

Sri Chinmoy Spring Summer 5K Grand Prix March - May 2023

SUPERHEROES (runners who completed all 11 races)



**SRI CHINMOY
MARATHON TEAM**



Run and Become
www.runandbecome.com

WOMEN			
Name	Surname	Country	Age
Hana	Lepicova	Czech	48
Ilvaka	Nemcova	Czech	42
Manini	Nguyen	USA	46
Nataliia	Konieva	Ukraine	60
Niyojita	Purevsuren	Mongolia	52
Oyungerel	Seded	Mongolia	54
Pradipana	Loser-Frost	Germany	64
Purevsuren	Shirendev	Mongolia	67
Samviraja	Gori	Italy	50
Sharani	Robins	USA	62
Tsetsedelger	Lkhamsuren	Mongolia	59
Tungalag	Jaalkhuu	Mongolia	61
Tungalag	Serj	Mongolia	65

MEN			
Name	Surname	Country	Age
Andrew	Cotton	UK	54
Batsukh	Sharav	Mongolia	70
Manfred	Quester	Germany	68
Marek	Bohman	Slovakia	51
Nayak	Polissar	USA	83
Nicola	Barato	Italy	60
Pataka	Spacek	Czech	50
Prachar	Stegemann	Australia	62
Sulabha	Wishiewski	Canada	63
Theodor	Stanek	Czech	60
Vlada	Lepic	Czech	47
Yatkara	Aleksapolskyy	Canada	47

GRAND PRIX RESULTS BELOW

Total Time = Best 7 races added together

Cat = Age Category

Cat Pos = Ranking in Age Category

GRAND PRIX WINNERS

RANK	FIRST NAME	SURNAME	Country	Total Time	Best Race	AGE
Women Under 50						
1	Ilvaka	Nemcova	Czech	02:34:51	Compassion	42
2	Hana	Lepicova	Czech	03:03:53	Kindness	48
3	Danica	Cernakova	Slovakia	03:04:59	Compassion	47
Men Under 50						
1	Yatkara	Aleksapolskyy	Canada	02:47:53	Courage	47
2	Vlada	Lepic	Czech	02:48:22	Confidence	47

3	Max	Leinweber	Germany	03:10:40	Oneness	38
Women Vet 50						
1	Tirtha	Voelckner	Germany	02:53:48	Oneness	51
2	Samviraja	Gori	Italy	03:02:12	Oneness	50
3	Suparna	Pustogowa	Germany	03:09:28	Oneness	59
Men Vet 50						
1	Pataka	Spacek	Czech	02:17:57	Happiness	50
2	Marek	Bohman	Slovakia	02:25:16	Dynamism	51
3	Kuladipa	Babušik	Slovakia	02:48:16	Dynamism	51
Women Vet 60						
1	Purevsuren	Shirendev	Mongolia	03:26:53	Dedication	67
2	Emanuela	Silicani	Italy	03:33:12	Compassion	65
3	Tsetsegmaa	Ishjamts	Mongolia	03:41:03	Confidence	63
Men Vet 60						
1	Prachar	Stegemann	Australia	02:40:14	Confidence	62
2	Sulabha	Wishiewski	Canada	03:00:01	Courage	63
3	Nicola	Barato	Italy	03:09:03	Determination	60
Women Vet 70						
1	Kamayati	Morison	Canada	05:07:39	Dedication	76
Men Vet 70						
1	Batsukh	Sharav	Mongolia	02:50:06	Determination	70
2	Ian	Isherwood	UK	05:26:21	Aspiration	70
Women Vet 80						
1	Shadri	Bortolini	Italy	05:44:49	Delight	81
Men Vet 80						
1	Nayak	Polissar	USA	07:43:24	Oneness	83

ALL RESULTS BELOW

RESULTS										
RANK	FIRST NAME	SURNAME	Country	Total Time	Best Race	Best Time	M/F	Age	Cat	Cat Pos
1	Pataka	Spacek	Czech	02:17:57	Happiness	00:19:35	Male	50	M V50	1
2	Marek	Bohman	Slovakia	02:25:16	Dynamism	00:20:14	Male	51	M V50	2
3	Ilvaka	Nemcova	Czech	02:34:51	Compassion	00:21:31	Female	42	W U/50	1
4	Prachar	Stegemann	Australia	02:40:14	Confidence	00:21:54	Male	62	M V60	1
5	Yatkara	Aleksapolskyy	Canada	02:47:53	Courage	00:23:41	Male	47	M U/50	1
6	Kuladipa	Babušik	Slovakia	02:48:16	Dynamism	00:22:34	Male	51	M V50	3
7	Vlada	Lepic	Czech	02:48:22	Confidence	00:23:28	Male	47	M U/50	2
8	Batsukh	Sharav	Mongolia	02:50:06	Determination	00:22:06	Male	70	M V70	1
9	Tirtha	Voelckner	Germany	02:53:48	Oneness	00:24:30	Female	51	W V50	1
10	Sulabha	Wishiewski	Canada	03:00:01	Courage	00:24:44	Male	63	M V60	2
11	Samviraja	Gori	Italy	03:02:12	Oneness	00:25:22	Female	50	W V50	2
12	Hana	Lepicova	Czech	03:03:53	Kindness	00:25:20	Female	48	W U/50	2
13	Danica	Cernakova	Slovakia	03:04:59	Compassion	00:25:19	Female	47	W U/50	3
14	Nicola	Barato	Italy	03:09:03	Determination	00:26:40	Male	60	M V60	3
15	Suparna	Pustogowa	Germany	03:09:28	Oneness	00:26:35	Female	59	W V50	3
16	Andrew	Cotton	UK	03:10:09	Happiness	00:26:34	Male	54	M V50	4
17	Max	Leinweber	Germany	03:10:40	Oneness	00:26:03	Male	38	M U/50	3
18	Theodor	Štanek	Czech	03:10:47	Courage	00:26:43	Male	60	M V60	4
19	Tsetsegdelger	Lkhamsuren	Mongolia	03:12:40	Oneness	00:27:25	Female	59	W V50	4
20	Nurari	Merry	UK	03:20:20	Determination	00:27:41	Female	51	W V50	5
21	Stefan	Raduta	Canada	03:26:38	Confidence	00:25:37	Male	53	M V50	5
22	Purevsuren	Shirendev	Mongolia	03:26:53	Dedication	00:29:10	Female	67	W V60	1
23	Emanuela	Silicani	Italy	03:33:12	Compassion	00:30:04	Female	65	W V60	2
24	Jónína	Gísladóttir	Iceland	03:35:17	Courage	00:29:19	Female	53	W V50	6

25	Tsetsegmaa	Ishjamts	Mongolia	03:41:03	Confidence	00:29:35	Female	63	W V60	3
26	Tungalag	Serj	Mongolia	03:49:27	Dynamism	00:32:08	Female	65	W V60	4
27	Niyojita	Purevsuren	Mongolia	03:50:34	Oneness	00:32:00	Female	52	W V50	7
28	Manfred	Qeester	Germany	03:51:38	Happiness	00:31:48	Male	68	M V60	5
29	Bikash	Frost	Germany	03:52:13	Courage	00:32:27	Male	65	M V60	6
30	Oyungerel	Seded	Mongolia	03:52:16	Determination	00:31:51	Female	54	W V50	8
31	Pramiti	Niwa	Japan	03:53:34	Oneness	00:31:38	Female	61	W V60	5
32	Vasudha	Deming	USA	03:55:59	Delight	00:33:10	Female	56	W V50	9
33	Nataliia	Konieva	Ukraine	03:57:32	Courage	00:32:30	Female	60	W V60	6
34	Pavaka	Ritchot	Canada	04:00:39	Dedication	00:27:11	Male	47	M U/50	4
35	Manini	Nguyen	USA	04:02:17	Determination	00:33:26	Female	46	W U/50	4
36	Tungalag	Jaalkhuu	Mongolia	04:08:45	Happiness	00:30:02	Female	61	W V60	7
37	Veeraja	Uppal	Australia	04:10:06	Oneness	00:29:57	Male	54	M V50	6
38	Niharika	Nuuja	Finland	04:57:39	Oneness	00:39:58	Female	68	W V60	8
39	Maria Sharika	Xavier	USA	04:59:10	Oneness	00:38:40	Female	60	W V60	9
40	Karnayati	Morison	Canada	05:07:39	Dedication	00:41:14	Female	76	W V70	1
41	Ian	Isherwood	UK	05:26:21	Aspiration	00:46:12	Male	70	M V70	2
42	Pradipana	Losser-Frost	Germany	05:28:34	Courage	00:44:23	Female	64	W V60	10
43	Sharani	Robins	USA	05:38:56	Dedication	00:46:06	Female	62	W V60	11
44	Shadri	Bortolini	Italy	05:44:49	Delight	00:48:12	Female	81	W V80	1
45	Nayak	Polissar	USA	07:43:24	Oneness	00:59:20	Male	83	M V80	1
46	Sukantika	Donovan	USA	08:05:37	Courage	01:02:35	Female	69	W V60	12