

ALEMBEKOVA ELMIRA

30 - 06 - 1990



<i>Personal Best</i>			
5.000m. (track)	22:05	Sochi	12.03.2005
10.000m. (track)	43:45.00	Bydgoszcz	09.07.2008
10 km. (road)	42:49	Adler	24.02.2008
20 km. (road)	1h24:47	Sochi	25.02.2015

<i>Ranking 10 km.</i>				<i>Ranking 20 km.</i>			
01	42:49	Adler	24.02.2008	01	1h24:47	Sochi	25.02.2015
02	43:05	Saransk	07.06.2008	02	1h25:27	Sochi	18.02.2012
03	(t) 43:45.00	Bydgoszcz	09.07.2008	03	1h27:02	Taicang	03.05.2014
04	44:08	Adler	28.02.2009	04	1h27:35	Voronovo	17.09.2011
05	44:39	Chebokasary	10.05.2008	05	1h27:56	Zürich	14.08.2014
06	44:53	Yerino	09.05.2011	06	1h29:33	Sochi	22.03.2014
07	(t) 46:31.07	Novi Sad	23.07.2009	07	1h35:53	Cheboksary	12.06.2010
08				08	1h36:52	Saransk	11.06.2011
09				09			
10				10			

Career Highlights

20 km.

World Cup	European Championships	European Cup
2012 = Dnf. 2014 = 3°	2014 = 1°	2015 = 1°

10 km.

World Junior Championships	World Junior Cup	European Junior Championships	World Youth Championships
2008 = 2°	2008 = 3°	2009 = 1°	2005 = 2°

* updated at 31 December 2016

* Banned for EPO from July 17, 2015 (tested 2.6.2015) until Jul. 16, 2019

