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Built by Strength Level. Something wrong? Let us know how we can improve using our Feedback Form or Facebook Page. About - Privacy Policy You'll need a little help from the weather on race day in order to run your best marathon because, no matter how fit you are, a particularly hot or cold day will slow you down. But how much? That's where this marathon heat calculator (or marathon cold calculator, depending on your circumstances) comes in. Simply enter your predicted marathon time in ideal conditions and it'll convert it to what you can expect to run at a particular temperature. This marathon heat converter is powered by a series of equations generated using research by Nour El Helou et. al. They analyzed almost 1.8 million finishing times from six major marathons looking for links between environmental changes and decreases in performance. They found that, "the environmental parameter that had the most significant correlations with marathons performances was air temperature: it was significantly correlated with all performance levels in both male and female runners." In other words, temperature is kind of a big deal.They also found that the heat (and cold) has a more dramatic effect on mid-packers than it does the elites, so our calculator first places you into the most relevant group from the research study: first percent, first quartile, median, or third quartile. That group's unique equation is then applied to your ideal weather marathon time and race day temperature inputs. That'll give you a rough guess at what to expect, but it has significant limitations.LimitationsThere are plenty of environmental factors that affect marathon performance other than temperature: humidity, wind, rain, snow, hail, pollution, and sun exposure, just to name a few. This calculator doesn't take any of them into account.It doesn't know how capable your unique body is of handling heat or cold. The research study — and therefore the equations it generated — looked at averages among huge groups of runners, not at individual performances. The study looked at results from six big city road marathons. Results on trail races and/or races with smaller fields are likely different.Basically, you need to use some common sense with the predicted times this calculator spits out. And give the heat and the cold the respect that they deserve. Skip to main content Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and site, improve the quality of Reddit, personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Below 6.0 seconds and you are officially a gifted sprinter for your age and should think about pursuing track and field in scholastic sports. I would say that 7 is a time that you should try for but if you are really fast, 6.3 is a good time. But for an average 13 year old go for a 7 flat. What is a good time for the 50 meter dash? 50m Sprint Excellent Good Girls 8.1 or less 8.6-8.2 Boys 7.57 or less 7.85-7.58 How long does it take to run 50 Metres? Not including the pace that they're slowing down and the pace that they're accelerating. I would say that the average person can sprint 50 meters in about 7-7.5 seconds give or take. Including every other factor that must be included, It can be anywhere from 7 to 8 to maybe 9 seconds. What is a good 100m time for a 13 year old? Age 13: 16-17 seconds. How fast should a 13 year old run 400m? For an average 13 year old (who actively participates in athletics), you should be looking at a time of around 1:08-1:15 (for males). If you run regularly, and do sprint work, in order to get you prepared for track season, a good time would be about 1:05 or just under that. How fast should a 14 year old run a 60 yard dash? How Fast Should A 14-Year-Old Run A 60-Yard Dash? The average speed of a 14-year-old in a 60-yard dash is seven seconds. However, those who are in training for baseball often have a speed between 6.5 and seven seconds. Is there a 50 meter dash in the Olympics? At outdoor athletics competitions it is used in the Special Olympics and a rare distance, at least for senior athletes. It is an alternative to the 60 metres running event. Records and personal bests in the 50 metres are frequently achieved in February and March as these dates coincide with the indoor athletics season. How fast can Usain Bolt run 50 meters? Bolt runs 14.35 sec for 150m; covers 50m-150m in 8.70 sec! How far down is 50 meters? 165 feet 50 meters is equal to 165 feet or 5 ATM. 100 meters is equal to 330 feet or 10 ATM. 200 meters is equal to 660 feet or 20 ATM. Diver watches are ISO regulated, and labeled as 150 to 200 meters, which is equal to a water depth of 500 to 600 feet. Is a 12 second 100m fast? How fast is a 12 second 100m? about 18.64 miles per hour(Distance of race/time in seconds)*2.237 gives you speed in miles per hour. So if you run a 100 meter dash in 12 seconds then (100/12)*2.237 = about 18.64 miles per hour. How fast should a 14 year old run 100 meters? Intermediate female sprinters ages 14 and 15 should achieve a time of 11.6 seconds in the 100-meter sprint and 26 seconds in the 200-meter sprint. How fast should an 11 year old run 100m? What's the average running speed of a 13 year old girl? After participating in 52 weeks of training, 12- and 13-year-old girls should aim to run the 100-meter sprint in 13.2 seconds and the 200-meter sprint in 26.5 seconds. Intermediate female sprinters ages 14 and 15 should achieve a time of 11.6 seconds in the 100-meter sprint and 26 seconds in the 200-meter sprint. How long does a 50 meter run take an average person? Including every other factor that must be included, It can be anywhere from 7 to 8 to maybe 9 seconds. Everyone is different in running speed, and ability. A natural sprinter can probably run the 50 in 6-6.5 seconds if they're overweight, and haven't trained for sprinting at all. What's the average 100m time for a 13 year old? Age 13: 16-17 seconds. Age 15: 14.5-16 seconds. Age 17: 14-15 seconds. Age 19: 13.5-14 seconds. (Note: The test was back from when I was 13. I was the fastest kid in the class, and got one of the highest scores possible) Plastic surgeon reveals 1 method to snap back aging skin. Beverly Hills surgeon reveals at home fix (no creams needed). What's the average time for a 13 year old to run the 400 meters? For an average 13 year old (who actively participates in athletics), you should be looking at a time of around 1:08-1:15 (for males). If you run regularly, and do sprint work, in order to get you prepared for track season, a good time would be about 1:05 or just under that. Can a 13 year old run a 50 meter sprint? It(Continue reading) Most competing 13 year olds in track and field don't run 50m sprint. That's usually for 8yrs and under. UNLESS, you compete in indoor track and then you will run 55m dash. But the 100m sprint prelim time for AAU Nationals 2019 was 11 sec. for boys. What's the average mile time for a 13 year old boy? With 2 months of training I would say most guys could get 75 pretty easily. For an average 13 year old (who actively participates in athletics), you should be looking at a time of around 1:08-1:15 (for males). If you run regularly, and do sprint work, in order to get you prepared for track season, a good time would be about 1:05 or just under that. What's the average 5K time for a 40 year old? Average 5K Time For 40 Year Old A 40 year old running a 5k marathon is also an achievable task. What is important is to put a daily schedule to prepare for the race. If you are a 40 year old and you want to participate in 5K race you need to be in good shape and then be mentally ready to do the run. GCShutter/Getty ImagesEver wanted to compare your personal bests against others while accounting for variables such as age, sex, and distance? Luckily, we have an age-grade calculator ready to go. But just what is an age-grading calculator, and how do you use it? Read below for a full guide—then get calculating!How to use our age-grade calculatorEnter age, sex, race distance, and finishing time in the appropriate fields. The age-grade score and time will automatically appear. What does an age-grading calculator do?Our age-grade calculator produces a score for race times. The score is expressed as a percentage of the world-best time for the distance for a given age and gender. For example, a 44-year-old woman who runs a 25:00 5K gets an age-graded score of 62.33 percent.These performance standards give approximate comparative levels:100 percent = world record90 percent = world class80 percent = national class70 percent = regional class60 percent = local classThe calculator also provides an age-graded time for each performance, which is the equivalent performance by a person of that gender in the open division (generally, up to age 30). In the example above, the 44-year-old's 25:00 5K has an age-graded time of 23:41. Your Guide to Age GradingWhy should you use an age-grading calculator?Age-grading your race performances can be inspiring, instructional, or just plain interesting. If you're no longer setting personal records, age-grading shows how your current times compare to those who are younger and/or faster than you. For example, if you set your 10-mile PR at age 28, and recently ran a 10-mile race at age 54, you can input the data for both races and see which scores higher. You might discover that, although slower in absolute terms, your current times are of relatively greater quality. Also, using the calculator to compare recent times at different distances can show you which performances were best. Another fun way to use this tool is that age-grading can be used to compare yourself with other runners. Using the information from race results, input the age and gender of those who finished around you to see whose performance was relatively best. (You'll get a little boost of confidence if that younger runner who passed you near the end scored lower with his age-graded score.) You could also compare your score for a race to that of the winner to see how close you were to "winning" the race. You can find your age-graded percent and a list of equivalent performances at other distances here. Just enter a few details about your race below and we'll do the rest.This tool combines both an age-graded calculator and an equivalent performances calculator into one. To calculate your age graded percent (often abbreviated AGP or AG%), we take your time and divide it by the world record time at that distance. Then, depending on your age, we multiply the resulting percentage by the appropriate WMA Factor.* The result is your age graded percent.Then, we take that AG% and use it to calculate what an equivalent performance** would be at each of our standard race distances, and return them to you in a table. So, for example, you can plug in your most recent 10K time and get an estimate of how fast you should be able to finish a half marathon. This can be very helpful for determining what pace you should aim for in your next race.Our world records come from a few different sources. We list the official World Athletics (formerly IAAF) world records wherever possible and filled in from other sources in the distances below. World Athletics doesn't maintain records for. For all races 10,000 meters and shorter, we list track records, even the road race time is faster. (For example, we list the 10,000 meter track record, not the road 10K record.) All distances 15 kilometers and longer are road times, not track times. To see a complete list, visit our world records page.Note: Several of the "softer" records — 2 mile, 10 mile, 25K, 30K, and 50 mile — have been removed from this tool's calculations because they were skewing the results. But you can still generate a prediction for those distances (or any other distance from 100 meters to 100 miles) using our race time predictor.* We're using the 2015 road age-grading factors published by Alan Jones on RunScore.com. You can download the files here (men's) or here (women's). His factors start at 5 kilometers, so for shorter races, we simply use the factor for 5 kilometers. This has proved more reliable than using the 2006 age-grading factors found on Howard Grubb's website as we used to do. For a full list of the factors used, see our age-graded factors page.** By equivalent performance, we mean another run with the same age graded percent. Of course, training for a 100 meter dash is ridiculously different from training for a 100 mile race, so just because the calculator gives you an equivalent time doesn't mean you'll automatically be able to run it. You still have to train appropriately. And, even so, your body might be better suited to run either short races or long ones so you might not be able to get to the same AG% for all distances. Assuming that the average person can sprint at around 15 mph, which would be somewhere between a 14-15 second 100. Not including the pace that they're slowing down and the pace that they're accelerating. I would say that the average person can sprint 50 meters in about 7-7.5 seconds give or take. What is a good time for 50 meters? An average time would probably be around 40-45 seconds give or take. And lastly a good freestyle time would be 35 or below. Anything below 30 would be objectively pretty quick and if your time is that fast you should get into some competitions! What is considered a fast 50 yard dash? Toronto sprinter Ben Johnson races five other men and breaks the world record for the 50 yard dash in 5.20 seconds. What is the fastest 50m time using blocks. (Add 1 second if you use blocks) Can a 20 year old run a 100m? You'd be surprised how many healthy physically active 20-25 year olds can't run better than a 13s 100m. It's not that 12s speed is common, it's just that if you took 100 (healthy) people, most would fall between 13-15s and maybe 10 of them would be able to run sub 13. When you add obese and older people, that average plummets. What's the top speed of a 50 meter sprint? 7m 20Development.pdf you can see the Women reach top speed at 50 meters, except for Lee (1st), Edwards (2nd) and Moore (8th), where it was 60 meters. Elite men reach top speed at around 60 meters, with Tyson Gay and Usain Bolt reaching top speed at 65-70 meters. If you're planning to walk 5 km, you might be wondering how long it will take you. The answer depends on a variety of factors, including your walking speed, fitness level, and the terrain you'll be walking on. Generally, it takes around 45 minutes to 1 hour 15 minutes to walk 5 km at ...Read more If you're wondering how long it takes to walk 6km, the answer is that it depends on a few factors. Walking speed, terrain, and your level of fitness can all affect the time it takes to complete a 6km walk. On average, a person walking at a moderate pace of around 5km/hour can complete a...Read more Walking is a popular physical activity that provides numerous health benefits. It's a low-impact exercise that can be done almost anywhere, making it an accessible option for people of all ages and fitness levels. One question that often arises when planning a walking route is how long it will take to cover a certain distance,...Read more See your running on the map with your mileage totals broken out by state or country. Available for biking and swimming too. Sign in below to view your mileage map. If you don't already have a Run Hive account, you can sign up for free. Welcome to Run Hive! You need to be signed in to view your running log and start recording your runs and cross-training activities here.Here are a few reasons why you should sign up for a Run Hive account if you haven't already:It's completely free. There's no trial period, there's no premium version. The Run Hive running log is 100% free to use now and forever:It's easy to use. You don't need a GPS watch or an iPhone app. Just punch in your data and go. (But if you have a GPS watch, you can easily import your data from it.)It's insightful. An entire section of stats and charts will help you analyze your running and cross-training data.It's dependable. Our log has been around since 2003. That's over 22 years that we've been keeping runners' data safe!Don't just take our word for it. Go ahead and create an account (for free!) and try it out for yourself.Happy running! Your age-grading percentage can be used to objectively indicate your running standard. The table below is typically used: Percentage Standard 100% World record 90%+ World class 80%+ National class 70%+ Regional class 60%+ Local class Description of terms The calculator generates several values in addition to the age-grading percentage. Understanding the terms used to describe these values helps explain how an age-grading percentage is calculated. This section may make more sense once you've got your own results in front of you. Athlete time This is the simply the time achieved by the runner. Senior athlete Who qualifies as a senior athlete varies according to distance, sex and surface, but it is usually runners who fall within a range of ages somewhere between 19 and 34 years old. For example, for 5 km on the road, a male senior athlete is one aged 19 to 29; for the same event, a female senior athlete is one aged 19 to 30. For the men's marathon, athletes are considered seniors if they are aged 19 to 31; for the women's marathon, it's 20 to 30. All track events for both males and females have a senior age range of 22 to 31. Runners of ages above and below the range for senior athletes are considered at a disadvantage, and this is taken into account when determining their age-grading percentages. Open-class-standard The open-class-standard is the time for the specified distance and sex that will result in an age-grading percentage of 100% for a senior athlete. The open-class-standard can be thought of as the fastest possible time for a distance by an athlete of a specified sex. It is often the world record, or a time very close to the world record. Age-standard The age-standard time is derived from the open-class-standard, and is the time for a specified distance and sex that will result in an age-grading percentage of 100% for an athlete of the specified age. It can be thought of as the fastest possible time for a distance by an athlete of a specified age and sex. Age-factor The age-factor is used to calculate the age standard from the open-class standard. It is a value equal to 1 or less. Specifically, the open-class-standard is divided by the age-factor to give the age-standard. age-standard = open-class-standard / age-factor Senior athletes are assigned an age-factor of 1, so their age-standard is the same as the open-class standard. Age-graded time The age-graded time is the time for a senior that is considered equal in performance to the athlete time. It is calculated by multiplying the time achieved by the age factor. age-graded time = athlete time * age-factor Age-grading percentage The age-grading percentage is the value that indicates the quality of a performance and can be used for comparison. It is determined by dividing the age-standard time by the athlete time and converting the resulting proportion to a percentage: age-grading percentage = age-standard time / athlete time * 100 Deriving factors The factors that are used to calculate age gradings are determined in different ways for track, road, and non-standard distances: Road We calculate age gradings for road events using the tables maintained by Alan Jones. His website contains detailed information about how the factors are derived and the tables are compiled and there are links to download the age-grading tables as spreadsheets. Track Age gradings for track events are calculated using a mix of techniques. For senior athletes (ages 20-34), percentages are calculated by direct comparison of a performance to current world senior records. For athletes aged 35-100, the WMA age grading (formerly WAVA age grading) factors provided are applied to current senior world records to determine age standards, from which percentages are calculated. For athletes aged 5-19, we derive our own factors using the age-group world records, compiled by Dominique Eisolod and then apply these to current senior world records to compile a table of age-standards, which can be used to calculate percentages. Non-standard distances Our calculator allows you to enter any distance between 10 metres and 500 miles (804.67 kilometres). In order to determine age-grading percentages for these non-standard distances, linear interpolation is used to derive a factor between the two closest distances available in the relevant table. I go to calculator.Hitting the right pace is the most important part of running a good race, but in order to do it, you have to know what pace to hit. Too fast and you'll hit the wall, too slow and you'll leave time out on the course. That's where this race time predictor comes in. I'll convert your result from a recent race into a predicted result for the distance that you're about to run so that you'll have an idea of what your target pace should be.We use the logic from our age-graded calculator to get an age-graded score relating your recent run to the world record at that distance, multiplied by a factor to adjust for your age. We then take that score and figure out how fast you'd have to run the new distance to hit it again.If a world record doesn't exist for your target race distance, we make our best guess at what it would be by looking at the world records for the next longest and next shortest available distance. This allows us to generate predictions for any race distance, not just the common ones. (Scroll all the way down in the Race Distance list to get to Other.)The same is true for your recent race distance.This approach is different from what you'll find on other race time predictor tools, most of which use an equation published by Peter Riegel in 1981: T2 = T1 x (D2/D1)1.06 where T1 and D1 are your finish time and distance in a recent race, and T2 and D2 are your predicted time and distance in an upcoming race. The equation is simple and easy to use (which is why so many are still using it), but it fails to take into account age and gender. Still, we include it in the calculator results so you can use it as a reference.No matter which method you're using, you'll get the most accurate results by choosing a recent race that was as similar as possible in race distance, weather, and course difficulty. A flat mile track race on a cool day isn't going to tell you much about how a hilly marathon in heat is going to go.Also, keep in mind that training for different longer race distances looks very different from training for shorter ones, and vice versa. Just because the calculator spits out a fast time doesn't mean that you'll automatically be able to run it — you still have to put in the work.Finally, remember that this is just a prediction, not an absolute truth. If you start running and the pace feels too quick, back off. (If it feels too slow, that's probably your taper talking. Be patient. If it still feels too slow later on in the race, then you can start speeding up.)If your target race is a marathon, try our marathon time predictor. It's similar to this tool, but includes extra data inputs that allow us to use a more accurate marathon-specific formula to predict your time. You can use this running injury prediction tool to calculate your risk of training injury based on your weekly mileage from the past four weeks. It also gives you a range of safe running mileage for the next week. Learn more.Hang out with runners long enough and you're sure to hear the famous 10% rule: Don't increase your training mileage by more than 10% each week or you'll run an increased risk of injuring yourself. But there's a better metric you should be using...Your Acute to Chronic Workload Ratio (ACWR for short) can be calculated by taking the number of miles you ran this week and then dividing that by the total number of miles you ran in the past 28 days, divided by 4.According to a consensus statement from the International Olympic Committee, there's a "sweet spot" between 0.8 and 1.3 where the injury risk is lowest. But if your ACWR is at or above 1.5, your likelihood of injury more than doubles!Our running injury prediction calculator makes things easy by doing the math for you. If you're using the Run Hive running log, your weekly totals will be pulled in automatically. If not, you can simply type them in. Once that's done, click the Calculate Your Injury Risk button and you're on your way.Here's an example: If you ran 40 miles this week, and 20 miles each of the preceding 3 weeks, your ACWR generating equation would be 40 / ((40 + 20 + 20 + 20) / 4) = 1.6. That ACWR of 1.6 would translates to a very elevated risk of injury. Makes sense.Critics of the metric point out a number of flaws, but they can mostly be overcome with a bit of common sense. For example, this equation only looks at ratios, not total volume, so it would treat a jump from 5 miles a week to 10 the same as a jump from 50 miles per week to 100. Clearly those aren't the same thing! The ACWR metric is going to be less useful if your average weekly mileage is near zero.Many of the other criticisms are along the lines of, "ACWR doesn't account for age / sex / weight / training history / etc." And while that's true — it doesn't — it does provide you a useful number to use in combination with those other factors.Always listen to your body and back off if you feel dangerously close to injury, even if your ACWR says you're in the sweet spot. Your body's signals are more important than the metric.With this new knowledge (and a bit of good luck) you'll be on your way to training injury free. Happy running! If you're 10-12 then 14 and less, 13 to 15 years old then around 13 and less, if you're 16 or older and you're asking for a good, in athletic standards, time then 11 seconds is what you're aiming for. What is the average time for a 50 meter dash? Not including the pace that they're slowing down and the pace that they're accelerating. I would say that the average person can sprint 50 meters in about 7-7.5 seconds give or take. Including every other factor that must be included, It can be anywhere from 7 to 8 to maybe 9 seconds. How fast should a 12 year old boy run 100m? Originally Answered: What is a good time for a 12 year old on a 100m run? If you are a 12 year old boy who is an athlete competing in several competitions then his timing should be in the range of 13 to 14 seconds. Who is the fastest 12 year old? A 12-year-old Belfast girl says she just tries to "run as fast as I can" after producing a 5km road race time of 16 minutes and 40 seconds – a world record for her age. Emer McKee set the remarkable time while running in an event at Down Royal Racecourse over the weekend. How fast is a 1 minute 400m? A "decent" time for a high school female in the 400m is right around a minute. A competitive time would be something less than that; usually around 56-59 seconds. What is a good 50 yard dash? I can run the 50 in 15 Assuming that the average person can sprint at around 15 mph, which would be somewhere between a 14-15 second 100. Not including the pace that they're slowing down and the pace that they're accelerating. I would say that the average person can sprint 50 meters in about 7-7.5 seconds give or take. What is the fastest 55 meter dash? Men Rank Time Athlete 1 5.99 A Obadele Thompson 2 6.00 Lee McRae 3 6.02 A Leo Myles-Mills 4 6.03 Sam Graddy How fast should a 12 year old run 400m? An average time would be around 35 seconds. For the 400m, a 1:09 should make you the fastest girl in your grade, while a 1:05 should let you compete statewide. An average time should be around 1:50. How fast should a 12 year old run a mile? A 12-year-old boy who can complete a 1-mile run in eight minutes and 40 seconds sits at about the 50th percentile in comparison to other boys his age. Any time faster than 8:40 would be considered a good time, since it puts the boy in the top half of his age class. How fast can a 12 year old sprint? After participating in 52 weeks of training, 12- and 13-year-old girls should aim to run the 100-meter sprint in 13.2 seconds and the 200-meter sprint in 26.5 seconds. Intermediate female sprinters ages 14 and 15 should achieve a time of 11.6 seconds in the 100-meter sprint and 26 seconds in the 200-meter sprint. What's the average 50 meter dash time for a 14 year old? What is the average time for 14 year olds in the 50 meter dash? An average time for a 14-year-old running the 50 meter dash is around 9 seconds. For a 100 meter dash, it would be about 13 seconds. How fast should a 12 year old run the 100 meter dash? How fast can a 12 year old run? Running Times for Boys. A 12-year-old boy who can complete a 1-mile run in eight minutes and 40 seconds sits at about the 50th percentile in comparison to other boys his age. Any time faster than 8:40 would be considered a good time, since it puts the boy in the top half of his age class. What's the world record for the 60 meter dash? Most sprinters fall into the 7 second group with the world record being 6.39. The average athletic boy who doesn't sprint would be in the range of mid 8 to low 9 seconds. The 60 meter dash is half drive phase, which will make it more difficult for the average teenager to run fast since it takes practice to have a good drive phase. What are good 40 yard dash times for a middle schooler? I know a Kid run 4.5 at "The Rock" (BISD event hold every year) Watauga Won a lot so far..... In the 7th grade I ran a hand timed 5.16 40 yard dash. I'm a tight end, wide receiver, d-end, and punter and I ran a 4.9 when I was out of shape. What's the average time for a 15-year-old 60m dash? For a average 15 year old boy who doesn't do athletics it would be around 10 seconds and around 10.5 for a girl, for the average boy who does do athletics it would be around 8.5 and 8.9 for a girl. To win an athletic completion for 60m as a 15 year old boy you would have to run around 8.3 and around 8.5 for a girl, hope I helped Most sprinters fall into the 7 second group with the world record being 6.39. The average athletic boy who doesn't sprint would be in the range of mid 8 to low 9 seconds. The 60 meter dash is half drive phase, which will make it more difficult for the average teenager to run fast since it takes practice to have a good drive phase. What's the average 40 yard dash time for a football player? In this regard, what is the average 40 yard dash time? Average time by position According to a five-year NFL combine report, wide receivers and cornerbacks had the fastest average times at 4.48, followed by running backs at 4.49. How long does a 50 meter run take an average person? Including every other factor that must be included, It can be anywhere from 7 to 8 to maybe 9 seconds. Everyone is different in running speed, and ability. A natural sprinter can probably run the 50 in 6-6.5 seconds if they're overweight, and haven't trained for sprinting at all.

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