

						%	PB
							6
							2
50m	, 2005 (19)					-	
100m	32.	1:02.53	420	1:03.00	102%		
50m	29.	29.68	422	32.00	116%		
, 2003 (21)							-
50m			-	32.00	-		
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			-	1:32.00	-		
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			-	30.00	-		
50m	26.	35.77	381	36.00	101%		
100m			-	1:17.00	-		
, 2001 (23)							-
50m			-	30.00	-		
100m	18.	1:12.34	365	1:07.00	86%		
50m	16.	42.33	326	40.00	89%		
, 2005 (19)							-
50m			-	NT	-		
50m	33.	36.05	278	NT	-		
50m	37.	40.04	272	NT	-		
, 2008 (16)							-
50m			-	NT	-		
100m	31.	1:02.52	421	NT	-		
, 2005 (19)							-
50m			-	NT	-		
100m	21.	1:12.72	359	NT	-		
50m	10.	38.81	424	NT	-		
, 2005 (19)							-
50m			-	NT	-		
50m	32.	37.77	324	NT	-		
, 2007 (17)							-
50m			-	NT	-		
100m	30.	1:02.18	428	NT	-		
100m	21.	1:08.22	432	NT	-		
, 2006 (18)							-
50m			-	26.70	-		
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	-		

2

3

4

	, 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				-	28.20	-	
100m		2.	1:00.35	629	59.40	97%	
200m		5.	2:13.12	609	2:10.50	96%	
	, 2006 (18),						2
50m		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	-	
	, 2004 (20),						1
50m				-	23.50	-	1
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				-	1:08.00	-	
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	-	

	, 2005 (19),						2
50m				-	24.00	-	
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),			-	NT	-	-
50m	, 2006 (18),			-	NT	-	-
400m	, 2003 (21),	19.	6:00.25	227	NT	-	-
50m		23.	35.39	394	NT	-	-
50m	, 2002 (22),			-	NT	-	-
100m		26.	1:22.14	249	NT	-	-
							-
50m	, 2006 (18),			-	26.10	-	-
100m		4.	1:02.08	577	58.60	89%	
50m		3.	29.82	549	28.20	89%	
100m	, 2006 (18),	1.	59.82	645	58.20	95%	-
200m		3.	2:10.00	654	2:06.00	94%	
100m				-	1:01.00	-	-
400m	, 2003 (21),	7.	5:05.69	456	4:43.00	86%	-
200m		4.	2:37.39	514	2:32.00	93%	
400m				-	5:28.00	-	-
200m	, 2000 (24),	1.	1:55.71	684	1:52.00	94%	-
400m		1.	4:06.09	715	3:56.00	92%	
800m				-	8:12.00	-	-
50m	, 2006 (18),	3.	30.02	645	28.70	91%	-
100m				-	1:02.60	-	
50m		5.	25.12	696	24.60	96%	-
50m	, 2005 (19),	1.	26.79	679	26.00	94%	-
100m		3.	58.75	677	57.60	96%	
200m				-	2:07.00	-	-
800m	, 2005 (19),			-	9:45.00	-	-
200m		4.	2:57.29	467	2:30.00	72%	
200m		1.	2:32.78	562	2:28.00	94%	-
50m	, 2005 (19),	3.	36.09	527	33.00	84%	-
100m				-	1:14.00	-	
50m		6.	30.79	499	29.00	89%	-
50m	, 2003 (21),			-	26.40	-	-
50m		2.	31.57	615	26.00	68%	
100m		1.	1:05.69	664	1:05.00	98%	-
100m	, 2003 (21),			-	55.70	-	-
200m		3.	2:11.30	593	2:07.00	94%	
200m		2.	2:11.13	657	2:07.00	94%	
							2
50m	, 2005 (19),			-	25.50	-	-
50m		20.	29.97	485	28.80	92%	
100m		17.	1:05.08	498	1:02.00	91%	
100m	, 2004 (20),			-	1:19.38	-	2
200m		3.	2:55.35	482	2:58.12	103%	
200m		3.	2:36.45	523	2:45.60	112%	
50m	, 2004 (20),			-	25.00	-	-
50m		9.	27.73	612	27.50	98%	
100m		9.	1:01.97	577	1:00.00	94%	

4

	, 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				-	22.80	-	
100m		1.	51.86	737	50.70	96%	
50m		4.	25.08	700	24.30	94%	
	, 2005 (19),						-
50m				-	24.30	-	
50m		10.	28.27	578	27.80	97%	
200m		7.	2:19.16	549	2:12.00	90%	
	, 2002 (22),						-
50m				-	27.00	-	
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	-	
	, 2006 (18),						2
50m				-	27.00	-	1
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				-	1:20.00	-	
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),						-
50m				-	27.00	-	
50m		19.	29.91	488	29.00	94%	
50m		23.	28.57	473	28.00	96%	
	, 2006 (18),						1
50m		14.	32.13	526	34.90	118%	
100m				-	1:15.50	-	
200m		12.	2:50.25	400	2:40.00	88%	
	, 2004 (20),						-
50m				-	27.00	-	
50m		22.	30.74	449	29.50	92%	
50m		22.	28.53	475	27.50	93%	
	, 2003 (21),						4
50m				-	27.00	-	1
100m		38.	1:06.01	357	1:01.00	85%	
50m		35.	31.35	358	33.00	111%	
	, 2004 (20),						2
50m				-	34.00	-	
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) ,						1
50m				-	33.00	-	
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%	
							2
	, 2005 (19) ,						-
50m				-	29.00	-	
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) ,						-
50m				-	NT	-	
	, 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				-	1:18.00	-	
	, 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) ,						1
200m		13.	2:12.74	453	2:05.00	89%	
100m				-	1:15.00	-	
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%	
							4
	, 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				-	1:12.39	-	
	, 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				-	1:17.00	-	
	, 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),						-
50m				-	27.22	-	
100m		23.	1:00.75	458	58.70	93%	
50m		27.	29.19	444	28.76	97%	
	, 2004 (20),						-
50m				-	27.00	-	
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				-	1:12.00	-	
	, 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				-	33.00	-	
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				-	1:18.00	-	
	, 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				-	27.80	-	
50m		31.	33.67	342	32.00	90%	
200m		22.	2:50.10	301	2:30.00	78%	
	, 2003 (21),						-
50m				-	25.50	-	
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				-	24.00	-	
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	-	

11

2

1

							1
100m	, 2005 (19)	15.	1:10.48	394	1:11.00	101%	
100m		7.	1:17.86	399	1:14.00	90%	
200m				-	2:36.00	-	
	, 2005 (19)						-
50m				-	32.00	-	
100m		44.	1:17.43	221	1:09.00	79%	
							3
-	, 2004 (20)						2
100m		20.	58.73	507	59.00	101%	
50m		12.	32.01	532	32.50	103%	
100m				-	1:07.00	-	
	, 2003 (21)						-
50m				-	27.00	-	
100m		36.	1:04.88	376	1:02.50	93%	
	, 2004 (20)						-
50m				-	27.00	-	
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				-	30.57	-	
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				-	1:11.00	-	
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				-	1:05.70	-	
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				-	1:27.00	-	
	, 2004 (20)						-
50m				-	23.10	-	
100m		7.	53.53	670	51.00	91%	
50m		8.	25.64	655	24.70	93%	
							2
	, 2006 (18)						-
200m		19.	2:33.13	295	2:10.00	72%	
100m				-	1:05.50	-	
200m		DNF		-	2:35.00	-	
	, 2003 (21)						-
50m				-	24.90	-	
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				-	1:14.00	-	
	, 2005 (19),						2
100m		15.	57.24	548	58.60	105%	
50m		5.	30.33	626	30.50	101%	
100m				-	1:10.20	-	
							2
	, 2003 (21),						2
50m		12.	28.54	561	29.00	103%	
100m		14.	1:04.38	514	1:05.00	102%	
200m				-	2:25.00	-	
	, 2005 (19),						-
50m				-	28.60	-	
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				-	1:11.00	-	
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),						-
100m				-	1:15.00	-	
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),						-
50m				-	26.00	-	
100m		19.	58.10	524	57.00	96%	
50m		31.	30.21	400	28.00	86%	