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🏃‍♂️🏃‍♂️🏃‍♂️14 ???, ?? ???????? ???? ??? ?2 ??. ?. ??????? ?. ?. ??. ????????, ?????? ???????? ??????????? ?? ?????? ???????? ? ????? ??????????? ???????? ?. ?. ????????????. ??????? ? ????????, ??? ????????? ?????????? ?????, ????????? ????????? ?????????? ?? ????? ?????? ????????: ???? ?? ???????? ? ??????? ????????? ?? ?????????? ???????? ??????? ???????, ????????? ???, ?????? ? ?. ?.📌 ? ????????? ?????????? ??????? ????? ????, ??? ??? ?? 100, 400, 800 ? 1500 ??????, ?????????? ??? 4?100 ?????? ????? ??????? ? ??????, ?????? ? ????? ? ???????.➡️ ? ?????????? ??????? ?????? ?? ??????, ???????? ? ??????????? ? ????, ????????? ??????, ???? ???? ? ????, ????? ? ????????? ?????? ????????????? ????????? ???????:1. ??????? ??????????? ?????2.??????? ???. ??????????? ?????3.??????? ??. ??????????? ?????4.??????? ??????????? ?????????? ???? ????????? ???????????, ?????? ?????????? ?????????? ???????????? ??????? ???? ??? ?. ????? ????????.💥 ?????????? ? ??????? ?? ??????? ????, ? ????? ? ????????? ??????, ?????????? ????????? ?????????????? ???????? ?? ???? "???????" ???? ??? ?. ??????? 💪 #????????????