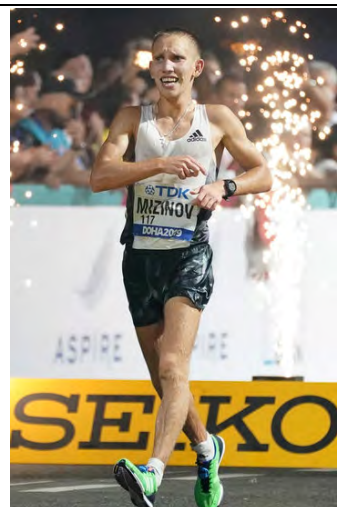


# MIZINOV VASILIJ

29 - 12 - 1997



### Personal Best

<b>5.000 mt.</b>	<i>(track)</i>	<b>18:28.50</b>	Chelyabinsk (Rus)	06.01.2019
<b>5 km.</b>	<i>(road)</i>	<b>18:37</b>	Voronovo (Rus)	24.08.2019
<b>10.000 mt.</b>	<i>(track)</i>	<b>38:58.21</b>	Cheboksary (Rus)	25.06.2016
<b>10 km.</b>	<i>(road)</i>	<b>39:59</b>	Kostroma (Rus)	03.09.2016
<b>20 km.</b>	<i>(road)</i>	<b>1:18:32</b>	Sochi (Rus)	18.02.2019

### Ranking 20 km.

(average = 1:20:17)

01	<b>1:18:32</b>	Sochi	18.02.2019	06	<b>1:20:50</b>	Berlin	11.08.2018
02	<b>1:18:41</b>	La Coruña	08.06.2019	07	<b>1:21:29</b>	Gävle	14.07.2019
03	<b>1:18:54</b>	Sochi	19.02.2018	08	<b>1:21:45</b>	Alytus	08.06.2018
04	<b>1:20:14</b>	Podêbrady	06.04.2019	09	<b>1:21:48</b>	Cheboksary	10.06.2017
05	<b>1:20:18</b>	Alytus	19.05.2019	10	<b>1:23:56</b>	Taicang	06.05.2018

### Career Highlights

20 km.

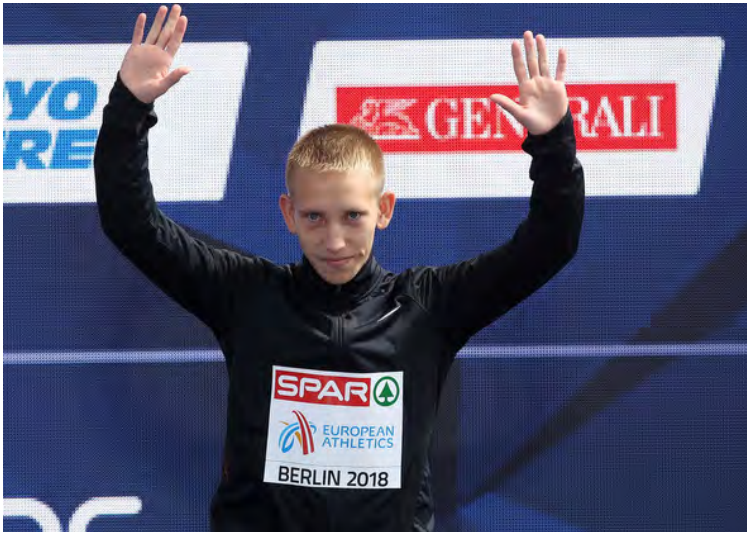
World Championships	World Cup	European Championships	European Cup	European Champ. Under 23
2019 = <b>2°</b>	2018 = 16°	2018 = <b>3°</b>	2019 = <b>2°</b>	2019 = <b>1°</b>

10.000 Mt / 10 km.

European Championships Under 20	European Cup Under 20
2015 = Dq.	2015 = 6°

\* Update at 31 december 2019





OTHERS RESULTS 20 KM.

12	<i>1:28:47</i>	Suzhou	24.09.2018		<i>1:26:49</i>	Doha	04.10.2019
----	----------------	--------	------------	--	----------------	------	------------

