	BLR	M-30	12	M 16	00:11:29	00:23:33	00:36:00	00:48:19.77	4:49	12.4
13	SAKALOUSKI ARTSEM	33	RUN4FUN.BY	ГРОДНО	BLR	M-30	13	M 18	00:12:20	00:24:33	00:37:39	00:50:19.70	5:02	11.9
14	TAN BURAK	34	BERUNNER	АНТАЛЫА	TUR	M-30	14	M 19	00:11:49	00:24:03	00:37:29	00:50:25.01	5:02	11.9
15	АНДРУШКЕВИЧ ВИТАЛИЙ	38	RUN4FUN	ГРОДНО	BLR	M-30	15	M 22	00:13:06	00:26:36	00:40:07	00:53:15.20	5:19	11.3
16	ТРОФИМОВ КИРИЛЛ	65		ГРОДНО	BLR	M-30	16	M 24	00:13:26	00:27:13	00:40:58	00:55:05.66	5:30	10.9

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, K-40

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	КУЛИК ОЛЬГА	50	NEMIGA-NORD	ГРОДНО	BLR	K-40	1	K 2	00:12:44	00:25:49	00:39:00	00:52:19.35	5:13	11.5
2	ЛИТВИНСКАЯ ЛЮДМИЛА	52	АМАТАР	БОБРУЙСК	BLR	K-40	2	K 12	00:14:08	00:29:45	00:46:40	01:03:01.99	6:18	9.5

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, M-40

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	KOZAK ARKADIUSZ	402	POLSKA TEAM	KOSZALIN	POL	M-40	1	M 5	00:09:33	00:19:22	00:29:17	00:39:06.90	3:54	15.3
2	БОЛСУН ВИКТОР	42	РЕГИОН	МОЛОДЕЧНО	BLR	M-40	2	M 11	00:12:00	00:23:26	00:35:06	00:46:32.11	4:39	12.9
3	КИШКЕЛЬ ИВАН	46	RUN4FUN	ГРОДНО	BLR	M-40	3	M 14	00:11:52	00:24:04	00:36:28	00:48:15.83	4:49	12.4
4	MURYNIN ALEKSEI	32	RUN4FUN.BY	ГРОДНО	BLR	M-40	4	M 17	00:11:34	00:24:00	00:36:51	00:49:24.21	4:56	12.1
5	ТОКАРЕВ КОНСТАНТИН	63		МИНСК	BLR	M-40	5	M 21	00:13:05	00:25:56	00:38:42	00:51:25.59	5:08	11.7
6	ТЕРМЕНЕВ АЛЕКСАНДР	62	RUN4FUN.BY	ГРОДНО	BLR	M-40	6	M 28	00:15:37	00:32:04	00:48:49	01:05:21.01	6:32	9.2

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, M-50

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	ANATSKA LEANID	21	ULTRARUN VERAS	LIDA LIDA	BLR	M-50	1	M 26	00:14:20	00:28:47	00:43:32	00:58:46.41	5:52	10.2

ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, M-60

POS	Name and surname	No.	Club	City	NAT	Cat.	M. cat.	F/M	2.5km	5km	7.5km	Netto	min/km	km/h
1	РЯБУШЕВ ВИКТОР	57	КАБАНЧИК	ЖОДИНО	BLR	M-60	1	M 23	00:13:24	00:26:50	00:40:32	00:54:17.13	5:25	11.1
2	БЕЛЯТКО АЛЕКСАНДР	40		ГРОДНО	BLR	M-60	2	M 27	00:14:40	00:29:31	00:44:33	00:59:50.66	5:59	10