9 , 800m 2011

00.00	9	20				, 800111				2011		
3.06.2025 - 17:39 : 9:00.00 /				: 9:46.50 / 1 : 10:26.00 / 2					. 44.40 50			
				: 9:46.50	7 7	: 10:26	: 10:26.00 / 2		: 11:48.50			
				/								R.T.
4				11	,,		"			0.20.45	610	
1.	100m:	1:04.85	1:04.95		3:25.20			5:47.52	1.11 17	9:20.15 700m:	619 8:10.15	+0,75 1:11.39
		2:14.35			4:36.35	1:11.15	600m:		1:11.24		9:20.15	1:10.00
2.				11						9:27.84	594	+0,86
	100m:	1:04.25	1:04.25		3:27.06	1:11.67	500m:	5:51.09	1:12.28			1:13.04
		2:15.39			4:38.81	1:11.75		7:03.41	1:12.32		9:27.84	1:11.39
3.				12						9:31.39	583	+0,88
		1:06.73				1:13.65			1:13.03			1:13.01
	200m:	2:17.10	1:10.37	400m:	4:43.55	1:12.80	600m:	7:08.73	1:12.15	800m:	9:31.39	1:09.65
4.				11			"	-201	11"	9:35.88	569	+0,94
		1:05.80				1:12.42	500m:		1:13.18			1:13.76
	200m:	2:17.79	1:11.99	400m:	4:43.87	1:13.66	600m:	7:09.95	1:12.90	800m:	9:35.88	1:12.17
5.				11						9:37.88	563	+1,03
		1:07.73 2:18.86			3:31.60 4:45.15	1:12.74 1:13.55		5:57.94 7:11.63			8:25.51 9:37.88	1:13.88 1:12.37
•	200111.	2.10.00	1.11.13		7.70.10	1.13.33	000III. "	7.11.03	1.13.09			
6.	100	1.00.70	1.00.72	11	3:35.77	1:13.70			1:16.70	9:48.70	533 8:35.30	+1,06 1 1:15.49
		1:08.73 2:22.07			4:47.22	1:13.70			1:15.89		9:48.70	1:13.49
7.				11						9:53.29	521	
7.	100m:	1:10.40	1:10.40		3:41.60	1:15.75	500m:	6:11.75	1:15.03			+1,10 1 1:13.89
		2:25.85			4:56.72			7:27.80				1:11.60
8.				11						9:53.99	519	+0,98 1
O.	100m:	1:07.25	1:07.25		3:35.90	1:15.29	500m:	6:07.70	1:16.04			1:15.86
	200m:	2:20.61	1:13.36		4:51.66	1:15.76	600m:	7:23.42	1:15.72		9:53.99	1:14.71
9.				12						9:57.42	510	+0,97 1
-	100m:	1:08.44	1:08.44		3:40.04	1:16.27	500m:	6:12.30	1:16.27			1:15.95
	200m:	2:23.77	1:15.33	400m:	4:56.03	1:15.99	600m:	7:28.10	1:15.80	800m:	9:57.42	1:13.37
10.				11			II .	-201	11"	9:57.84	509	+1,09 1
			1:09.58			1:16.09	500m:		1:16.15			1:15.67
	200m:	2:24.62	1:15.04		4:56.38	1:15.67	600m:	7:28.41	1:15.88			1:13.76
11.				12								+0,94 1
		1:10.27 2:26.75				1:16.41 1:16.48				700m: 800m:		
	200III.	2.20.13	1.10.40					1.54.22				
12.	100	4.40.00	4.40.00	12		7		6.00.40				+1,00 1
		1:12.96 2:30.87				1:17.81 1:17.70				700m: 800m:	8:56.91 10:10.26	
	_00111.	55.07					"					
13.	100m·	1:13.01	1.12 01	11		" 1:15.78		6.22.00		10:17.52		
		2:30.61			5:05.32					700m: 800m:		
11												
14.	100m·	1:12.54	1:12.54	11 300m:	3:49.03	6 1:18.40	500m·	6:26.84		10:19.97 700m:		
		2:30.63				1:18.68				800m:		
15.				11		5	;			10:23.14	<i>44</i> 0	+0,88 1
10.	100m:	1:13.39	1:13.39			1:18.61						
		2:32.24				1:18.90		7:48.06				1:16.05
16.				11		5	;		1	10:23.37	449	+0,82 1
		1:10.92		300m:	3:48.40	1:19.38	500m:		1:19.20	700m:	9:05.70	1:19.03
	200m:	2:29.02	1:18.10	400m:	5:07.49	1:19.09	600m:	7:46.67	1:19.98	800m:	10:23.37	1:17.67
17.				11		"	"		1	10:24.23	447	+0,94 1
	400	4.44.04	1:11.24	200	2.46.65	4 40 00						
						1:18.29 1:18.97		6:25.06			9:05.38	

, 18. - 20.6.2025

	, 131 2010120											
	9,	,	800m	, 2011								
				/								R.T.
18.		1:15.99 2:37.18				1:20.67 1:21.11	500m: 600m:		1:19.88 1:20.20	700m:	424 9:18.97 10:35.04	
19.		1:12.80 2:32.50			3:53.15 5:14.69		500m: 600m:		1:21.61 1:21.74	700m:	414 9:19.97 10:40.16	,
20.		1:14.13 2:35.07			3:57.24 5:19.19	1:22.17 1:21.95			1:22.85 1:21.84	700m:	409 9:26.01 10:42.93	•
21.		1:13.49 2:34.02			3:54.56 5:16.71	1:20.54 1:22.15					406 9:24.13 10:44.26	+1,02 2 1:22.33 1:20.13
22.		1:15.25 2:36.76		13 300m: 400m:	4:00.33 5:24.06	1:23.57 1:23.73		6:48.27 8:12.17	1:24.21	0:53.07 700m: 800m:	390 9:34.59 10:53.07	+0,86 2 1:22.42 1:18.48
23.		1:16.59 2:41.52				1:24.35 1:24.17		6:53.06 8:14.61	1:23.02	700m:	389 9:35.79 10:53.76	,
24.		1:15.16 2:37.64				1:24.38 1:24.56	500m:				9:37.50	
25.		1:14.72 2:38.30			4:02.34 5:27.11	1:24.04 1:24.77			1:24.25 1:23.04		378 9:38.00 11:00.15	+0,90 2 1:23.60 1:22.15
26.		1:17.85 2:41.53			4:06.88 5:30.86			6:54.91 8:18.77	1:24.05		369 9:42.71 11:05.11	,
27.		1:18.31 2:43.95	1:18.31 1:25.64		4:10.52 5:36.47		500m:		1:24.84 1:25.75		358 9:51.17 11:12.25	,