

**INDOOR LIST 2025 \2003-2005\  
KAZAKHSTAN U23 WOMEN**

|           | <b>60m</b>   |                        |          |      |         |            |
|-----------|--------------|------------------------|----------|------|---------|------------|
| <b>1</b>  | 7.65         | Valeriya SAFONOVA      | 16.04.04 | KRG  | Astana  | 17.01.2025 |
| <b>2</b>  | 7.76         | Darya GRIDASSOVA       | 08.01.04 | ALM  | Astana  | 14.02.2025 |
| <b>3</b>  | 7.79         | Alina CHISTYAKOVA      | 30.04.05 | KRG  | Astana  | 17.01.2025 |
| <b>4</b>  | 7.80         | Kristina YERMOLA       | 07.02.05 | PVL  | Ust-Kam | 21.02.2025 |
| <b>5</b>  | 7.82         | Polina KAREL           | 23.03.06 | PVL  | Astana  | 14.02.2025 |
| <b>5</b>  | 7.82         | Yana FOMINA            | 23.06.07 | PVL  | Astana  | 14.02.2025 |
| <b>7</b>  | 7.85         | Tat'yana NO            | 15.06.04 | AKM  | Astana  | 14.02.2025 |
| <b>8</b>  | 7.87         | Julia DEMKINA          | 18.07.10 | KRG  | Astana  | 17.01.2025 |
| <b>9</b>  | 7.89         | Angelina SHRUBYANETS   | 09.03.09 | ALM  | Astana  | 17.01.2025 |
| <b>10</b> | 7.94         | Sofia KIDENKO          | 18.01.07 | VKO  | Ust-Kam | 21.02.2025 |
|           | <b>200m</b>  |                        |          |      |         |            |
| <b>1</b>  | 24.75        | Sofia KIDENKO          | 18.01.07 | VKO  | Astana  | 18.01.2025 |
| <b>2</b>  | 25.02        | Mariya SHUVALOVA       | 22.12.06 | PVL  | Astana  | 18.01.2025 |
| <b>3</b>  | 25.10        | Anna SHUMILO           | 30.04.04 | KRG  | Ust-Kam | 22.02.2025 |
| <b>4</b>  | 25.37        | Julia DEMKINA          | 18.07.10 | KRG  | Astana  | 18.01.2025 |
| <b>5</b>  | 25.58        | Angelina SHRUBYANETS   | 09.03.09 | ALM  | Astana  | 18.01.2025 |
| <b>6</b>  | 25.78        | Yekaterina PUZYREVA    | 14.02.06 | KRG  | Ust-Kam | 02.03.2025 |
| <b>7</b>  | 25.83        | Alisa NEVENCHENKO      | 20.02.05 | KRG  | Ust-Kam | 22.02.2025 |
| <b>8</b>  | 25.99        | Milana ZUBAREVA        | 22.05.07 | KRG  | Astana  | 16.02.2025 |
| <b>9</b>  | 26.11        | Polina KAREL           | 23.03.06 | PVL  | Ust-Kam | 02.03.2025 |
| <b>10</b> | 26.20        | Kira ZARIPOVA          | 02.06.07 | KST  | Ust-Kam | 02.03.2025 |
|           | <b>400m</b>  |                        |          |      |         |            |
| <b>1</b>  | 55.09        | Anna SHUMILO           | 30.04.04 | KRG  | Astana  | 14.02.2025 |
| <b>2</b>  | 55.28        | Sofia KIDENKO          | 18.01.07 | VKO  | Ust-Kam | 01.03.2025 |
| <b>3</b>  | 55.55        | Mariya SHUVALOVA       | 22.12.06 | PVL  | Ust-Kam | 01.03.2025 |
| <b>4</b>  | 57.18        | Milana ZUBAREVA        | 22.05.07 | KRG  | Ust-Kam | 28.02.2025 |
| <b>5</b>  | 57.94        | Diana TROFIMENKO       | 01.02.04 | PVL  | Astana  | 14.02.2025 |
| <b>6</b>  | 58.27        | Margarita KOSSINOVA    | 21.08.10 | ALM  | Astana  | 17.01.2025 |
| <b>7</b>  | 58.48        | Anastasya KOLODA       | 15.08.06 | AST  | Astana  | 17.01.2025 |
| <b>7</b>  | 58.70        | Afina CHOLAKIDI        | 21.08.09 | KRG  | Astana  | 17.01.2025 |
| <b>9</b>  | 58.70        | Ekaterina KOLODA       | 15.08.06 | AST  | Astana  | 17.01.2025 |
| <b>10</b> | 59.16        | Anastasiya TSVIRKUNOVA | 09.09.05 | KRG  | Ust-Kam | 21.02.2025 |
|           | <b>800m</b>  |                        |          |      |         |            |
| <b>1</b>  | 2:11.75      | Ayana BOLATBEKKYZY     | 05.11.06 | ZHTS | Ust-Kam | 23.02.2025 |
| <b>2</b>  | 2:12.62      | Viktoriya SUKACHYOVA   | 18.11.05 | ALM  | Astana  | 15.02.2025 |
| <b>3</b>  | 2:13.57      | Ekaterina KOLODA       | 15.08.06 | AST  | Astana  | 15.02.2025 |
| <b>4</b>  | 2:14.86      | Anastasya KOLODA       | 15.08.06 | AST  | Astana  | 19.01.2025 |
| <b>5</b>  | 2:16.11      | Milana ZUBAREVA        | 22.05.07 | KRG  | Ust-Kam | 02.03.2025 |
| <b>6</b>  | 2:17.90      | Anastasiya TSVIRKUNOVA | 09.09.05 | KRG  | Ust-Kam | 23.02.2025 |
| <b>7</b>  | 2:19.28      | Darya MILLER           | 01.04.06 | ALM  | Ust-Kam | 02.03.2025 |
| <b>8</b>  | 2:20.68      | Anastasiya ZUYKOVA     | 26.02.08 | SKO  | Astana  | 18.01.2025 |
| <b>9</b>  | 2:21.04      | Aruzhan ALTYBAI        | 06.11.06 | TKO  | Astana  | 19.01.2025 |
| <b>10</b> | 2:21.92      | Dzhalila KANAT         | 17.08.10 | KRG  | Astana  | 18.01.2025 |
|           | <b>1500m</b> |                        |          |      |         |            |
| <b>1</b>  | 4:29.30      | Aiana BOLATBEKKYZY     | 05.11.06 | ZHTS | Astana  | 14.02.2025 |
| <b>2</b>  | 4:41.91      | Arina GLADYSHEVA       | 10.11.05 | VKO  | Ust-Kam | 21.02.2025 |

|    |                 |                       |          |      |         |            |
|----|-----------------|-----------------------|----------|------|---------|------------|
| 3  | 4:45.02         | Darya MILLER          | 01.04.06 | ALM  | Ust-Kam | 21.02.2025 |
| 4  | 4:45.64         | Akbilek KURALBAY      | 11.07.04 | SHMK | Astana  | 14.02.2025 |
| 5  | 4:45.87         | Kristina SERGEYEVA    | 16.02.04 | KRG  | Astana  | 14.02.2025 |
| 6  | 4:50.44         | Viktorya MEL"NIKOVA   | 31.01.10 | AST  | Astana  | 17.01.2025 |
| 7  | 4:51.82         | Viktoriya SUKACHYOVA  | 18.11.05 | ALM  | Astana  | 17.01.2025 |
| 8  | 4:56.67         | Agata KRASAEVA        | 21.10.09 | PVL  | Ust-Kam | 28.02.2025 |
| 9  | 4:57.10         | Uldanai ABYLXAN       | 07.07.07 | TKO  | Ust-Kam | 28.02.2025 |
| 10 | 4:59.27         | Sofiya PLOTNIKOVA     | 25.06.06 | AST  | Ust-Kam | 28.02.2025 |
|    | <b>3000m</b>    |                       |          |      |         |            |
| 1  | 10:03.08        | Akbilek KURALBAY      | 11.07.04 | SHMK | Astana  | 16.02.2025 |
| 2  | 10:16.42        | Kristina SERGEYEVA    | 16.02.04 | KRG  | Astana  | 19.01.2025 |
| 3  | 10:18.64        | Aiana BOLATBEKKYZY    | 05.11.06 | ZHTS | Ust-Kam | 02.03.2025 |
| 4  | 10:22.67        | Arina GLADYSHEVA      | 10.11.05 | VKO  | Astana  | 16.02.2025 |
| 5  | 10:41.54        | Uldanai ABYLHAN       | 07.07.07 | TKO  | Astana  | 19.01.2025 |
| 6  | 10:47.19        | Agata KRASAEVA        | 21.10.09 | PVL  | Astana  | 19.01.2025 |
| 7  | 10:51.89        | Saniya KUDAIBERGEN    | 01.09.06 | ZHTS | Astana  | 19.01.2025 |
| 8  | 11:01.30        | Zhansaya KUNBOLATKYZY | 26.10.08 | ZHTS | Astana  | 19.01.2025 |
| 9  | 11:01.45        | Alua NURMUHAMET       | 06.09.10 | AST  | Astana  | 19.01.2025 |
| 10 | 11:01.79        | Yekaterina TAMILINA   | 31.01.09 | ALM  | Astana  | 19.01.2025 |
|    | <b>60m H</b>    |                       |          |      |         |            |
| 1  | 8.50            | Alina CHISTYAKOVA     | 30.04.05 | KRG  | Astana  | 15.02.2025 |
| 2  | 8.71            | Antonina CHERNYSHOVA  | 16.04.07 | SKO  | Astana  | 15.02.2025 |
| 3  | 8.78            | Kristina YERMOLA      | 07.02.05 | PVL  | Ust-Kam | 22.02.2025 |
| 4  | 8.90            | Darya PAVLENKO        | 28.08.06 | VKO  | Astana  | 15.02.2025 |
| 5  | 9.08            | Tat'yana NO           | 15.06.04 | AKM  | Astana  | 15.02.2025 |
| 6  | 9.18            | Ekaterina AVDEENKO    | 20.12.04 | SHMK | Astana  | 14.02.2025 |
| 7  | 9.26            | Angelina SHRUBYANETS  | 09.03.09 | ALM  | Ust-Kam | 22.02.2025 |
| 8  | 9.28            | Yana FOMINA           | 23.06.07 | PVL  | Astana  | 18.01.2025 |
| 9  | 9.56            | Arina MOZGUNOVA       | 03.08.06 | SKO  | Astana  | 18.01.2025 |
| 10 | 9.59            | Angelina POLTINOVA    | 17.09.06 | SHMK | Ust-Kam | 21.02.2025 |
|    | <b>2000m SC</b> |                       |          |      |         |            |
| 1  | 6:53.60         | Akbilek KURALBAY      | 11.07.04 | SHMK | Ust-Kam | 22.02.2025 |
| 2  | 7:15.92         | Uldanai ABYLHAN       | 07.07.07 | TKO  | Ust-Kam | 22.02.2025 |
| 3  | 7:32.23         | Zhansaya KUNBOLATKYZY | 26.10.08 | ZHTS | Astana  | 18.01.2025 |
| 4  | 7:38.51         | Miroslava AGAPITOVA   | 08.06.09 | VKO  | Astana  | 18.01.2025 |
| 5  | 7:38.72         | Aitunyk KUMARBEKKYZY  | 26.11.08 | AST  | Astana  | 15.02.2025 |
| 6  | 7:40.63         | Aisulu BOLATOVA       | 11.12.09 | AST  | Astana  | 18.01.2025 |
| 7  | 7:44.17         | Anastasiya MIHAILYOVA | 08.12.07 | ALO  | Ust-Kam | 01.03.2025 |
| 8  | 7:45.55         | Karakat NURAHAN       | 28.03.08 | ZHTS | Astana  | 18.01.2025 |
| 9  | 7:50.48         | Yekaterina TAMILINA   | 31.01.09 | ALM  | Ust-Kam | 01.03.2025 |
| 10 | 7:54.04         | Svetlana RUSSINOVA    | 03.05.08 | ALM  | Astana  | 18.01.2025 |
|    | <b>5000m RW</b> |                       |          |      |         |            |
| 1  | 24:11.82        | Sabrina ARZIYEVA      | 02.08.06 | ALM  | Ust-Kam | 28.02.2025 |
| 2  | 26:03.66        | Margarita STOROZHENKO | 05.01.08 | ALM  | Ust-Kam | 28.02.2025 |
| 3  | 27:10.10        | Dominika PUKHAREVA    | 30.10.08 | SKO  | Ust-Kam | 28.02.2025 |
| 4  | 30:41.14        | Inkar GANIKYZY        | 21.09.06 | ALO  | Ust-Kam | 28.02.2025 |
| 5  | 35:05.93        | Ular KUANDYK          | 03.10.08 | AST  | Ust-Kam | 28.02.2025 |
|    | <b>RW 20km</b>  |                       |          |      |         |            |

|    |                    |                          |          |      |         |            |
|----|--------------------|--------------------------|----------|------|---------|------------|
| 1  | 1:33.47            | Yasmina TOXANBAYEVA      | 16.11.04 | ALM  | Турция  | 22.02.2025 |
|    | <b>High Jump</b>   |                          |          |      |         |            |
| 1  | 1.84               | Faina MEIRMANOVA         | 12.06.06 | VKO  | Ust-Kam | 21.02.2025 |
| 2  | 1.80               | Irina SIZOVA             | 26.09.05 | ALM  | Ust-Kam | 21.02.2025 |
| 3  | 1.75               | Ekaterina AVDEENKO       | 20.12.04 | SHMK | Astana  | 14.02.2025 |
| 3  | 1.75               | Arina MALYUGINA          | 23.02.07 | KRG  | Ust-Kam | 02.03.2025 |
| 5  | 1.72               | Polina KUZUBOVA          | 25.02.08 | SHMK | Astana  | 18.01.2025 |
| 6  | 1.70               | Anastasiya KUCHINA       | 18.08.07 | KRG  | Ust-Kam | 02.03.2025 |
| 7  | 1.69               | Alina CHISTYAKOVA        | 30.04.05 | KRG  | Astana  | 14.02.2025 |
| 8  | 1.66               | Angelina POLTIKOVA       | 17.09.06 | SHMK | Ust-Kam | 23.02.2025 |
| 9  | 1.65               | Irina MARENOVA           | 14.03.08 | KRG  | Astana  | 18.01.2025 |
| 9  | 1.65               | Milena MERTS             | 16.10.09 | ALM  | Ust-Kam | 21.02.2025 |
|    | <b>Pole Vault</b>  |                          |          |      |         |            |
| 1  | 3.95               | Anna CHERKASHINA         | 08.04.08 | ALM  | Ust-Kam | 28.02.2025 |
| 2  | 3.80               | Elmira KABIROVA          | 28.07.06 | ALM  | Ust-Kam | 28.02.2025 |
| 3  | 3.60               | Darya DOSHANOVA          | 25.11.03 | KRG  | Ust-Kam | 22.02.2025 |
| 3  | 3.60               | Polina IVANOVA           | 03.12.06 | ALM  | Ust-Kam | 28.02.2025 |
| 5  | 3.00               | Marianna DANILOVA        | 25.10.10 | ALM  | Astana  | 17.01.2025 |
| 6  | 2.60               | Leya DANILOVA            | 25.10.10 | ALM  | Ust-Kam | 22.02.2025 |
| 7  | 2.50               | Polina LYMAREVA          | 06.07.09 | ALM  | Astana  | 17.01.2025 |
| 8  | 2.10               | Maryam FATAHOVA          | 24.05.10 | KRG  | Ust-Kam | 22.02.2025 |
|    | <b>Long Jump</b>   |                          |          |      |         |            |
| 1  | 6.13               | Anastasia RYPAKOVA       | 22.09.04 | VKO  | Astana  | 15.02.2025 |
| 2  | 6.01               | Ekaterina AVDEENKO       | 20.12.04 | SHMK | Astana  | 14.02.2025 |
| 2  | 6.01               | Alina CHISTYAKOVA        | 30.04.05 | KRG  | Ust-Kam | 21.02.2025 |
| 4  | 5.81               | Valeriya SAFONOVA        | 16.04.04 | KRG  | Astana  | 18.01.2025 |
| 4  | 5.81               | Anastasiya KONONOVICH    | 11.06.05 | AKM  | Astana  | 15.02.2025 |
| 6  | 5.65               | Mariya SHCHIPACHEVA      | 22.02.07 | AKM  | Ust-Kam | 28.02.2025 |
| 7  | 5.62               | Varvara DMITRIEVA        | 30.10.03 | VKO  | Astana  | 18.01.2025 |
| 8  | 5.60               | Dilyara KHAYBULLINA      | 20.05.05 | ABY  | Astana  | 18.01.2025 |
| 9  | 5.57               | Polina KUZUBOVA          | 25.02.08 | SHMK | Astana  | 18.01.2025 |
| 10 | 5.56               | Milena MERTS             | 16.10.09 | ALM  | Ust-Kam | 21.02.2025 |
|    | <b>Triple Jump</b> |                          |          |      |         |            |
| 1  | 12.83              | Valeriya SAFONOVA        | 16.04.06 | KRG  | Astana  | 16.02.2025 |
| 2  | 12.61              | Dilyara KHAYBULLINA      | 20.05.05 | ABY  | Astana  | 16.02.2025 |
| 3  | 12.55              | Varvara DMITRIEVA        | 30.10.03 | VKO  | Ust-Kam | 23.02.2025 |
| 4  | 12.51              | Anastasiya KONONOVICH    | 11.06.05 | AKM  | Astana  | 19.01.2025 |
| 5  | 12.34              | Elizaveta YAKIMENKO      | 02.04.06 | AKM  | Ust-Kam | 02.03.2025 |
| 6  | 12.12              | Anastasiya KONONOVICH    | 11.06.05 | AKM  | Ust-Kam | 23.02.2025 |
| 7  | 12.11              | Mariya SHCHIPACHEVA      | 22.02.07 | AKM  | Ust-Kam | 02.03.2025 |
| 8  | 11.89              | Mariya TIMCHENKO         | 25.10.07 | KRG  | Ust-Kam | 02.03.2025 |
| 9  | 11.81              | Ekaterina MIKHAYLENKO    | 08.04.10 | AKM  | Ust-Kam | 21.02.2025 |
| 10 | 11.71              | Alisa ISAEVA             | 08.04.09 | ALM  | Astana  | 17.01.2025 |
|    | <b>Shot Put</b>    |                          |          |      |         |            |
| 1  | 12.51              | Karina VASSILYEVA        | 19.01.04 | ALM  | Astana  | 18.01.2025 |
| 2  | 12.22              | Tatyana IVANISHKO        | 22.06.08 | KRG  | Ust-Kam | 28.02.2025 |
| 3  | 12.10              | Yekaterina SEREBRENIKOVA | 19.11.07 | ALM  | Ust-Kam | 28.02.2025 |
| 4  | 11.70              | Ekaterina AVDEENKO       | 20.12.04 | SHMK | Astana  | 14.02.2025 |

|    |              |                                                                                   |          |      |         |            |
|----|--------------|-----------------------------------------------------------------------------------|----------|------|---------|------------|
| 5  | 11.62        | Angelina POLTIKOVA                                                                | 17.09.06 | SHMK | Astana  | 14.02.2025 |
| 6  | 11.44        | Karolina MAVROVA                                                                  | 22.08.07 | KRG  | Ust-Kam | 22.02.2025 |
| 7  | 11.09        | Alina CHISTYAKOVA                                                                 | 30.04.05 | KRG  | Astana  | 17.01.2025 |
| 8  | 10.73        | Arina MOZULYAKO                                                                   | 07.03.07 | VKO  | Astana  | 18.01.2025 |
| 9  | 10.14        | Assylzat KYDYRBAY                                                                 | 18.08.09 | KZL  | Ust-Kam | 22.02.2025 |
| 10 | 10.04        | Viktoriya KLIMANTSEVA                                                             | 06.04.08 | VKO  | Ust-Kam | 22.02.2025 |
|    | Pentathlon   |                                                                                   |          |      |         |            |
| 1  | 3975         | Ekaterina AVDEENKO                                                                | 20.12.04 | SHMK | Astana  | 14.02.2025 |
| 2  | 3961         | Alina CHISTYAKOVA                                                                 | 30.04.05 | KRG  | Astana  | 17.01.2025 |
| 3  | 3495         | Angelina POLTIKOVA                                                                | 17.09.06 | SHMK | Ust-Kam | 21.02.2025 |
| 4  | 2820         | Karolina MAVROVA                                                                  | 22.08.07 | KRG  | Astana  | 14.02.2025 |
| 5  | 2787         | Dilnaz MAXUT                                                                      | 04.01.08 | MNG  | Ust-Kam | 21.02.2025 |
| 6  | 2749         | Kristina ZAKHARCHENKO                                                             | 31.03.06 | VKO  | Ust-Kam | 28.02.2025 |
| 7  | 2737         | Sofiya USTIMENKO                                                                  | 10.01.05 | VKO  | Ust-Kam | 21.02.2025 |
| 8  | 2597         | Polina BAKHTINA                                                                   | 10.03.07 | VKO  | Ust-Kam | 28.02.2025 |
| 9  | 2106         | Polina GORBATIKOVA                                                                | 29.12.08 | MNG  | Ust-Kam | 21.02.2025 |
| 10 | 1881         | Darya NEKHAENKO                                                                   | 29.06.06 | ULT  | Astana  | 17.01.2025 |
|    | Relay 4x200m |                                                                                   |          |      |         |            |
| 1  | 1:40.83      | Valeriya SAFONOVA, Anna SHUMILO, Alisa NEVENCHENKO, Milana ZUBAREVA               |          | KRG  | Ust-Kam | 22.02.2025 |
| 2  | 1:41.57      | Mariya SHUVALOVA, Karina RAHIMOVA, Kristina YERMOLA, Polina KAREL                 |          | PVL  | Ust-Kam | 22.02.2025 |
| 3  | 1:44.51      | Lydia SAFONOVA, Darya PAVLENKO, Evelina RYABKOVA, Sofia KIDENKO                   |          | VKO  | Ust-Kam | 22.02.2025 |
| 4  | 1:44.70      | Darya GRIDASSOVA, Ellina SULEYMANOVA, Angelina SHRUBYANETS, Yelizaveta GRIDASSOVA |          | ALM  | Ust-Kam | 22.02.2025 |
| 5  | 1:51.34      | Zhanel MIYATBEK, Anna TKACHENKO, Aktilek KONYSBAY, Diana SALMINA                  |          | MNG  | Ust-Kam | 22.02.2025 |
|    | Relay 4x400m |                                                                                   |          |      |         |            |
| 1  | 3:53.01      | Anna SHUMILO, Anastasiya TSVIRKUNOVA, Milana ZUBAREVA, Alina CHISTYAKOVA          |          | KRG  | Ust-Kam | 23.02.2025 |
| 2  | 4:17.41      | Viktoriya SUKACHYOVA, Darya MILLER, Ellina SULEYMANOVA, Yelizaveta MYASNIKOVA     |          | ALM  | Ust-Kam | 23.02.2025 |
| 3  | 4:47.22      | Zere SHIRYAEVA, Ayaulym SMAKOVA, Vikt. MOLCHANOVA, Dilyara KHAYBULLINA            |          | ABY  | Ust-Kam | 23.02.2025 |