

DMYTRENKO RUSLAN

22 - 03 - 1986



Personal Best

5.000 mt.	(indoor)	18:21.76	Samara (Rus)	30.01.2014
10.000 mt.	(indoor)	39:26.90	Sumy (Ukr)	16.02.2009
10 km.	(road)	39:33.91	Yalta (Ukr)	29.05.2010
10.000 mt.	(track)	38:50	Moskva (Rus)	30.08.2014
20 km.	(road)	1:18:37	Taichang (Chn)	04.05.2014

Ranking 20 km. (average = 1:20:37)

01	1:18:37	Taichang	04.05.2014	06	1:20:54	Kazan	08.07.2013
02	1:19:46	Zürich	13.08.2014	07	1:21:12	Lutsk	10.03.2018
03	1:20:08	Lugano	16.03.2014	08	1:21:21	Sumy	13.06.2009
04	1:20:33	Rome	07.05.2016	09	1:21:25	Rio Maior	18.04.2015
05	1:20:38	Lugano	17.03.2013	10	1:21:31	Daegu	28.08.2011

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Championships	European Cup
2016 = 30° 2016 = 16°	2009 = Dq.* 2011 = Dq.* 2013 = 7° 2015 = 21° 2017 = 27°	2006 = 52° 2008 = 53° 2012 = Dq.* 2014 = 1° 2016 = 9°	2010 = Dq* 2014 = 4°	2007 = 47° 2009 = 15° 2011 = 31° 2013 = 5° 2015 = 40°

20 km.

University Games	European Under 23	World Junior Championships	European Junior Cup
2009 = 7° 2013 = 2°	2007 = 7°	2005 = 11°	2005 = 6°

* Update at 31 december 2021

* Disqualified for doping from 27.09.2019 at 04.05.2020. All results from 14.8.2009 to 3.8.2012 are to be considered as deleted





OTHERS RESULTS 20 KM.

11	1:21:40	Rio de Janeiro	12.08.2016	22	1:26:25	Debrecen	14.07.2007
12	1:21:50	Yevpatoriya	14.03.2009	23	1:26:33	Sumy	07.06.2008
13	1:22:14	Moskva	11.08.2013	24	1:26:39	Ivano-Frankivsk	11.03.2017
14	1:22:26	London	13.08.2017	25	1:27:10	Sumy	03.06.2007
15	1:22:30	Dudince	19.05.2013	26	1:27:16	La Coruña	13.05.2006
16	1:22:35	Sumy	17.06.2017	27	1:27:45	Dudince	25.03.2006
17	1:22:46	Beograd	09.07.2009	28	1:29:19	Leamington	20.05.2007
18	1:23:21	London	04.08.2012	29	1:30:50	Metz	24.05.2009
19	1:23:31	Yevpatoriya	17.03.2007	30	1:30:52	Yevpatoriya	17.02.2006
20	1:23:37	Beijing	23.08.2015	31	1:32:33	Sumy	02.06.2006
21	1:25:26	Cheboksary	10.05.2008	32	1:32:38	Murcia	17.05.2015

