



# ZIMOWY PUCHAR BIEGOWY- GRODNO 2019 - 10 KM

B4SPORT

**Event:** Puchar Biegowy "Cztery pory roku"  
**Organiser:** Białoruska Federacja Nordic Walking; Ministerstwo sportu i turystyki  
**Date:** 2019-02-16  
**Place:** Grodno  
**Distance:** 10 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start All 2.5km	Start All 5km	Start All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	КОШУР Александр	48	ЛОКОМОТИВ/RUN4FUN.BY	M-30	1	00:08:58	00:18:13	00:27:18	<b>00:36:20.00</b>		3:38	16.5 (100%)
2	КРАПИВКО Дмитрий	49		M-30	2	00:08:58	00:18:13	00:27:46	<b>00:37:26.61</b>	+00:01:06 (3.0%)	3:44	16 (97.0%)
3	KRASKO Pavel	28	RUN4FUN	M-30	3	00:09:27	00:19:14	00:28:58	<b>00:38:40.74</b>	+00:02:20 (6.1%)	3:52	15.5 (93.9%)
4	СНЕМODANOV Alexey	23	RUN4FUN.BY	M-30	4	00:09:25	00:19:07	00:28:58	<b>00:39:03.64</b>	+00:02:43 (7.0%)	3:54	15.4 (93.3%)
5	KOZAK Arkadiusz	402	POLSKA TEAM	M-40	1	00:09:33	00:19:22	00:29:17	<b>00:39:06.90</b>	+00:02:46 (7.1%)	3:54	15.3 (92.7%)
6	ЛЯНГА Александр	53	RUN4FUN.BY	M-30	5	00:09:27	00:19:30	00:29:47	<b>00:39:51.52</b>	+00:03:31 (8.8%)	3:59	15.1 (91.5%)
7	VOROVJOV Alexej	36	RUN4FUN.BY	M-30	6	00:10:35	00:21:01	00:31:20	<b>00:41:30.17</b>	+00:05:10 (12.5%)	4:09	14.5 (87.9%)
8	ТРОФИМОВ Фёдор	64	RUN4FUN.BY	M-20	1	00:10:35	00:21:13	00:32:15	<b>00:43:00.93</b>	+00:06:40 (15.5%)	4:18	13.9 (84.2%)
9	БОГАН Александр	41	RUN4FUN.BY	M-30	7	00:11:03	00:22:20	00:33:49	<b>00:45:17.40</b>	+00:08:57 (19.8%)	4:31	13.2 (80.0%)
10	ШОТ Дмитрий	66	ОАО'СКИДЕЛЬСКИЙ САХКОМБИНАТ'	M-30	8	00:11:22	00:23:01	00:34:34	<b>00:45:47.33</b>	+00:09:27 (20.6%)	4:34	13.1 (79.4%)
11	БОЛСУН Виктор	42	РЕГИОН	M-40	2	00:12:00	00:23:26	00:35:06	<b>00:46:32.11</b>	+00:10:12 (21.9%)	4:39	12.9 (78.2%)
12	МАЗЫРКО Александр	54		M-30	9	00:11:04	00:22:59	00:35:20	<b>00:47:39.33</b>	+00:11:19 (23.8%)	4:45	12.6 (76.4%)
13	ВИНЕНКО Александр	44	RUN4FUN.BY	M-30	10	00:11:10	00:24:06	00:36:24	<b>00:47:56.94</b>	+00:11:36 (24.2%)	4:47	12.5 (75.8%)
14	КИШКЕЛЬ Иван	46	RUN4FUN	M-40	3	00:11:52	00:24:04	00:36:28	<b>00:48:15.83</b>	+00:11:55 (24.7%)	4:49	12.4 (75.2%)
15	ШАФРАНОВИЧ Павел	43	RUN4FUN	M-30	11	00:12:03	00:24:20	00:36:37	<b>00:48:19.39</b>	+00:11:59 (24.8%)	4:49	12.4 (75.2%)
16	ОШУРКО Антон	56	RUN4FUN.BY	M-30	12	00:11:29	00:23:33	00:36:00	<b>00:48:19.77</b>	+00:11:59 (24.8%)	4:49	12.4 (75.2%)
17	MURYHIN Aleksei	32	RUN4FUN.BY	M-40	4	00:11:34	00:24:00	00:36:51	<b>00:49:24.21</b>	+00:13:04 (26.5%)	4:56	12.1 (73.3%)
18	SAKALOUSKI Artsem	33	RUN4FUN.BY	M-30	13	00:12:20	00:24:33	00:37:39	<b>00:50:19.70</b>	+00:13:59 (27.8%)	5:02	11.9 (72.1%)
19	TAN Burak	34	BERUNNER	M-30	14	00:11:49	00:24:03	00:37:29	<b>00:50:25.01</b>	+00:14:05 (27.9%)	5:02	11.9 (72.1%)
20	DEDUL Dmitry	24		M-20	2	00:12:10	00:24:44	00:38:11	<b>00:51:08.83</b>	+00:14:48 (29.0%)	5:06	11.7 (70.9%)
21	ТОКАРЕВ Константин	63		M-40	5	00:13:05	00:25:56	00:38:42	<b>00:51:25.59</b>	+00:15:05 (29.3%)	5:08	11.7 (70.9%)
22	АНДРУШКЕВИЧ Виталий	38	RUN4FUN	M-30	15	00:13:06	00:26:36	00:40:07	<b>00:53:15.20</b>	+00:16:55 (31.8%)	5:19	11.3 (68.5%)
23	РЯБУШЕВ Виктор	57	КАБАНЧИК	M-60	1	00:13:24	00:26:50	00:40:32	<b>00:54:17.13</b>	+00:17:57 (33.1%)	5:25	11.1 (67.3%)
24	ТРОФИМОВ Кирилл	65		M-30	16	00:13:26	00:27:13	00:40:58	<b>00:55:05.66</b>	+00:18:45 (34.1%)	5:30	10.9 (66.1%)
25	ULDZINOVICH Pavel	35		M-20	3	00:13:51	00:27:47	00:42:27	<b>00:57:56.20</b>	+00:21:36 (37.3%)	5:47	10.4 (63.0%)
26	ANATSKA Leanid	21	ULTRARUN VERAS	M-50	1	00:14:20	00:28:47	00:43:32	<b>00:58:46.41</b>	+00:22:26 (38.2%)	5:52	10.2 (61.8%)
27	БЕЛЯТКО Александр	40		M-60	2	00:14:40	00:29:31	00:44:33	<b>00:59:50.66</b>	+00:23:30 (39.3%)	5:59	10 (60.6%)

Place	Participant	Number	Club	Category	MCat	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Net time 10km	Gap	Pace min/km	Pace km/h
28	<b>ТЕРМЕНЕВ Александр</b>	<b>62</b>	RUN4FUN.BY	M-40	6	00:15:37	00:32:04	00:48:49	<b>01:05:21.01</b>	+00:29:01 (44.4%)	6:32	9.2 (55.8%)

Total 28 results.