

# "VALDAY ULTRA TRAIL"

: 14.08.2022 .

"Valday Ultra Trail"  
2018

## 1.

Valday Ultra Trail ( ) :

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- [https://ivermile.ru/zapovedny\\_valday/](https://ivermile.ru/zapovedny_valday/)

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- [https://vk.com/ivermile\\_trailrun/](https://vk.com/ivermile_trailrun/)

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Instagram - <https://www.instagram.com/ivermile/>

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Telegram: <https://t.me/ivermiletrailrun/>

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Telegram: [https://t.me/ivermile\\_trailrunning\\_series/](https://t.me/ivermile_trailrunning_series/)

### 2.5

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**3.**

3.1 : 14.08.2022

3.2 :  
"SABI"  
: 57.911955, 33.188227  
: <https://yandex.ru/maps/-/CCUAjGfC8A>

**4.**

4.1 : 5 , 15 , 30 , 55 , 105 ; 1 .

4.2 :

**13.08.2022 "SABI"**

10:00 -  
12:00 -  
17:00 – Pasta Party  
19:00 -

**14.08.2022**

05:00; 07:00; 08:00; 09:00; 10:00 -  
( " " , .2)  
05:00 -  
05:30 - 105 ,  
06:00 - 105  
08:00 - 55  
10:30 - 1  
11:00 - 5  
12:00 - 15  
12:15 - 30  
16:00 -

4.3 :

J 5 - 1  
J 15 - 3  
J 30 - 6  
J 55 - 10  
J 105 - 18

- 68 ( 105 - 18:00)  
- 82 ( 105 - 20:00)

4.4 : , , , ,

**5.**

5.1 30 , 55 , 105

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<https://russiarunning.com/>

31.01.2022 ( )

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) 15 — 2200  
) 30 — 2800  
) 55 — 3200  
) 105 — 3800

- 1000

- 200

01.02.2022 30.06.2022 ( )

) 5 - 2000  
) 15 — 2700  
) 30 — 3300  
) 55 — 3700  
) 105 — 4300

- 1000

- 200

01.07.2022 08.08.2022 ( )

) 5 - 2500  
) 15 — 3200  
) 30 — 3800  
) 55 — 4200  
) 105 — 4800

- 1000

- 200

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7.4

1200 .

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russiarunning.com

08.08.2022.

7.9

: trailrun@ivermile.ru 08.08.2022

7.10

20:00

13.08.2021 12:00

13.08.2021

: 500

7.11

30%

trailrun@ivermile.ru

( )

7.12

, Performance index,

[itra.run](http://itra.run)

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) : 700 749 PI – 50%; 750 PI – 100%.

) : 600 649 PI – 50%; 650 PI – 100%.

trailrun@ivermile.ru

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ITRA.

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Pasta Party;

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Valday Ultra Trail (1200 .)  
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Telegram-

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01.09.2022

**10.**

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I, II, III

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trailrun@ivermile.ru

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"Valday Ultra Trail".