

NIZHEGORODOV DENIS

26 - 07 - 1980



Personal Best

| | | | | |
|---------------|--------|----------------|------------|------------|
| 20 km. | (road) | 1h18:20 | Adler | 04.03.2001 |
| 50 km. | (road) | 3h34:14 | Cheboksary | 11.05.2008 |

Ranking 50 km.

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|----|----------------|------------|------------|----|----------------|------------|------------|
| 01 | 3h34:14 | Cheboksary | 11.05.2008 | 05 | 3h40:52 | Cheboksary | 17.06.2007 |
| 02 | 3h35:29 | Cheboksary | 13.06.2004 | 06 | 3h42:50 | Athens | 27.08.2004 |
| 03 | 3h38:02 | La Coruña | 14.05.2006 | 07 | 3h43:27 | Cheboksary | 16.06.2003 |
| 04 | 3h38:23 | Paris | 27.08.2003 | 08 | 3h46:57 | Osaka | 01.09.2007 |

Career Highlights

| 50 km. | | 20 km. | |
|--|------------------------|--|-------------------------|
| Olympic Games | World Championships | World Cup | European Cup |
| 2004 = 2° | 2003 = 5° 2007 = 4° | 2006 = 1° 2008 = 1° | 2000 = 17° 2001 = 7° |

* *aggiornato al 10 giugno 2008*

