This page was exported from - ?? ???? "???????"
Export date: Fri Jun 26 7:30:43 2026 / +0000 GMT

????????????? ???? ????????????? ??????????? "????????????? ????"

23 ?????? ?? ???? ?? ???? "???????" ???? ??? ?. ??????? ?????? ????????????? ???? ????????????? ??????????? "????????????? ????". ???? ?????? ???????? ???????? "????????????? ?????????", ?? ? ????????? ???????? ?????? ????? ??????. ? ????????????? ????????? ???????? ????????????? ????????. ????? ? ???????. ???, ? ????????? ??????? ????? ???? ?????????? ???, ??? ???????? ? ?????????? ??????.? ?????, ? ???? ??????????, ???? ?????? ????????:🏃 ?????? ? ????? ? ???????, ??? ?? 60 ?, 600 ? 800 ? ? ??????? ? ?????? ?????????????, ????????.? ?????????? ??????????? ?????????? ? ???, ? ????? ?????? ????? ????????????? ????????? ???????:1.??????????? ?????2.??. ?????????? ?????3.???. ?????????? ????????????????! ?????? ???????? ??????? ?????????? ? ??????, ??????? ????????????????? ? ???????, ? ????? ?????????? ??????????.????????, ??????? - ????????????? ????????? ????? ????? ??????????? ?. ?. ??????????? ?? ???????? ?????.#?????????????