

						%	PB
							6 2
, 2005 (19),							
50m	27.	26.82	473	25.50	90%		
100m	32.	1:02.53	420	1:03.00	102%		
50m	29.	29.68	422	32.00	116%		
, 2003 (21),							-
50m	19.	32.01	401	32.00	100%		
200m	11.	3:03.71	323	3:00.00	96%		
400m			-	6:20.00	-		
, 2006 (18),							-
50m	19.	45.00	272	43.00	91%		
100m	15.	1:39.80	265	1:32.00	85%		
200m	15.	3:33.06	207	3:15.00	84%		
, 1999 (25),							1
200m	14.	2:15.82	423	2:20.00	106%		
50m	28.	32.46	381	32.00	97%		
100m			-	1:10.00	-		
, 2006 (18),							1
200m	17.	2:25.04	347	2:32.00	110%		
400m	15.	5:15.53	339	4:50.00	84%		
800m			-	10:30.00	-		
, 2003 (21),							-
50m	24.	44.84	214	42.00	88%		
100m	14.	1:39.96	188	1:31.00	83%		
200m			-	3:30.00	-		
, 2004 (20),							-
100m	13.	1:29.77	260	1:20.00	79%		
200m			-	2:58.00	-		
50m	22.	38.93	247	34.00	76%		
, 2003 (21),							1
100m	28.	1:02.04	430	58.00	87%		
50m	26.	31.50	417	32.00	103%		
50m	25.	28.68	468	28.50	99%		
, 2003 (21),							1
50m	26.	35.77	381	36.00	101%		
100m	24.	1:22.26	330	1:17.00	88%		
, 2001 (23),							-
50m	16.	31.40	425	30.00	91%		
100m	18.	1:12.34	365	1:07.00	86%		
50m	16.	42.33	326	40.00	89%		
, 2005 (19),							-
50m	33.	36.05	278	NT	-		
50m	37.	40.04	272	NT	-		
, 2008 (16),							-
100m	31.	1:02.52	421	NT	-		
, 2005 (19),							-
50m	13.	30.64	457	NT	-		
100m	21.	1:12.72	359	NT	-		
50m	10.	38.81	424	NT	-		
, 2005 (19),							-
50m	29.	27.12	458	NT	-		
50m	32.	37.77	324	NT	-		
, 2007 (17),							-
50m	33.	27.44	442	NT	-		
100m	30.	1:02.18	428	NT	-		
100m	21.	1:08.22	432	NT	-		
, 2006 (18),							-
50m	25.	26.74	478	26.70	100%		
50m	24.	35.55	388	35.10	97%		
200m	23.	3:12.77	275	2:58.00	85%		
, 2005 (19),							-
100m	41.	1:11.00	287	1:01.00	74%		
100m	27.	1:25.39	220	1:09.00	65%		
200m			-	2:31.00	-		
, 2004 (20),							-
100m			-	1:08.00	-		

	, 2005 (19),						-
100m		25.	1:23.19	319	1:12.00	75%	
200m		22.	3:11.31	282	2:56.00	85%	
	, 2005 (19),						-
100m				-	1:07.00	-	
	, 2005 (19),						-
50m		32.	34.56	316	32.40	88%	
200m				-	2:32.00	-	
50m		36.	31.55	351	31.30	98%	
	, 2005 (19),						-
200m		25.	3:11.73	150	2:15.00	50%	
	, 2005 (19),						-
50m		25.	47.28	183	35.60	57%	
50m		20.	46.84	241	38.90	69%	
	, 2004 (20),						-
50m		36.	40.28	199	33.50	69%	
50m		38.	41.25	248	36.20	77%	
100m		32.	1:40.95	178	1:16.00	57%	
	, 2005 (19),						-
50m		28.	27.00	464	25.10	86%	
100m		25.	1:01.41	444	58.20	90%	
50m		27.	29.19	444	29.00	99%	
							5
	, 2006 (18),						-
50m		11.	35.32	439	35.00	98%	
200m				-	2:33.50	-	
50m		18.	33.65	382	30.50	82%	
	, 2005 (19),						1
50m		9.	35.03	450	35.05	100%	
50m		9.	38.67	428	38.00	97%	
200m		10.	3:13.70	358	3:00.00	86%	
	, 2004 (20),						1
100m		19.	1:07.70	442	1:07.00	98%	
200m				-	NT	-	
50m		20.	27.99	503	28.50	104%	
	, 2004 (20),						-
100m		22.	1:12.85	357	1:10.00	92%	
200m		13.	2:46.98	308	2:33.00	84%	
800m				-	11:30.00	-	
	, 2004 (20),						-
50m		24.	26.71	479	26.00	95%	
50m		18.	33.72	455	33.04	96%	
100m		19.	1:17.87	389	1:15.00	93%	
	, 2004 (20),						3
50m		15.	25.39	558	26.00	105%	
50m		29.	36.47	360	36.50	100%	
50m		21.	28.51	476	29.00	103%	
	, 2004 (20),						-
400m		12.	4:53.94	419	4:16.00	76%	
50m		24.	31.32	425	29.00	86%	
200m		17.	2:28.65	451	2:24.00	94%	
	, 2002 (22),						-
200m		12.	2:46.21	312	2:25.00	76%	
400m		11.	6:17.18	243	NT	-	
100m				-	1:08.00	-	
	, 2006 (18),						-
50m		5.	27.99	600	27.80	99%	
100m		5.	1:02.29	572	1:01.20	97%	
50m		4.	29.83	549	29.03	95%	
	, 2005 (19),						-
50m		38.	28.36	400	27.00	91%	
50m		27.	31.70	410	30.30	91%	
50m		30.	29.74	419	28.50	92%	
							3
	, 2004 (20),						-
50m		14.	40.29	379	39.00	94%	
100m		11.	1:32.92	328	1:25.00	84%	
	, 2004 (20),						1
50m		18.	38.12	349	37.00	94%	
50m		15.	40.64	369	41.00	102%	
	, 2000 (24),						-
50m		36.	28.13	410	27.00	92%	
100m		37.	1:04.96	375	1:01.00	88%	
50m		37.	31.94	338	28.00	77%	

	, 2005 (19),						2
50m		16.	31.40	425	32.50	107%	
100m		17.	1:11.68	375	1:10.00	95%	
50m		21.	35.95	313	36.00	100%	
	, 2006 (18),						-
50m		12.	30.54	462	29.70	95%	
100m		9.	1:07.66	446	1:06.00	95%	
							8
	, 2005 (19),						-
100m		12.	1:08.25	434	1:05.00	91%	
200m		9.	2:34.15	392	2:32.00	97%	
800m				-	10:50.00	-	
	, 2006 (18),						1
100m		9.	1:11.47	504	1:14.00	107%	
200m		7.	2:43.29	453	2:34.00	89%	
200m		12.	2:27.25	464	2:21.00	92%	
	, 2004 (20),						-
50m		21.	32.65	378	32.00	96%	
100m		24.	1:17.26	299	1:14.00	92%	
50m		22.	48.75	214	47.00	93%	
	, 2004 (20),						1
50m		3.	23.89	670	22.77	91%	
100m		10.	54.51	635	54.00	98%	
50m		9.	25.90	635	28.00	117%	
	, 2005 (19),						-
50m		6.	30.62	608	30.00	96%	
100m		8.	1:11.36	506	1:10.00	96%	
200m		16.	2:54.06	374	2:40.00	84%	
	, 2005 (19),						1
50m		13.	36.20	408	35.00	93%	
50m		12.	39.21	411	37.50	91%	
100m		9.	1:27.79	389	1:30.00	105%	
	, 2006 (18),						1
50m		18.	25.81	531	25.00	94%	
50m		23.	30.96	440	29.00	88%	
50m		16.	27.43	535	30.00	120%	
	, 2004 (20),						2
50m		6.	27.57	623	28.00	103%	
100m		7.	1:00.63	616	1:01.00	101%	
200m				-	2:14.00	-	
	, 2002 (22),						-
200m		15.	3:09.62	210	2:46.00	77%	
400m		12.	6:45.55	195	5:55.00	77%	
800m				-	12:55.00	-	
	, 2003 (21),						2
50m		4.	32.02	590	33.50	109%	
200m				-	2:50.00	-	
50m		2.	29.61	561	32.50	120%	
							2
	, 2005 (19),						-
50m		16.	33.08	482	32.50	97%	
50m		42.	32.98	307	28.50	75%	
100m				-	1:02.50	-	
	, 2004 (20),						-
100m		46.	1:18.66	211	1:08.00	75%	
200m		27.	3:19.50	133	2:23.00	51%	
100m		28.	1:30.20	187	1:20.00	79%	
	, 2004 (20),						-
50m		43.	35.86	239	32.00	80%	
100m				-	1:15.00	-	
200m		16.	3:21.56	164	3:00.00	80%	
	, 2005 (19),						-
50m		30.	36.93	346	35.50	92%	
100m		26.	1:24.48	305	1:18.50	86%	
200m		21.	3:08.79	293	2:50.00	81%	
	, 2005 (19),						-
200m		15.	3:08.30	201	2:40.00	72%	
200m		23.	2:51.81	292	2:40.00	87%	
400m				-	5:50.00	-	
	, 2004 (20),						-
100m		31.	1:32.70	231	1:25.00	84%	
200m		25.	3:35.96	196	3:05.00	73%	

	, 2005 (19),						-
200m		7.	4:14.12	110	3:25.00	65%	
200m		16.	3:42.14	183	3:25.00	85%	
400m				-	7:10.00	-	
	, 2003 (21),						-
50m		26.	54.23	121	45.00	69%	
50m		23.	54.13	91	45.00	69%	
100m			2:14.92	69	1:35.00	50%	
	, 2005 (19),						-
50m		46.	34.50	222	29.00	71%	
50m		37.	54.14	82	35.00	42%	
	, 2005 (19),						2
50m		41.	29.88	342	28.00	88%	
100m		22.	1:00.49	464	1:02.50	107%	
50m		21.	30.44	463	31.00	104%	
							2
	, 2004 (20),						1
50m		7.	34.12	487	34.80	104%	
100m				-	1:08.00	-	
200m		7.	2:45.38	443	2:30.00	82%	
	, 2005 (19),						-
100m				-	1:01.00	-	
200m		9.	2:37.19	345	2:17.00	76%	
200m		8.	2:22.43	512	2:22.00	99%	
	, 2005 (19),						-
50m		22.	35.00	407	33.00	89%	
200m		19.	3:01.63	329	2:40.00	78%	
	, 2003 (21),						-
200m		11.	2:43.67	306	2:30.00	84%	
200m		19.	2:40.08	361	2:22.00	79%	
400m				-	5:20.00	-	
	, 2004 (20),						-
100m		16.	1:11.27	381	1:09.00	94%	
100m				-	1:12.00	-	
200m		9.	2:55.83	369	2:42.00	85%	
	, 2003 (21),						-
400m		13.	4:56.04	410	4:32.00	84%	
100m		20.	1:08.02	436	1:07.00	97%	
200m				-	2:15.00	-	
	, 2004 (20),						1
50m		9.	31.52	558	32.00	103%	
100m		6.	1:10.18	532	1:09.00	97%	
200m		13.	2:50.44	399	2:35.00	83%	
	, 2004 (20),						-
50m		18.	43.99	291	41.50	89%	
200m		14.	3:37.71	252	3:20.00	84%	
400m				-	5:45.00	-	
	, 2004 (20),						-
50m		19.	39.14	323	35.10	80%	
100m		11.	1:25.13	305	1:15.00	78%	
200m				-	2:50.00	-	
	, 2005 (19),						-
100m		13.	56.26	577	55.00	96%	
200m		10.	2:09.56	487	1:52.00	75%	
							-
							4
	, 2004 (20),						-
50m		6.	37.13	484	36.50	97%	
100m		8.	1:25.81	417	1:18.00	83%	
200m		9.	3:12.31	365	2:57.00	85%	
	, 2004 (20),						-
50m		10.	25.11	577	24.50	95%	
50m		28.	36.13	370	33.00	83%	
50m		19.	27.79	514	27.50	98%	
	, 2004 (20),						-
100m		18.	57.95	528	57.00	97%	
200m		12.	2:10.89	473	2:05.00	91%	
400m		14.	5:01.97	387	4:30.00	80%	
	, 2004 (20),						-
50m		8.	28.43	572	28.20	98%	
100m		2.	1:00.35	629	59.40	97%	
200m		5.	2:13.12	609	2:10.50	96%	

							2
50m	, 2006 (18)	8.	34.23	483	34.80	103%	
100m		6.	1:16.60	419	1:17.50	102%	
200m				-	2:40.00	-	
	, 2005 (19)						-
50m		19.	33.74	454	33.00	96%	
200m		14.	2:52.35	385	2:45.00	92%	
400m				-	5:30.00	-	
	, 2005 (19)						-
200m		9.	2:07.15	516	2:07.00	100%	
400m		10.	4:46.90	451	4:35.00	92%	
800m				-	9:50.00	-	
	, 2003 (21)						1
50m		8.	37.49	470	38.50	105%	
200m		11.	3:21.52	318	3:05.00	84%	
400m				-	6:45.00	-	
	, 2006 (18)						1
50m		12.	32.68	417	34.50	111%	
100m				-	1:18.00	-	
200m		6.	3:28.92	198	3:05.00	78%	
	, 2004 (20)						-
400m		9.	5:41.84	326	5:40.00	99%	
800m				-	11:45.00	-	
400m				-	6:30.00	-	
							1
	, 2004 (20)						1
50m		5.	24.16	648	23.50	95%	
100m		5.	52.86	696	53.00	101%	
50m		10.	26.06	624	26.00	100%	
	, 2006 (18)						-
50m		12.	35.63	428	33.25	87%	
50m		8.	31.52	465	30.00	91%	
100m				-	1:10.00	-	
	, 2004 (20)						-
200m		6.	3:04.76	412	2:55.00	90%	
200m		8.	2:47.92	423	2:40.00	91%	
400m				-	5:40.00	-	
	, 2006 (18)						-
200m		4.	3:03.38	293	2:55.00	91%	
200m		10.	3:01.86	333	2:50.00	87%	
400m				-	6:10.00	-	
	, 2005 (19)						-
200m		7.	2:20.49	518	2:15.00	92%	
400m		6.	5:00.69	479	4:40.00	87%	
800m				-	9:50.00	-	
	, 2003 (21)						-
50m		14.	28.60	558	27.50	92%	
100m		10.	1:02.33	567	1:00.00	93%	
200m				-	2:20.00	-	
	, 2006 (18)						-
50m		15.	33.16	399	31.00	87%	
100m				-	1:12.00	-	
200m		5.	3:04.48	287	2:45.00	80%	
	, 2005 (19)						-
200m		11.	2:10.88	473	2:00.00	84%	
400m		9.	4:43.80	466	4:25.00	87%	
800m				-	9:20.00	-	
	, 2004 (20)						-
50m		15.	32.52	508	30.00	85%	
100m		17.	1:15.59	426	1:08.00	81%	
200m		17.	2:54.31	373	2:30.00	74%	
	, 2005 (19)						-
50m		15.	28.95	538	27.50	90%	
100m		13.	1:04.25	517	59.00	84%	
200m				-	2:15.00	-	
							2
	, 2005 (19)						2
50m		6.	24.48	623	24.00	96%	
100m		9.	54.18	646	55.00	103%	
50m		11.	26.28	608	27.00	106%	
							-

200m	, 2005 (19),	18.	2:58.48	347	NT	-	-
100m	, 2004 (20),	17.	1:45.71	223	NT	-	-
400m	, 2003 (21),	19.	6:00.25	227	NT	-	-
50m	, 2002 (22),	23.	35.39	394	NT	-	-
50m		23.	35.19	302	NT	-	-
100m		26.	1:22.14	249	NT	-	-
50m	, 2006 (18),	7.	28.02	598	26.10	87%	-
100m		4.	1:02.08	577	58.60	89%	-
50m	, 2006 (18),	3.	29.82	549	28.20	89%	-
100m		1.	59.82	645	58.20	95%	-
200m		3.	2:10.00	654	2:06.00	94%	-
100m	, 2003 (21),	-	-	-	1:01.00	-	-
400m		7.	5:05.69	456	4:43.00	86%	-
200m		4.	2:37.39	514	2:32.00	93%	-
400m	, 2000 (24),	-	-	-	5:28.00	-	-
200m		1.	1:55.71	684	1:52.00	94%	-
400m		1.	4:06.09	715	3:56.00	92%	-
800m	, 2006 (18),	-	-	-	8:12.00	-	-
50m		3.	30.02	645	28.70	91%	-
100m		3.	1:06.28	632	1:02.60	89%	-
50m	, 2005 (19),	5.	25.12	696	24.60	96%	-
50m		1.	26.79	679	26.00	94%	-
100m		3.	58.75	677	57.60	96%	-
200m	, 2005 (19),	-	-	-	2:07.00	-	-
800m		-	-	-	9:45.00	-	-
200m		4.	2:57.29	467	2:30.00	72%	-
200m	, 2005 (19),	1.	2:32.78	562	2:28.00	94%	-
50m		3.	36.09	527	33.00	84%	-
50m	, 2003 (21),	6.	30.79	499	29.00	89%	-
50m		3.	27.33	644	26.40	93%	-
50m		2.	31.57	615	26.00	68%	-
100m	, 2003 (21),	1.	1:05.69	664	1:05.00	98%	-
100m		-	-	-	55.70	-	-
200m		3.	2:11.30	593	2:07.00	94%	-
200m		2.	2:11.13	657	2:07.00	94%	-
50m	, 2005 (19),	20.	26.22	507	25.50	95%	2
50m		20.	29.97	485	28.80	92%	-
100m	, 2004 (20),	17.	1:05.08	498	1:02.00	91%	2
100m		3.	1:20.52	505	1:19.38	97%	-
200m		3.	2:55.35	482	2:58.12	103%	-
200m	, 2004 (20),	3.	2:36.45	523	2:45.60	112%	-
50m		17.	25.68	539	25.00	95%	-
50m		9.	27.73	612	27.50	98%	-
100m	, 2006 (18),	9.	1:01.97	577	1:00.00	94%	-
50m		5.	27.43	632	27.20	98%	-
100m		6.	59.20	662	59.00	99%	-
200m	, 2002 (22),	-	-	-	2:05.00	-	-
200m		8.	2:22.41	497	2:16.00	91%	-
400m		5.	4:54.95	508	4:49.00	96%	-
800m		-	-	-	9:55.00	-	-

	, 2004 (20),						-
50m		12.	25.19	571	24.00	91%	
100m		8.	54.14	648	52.80	95%	
100m				-	57.50	-	
							-
	, 2002 (22),						-
50m		18.	27.60	525	26.50	92%	
100m				-	1:03.00	-	
							1
	, 2003 (21),						-
200m		11.	2:39.07	357	2:25.00	83%	
400m		10.	5:42.26	325	5:15.00	85%	
800m				-	11:20.00	-	
	, 2004 (20),						-
100m		6.	1:04.84	507	1:00.00	86%	
100m		6.	1:25.08	428	1:15.00	78%	
200m		6.	2:42.18	470	2:24.50	79%	
	, 2006 (18),						1
50m		12.	25.19	571	25.50	102%	
100m		16.	57.36	545	55.00	92%	
200m		11.	2:27.12	465	2:18.00	88%	
	, 2005 (19),						-
50m		7.	27.60	621	27.50	99%	
50m		6.	25.29	682	25.20	99%	
100m				-	59.00	-	
	, 2006 (18),						-
50m		6.	33.53	514	32.00	91%	
100m		5.	1:12.50	494	1:10.00	93%	
200m				-	2:30.00	-	
	, 2005 (19),						-
50m		12.	26.58	588	25.90	95%	
100m				-	58.00	-	
200m		6.	2:31.95	382	2:11.00	74%	
	, 2004 (20),						-
100m		2.	1:06.56	639	1:06.00	98%	
100m				-	1:04.00	-	
200m		1.	2:26.97	569	2:22.00	93%	
	, 2006 (18),						-
50m		17.	43.57	299	40.00	84%	
100m		14.	1:35.91	298	1:25.00	79%	
200m		13.	3:32.55	271	2:55.00	68%	
	, 2002 (22),						-
200m		5.	2:03.12	568	2:01.00	97%	
400m		7.	4:29.61	543	4:25.00	97%	
800m				-	9:20.00	-	
	, 2003 (21),						-
50m		10.	31.63	552	30.00	90%	
100m		11.	1:12.78	477	1:08.00	87%	
200m		10.	2:46.64	426	2:35.00	87%	
							4
	, 2001 (23),						-
100m		3.	52.20	723	51.00	95%	
50m		1.	24.29	770	23.90	97%	
100m				-	54.00	-	
	, 2003 (21),						-
100m		1.	58.55	684	56.60	93%	
200m				-	2:07.00	-	
	, 2005 (19),						-
50m		1.	28.76	734	28.20	96%	
100m		1.	1:04.76	677	1:03.20	95%	
200m		2.	2:31.74	565	2:23.50	89%	
	, 2006 (18),						1
50m		13.	39.34	407	38.50	96%	
50m		10.	31.86	450	32.00	101%	
100m				-	1:09.00	-	
	, 2003 (21),						-
50m		5.	30.01	539	29.50	97%	
100m				-	1:06.90	-	
200m		2.	2:37.49	462	2:30.00	91%	
	, 2006 (18),						-
50m		1.	31.17	639	30.00	93%	
100m		3.	1:06.68	635	1:05.00	95%	
200m				-	2:22.50	-	

	, 2005 (19),						-
50m		3.	27.20	649	27.00	99%	
200m		1.	2:08.04	705	2:05.00	95%	
400m				-	4:32.00	-	
	, 2005 (19),						2
400m		4.	4:49.86	535	4:58.00	106%	
800m				-	10:21.40	-	
200m		2.	2:34.09	548	2:37.40	104%	
	, 2003 (21),						1
400m		4.	4:18.14	619	4:12.00	95%	
200m				-	2:04.40	-	
200m		3.	2:12.27	640	2:12.50	100%	
	, 2003 (21),						-
50m		1.	23.77	680	22.80	92%	
100m		1.	51.86	737	50.70	96%	
50m		4.	25.08	700	24.30	94%	
							-
	, 2005 (19),						-
50m		9.	25.05	581	24.30	94%	
50m		10.	28.27	578	27.80	97%	
200m		7.	2:19.16	549	2:12.00	90%	
							-
	, 2002 (22),						-
50m		40.	28.97	376	27.00	87%	
200m		22.	2:38.32	267	2:16.00	74%	
50m		38.	31.97	338	30.00	88%	
	, 2005 (19),						-
100m		34.	1:04.22	388	1:00.00	87%	
50m		34.	30.97	371	30.00	94%	
100m				-	1:10.00	-	
							5
	, 2006 (18),						1
50m		35.	27.73	428	27.00	95%	
100m		29.	1:02.15	428	59.00	90%	
50m		8.	31.10	580	34.00	120%	
	, 2002 (22),						-
800m				-	12:30.00	-	
50m		27.	36.03	373	35.00	94%	
100m		22.	1:20.33	355	1:20.00	99%	
200m		20.	3:03.20	321	2:45.00	81%	
200m		20.	2:45.67	325	2:45.00	99%	
400m				-	5:00.00	-	
	, 2005 (19),						1
50m		19.	25.89	526	27.00	109%	
50m		19.	29.91	488	29.00	94%	
50m		23.	28.57	473	28.00	96%	
	, 2006 (18),						2
50m		14.	32.13	526	34.90	118%	
100m		13.	1:13.03	472	1:15.50	107%	
200m		12.	2:50.25	400	2:40.00	88%	
	, 2004 (20),						1
50m		21.	26.25	505	27.00	106%	
50m		22.	30.74	449	29.50	92%	
50m		22.	28.53	475	27.50	93%	
							6
	, 2003 (21),						1
50m		34.	27.67	431	27.00	95%	
100m		38.	1:06.01	357	1:01.00	85%	
50m		35.	31.35	358	33.00	111%	
	, 2004 (20),						3
50m		43.	30.12	334	34.00	127%	
100m		40.	1:09.91	301	1:15.00	115%	
50m		41.	32.87	311	36.50	123%	
	, 2005 (19),						-
200m		18.	2:31.52	305	2:15.00	79%	
50m		33.	39.56	282	35.00	78%	
100m				-	1:20.00	-	
	, 2005 (19),						-
50m		2.	27.17	651	26.90	98%	
100m		1.	58.55	684	57.70	97%	
200m				-	2:06.70	-	

	, 2004 (20),						2
50m		15.	31.26	430	33.00	111%	
100m		23.	1:13.76	344	1:15.00	103%	
	, 2005 (19),						-
100m		25.	1:14.22	336	1:01.00	68%	
200m		14.	3:02.31	221	2:18.00	57%	
							3
	, 2005 (19),						-
50m		9.	29.35	520	29.00	98%	
100m		10.	1:07.67	446	1:04.00	89%	
	, 2005 (19),						-
200m		2.	2:09.55	660	2:05.00	93%	
400m		2.	4:37.32	611	4:25.00	91%	
400m				-	5:09.00	-	
	, 2003 (21),						-
50m		15.	26.87	569	26.50	97%	
200m		7.	2:35.47	357	2:10.00	70%	
200m		13.	2:27.91	457	2:15.00	83%	
	, 2006 (18),						-
400m		8.	4:30.81	536	4:13.00	87%	
200m		6.	2:16.93	577	2:10.00	90%	
400m				-	4:45.00	-	
	, 2005 (19),						-
200m		3.	2:00.37	608	1:59.00	98%	
400m		3.	4:17.80	622	4:13.00	96%	
800m				-	8:50.00	-	
	, 2005 (19),						1
100m		14.	1:09.34	414	1:14.00	114%	
50m		14.	33.14	400	32.00	93%	
100m			1:19.43	340	1:18.00	96%	
	, 2006 (18),						-
100m		6.	53.44	674	52.75	97%	
50m		8.	27.61	620	27.14	97%	
100m		5.	58.88	673	57.03	94%	
	, 2004 (20),						2
200m		13.	2:12.74	453	2:05.00	89%	
100m		12.	1:13.02	472	1:15.00	105%	
200m		9.	2:46.21	430	2:50.00	105%	
	, 2005 (19),						-
50m		11.	32.14	439	32.00	99%	
100m				-	1:07.00	-	
200m		3.	2:41.58	428	2:30.00	86%	
							6
	, 2005 (19),						1
100m		26.	1:18.60	282	1:20.10	104%	
200m				-	2:50.00	-	
200m		24.	3:32.42	206	3:23.75	92%	
	, 2004 (20),						-
50m		25.	31.47	419	29.34	87%	
100m		22.	1:10.65	389	1:04.21	83%	
100m		21.	1:19.81	361	1:12.39	82%	
	, 2006 (18),						2
200m		8.	2:36.74	348	2:50.00	118%	
200m		16.	2:28.47	452	2:40.00	116%	
400m				-	5:50.00	-	
	, 2006 (18),						1
800m				-	10:00.00	-	
50m		21.	34.60	421	35.00	102%	
	, 2004 (20),						-
50m		35.	38.45	229	34.00	78%	
50m		39.	42.02	235	41.11	96%	
100m				-	1:15.00	-	
	, 2001 (23),						-
200m		21.	2:34.56	287	2:24.98	88%	
400m		18.	5:47.56	253	5:24.14	87%	
100m		27.	1:28.11	269	1:17.00	76%	
	, 2004 (20),						-
200m		20.	2:33.70	292	2:25.00	89%	
400m		16.	5:41.07	268	5:30.00	94%	
100m				-	1:10.00	-	
	, 2002 (22),						1
50m		26.	26.80	474	27.22	103%	
100m		23.	1:00.75	458	58.70	93%	
50m		27.	29.19	444	28.76	97%	

	, 2004 (20),						1
50m		22.	26.39	497	27.00	105%	
100m		26.	1:01.46	443	58.64	91%	
50m		24.	28.62	471	28.56	100%	
	, 2005 (19),						-
200m		17.	3:25.07	155	3:00.00	77%	
200m		21.	2:48.00	312	2:40.00	91%	
400m				-	5:57.00	-	
							1
	, 2004 (20),						-
100m		43.	1:15.23	241	1:05.00	75%	
50m		36.	40.03	272	36.00	81%	
100m		30.	1:32.50	232	1:12.00	61%	
	, 2006 (18),						1
50m		13.	26.60	586	29.00	119%	
100m				-	1:01.00	-	
200m		10.	2:37.67	342	2:10.00	68%	
	, 2004 (20),						-
50m		25.	39.09	220	33.00	71%	
50m		23.	43.29	238	33.00	58%	
100m		15.	1:40.73	184	1:10.00	48%	
							-
	, 2004 (20),						-
100m		42.	1:12.38	271	1:00.00	69%	
200m		24.	2:55.34	196	2:15.00	59%	
100m		29.	1:31.91	237	1:18.00	72%	
	, 2002 (22),						-
400m		17.	5:47.08	254	5:20.00	85%	
100m				-	1:08.00	-	
200m		24.	2:54.00	281	2:30.00	74%	
	, 2004 (20),						-
50m		37.	28.14	410	27.80	98%	
50m		31.	33.67	342	32.00	90%	
200m		22.	2:50.10	301	2:30.00	78%	
	, 2003 (21),						-
50m		23.	26.42	495	25.50	93%	
100m		21.	59.37	491	58.50	97%	
50m		26.	28.88	458	27.30	89%	
	, 2002 (22),						-
200m		16.	2:20.23	384	2:10.00	86%	
400m		11.	4:52.45	426	4:40.00	92%	
800m				-	9:50.00	-	
							-
	, 2002 (22),						-
200m		8.	2:45.27	437	2:32.00	85%	
200m		9.	2:23.38	502	2:21.00	97%	
400m				-	4:59.00	-	
	, 2006 (18),						-
200m		2.	2:11.10	596	2:08.00	95%	
200m		4.	2:12.30	639	2:07.00	92%	
400m				-	4:37.00	-	
	, 2003 (21),						-
50m		8.	24.60	614	24.00	95%	
100m		11.	55.04	617	53.50	94%	
50m		14.	26.67	582	26.00	95%	
	, 2002 (22),						-
100m		4.	52.66	704	51.90	97%	
50m		2.	24.58	743	24.40	99%	
100m				-	55.00	-	
	, 2006 (18),						-
50m		22.	34.55	319	33.00	91%	
100m		27.	1:22.69	244	1:10.00	72%	
200m		16.	3:11.81	203	2:23.00	56%	
	, 2003 (21),						-
50m		2.	29.48	682	29.00	97%	
100m		2.	1:05.07	667	1:04.00	97%	
200m		1.	2:23.61	667	2:18.00	92%	
	, 2005 (19),						-
200m		4.	2:02.32	579	2:00.00	96%	
400m		6.	4:21.50	596	4:19.00	98%	
800m				-	8:45.00	-	

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	, 2003 (21),						-
50m		42.	29.92	341	27.00	81%	
100m		36.	1:04.88	376	1:02.50	93%	
	, 2004 (20),						-
50m		31.	27.28	450	27.00	98%	
100m		24.	1:01.34	445	1:00.00	96%	
50m		31.	37.18	340	34.00	84%	
	, 2002 (22),						1
50m		17.	29.33	517	30.00	105%	
100m		12.	1:04.00	524	1:04.00	100%	
200m				-	2:14.00	-	
	, 2003 (21),						-
50m		20.	32.38	387	30.57	89%	
100m		19.	1:12.69	359	1:07.00	85%	
200m		14.	2:49.13	297	2:25.00	74%	
	, 2002 (22),						-
50m		4.	27.26	644	26.30	93%	
100m		8.	1:00.87	609	56.50	86%	
100m				-	55.70	-	
	, 2005 (19),						-
100m		25.	1:20.92	260	1:03.00	61%	
200m				-	2:35.00	-	
200m		13.	3:20.54	248	2:45.00	68%	
	, 2005 (19),						-
50m		2.	33.65	650	32.60	94%	
100m		2.	1:17.00	577	1:11.00	85%	
200m		2.	2:49.77	531	2:38.00	87%	
	, 2005 (19),						-
50m		11.	28.36	572	26.50	87%	
100m		15.	1:04.41	514	56.10	76%	
200m				-	2:07.00	-	
	, 2005 (19),						-
50m		5.	33.21	529	31.20	88%	
50m		9.	31.68	458	31.00	96%	
100m				-	1:12.00	-	
	, 2002 (22),						-
100m				-	59.00	-	
200m		5.	2:27.60	417	2:12.00	80%	
200m		14.	2:28.07	456	2:14.00	82%	
	, 2004 (20),						-
50m		11.	31.95	535	30.60	92%	
100m		7.	1:10.64	522	1:05.70	87%	
200m		4.	2:38.16	499	2:21.00	79%	
	, 2004 (20),						-
50m		16.	37.72	361	34.12	82%	
100m		12.	1:25.91	297	1:19.00	85%	
100m		13.	1:35.83	299	1:27.00	82%	
	, 2004 (20),						-
50m		7.	24.58	615	23.10	88%	
100m		7.	53.53	670	51.00	91%	
50m		8.	25.64	655	24.70	93%	
	, 2006 (18),						3
200m		19.	2:33.13	295	2:10.00	72%	
100m				-	1:05.50	-	
200m		DNF		-	2:35.00	-	
	, 2003 (21),						-
50m		14.	25.35	561	24.90	96%	
50m		13.	28.56	560	27.30	91%	
100m		16.	1:04.68	507	1:00.40	87%	
	, 2006 (18),						-
100m		33.	1:03.24	406	59.00	87%	
50m		20.	33.84	450	32.50	92%	
100m		20.	1:18.18	385	1:14.00	90%	
	, 2005 (19),						3
100m		15.	57.24	548	58.60	105%	
50m		5.	30.33	626	30.50	101%	
100m		5.	1:08.57	570	1:10.20	105%	
	, 2003 (21),						4
50m		12.	28.54	561	29.00	103%	
100m		14.	1:04.38	514	1:05.00	102%	2

200m				-	2:25.00	-	
	, 2005 (19)						-
50m		45.	32.46	267	28.60	78%	
100m		45.	1:17.61	220	1:11.00	84%	
200m		26.	3:13.55	146	2:30.00	60%	
	, 2006 (18)						-
50m		25.	35.75	382	32.00	80%	
100m		23.	1:20.62	351	1:11.00	78%	
50m		32.	30.59	385	29.00	90%	
	, 2005 (19)						-
200m		3.	2:33.13	550	2:32.00	99%	
200m		5.	2:16.07	588	2:15.00	98%	
400m				-	4:40.00	-	
	, 2004 (20)						1
100m		16.	1:13.95	455	1:15.00	103%	
200m		11.	2:48.28	414	2:40.00	90%	
200m		18.	2:34.66	400	2:20.00	82%	
	, 2006 (18)						-
200m		7.	2:04.88	544	2:00.00	92%	
800m				-	9:40.00	-	
200m		13.	2:46.59	290	2:20.00	71%	
	, 2006 (18)						1
50m		11.	25.15	574	26.00	107%	
100m		19.	58.10	524	57.00	96%	
50m		31.	30.21	400	28.00	86%	