

The background features three thick, curved lines in red, blue, and green, arranged in a circular pattern. The red line is at the top left, the blue line is at the bottom left, and the green line is at the bottom right.

Paralympic Games Competitors from Tatarstan

*Paralympic Games are international
sports competitions for disabled
people.*

Paralympic Games' Participants:

1. Minnegulov Rusan Rustemovich- is a Russian Paralympic standing cross-country skier. From 2015 to 2016 he had double win at the World Cup in Tyumen, Russia. During the 2014 Winter Paralympics he won gold medal in the men's 20km classic skiing.



He was born on the 27th of November in 1992 in the village Bogatye Saby. In 2007 he began his sports career. In 2009 he was first invited to the World Cup in Norway. He also participated at the Winter Paralympic Games in 2010 in Vancouver and in Sochi 2014.





His achievements:

- **Winter Paralympic Games**
- In 2014 he was awarded with 2 gold medals in Relay races and Nordic skiing and a silver medal in Sprint
- **World Championship**
- Competing in the cross country skiing in 2013, he won a gold medal, two silver and a bronze medals in Sweden.

The second participant of Paralympiad from Tatarstan

2. Zainullina Marta Alfredovna is a Russian biathlete and skier. She is a bronze medalist in Winter Paralympic Games, and a world champion. She is the Honored Master of sports of Russia in biathlon and in cross country skiing.





- She was born on the 30th of July in 1990 in Nizhnekamsk. She began her sport career in 2010. She took part in Paralympic Games in 2014 and won the third prize.

Do Sports and Compete

