MARKOV ILYA

19 - 06 - 1972



Personal Best

10 km.	*(road)*	**38:38**	Kracow (Pol)	09.06.2001
10.000 mt.	*(track)*	**39:13**	Riga (Let)	28.05.2004
20 km.	*(road)*	**1:18:17**	Adler (Rus)	12.03.2005
20.000 mt.	*(track)*	**1:22:09**	Brisbane (Aus)	04.09.2001

Ranking 20 km. (average = 1:18:50)

01	***1:18:17***	Adler	12.03.2005	06	***1:18:53***	Adler	11.02.1995
02	***1:18:18***	Yangzhou	22.04.2006	07	***1:18:56***	Cheboksary	17.06.2007
03	***1:18:30***	Podêbrady	19.04.1997	08	***1:19:04***	Cheboksary	10.05.2008
04	***1:18:48***	Sochi	20.04.1996	09	***1:19:18***	Adler	23.02.2008
05	***1:18:50***	Turku	22.05.1999	10	***1:19:25***	Adler	02.02.2004

Career Highlights

20 km.

Olympic Games	World Championships	World Cup	European Champhinships
1996 = 2°	1995 = 4°	1995 = 30°	1994 = 18°
2000 = 15°	1997 = Dq.	1997 = 3°	1998 = 1°
2008 = 17°	1999 = 1°	1999 = 7°	
	2001 = 2°	2004 = Dq.	
	2003 = 8°	2008 = 4°	
	2005 = Dq.		
	2007 = 9°		

20 km.

European Cup
2003 = 5°
2005 = 1°

10.000 mt.

World U20 Championships	European U20 Champhinships
1990 = 1°	1991 = 1°