

# THE COMPETITION ” LEARN TO WIN”

## My idol

*Made: Ignatyev Nikita*

*CM-1-20*

*KPT*

# Rushan Minnegulov

## Paralympic champion



# OUR WINNER!



**Rushan Minnegulov is a Russian Paralympic standing cross-country skier. He is honored Master of Sports of Russia. He had double win at the World Cup in Tyumen from 2015 to 2016 . He also won two gold medals and a silver medal During the 2014th Winter Paralympics in Sochi.**

# HE NEVER GIVES UP



- He was born on the 27<sup>th</sup> of November in 1992 in Bogatye Saba in Tatarstan. Minnegulov had an accident at the age of 13 and as a result of which he lost part of his hand. But in spite of this he grew up as a sporty boy and loved playing football. After the accident, he began to study at the youth sports school of his uncle Radik Minnegulov, a candidate for master of sports.



# Way to victory



Rushan Minnegulov became the Olympic champion in skiing 20 km standing. 21 year old athlete from the neighboring village of Bogatye Saba overtook Finnish athlete Ilku Tomisto and Russian sportsman Vladislav Lekomtsev by 49.5 seconds. Describe the race is almost pointless. Rushan seized the advantage from the very beginning of the race and only increased it during the race.

# Tatarstan was without medals at the Winter Olympics in Sochi 2014 but became rich at the Paralympics

ЛЫЖНЫЕ ГОНКИ 20км классическим стилем. Мужчины. Стоя



Илка  
ТОМИСТО



Рушан  
МИННЕГУЛОВ



Владислав  
ЛЕКОМЦЕВ

# We are proud of you, Rushan!



His achievements:

- He is a participant in the Winter Paralympics in Vancouver 2010. The fifth place in cross-country skiing.

- He took the 6th place at the world championships in 2011 .

- Rushan won the first place in the open relay at the World Cup in 2012

- Minnegulov took the first place in the mixed relay 4X2.5 kilometers also at the World Cup in 2013.

- Also he had the first place at a distance of 20 kilometers and the second place in sprint. Rushan is a winner of World Cup 2013

Champion of Russia in 2010.



# An unforgettable meeting with the champion of the Sochi 2014 at my school.





# GOOD LUCK TO YOU, RUSHAN!



Rushan from our neighboring village. We will continue monitoring his success and shout for him. We wish him happiness and success in his future career and life!

**THANKS FOR ATTENTION!!!!**

