%	%						
						2044 (42	
0/.	101%	4:53.48	493	4:52.72	10.	, 2011 (13),	100m
/0 -	10176	1:11.32	495	4.32.72	10.		00m
-	-	2:35.20	-				200m
						, 2011 (13),	
-	-	5:08.05	-			, , , , , , , , , , , , , , , , , , , ,	100m
-	-	1:18.37	-				00m
%	105%	2:48.88	295	2:44.58	139.		200m
						, 2010 (14),	
%	103%	4:46.77	421	4:43.04			100m
- 0/_	103%	1:10.23 2:25.50	- 445	2:23.54	18.		00m 200m
70	10070	2.23.30	440	2.23.34	10.	, 2010 (14),	.00111
_	_	5:03.12	-			, 2010 (14),	-00m
-		1:09.93	-				00m
%	105%	2:40.19	342	2:36.69	91.		200m
						, 2010 (14),	
-	-	57.36	-				00m
- 0/ ₋	- 108%	4:59.79 2:31.28	- 427	2:25.51	24.		00m 00m
/0	100%	2.01.20	441	2.23.31	24.	, 2011 (13),	JOHN
%	99%	5:27.33	347	5:28.91	100.	, 2011 (10),	100m
-	-	1:14.81	-	0.20.01	100.		00m
-	-	2:46.39	-				:00m
						, 2010 (14),	
-	-	4:56.97	-				100m
- 0/ ₋	105%	1:14.87 2:34.33	387	2:30.38	55.		00m 00m
/0	10376	2.34.33	307	2.30.36	33.	, 2010 (14),	.00111
%	100%	4:47.31	401	4:47.74		, 2010 (14),	00m
-	-	1:08.10	-				00m
%	99%	2:32.09	371	2:32.51	66.		00m
						, 2012 (12),	
%	97%	5:44.42	288	5:49.98	132.		-00m
-	=	1:21.94 2:59.66	-				00m :00m
-		2.53.00	_			, 2010 (14),	.00111
_	_	58.01	-			, 2010 (14),	00m
%	102%	4:50.47	403	4:47.15			00m
	102%	2:34.12	368	2:32.86	70.		:00m
						, 2011 (13),	
-		1:02.34	-	4 40 55			00m
%	101%	4:42.01	560	4:40.55	3.		00m 00m
-	-	2:38.03	-			, 2011 (13),	00111
%	102%	4:51.80	515	4:48.49	7.	,	-00m
-		1:11.90	-				00m
-	-	2:33.50	-				:00m
				_		, 2011 (13),	
%	101%	5:21.89	374	5:20.92	80.		00m
-	-	1:19.46 2:51.06	-				00m 00m
		2.01.00				, 2010 (14),	.00111
_	-	59.01	-			, == := (::),	00m
-	-	4:57.39	-				00m
	106%	2:32.60	404	2:28.24	35.		00m
%						, 2011 (13),	
		1:09.62 5:21.68	- 375	5:20.52	78.		00m 00m
_			3/5	3.20.32	10.		00m 00m
- %	101%		-				
_	101%	2:52.65	-			. 2011 (13	
- % -	101%		410	4:45.51		, 2011 (13),	00m
- % - % -	101% - 103% -	2:52.65 4:49.60 1:13.73	410 -			, 2011 (13),	00m
- % - % -	101% -	2:52.65 4:49.60	410	4:45.51 2:29.38	44.		00m
- % - % - %	101% - 103% - 104%	2:52.65 4:49.60 1:13.73 2:32.11	410 - 395	2:29.38		, 2011 (13), , 2011 (13),	100m 200m
- % - % - %	101% - 103% -	2:52.65 4:49.60 1:13.73	410 -		44. 99.		100m 100m 200m 100m

	, 2010 (14),						1
400m			4:41.45	428	4:40.73	99%	
100m		_		-	1:02.37	-	
200m	0040 (44	8.	2:19.37	486	2:21.20	103%	
	, 2010 (14),						1
400m			4:54.90	372	4:51.47	98%	
100m					1:05.79	-	
200m	0040 (44	75.	2:34.02	360	2:34.41	101%	_
	, 2010 (14),						2
400m			4:43.35	420	4:47.34	103%	
100m		45	2.22.47	- 455	1:02.00	4049/	
200m	0044 (40	15.	2:22.47	455	2:25.11	104%	
	, 2011 (13),						-
400m		20.	4:58.98	463	4:57.41	99%	
100m				-	1:17.17	-	
200m	2011 (12			-	2:35.78	-	
400	, 2011 (13),				4.07.40		-
100m		E 4	E.44 74	-	1:07.49	-	
400m 200m		54.	5:11.71	408	5:08.16 2:53.06	98%	
200111	, 2010 (14),				2.55.00		1
400	, 2010 (14),				E.44 E4		1
400m 100m				-	5:11.54 1:18.86	-	
200m		94.	2:37.38	338	2:42.30	106%	
200111	, 2011 (13),	54.	2.07.00	330	2.42.00	10070	1
400m	, 2011 (10),	68.	5:17.34	387	5:21.70	103%	
100m		00.	3.17.34	-	1:09.93	10376	
200m				-	2:41.48	- -	
200					2		
							8
	0040 (40						
	, 2012 (12),						1
100m		50	F-40.00	-	1:11.43	-	
400m		50.	5:10.60	412	5:16.95	104%	
200m	2010 (14			-	2:51.60	-	
400	, 2010 (14),				FC 00		-
100m			4.20.22	420	56.28	- 070/	
400m 200m		37.	4:39.22 2:28.61	439 401	4:35.56 2:26.07	97% 97%	
200111	2012 (12	37.	2.20.01	401	2.20.07	91 /6	
400	, 2012 (12),	00	5.47.04	207	5.40.74	070/	-
400m 100m		66.	5:17.24	387	5:12.74 1:20.48	97%	
200m				-	2:37.03	- -	
200111	, 2010 (14),			-	2.37.03	-	
100m	, 2010 (14),				1:01.10		-
400m			4:53.28	379	4:50.45	98%	
400111	, 2010 (14),		4.00.20	0/0	4.00.40	3070	_
400m	, 2010 (14),		4:50.91	388	4:39.55	92%	
100m			4.50.91	-	1:16.99	-	
200m		48.	2:30.05	390	2:27.07	96%	
200	, 2011 (13),		2.00.00	555	2.2.101	30,0	1
400m	, 2011 (13),	74.	5:19.44	270	5:20.36	1019/	
100m		74.	5.19.44	379 -	1:13.26	101%	
200m				-	2:46.21	-	
	, 2010 (14),						1
400m	, (, , , , , ,		4:51.27	386	4:49.08	99%	•
100m			7.01.21	-	1:07.68	33 /0 -	
200m		51.	2:30.31	387	2:30.54	100%	
200111	, 2012 (12),	٥	00.01	001		10070	1
100m	, 2012 (12),			-	1:08.16	-	
400m		47.	5:09.90	415	5:21.42	108%	
			2.00.00	-	2:47.40	-	
∠00m					-		1
200m	2012 (12)						
	, 2012 (12),			-	1:08 40	_	
100m	, 2012 (12),	62.	5:14.32	- 398	1:08.40 5:15.16	- 101%	
100m 400m	, 2012 (12),	62.	5:14.32	- 398 -	5:15.16	- 101% -	
100m		62.	5:14.32	398		- 101% -	_
100m 400m 200m	, 2012 (12), , 2010 (14),	62.	5:14.32	398	5:15.16 2:51.08	- 101% - -	-
100m 400m 200m		62.		398 - -	5:15.16 2:51.08 1:01.11	-	-
100m 400m 200m		62. 72.	5:14.32 4:58.39 2:33.47	398 -	5:15.16 2:51.08 1:01.11 4:48.25	-	-
100m 400m 200m 100m 400m	, 2010 (14),		4:58.39	398 - - - 359	5:15.16 2:51.08 1:01.11	- - 93%	-
100m 400m 200m 100m 400m 200m		72.	4:58.39 2:33.47	398 - - 359 364	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15	- 93% 98%	1
100m 400m 200m 100m 400m 200m	, 2010 (14),		4:58.39	398 - - - 359	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52	- - 93%	1
100m 400m 200m 100m 400m 200m	, 2010 (14),	72.	4:58.39 2:33.47	398 - - 359 364 459	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84	- 93% 98%	1
100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13),	72.	4:58.39 2:33.47	398 - - 359 364 459	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52	- 93% 98% 100%	1
100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2010 (14),	72. 21.	4:58.39 2:33.47 4:59.81	398 - - 359 364 459 - -	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84 2:41.53	- 93% 98% 100% - -	1
100m 400m 200m 100m 400m 200m 400m 200m	, 2010 (14), , 2011 (13),	72.	4:58.39 2:33.47	398 - - 359 364 459 - -	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84 2:41.53 5:15.00	- 93% 98% 100%	1
100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2010 (14), , 2011 (13),	72. 21.	4:58.39 2:33.47 4:59.81	398 - - 359 364 459 - -	5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84 2:41.53	- 93% 98% 100% - -	1

400m	, 2010 (14),		4.52.04	202	4:51.04	00%	-
400m			4:52.04	383	4:51.04 1:05.26	99%	
200m		36.	2:28.34	403	2:28.00	100%	
400	, 2010 (14),		4-25-00	455	4:00.00	4000/	1
400m 100m			4:35.80	455 -	4:36.00 1:07.50	100%	
200m		40.	2:28.96	398	2:28.50	99%	
400m	, 2012 (12),	07	E-27 2E	252	E-20 72	1010/	1
400m 100m		97.	5:27.25	353 -	5:28.72 1:20.44	101%	
200m				-	2:52.24	-	
400	, 2011 (13),		- 40 4-		= 40 00		-
400m 100m		63.	5:16.47	390	5:12.90 1:11.34	98% -	
200m				-	2:44.44	-	
	, 2010 (14),						-
100m 400m			4:35.12	- 459	59.24 4:31.41	- 97%	
200m		86.	2:36.14	346	2:33.34	96%	
	, 2010 (14),						-
400m 100m			4:53.03	380	4:50.50 1:16.20	98%	
200m		46.	2:29.60	393	2:29.00	99%	
	, 2010 (14),						-
400m			4:32.52	472	4:32.06	100%	
100m 200m		7.	2:18.80	492	1:00.00 2:17.73	98%	
	, 2011 (13),						-
400m		89.	5:23.67	364	5:19.00	97%	
100m 200m				-	1:16.50 2:50.15	- -	
							18
400	, 2011 (13),				4:04.00		-
100m 400m				-	1:01.00 5:12.00	- -	
200m		108.	2:39.54	324	2:38.50	99%	
	, 2012 (12),						-
100m 400m		90.	5:24.46	362	1:10.00 5:17.00	- 95%	
200m				-	2:52.00	-	
400	, 2010 (14),						1
100m 400m			4:42.02	426	1:01.00 4:43.00	- 101%	
200m		57.	2:30.56	386	2:30.00	99%	
	, 2012 (12),						1
100m 400m				-	1:05.00 5:03.00	- -	
200m		132.	2:43.49	301	2:45.00	102%	
	, 2012 (12),						-
400m 100m		65.	5:17.11	388	5:06.00 1:12.90	93%	
200m				-	2:46.00	-	
	, 2011 (13),						-
100m 400m		77.	5:20.22	376	1:09.00 5:17.90	99%	
200m		77.	3.20.22	-	2:49.60	-	
	, 2012 (12),						-
400m 100m		104.	5:31.09	340	5:17.90 1:21.99	92%	
200m				-	2:49.60	-	
	, 2010 (14),						1
400m 100m				-	4:56.38 1:13.64	-	
200m		27.	2:26.65	417	2:27.94	102%	
	, 2011 (13),						1
100m 400m		41.	5:07.47	- 425	1:05.50 5:15.00	105%	
200m		41.	3.07.47	425	2:46.00	105%	
	, 2010 (14),						-
100m 400m			5:05.83	334	59.95 4:54.00	- 92%	
200m		125.	2:41.98	310	2:36.00	92%	

	0040 (44					
400m	, 2010 (14),			-	5:04.00	-
100m				-	1:15.00	-
200m		79.	2:34.76	355	2:33.00	98%
	, 2011 (13),					-
100m		40	F.00.20	-	1:05.00	-
400m 200m		43.	5:08.38	421 -	4:55.00 2:47.00	92%
200111	, 2010 (14),			_	2.47.00	1
400m	, 2010 (11),			-	4:58.00	· ·
100m				-	1:18.00	-
200m		81.	2:34.91	354	2:38.35	104%
	, 2012 (12),					-
400m		103.	5:30.30	343	5:26.00	97%
100m 200m				-	1:18.50 2:54.00	- -
200111	, 2010 (14),			-	2.34.00	_
100m	, 2010 (11),			-	1:00.00	-
400m			4:51.10	387	4:44.22	95%
200m		78.	2:34.27	358	2:30.55	95%
	, 2011 (13),					-
400m				-	4:58.00	-
100m 200m		127.	2:42.29	308	1:10.00 2:38.60	96%
200111	, 2012 (12),	127.	2.42.23	300	2.30.00	1
400m	, 2012 (12),	140.	5:56.43	273	6:00.00	102%
100m				-	1:22.00	
200m				-	3:14.00	-
	, 2010 (14),					1
400m			4:35.84	455	4:41.90	104%
100m 200m		43.	2:29.07	- 397	1:06.90 2:28.50	99%
200111	, 2011 (13),	43.	2.23.01	331	2.20.30	-
400m	, 2011 (10),	72.	5:18.21	384	5:06.76	93%
100m				-	1:16.54	-
200m				-	2:36.17	-
	, 2011 (13),					-
400m			4:53.46	378	4:53.00	100%
100m 200m		138.	2:44.35	296	1:09.00 2:42.00	- 97%
200111	, 2012 (12),	130.	2.44.00	230	2.42.00	37 76
400m	, 2012 (12),	126.	5:44.55	302	5:40.00	97%
100m		120.	0.11.00	-	1:25.00	-
200m				-	2:58.00	-
	, 2012 (12),					1
400m		92.	5:25.53	358	5:31.00	103%
100m 200m				-	1:17.50 2:57.00	-
200111	, 2012 (12),				2.07.00	1
400m	, 2012 (12),	137.	5:53.39	280	6:09.00	109%
100m			0.00.00	-	1:35.00	-
200m				-	3:03.74	-
	, 2010 (14),					-
400m			5:05.92	333	4:52.00	91%
100m 200m		151.	2:53.07	- 254	1:10.00 2:45.00	- 91%
200	, 2012 (12),					1
100m	, 2012 (12),			-	1:05.00	-
400m		18.	4:58.44	465	5:05.50	105%
200m				-	2:40.14	-
400	, 2010 (14),				5.00.00	-
400m 100m				-	5:20.00 1:09.00	-
200m		146.	2:47.48	280	2:41.00	92%
	, 2011 (13),					-
400m	, - (-);	86.	5:21.67	371	5:14.45	96%
100m				-	1:23.21	-
200m	0044 (40			-	2:43.34	-
	, 2011 (13),					<u>-</u>
400m 100m		135.	5:52.65	282	5:25.00 1:23.00	85%
200m				-	2:50.00	-
	, 2011 (13),					-
400m	, - (),	128.	5:46.63	297	5:30.00	91%
100m				-	1:17.00	- -
200m				-	2:53.00	-

	, 2010 (14),					
100m	, =0.0 (/,			-	58.79	-
400m		0.5	4:56.39	367	4:50.00	96%
200m	, 2011 (13),	85.	2:35.94	347	2:35.29	99% 1
400m	, 2011 (10),	55.	5:11.97	407	5:19.78	105%
100m				-	1:11.45	-
200m	2040 (40			-	2:41.12	-
400m	, 2012 (12),	58.	5:13.29	402	F:10 00	000/
100m		56.	5.15.29	402 -	5:10.00 1:16.00	98%
200m				-	2:50.00	-
	, 2013 (11),					•
400m 100m		145.	6:18.95	227	6:02.00 1:29.00	91%
200m				-	3:10.00	- -
	, 2010 (14),					
400m				-	4:56.00	-
100m 200m		130.	2:42.95	304	1:08.00 2:42.00	- 99%
200111	, 2011 (13),	130.	2.42.93	304	2.42.00	3970
400m	, 2011 (10),	22.	5:00.79	454	4:55.76	97%
100m				-	1:10.23	-
200m	2012 (11			-	2:35.69	-
400m	, 2013 (11),	101.	5:29.00	347	5:30.00	101%
100m		101.	0.23.00	-	1:17.00	-
200m				-	2:53.00	-
400	, 2012 (12),					•
400m 100m				-	5:00.00 1:10.50	-
200m		61.	2:31.15	381	2:26.50	94%
	, 2011 (13),					1
100m		70	5-40.00	-	1:08.00	-
400m 200m		70.	5:18.02	384	5:24.00 2:47.00	104% -
200	, 2013 (11),				200	1
400m	, (122.	5:42.96	306	5:43.00	100%
100m				-	1:28.79	-
200m	, 2013 (11),			-	2:59.00	- 1
100m	, 2013 (11),			-	1:08.00	- '
400m		94.	5:26.73	354	5:35.00	105%
200m	2042 (42			-	2:53.00	-
400m	, 2012 (12),	109.	5:32.34	337	5:36.00	1 102%
100m		100.	0.02.04	-	1:22.50	-
200m				-	2:58.00	=
400	, 2011 (13),				. == 00	
400m 100m			5:04.94	337	4:55.00 1:09.00	94%
200m		121.	2:41.65	311	2:35.00	92%
	, 2010 (14),					1
400m				-	5:00.00 1:05.50	-
100m 200m		25.	2:26.50	419	2:27.00	101%
	, 2012 (12),					
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:05.90	-
400m 200m		61.	5:14.16	399 -	5:14.00 2:46.00	100% -
200111	, 2012 (12),			_	2.40.00	
400m	, == (-= /,	23.	5:00.84	454	5:00.76	100%
100m				-	1:15.60	=
200m	, 2010 (14),			-	2:34.33	- 1
400m	, 2010 (14),			-	5:20.00	- -
100m				-	1:11.00	-
200m		126.	2:42.08	309	2:44.00	102%
						40
	2010 (14					16
100m	, 2010 (14),			_	55.22	_
400m			4:26.99	502	4:32.45	104%
200m		14.	2:22.46	455	2:25.42	104%

	, 2011 (13),						-
400m	, , , , , , , , , , , , , , , , , , , ,	83.	5:21.23	373	5:12.00	94%	
100m				-	1:22.72	-	
200m	, 2012 (12),			-	2:47.38	-	_
400m	, 2012 (12),	52.	5:11.42	409	5:11.20	100%	
100m		02.	0.11.12	-	1:19.71	-	
200m				-	2:45.10	-	
	, 2010 (14),						2
400m 100m			4:38.39	443 -	4:43.78 1:15.65	104%	
200m		31.	2:27.12	413	2:27.24	100%	
	, 2011 (13),						-
400m				-	5:02.18	-	
100m		136.	2:44.26	- 297	1:14.97	93%	
200m	, 2011 (13),	130.	2:44.26	291	2:38.82	93%	_
100m	, 2011 (10),			-	1:05.00	-	
400m		56.	5:13.06	403	5:10.00	98%	
200m	2242 (44			-	2:48.00	-	
400	, 2010 (14),		4.47.40	500	4.40.00	0.407	1
400m 100m			4:17.49	560 -	4:10.30 1:02.52	94% -	
200m		10.	2:20.18	478	2:22.10	103%	
	, 2010 (14),						2
100m				-	1:04.00	-	
400m 200m		90.	4:51.20 2:36.52	387 343	4:53.44 2:39.02	102% 103%	
	, 2010 (14),						2
400m	, , , , , , , , , , , , , , , , , , , ,		4:08.68	621	4:09.73	101%	
100m		4	2.07.05	-	1:05.00	4000/	
200m	, 2012 (12),	1.	2:07.95	629	2:13.50	109%	_
400m	, 2012 (12),	59.	5:13.52	401	5:10.78	98%	
100m				-	1:14.00	-	
200m	0044 (40			-	2:47.46	-	
400m	, 2011 (13),			-	5:02.39	<u>-</u>	-
100m				-	1:13.50	-	
200m		122.	2:41.73	311	2:40.24	98%	
	, 2011 (13),						1
100m 400m		32.	5:04.87	436	1:11.46 5:12.37	- 105%	
200m		02.	0.0	-	2:52.37	-	
	, 2011 (13),						1
400m		11.	4:53.33	490	4:55.57	102%	
100m 200m				-	1:12.97 2:33.78	-	
	, 2011 (13),						1
400m	, , , , , , , , , , , , , , , , , , , ,	53.	5:11.69	408	5:24.16	108%	
100m				-	1:15.63	-	
200m	, 2010 (14),			-	2:45.16	-	_
400m	, 2010 (11),		4:53.47	378	4:53.24	100%	
100m				-	1:09.17	-	
400:	, 2010 (14),				1,00.40		1
100m 400m				-	1:02.18 5:00.24	-	
200m		93.	2:37.15	339	2:41.49	106%	
	, 2011 (13),						-
400m		106.	5:31.72	339	5:18.20	92%	
100m 200m				-	1:15.73 2:40.40	-	
	, 2010 (14),						1
100m	, , , ,			-	1:00.20	-	
400m		60	4:42.97	422	4:46.76	103%	
200m	, 2011 (13),	63.	2:31.60	378	2:29.33	97%	1
100m	, 2011 (10),			-	1:05.89	<u>-</u>	'
400m		64.	5:17.06	388	5:20.16	102%	
200m	2044 (42			-	2:51.94	-	4
400m	, 2011 (13),	48.	5:10.11	414	5:12.44	102%	1
100m		40.	3.10.11	414	1:15.06	102/0	
200m				-	2:46.53	-	

	, 2011 (13),							1
400m			4:53.81	377	4:51.26		98%	
100m 200m		74.	2:33.83	361	1:04.54 2:35.86		103%	
200111	, 2010 (14),	, 4.	2.00.00	301	2.00.00		10070	_
400m	, == := (: : /,			-	4:58.08		-	
	, 2012 (12),							-
100m				-	1:24.71		-	
200m	2010 (11			-	2:41.68		-	
400m	, 2010 (14),		4:30.49	483	4:28.87	25.04.2024	99%	-
100m			4.00.40	-	1:04.92	29.03.2024	-	
200m		12.	2:21.05	469	2:20.41	24.04.2024	99%	
	, 2010 (14),							2
400m 100m			4:18.37	554 -	4:21.07 1:02.09	25.04.2024 26.04.2024	102%	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	
	, 2012 (12),							1
100m				-	1:12.87		-	
400m 200m		134.	5:52.45	282	6:02.18 3:03.57		106%	
200111	, 2010 (14),				0.00.01			_
100m	, == := (:: /,			-	56.54	26.04.2024	-	
400m		-	4:28.25	495	4:22.37	25.04.2024	96%	
200m	, 2010 (14),	6.	2:17.60	505	2:16.72	24.04.2024	99%	1
100m	, 2010 (14),			-	1:01.04		-	'
400m				-	4:58.23		-	
200m	0044 (40	53.	2:30.35	387	2:32.38		103%	
100m	, 2011 (13),			-	1:11.63			1
400m		119.	5:39.67	315	5:41.67		101%	
200m				-	2:57.97		-	
	, 2011 (13),							-
100m 400m		69.	5:17.47	386	1:07.27 5:16.74		100%	
200m		00.	0.11.11	-	2:48.80		-	
	, 2010 (14),							-
400m			4:52.05	383	4:50.62		99%	
100m 200m		103.	2:38.60	330	1:04.31 2:36.18		97%	
	, 2011 (13),							-
400m		39.	5:06.09	431	5:03.05		98%	
100m 200m				-	1:09.13 2:42.47		-	
200	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,	75.	5:19.74	378	5:25.39	24.04.2024	104%	
100m 200m				-	1:15.43 2:44.59	26.04.2024 22.06.2023	-	
200111	, 2010 (14),			-	۷۵.۲۲۰	22.00.2023	-	1
100m	,			-	1:02.92	26.04.2024	-	
400m			0.00.45	-	5:07.80	25.04.2024		
200m	, 2011 (13),	87.	2:36.19	345	2:40.35	24.04.2024	105%	1
400m	, 2011 (13),			-	4:55.65	25.04.2024	-	'
100m				-	1:20.23	26.04.2024	-	
200m	2011 (12	59.	2:30.99	382	2:33.67	24.04.2024	104%	
100m	, 2011 (13),			-	1:03.95	26.04.2024	_	-
400m			4:56.87	365	4:53.13	25.04.2024 25.04.2024	97%	
	, 2011 (13),							-
400m	·	67.	5:17.33	387	5:12.70		97%	
100m 200m				-	1:13.24 2:41.91		-	
	, 2010 (14),							1
400m				-	4:55.78	25.04.2024	-	
100m		00	2.27 00	- 224	1:18.07	26.04.2024	102%	
200m	, 2011 (13),	99.	2:37.98	334	2:39.71	24.04.2024	102%	_
400m	, 2011 (10),	57.	5:13.27	402	5:07.61		96%	
100m				-	1:18.86		-	
200m	2010 (14			-	2:43.95		-	2
100m	, 2010 (14),			-	1:06.23	26.04.2024	_	2
400m			4:43.61	419	4:46.97	25.04.2024	102%	
200m		114.	2:40.71	317	2:48.11		109%	

	, 2010 (14),							1
400m	, 2010 (14),			-	4:56.78		_	ı
100m				-	1:12.94		-	
200m		89.	2:36.50	343	2:39.46		104%	
	, 2011 (13),							1
400m 100m				-	5:06.52 1:20.24		-	
200m		97.	2:37.63	336	2:41.51		105%	
200	, 2011 (13),	0	2.0.100	555	2		.0070	_
400m	, - (- ,,	60.	5:13.71	400	5:11.05		98%	
100m				-	1:11.42		-	
200m	2014 (42			-	2:44.78		-	4
100m	, 2011 (13),			_	1:00.75	26.04.2024		1
400m				-	4:55.91	25.04.2024	-	
200m		68.	2:32.62	370	2:35.06	24.04.2024	103%	
	, 2010 (14),							1
400m			4:47.03	404	4:45.58		99%	
100m 200m		19.	2:23.66	444	1:07.57 2:23.78		100%	
200111	, 2010 (14),	10.	2.20.00		2.20.70		10070	_
100m	, 2010 (11),			-	1:02.09		-	
400m			4:51.06	387	4:40.19		93%	
200m	2012 (12	95.	2:37.40	337	2:35.73		98%	
100m	, 2012 (12),			_	1:06.45		_	-
400m		73.	5:18.55	382	5:15.39		98%	
200m				-	2:50.71		-	
	, 2011 (13),							1
100m			4:55.75	-	1:00.60		-	
400m 200m		115.	2:40.90	369 316	4:52.60 2:44.00		98% 104%	
200	, 2011 (13),		2. 10.00	0.0	2		10170	1
100m				-	1:05.45	26.04.2024	-	
400m		9.	4:52.11	496	4:58.56	24.04.2024	104%	
200m	, 2012 (12),			-	2:44.93	25.04.2024	-	_
400m	, 2012 (12),			-	5:10.60	25.04.2024	_	
100m				-	1:22.81	26.04.2024	-	
200m	0040 (44	147.	2:47.94	278	2:47.64	24.04.2024	100%	
400	, 2010 (14),				5.45.40	05.04.0004		-
400m 100m				-	5:15.13 1:20.61	25.04.2024 28.03.2024	-	
200m		116.	2:41.11	315	2:38.12	24.04.2024	96%	
	, 2011 (13),							-
400m 100m		113.	5:35.23	328	5:24.88 1:21.65		94%	
200m				-	2:52.72		-	
	, 2010 (14),							2
400m	, , ,		4:41.84	427	4:48.82		105%	
100m		20	2.26.02	-	1:17.47		4070/	
200m	, 2010 (14),	29.	2:26.83	416	2:32.09		107%	1
400m	, 2010 (11),		4:50.43	390	4:52.60		101%	•
100m				-	1:12.58		-	
200m	0040 (40	69.	2:32.69	370	2:27.60		93%	
100m	, 2012 (12),				1.04.40	28.03.2024		1
400m				-	1:04.40 4:55.47	25.04.2024	-	
200m		102.	2:38.56	330	2:41.13	24.04.2024	103%	
	, 2010 (14),							1
400m			4:28.37	494	4:26.36		99%	
100m 200m		3.	2:15.53	529	1:01.56 2:16.53		101%	
	, 2011 (13),							-
400m	, , , , , , , , , , , , , , , , , , , ,	85.	5:21.42	372	5:19.67		99%	
100m				-	1:12.01		-	
200m	2010 (14			-	2:38.51		-	
400m	, 2010 (14),		4:47.64	401	4:47.50		100%	-
100m				-	1:12.80		-	
200m		22.	2:25.16	430	2:22.60		97%	
	, 2011 (13),		F 00 0=		F 00			-
400m 100m		87.	5:22.95	367 -	5:22.80 1:06.89		100%	
200m				-	2:41.50		-	

100m	, 2012 (12),				1:03.95	26.04.2024		-
400m		26.	5:03.12	444	4:55.54	24.04.2024	95%	
200m				-	2:42.67		-	
	, 2012 (12),							1
400m 100m		139.	5:56.27	273	6:03.97 1:24.14	24.04.2024	104%	
200m				-	3:10.66	25.04.2024	-	
	, 2011 (13),							1
100m				-	1:06.87		-	
400m 200m		49.	5:10.15	414	5:17.13 2:41.97		105%	
200	, 2011 (13),				2			1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:04.58		-	
400m 200m		117.	2:41.17	- 314	5:01.18 2:41.79	25.04.2024 24.04.2024	- 101%	
200111	, 2011 (13),	117.	2.41.17	314	2.41.73	24.04.2024	10176	_
400m	, ==::(:= /,	91.	5:24.93	360	5:22.81		99%	
100m				-	1:12.56		-	
200m	, 2011 (13),			-	2:53.69		-	_
400m	, 2011 (13),			-	5:13.38		-	_
100m				-	1:28.91		-	
200m	, 2011 (13),	149.	2:49.23	271	2:44.49		94%	4
400m	, 2011 (13),	24.	5:01.70	450	5:03.35		101%	1
100m			0.00	-	1:07.74		-	
200m	2040 (40			-	2:39.68		-	
400m	, 2012 (12),	138.	5:54.90	276	5:54.14	24.04.2024	100%	-
100m		130.	3.54.90	-	1:21.59	26.04.2024	-	
200m	0040/44			-	3:02.87	25.04.2024	-	
100m	, 2010 (14),			-	54.12			1
400m			4:15.42	573	4:15.65		100%	
200m		2.	2:12.89	561	2:12.78		100%	
400	, 2010 (14),		4.44.00	440	4 40 40	05.04.0004	000/	1
400m 100m			4:44.83	413	4:42.10 1:09.79	25.04.2024 26.04.2024	98%	
200m		13.	2:21.78	462	2:23.12	24.04.2024	102%	
	, 2013 (11),							1
400m 100m		108.	5:32.14	337	5:39.66 1:34.94		105%	
200m				-	2:56.62		-	
	, 2011 (13),							1
400m		105.	5:31.45	339	5:32.47		101%	
100m 200m				-	1:25.17 2:55.64		-	
	, 2012 (12),							-
400m		112.	5:35.22	328	5:29.56	24.04.2024	97%	
100m 200m				-	1:22.25 3:05.11	26.04.2024 25.04.2024	-	
	, 2011 (13),							-
400m		71.	5:18.19	384	5:14.84	23.11.2023	98%	
100m 200m				-	1:22.53 2:43.30	23.11.2023 25.04.2024	-	
200	, 2012 (12),				2. 10.00	20.0202 .		_
400m	, - (84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m				-	1:15.63	26.04.2024	-	
200m	, 2012 (12),			-	2:45.78	25.04.2024	-	1
400m	, == (-= /,	28.	5:04.52	438	5:12.89	24.04.2024	106%	
100m				-	1:13.60	26.04.2024	-	
200m	, 2010 (14),			-	2:49.88	25.04.2024	-	2
100m	, 20.0 (11),			-	1:02.55		-	_
400m			4:47.24	403	4:49.66		102%	
200m	, 2011 (13),	84.	2:35.53	350	2:38.32		104%	
100m	, 2011 (13),			_	1:03.13	26.04.2024	-	-
400m		16.	4:57.81	468	4:54.75	27.03.2024	98%	
200m	2012 (12 \			-	2:39.16	25.04.2024	-	4
400m	, 2012 (12),	98.	5:28.19	350	5:30.94		102%	1
100m		· · · · · · · · · · · · · · · · · · ·		-	1:15.24		-	
200m				-	2:51.65		=	

400m		2012 (12							1
200m	400m	, 2012 (12),	44.	5:08.56	421	5:16.23		105%	ı
, 2012 (12), 400m 100m 100m 2010 (14), 100m 200m , 2010 (14), 100m 200m 2011 (13), 100m 200m 200m 2011 (13), 100m 200m 200m 200m 200m 200m 200m 200m					-	1:22.27		-	
ADDITION	200m	2012 (12			-	2:40.76		-	4
100m	400m	, 2012 (12),	126	E.E2 0E	201	E-E0 66		1020/	1
200m			130.	5.52.65				103%	
100m	200m				-			-	
## Add		, 2010 (14),							-
200m					-			-	
400m 440,00 435 444,622 100% 100m 200m 2012 (12), 28. 226,71 417 224,49 37% 57% 400m 200m 2011 (13), 125. 5.44.14 303 5.44.68 24,042,024 100% 100m 200m 200m 2011 (13), 2			144.	2:46.90	283			99%	
400m 100m 200 445 446.82 106% 106% 100m 200m 20 200m 20 20 212 (12). 400m 2011 (13), 400m 200m 200m 20 20 211 (13), 400m 200m 20 20 211 (13), 400m 20 20 20 20 20 20 20 20 20 20 20 20 20		, 2010 (14),							1
200m				4:40.00				105%	
, 2012 (12), 100m 100m 200m 200m 200m 200m 200m 200			28	2:26.71				97%	
400m	200111	. 2012 (12).	20.	2.20.71	417	2.24.43		31 /0	_
200m	400m	, (),	125.	5:44.14	303	5:44.08	24.04.2024	100%	
, 2011 (13), 400m 100m 200m 200m 2010 (14), 5:34.55 30								-	
400m 100m 111. 534.55 330 545.85 24.04.2024 107% 100m 200m 2010 (14), 214.00 112. 2:40.45 318 2:45.47 24.04.2024 106% 200m 2011 (13), 2111 (200m	2011 (13)			-	2:50.20	25.04.2024	-	1
100m	400m	, 2011 (13),	111	5:34.55	330	5:45 58	24 04 2024	107%	
, 2010 (14), 400m 100m , 2011 (13), 100m , 2011 (14), 100m , 2011 (13), 100m , 2011 (14), 100m , 2011 (13), 100m , 2010 (14), 100m , 2011 (13), 100m , 2011 (14), 100m , 2011 (15), 100m , 2011 (17), 100m , 2011 (18), 100m , 2011 (19), 100m , 2				0.000				-	
100m	200m	2040 (44			-	3:02.43	25.04.2024	-	4
100m	400m	, 2010 (14),				5.35 50	25 04 2024		1
112 2:40.45 318 2:45.47 24.04.2024 106%					-			-	
100m	200m		112.	2:40.45	318	2:45.47	24.04.2024	106%	
13.	400	, 2011 (13),				4.04.00	00.40.0000		-
200m , 2011 (13), 100m			13.	4:54.85					
100m									
400m		, 2011 (13),							1
200m			107	5:22.07					
, 2011 (13), 100m 400m , 2010 (14), 400m , 2010 (14), 400m , 2011 (13), 441.88 426 440.20 99% 100m , 2011 (13), 400m , 2010 (14), 100m , 2010 (14), 400m , 2011 (13), 400m , 2011 (14), 400m , 2011 (15), 400m , 2011 (15), 400m , 2011 (16), 400m , 2011 (17), 400m , 2011 (18), 400m , 2011 (19), 400m , 2011 (19), 400m , 2011 (11), 400m , 2011 (13), 400m			107.	3.32.07					
100m		, 2011 (13),							1
110. 2:39.84 322 2:42.00 103% 103% 100m								-	
400m 100m 2011 (13), 441.88 426 4.40.20 99% 100m 58. 2:30.84 383 2:29.71 99% 100m 7, 2011 (13), 452.60 381 4.50.48 99% 100m 96. 2:37.44 337 2:35.31 97% 100m 7, 2011 (13), 120. 5:40.49 313 5:43.73 102% 117.03 100m 100m 100m 100m 100m 100m 100m 10			110						
400m	200	. 2010 (14).			0	22.00		10070	_
58. 2:30.84 383 2:29.71 99% 400m , 2011 (13), 400m 100m		, (),		4:41.88	426			99%	
, 2011 (13), 400m 100m 200m 96. 2:37.44 337 2:35.31 97% , 2011 (13), 400m 100m , 2010 (14), 100m 200m , 2011 (13), 400n 100m , 2010 (14), 100m 200m , 2011 (13), 4441.14 430 451.18 107% 200m , 2011 (13), 400m 100m 30. 5:04.55 438 5:16.65 24.04.2024 100m 200m , 2010 (14), 400m 100m 200m , 2011 (13), 400m 100m 200m , 2012 (12), 400m 100m , 2010 (14), 400m 100m , 2011 (13), 400m 100m , 2011 (13), 400m 100m , 2011 (13), 400m 100m 46. 5:09.47 417 5:05.80 98% 100m 100m - 1:111.00			EO	2:20.94	-			- 000/	
400m	200111	. 2011 (13).	36.	2.30.04	303	2.29.71		9970	_
96. 2:37.44 337 2:35.31 97% , 2011 (13), 400m 100m 200m , 2010 (14), 100m 400m , 2011 (13), 100m , 2010 (14), 100m 400m , 2011 (13), 400m , 2011 (13), 400m , 2011 (13), 400m , 2011 (13), 400m , 2011 (13), 400m , 2010 (14), 100m , 2010 (14), 400m , 2011 (13), 400m , 2011 (13), 400m , 2012 (12), 400m , 2011 (13),	400m	, ==::(:= /,		4:52.60	381	4:50.48		99%	
, 2011 (13), 400m 100m 200m , 2010 (14), 100m 200m , 2011 (13), 4:41.14 430 4:51.18 107% 200m , 2011 (13), 400m 200m , 2011 (13), 4:41.14 430 4:51.18 107% 200m , 2011 (13), 400m 16. 2:22.56 454 2:25.57 104% 7. 400m 100m 7. 400m 100m 80. 80. 80. 80. 80. 80. 80. 80. 80. 80			00	0.07.44	-			-	
400m	200m	2011 /12	96.	2:37.44	337	2:35.31		97%	1
100m	400m	, 2011 (13),	120	5:40.49	313	5:43 73		102%	ı
, 2010 (14), 100m 400m 200m 16. 2:22.56 454 2:25.57 104% , 2011 (13), 400m 30. 5:04.55 438 5:16.65 24.04.2024 108% 100m 200m , 2010 (14), 400m 30. 5:04.55 438 5:16.65 24.04.2024 108% 100m 200m , 2010 (14), 400m 100m 200m 120. 2:41.59 312 2:42.38 101% , 2012 (12), 400m 100m , 2010 (14), 100m , 2010 (14), 400m 100m , 2011 (13), 400m 100m 100m 100m 100m 100m 100m 100			120.	0.40.40	-			-	
100m	200m	2040 (44			-	2:56.19		-	_
400m 200m 16. 2:22.56 454 2:25.57 107% 104% 7, 2011 (13), 30. 5:04.55 438 5:16.65 24.04.2024 108% 100m	100m	, 2010 (14),			_	50.64		_	2
16. 2:22.56 454 2:25.57 104% , 2011 (13), 400m , 2010 (14), 400m , 2012 (12), 400m , 2010 (14), 400m , 2011 (13), 400m , 2010 (14), 400m , 2011 (13), 400m , 2010 (14), 400m , 2011 (13), 400m , 2010 (14), 400m , 2011 (13),				4:41.14					
400m	200m		16.	2:22.56		2:25.57			
100m	100	, 2011 (13),	00	5 04 55	400	5 40 05	04.04.0004	4000/	1
200m			30.	5:04.55				108%	
400m					-			-	
100m	405	, 2010 (14),							1
200m								-	
400m			120.	2:41.59				101%	
100m		, 2012 (12),							-
, 2010 (14), 100m 400m 200m 103. 2:38.60 330 2:45.39 16.06.2023 109% , 2011 (13), 400m 100m 46. 5:09.47 417 5:05.80 98% 100m									
100m	100m	2010 (14			-	1:20.97	26.04.2024	-	1
400m	100m	, 2010 (14),			_	1:04.73	28.03.2024	_	ı
, 2011 (13), 400m 100m 46. 5:09.47 417 5:05.80 98% - 1:11.00 -	400m				-	4:56.66	27.03.2024		
400m 46. 5:09.47 417 5:05.80 98% 100m - 1:11.00 -	200m	2014 (42	103.	2:38.60	330	2:45.39	16.06.2023	109%	
100m - 1:11.00 -	400m	, 2011 (13),	16	5:00 47	<i>/</i> 117	5.05.20		Ω20/.	-
			40.	5.03.47	-			30 ⁻ /0	
					-			-	

00m	, 2010 (14),			-	55.65	26.04.2024	_
100m			4:28.47	494	4:30.00	25.04.2024	101%
200m		9.	2:19.89	481	2:30.78	22.11.2023	116%
	, 2010 (14),						
100m	, (),			-	5:04.79		-
00m				-	1:14.56		-
00m		77.	2:34.13	359	2:34.88		101%
	, 2010 (14),						
00m	, 2010 (11),			-	1:04.13		_
00m			5:03.26	342	4:53.89		94%
:00m		124.	2:41.80	311	2:42.26		101%
	, 2011 (13),						
00m	, 2011 (10),			-	5:03.36	25.04.2024	-
00m					1:11.34	26.04.2024	_
:00m		111.	2:40.43	319	2:39.42	24.04.2024	99%
.00111	, 2013 (11),		2.40.40	010	2.00.42	24.04.2024	3370
100m	, 2010 (11),	144.	6:15.17	234	6.22 56	24.04.2024	105%
		144.	0.13.17	234	6:23.56		103%
00m 00m				-	1:38.18 3:46.50	26.04.2024 06.12.2023	-
.00111	, 2011 (13),				0.40.00	00.12.2020	
00	, 2011 (13),				4 00 04		
00m				-	1:06.34		-
00m		100	2.44 70	- 244	5:06.72		1000/
00m	2014 /12 \	123.	2:41.79	311	2:43.15		102%
00	, 2011 (13),				4 65 55	07.40.0000	
00m				-	1:06.69	07.12.2023	-
00m		120	2.42.00	204	5:15.49	27.03.2024	1000/
00m	0040 (4.4	129.	2:42.90	304	2:50.21	24.04.2024	109%
	, 2010 (14),						
00m			4:38.83	441	4:40.20	25.04.2024	101%
00m				-	1:03.07	26.04.2024	-
	, 2011 (13),						
00m				.	1:00.12		-
00m			4:39.41	438	4:43.97		103%
	, 2011 (13),						
00m				-	5:17.90	25.04.2024	-
00m				-	1:15.34	26.04.2024	-
00m		142.	2:45.74	289	2:48.64	24.04.2024	104%
	, 2010 (14),						
-00m	, (-	5:11.10	23.11.2023	_
00m				-	1:10.36		-
:00m		80.	2:34.81	355	NT		-
	, 2010 (14),						
00m	, (),			-	59.62	26.04.2024	_
00m			4:46.80	405	4:37.90	25.04.2024	94%
00m		33.	2:27.57	410	2:27.45	24.04.2024	100%
	, 2012 (12),						
-00m	, 2012 (12),	110.	5:34.37	331	5:26.57		95%
00m		110.	0.04.07	-	1:20.12		9J /0 -
00m				-	2:54.00		_
	, 2011 (13),			_	2.04.00		-
00m	, 2011 (10),				1.00.03		
			A-A1 QA	- 427	1:00.03		- 101%
00m 00m		83.	4:41.84 2:35.11	427 353	4:42.88 2:33.34		98%
JUIII	2014 (42)	თ.	۵.۵۵.۱۱	333	2.33.34		3 0 ⁻ /0
00	, 2011 (13),				F0 / /		
00m		•	4.50.00	406	59.14		-
00m		8.	4:52.02	496	4:49.86		99%
00m	2042 (42			-	2:29.93		-
	, 2012 (12),						,
00m		118.	5:39.24	316	5:47.72	24.04.2024	105%
00m				-	1:21.52	26.04.2024	-
00m	0044 (40			-	3:01.82	25.04.2024	-
	, 2011 (13),						
		1.	4:36.01	588	4:40.15	24.04.2024	103%
				-	1:05.31	26.04.2024	-
00m 00m				-	2:31.57	25.04.2024	-
00m	, 2011 (13),						
	, 2011 (13),			-	5:00.56		-
00m	, 2011 (13),						
00m 00m	, 2011 (13),			-	1:10.64		-
00m 00m 00m 00m		109.	2:39.77	323	1:10.64 2:39.17		99%
00m 00m 00m 00m		109.	2:39.77				
00m 00m 00m 00m 00m		109.	2:39.77				
00m 00m 00m		109.	2:39.77	323	2:39.17		99%

	, 2010 (14),							2
100m	, 2010 (14),			-	58.78		_	_
400m			4:31.82	476	4:47.67		112%	
200m	0044 (40	32.	2:27.18	413	2:33.74		109%	
400	, 2011 (13),						1000/	1
400m 100m		79.	5:20.72	375	5:29.96 1:27.32	27.03.2024 26.04.2024	106%	
200m				-	2:52.36	25.04.2024	-	
	, 2011 (13),							-
400m				-	5:06.86		-	
100m		98.	2:37.73	335	1:20.91 2:37.55		100%	
200m	, 2011 (13),	90.	2.31.13	333	2.37.33		100%	_
400m	, 2011 (13),		5:01.05	350	4:46.21		90%	_
100m			0.01.00	-	1:08.42		-	
	, 2011 (13),							1
100m				-	1:05.35	26.04.2024	-	
400m 200m		135.	2:44.12	- 298	4:59.54 2:48.84	25.04.2024 24.04.2024	- 106%	
200111	, 2010 (14),	100.	2.44.12	290	2.40.04	24.04.2024	10078	1
400m	, == (, , , , , , , , , , , , , , , , ,		4:40.52	433	4:43.30		102%	
100m					1:13.19		-	
200m	2044 (42	23.	2:25.38	428	2:22.59		96%	4
400m	, 2011 (13),	124.	5:44.02	303	5:55.78		107%	1
100m		124.	5.44.02	-	1:24.03		107 %	
200m				-	2:57.06		-	
	, 2012 (12),							-
400m		38.	5:05.99	431	5:00.22		96%	
100m 200m				-	1:13.94 2:41.99		-	
	, 2013 (11),							1
400m	, , ,	96.	5:27.19	353	5:30.42	27.03.2024	102%	
100m				-	1:17.86	26.04.2024	-	
200m	, 2011 (13),			-	2:59.30		-	
400m	, 2011 (13),	4.	4:40.74	559	4:37.71		98%	-
100m		т.	4.40.74	-	1:04.81		-	
200m				-	2:27.89		-	
400	, 2010 (14),				4 00 00	00.04.0004		-
100m 400m				-	1:08.86 5:34.76	26.04.2024 25.04.2024	-	
200m		152.	2:57.84	234	2:37.96	25.04.2024	79%	
	, 2010 (14),							2
400m			4:52.50	382	4:52.68		100%	
100m 200m		52.	2:30.33	387	1:18.06 2:31.09		101%	
200111	, 2010 (14),	52.	2.50.55	307	2.51.09		10176	1
200m	, ==== (, , ,,	50.	2:30.23	388	2:32.95		104%	
	, 2011 (13),							-
100m		_			59.17	26.04.2024	-	
400m 200m		5.	4:44.57	536	4:38.23 2:31.66	24.04.2024 25.04.2024	96%	
200111	, 2011 (13),				2.51.00	25.04.2024		1
400m	, == (),	2.	4:38.68	571	4:40.10	24.04.2024	101%	-
100m				-	1:12.77	23.11.2023	-	
200m	2012 (12			-	2:24.20	25.04.2024	-	
100m	, 2012 (12),			-	1:18.15	26.10.2023	_	-
400m		95.	5:27.11	353	5:20.73	24.04.2024	96%	
200m				-	2:56.24	25.04.2024	-	
	, 2011 (13),							-
100m 400m		15.	4:55.46	479	1:02.61 4:50.73	05.10.2023 24.04.2024	- 97%	
200m		15.	4.55.40	-	2:33.58	25.04.2024	-	
	, 2010 (14),							-
400m				-	5:30.90	25.04.2024	-	
100m 200m		141.	2:45.31	- 291	1:13.92 2:42.67	26.04.2024 24.04.2024	- 97%	
200111	, 2010 (14),	171.	2.70.01	231	2.72.01	27.07.2024	31 /0	1
400m	, 2010 (11),		4:54.88	372	4:48.30		96%	'
100m				-	1:05.77		-	
200m	2011 (12	39.	2:28.77	400	2:30.91		103%	4
100m	, 2011 (13),			_	1:03.15		_	1
400m		19.	4:58.75	464	5:01.84		102%	
200m				-	2:36.98		-	

	, 2011 (13),							1
400m		12.	4:54.60	483	4:56.36	24.04.2024	101%	
100m 200m				-	1:11.76 2:37.06	26.04.2024 25.04.2024	-	
200111	, 2011 (13),				2.07.00	20.04.2024		1
400m	, ==::(:= /,			-	4:55.83		_	•
100m				-	1:06.88		-	
200m		56.	2:30.47	386	2:34.49		105%	
400	, 2010 (14),				4 00 40			-
100m 400m			4:41.74	- 427	1:00.40 4:38.00		- 97%	
200m		106.	2:39.25	326	2:32.00		91%	
	, 2012 (12),							1
400m		130.	5:48.45	292	5:49.10	24.04.2024	100%	
100m				-	1:31.39	28.03.2024	-	
200m	, 2011 (13),			-	3:00.67	25.04.2024	-	_
100m	, 2011 (10),			-	1:10.37		_	
400m				-	5:31.52		-	
200m		155.	3:05.76	205	3:03.37		97%	
	, 2011 (13),							-
400m 100m		35.	5:05.10	435	5:02.99 1:22.25		99%	
200m				-	2:47.42		-	
	, 2012 (12),							-
100m				-	1:11.00		-	
400m 200m		102.	5:30.10	344	5:29.94 2:49.79		100%	
200111	, 2012 (12),				2.43.73			1
400m	, 2012 (12),	133.	5:50.71	286	6:01.10	24.04.2024	106%	•
100m				-	1:15.81	26.04.2024	-	
200m	, 2010 (14),			-	2:57.50	25.04.2024	-	
400m	, 2010 (14),		4:52.04	383	4:50.19	25.04.2024	99%	-
100m				-	1:18.29	06.10.2023	-	
200m		62.	2:31.24	380	2:29.25	24.04.2024	97%	
400	, 2011 (13),							-
400m 100m				-	5:29.16 1:16.04		-	
200m		153.	3:00.95	222	2:48.79		87%	
	, 2010 (14),							-
100m				-	1:01.60		-	
400m 200m		100.	2:38.04	333	5:02.70 2:35.00		96%	
200111	, 2012 (12),	100.	2.00.04	333	2.00.00		3070	1
100m	, - (-	1:15.24		-	
400m		131.	5:49.82	289	6:01.03		107%	
200m	2011 (12			-	3:11.37		-	
400m	, 2011 (13),	33.	5:04.98	436	5:03.60		99%	-
100m		00.	0.04.00	-	1:10.20		-	
200m				-	2:42.00		-	
400	, 2011 (13),				= 00.40			-
400m 100m		36.	5:05.26	435 -	5:03.43 1:10.18	24.04.2024 26.04.2024	99%	
200m				-	2:42.57	25.04.2024	-	
	, 2010 (14),							-
400m			4:32.87	470	4:31.67		99%	
100m	, 2011 (13),			=	1:02.45		-	1
100m	, 2011 (10),			-	59.64		_	
400m			4:41.18	430	4:38.57		98%	
200m	2040 (44	54.	2:30.36	387	2:32.82		103%	4
100~	, 2010 (14),				1.00.00			1
100m 400m				-	1:00.66 5:00.36		-	
200m		60.	2:31.10	381	2:33.70		103%	
	, 2011 (13),							-
400m			4:46.42	406	4:45.95 1:13.57	25.04.2024	100%	
100m 200m		42.	2:29.06	397	1:13.57 2:27.33	26.04.2024 24.04.2024	98%	
	, 2010 (14),							-
400m	, ,,,		4:44.83	413	4:40.19	25.04.2024	97%	
100m		30.	2:27.05	- /11/1	1:07.31	26.04.2024	- Ω00/.	
200m		JU.	2:27.05	414	2:25.73	24.04.2024	98%	

	0044 (40							
100m	, 2011 (13),				1:06.33			1
400m		40.	5:06.89	428	5:12.55		104%	
200m		10.	0.00.00	-	2:49.02		-	
	, 2011 (13),							-
400m	, , , , , , , , , , , , , , , , , , , ,	14.	4:55.45	479	4:51.11		97%	
100m				-	1:08.96		-	
200m				-	2:34.65		-	
	, 2010 (14),							1
400m				-	5:05.04		-	
100m		49.	2.20.00	-	1:16.06		1020/	
200m	2010 (14	49.	2:30.09	389	2:32.15		103%	4
400	, 2010 (14),		4:20 54	427	4:26.07	25.04.2024	000/	1
400m 100m			4:39.54	437	4:36.97 1:06.71	25.04.2024 26.04.2024	98%	
200m		47.	2:29.72	392	2:31.30	24.04.2024	102%	
	, 2012 (12),							1
400m	, - (),	129.	5:46.75	296	5:54.58	24.04.2024	105%	
100m				-	1:35.68	26.04.2024	-	
200m				-	3:02.58	25.04.2024	-	
	, 2010 (14),							-
400m				-	4:56.26		-	
100m		67.	2:32.53	- 271	1:06.63		- 00%	
200m	, 2012 (12),	67.	2.32.53	371	2:31.67		99%	1
400m	, 2012 (12),	117.	5:38.28	319	5:55.38		110%	'
100m		117.	3.30.20	-	1:26.26		-	
200m				-	3:06.71		-	
	, 2012 (12),							1
100m	, , ,			-	1:15.15		-	
400m		121.	5:41.46	310	5:54.03	24.04.2024	107%	
200m	0040 (44			-	3:09.62	25.04.2024	-	•
400	, 2010 (14),		4 00 70	444	4 40 00		4000/	2
400m 100m			4:38.72	441 -	4:46.63 1:06.13		106%	
200m		21.	2:25.04	431	2:29.10		106%	
200111	, 2012 (12),	2	2.20.04	101	2.20.10		10070	1
400m	, == (=),	142.	6:03.54	257	6:05.68	27.03.2024	101%	-
100m				-	1:34.62	28.03.2024	-	
200m				-	3:04.05	25.04.2024	-	
	, 2010 (14),							1
400m				-	5:05.89		-	
100m		70	0.22.76	-	1:11.00		1120/	
200m	, 2010 (14),	73.	2:33.76	362	2:42.86		112%	_
400m	, 2010 (14),		4:55.48	370	4:55.23	25.04.2024	100%	_
100m			4.00.40	-	1:09.85	26.04.2024	-	
200m		65.	2:32.39	372	2:29.44	24.04.2024	96%	
	, 2013 (11),							1
400m	, , , , , , , , , , , , , , , , , , , ,	143.	6:08.41	247	6:15.63		104%	
100m				-	1:27.90		-	
200m	2010 (11			-	3:02.71		-	4
400	, 2010 (14),				4.07.00	00.04.0004		1
100m 400m				-	1:07.36 5:03.09	26.04.2024 25.04.2024	-	
200m		131.	2:43.19	303	2:43.68	24.04.2024	101%	
								16
	, 2011 (13),							2
400m	, == (/,		4:30.41	483	4:32.58		102%	_
100m				-	1:02.61		-	
200m		34.	2:28.18	404	2:30.35		103%	
	, 2010 (14),							-
400m			4:52.10	383	4:46.20		96%	
100m		64.	2:21.95	376	1:17.05		97%	
200m	, 2011 (13),	04.	2:31.85	3/0	2:29.55		9170	
400m	, 2011 (13),	17.	4:58.03	467	4:55.18		98%	-
400m		17.	₹.50.03	4 07	1:14.68		3 070 -	
200m				-	2:40.38		-	
	, 2011 (13),							-
400m		25.	5:02.37	447	4:56.03		96%	
100m				-	1:14.95		-	
200m				-	2:47.54		-	

	, 2012 (12),					1
400m		6.	4:48.04	517	4:52.60	103%
100m				-	1:08.29	-
200m	, 2010 (14),			-	2:35.61	_
400m	, 2010 (14),				5:07.65	-
100m				-	1:18.39	-
200m		107.	2:39.51	324	2:37.36	97%
	, 2011 (13),					-
400m		51.	5:11.10	410	5:03.43	95%
100m 200m				-	1:22.64 2:40.55	-
200111	, 2012 (12),			-	2.40.55	_
400m	, 2012 (12),			-	5:03.99	
100m				-	1:12.38	-
200m		119.	2:41.52	312	2:41.04	99%
	, 2012 (12),					-
100m				-	1:04.60	-
400m 200m		137.	2:44.31	297	5:06.16 2:40.08	95%
200111	, 2011 (13),	107.	2.11.01	207	2.10.00	1
100m	, 2011 (10),			_	1:04.92	· -
400m		45.	5:08.76	420	5:09.05	100%
200m	0044 (40			-	2:46.15	-
400	, 2011 (13),				4 00 00	1
100m 400m		37.	5:05.59	433	1:06.09 5:07.54	- 101%
200m		37.	5.05.59	433	2:47.50	101%
	, 2010 (14),					1
100m	, (-	58.40	-
400m				-	5:02.97	-
200m	2011 (12	76.	2:34.04	360	2:35.53	102%
400m	, 2011 (13),	81.	5:21.18	373	5:21.64	100%
100m		01.	3.21.10	-	1:16.52	-
200m				-	2:53.92	-
	, 2010 (14),					-
100m				-	1:04.14	-
400m		134.	2:44.04	-	5:03.00	-
200m	, 2010 (14),	134.	2:44.04	298	2:42.92	99% 1
400m	, 2010 (14),		4:46.08	408	4:47.50	101%
100m			4.40.00	-	1:05.50	-
200m		71.	2:33.09	367	2:30.70	97%
	, 2011 (13),					-
400m		34.	5:05.09	435	5:00.47	97%
100m 200m				-	1:15.07 2:43.92	- -
200	, 2010 (14),				2.10.02	-
100m	, ==== (:: /,			-	1:05.23	-
400m			5:00.14	353	4:49.66	93%
200m	2044 (42	150.	2:49.32	271	2:40.00	89%
100	, 2011 (13),				4.05.75	1
100m 400m		31.	5:04.59	437	1:05.75 5:05.60	- 101%
200m		J1.	0.04.03	-	2:53.11	-
	, 2010 (14),					-
100m	•			-	58.71	-
400m		00	4:34.10	464	4:33.04	99%
200m	, 2010 (14),	20.	2:23.82	442	2:21.32	97%
400m	, 2010 (17),		5:03.53	341	4:55.07	95%
100m				-	1:20.35	-
200m		133.	2:43.60	300	2:42.82	99%
	- , 2012 (12),				1
400m		27.	5:03.89	440	5:10.25	104%
100m 200m				-	1:14.03 2:40.09	- -
_00111	, 2010 (14),				5.00	
400m	, 2010 (17),			-	4:58.35	-
100m				-	1:24.37	-
200m	0040 (44	128.	2:42.83	305	2:38.43	95%
400	, 2010 (14),		4,47.40	400	4.40.00	1010/
400m 100m			4:47.42	402	4:48.68 1:05.20	101%
200m		26.	2:26.59	418	2:29.33	104%

							_
	2014 (12						
400	, 2011 (13),	00	5.04.00	070	F 44 40	0.407	-
400m 100m		82.	5:21.20	373	5:11.48 1:12.72	94%	
200m				-	2:39.93	-	
200111	, 2010 (14),			_	2.55.55	_	1
100	, 2010 (14),				EC 14		'
100m 400m			4:37.84	445	56.14 4:40.00	102%	
200m		17.	2:22.78	452	2:22.20	99%	
200111	, 2010 (14),		2.22.70	102	2.22.20	2070	2
400m	, 2010 (14),		4:24.28	518	4:27.15	102%	_
100m			4.24.20	-	1:01.00	10270	
200m		5.	2:17.26	509	2:18.68	102%	
	, 2011 (13),						1
100m	, ==::(:= /,			-	1:01.69	<u>-</u>	•
400m				-	5:07.83	-	
200m		113.	2:40.51	318	2:40.53	100%	
	, 2011 (13),						-
400m	, , , , , , , , , , , , , , , , , , , ,	29.	5:04.54	438	5:00.70	97%	
100m				-	1:10.86	-	
200m				-	2:38.82	-	
						2	21
	, 2011 (13),						1
400m	, == : (: = -),	42.	5:08.18	422	5:12.96	103%	
100m				-	1:11.54		
200m				-	2:35.00	-	
	, 2010 (14),						2
100m	, (),			_	59.85	-	
400m			4:52.74	381	4:54.15	101%	
200m		82.	2:35.08	353	2:39.00	105%	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	114.	5:35.58	327	5:39.26	102%	
100m				-	1:19.35	-	
200m				-	2:56.07	-	
	, 2011 (13),						1
400m				-	4:56.00	-	
100m				-	1:09.00	-	
200m		118.	2:41.28	314	2:45.00	105%	
	, 2011 (13),						-
100m				-	1:37.00	-	
200m				-	3:24.00	-	
	, 2011 (13),						-
100m				-	1:18.00	-	
400m		147.	6:27.11	213	6:20.00	96%	
200m	0040 (40			-	3:12.00	-	
	, 2012 (12),						-
100m					1:16.82	·	
400m 200m		146.	6:21.28	223	6:09.89 3:10.65	94%	
200111	2040 (44			-	3.10.03	-	4
400	, 2010 (14),				4.57.40		1
400m				-	4:57.49	-	
100m 200m		45.	2:29.45	394	1:14.00 2:31.00	- 102%	
200111	, 2010 (14),	₹3.	2.23.73	J 34	2.01.00	IUZ/0	_
400~	, 2010 (17),				5·50 00		_
400m 100m				- -	5:59.00 1:19.00	-	
100111	, 2011 (13),			-	1.10.00	-	1
400m	, 2011 (10),			_	5:01.37	-	1
400m 100m				-	1:20.70	-	
200m		88.	2:36.48	343	2:38.89	103%	
	, 2010 (14),					.00,0	_
100m	, == , ,			-	1:03.70	-	
400m				_	5:05.00	-	
200m		145.	2:47.42	280	2:45.00	97%	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	123.	5:43.84	304	5:50.00	104%	
100m		**		-	1:27.00	-	
200m				-	2:55.00	-	
	, 2011 (13),						1
400m	•			-	5:14.00	-	
100m				-	1:11.00	-	
200m		140.	2:44.86	294	2:45.18	100%	
	, 2013 (11),						1
400m	•	141.	6:01.09	262	6:01.11	100%	
100m				-	1:31.64	-	
200m				-	3:12.02	-	

400	, 2010 (14),				55.00		1
100m				-	55.90	-	
400m			4:27.93	497	4:26.70	99%	
200m		4.	2:17.05	511	2:18.70	102%	
	, 2010 (14),						1
400m				-	4:56.47	-	
100m				-	1:07.50	-	
200m		38.	2:28.69	400	2:31.87	104%	
	, 2011 (13),						_
400m	, 2011 (10),	149.	6:42.44	189	6.25.00	96%	
		143.	0.42.44		6:35.00	9078	
100m				-	1:28.00 3:10.00	-	
200m	0040 (44			-	3.10.00	-	
	, 2013 (11),						-
100m				-	1:12.50	-	
400m				-	5:34.00	-	
200m		156.	3:08.02	198	3:03.00	95%	
	, 2012 (12),						-
400m	, , , , , , , , , , , , , , , , , , , ,			-	5:41.00	_	
100m				_	1:27.00	_	
200m		154.	3:01.61	219	3:01.00	99%	
	, 2010 (14),	.5 1.	2.001	0		0070	4
400	, 2010 (14),				4.04.70		1
100m				-	1:04.76	-	
400m			0.00.4=	-	5:10.89	-	
200m	0044 (45	101.	2:38.47	331	2:39.21	101%	
	, 2011 (13),						1
400m		93.	5:26.72	354	5:34.09	105%	
100m				-	1:13.52	-	
200m				-	2:59.24	-	
	, 2011 (13),						1
100m	, ==::(:= /,			_	1:02.02	_	•
400m		88.	5:23.00	367	5:40.00	111%	
200m		00.	0.20.00	-	2:48.00	-	
200111	, 2011 (13),				2.40.00		
400	, 2011 (13),	407	5 45 00	004	F 00 00	070/	-
400m		127.	5:45.02	301	5:38.96	97%	
100m				-	1:18.87	-	
200m				-	3:06.22	-	
	, 2012 (12),						-
400m				-	5:09.00	-	
100m				-	1:15.85	-	
200m		148.	2:48.08	277	2:46.85	99%	
	, 2011 (13),						1
400m	, 2011 (10),	115.	5:35.94	326	5:38.76	102%	•
100m		113.	3.33.34	520	1:24.51	10276	
200m				-	2:55.31	-	
200111	2012 (12			-	2.33.31	-	
	, 2012 (12),						-
400m		116.	5:36.39	325	5:30.00	96%	
100m				-	1:26.50	-	
200m				-	2:55.00	-	
	, 2011 (13),						-
100m	•			-	1:04.70	-	
400m				-	5:12.00	-	
	, 2010 (14),						1
400m	, 2010 (11),		4:45.43	/111	4:47.00	1∩10/.	•
			4.43.43	411 -		101%	
100m		44	2.20 00		1:08.00	-	
200m	2014 (42	41.	2:28.99	398	2:28.00	99%	4
400	, 2011 (13),				= 40.0¢		1
400m				-	5:16.00	-	
100m				-	1:20.50	-	
200m		143.	2:46.56	285	2:50.00	104%	
	, 2011 (13),						1
400m	, (-),	148.	6:35.76	199	6:40.58	102%	
100m				-	1:33.00	-	
200m				-	3:10.00	-	
	, 2011 (13),						2
400	, 2011 (10),				4.04.04		_
100m			4.54.00	-	1:04.01	4000/	
400m		405	4:51.62	385	4:52.34	100%	
200m		105.	2:38.77	329	2:39.78	101%	