	-						
						%	PB
							-
							54
400	, 2011 (13),	4.0	. ====	400	4 = 0.40	40.407	3
400m 100m		10. 7.	4:52.72 1:10.91	493 442	4:53.48 1:11.32	101% 101%	
200m		12.	2:34.58	489	2:35.20	101%	
	, 2011 (13),						2
400m		127.	5:04.73	337	5:08.05	102%	
200m	0040 (44	139.	2:44.58	295	2:48.88	105%	_
400	, 2010 (14),			404		4000/	2
400m 100m		38. 4.	4:43.04 1:11.52	421 461	4:46.77 1:10.23	103% 96%	
200m		18.	2:23.54	445	2:25.50	103%	
	, 2010 (14),						2
400m		143.	5:09.77	321	5:03.12	96%	
100m 200m		13. 91.	1:08.52 2:36.69	339 342	1:09.93 2:40.19	104% 105%	
200111	, 2010 (14),	91.	2.30.03	342	2.40.19	10370	3
100m	, 2010 (14),		55.52	526	57.36	107%	`
400m		43.	4:44.69	414	4:59.79	111%	
200m		24.	2:25.51	427	2:31.28	108%	
	, 2011 (13),						2
400m 100m		100. 18.	5:28.91 1:14.80	347 395	5:27.33 1:14.81	99% 100%	
200m		54.	2:44.38	407	2:46.39	102%	
	, 2010 (14),						3
400m	, , , , , , , , , , , , , , , , , , , ,	76.	4:53.06	379	4:56.97	103%	
100m		12.	1:14.47	409	1:14.87	101%	
200m	, 2010 (14),	55.	2:30.38	387	2:34.33	105%	
400m	, 2010 (14),	55.	4:47.74	401	4:47.31	100%	
100m		11.	1:07.47	355	1:08.10	102%	
200m		66.	2:32.51	371	2:32.09	99%	
	, 2012 (12),						2
400m		132.	5:49.98	288	5:44.42	97%	
100m 200m		19. 88.	1:17.92 2:50.40	333 365	1:21.94 2:59.66	111% 111%	
200111	, 2010 (14),	00.	2.50.40	303	2.00.00	11170	:
100m	, == (: :),		58.53	449	58.01	98%	-
400m		51.	4:47.15	403	4:50.47	102%	
200m	0044 (40	70.	2:32.86	368	2:34.12	102%	
100	, 2011 (13),	•	4 04 45	540	4.00.04	4000/	:
100m 400m		3. 3.	1:01.45 4:40.55	546 560	1:02.34 4:42.01	103% 101%	
200m		10.	2:33.78	497	2:38.03	106%	
	, 2011 (13),						3
400m		7.	4:48.49	515	4:51.80	102%	
100m		5.	1:10.10	458	1:11.90	105%	
200m	, 2011 (13),	4.	2:28.91	548	2:33.50	106%	2
400m	, 2011 (10),	80.	5:20.92	374	5:21.89	101%	•
100m		22.	1:19.31	316	1:19.46	100%	
200m		103.	2:52.47	352	2:51.06	98%	
	, 2010 (14),						2
100m 400m		123.	58.28 5:03.75	455 341	59.01 4:57.39	103% 96%	
200m		35.	2:28.24	341 404	2:32.60	106%	
	, 2011 (13),						(
100m	, , , , , , , , , , , , , , , , , , , ,	28.	1:08.94	387	1:09.62	102%	
400m		78.	5:20.52	375	5:21.68	101%	
200m	0044 (40	84.	2:49.95	368	2:52.65	103%	,
400m	, 2011 (13),	46	4.4E E1	410	4:40.60	1029/	;
400m 100m		46. 7.	4:45.51 1:12.94	410 435	4:49.60 1:13.73	103% 102%	
200m		44.	2:29.38	395	2:32.11	104%	
	, 2011 (13),						•
400m		99.	5:28.41	349	5:24.80	98%	
100m 200m		18. 82.	1:25.08 2:49.57	393 371	1:27.21 2:47.65	105% 98%	
200111		02.	2. 10.07	5/ 1	2.17.00	3070	

	2040 (4.4						_
400	, 2010 (14),	24	4.44.45	400	4:40.70	000/	2
400m 100m		31.	4:41.45	428 482	4:40.73 1:02.37	99% 103%	
200m		4. 8.	1:01.60 2:19.37	486	2:21.20	103%	
200111	, 2010 (14),	0.	2.19.57	400	2.21.20	10376	2
400	, 2010 (14),	0.0	4.54.00	070	4.54.47	000/	_
400m 100m		86. 10.	4:54.90 1:04.10	372 428	4:51.47 1:05.79	98% 105%	
200m		75.	2:34.02	360	2:34.41	101%	
200111	, 2010 (14),	70.	2.0-1.02	000	2.01.11	10170	3
400m	, 2010 (14),	40.	4:43.35	420	4:47.34	103%	J
100m		3.	1:01.17	493	1:02.00	103%	
200m		15.	2:22.47	455	2:25.11	104%	
	, 2011 (13),						1
400m	, 2011 (10),	20.	4:58.98	463	4:57.41	99%	•
100m		4.	1:17.77	515	1:17.17	98%	
200m		16.	2:35.47	481	2:35.78	100%	
	, 2011 (13),						1
100m	,, (, , , ,	26.	1:08.31	398	1:07.49	98%	-
400m		54.	5:11.71	408	5:08.16	98%	
200m		100.	2:52.14	354	2:53.06	101%	
	, 2010 (14),						3
400m	, == (, , , , , , , , , , , , , , , , ,	130.	5:05.78	334	5:11.54	104%	_
100m		15.	1:16.09	383	1:18.86	107%	
200m		94.	2:37.38	338	2:42.30	106%	
	, 2011 (13),						3
400m		68.	5:17.34	387	5:21.70	103%	
100m		8.	1:09.88	484	1:09.93	100%	
200m		35.	2:40.43	438	2:41.48	101%	
							21
	, 2012 (12),						3
100m	, 2012 (12),	32.	1:10.67	359	1:11.43	102%	J
400m		50.	5:10.60	412	5:16.95	104%	
200m		85.	2:50.17	367	2:51.60	102%	
200	, 2010 (14),	00.		00.	2.01.00	.02%	_
100m	, 2010 (11),		57.94	463	56.28	94%	
400m		24.	4:39.22	439	4:35.56	97%	
200m		37.	2:28.61	401	2:26.07	97%	
	, 2012 (12),						_
400m	, == (=),	66.	5:17.24	387	5:12.74	97%	
100m		7.	1:20.62	462	1:20.48	100%	
200m		41.	2:41.42	430	2:37.03	95%	
	, 2010 (14),						-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:01.10	-	
400m		78.	4:53.28	379	4:50.45	98%	
	, 2010 (14),						1
400m	, , , , , , , , , , , , , , , , , , , ,	62.	4:50.91	388	4:39.55	92%	
100m		16.	1:16.57	376	1:16.99	101%	
200m		48.	2:30.05	390	2:27.07	96%	
	, 2011 (13),						2
400m	, , , , , , , , , , , , , , , , , , , ,	74.	5:19.44	379	5:20.36	101%	
100m		14.	1:13.81	392	1:13.26	99%	
200m		57.	2:45.29	400	2:46.21	101%	
	, 2010 (14),						1
400m	•	66.	4:51.27	386	4:49.08	99%	
100m		22.	1:08.81	346	1:07.68	97%	
200m		51.	2:30.31	387	2:30.54	100%	
	, 2012 (12),						3
100m		22.	1:07.40	414	1:08.16	102%	
400m		47.	5:09.90	415	5:21.42	108%	
200m		63.	2:45.70	397	2:47.40	102%	
	, 2012 (12),						1
100m		31.	1:10.14	367	1:08.40	95%	
400m		62.	5:14.32	398	5:15.16	101%	
200m		93.	2:51.16	360	2:51.08	100%	
	, 2010 (14),						-
100m	, ,,			-	1:01.11	-	
400m		97.	4:58.39	359	4:48.25	93%	
200m		72.	2:33.47	364	2:32.15	98%	
	, 2011 (13),						2
400m		21.	4:59.81	459	5:00.52	100%	
100m		18.	1:17.47	339	1:14.84	93%	
200m		39.	2:41.06	433	2:41.53	101%	
	, 2011 (13),						-
400m		76.	5:20.16	377	5:15.00	97%	
100m		8.	1:22.52	431	1:21.90	99%	
200m		31.	2:40.08	441	2:39.00	99%	

	, 2010 (14),						-
400m		68.	4:52.04	383	4:51.04	99%	
100m 200m		16. 36.	1:05.96 2:28.34	393 403	1:05.26 2:28.00	98% 100%	
200111	, 2010 (14),	30.	2.20.34	403	2.20.00	100%	2
400m	, 2010 (11),	18.	4:35.80	455	4:36.00	100%	_
100m		10.	1:07.33	357	1:07.50	101%	
200m		40.	2:28.96	398	2:28.50	99%	
	, 2012 (12),						2
400m		97.	5:27.25	353	5:28.72	101%	
100m 200m		25. 101.	1:21.42 2:52.23	292 354	1:20.44 2:52.24	98% 100%	
200	, 2011 (13),			33 .	2.02.2	10070	1
400m	, == (),	63.	5:16.47	390	5:12.90	98%	•
100m		12.	1:12.00	443	1:11.34	98%	
200m	0040 (44	51.	2:43.41	414	2:44.44	101%	
100	, 2010 (14),		50.50	400	50.04	9994	-
100m 400m		17.	59.50 4:35.12	428 459	59.24 4:31.41	99% 97%	
200m		86.	2:36.14	346	2:33.34	96%	
	, 2010 (14),						1
400m	, , , , , , , , , , , , , , , , , , , ,	75.	4:53.03	380	4:50.50	98%	
100m		10.	1:13.93	418	1:16.20	106%	
200m	2010 (14	46.	2:29.60	393	2:29.00	99%	
400m	, 2010 (14),	1.1	4:22 E2	470	4:22.06	1000/	-
400m 100m		14. 2.	4:32.52 1:00.52	472 509	4:32.06 1:00.00	100% 98%	
200m		7.	2:18.80	492	2:17.73	98%	
	, 2011 (13),						2
400m	, , ,	89.	5:23.67	364	5:19.00	97%	
100m		17.	1:16.44	353	1:16.50	100%	
200m		81.	2:49.37	372	2:50.15	101%	
						į	54
	, 2011 (13),					`	_
100m	, 2011 (13),		1:02.11	376	1:01.00	96%	
400m		147.	5:12.93	312	5:12.00	99%	
200m		108.	2:39.54	324	2:38.50	99%	
	, 2012 (12),						-
100m		33.	1:10.76	358	1:10.00	98%	
400m 200m		90. 131.	5:24.46 3:01.35	362 303	5:17.00 2:52.00	95% 90%	
200111	, 2010 (14),	101.	0.01.00	000	2.02.00	3070	2
100m	, == := (: :),		1:00.54	406	1:01.00	102%	
400m		36.	4:42.02	426	4:43.00	101%	
200m		57.	2:30.56	386	2:30.00	99%	
	, 2012 (12),						1
100m 400m		144.	5:10.95	318	1:05.00 5:03.00	- 95%	
200m		132.	2:43.49	301	2:45.00	102%	
	, 2012 (12),						1
400m		65.	5:17.11	388	5:06.00	93%	
100m		10.	1:12.83	408	1:12.90	100%	
200m	2011 (12	82.	2:49.57	371	2:46.00	96%	
100m	, 2011 (13),	30.	1:10.05	369	1:09.00	97%	-
400m		77.	5:20.22	376	5:17.90	99%	
200m		104.	2:52.67	351	2:49.60	96%	
	, 2012 (12),						-
400m		104.	5:31.09	340	5:17.90	92%	
100m		29.	1:27.91	232	1:21.99	87%	
200m	, 2010 (14),	96.	2:51.56	358	2:49.60	98%	3
400m	, 2010 (17),	89.	4:55.23	371	4:56.38	101%	J
100m		9.	1:13.28	429	1:13.64	101%	
200m		27.	2:26.65	417	2:27.94	102%	
	, 2011 (13),						2
100m		13.	1:05.41	453	1:05.50	100%	
400m 200m		41. 76.	5:07.47 2:47.81	425 382	5:15.00 2:46.00	105% 98%	
200111	, 2010 (14),	70.	2.77.01	502	2. 70.00	3070	1
100m	, 20.0 (11),		59.01	438	59.95	103%	•
400m		131.	5:05.83	334	4:54.00	92%	
200m		125.	2:41.98	310	2:36.00	93%	

	, 2010 (14),					-
400m	, , ,	146.	5:11.13	317	5:04.00	95%
100m		23.	1:18.22	352	1:15.00	92%
200m	2011 /12	79.	2:34.76	355	2:33.00	98%
100	, 2011 (13),	4.5	1.05.46	450	1.05.00	- 000/
100m 400m		15. 43.	1:05.46 5:08.38	452 421	1:05.00 4:55.00	99% 92%
200m		102.	2:52.35	353	2:47.00	94%
	, 2010 (14),					1
400m	, , , , , , , , , , , , , , , , , , , ,	105.	4:59.61	355	4:58.00	99%
100m		30.	1:21.50	312	1:18.00	92%
200m	2042 (42	81.	2:34.91	354	2:38.35	104%
400m	, 2012 (12),	103.	5:30.30	343	5:26.00	1 97%
100m		32.	1:19.01	335	1:18.50	99%
200m		86.	2:50.18	367	2:54.00	105%
	, 2010 (14),					-
100m			1:02.45	370	1:00.00	92%
400m		64.	4:51.10	387	4:44.22	95%
200m	2011 (12	78.	2:34.27	358	2:30.55	95%
400m	, 2011 (13),	96.	4:58.10	360	4:58.00	100%
100m		17.	1:10.87	306	1:10.00	98%
200m		127.	2:42.29	308	2:38.60	96%
	, 2012 (12),					1
400m		140.	5:56.43	273	6:00.00	102%
100m		42.	1:23.83	280	1:22.00	96%
200m	, 2010 (14),	148.	3:23.13	215	3:14.00	91%
400m	, 2010 (14),	19.	4:35.84	455	4:41.90	104%
100m		4.	1:05.51	387	1:06.90	104%
200m		43.	2:29.07	397	2:28.50	99%
	, 2011 (13),					1
400m		72.	5:18.21	384	5:06.76	93%
100m		3.	1:17.53	520	1:16.54	97%
200m	, 2011 (13),	17.	2:35.71	479	2:36.17	101%
400m	, 2011 (13),	79.	4:53.46	378	4:53.00	100%
100m		31.	1:13.64	282	1:09.00	88%
200m		138.	2:44.35	296	2:42.00	97%
	, 2012 (12),					1
400m		126.	5:44.55	302	5:40.00	97%
100m		23.	1:28.22	353	1:25.00	93%
200m	, 2012 (12),	119.	2:56.27	330	2:58.00	102%
400m	, 2012 (12),	92.	5:25.53	358	5:31.00	103%
100m		30.	1:17.98	348	1:17.50	99%
200m		97.	2:51.90	356	2:57.00	106%
	, 2012 (12),					3
400m		137.	5:53.39	280	6:09.00	109%
100m		29.	1:32.65	304	1:35.00	105%
200m	, 2010 (14),	128.	3:00.38	308	3:03.74	104%
400m	, 2010 (14),	133.	5:05.92	333	4:52.00	91%
100m		24.	1:15.84	250	1:10.00	85%
200m		151.	2:53.07	254	2:45.00	91%
	, 2012 (12),					3
100m		11.	1:04.24	478	1:05.00	102%
400m		18.	4:58.44	465	5:05.50	105%
200m	, 2010 (14),	29.	2:39.91	442	2:40.14	100%
400m	, 2010 (14),	156.	5:25.52	277	5:20.00	97%
100m		29.	1:12.22	299	1:09.00	91%
200m		146.	2:47.48	280	2:41.00	92%
	, 2011 (13),					1
400m		86.	5:21.67	371	5:14.45	96%
100m		14. 46	1:23.86	411 417	1:23.21	98% 100%
200m	, 2011 (13),	46.	2:43.02	417	2:43.34	100%
400m	, 2011 (13),	135.	5:52.65	282	5:25.00	- 85%
400m 100m		135. 21.	5:52.65 1:27.47	282 362	1:23.00	85% 90%
200m		114.	2:54.33	341	2:50.00	95%
	, 2011 (13),					2
400m		128.	5:46.63	297	5:30.00	91%
100m 200m		26. 106.	1:16.59 2:52.99	368 349	1:17.00 2:53.00	101% 100%
200111		100.	2.32.33	J -1 8	2.00.00	100%

400	, 2010 (14),		== ==		====	-
100m 400m		92.	59.08 4:56.39	437 367	58.79 4:50.00	99% 96%
200m		92. 85.	2:35.94	347	2:35.29	99%
200111	, 2011 (13),	00.	2.00.01	011	2.00.20	3
400m	, , , , , , , , , , , , , , , , , , , ,	55.	5:11.97	407	5:19.78	105%
100m		8.	1:11.21	437	1:11.45	101%
200m	0040 (40	24.	2:38.13	457	2:41.12	104%
400	, 2012 (12),		- 40.00	400	= 40 00	-
400m 100m		58. 29.	5:13.29 1:17.76	402 351	5:10.00 1:16.00	98% 96%
200m		108.	2:53.32	347	2:50.00	96%
	, 2013 (11),					2
400m	, (),	145.	6:18.95	227	6:02.00	91%
100m		22.	1:27.71	359	1:29.00	103%
200m	2040 (44	139.	3:07.24	275	3:10.00	103%
400	, 2010 (14),	440	E.00.07	245	4.50.00	-
400m 100m		118. 25.	5:02.37 1:10.17	345 326	4:56.00 1:08.00	96% 94%
200m		130.	2:42.95	304	2:42.00	99%
	, 2011 (13),					1
400m	, , , , , , , , , , , , , , , , , , , ,	22.	5:00.79	454	4:55.76	97%
100m		6.	1:10.28	454	1:10.23	100%
200m	2012 (11	11.	2:33.98	495	2:35.69	102%
400m	, 2013 (11),	101.	5:29.00	347	5:30.00	101%
100m		15.	1:15.27	370	1:17.00	105%
200m		94.	2:51.18	360	2:53.00	102%
	, 2012 (12),					1
400m		94.	4:56.78	365	5:00.00	102%
100m		5.	1:12.07	451	1:10.50	96%
200m	, 2011 (13),	61.	2:31.15	381	2:26.50	94%
100m	, 2011 (13),	25.	1:07.90	405	1:08.00	100%
400m		70.	5:18.02	384	5:24.00	104%
200m		75.	2:47.79	383	2:47.00	99%
	, 2013 (11),					3
400m		122.	5:42.96	306	5:43.00	100%
100m 200m		24. 113.	1:28.37 2:54.20	351 342	1:28.79 2:59.00	101% 106%
200111	, 2013 (11),	113.	2.54.20	342	2.39.00	3
100m	, 2013 (11),	24.	1:07.69	409	1:08.00	101%
400m		94.	5:26.73	354	5:35.00	105%
200m		78.	2:48.29	379	2:53.00	106%
	, 2012 (12),					1
400m		109.	5:32.34	337	5:36.00	102%
100m 200m		27. 135.	1:23.90 3:02.68	267 296	1:22.50 2:58.00	97% 95%
200	, 2011 (13),		0.02.00	200	2.00.00	-
400m	, 2011 (10),	128.	5:04.94	337	4:55.00	94%
100m		30.	1:12.83	292	1:09.00	90%
200m	0040 (44	121.	2:41.65	311	2:35.00	92%
400	, 2010 (14),	20	4.54.04	070	5.00.00	3
400m 100m		88. 13.	4:54.94 1:04.27	372 425	5:00.00 1:05.50	103% 104%
200m		25.	2:26.50	419	2:27.00	101%
	, 2012 (12),					1
100m	, , , , , , , , , , , , , , , , , , , ,	20.	1:06.41	433	1:05.90	98%
400m		61.	5:14.16	399	5:14.00	100%
200m	2012 (12	49.	2:43.23	416	2:46.00	103%
400m	, 2012 (12),	23.	5:00.84	454	5:00.76	100%
100m		2.	1:16.72	537	1:15.60	97%
200m		6.	2:31.56	519	2:34.33	104%
	, 2010 (14),					2
400m		151.	5:17.63	298	5:20.00	101%
100m		21.	1:12.54	285	1:11.00	96% 103%
200m		126.	2:42.08	309	2:44.00	102%
						34
	, 2010 (14),					3
100m	, 2010 (14),		54.89	545	55.22	101%
400m		6.	4:26.99	502	4:32.45	104%
200m		14.	2:22.46	455	2:25.42	104%

	, 2011 (13),						1
400m		83.	5:21.23	373	5:12.00	94%	
100m		12.	1:23.59	415	1:22.72	98%	
200m	2010 (10	55.	2:44.75	404	2:47.38	103%	
	, 2012 (12),						1
400m		52.	5:11.42	409	5:11.20	100%	
100m 200m		21. 66.	1:18.74 2:46.30	323 393	1:19.71 2:45.10	102% 99%	
200111	, 2010 (14),	00.	2.40.30	393	2.43.10	99 /6	2
400m	, 2010 (14),	21.	4:38.39	443	4:43.78	104%	_
100m		19.	1:17.52	362	1:15.65	95%	
200m		31.	2:27.12	413	2:27.24	100%	
	, 2011 (13),						2
400m	·	107.	5:00.11	353	5:02.18	101%	
100m		37.	1:14.86	269	1:14.97	100%	
200m	2044 (42	136.	2:44.26	297	2:38.82	93%	4
400	, 2011 (13),					9701	1
100m		18.	1:05.92	442	1:05.00	97% 98%	
400m 200m		56. 67.	5:13.06 2:46.32	403 393	5:10.00 2:48.00	102%	
200	, 2010 (14),	0		000	2.10.00	10270	2
400m	, 2010 (11),	3.	4:17.49	560	4:10.30	94%	_
100m		5.	1:01.83	477	1:02.52	102%	
200m		10.	2:20.18	478	2:22.10	103%	
	, 2010 (14),						2
100m				-	1:04.00	-	
400m		65.	4:51.20	387	4:53.44	102%	
200m	2040 (44	90.	2:36.52	343	2:39.02	103%	_
400	, 2010 (14),		4 00 00	201	4.00.70	1010/	2
400m 100m		1. 1.	4:08.68 1:05.55	621 599	4:09.73 1:05.00	101% 98%	
200m		1.	2:07.95	629	2:13.50	109%	
200111	, 2012 (12),	• •	2.07.00	020	2.10.00	10070	1
400m	, == (:= /,	59.	5:13.52	401	5:10.78	98%	•
100m		16.	1:14.41	401	1:14.00	99%	
200m		59.	2:45.50	399	2:47.46	102%	
	, 2011 (13),						-
400m		138.	5:06.74	331	5:02.39	97%	
100m		32.	1:13.68	282	1:13.50	100%	
200m	2044 (42	122.	2:41.73	311	2:40.24	98%	2
400	, 2011 (13),	00	4-00-47	070	4.44.40	4000/	3
100m 400m		29. 32.	1:09.47 5:04.87	378 436	1:11.46 5:12.37	106% 105%	
200m		90.	2:51.00	361	2:52.37	102%	
	, 2011 (13),						3
400m	, , , , , ,	11.	4:53.33	490	4:55.57	102%	
100m		3.	1:09.99	460	1:12.97	109%	
200m		7.	2:32.60	509	2:33.78	102%	
	, 2011 (13),						3
400m		53.	5:11.69	408	5:24.16	108%	
100m 200m		19. 42.	1:14.91 2:41.71	393 427	1:15.63 2:45.16	102% 104%	
200111	, 2010 (14),	42.	2.41.71	421	2.43.10	10478	1
400m	, 2010 (14),	80.	4:53.47	378	4:53.24	100%	
100m		14.	1:08.76	335	1:09.17	101%	
	, 2010 (14),						2
100m	, (),			-	1:02.18	-	
400m		61.	4:50.80	388	5:00.24	107%	
200m		93.	2:37.15	339	2:41.49	106%	
	, 2011 (13),						-
400m		106.	5:31.72	339	5:18.20	92%	
100m		16.	1:15.75	363 391	1:15.73	100% 93%	
200m	, 2010 (14),	68.	2:46.53	391	2:40.40	93%	2
100m	, 2010 (14),		1:00.10	415	1:00.20	100%	_
400m		37.	4:42.97	422	4:46.76	103%	
200m		63.	2:31.60	378	2:29.33	97%	
	, 2011 (13),						1
100m		21.	1:06.52	431	1:05.89	98%	
400m		64.	5:17.06	388	5:20.16	102%	
200m		105.	2:52.88	350	2:51.94	99%	
	, 2011 (13),		_				2
400m		48.	5:10.11	414	5:12.44	102%	
100m		24. 53	1:16.16 2:44.12	374 409	1:15.06 2:46.53	97% 103%	
200m		53.	2:44.12	409	2:46.53	103%	

	, 2011 (13),							2
400m		82.	4:53.81	377	4:51.26		98%	
100m 200m		11. 74.	1:04.14 2:33.83	427 361	1:04.54 2:35.86		101% 103%	
200111	, 2010 (14),	74.	2.55.65	301	2.33.80		10376	1
400m	, 2010 (11),	12.	4:30.49	483	4:28.87	25.04.2024	99%	•
100m		9.	1:03.92	432	1:04.92	29.03.2024	103%	
200m		12.	2:21.05	469	2:20.41	24.04.2024	99%	
	, 2010 (14),							3
400m		4.	4:18.37	554	4:21.07	25.04.2024	102%	
100m 200m		6. 11.	1:01.99 2:20.34	473 476	1:02.09 2:21.29	26.04.2024 24.04.2024	100% 101%	
200111	, 2012 (12),		2.20.04	470	2.21.25	24.04.2024	10170	2
100m	, 2012 (12),	39.	1:13.90	314	1:12.87		97%	_
400m		134.	5:52.45	282	6:02.18		106%	
200m		133.	3:02.37	298	3:03.57		101%	
	, 2010 (14),							-
100m			56.86	490	56.54	26.04.2024	99%	
400m 200m		8. 6.	4:28.25 2:17.60	495 505	4:22.37 2:16.72	25.04.2024 24.04.2024	96% 99%	
200	, 2010 (14),	0.	2	000	22	2	3373	2
100m	, 2010 (11),		1:00.99	397	1:01.04		100%	_
400m		100.	4:58.66	358	4:58.23		100%	
200m		53.	2:30.35	387	2:32.38		103%	_
	, 2011 (13),							2
100m		36.	1:11.40	348	1:11.63		101%	
400m 200m		119. 132.	5:39.67 3:01.38	315 303	5:41.67 2:57.97		101% 96%	
	, 2011 (13),						55,5	2
100m	, ==::(:=),	19.	1:05.93	442	1:07.27		104%	_
400m		69.	5:17.47	386	5:16.74		100%	
200m	0040 (44	71.	2:46.80	389	2:48.80		102%	
400	, 2010 (14),	70	4.50.05	202	4.50.00		000/	1
400m 100m		70. 12.	4:52.05 1:04.23	383 426	4:50.62 1:04.31		99% 100%	
200m		103.	2:38.60	330	2:36.18		97%	
	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,	39.	5:06.09	431	5:03.05		98%	
100m		5.	1:09.39	494	1:09.13		99%	
200m	2011 (12	30.	2:40.06	441	2:42.47		103%	
400	, 2011 (13),	7-	5 40 7 4	070	5.05.00	04.04.0004	40.407	1
400m 100m		75. 23.	5:19.74 1:19.35	378 316	5:25.39 1:15.43	24.04.2024 26.04.2024	104% 90%	
200m		62.	2:45.65	398	2:44.59	22.06.2023	99%	
	, 2010 (14),							2
100m				-	1:02.92	26.04.2024	-	
400m		126.	5:04.59	338	5:07.80 2:40.35	25.04.2024	102%	
200m	, 2011 (13),	87.	2:36.19	345	2.40.33	24.04.2024	105%	3
400m	, 2011 (13),	58.	4:48.95	396	4:55.65	25.04.2024	105%	3
100m		25.	1:19.42	337	1:20.23	26.04.2024	102%	
200m		59.	2:30.99	382	2:33.67	24.04.2024	104%	
	, 2011 (13),							-
100m				-	1:03.95	26.04.2024	-	
400m	2011 (12	95.	4:56.87	365	4:53.13	25.04.2024	97%	2
400m	, 2011 (13),	67.	5:17.33	387	5:12.70		97%	2
100m		14.	1:12.78	428	1:13.24		101%	
200m		40.	2:41.16	432	2:41.91		101%	
	, 2010 (14),							1
400m		116.	5:02.10	346	4:55.78	25.04.2024	96%	
200m	0044 (40	99.	2:37.98	334	2:39.71	24.04.2024	102%	
400m	, 2011 (13),	57.	5.10.07	402	5:07.64		96%	1
100m		6.	5:13.27 1:20.37	467	5:07.61 1:18.86		96%	
200m		34.	2:40.38	438	2:43.95		105%	
	, 2010 (14),							2
100m	. , , , ,			-	1:06.23	26.04.2024	-	
400m		41.	4:43.61	419	4:46.97	25.04.2024	102%	
200m	, 2010 (14),	114.	2:40.71	317	2:48.11		109%	2
400m	, 2010 (14),	99.	4:58.54	359	4:56.78		99%	_
100m		16.	1:10.03	317	1:12.94		108%	
200m		89.	2:36.50	343	2:39.46		104%	

400	, 2011 (13),	400					4000/	3
400m 100m		120. 28.	5:02.84 1:20.18	344 327	5:06.52 1:20.24		102% 100%	
200m		97.	2:37.63	336	2:41.51		105%	
	, 2011 (13),							-
400m		60.	5:13.71	400	5:11.05		98%	
100m		13.	1:13.77	393	1:11.42		94%	
200m	, 2011 (13),	68.	2:46.53	391	2:44.78		98%	4
100m	, 2011 (13),		1:00.94	398	1:00.75	26.04.2024	99%	1
400m		102.	4:58.95	357	4:55.91	25.04.2024	98%	
200m		68.	2:32.62	370	2:35.06	24.04.2024	103%	
	, 2010 (14),							1
400m		50.	4:47.03	404	4:45.58		99% 97%	
100m 200m		2. 19.	1:08.68 2:23.66	521 444	1:07.57 2:23.78		100%	
200	, 2010 (14),				2.200		10070	-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:02.09		-	
400m		63.	4:51.06	387	4:40.19		93%	
200m	2012 (12	95.	2:37.40	337	2:35.73		98%	
100m	, 2012 (12),	27.	1:08.32	397	1:06.45		95%	-
400m		73.	5:18.55	382	5:15.39		98%	
200m		90.	2:51.00	361	2:50.71		100%	
	, 2011 (13),							1
100m		04	1:01.07	395	1:00.60		98%	
400m 200m		91. 115.	4:55.75 2:40.90	369 316	4:52.60 2:44.00		98% 104%	
	, 2011 (13),							2
100m	, , ,	17.	1:05.66	448	1:05.45	26.04.2024	99%	
400m		9.	4:52.11	496	4:58.56	24.04.2024	104%	
200m	, 2012 (12),	44.	2:42.25	423	2:44.93	25.04.2024	103%	_
400m	, 2012 (12),	155.	5:24.45	279	5:10.60	25.04.2024	92%	
100m		35.	1:25.95	266	1:22.81	26.04.2024	93%	
200m		147.	2:47.94	278	2:47.64	24.04.2024	100%	_
400	, 2010 (14),	407	F-00 00	004	F:4F 40	05.04.0004	4000/	2
400m 100m		137. 22.	5:06.69 1:18.08	331 354	5:15.13 1:20.61	25.04.2024 28.03.2024	106% 107%	
200m		116.	2:41.11	315	2:38.12	24.04.2024	96%	
	, 2011 (13),							1
400m		113.	5:35.23	328	5:24.88		94%	
100m 200m		10. 79.	1:23.08 2:48.69	422 376	1:21.65 2:52.72		97% 105%	
200111	, 2010 (14),	13.	2.40.03	370	2.52.12		10370	3
400m	, == (, , ,,	33.	4:41.84	427	4:48.82		105%	_
100m		17.	1:16.67	374	1:17.47		102%	
200m	0040 (44	29.	2:26.83	416	2:32.09		107%	_
400m	, 2010 (14),	60.	4:50.43	390	4:52.60		101%	2
100m		15.	1:04.96	411	1:12.58		125%	
200m		69.	2:32.69	370	2:27.60		93%	
	, 2012 (12),							2
100m		57	4.40.75	- 207	1:04.40	28.03.2024	- 40E9/	
400m 200m		57. 102.	4:48.75 2:38.56	397 330	4:55.47 2:41.13	25.04.2024 24.04.2024	105% 103%	
	, 2010 (14),							2
400m	, (,,,	9.	4:28.37	494	4:26.36		99%	
100m		1.	1:00.59	490	1:01.56		103%	
200m	, 2011 (13),	3.	2:15.53	529	2:16.53		101%	2
400m	, 2011 (13),	85.	5:21.42	372	5:19.67		99%	_
100m		2.	1:09.92	461	1:12.01		106%	
200m		22.	2:37.58	462	2:38.51		101%	
400-	, 2010 (14),	-,	4.47.04	404	4:47.50		40007	1
400m 100m		54. 6.	4:47.64 1:12.77	401 438	4:47.50 1:12.80		100% 100%	
200m		22.	2:25.16	430	2:22.60		97%	
	, 2011 (13),							1
400m	·	87.	5:22.95	367	5:22.80		100%	
100m		3. 28	1:07.84 2:39.45	529 446	1:06.89 2:41.50		97% 103%	
200m	, 2012 (12),	28.	2:39.45	440	2.41.50		103%	_
100m	,	10.	1:04.06	482	1:03.95	26.04.2024	100%	
400m		26.	5:03.12	444	4:55.54	24.04.2024	95%	
200m		52.	2:43.63	413	2:42.67		99%	

400	, 2012 (12),	400					40.404	3
400m 100m		139. 41.	5:56.27 1:22.62	273 293	6:03.97 1:24.14	24.04.2024	104% 104%	
200m		137.	3:03.86	291	3:10.66	25.04.2024	108%	
	, 2011 (13),							1
100m		23.	1:07.61	410	1:06.87		98%	
400m		49.	5:10.15	414	5:17.13		105%	
200m	, 2011 (13),	47.	2:43.13	416	2:41.97		99%	2
100m	, 2011 (13),			-	1:04.58		_	2
400m		109.	5:00.25	353	5:01.18	25.04.2024	101%	
200m		117.	2:41.17	314	2:41.79	24.04.2024	101%	
	, 2011 (13),							1
400m 100m		91. 20.	5:24.93 1:15.08	360 390	5:22.81 1:12.56		99% 93%	
200m		95.	2:51.42	359	2:53.69		103%	
	, 2011 (13),							-
400m		153.	5:22.37	285	5:13.38		95%	
100m		36.	1:29.08	238	1:28.91		100%	
200m	2011 (12	149.	2:49.23	271	2:44.49		94%	2
400m	, 2011 (13),	24.	5:01.70	450	5:03.35		101%	2
100m		10.	1:10.48	472	1:07.74		92%	
200m		27.	2:39.03	449	2:39.68		101%	
400	, 2012 (12),	400				0.4.0.4.0.0.4	40004	1
400m 100m		138. 35.	5:54.90 1:20.09	276 321	5:54.14 1:21.59	24.04.2024 26.04.2024	100% 104%	
200m		141.	3:08.18	271	3:02.87	25.04.2024	94%	
	, 2010 (14),							2
100m			53.91	575	54.12		101%	
400m		2.	4:15.42	573	4:15.65		100%	
200m	, 2010 (14),	2.	2:12.89	561	2:12.78		100%	1
400m	, 2010 (11),	42.	4:44.29	416	4:42.10	25.04.2024	98%	•
100m		3.	1:09.91	494	1:09.79	26.04.2024	100%	
200m	0040 (44	13.	2:21.78	462	2:23.12	24.04.2024	102%	_
400	, 2013 (11),	100	E-22 44	227	F-20 66		1050/	2
400m 100m		108. 31.	5:32.14 1:37.57	337 261	5:39.66 1:34.94		105% 95%	
200m		120.	2:56.42	329	2:56.62		100%	
	, 2011 (13),							3
400m		105.	5:31.45	339	5:32.47		101%	
100m 200m		16. 98.	1:24.73 2:52.03	398 355	1:25.17 2:55.64		101% 104%	
200	, 2012 (12),	00.		000	2.00.0		10170	1
400m	, , , , , , , , , , , , , , , , , , , ,	112.	5:35.22	328	5:29.56	24.04.2024	97%	
100m		40.	1:22.43	295	1:22.25	26.04.2024	100%	
200m	, 2011 (13),	128.	3:00.38	308	3:05.11	25.04.2024	105%	
400m	, 2011 (13),	71.	5:18.19	384	5:14.84	23.11.2023	98%	-
100m		16.	1:24.73	398	1:22.53	23.11.2023	95%	
200m		61.	2:45.55	398	2:43.30	25.04.2024	97%	
400	, 2012 (12),					0.4.0.4.000.4	40004	1
400m 100m		84. 25.	5:21.41 1:16.25	372 373	5:21.05 1:15.63	24.04.2024 26.04.2024	100% 98%	
200m		58.	2:45.49	399	2:45.78	25.04.2024	100%	
	, 2012 (12),							3
400m		28.	5:04.52	438	5:12.89	24.04.2024	106%	
100m 200m		11. 65.	1:13.03 2:45.80	405 397	1:13.60 2:49.88	26.04.2024 25.04.2024	102% 105%	
200111	, 2010 (14),	05.	2.45.00	391	2.49.00	23.04.2024	10376	2
100m	, =0.0 (),			-	1:02.55		-	_
400m		52.	4:47.24	403	4:49.66		102%	
200m	2044 (42	84.	2:35.53	350	2:38.32		104%	
100m	, 2011 (13),	8.	1:03.50	495	1:03.13	26.04.2024	99%	-
400m		16.	4:57.81	468	4:54.75	27.03.2024	98%	
200m		32.	2:40.13	440	2:39.16	25.04.2024	99%	
	, 2012 (12),							2
400m 100m		98. 23	5:28.19	350 378	5:30.94		102%	
200m		23. 73.	1:15.89 2:47.68	378 383	1:15.24 2:51.65		98% 105%	
	, 2012 (12),						2-7-	1
400m		44.	5:08.56	421	5:16.23		105%	
100m		19. 38	1:25.58	386 433	1:22.27		92% 100%	
200m		38.	2:40.99	433	2:40.76		100%	

	, 2012 (12),							2
400m	, (),	136.	5:52.85	281	5:58.66		103%	
100m		26.	1:23.73	268	1:22.81		98%	
200m		115.	2:54.80	338	2:56.19		102%	
	, 2010 (14),							-
100m				-	1:05.38	26.04.2024		
400m		160.	5:35.23	253	5:34.20	25.04.2024	99%	
200m	0040 (44	144.	2:46.90	283	2:46.19	24.04.2024	99%	
400	, 2010 (14),			40=			40=0/	1
400m		27.	4:40.00	435	4:46.52		105%	
100m 200m		14. 28.	1:04.81 2:26.71	414 417	1:04.59 2:24.49		99% 97%	
200111	, 2012 (12),	20.	2.20.7 1	•••	2.2 1. 10		0170	_
400m	, 2012 (12),	125.	5:44.14	303	5:44.08	24.04.2024	100%	_
100m		28.	1:31.26	319	1:29.97	19.04.2024	97%	
200m		111.	2:53.98	343	2:50.20	25.04.2024	96%	
	, 2011 (13),							2
400m	, , , , , , , , , , , , , , , , , , , ,	111.	5:34.55	330	5:45.58	24.04.2024	107%	
100m		33.	1:19.63	327	1:18.51	26.04.2024	97%	
200m		130.	3:00.88	305	3:02.43	25.04.2024	102%	
	, 2010 (14),							3
400m		154.	5:22.85	284	5:35.50	25.04.2024	108%	
100m		33.	1:13.80	280	1:15.19	26.04.2024	104%	
200m	0044 (40	112.	2:40.45	318	2:45.47	24.04.2024	106%	
	, 2011 (13),	_						1
100m		6.	1:02.93	509	1:04.60	26.10.2023	105%	
400m 200m		13. 14.	4:54.85 2:34.91	482 486	4:52.83 2:34.71	24.04.2024 22.11.2023	99% 100%	
200111	, 2011 (13),	14.	2.04.01	400	2.04.71	22.11.2020	10070	3
100m	, 2011 (13),	37.	1:12.89	327	1:18.22	24.11.2023	115%	3
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m		123.	2:57.99	320	2:59.25	25.04.2024	101%	
	, 2011 (13),							1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:01.70		-	
400m		39.	4:43.10	421	4:42.00		99%	
200m		110.	2:39.84	322	2:42.00		103%	
	, 2010 (14),							1
400m		35.	4:41.88	426	4:40.20		99%	
100m		12.	1:08.37	341	1:08.47		100%	
200m	0044 (40	58.	2:30.84	383	2:29.71		99%	
	, 2011 (13),							1
400m 100m		73. 18.	4:52.60 1:07.13	381 373	4:50.48		99% 106%	
200m		96.	2:37.44	337	1:08.99 2:35.31		97%	
200111	, 2011 (13),	50.	2.07.44	557	2.00.01		31 70	1
400m	, 2011 (10),	120.	5:40.49	313	5:43.73		102%	•
100m		28.	1:17.61	353	1:17.03		99%	
	, 2010 (14),							3
100m	, (),		59.02	438	59.64		102%	
400m		29.	4:41.14	430	4:51.18		107%	
200m		16.	2:22.56	454	2:25.57		104%	
	, 2011 (13),							2
400m		30.	5:04.55	438	5:16.65	24.04.2024	108%	
100m		5.	1:20.27	468	1:19.49	26.04.2024	98%	
200m	0040 (44	23.	2:38.03	458	2:39.45	25.04.2024	102%	_
400	, 2010 (14),	4.45	5 44 00	0.17	5 00 04		050/	2
400m		145.	5:11.00	317	5:02.94		95%	
100m 200m		27. 120.	1:11.21 2:41.59	312 312	1:11.66 2:42.38		101% 101%	
200111	, 2012 (12),	120.	2.41.00	012	2.42.00		10170	_
400m	, 2012 (12),	114.	5:01.82	347	5:00.14	25.04.2024	99%	
100m		31.	1:22.14	304	1:20.97	26.04.2024	97%	
	, 2010 (14),							2
100m	,			-	1:04.73	28.03.2024	-	_
400m		84.	4:54.55	374	4:56.66	27.03.2024	101%	
200m		103.	2:38.60	330	2:45.39	16.06.2023	109%	
	, 2011 (13),							2
400m	•	46.	5:09.47	417	5:05.80		98%	
100m		9.	1:10.14	479	1:11.00		102%	
200m	0040 (44	19.	2:36.77	469	2:39.70		104%	_
400	, 2010 (14),			=0.5		00.04.00= :	105	3
100m		40	54.12	568	55.65	26.04.2024	106%	
400m 200m		10. 9.	4:28.47 2:19.89	494 481	4:30.00	25.04.2024 22.11.2023	101% 116%	
		э.	4.13.03	401	2:30.78	ZZ.11.ZUZJ	116%	

	0040 (44							•
400m	, 2010 (14),	132.	5:05.85	334	5:04.79		99%	2
100m		132.	1:14.50	408	1:14.56		100%	
200m		77.	2:34.13	359	2:34.88		101%	
	, 2010 (14),							1
100m	, (),			-	1:04.13		-	
400m		121.	5:03.26	342	4:53.89		94%	
200m		124.	2:41.80	311	2:42.26		101%	
	, 2011 (13),							1
400m		134.	5:06.22	332	5:03.36	25.04.2024	98%	
100m		26.	1:10.87	317	1:11.34	26.04.2024	101%	
200m	2042 (44	111.	2:40.43	319	2:39.42	24.04.2024	99%	2
400	, 2013 (11),	444	0.45.47	00.4	0.00.50	04.04.0004	4050/	2
400m 100m		144. 33.	6:15.17 1:41.08	234 234	6:23.56 1:38.18	24.04.2024 26.04.2024	105% 94%	
200m		147.	3:16.00	240	3:46.50	06.12.2023	134%	
200	, 2011 (13),		01.0.00	2.0	0. 10.00	0011212020	.0.70	2
100m	, - (- ,,			-	1:06.34		-	
400m		117.	5:02.29	346	5:06.72		103%	
200m		123.	2:41.79	311	2:43.15		102%	
	, 2011 (13),							2
100m				-	1:06.69	07.12.2023	-	
400m		136.	5:06.37	332	5:15.49	27.03.2024	106%	
200m	0040 (4.4	129.	2:42.90	304	2:50.21	24.04.2024	109%	_
400	, 2010 (14),	00	4 00 00	444	4 40 00	05.04.0004	1010/	2
400m		23. 2.	4:38.83	441	4:40.20	25.04.2024	101%	
100m	, 2011 (13),	۷.	1:02.29	451	1:03.07	26.04.2024	103%	2
100m	, 2011 (13),		58.89	441	1:00.12		104%	
400m		25.	4:39.41	438	4:43.97		103%	
100111	, 2011 (13),	20.	4.00.41	100	1. 10.01		10070	3
400m	, 2011 (10),	150.	5:15.84	303	5:17.90	25.04.2024	101%	Ū
100m		35.	1:14.67	271	1:15.34	26.04.2024	102%	
200m		142.	2:45.74	289	2:48.64	24.04.2024	104%	
	, 2010 (14),							1
400m		83.	4:54.17	375	5:11.10	23.11.2023	112%	
100m		23.	1:13.32	276	1:10.36		92%	
200m		80.	2:34.81	355	NT		-	
	, 2010 (14),							-
100m		40	1:00.36	409	59.62	26.04.2024	98%	
400m 200m		49. 33.	4:46.80 2:27.57	405 410	4:37.90 2:27.45	25.04.2024 24.04.2024	94% 100%	
200111	, 2012 (12),	33.	2.21.51	410	2.27.40	24.04.2024	10070	1
400m	, 2012 (12),	110.	5:34.37	331	5:26.57		95%	
100m		24.	1:21.23	294	1:20.12		97%	
200m		109.	2:53.67	345	2:54.00		100%	
	, 2011 (13),							2
100m			59.89	419	1:00.03		100%	
400m		33.	4:41.84	427	4:42.88		101%	
200m	0044 (40	83.	2:35.11	353	2:33.34		98%	_
400	, 2011 (13),	4	F0 00	04.4	50.44		1000/	2
100m 400m		1. 8.	59.09 4:52.02	614 496	59.14 4:49.86		100% 99%	
200m		3.	2:28.25	555	2:29.93		102%	
	, 2012 (12),							3
400m	, == (:=),	118.	5:39.24	316	5:47.72	24.04.2024	105%	·
100m		37.	1:20.36	318	1:21.52	26.04.2024	103%	
200m		112.	2:54.07	343	3:01.82	25.04.2024	109%	
	, 2011 (13),							2
400m		1.	4:36.01	588	4:40.15	24.04.2024	103%	
100m		1.	1:05.39	591	1:05.31	26.04.2024	100%	
200m	0044 (40	5.	2:29.68	539	2:31.57	25.04.2024	103%	
400	, 2011 (13),	440	F-00 40	050	F.00 F0		4000/	1
400m		110.	5:00.43	352	5:00.56		100%	
100m 200m		19. 109.	1:11.61 2:39.77	297 323	1:10.64 2:39.17		97% 99%	
	, 2010 (14),	100.	2.00.7	020	00.17		5570	2
400m	, 2010 (14),	106.	4:59.83	354	5:03.85		103%	_
100m		28.	1:11.41	310	1:09.98		96%	
200m		92.	2:36.85	341	2:39.94		104%	
	, 2010 (14),							3
100m	·		57.50	474	58.78		105%	
400m		13.	4:31.82	476	4:47.67		112%	
200m		32.	2:27.18	413	2:33.74		109%	

								_
400m	, 2011 (13),	79.	5:20.72	375	5:29.96	27.03.2024	106%	2
100m		20.	1:27.42	362	1:27.32	26.04.2024	100%	
200m		72.	2:47.57	384	2:52.36	25.04.2024	106%	
	, 2011 (13),							-
400m		141.	5:08.43	325	5:06.86		99%	
100m 200m		32. 98.	1:23.09 2:37.73	294 335	1:20.91 2:37.55		95% 100%	
200111	, 2011 (13),	00.	2.07.70	000	2.07.00		10070	_
400m	, - (- ,,	112.	5:01.05	350	4:46.21		90%	
100m		23.	1:09.11	342	1:08.42		98%	_
	, 2011 (13),							2
100m 400m		101.	4:58.80	- 358	1:05.35 4:59.54	26.04.2024 25.04.2024	100%	
200m		135.	2:44.12	298	2:48.84	24.04.2024	106%	
	, 2010 (14),							1
400m	, , , , , , , , , , , , , , , , , , , ,	28.	4:40.52	433	4:43.30		102%	
100m		11.	1:14.40	410	1:13.19		97%	
200m	, 2011 (13),	23.	2:25.38	428	2:22.59		96%	3
400m	, 2011 (13),	124.	5:44.02	303	5:55.78		107%	3
100m		9.	1:22.54	431	1:24.03		104%	
200m		87.	2:50.38	365	2:57.06		108%	
	, 2012 (12),							2
400m		38.	5:05.99 1:13.80	431 411	5:00.22		96%	
100m 200m		15. 37.	2:40.97	433	1:13.94 2:41.99		100% 101%	
200	, 2013 (11),	0		.00	200		.0.70	2
400m	, , , , , , , , , , , , , , , , , , , ,	96.	5:27.19	353	5:30.42	27.03.2024	102%	
100m		36.	1:20.33	319	1:17.86	26.04.2024	94%	
200m	2011 (12	116.	2:55.40	335	2:59.30		104%	2
400m	, 2011 (13),	4.	4:40.74	559	4:37.71		98%	2
100m		1.	1:03.78	608	1:04.81		103%	
200m		2.	2:27.56	563	2:27.89		100%	
	, 2010 (14),							1
100m		450	F-00.07	-	1:08.86	26.04.2024	4000/	
400m 200m		159. 152.	5:30.87 2:57.84	263 234	5:34.76 2:37.96	25.04.2024	102% 79%	
200111	, 2010 (14),	132.	2.57.04	254	2.37.30		1370	2
400m	, (72.	4:52.50	382	4:52.68		100%	
100m		24.	1:18.68	346	1:18.06		98%	
200m	0040 (44	52.	2:30.33	387	2:31.09		101%	
200m	, 2010 (14),	50.	2:30.23	388	2:32.95		104%	1
200111	, 2011 (13),	50.	2.30.23	300	2.32.33		10470	1
100m	, 2011 (10),	2.	59.12	614	59.17	26.04.2024	100%	•
400m		5.	4:44.57	536	4:38.23	24.04.2024	96%	
200m	0044 (40	8.	2:33.20	503	2:31.66	25.04.2024	98%	_
400	, 2011 (13),	0	4-00.00	574	4:40.40	04.04.0004	4040/	3
400m 100m		2. 1.	4:38.68 1:12.09	571 647	4:40.10 1:12.77	24.04.2024 23.11.2023	101% 102%	
200m		1.	2:22.53	624	2:24.20	25.04.2024	102%	
	, 2012 (12),							2
100m		34.	1:11.21	351	1:18.15	26.10.2023	120%	
400m 200m		95. 118.	5:27.11 2:55.96	353 332	5:20.73 2:56.24	24.04.2024 25.04.2024	96% 100%	
200111	, 2011 (13),	110.	2.00.00	302	2.50.27	20.01.2027	10070	1
100m	, 20 (10),	5.	1:02.43	521	1:02.61	05.10.2023	101%	•
400m		15.	4:55.46	479	4:50.73	24.04.2024	97%	
200m	0040 (4.4	9.	2:33.61	499	2:33.58	25.04.2024	100%	^
400	, 2010 (14),	450	F.00.00	00=	F 00 00	05.04.000.	10001	2
400m 100m		158. 34.	5:30.09 1:13.90	265 279	5:30.90 1:13.92	25.04.2024 26.04.2024	100% 100%	
200m		141.	2:45.31	291	2:42.67	24.04.2024	97%	
	, 2010 (14),							2
400m		85.	4:54.88	372	4:48.30		96%	
100m 200m		3. 30	1:04.65	403 400	1:05.77		103% 103%	
200111	, 2011 (13),	39.	2:28.77	400	2:30.91		103%	2
100m	, 2011 (10 <i>)</i> ,	9.	1:03.74	489	1:03.15		98%	_
400m		19.	4:58.75	464	5:01.84		102%	
200m	0011 (10	15.	2:34.95	486	2:36.98		103%	_
400-	, 2011 (13),	40	4.54.00	400	4:50.00	04.04.0004	40407	3
400m 100m		12. 7.	4:54.60 1:09.66	483 489	4:56.36 1:11.76	24.04.2024 26.04.2024	101% 106%	
200m		13.	2:34.85	487	2:37.06	25.04.2024	103%	

								_
400	, 2011 (13),	F0	4:40.20	204	4.EE 02		1050/	2
400m 100m		59. 9.	4:49.29 1:06.99	394 362	4:55.83 1:06.88		105% 100%	
200m		56.	2:30.47	386	2:34.49		105%	
200	, 2010 (14),	00.		333	2.00		10070	-
100m	, (1:00.63	404	1:00.40		99%	
400m		32.	4:41.74	427	4:38.00		97%	
200m		106.	2:39.25	326	2:32.00		91%	
	, 2012 (12),							3
400m		130.	5:48.45	292	5:49.10	24.04.2024	100%	
100m 200m		27. 117.	1:31.06 2:55.50	321 334	1:31.39 3:00.67	28.03.2024 25.04.2024	101% 106%	
200111	, 2011 (13),	117.	2.33.30	334	3.00.07	23.04.2024	10076	
100m	, 2011 (13),			_	1:10.37		-	-
400m		163.	5:43.56	235	5:31.52		93%	
200m		155.	3:05.76	205	3:03.37		97%	
	, 2011 (13),							1
400m		35.	5:05.10	435	5:02.99		99%	
100m		13.	1:23.67	414	1:22.25		97%	
200m	2010 (10	70.	2:46.69	390	2:47.42		101%	
400	, 2012 (12),						2.407	1
100m 400m		38. 102.	1:13.22 5:30.10	323 344	1:11.00 5:29.94		94% 100%	
200m		80.	2:48.73	376	2:49.79		101%	
200	, 2012 (12),	00.		0.0	2		10170	1
400m	, , _ ,,	133.	5:50.71	286	6:01.10	24.04.2024	106%	
100m		20.	1:18.13	331	1:15.81	26.04.2024	94%	
200m		122.	2:57.87	321	2:57.50	25.04.2024	100%	
	, 2010 (14),							-
400m		68.	4:52.04	383	4:50.19	25.04.2024	99%	
100m 200m		26. 62.	1:19.80 2:31.24	332 380	1:18.29 2:29.25	06.10.2023 24.04.2024	96% 97%	
200111	, 2011 (13),	02.	2.51.24	300	2.23.23	24.04.2024	31 70	_
100m	, 2011 (10),	38.	1:19.18	227	1:16.04		92%	
200m		153.	3:00.95	222	2:48.79		87%	
	, 2010 (14),							-
100m				-	1:01.60		-	
400m		119.	5:02.76	344	5:02.70		100%	
200m	, 2012 (12),	100.	2:38.04	333	2:35.00		96%	2
100m	, 2012 (12),	40.	1:15.60	293	1:15.24		99%	_
400m		131.	5:49.82	289	6:01.03		107%	
200m		140.	3:07.59	274	3:11.37		104%	
	, 2011 (13),							2
400m		33.	5:04.98	436	5:03.60		99%	
100m		4.	1:09.20	499	1:10.20		103%	
200m	2011 (12	43.	2:41.78	427	2:42.00		100%	4
400m	, 2011 (13),	36.	5:05.26	435	5:03.43	24.04.2024	99%	1
100m		36. 11.	1:11.10	460	1:10.18	26.04.2024	97%	
200m		26.	2:38.81	451	2:42.57	25.04.2024	105%	
	, 2010 (14),							-
400m		15.	4:32.87	470	4:31.67		99%	
100m		7.	1:03.15	448	1:02.45		98%	_
40-	, 2011 (13),							2
100m 400m		30.	58.63 4:41.18	447 430	59.64 4:38.57		103% 98%	
200m		54.	2:30.36	387	2:32.82		103%	
200	, 2010 (14),	•		00.	2.02.02		10070	2
100m	, (1:00.96	397	1:00.66		99%	
400m		56.	4:47.79	401	5:00.36		109%	
200m		60.	2:31.10	381	2:33.70		103%	
	, 2011 (13),							-
400m		48.	4:46.42	406	4:45.95	25.04.2024	100%	
100m 200m		14. 42.	1:15.52 2:29.06	392 397	1:13.57 2:27.33	26.04.2024 24.04.2024	95% 98%	
200.11	, 2010 (14),					!	3370	_
400m	, 20.0 (1.1),	44.	4:44.83	413	4:40.19	25.04.2024	97%	
100m		24.	1:09.38	338	1:07.31	26.04.2024	94%	
200m		30.	2:27.05	414	2:25.73	24.04.2024	98%	_
400	, 2011 (13),		4	.=-	4 00		40.45	3
100m		12. 40	1:05.10	459 438	1:06.33		104%	
400m 200m		40. 59.	5:06.89 2:45.50	428 399	5:12.55 2:49.02		104% 104%	
		50.		500			. 3 . / 0	

100	, 2011 (13),	4.4	4.55.45	470	45444		070/	-
400m 100m		14. 6.	4:55.45 1:09.45	479 493	4:51.11 1:08.96		97% 99%	
200m		25.	2:38.14	493 457	2:34.65		96%	
200111	, 2010 (14),	25.	2.30.14	457	2.34.03		90 /6	2
400m	, 2010 (14),	115.	5:01.95	347	5:05.04		102%	_
100m		113.	1:17.35	365	1:16.06		97%	
200m		49.	2:30.09	389	2:32.15		103%	
	, 2010 (14),		=					1
400m	, 2010 (11),	26.	4:39.54	437	4:36.97	25.04.2024	98%	•
100m		20.	1:07.81	362	1:06.71	26.04.2024	97%	
200m		47.	2:29.72	392	2:31.30	24.04.2024	102%	
	, 2012 (12),							2
400m	, , , , , , , , , , , , , , , , , , , ,	129.	5:46.75	296	5:54.58	24.04.2024	105%	
100m		32.	1:37.73	259	1:35.68	26.04.2024	96%	
200m		127.	2:59.75	311	3:02.58	25.04.2024	103%	
	, 2010 (14),							2
400m		77.	4:53.13	379	4:56.26		102%	
100m		6.	1:05.95	380	1:06.63		102%	
200m		67.	2:32.53	371	2:31.67		99%	
	, 2012 (12),							3
400m		117.	5:38.28	319	5:55.38		110%	
100m		38.	1:20.50	317	1:26.26		115%	
200m	0040 (40	134.	3:02.49	297	3:06.71		105%	•
	, 2012 (12),							3
100m		35.	1:11.26	350	1:15.15		111%	
400m		121. 136.	5:41.46 3:03.53	310 292	5:54.03 3:09.62	24.04.2024 25.04.2024	107% 107%	
200m	2040 (44	130.	3.03.33	292	3.09.02	25.04.2024	107 76	_
400	, 2010 (14),	00	4 00 70	444	4 40 00		4000/	2
400m 100m		22. 8.	4:38.72 1:06.42	441 372	4:46.63 1:06.13		106% 99%	
200m		21.	2:25.04	431	2:29.10		106%	
200111	, 2012 (12),	21.	2.23.04	451	2.23.10		10070	1
400m	, 2012 (12),	142.	6:03.54	257	6:05.68	27.03.2024	101%	•
100m		30.	1:35.59	277	1:34.62	28.03.2024	98%	
200m		138.	3:05.03	285	3:04.05	25.04.2024	99%	
	, 2010 (14),							3
400m	, ==:= (:: /,	93.	4:56.44	367	5:05.89		106%	•
100m		15.	1:09.66	322	1:11.00		104%	
200m		73.	2:33.76	362	2:42.86		112%	
	, 2010 (14),							1
400m	, , , , , , , , , , , , , , , , , , , ,	90.	4:55.48	370	4:55.23	25.04.2024	100%	
100m		21.	1:08.58	349	1:09.85	26.04.2024	104%	
200m		65.	2:32.39	372	2:29.44	24.04.2024	96%	
	, 2013 (11),							3
400m		143.	6:08.41	247	6:15.63		104%	
100m		28.	1:25.38	253	1:27.90		106%	
200m		125.	2:58.09	320	3:02.71		105%	_
	, 2010 (14),							1
100m		400		-	1:07.36	26.04.2024	-	
400m		129.	5:05.00	337	5:03.09	25.04.2024	99%	
200m		131.	2:43.19	303	2:43.68	24.04.2024	101%	
								22
	0044 /40							33
	, 2011 (13),							2
400m		11.	4:30.41	483	4:32.58		102%	
100m		8.	1:03.23	446	1:02.61		98%	
200m	2010 (11	34.	2:28.18	404	2:30.35		103%	
100	, 2010 (14),	74	4.50.40	202	4.40.00		000/	-
400m		71. 21.	4:52.10	383 357	4:46.20 1:17.05		96% 98%	
100m 200m		64.	1:17.87 2:31.85	376	2:29.55		97%	
200111	, 2011 (13),	04.	2.51.05	370	2.23.33		37 70	_
400m	, 2011 (10),	17.	4:58.03	467	4:55.18		98%	
100m		22.	1:15.66	381	1:14.68		97%	
200m		45.	2:42.42	422	2:40.38		98%	
	, 2011 (13),		_	_				_
400m	, 2011 (10),	25.	5:02.37	447	4:56.03		96%	
100m		31.	1:18.36	343	1:14.95		91%	
200m		92.	2:51.03	361	2:47.54		96%	
	, 2012 (12),							2
400m		6.	4:48.04	517	4:52.60		103%	
100m		2.	1:05.87	578	1:08.29		107%	
200m		20.	2:37.44	463	2:35.61		98%	

							_
	, 2010 (14),						1
400m 100m		149. 20.	5:15.19 1:17.84	305 358	5:07.65 1:18.39	95% 101%	
200m		107.	2:39.51	324	2:37.36	97%	
	, 2011 (13),						-
400m		51.	5:11.10	410	5:03.43	95%	
100m 200m		11. 48.	1:23.36 2:43.18	418 416	1:22.64 2:40.55	98% 97%	
200111	, 2012 (12),	40.	2.45.10	410	2.40.33	31 /6	1
400m	, == (:= /,	113.	5:01.32	349	5:03.99	102%	
100m		22.	1:12.65	284	1:12.38	99%	
200m	, 2012 (12),	119.	2:41.52	312	2:41.04	99%	_
100m	, 2012 (12),			-	1:04.60	-	_
400m		135.	5:06.31	332	5:06.16	100%	
200m	2011 (12	137.	2:44.31	297	2:40.08	95%	4
100m	, 2011 (13),	14.	1:05.45	452	1:04.92	98%	1
400m		45.	5:08.76	420	5:09.05	100%	
200m		74.	2:47.76	383	2:46.15	98%	
400	, 2011 (13),	4.0				4000/	3
100m 400m		16. 37.	1:05.49 5:05.59	451 433	1:06.09 5:07.54	102% 101%	
200m		50.	2:43.35	415	2:47.50	105%	
	, 2010 (14),						3
100m 400m		81.	58.10 4:53.49	459 378	58.40	101% 107%	
200m		76.	2:34.04	360	5:02.97 2:35.53	102%	
	, 2011 (13),						3
400m		81.	5:21.18	373	5:21.64	100%	
100m 200m		21. 110.	1:15.36 2:53.74	386 345	1:16.52 2:53.92	103% 100%	
200111	, 2010 (14),	110.	2.00.1.4	0.10	2.00.02	10070	-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:04.14	-	
400m		140.	5:07.62	328	5:03.00	97%	
200m	, 2010 (14),	134.	2:44.04	298	2:42.92	99%	1
400m	, 2010 (11),	47.	4:46.08	408	4:47.50	101%	•
100m		5.	1:05.93	380	1:05.50	99%	
200m	, 2011 (13),	71.	2:33.09	367	2:30.70	97%	
400m	, 2011 (13),	34.	5:05.09	435	5:00.47	97%	-
100m		27.	1:16.64	367	1:15.07	96%	
200m	, 2010 (14),	64.	2:45.78	397	2:43.92	98%	
100m	, 2010 (14),			-	1:05.23	_	-
400m		108.	5:00.14	353	4:49.66	93%	
200m	0044 (40	150.	2:49.32	271	2:40.00	89%	_
100m	, 2011 (13),	7.	1:03.25	501	1:05.75	108%	3
400m		7. 31.	5:04.59	437	5:05.60	101%	
200m		77.	2:47.91	382	2:53.11	106%	
100	, 2010 (14),		E0 4E	454	E0 74	4040/	1
100m 400m		16.	58.45 4:34.10	451 464	58.71 4:33.04	101% 99%	
200m		20.	2:23.82	442	2:21.32	97%	
400	, 2010 (14),	400				9504	-
400m 100m		122. 33.	5:03.53 1:23.76	341 287	4:55.07 1:20.35	95% 92%	
200m		133.	2:43.60	300	2:42.82	99%	
	- , 2012 (12),					1
400m 100m		27. 17.	5:03.89 1:14.42	440 401	5:10.25 1:14.03	104% 99%	
200m		33.	2:40.33	439	2:40.09	100%	
	, 2010 (14),						-
400m		111.	5:00.98	350	4:58.35	98%	
100m 200m		34. 128.	1:25.64 2:42.83	268 305	1:24.37 2:38.43	97% 95%	
2001	, 2010 (14),	5.	2.00			0070	2
400m		53.	4:47.42	402	4:48.68	101%	
100m		7. 26	1:06.29	374	1:05.20	97% 104%	
200m	, 2011 (13),	26.	2:26.59	418	2:29.33	104%	2
400m	, ==== //	82.	5:21.20	373	5:11.48	94%	-
100m		9.	1:11.77	427	1:12.72	103%	
200m		20.	2:37.44	463	2:39.93	103%	

, 29. - 31.5.2024

	, 2010 (14),						1
100m			56.14	509	56.14	100%	
400m		20.	4:37.84	445	4:40.00	102%	
200m	2040 (44	17.	2:22.78	452	2:22.20	99%	2
	, 2010 (14),	_					3
400m		5.	4:24.28	518 526	4:27.15	102%	
100m 200m		1. 5.	59.87 2:17.26	526 509	1:01.00 2:18.68	104% 102%	
200111	, 2011 (13),	5.	2.17.20	309	2.10.00	10278	2
100m	, 2011 (13),			-	1:01.69	-	_
400m		86.	4:54.90	372	5:07.83	109%	
200m		113.	2:40.51	318	2:40.53	100%	
	, 2011 (13),						1
400m	, (29.	5:04.54	438	5:00.70	97%	
100m		4.	1:10.02	459	1:10.86	102%	
200m		36.	2:40.75	435	2:38.82	98%	
							-00
							39
	, 2011 (13),						1
400m		42.	5:08.18	422	5:12.96	103%	
100m		12.	1:13.71	394	1:11.54	94%	
200m	, 2010 (14),	18.	2:36.66	470	2:35.00	98%	2
100m	, 2010 (14),		59.90	419	59.85	100%	_
400m		74.	4: 52.74	381	4:54.15	100%	
200m		82.	2:35.08	353	2:39.00	105%	
	, 2012 (12),						1
400m	, (/,	114.	5:35.58	327	5:39.26	102%	-
100m		34.	1:19.72	326	1:19.35	99%	
200m		121.	2:57.28	324	2:56.07	99%	
	, 2011 (13),						1
400m		103.	4:59.02	357	4:56.00	98%	
100m		18.	1:11.10	303	1:09.00	94%	
200m	2011 (12	118.	2:41.28	314	2:45.00	105%	
100m	, 2011 (13),	24	1.41 16	224	1:27.00	029/	-
100m	2014 (12	34.	1:41.16	234	1:37.00	92%	
400	, 2011 (13),	4.4	4:40.04	000	4:40.00	000/	-
100m 400m		41. 147.	1:18.64 6:27.11	260 213	1:18.00 6:20.00	98% 96%	
200m		143.	3:14.08	247	3:12.00	98%	
200	, 2012 (12),		000		0.12.00	30,0	_
400m	, , _ ,	146.	6:21.28	223	6:09.89	94%	
200m		145.	3:14.79	244	3:10.65	96%	
	, 2010 (14),						2
400m		125.	5:03.94	340	4:57.49	96%	
100m		8.	1:13.24	429	1:14.00	102%	
200m	0040 (44	45.	2:29.45	394	2:31.00	102%	
400	, 2010 (14),					4000/	1
400m 100m		164. 29.	5:48.93 1:20.67	225 321	5:59.00 1:19.00	106% 96%	
100111	, 2011 (13),	29.	1.20.07	321	1.19.00	9078	3
400m	, 2011 (13),	104.	4:59.22	356	5:01.37	101%	3
100m		27.	1:19.88	331	1:20.70	101%	
200m		88.	2:36.48	343	2:38.89	103%	
	, 2010 (14),						1
100m	, (),			-	1:03.70	-	
400m		124.	5:03.90	340	5:05.00	101%	
200m		145.	2:47.42	280	2:45.00	97%	
	, 2012 (12),						1
400m		123.	5:43.84	304	5:50.00	104%	
100m		26.	1:29.42	339 320	1:27.00	95%	
200m	2011 (12	124.	2:58.07	320	2:55.00	97%	4
400m	, 2011 (13),	157	5:28.67	260	5:14.00	91%	1
100m		157. 20.	1:12.30	269 288	1:11.00	96%	
200m		140.	2:44.86	294	2:45.18	100%	
	, 2013 (11),	**	- -			,0	1
400m	, , , , , , , , , , , , , , , , , , , ,	141.	6:01.09	262	6:01.11	100%	
100m		30.	1:34.81	185	1:31.64	93%	
200m		146.	3:15.98	240	3:12.02	96%	
	, 2010 (14),						2
100m		_	55.53	526	55.90	101%	
400m 200m		7. 4.	4:27.93 2:17.05	497 511	4:26.70	99%	
200111		4.	2:17.05	511	2:18.70	102%	

	, 2010 (14),					
400m	, == := (:: /,	98.	4:58.53	359	4:56.47	99%
100m		19.	1:07.50	367	1:07.50	100%
200m		38.	2:28.69	400	2:31.87	104%
200	, 2011 (13),	00.		.00	2.0.101	.0.70
400	, 2011 (10),	140	6,40,44	100	6.25.00	069/
400m		149.	6:42.44	189 240	6:35.00	96% 99%
100m		43.	1:28.27		1:28.00	
200m	0040 (44	142.	3:12.58	253	3:10.00	97%
	, 2013 (11),					
100m				-	1:12.50	-
400m		161.	5:40.86	241	5:34.00	96%
200m		156.	3:08.02	198	3:03.00	95%
	, 2012 (12),					
400m		162.	5:42.11	238	5:41.00	99%
100m		37.	1:30.67	226	1:27.00	92%
200m		154.	3:01.61	219	3:01.00	99%
	, 2010 (14),					2
100m				-	1:04.76	-
400m		142.	5:09.66	322	5:10.89	101%
200m		101.	2:38.47	331	2:39.21	101%
	, 2011 (13),					;
400m	, == : (:= /,	93.	5:26.72	354	5:34.09	105%
100m		13.	1:12.56	432	1:13.52	103%
200m		107.	2:53.12	348	2:59.24	107%
	, 2011 (13),					(
100m	, 2011 (10),	4.	1:01.60	542	1:02.02	101%
400m			5:23.00	367	5:40.00	111%
200m		88. 56.	2:45.17	401	2:48.00	103%
200111	2011 (12	50.	2.40.17	401	2.40.00	
400	, 2011 (13),					
400m		127.	5:45.02	301	5:38.96	97%
100m		39.	1:20.70	314	1:18.87	96%
200m	0040 (40	126.	2:59.05	315	3:06.22	108%
	, 2012 (12),					· · · · · · · · · · · · · · · · · · ·
400m		139.	5:07.02	330	5:09.00	101%
100m		36.	1:14.70	270	1:15.85	103%
200m		148.	2:48.08	277	2:46.85	99%
	, 2011 (13),					;
400m		115.	5:35.94	326	5:38.76	102%
100m		15.	1:24.29	404	1:24.51	101%
200m		89.	2:50.72	363	2:55.31	105%
	, 2012 (12),					•
400m		116.	5:36.39	325	5:30.00	96%
100m		25.	1:28.76	346	1:26.50	95%
200m		99.	2:52.06	355	2:55.00	103%
	, 2011 (13),					
100m	, , , , , , , , , , , , , , , , , , , ,			_	1:04.70	-
400m		148.	5:13.61	310	5:12.00	99%
	, 2010 (14),		·	3.0		3070
400m	, 2010 (11),	45.	4:45.43	411	4:47.00	101%
100m		17.	1:06.56	382	1:08.00	104%
200m		41.	2:28.99	398	2:28.00	99%
200111	2011 (12)	• • • • • • • • • • • • • • • • • • • •	2.20.00	000	2.20.00	
400	, 2011 (13),	450	F.00.00	005	F.46.00	060/
400m		152.	5:22.32	285	5:16.00	96%
100m		25.	1:21.40	202	1:20.50	98%
200m	2014 (42	143.	2:46.56	285	2:50.00	104%
105	, 2011 (13),				0.40.55	4000/
400m		148.	6:35.76	199	6:40.58	102%
200m		144.	3:14.78	244	3:10.00	95%
	, 2011 (13),					2
100m				-	1:04.01	-
400m		67.	4:51.62	385	4:52.34	100%
200m		105.	2:38.77	329	2:39.78	101%