

**ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM**

Organizator: Białoruska Federacja Nordic Walking; Ministerstwo sportu i turystyki  
 Data: 2019-02-16  
 Miejsce: Grodno  
 Dystans: 10 km  
 Klasyfikacja wg czasów netto.


**ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM, Wszyscy**

| M-ce | Nazwisko i imię         | Nr  | Klub                         | M-scowość  | Kraj | Kat. | M. kat | K/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    | VOROVJOV 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 TATSIANA           | 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**

| M-ce | Nazwisko i imię        | Nr | Klub        | M-scowość | Kraj | Kat. | M. kat | K/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**

| M-ce | Nazwisko i imię     | Nr  | Klub                         | M-scowość  | Kraj | Kat. | M. kat | K/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**

| M-ce | Nazwisko i imię        | Nr | Klub        | M-scowość | Kraj | Kat. | M. kat | K/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**

| M-ce | Nazwisko i imię   | Nr | Klub       | M-scowość | Kraj | Kat. | M. kat | K/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**

| M-ce | Nazwisko i imię | Nr | Klub       | M-scowość | Kraj | Kat. | M. kat | K/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    | ШЕКЕЛ 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 |
| 4    | 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 |
| 5    | 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 |
| 6    | 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 |
| 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**

| M-ce | Nazwisko i imię     | Nr | Klub                         | M-scowość  | Kraj | Kat. | M. kat | K/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    | 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                   | GRODNO     | 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                     | ANTALYA    | 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**

| M-ce | Nazwisko i imię    | Nr | Klub        | M-scowość | Kraj | Kat. | M. kat | K/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**

| M-ce | Nazwisko i imię    | Nr  | Klub        | M-scowość | Kraj | Kat. | M. kat | K/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  |             | 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    | MURYHNIN 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**

| M-ce | Nazwisko i imię | Nr | Klub           | M-scowość | Kraj | Kat. | M. kat | K/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**

| M-ce | Nazwisko i imię   | Nr | Klub     | M-scowość | Kraj | Kat. | M. kat | K/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   |