

А_1 Тренировка в Сосновке. 3/Н, 15.09.2019

№ п/п	Фамилия	Имя	Темп мин/км	Результат	Отставание	#1 (31)	#2 (32)	#3 (33)	#4 (100)	#5 (34)	#6 (35)	#7 (36)	#8 (40)	#9 (39)	#10 (37)	#11 (36)	#12 (39)	#13 (38)	#14 (41)	#15 (42)	#16 (43)	#17 (44)	#18 (45)	#19 (42)	#20 (44)	#F(240)
1	АГУРЕЕВА	АНТОНИНА	0:09:03	0:35:16		1:00(2)	1:49(1)	3:09(1)	3:55(1)	5:19(1)	6:58(1)	8:12(1)	10:04(1)	11:12(1)	12:52(1)	14:13(1)	20:25(1)	21:48(1)	23:21(1)	24:18(1)	25:35(1)	29:00(1)	31:16(1)	32:32(1)	34:57(1)	35:16(1)
						0:49(4)	1:20(9)	0:46(1)	1:24(4)	1:39(1)	1:14(2)	1:52(1)	1:08(1)	1:40(1)	1:21(4)	6:12(6)	1:23(1)	1:33(4)	0:57(1)	1:17(1)	3:25(8)	2:16(3)	1:16(1)	2:25(3)	0:19(1)	
2	ШАДРИН	МИХАИЛ	0:10:05	0:39:21	+4:05	0:52(1)	2:49(2)	3:47(2)	4:37(2)	5:53(2)	7:40(2)	8:46(2)	10:50(2)	16:41(2)	18:25(2)	22:29(2)	24:41(2)	25:41(2)	27:19(2)	29:42(2)	35:10(2)	36:42(2)	38:55(2)	39:21(2)		
						1:57(8)	0:58(4)	0:50(2)	1:16(2)	1:47(2)	1:06(1)	2:04(2)	1:44(7)	2:12(7)	1:00(3)	1:38(4)	2:23(4)	5:28(6)	1:32(2)	2:13(1)	0:26(5)					
3	ЛЫСУНЕЦ	СЕРГЕЙ	0:11:44	0:45:47	+10:31	2:54(4)	6:57(5)	7:59(5)	8:50(5)	10:20(5)	12:29(5)	14:31(5)	17:25(5)	22:08(5)	23:27(5)	29:26(4)	31:37(4)	33:24(4)	34:59(3)	37:48(4)	40:30(3)	42:05(3)	45:25(3)	45:47(3)		
						4:03(9)	1:02(6)	0:51(3)	1:30(6)	2:09(4)	2:02(7)	2:54(5)	1:19(2)	2:11(6)	1:47(8)	1:35(2)	2:49(5)	2:42(5)	1:35(4)	3:20(4)	0:22(2)					
4	ВИНОГРАДОВ	ИГОРЬ	0:12:04	0:47:04	+11:48	2:10(3)	3:18(3)	4:24(3)	5:17(3)	6:54(3)	9:47(3)	11:07(3)	14:30(3)	0:00	20:34(4)	23:01(3)	26:47(3)	30:16(5)	32:24(5)	33:23(3)	35:01(4)	37:20(3)	42:53(4)	44:25(4)	46:41(4)	47:04(4)
						1:08(6)	1:06(8)	0:53(4)	1:37(9)	2:53(8)	1:20(3)	3:23(9)	20:34(6)	2:27(8)	3:46(5)	3:29(6)	2:08(5)	0:59(2)	1:38(4)	2:19(3)	5:33(7)	1:32(2)	2:16(2)	0:23(4)		
5	КРЫЛОВ	ИВАН	0:13:10	0:51:20	+16:04	11:23(6)	12:37(6)	13:28(6)	14:21(6)	15:52(6)	18:02(6)	19:59(6)	22:56(6)	27:37(6)	28:56(6)	34:50(6)	37:09(6)	38:51(6)	40:27(5)	43:20(5)	45:55(5)	47:30(5)	50:58(5)	51:20(5)		
						1:14(7)	0:51(2)	0:53(4)	1:31(7)	2:10(5)	1:57(5)	2:57(6)	1:19(2)	2:19(8)	1:42(7)	1:36(3)	2:53(6)	2:35(4)	1:35(4)	3:28(5)	0:22(2)					
6	ПЕТРУШЕВСКАЯ	ТАИСИЯ	0:14:59	0:58:27	+23:11	3:30(5)	4:37(4)	5:40(4)	6:50(4)	8:15(4)	11:31(4)	12:55(4)	15:23(4)	17:14(2)	20:26(3)	23:02(4)	26:01(2)	28:27(3)	31:07(3)	37:44(5)	41:40(6)	44:34(6)	51:08(6)	54:03(6)	57:59(6)	58:27(6)
						1:07(5)	1:03(7)	1:10(7)	1:25(5)	3:16(9)	1:24(4)	2:28(3)	1:51(5)	3:12(5)	2:36(9)	2:59(4)	2:26(5)	2:40(9)	6:37(9)	3:56(6)	2:54(7)	6:34(8)	2:55(6)	3:56(7)	0:28(6)	
7	СУЛЛИНА	ДАРЬЯ	0:20:26	1:19:43	+44:27	33:12(7)	33:56(7)	34:54(7)	36:33(7)	37:52(7)	40:17(7)	42:18(7)	45:08(7)	46:34(3)	48:25(7)	49:53(7)	52:13(4)	54:33(7)	56:05(7)	57:10(7)	65:05(7)	66:22(7)	68:20(7)	75:00(7)	79:11(7)	79:43(7)
						0:44(3)	0:58(4)	1:39(8)	1:19(3)	2:25(7)	2:01(6)	2:50(4)	1:26(3)	1:51(3)	1:28(5)	2:20(1)	2:20(4)	1:32(3)	1:05(4)	7:55(7)	1:17(2)	1:58(1)	6:40(8)	4:11(8)	0:32(8)	
8	БУЯНОВ	МИХАИЛ	0:21:10	1:22:33	+47:17	36:40(8)	37:22(8)	38:18(8)	39:17(8)	40:48(8)	43:01(8)	45:20(8)	48:36(8)	49:56(4)	51:54(8)	53:07(8)	55:47(5)	58:00(8)	59:29(8)	60:37(8)	68:35(8)	69:49(8)	71:48(8)	78:22(8)	82:03(8)	82:33(8)
						0:42(1)	0:56(3)	0:59(6)	1:31(7)	2:13(6)	2:19(9)	3:16(7)	1:20(2)	1:58(4)	1:13(1)	2:40(3)	2:13(3)	1:29(2)	1:08(6)	7:58(8)	1:14(1)	1:59(2)	6:34(7)	3:41(6)	0:30(7)	
9	ВАРАНКИН	АРСЕНИЙ		СНЯТ		40:43(9)	41:26(9)	42:12(9)	43:56(9)	45:01(9)	46:57(9)	49:11(9)	52:33(9)	54:03(5)	55:47(9)	57:17(9)	59:53(6)	61:59(9)	63:26(9)	64:32(9)	72:36(9)	83:00(9)				83:25(9)
						0:43(2)	0:46(1)	1:44(9)	1:05(1)	1:56(3)	2:14(8)	3:22(8)	1:30(4)	1:44(2)	1:30(6)	2:36(2)	2:06(2)	1:27(1)	1:06(5)	8:04(9)	10:24(9)					83:25(9)

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№ п/п	Фамилия	Имя	Темп мин/км	Результат	Отставание	#1 (33)	#2 (45)	#3 (34)	#4 (36)	#5 (40)	#6 (39)	#7 (38)	#8 (41)	#9 (39)	#10 (37)	#11 (42)	#12 (35)	#13 (44)	#F(240)
1	СТОЯНОВ	ВАЛЕНТИН	0:13:09	0:40:47		2:06(4)	3:32(2)	5:36(1)	13:38(2)	16:07(1)	0:00	20:46(1)	23:21(1)	26:32(1)	28:25(1)	30:48(1)	34:08(1)	40:20(1)	40:47(1)
						1:26(1)	2:04(1)	8:02(4)	2:29(1)	20:46(2)	2:35(1)	3:11(1)	1:53(1)	2:23(1)	3:20(1)	6:12(2)	0:27(2)		
2	АГАМЕРЗАЕВ	АНАТОЛИЙ	0:14:06	0:43:42	+2:55	1:15(1)	2:56(1)	5:54(2)	13:35(1)	16:23(2)	21:45(2)	24:31(2)	28:50(2)	32:56(2)	36:57(2)	43:13(2)	43:42(2)		
						1:41(2)	2:58(2)	7:41(2)	2:48(2)	2:46(2)	4:06(3)	4:01(3)	6:16(3)	0:29(3)					
3	ШУЛЬЦ	МИХАИЛ	0:14:49	0:45:56	+5:09	1:53(3)	5:12(3)	8:25(3)	15:52(3)	18:44(3)	24:00(3)	26:53(3)	31:06(3)	35:17(3)	39:04(3)	45:33(3)	45:56(3)		
						3:19(3)	3:13(3)	7:27(1)	2:52(3)	2:53(3)	4:11(4)	3:47(2)	6:29(4)	0:23(1)					
4	ПРИЛЕЖАЕВ	ИГОРЬ	0:20:38	1:03:57	+23:10	1:27(2)	7:56(4)	14:44(4)	22:33(4)	26:02(4)	28:46(1)	31:25(4)	35:23(4)	50:04(4)	53:00(4)	57:33(4)	63:14(4)	63:57(4)	
						6:29(4)	6:48(4)	7:49(3)	3:29(4)	2:44(1)	2:39(1)	3:58(4)	2:56(2)	4:33(4)	5:41(1)	0:43(4)			

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№ п/п	Фамилия	Имя	Темп мин/км	Результат	Отставание	#1 (33)	#2 (42)	#3 (37)	#4 (39)	#5 (40)	#6 (36)	#7 (35)	#8 (34)	#F(240)
1	СЕВЕРИН	ВЛАДИМИР	0:09:14	0:18:28		1:17(1)	3:42(1)	5:57(1)	7:52(1)	9:52(1)	12:59(1)	14:42(1)	17:37(1)	18:28(1)
						2:25(1)	2:15(1)	1:55(1)	2:00(1)	3:07(1)	1:43(1)	2:55(1)	0:51(1)	
2	КУРГАНОВА	ВАСИЛИСА	0:23:09	0:46:17	+27:49	4:33(3)	10:55(4)	15:12(5)	21:38(4)	25:47(3)	34:36(5)	38:10(5)	45:17(4)	46:17(2)
						6:22(7)	4:17(5)	6:26(4)	4:09(5)	8:49(5)	3:34(5)	7:07(2)	1:00(2)	
3	ПИВЕНЬ	МАКСИМ	0:23:10	0:46:20	+27:52	4:50(5)	10:54(3)	15:15(6)	21:27(3)	26:11(5)	34:00(2)	36:27(2)	45:12(2)	46:20(3)
						6:04(4)	4:21(6)	6:12(3)	4:44(6)	7:49(2)	2:27(3)	8:45(5)	1:08(3)	
4	КАЛИНИНА	МАРИЯ	0:23:15	0:46:31	+28:03	4:28(2)	10:49(2)	15:05(4)	21:38(4)	25:43(2)	34:30(4)	38:06(4)	45:13(3)	46:31(4)
						6:21(6)	4:16(4)	6:33(5)	4:05(4)	8:47(4)	3:36(6)	7:07(2)	1:18(4)	
5	БАРМЕНКОВ	ДМИТРИЙ	0:23:36	0:47:12	+28:44	4:44(4)	10:56(5)	15:18(7)	21:25(2)	26:14(6)	34:10(3)	36:31(3)	45:21(5)	47:12(5)
						6:12(5)	4:22(7)	6:07(2)	4:49(7)	7:56(3)	2:21(2)	8:50(6)	1:51(5)	
6	НЕСТЕРОВ	МАКСИМ	0:24:39	0:49:18	+30:50	5:32(7)	11:18(7)	14:44(3)	22:55(7)	26:20(7)	35:31(7)	39:36(7)	47:07(6)	49:18(7)
						5:46(3)	3:26(2)	8:11(7)	3:25(2)	9:11(6)	4:05(7)	7:31(4)	2:11(6)	
7	ПАНЦИРЕВ	НИКОЛАЙ		СНЯТ		5:23(6)	11:08(6)	14:36(2)	22:37(6)	26:08(4)	35:22(6)	38:48(6)		47:22(6)
						5:45(2)	3:28(3)	8:01(6)	3:31(3)	9:14(7)	3:26(4)			47:22(7)