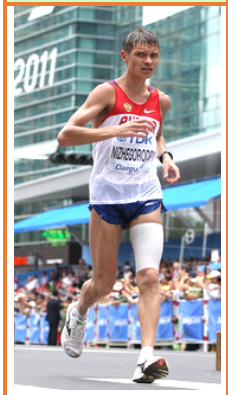
NIZHEGORODOV DENIS

26 - 07 - 1980



Personal Best

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

Ranking 50 km. (average = 3:39:31)

01	3:34:14	Cheboksary	11.05.2008	06	3:40:53	Cheboksary	17.06.2007
02	3:35:29	Cheboksary	13.06.2004	07	3:42:45	Daegu	03.09.2011
03	3:38:02	La Coruña	14.05.2006	08	3:42:50	Athens	27.08.2004
04	3:38:23	Paris	27.08.2003	09	3:42:47	Metz	24.05.2009
05	3:40:14	Beijing	22.08.2008	10	3:43:27	Cheboksary	16.06.2003

Career Highlights

50 km.				*20 km.*
Olympic Games	**World Championships**	**World Cup**	**European Championships**	**European Cup**
2004 = 2° 2008 = 2°	2003 = 5° 2007 = 4° 2009 = Dnf. 2011 = 1°	2006 = 1° 2008 = 1°	2005 = Dq.	2000 = 17° 2001 = 7° 2009 = 1° 2011 = 1°