

### 2019 Cholpon Ata ASTC Sprint Triathlon Central Asian Championships. Elite Men

Pos	Athlete	Country	Bib#	Swim	T1	Bike	T2	Run	Total Time
1	Temirlan Temirov	KAZ	4	0:10:02	0:01:23	0:31:12	0:00:24	0:19:16	1:02:15
2	Anton Vitolin	KAZ	26	0:10:33	0:01:30	0:31:27	0:00:24	0:18:30	1:02:22
3	Behzad Nobari Pour	IRI	33	0:00:00	0:00:00	0:31:09	0:00:22	0:19:49	1:02:42
4	Ali Abbas Nezhad	IRI	31	0:11:03	0:01:36	0:32:15	0:00:18	0:19:08	1:04:18
5	Alexandr Avtushko	KAZ	40	0:10:33	0:01:32	0:31:27	0:00:23	0:20:45	1:04:37
6	Doniyorkhuja Khamroev	UZB	28	0:10:37	0:01:37	0:33:49	0:00:23	0:20:39	1:07:02
7	Nikolai Vedmed	KGZ	21	0:12:54	0:01:45	0:36:08	0:00:22	0:21:03	1:12:09

### 2019 Cholpon Ata ASTC Sprint Triathlon Central Asian Championships. Elite Women

Pos	Athlete	Country	Bib#	Swim	T1	Bike	T2	Run	Total Time
1	Darya Bychkova	KAZ	58	0:12:57	0:01:40	0:36:09	0:00:22	0:22:43	1:13:48
2	Gaziza Kumakbayeva	KAZ	59	0:11:28	0:01:47	0:37:19	0:00:22	0:24:13	1:15:07

### 2019 Cholpon Ata ASTC Sprint Triathlon Central Asian Championships. U23 Men

Pos	Athlete	Country	Bib#	Swim	T1	Bike	T2	Run	Total Time
1	Meirlan Iskakov	KAZ	7	0:00:00	0:00:00	0:29:55	0:00:24	0:18:00	0:59:29
2	Daryn Konysbayev	KAZ	11	0:10:12	0:01:24	0:30:52	0:00:25	0:16:58	0:59:50
3	Semen Pivovarov	KAZ	16	0:09:56	0:01:25	0:31:06	0:00:24	0:18:26	1:01:15
4	Valeriy Ponomarenko	UZB	25	0:10:20	0:01:42	0:31:34	0:00:25	0:21:05	1:05:03
5	Seyyedparsa Mahjoub	IRI	39	0:11:04	0:01:29	0:32:22	0:00:20	0:20:06	1:05:18

### 2019 Cholpon Ata ASTC Sprint Triathlon Central Asian Championships. Junior Men

Pos	Athlete	Country	Bib#	Swim	T1	Bike	T2	Run	Total Time
1	Aleksandr Reshetnikov	UZB	19	0:10:05	0:01:30	0:30:56	0:00:20	0:18:32	1:01:20
2	Denis Tunitskiy	KAZ	22	0:10:02	0:01:24	0:31:21	0:00:22	0:19:19	1:02:26
3	Daniil Zubtsov	KAZ	20	0:10:34	0:01:26	0:31:29	0:00:19	0:19:10	1:02:57
4	Alikhan Abusseit	KAZ	38	0:10:30	0:01:31	0:31:32	0:00:18	0:19:45	1:03:34
5	Yerassyl Amanzholov	KAZ	35	0:10:15	0:01:32	0:31:41	0:00:23	0:22:13	1:06:03
6	Assatbek Narmetov	KAZ	34	0:10:45	0:01:37	0:33:42	0:00:20	0:22:46	1:09:08
7	Vladislav Drozhzhin	KGZ	36	0:11:44	0:01:34	0:35:57	0:00:26	0:20:33	1:10:12
8	Arif Dalbasty	KGZ	42	0:11:48	0:01:40	0:36:45	0:00:20	0:23:07	1:13:39
9	Artem Shapilov	KGZ	24	0:11:45	0:01:46	0:37:54	0:00:24	0:23:58	1:15:46

### 2019 Cholpon Ata ASTC Sprint Triathlon Central Asian Championships. Junior Women

Pos	Athlete	Country	Bib#	Swim	T1	Bike	T2	Run	Total Time
1	Ekaterina Ryazanova	UZB	60	0:11:29	0:01:40	0:37:31	0:00:21	0:22:34	1:13:32
2	Latofat Sadikova	UZB	61	0:12:57	0:01:37	0:36:11	0:00:22	0:22:39	1:13:44

**2019 Cholpon Ata ASTC Super Sprint Triathlon Central Asian Championships. U15 Men**

<b>Pos</b>	<b>Athlete</b>	<b>Country</b>	<b>Bib#</b>	<b>Swim</b>	<b>T1</b>	<b>Bike</b>	<b>Run</b>	<b>Total Time</b>
1	Alexandr Ten	KAZ	79	0:05:22	0:01:31	0:15:00	0:10:38	0:32:50
2	Yegor Krupyakov	KAZ	80	0:05:31	0:01:40	0:14:44	0:11:46	0:34:05
3	Savelii Proskurnikov	KGZ	76	0:05:37	0:01:48	0:15:18	0:11:47	0:34:53
4	Ilya Shigapov	KAZ	71	0:06:07	0:01:38	0:15:54	0:11:11	0:35:10
5	Ruslan Burdiukov	KGZ	74	0:05:11	0:01:41	0:15:50	0:13:58	0:36:59
6	Nurislam Asset	KAZ	72	0:06:14	0:01:45	0:16:16	0:12:49	0:37:28
7	Temirlan Kumarbek uulu	KGZ	77	0:06:18	0:02:02	0:16:19	0:12:39	0:37:31
8	YERASSYL KOSSALIYEV	KAZ	73	0:06:45	0:01:54	0:16:48	0:12:29	0:38:09
9	Aleksandr Storozhenko	KGZ	78	0:06:10	0:02:03	0:17:09	0:12:45	0:38:31
10	Maksim Kim	KGZ	75	0:05:15	0:01:44	0:18:46	0:12:57	0:38:58
11	Aleksandr Molchanov	KAZ	88	0:05:20	0:01:38	0:19:11	0:13:32	0:39:58

**2019 Cholpon Ata ASTC Super Sprint Triathlon Central Asian Championships. U15 Women**

<b>Pos</b>	<b>Athlete</b>	<b>Country</b>	<b>Bib#</b>	<b>Swim</b>	<b>T1</b>	<b>Bike</b>	<b>Run</b>	<b>Total Time</b>
1	Milana Prikhodko	KGZ	84	0:06:40	0:01:57	0:18:23	0:14:33	0:41:50
2	Aidana Asanbekova	KGZ	86	0:06:42	0:02:07	0:19:49	0:14:40	0:43:34
3	KHhafiza Gulturayeva	KAZ	81	0:07:09	0:02:07	0:20:25	0:13:17	0:43:39
4	VERONIKA IVANYUK	KAZ	83	0:07:13	0:02:14	0:20:15	0:13:25	0:43:48
5	Kanyshai Bekzhanova	KGZ	85	0:06:37	0:02:18	0:19:39	0:16:35	0:45:30
6	SAMUNA SHANAZAROVA	KAZ	82	0:07:29	0:02:11	0:23:16	0:16:53	0:50:10
DNS	Angelina Podkorytova	KGZ	87					