2023

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| **Broj trka** | **Mjesto i datum**  | **Rezultat**  | **Plasman** |
| 1 |  Mrsać (02.01.2023) | 6.64k- 20:53 (3.09) | 2 |
| 2 | Sarajevo (15.01.2023) | 9.95k – 33:21 (3.21) | 1 |
| 3 | Valjevo (27.01. 2023) | 4.64k - 14:10 (3.03) | 1 |
| 4 | Zagreb (04.02.2023) | 1500m – 4:03.25 (dvorana) | 2 |
| 5 | Slavonski Brod (12.02.2023) | 10.07k – 33:15 (3.18) | 2 |
| 6 | Srebrenica (12.03.2023) | 10.05k – 35:32 (3.32) | 1 |
| 7 | Kalesija (Ekipno prvenstvo BiH u krosu), 19.03.2023 | 7.88k – 28:11 (3.35) | 1, pojedinačni plasman |
| 8 | Novi Pazar (21.03.2023) | 2.71k- 7:44 (2.51) | 2 |
| 9 | Inđija (25.03.2023) | 3.48k – 10:41 (3.04), kros  | 4 |
| 10 | Beograd (01.04.2023) | 3.77k- 12:21 (3.19), kros  | 5 |
| 11 | Prnjavor (02.04.2023) | 5.10k- 14:57 (2.56) | 4 |
| 12 | Berat (09.04.2023) | 10.11k- 33:35 (3.19) | 1 |
| 13 | Bečej (15.04.2023) | 5.01k – 15:25 (3.05) | 1 |
| 14 | Derventa (19.04.2023) | 2.92k – 9:03 (3.06) | 1 |
| 15 | Beograd (23.04.2023) | 10.27k- 34:03 (3.19) | 1 |
| 16 | Kozarska Dubica (27.04.2023) | 3.09k – 8:44 (2.49) | 1 |
| 17 | Tirana (30.04.2023) | 9.20k- 32:30 (3.32) | 2 |
| 18 | Grahovo (01.05.2023) | 1.95k – 6:06 (3.08) | 2 |
| 19 | Široki Brijeg (08.05.2023 | 9.54k- 32:22 (3.24) | 2 |
| 20 | Prijedor (11.05.2023) | 4.66k – 13:37 (2.55) | 6 |
| 21 | Bijeljina (13.05.2023) | 5.65k – 18:09 (3.13),kros | 5 |
| 22 | Kosjerić (17.05.2023) | 4.60k – 13:18 ( 2.54) | 2 |
| 23 | Stolac (20.05.2023) | 5.04k- 16:20 (3.14) | 1 |
| 24 | Bijelo Polje (21.05.2023) | 4.96k – 14:54 (3.00) | 3 |
| 25 | Ptuj (24.05.2023) | 3000m- 8:24.27 (staza) | 1 |
| 26 | Ljubuški (27.05.2023) | 10.55k – 35:17 ( 3.21) | 1 |
| 27 | Trebević (28.05.2023) | 5.02k – 15:23 (3.04) | 1 |
| 28 | Kiseljak (03.06.2023) | 5.09k- 15:50 (3.06) | 1 |
| 29 | Banja Luka (04.06.2023) | 10.13k – 33:03 ( 3.16)  | 2 |
| 30 | Gacko (04.06.2023) | 970m uz brdo – 5:18 (5.27) | 1 |
| 31 | Foča (04.06.2023) | 2.94k- 8:52 (3.01) | 2 |
| 32 | Zenica (07.06.2023) | 3000m- 8:16.44 (staza) | 4  |
| 33 | Neum (10.06.2023) | 10.18k- 38:00 ( 3.44) | 1 |
| 34 | Novi Travnik (10.06.2023) | 5.08k – 15:29 (3.03) | 1 |
| 35 | Posušje (17.06.2023) | 9.87k – 32:55 (3.20) | 2 |
| 36 | Evropsko Timsko prvenstvo, Silesia(22.06.2023) | 5000m- 14:59.10 (staza)  | 7 |
| 37 | Kravica (24.06.2023) | 12.54k- 52:18 ( 4.10), trejl  | 2 |
| 38 | Modriča (24.06.2023) | 10.08k – 33:07 (3.17) | 1 |
| 39 | Konjic (01.07.2023) | 9.94k – 32:54 (3.18) | 2 |
| 40 | Zenica (08.07.2023), državno  | 3000m- 8:51.01 | 1 |
| 41 | Zenica (09.07.2023), državno | 5000m- 15:14.88 | 1 |
| 42 | Zagreb (15.07.2023) | 10.07k- 32:27 (3.13) | 1 |
| 43 | Sokolovići (16.07.2023) | 300m- 41.5 (2.20) | 1 |
| 44 | Sarajevo (16.07.2023) | 10.10k- 33:07 (3.17) | 3 |
| 45 | Balkansko prvenstvo, Valjevo (22.07.2023) | 5000m- 14:44.22 | 6 |
| 46 | Balkansko prvenstvo, Valjevo (23.07.2023) | 3000m- 8:41.38 | 3 |
| 47 | Goražde (29.07.2023) | 5.01k- 15:59 (3.12) | 1 |
| 48 | Prvenstvo Republike Srpske, Sokolac,(30.07.2023) b)štafeta  | 5000m- 15:53400m | 1 |
| 49 | Ulična trka Sokolac (30.07.2023) | 3.50k- 11:14 (3.12) | 1 |
| 50 | Borike, seoska trka (02.08.2023) | 0.58k | 1 |
| 51 | Kakanj (05.08.2023) | 4.90k -15:50 (3.14) | 1 |
| 52 | Nevesinje (06.08.2023) | 100m800m | 21 |
| 53 | Ugljevik (12.08.2023) | 10k- 31:30 (3.09) | 3 |
| 54 | Gornja Koprivna (18.08.2023) | 4.50k - 15:57 (3.32) | 1 |
| 55 | Banovići (19.08.2023) | 5k- 15:21 (3.04) | 1 |
| 56 | Gradiška (20.08.2023) | 9.86k- 32:47 (3.19) | 1 |
| 57 | Srebrenik (26.08.2023) | 5.04k- 15:53 (3.09) | 1 |
| 58 | Travnik (02.09.2023) | 5.04k - 14:40 (2.54) | 3 |
| 59 | Laktaši (03.09.2023) | 9.80k - 31:10 (3.11) | 2 |
| 60 | Bosanska Krupa (09.09.2023) | 5.02k- 15:37 (3.07) | 1 |
| 61 | Strizivojna (09.09.2023) | 10.03k - 33:40 (3.21) | 1 |
| 62 |  Kraljevo (staza) (15.09.2023) | 3000m- 8:39 | 1 |
| 63 | Arandjelovac (16.09.2023) | 4.94k - 16:16 (3.18) | 1 |
| 64 | Nikšić (17.09.2023) | 6.54k - 19:51 (3.02) | 1 |
| 65 | Avaz (23.09.2023) | 4:09 (po mom satu), zvanični rezultat 4:16 | 2 |
| 66 | Gračanica (24.09.2023) | 5.03k - 15:13 (3.01) | 1 |
| 67 | Temišvar (01.10.2023) | 10.63k- 33:05 (3.07) | 3 |
| 68 | Elbasan (08.10.2023) | 20.78k- 1:14:50 (3.36) | 1 |
| 69 | Požarevac (11.10.2023) | 2.73k – 7:40 (2.49) | 1 |
| 70 | Ćuprija (12.10.2023) | 3.65k- 10:21 (2.50) | 1 |
| 71 | Teslić, prvenstvo Republike Srpske u krosu (14.10.2023) | 6k- 21:38 (3.34) | 1 |
| 72 | Vlasenica (15.10.2023) | 3.11k – 9:29 (3.03), valovita staza | 1 |
| 73 | Brod (22.10.2023) | 5.05k- 15:25 (3.03) | 1 |
| 74 | Ečka (28.10.2023) | 10.10k- 31:21 (3.06) | 1 |
| 75 | Valjevo (29.10.2023) | 10.39k - 33:29 (3.13) | 2 |
| 76 | Bačka Topola (04.11.2023) | 5k- 15:11 (3.02) | 1 |
| 77 | Gevgelija (05.11.2023) | 10.07k- 31:07 (3.05) PB | 2 |
| 78 | Herceg Novi (12.11.2023) | 5k- 16:21 (3.16), valovita staza  | 1 |
| 79 | Cetinje (14.11.2023) | 4k- 12:15 (3.03) | 1 |
| 80  | Beograd (26.11.2023) | 10.13k - 32:53 (3.15) | 3 |
| 81 | Beograd (24.12.2023) | 3000m- 8:47 (dvorana) | 2 |

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| INTENZITET |

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| **LIČNI REZULTATI U 2023** | 3000m- 8:16.445000m- 14:44.225k- 14:40 (sertifikat)10k- 31:07 (sertifikat) |
| **STAZA** | 3000m- 8:16.44, 8:24.275000m- 14:44.22, 14:59.10 |
| **ULIČNE TRKE** |

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| DISTANCA  | INTENZITET | BROJ TRKA |
| 2.7k-4k | 2.52- 2.49 po kilometru | 4 |
| 4k-6.5k | 3.04 – 2.54 po kilometru | 13 |
| 10k- 10.5k  | 3.09 – 3.05 po kilometru  | 4 |
| 9.80k- 10.50k  | 3.21- 3.11 po kilometru | 16 |

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| **PLASMAN**  |

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| 73 postolja | 47 pobjeda  |

\* Trke koje nisam završio:

Beograd (19.02.2023), dvorana, 3000m- DNF

Valona (07.05.2023), Albanija, 10k- DNF

Podgorica (19.11.2023), 10k- DNF