

<b>SHIROBOKOV SERGEY</b>							
11 - 02 - 1999							
<i>Personal Best</i>							
<b>5.000 mt.</b> (indoor)		<b>19:00:40</b>		Saransk (RUS)		30.12.2016	
<b>10.000 mt.</b> (track)		<b>41:52.69</b>		Cheboksary (RUS)		12.06.2015	
<b>10 km.</b> (road)		<b>40:00</b>		Cheboksary (RUS)		11.06.2017	
<b>20 km.</b> (road)		<b>1:17:25</b>		Cheboksary (RUS)		09.06.2018	
<i>Ranking 20 km.</i>							
01	<b>1:17:25</b>	Cheboksary	09.06.2018	05	<b>1:22:21</b>	Poděbrady	21.05.2017
02	<b>1:18:26</b>	Sochi	18.02.2017	06	<b>1:22:31</b>	Cheboksary	25.06.2016
03	<b>1:18:53</b>	Sochi	19.02.2018				
04	<b>1:18:55</b>	London	13.08.2017				
<i>Career Highlights</i>							
<i>20 km.</i>				<i>10 km.</i>			
<b>World Championships</b>		<b>European Cup</b>		<b>European Junior Championships</b>		<b>World Youth Championships</b>	
2017 = <b>2°</b>		2017 = <b>12°</b>		2017 = <b>1°</b>		2015 = <b>1°</b>	

*\* updated at 31 December 2018*

