



## How to Para-biathlon Standing Category

### **00:14 Oleksandra Kononova, Ukrainian para-biathlete, Russian**

“The only difference from able bodied biathlon is that we don't carry guns on our backs. We come to the shooting range, coaches place the guns, we fix the arm, shoot and fly away”  
»00:28

### **00:36 Oleksandra Kononova, Ukrainian para-biathlete, Russian**

“From the start — everything is the same. The distance is the same, the penalty loop is the same, the only thing that differs is the percentage system.” » 00:46

### **00:54 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“I'm Class LW-8. I've got a hand impairment — amputated fingers. There are also impairments, when people have no hands at all or finger impairments, so they ski without ski poles.

And there are also classes for athletes who have problems with their legs. They ski with two poles, but they have prostheses on their legs, or their legs can't bend because of problems with their knees. »01:21

### **01:25 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“The classes are separated. And depending on how they are separated, each athlete gets certain percentage of time. »01:33

### **01:35 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“Well, I have, for example, 97% in free style. Someone without ski poles can have 91 or 88%. Depending on this, the leader's time is reduced for him. So, for example, over ten kilometres, I have to win, well... let's say three minutes. »01:56

### **02:07 Oleksandra Kononova, Ukrainian para-biathlete, Russian**

“We lie down, place the hand, put the rifle on the spring, we press it to ourselves - the way you press is up to you. You shoot, leave the rifle and go. »02:15

### **02:19 Peter Borner, IPC Biathlon, Technical Delegate, German**

“The distance for all categories is 10 metres rather than the 50 metres for the biathletes. The air rifle can be used at 10 metres” »02:27

### **02:32 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

„Well, when I get to the line, my pulse can be about 130-140. »02:38

### **02:44 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“Then it can fall to 100, but my heart starts beating hard. When shooting, you need to hold your breath; that is you shouldn't breathe: you breathe out, breathe in, and then you make a small breath out, hold your breath and pull the trigger to shoot“ »02:59



**03:02 Peter Borner, IPC Biathlon, Technical Delegate, German**

“A rifle check is carried out before every important race. Each nation, each athlete has to submit their rifle for inspection. I would say that this rules out any possibility of cheating“  
»03:15

**03:19 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“Each athlete has lots of pairs of skis. It's not just one pair, they might have ten. And before the competition you need to choose the best one. So, we choose a point on a slope and let the skis run down. The pair that goes furthest is taken to the start.” »03:34

**03:44 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“The human body adapts to anything and skiing with one stick does not make me feel uncomfortable »03:55

**03:51 Oleksandra Kononova, Ukrainian para-biathlete, Russian**

“It's cool with one pole, I'm already used to it, I like it. . »03:57

**03:58 Oleksandra Kononova, Ukrainian para-biathlete, Russian**

“And when it's the final straight, when you have one or two seconds left, then you're firing on all cylinders, because you may still lose. you may lose by a meter or a half, and it would be a shame if you get a wooden medal instead of the normal one. »04:12

**04:19 Ihor Reptyukh, Ukrainian para-biathlete, Ukrainian**

“When you are approaching the finish and your entire body hurts and you can no longer race. You must fight this, you need to overcome yourself and find those reserve powers, which are almost gone, and race to the finish. That is very difficult, and many people fail.” »04:43

**Ends 05:00**

**Inserts:**

00:01	<b>Para-biathlon – Standing Category</b> A video about the sport, rules and equipment
00:46	<b>Standing sport classes</b> Leg impaired                      1-4 Arm impaired                      5/7, 6/8 Arm & leg impaired              9
01:22	A certain percentage is applied to each skier's final time
01:27	The lowest factored time wins
02:07	All biathletes shoot in the prone position
02:49	Special rifle support





**Music List**

FROM: RTV Film & Television

EPISODE #:

“How\_to” biathlon  
Standing Category

SUPPLIER: RTV Film & Television

AIR DATE:

EVENT DATE:

TOTAL SHOW  
DURATION

05:00 min

Cue#	TIME	USAGE TYPE*	CD Spine Info	SONG TITLE	COMPOSER	LC Number	PUBLISHER	SOCIETY
1	00'41"	“How_to” biathlon Standing Category	AB-C022001	NU DAWN	Guillaume Emile Jambel, Mike Lesirge	05908	Abaco Music	GEMA
2	00'31"	How_to” biathlon Standing Category	SCDV035 646	BASS AND TIME	Andy Lee, Loopmasters	07573	Sonoton Virtual	GEMA
3	00'30"	“How_to” biathlon Standing Category	CAVC 035507	THE TRIAL	Sparky Buddha	07053	Cavendish	GEMA

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