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200m			-	2:21.20	=	
	, 2010 (14 ),					-
400m	, ( ,,		-	4:51.47	=	
100m			-	1:05.79	=	
200m			-	2:34.41	=	
	, 2010 (14     ),					-
400m	, , , , , , , , , , , , , , , , , , , ,		-	4:47.34	-	
100m			-	1:02.00	-	
200m			-	2:25.11	-	
	, 2011 (13 ),					-
400m	, - ( - ),	4:58.98	463	4:57.41	99%	
100m			-	1:17.17	=	
200m			-	2:35.78	=	
	, 2011 (13 ),					-
100m			-	1:07.49	-	
400m		5:11.71	408	5:08.16	98%	
200m			-	2:53.06	-	
	, 2010 (14 ),					-
400m	• •		-	5:11.54	-	
100m			-	1:18.86	-	
200m			-	2:42.30	-	
	, 2011 (13 ),					1
400m		5:17.34	387	5:21.70	103%	
100m			-	1:09.93	-	
200m			-	2:41.48	=	
						6
	, 2012 (12 ),					1
100m	, 2012 (12 ),		-	1:11.43	_	•
400m		5:10.60	412	5:16.95	104%	
200m			-	2:51.60	-	
	, 2010 (14 ),					-
100m	, (		_	56.28	=	
400m			-	4:35.56	-	
200m			-	2:26.07	-	
	, 2012 (12 ),					-
400m	, == (== /,	5:17.24	387	5:12.74	97%	
100m			-	1:20.48	-	
200m			-	2:37.03	=	
	, 2010 (14 ),					-
100m			-	1:01.10	=	
400m			-	4:50.45	=	
200m			-	2:33.00	-	
	, 2010 (14 ),					-
400m			-	4:39.55	=	
100m			-	1:16.99	=	
200m			-	2:27.07	-	
	, 2011 (13 ),					1
400m		5:19.44	379	5:20.36	101%	
100m			-	1:13.26	=	
200m			-	2:46.21	-	
	, 2010 (14 ),					-
400m			-	4:49.08	-	
100m				1:0/60	-	
			-	1:07.68		
200m	2042 (42		-	2:30.54	-	4
	, 2012 (12 ),			2:30.54	-	1
100m	, 2012 (12 ),		-	2:30.54 1:08.16	-	1
100m 400m	, 2012 (12 ),	5:09.90	- - 415	2:30.54 1:08.16 5:21.42	- - 108%	1
100m		5:09.90	-	2:30.54 1:08.16	-	
100m 400m 200m	, 2012 (12 ), , 2012 (12 ),	5:09.90	- 415 -	2:30.54 1:08.16 5:21.42 2:47.40	-	1
100m 400m 200m			- 415 -	2:30.54 1:08.16 5:21.42 2:47.40 1:08.40	108% - -	
100m 400m 200m 100m 400m		5:09.90 5:14.32	- 415 - - 398	2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16	-	
100m 400m 200m	, 2012 (12 ),		- 415 -	2:30.54 1:08.16 5:21.42 2:47.40 1:08.40	108% - -	
100m 400m 200m 100m 400m 200m			- 415 - - 398 -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08	108% - -	
100m 400m 200m 100m 400m 200m	, 2012 (12 ),		- 415 - - 398 -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11	108% - - 101% -	
100m 400m 200m 100m 400m 200m 100m 400m	, 2012 (12 ),		- 415 - - 398 -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25	108% - -	
100m 400m 200m 100m 400m 200m	, 2012 (12 ), , 2010 (14 ),		- 415 - - 398 -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11	108% - - 101% -	1
100m 400m 200m 100m 400m 200m 100m 400m 200m	, 2012 (12 ),	5:14.32	- 415 - - 398 - -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25 2:32.15	108% - - 101% - -	
100m 400m 200m 100m 400m 200m 100m 400m 200m	, 2012 (12 ), , 2010 (14 ),		- 415 - - 398 - - - - - 459	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25 2:32.15  5:00.52	- 108% - - 101% - - - 100%	1
100m 400m 200m 100m 400m 200m 100m 400m 200m	, 2012 (12 ), , 2010 (14 ),	5:14.32	415 - 398 - - - 459	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25 2:32.15  5:00.52 1:14.84	108% 101% 100%	1
100m 400m 200m 100m 400m 200m 100m 400m 200m	, 2012 (12 ), , 2010 (14 ), , 2011 (13 ),	5:14.32	- 415 - - 398 - - - - - 459	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25 2:32.15  5:00.52	- 108% - - 101% - - - 100%	1
100m 400m 200m 100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2012 (12 ), , 2010 (14 ),	5:14.32 4:59.81	415 - 398 - - - 459 -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25 2:32.15  5:00.52 1:14.84 2:41.53	108% - 101% 100%	1
100m 400m 200m 100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2012 (12 ), , 2010 (14 ), , 2011 (13 ),	5:14.32	415 - 398 - - - 459 - - 377	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 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	108% - 101% 100% - 100% - 97%	1
100m 400m 200m 100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2012 (12 ), , 2010 (14 ), , 2011 (13 ),	5:14.32 4:59.81	415 - 398 - - - 459 -	2:30.54  1:08.16 5:21.42 2:47.40  1:08.40 5:15.16 2:51.08  1:01.11 4:48.25 2:32.15  5:00.52 1:14.84 2:41.53	108% - 101% 100%	1

	, 2010 (14 ),					-
400m			-	4:51.04	-	
100m 200m			-	1:05.26 2:28.00	-	
200111	, 2010 (14 ),		-	2.20.00	-	_
400m	, 2010 (11 ),		-	4:36.00	_	
100m			-	1:07.50	-	
200m			-	2:28.50	-	
	, 2012 (12 ),					1
400m		5:27.25	353	5:28.72	101%	
100m 200m			-	1:20.44 2:52.24	-	
200111	, 2011 (13 ),		_	2.02.24	_	_
400m	, 2011 (13 ),	5:16.47	390	5:12.90	98%	
100m		0.10.11	-	1:11.34	-	
200m			-	2:44.44	-	
	, 2010 (14 ),					-
100m			-	59.24	-	
400m 200m			-	4:31.41 2:33.34	-	
200111	, 2010 (14 ),		-	2.33.34	-	_
400m	, 2010 (14 ),		-	4:50.50	_	_
100m			-	1:16.20	-	
200m			-	2:29.00	-	
	, 2010 (14 ),					-
400m			-	4:32.06	-	
100m 200m			-	1:00.00	-	
200111	, 2011 (13 ),		-	2:17.73	-	
400m	, 2011 (13 ),	5:23.67	364	5:19.00	97%	-
100m		0.20.01	-	1:16.50	-	
200m			-	2:50.15	-	
						10
	, 2011 (13 ),					-
100m			-	1:01.00	-	
400m 200m			-	5:12.00 2:38.50	-	
200111	, 2012 (12 ),		-	2.30.30	-	
100m	, 2012 (12 ),		-	1:10.00	-	-
400m		5:24.46	362	5:17.00	95%	
200m			-	2:52.00	-	
	, 2010 (14 ),					-
100m			-	1:01.00	-	
400m 200m			-	4:43.00 2:30.00	-	
200111	, 2012 (12 ),		_	2.30.00	_	_
100m	, 2012 (12 ),		-	1:05.00	_	_
400m			-	5:03.00	-	
200m			-	2:45.00	-	
	, 2012 (12 ),					-
400m		5:17.11	388	5:06.00	93%	
100m 200m			-	1:12.90 2:46.00	-	
200111	, 2011 (13 ),		-	2. 10.00	-	_
100m	, 2011 (10 ),		-	1:09.00	-	
400m		5:20.22	376	5:17.90	99%	
200m			-	2:49.60	-	
	, 2012 (12 ),					-
400m		5:31.09	340	5:17.90	92%	
100m			-	1:21.99 2:49.60	-	
200m	, 2010 (14 ),		-	2.49.00	-	_
400m	, 2010 (17 ),		-	4:56.38	-	_
100m			-	1:13.64	-	
200m			-	2:27.94	-	
	, 2011 (13 ),					1
100m	•	F	-	1:05.50	-	
400m		5:07.47	425	5:15.00	105%	
200m	, 2010 (14 ),		-	2:46.00	-	_
100m	, 2010 (14 ),		-	59.95	<u>-</u>	-
400m			-	4:54.00	-	
200m			-	2:36.00	-	

400	, 2010 (14 ),			5:04:00	-
400m 100m			-	5:04.00 1:15.00	-
200m			<u>-</u>	2:33.00	- -
	, 2011 (13 ),				-
100m	, , ,		-	1:05.00	-
400m		5:08.38	421	4:55.00	92%
200m	2040 (44		-	2:47.00	-
100	, 2010 (14 ),			4.50.00	-
400m 100m			-	4:58.00 1:18.00	
200m			-	2:38.35	-
	, 2012 (12 ),				-
400m		5:30.30	343	5:26.00	97%
100m			-	1:18.50	-
200m	, 2010 (14 ),		-	2:54.00	-
100m	, 2010 (14 ),		_	1:00.00	_
400m			-	4:44.22	<del>-</del>
200m			-	2:30.55	-
	, 2011 (13 ),				-
400m			-	4:58.00	-
100m 200m			-	1:10.00 2:38.60	
200111	, 2012 (12 ),			2.30.00	1
400m	, == (:= ),	5:56.43	273	6:00.00	102%
100m			-	1:22.00	-
200m			-	3:14.00	-
400	, 2010 (14 ),				-
400m 100m			-	4:41.90 1:06.90	-
200m			-	2:28.50	-
	, 2011 (13 ),				-
400m		5:18.21	384	5:06.76	93%
100m			-	1:16.54	-
200m	2011 (12		-	2:36.17	•
400m	, 2011 (13 ),		_	4:53.00	- -
100m			-	1:09.00	- -
200m			-	2:42.00	-
	, 2012 (12 ),				-
400m		5:44.55	302	5:40.00	97%
100m 200m			-	1:25.00 2:58.00	-
200111	, 2012 (12 ),		_	2.30.00	1
400m	, ( /,	5:25.53	358	5:31.00	103%
100m			-	1:17.50	<u>=</u>
200m			-	2:57.00	-
400	, 2012 (12 ),				-
400m 100m			-	6:09.00 1:35.00	-
200m			-	3:03.74	-
	, 2010 (14     ),				-
400m			-	4:52.00	-
100m			-	1:10.00 2:45.00	-
200m	, 2012 (12 ),		-	2.45.00	- 1
100m	, 2012 (12 ),		-	1:05.00	- '
400m		4:58.44	465	5:05.50	105%
200m			-	2:40.14	-
	, 2010 (14 ),				-
400m 100m			-	5:20.00 1:09.00	•
200m			-	2:41.00	-
	, 2011 (13 ),				-
400m		5:21.67	371	5:14.45	96%
100m			-	1:23.21	-
200m	2014 /42		-	2:43.34	-
400~	, 2011 (13 ),	E-E0 65	202	E-2E 00	OE0/
400m 100m		5:52.65	282	5:25.00 1:23.00	85% -
200m			-	2:50.00	-
	, 2011 (13 ),				-
400m		5:46.63	297	5:30.00	91%
100m 200m			-	1:17.00 2:53.00	- -
200111			-	2.33.00	-

	, 2010 (14 ),					-
100m			-	58.79	-	
400m 200m			-	4:50.00 2:35.29	-	
200111	, 2011 (13 ),		-	2.33.29	-	1
400m	, 2011 (10 ),	5:11.97	407	5:19.78	105%	•
100m		0.11.07	-	1:11.45	-	
200m			-	2:41.12	-	
	, 2012 (12 ),					-
400m		5:13.29	402	5:10.00	98%	
100m 200m			-	1:16.00 2:50.00	-	
200111	, 2013 (11 ),			2.50.00		_
400m	, 2010 (11 ),		_	6:02.00	_	
100m			-	1:29.00	-	
200m			-	3:10.00	-	
	, 2010 (14 ),					-
400m			-	4:56.00	-	
100m 200m			-	1:08.00 2:42.00	-	
200111	, 2011 (13 ),		_	2.42.00	-	_
400m	, 2011 (13 ),	5:00.79	454	4:55.76	97%	
100m		0.00.70	-	1:10.23	-	
200m			-	2:35.69	-	
	, 2013 (11 ),					1
400m		5:29.00	347	5:30.00	101%	
100m 200m			-	1:17.00 2:53.00	-	
200111	, 2012 (12 ),		-	2.33.00	-	_
400m	, 2012 (12 ),		_	5:00.00	<u>-</u>	-
100m			-	1:10.50	=	
200m			-	2:26.50	=	
	, 2011 (13 ),					1
100m			<del>-</del>	1:08.00	<del>-</del>	
400m		5:18.02	384	5:24.00	104%	
200m	, 2013 (11 ),		-	2:47.00	-	1
400m	, 2013 (11 ),	5:42.96	306	5:43.00	100%	
100m		0.42.00	-	1:28.79	-	
200m			-	2:59.00	-	
	, 2013 (11 ),					1
100m		=	-	1:08.00	-	
400m 200m		5:26.73	354 -	5:35.00 2:53.00	105%	
200111	, 2012 (12 ),		-	2.33.00	-	1
400m	, 2012 (12 ),	5:32.34	337	5:36.00	102%	•
100m			-	1:22.50	-	
200m			-	2:58.00	-	
	, 2011 (13 ),					-
400m			-	4:55.00	-	
100m 200m			-	1:09.00 2:35.00	- -	
200111	, 2010 (14 ),			2.33.00		_
400m	, 2010 (11 ),		-	5:00.00	_	
100m			-	1:05.50	-	
200m			-	2:27.00	=	
	, 2012 (12 ),					-
100m		F.4.4.4C	-	1:05.90	1000/	
400m 200m		5:14.16	399 -	5:14.00 2:46.00	100%	
200111	, 2012 (12 ),			2.10.00		_
400m	, == (:= ),	5:00.84	454	5:00.76	100%	
100m			-	1:15.60	=	
200m			-	2:34.33	-	
	, 2010 (14 ),					-
400m			-	5:20.00	-	
100m 200m			-	1:11.00 2:44.00	- -	
_00///						
						5
	, 2010 (14 ),					_
100m	, ( //		-	55.22	-	
400m			-	4:32.45	-	
200m			-	2:25.42	-	

, 2011 (13 ), 400m 5:21.23 373 5:12.00 94% 100m 1:22.72 200m 2:47.38 , 2012 (12 ), 400m 5:11.42 409 100% 5:11.20 100m 1:19.71 200m 2:45.10 , 2010 (14 ), 400m 4:43.78 1:15.65 2:27.24 100m 200m , 2011 (13 ), 400m 5:02.18 100m 1:14.97 200m 2:38.82 , 2011 (13 ), 100m 1:05.00 400m 5:13.06 403 5:10.00 98% 200m 2:48.00 , 2010 (14 ), 400m 4:10.30 1:02.52 100m 200m 2:22.10 , 2010 (14 100m 1:04.00 4:53.44 400m 2:39.02 200m , 2010 (14 ), 400m 4:09.73 1:05.00 100m 200m 2:13.50 , 2012 (12 ), 400m 401 98% 5:13.52 5:10.78 100m 1:14.00 200m 2:47.46 , 2011 (13 ), 400m 5:02.39 100m 1:13.50 200m 2:40.24 , 2011 (13 ), 1 100m 1:11.46 105% 5:04.87 436 400m 5:12.37 200m 2:52.37 , 2011 (13 1 ), 400m 4:55.57 4:53.33 490 102% 100m 1:12.97 200m 2:33.78 , 2011 (13 1 ), 400m 5:11.69 408 5:24.16 108% 100m 1:15.63 200m 2:45.16 , 2010 (14 ), 400m 4:53.24 100m 1:09.17 2:35.00 200m , 2010 (14 ), 100m 1:02.18 5:00.24 400m 200m 2:41.49 , 2011 (13 ), 400m 92% 5:31.72 339 5:18.20 100m 1:15.73 200m 2:40.40 , 2010 (14 ), 100m 1:00.20 400m 4:46.76 200m 2:29.33 , 2011 (13 1 ), 100m 1:05.89 400m 5:17.06 388 5:20.16 102% 200m 2:51.94 , 2011 (13 ), 1 400m 5:10.11 414 5:12.44 102% 100m 1:15.06 200m 2:46.53

							28
	, 2011 (13 ),						-
400m			-	4:51.26		-	
100m 200m			-	1:04.54 2:35.86		-	
200111	, 2010 (14 ),			2.00.00			_
100m	, 2010 (11 ),		-	59.75		-	
400m			-	4:58.08		-	
200m	, 2012 (12 ),		-	2:31.82		-	
100m	, 2012 (12 ),		_	1:24.71		_	-
200m			-	2:41.68		-	
	, 2010 (14 ),						-
400m			-	4:28.87	25.04.2024	-	
100m 200m			-	1:04.92 2:20.41	29.03.2024 24.04.2024	-	
	, 2010 (14 ),						-
400m			-	4:21.07	25.04.2024	-	
100m 200m			-	1:02.09 2:21.29	26.04.2024 24.04.2024	-	
200111	, 2012 (12 ),		-	2.21.29	24.04.2024	-	_
100m	, == (-= /,		-	1:12.87		-	
400m			-	6:02.18		-	
200m	, 2010 (14 ),		-	3:03.57		-	
100m	, 2010 (14 ),		_	56.54	26.04.2024	_	-
400m			-	4:22.37	25.04.2024	-	
200m			-	2:16.72	24.04.2024	-	
400	, 2010 (14 ),			4:04.04			-
100m 400m			-	1:01.04 4:58.23		-	
200m			-	2:32.38		-	
	, 2011 (13 ),						1
100m 400m		5:39.67	- 315	1:11.63 5:41.67		- 101%	
200m		3.39.07	-	2:57.97		-	
	, 2011 (13 ),						-
100m		5.47.47	-	1:07.27		4000/	
400m 200m		5:17.47	386	5:16.74 2:48.80		100%	
200111	, 2010 (14 ),			2.10.00			-
400m	, , , ,		-	4:50.62		-	
100m 200m			-	1:04.31 2:36.18		-	
200111	, 2011 (13 ),		_	2.30.10		_	_
400m	, 2011 (10 ),	5:06.09	431	5:03.05		98%	
100m			-	1:09.13		-	
200m	, 2011 (13 ),		-	2:42.47		-	1
400m	, 2011 (13 ),	5:19.74	378	5:25.39	24.04.2024	104%	'
100m			-	1:15.43	26.04.2024	-	
200m	0040 (44		-	2:44.59	22.06.2023	-	
100m	, 2010 (14 ),		_	1:02.92	26.04.2024		-
400m			-	5:07.80	25.04.2024	-	
200m			-	2:40.35	24.04.2024	-	
400	, 2011 (13 ),			. == .=	0= 0.4 000.4		-
400m 100m			-	4:55.65 1:20.23	25.04.2024 26.04.2024	-	
200m			-	2:33.67	24.04.2024	-	
	, 2011 (13 ),						-
100m 400m			-	1:03.95 4:53.13	26.04.2024 25.04.2024	-	
200m			-	2:39.61	28.03.2024	-	
	, 2011 (13 ),						-
400m		5:17.33	387	5:12.70		97%	
100m 200m			-	1:13.24 2:41.91		-	
200111	, 2010 (14 ),			2.71.01			-
400m	. , , , , , , , , , , , , , , , , , , ,		-	4:55.78	25.04.2024	-	
100m 200m			-	1:18.07 2:39.71	26.04.2024 24.04.2024	-	
ZUUIII	, 2011 (13 ),		-	۷.۵۶.۱۱	24.04.2024	-	_
400m	, 2011 (10 ),	5:13.27	402	5:07.61		96%	-
100m			-	1:18.86		-	
200m			-	2:43.95		-	

	, 2010 (14 ),						-
100m 400m			-	1:06.23 4:46.97	26.04.2024 25.04.2024	-	
200m			-	2:48.11	23.04.2024	-	
	, 2010 (14 ),						-
400m			-	4:56.78		-	
100m			-	1:12.94		-	
200m	, 2011 (13 ),		-	2:39.46		-	_
400m	, 2011 (10 ),		-	5:06.52		-	
100m			-	1:20.24		-	
200m	2011 (12		-	2:41.51		-	
400m	, 2011 (13 ),	5:13.71	400	5:11.05		98%	-
100m		0.10.71	-	1:11.42		-	
200m	2044 (42		-	2:44.78		-	
100m	, 2011 (13 ),		-	1:00.75	26.04.2024	_	-
400m			-	4:55.91	25.04.2024	-	
200m			-	2:35.06	24.04.2024	-	
400	, 2010 (14 ),						-
400m 100m			-	4:45.58 1:07.57		- -	
200m			-	2:23.78		-	
	, 2010 (14 ),						-
100m 400m			-	1:02.09 4:40.19		-	
200m			-	2:35.73		-	
	, 2012 (12 ),						-
100m 400m		5:18.55	382	1:06.45 5:15.39		98%	
200m		5.16.55	-	2:50.71		-	
	, 2011 (13 ),						-
100m			-	1:00.60 4:52.60		-	
400m 200m			-	2:44.00		- -	
	, 2011 (13 ),						1
100m	·		-	1:05.45	26.04.2024	-	
400m 200m		4:52.11	496 -	4:58.56 2:44.93	24.04.2024 25.04.2024	104% -	
	, 2012 (12 ),						-
400m	, ,		-	5:10.60	25.04.2024	-	
100m 200m			-	1:22.81 2:47.64	26.04.2024 24.04.2024	-	
200111	, 2010 (14 ),			2.47.04	24.04.2024		-
400m	, ,,		-	5:15.13	25.04.2024	-	
100m 200m			-	1:20.61 2:38.12	28.03.2024 24.04.2024	-	
200111	, 2011 (13 ),		_	2.50.12	24.04.2024	_	_
400m	, 2011 (10 ),	5:35.23	328	5:24.88		94%	
100m			-	1:21.65		-	
200m	, 2010 (14 ),		-	2:52.72		-	_
400m	, 2010 (11 ),		-	4:48.82		_	
100m			-	1:17.47		-	
200m	2010 (14		-	2:32.09		-	
400m	, 2010 (14 ),		-	4:52.60		_	-
100m			-	1:12.58		-	
200m	2042 (42		-	2:27.60		-	
100m	, 2012 (12 ),		-	1:04.40	28.03.2024	_	-
400m			-	4:55.47	25.04.2024	-	
200m			-	2:41.13	24.04.2024	-	
400m	, 2010 (14 ),		_	4:26.36			-
400m			-	1:01.56		-	
200m			-	2:16.53		-	
400	, 2011 (13 ),	504.10	070	F 40.00		000/	-
400m 100m		5:21.42	372	5:19.67 1:12.01		99%	
200m			-	2:38.51		-	
405	, 2010 (14 ),						-
400m 100m			-	4:47.50 1:12.80		- -	
200m			-	2:22.60		-	

	, 2011 (13 ),						-
400m		5:22.95	367	5:22.80		100%	
100m			-	1:06.89		-	
200m	, 2012 (12 ),		-	2:41.50		-	_
100m	, 2012 (12 ),		_	1:03.95	26.04.2024	-	
400m		5:03.12	444	4:55.54	24.04.2024	95%	
200m			-	2:42.67		-	
	, 2012 (12 ),						-
400m 100m			-	6:03.97 1:24.14	24.04.2024	-	
200m			-	3:10.66	25.04.2024	-	
	, 2011 (13 ),						1
100m	, , , ,		-	1:06.87		-	
400m		5:10.15	414	5:17.13		105%	
200m	, 2011 (13 ),		-	2:41.97		-	
100m	, 2011 (13 ),		_	1:04.58		_	-
400m			-	5:01.18	25.04.2024	-	
200m			-	2:41.79	24.04.2024	-	
	, 2011 (13 ),						-
400m		5:24.93	360	5:22.81		99%	
100m 200m			-	1:12.56 2:53.69		-	
200111	, 2011 (13 ),			2.00.00			_
400m	, - ( - ,,		-	5:13.38		-	
100m			-	1:28.91		-	
200m	2044 (42		-	2:44.49		-	
400m	, 2011 (13 ),	5:01.70	450	5:03.35		101%	1
100m		5.01.70	450	1:07.74		101%	
200m			-	2:39.68		-	
	, 2012 (12 ),						-
400m		5:54.90	276	5:54.14	24.04.2024	100%	
100m 200m			-	1:21.59 3:02.87	26.04.2024 25.04.2024	-	
200111	, 2010 (14 ),			3.02.07	25.04.2024		_
100m	, == := (: : /,		-	54.12		-	
400m			-	4:15.65		-	
200m	0040 (44		-	2:12.78		-	
400	, 2010 (14 ),			4:40.40	05.04.0004		-
400m 100m			-	4:42.10 1:09.79	25.04.2024 26.04.2024	-	
200m			-	2:23.12	24.04.2024	-	
	, 2013 (11 ),						1
400m		5:32.14	337	5:39.66		105%	
100m 200m			-	1:34.94 2:56.62		-	
	, 2011 (13 ),						1
400m	, == ( /,	5:31.45	339	5:32.47		101%	
100m			-	1:25.17		-	
200m	, 2012 (12 ),		-	2:55.64		-	
400m	, 2012 (12 ),	5:35.22	328	5:29.56	24.04.2024	97%	-
100m		0.00.22	-	1:22.25	26.04.2024	-	
200m			-	3:05.11	25.04.2024	-	
	, 2011 (13 ),						-
400m 100m		5:18.19	384	5:14.84 1:22.53	23.11.2023 23.11.2023	98%	
200m			-	2:43.30	25.04.2024	-	
	, 2012 (12 ),						-
400m		5:21.41	372	5:21.05	24.04.2024	100%	
100m			-	1:15.63 2:45.78	26.04.2024	-	
200m	, 2012 (12 ),		-	2.70.70	25.04.2024	-	1
400m	, 2012 (12 ),	5:04.52	438	5:12.89	24.04.2024	106%	'
100m			-	1:13.60	26.04.2024	-	
200m	0040 (1:1		-	2:49.88	25.04.2024	-	
400	, 2010 (14 ),			4 00 ==			-
100m 400m			-	1:02.55 4:49.66		-	
200m			-	2:38.32		-	
	, 2011 (13     ),						-
100m			-	1:03.13	26.04.2024	-	
400m 200m		4:57.81	468	4:54.75 2:39 16	27.03.2024 25.04.2024	98%	
200m			-	2:39.16	25.04.2024	-	

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400	, 2012 (12 ),	5.00.40	050	5.00.04		4000/	1
400m 100m		5:28.19	350	5:30.94 1:15.24		102%	
200m			-	2:51.65		-	
	, 2012 (12 ),						1
400m		5:08.56	421	5:16.23		105%	
100m 200m			-	1:22.27 2:40.76		-	
200	, 2012 (12 ),			2			1
400m		5:52.85	281	5:58.66		103%	
100m 200m			-	1:22.81 2:56.19		-	
200111	, 2010 (14 ),			2.00.10			_
100m	, =0.0 ( ),		-	1:05.38	26.04.2024	-	
400m			-	5:34.20	25.04.2024	-	
200m	, 2010 (14 ),		-	2:46.19	24.04.2024	-	_
400m	, 2010 (11 ),		-	4:46.52		-	
100m			-	1:04.59		-	
200m	, 2012 (12 ),		-	2:24.49		-	
400m	, 2012 (12 ),	5:44.14	303	5:44.08	24.04.2024	100%	-
100m		<b>3</b>	-	1:29.97	19.04.2024	-	
200m	2011 (12		-	2:50.20	25.04.2024	-	4
400m	, 2011 (13 ),	5:34.55	330	5:45.58	24.04.2024	107%	1
100m		0.04.00	-	1:18.51	26.04.2024	-	
200m			-	3:02.43	25.04.2024	-	
400m	, 2010 (14 ),		_	5:35.50	25.04.2024		-
100m			-	1:15.19	26.04.2024	-	
200m			-	2:45.47	24.04.2024	-	
100m	, 2011 (13 ),		_	1:04.60	26.10.2023		-
400m		4:54.85	482	4:52.83	24.04.2024	99%	
200m			-	2:34.71	22.11.2023	-	
400	, 2011 (13 ),			4.40.00	04.44.0000		1
100m 400m		5:32.07	337	1:18.22 5:36.05	24.11.2023 24.04.2024	102%	
200m			-	2:59.25	25.04.2024	-	
	, 2011 (13 ),						-
100m 400m			-	1:01.70 4:42.00		-	
200m			-	2:42.00		-	
	, 2010 (14 ),						-
400m 100m			-	4:40.20 1:08.47		-	
200m			-	2:29.71		-	
	, 2011 (13 ),						-
400m 100m			-	4:50.48 1:08.99		-	
200m			-	2:35.31		-	
	, 2011 (13     ),						1
400m		5:40.49	313	5:43.73		102%	
100m 200m			-	1:17.03 2:56.19		-	
	, 2010 (14 ),						-
100m			-	59.64		-	
400m 200m			-	4:51.18 2:25.57		-	
200	, 2011 (13 ),			2.20.0.			1
400m		5:04.55	438	5:16.65	24.04.2024	108%	
100m 200m			-	1:19.49 2:39.45	26.04.2024 25.04.2024	-	
	, 2010 (14 ),			2.50.10			-
400m			-	5:02.94		-	
100m 200m			-	1:11.66 2:42.38		-	
200111	, 2012 (12 ),		-	۷.4۲.۵0		-	_
400m	, ( ),		-	5:00.14	25.04.2024	-	
100m			-	1:20.97	26.04.2024	-	
200m	, 2010 (14 ),		-	2:41.56	24.04.2024	-	_
100m	, 20.0 (11 /,		-	1:04.73	28.03.2024	-	
400m			-	4:56.66	27.03.2024	-	
200m			-	2:45.39	16.06.2023	-	

, 2011 (13 ), 400m 417 98% 5:09.47 5:05.80 100m 1:11.00 200m 2:39.70 , 2010 (14 ), 100m 55.65 26.04.2024 400m 4:30.00 25.04.2024 200m 2:30.78 22.11.2023 , 2010 (14 ), 400m 5:04.79 1:14.56 100m 200m 2:34.88 , 2010 (14 ), 100m 1:04.13 4:53.89 400m 200m 2:42.26 , 2011 (13 ), 400m 5:03.36 25.04.2024 100m 26.04.2024 1:11.34 24.04.2024 200m 2:39.42 , 2013 (11 ), 400m 6:23.56 24.04.2024 26.04.2024 100m 1:38.18 200m 3:46.50 06.12.2023 , 2011 (13 100m 1:06.34 5:06.72 2:43.15 400m 200m , 2011 (13 ), 100m 1:06.69 07.12.2023 400m 27.03.2024 5:15.49 200m 2:50.21 24.04.2024 , 2010 (14 ), 400m 4:40.20 25.04.2024 100m 1:03.07 26.04.2024 200m 2:25.39 24.04.2024 , 2011 (13 ), 100m 1:00.12 400m 4:43.97 200m 2:34.00 , 2011 (13 ), 400m 5:17.90 25.04.2024 26.04.2024 100m 1:15.34 200m 2:48.64 24.04.2024 , 2010 (14 ), 400m 5:11.10 23.11.2023 100m 1:10.36 200m NT , 2010 (14 ), 100m 59.62 26.04.2024 400m 4:37.90 25.04.2024 200m 2:27.45 24.04.2024 , 2012 (12 ), 400m 5:34.37 331 5:26.57 95% 100m 1:20.12 200m 2:54.00 , 2011 (13 ), 100m 1:00.03 400m 4:42.88 200m 2:33.34 , 2011 (13 ), 100m 59.14 400m 4:52.02 496 4:49.86 99% 200m 2:29.93 , 2012 (12 ), 1 400m 5:39.24 316 5:47.72 24.04.2024 105% 100m 1:21.52 26.04.2024 200m 3:01.82 25.04.2024 , 2011 (13 ), 1 400m 4:36.01 588 4:40.15 24.04.2024 103% 100m 1:05.31 26.04.2024 200m 2:31.57 25.04.2024 , 2011 (13 ), 400m 5:00.56 100m 1:10.64 200m 2:39.17

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	, 2010 (14 ),						-
400m 100m			-	5:03.85 1:09.98		-	
200m			-	2:39.94		- -	
	, 2010 (14 ),						-
100m	, , , ,		-	58.78		-	
400m			-	4:47.67		-	
200m	2011 (12		-	2:33.74		-	4
400m	, 2011 (13 ),	5:20.72	375	5:29.96	27.03.2024	106%	1
100m		0.20.7 E	-	1:27.32	26.04.2024	-	
200m			-	2:52.36	25.04.2024	-	
	, 2011 (13 ),						-
400m 100m			-	5:06.86 1:20.91		-	
200m			-	2:37.55		-	
	, 2011 (13     ),						-
400m			-	4:46.21		-	
100m 200m			-	1:08.42 2:34.30		-	
200111	, 2011 (13 ),			2.01.00			
100m	, == ( ),		-	1:05.35	26.04.2024	-	
400m			-	4:59.54	25.04.2024	-	
200m	, 2010 (14 ),		-	2:48.84	24.04.2024	-	
400m	, 2010 (14 ),		_	4:43.30		_	-
100m			-	1:13.19		-	
200m			-	2:22.59		-	
400	, 2011 (13 ),	F 41.55	000	F FF ==		40=01	1
400m 100m		5:44.02	303	5:55.78 1:24.03		107% -	
200m			-	2:57.06		-	
	, 2012 (12 ),						-
400m 100m		5:05.99	431 -	5:00.22 1:13.94		96%	
200m			-	2:41.99		-	
	, 2013 (11 ),						1
400m		5:27.19	353	5:30.42	27.03.2024	102%	
100m 200m			-	1:17.86 2:59.30	26.04.2024	-	
200111	, 2011 (13 ),		_	2.59.50		_	
400m	, 2011 (10 ),	4:40.74	559	4:37.71		98%	
100m			-	1:04.81		-	
200m	, 2010 (14 ),		-	2:27.89		-	_
100m	, 2010 (14 ),		<u>-</u>	1:08.86	26.04.2024	_	
400m			-	5:34.76	25.04.2024	-	
200m	2040 (44		-	2:37.96		-	
400	, 2010 (14 ),			4.50.00			-
400m 100m			-	4:52.68 1:18.06		-	
200m			-	2:31.09		-	
	, 2010 (14 ),						-
100m			-	59.59		-	
400m 200m			-	4:47.04 2:32.95		-	
	, 2011 (13 ),						
100m			-	59.17	26.04.2024	-	
400m 200m		4:44.57	536	4:38.23 2:31.66	24.04.2024 25.04.2024	96% -	
200111	, 2011 (13 ),		-	2.01.00	20.07.2027	=	1
400m	, - ( - );	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	-	_
	, 2012 (12 ),		-	1:18.15	26.10.2023	-	_
				5:20.73	24.04.2024	96%	
100m 400m		5:27.11	353				
100m	0044 (40	5:27.11	-	2:56.24	25.04.2024	-	
100m 400m 200m	, 2011 (13 ),	5:27.11	-	2:56.24		-	-
100m 400m	, 2011 (13 ),	5:27.11 4:55.46			25.04.2024 05.10.2023 24.04.2024	- - 97%	-
100m 400m 200m			-	2:56.24 1:02.61	05.10.2023	- - 97% -	-
100m 400m 200m 100m 400m 200m	, 2011 (13 ), , 2010 (14 ),		- 479 -	2:56.24 1:02.61 4:50.73 2:33.58	05.10.2023 24.04.2024 25.04.2024	-	-
100m 400m 200m 100m 400m			- 479	2:56.24 1:02.61 4:50.73	05.10.2023 24.04.2024	- 97% - -	-

	2042 (44						
400m	, 2010 (14 ),		_	4:48.30		_	-
100m			-	1:05.77		-	
200m	0044/40		-	2:30.91		-	
400	, 2011 (13 ),			4 00 45			1
100m 400m		4:58.75	464	1:03.15 5:01.84		102%	
200m			-	2:36.98		-	
	, 2011 (13 ),						1
400m		4:54.60	483	4:56.36	24.04.2024 26.04.2024	101%	
100m 200m			-	1:11.76 2:37.06	25.04.2024	-	
	, 2011 (13 ),						-
400m			-	4:55.83		-	
100m 200m			-	1:06.88 2:34.49		-	
200111	, 2010 (14 ),			2.04.40			_
100m	, , , , , , , , , , , , , , , , , , , ,		-	1:00.40		-	
400m			-	4:38.00		-	
200m	, 2012 (12 ),		=	2:32.00		-	1
400m	, 2012 (12 ),	5:48.45	292	5:49.10	24.04.2024	100%	
100m				1:31.39	28.03.2024	-	
200m	2011 (12		-	3:00.67	25.04.2024	-	
100m	, 2011 (13 ),		_	1:10.37		_	-
400m			_	5:31.52		-	
200m			-	3:03.37		-	
400	, 2011 (13 ),	5.05.40	405	5 00 00		000/	-
400m 100m		5:05.10	435	5:02.99 1:22.25		99%	
200m			-	2:47.42		-	
	, 2012 (12 ),						-
100m 400m		5:30.10	344	1:11.00 5:29.94		100%	
200m		3.30.10	-	2:49.79		-	
	, 2012 (12 ),						-
400m			-	6:01.10	24.04.2024	-	
100m 200m			-	1:15.81 2:57.50	26.04.2024 25.04.2024	-	
200	, 2010 (14 ),			2.01.00	2010 11202 1		_
400m	, ( ),		-	4:50.19	25.04.2024	-	
100m			-	1:18.29	06.10.2023	-	
200m	, 2011 (13 ),		=	2:29.25	24.04.2024	-	_
400m	, 2311 (13 ),		-	5:29.16		-	
100m			-	1:16.04		-	
200m	, 2010 (14 ),		=	2:48.79		-	_
100m	, 2010 (14 ),		_	1:01.60		_	_
400m			-	5:02.70		-	
200m	2012 (12		-	2:35.00		-	
100m	, 2012 (12 ),		_	1:15.24		_	-
400m			-	6:01.03		-	
200m	2011 (12		-	3:11.37		-	
400m	, 2011 (13 ),	5:04.98	436	5:03.60		99%	-
100m		5.04.96	430	1:10.20		9970	
200m			-	2:42.00		-	
400	, 2011 (13 ),	F-0F 00	405	F:00 40	04.04.0004	000/	-
400m 100m		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 100m			-	4:31.67 1:02.45		-	
200m			-	2:21.46		-	
	, 2011 (13 ),						-
100m			-	59.64		-	
400m 200m			-	4:38.57 2:32.82		-	
_00111	, 2010 (14 ),			002			-
100m	· · · · · · · · · · · · · · · · · · ·		=	1:00.66		-	
400m 200m			-	5:00.36 2:33.70		-	
200111			-	2.33.70		-	

	, 2011 (13 ),						-
400m			-	4:45.95	25.04.2024	-	
100m 200m			-	1:13.57 2:27.33	26.04.2024 24.04.2024	-	
200111	, 2010 (14 ),		-	2.27.33	24.04.2024	-	_
400m	, 2010 (11 ),		_	4:40.19	25.04.2024	_	
100m			-	1:07.31	26.04.2024	-	
200m			-	2:25.73	24.04.2024	-	
	, 2011 (13 ),						1
100m		F 00 00	-	1:06.33		-	
400m 200m		5:06.89	428	5:12.55 2:49.02		104%	
	, 2011 (13 ),						_
400m	, ==::(:= /,	4:55.45	479	4:51.11		97%	
100m			-	1:08.96		-	
200m	2040 (44		-	2:34.65		-	
400m	, 2010 (14 ),		_	5:05.04			-
100m			-	1:16.06		-	
200m			-	2:32.15		-	
	, 2010 (14 ),						-
400m			-	4:36.97	25.04.2024	-	
100m 200m			-	1:06.71 2:31.30	26.04.2024 24.04.2024	-	
200111	, 2012 (12 ),		-	2.51.50	24.04.2024	-	1
400m	, 2012 (12 ),	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	-	
400	, 2010 (14 ),			4.50.00			-
400m 100m			-	4:56.26 1:06.63		-	
200m			-	2:31.67		-	
	, 2012 (12 ),						1
400m		5:38.28	319	5:55.38		110%	
100m 200m			-	1:26.26 3:06.71		-	
200111	, 2012 (12 ),		=	3.00.71		-	1
100m	, 2012 (12 ),		-	1:15.15		-	•
400m		5:41.46	310	5:54.03	24.04.2024	107%	
200m	0040 (44		-	3:09.62	25.04.2024	-	
400	, 2010 (14 ),			4 40 00			-
400m 100m			-	4:46.63 1:06.13		-	
200m			-	2:29.10		-	
	, 2012 (12 ),						-
400m			-	6:05.68	27.03.2024	-	
100m 200m			-	1:34.62 3:04.05	28.03.2024 25.04.2024	-	
200111	, 2010 (14 ),			0.01.00	20.0 1.202 1		_
400m	, 2010 (11 ),		-	5:05.89		-	
100m			-	1:11.00		-	
200m	, 2010 (14 ),		-	2:42.86		-	
400m	, 2010 (14 ),		_	4:55.23	25.04.2024	_	-
100m			-	1:09.85	26.04.2024	-	
200m			-	2:29.44	24.04.2024	-	
	, 2013 (11 ),						-
400m			-	6:15.63 1:27.90		-	
100m 200m			-	3:02.71		-	
	, 2010 (14 ),						-
100m	•		-	1:07.36	26.04.2024	-	
400m			-	5:03.09	25.04.2024	-	
200m			-	2:43.68	24.04.2024	-	
							6
	, 2011 (13 ),						-
400m	, 2011 (10 ),		-	4:32.58		-	
100m			-	1:02.61		-	
200m	2010 /14		-	2:30.35		-	
400m	, 2010 (14 ),		-	4:46.20		_	-
100m			-	1:17.05		-	
200m			-	2:29.55		-	

, 2011 (13 ), 400m 467 4:55.18 98% 4:58.03 100m 1:14.68 200m 2:40.38 , 2011 (13 ), 400m 5:02.37 447 4:56.03 96% 100m 1:14.95 200m 2:47.54 , 2012 (12 400m 4:52.60 4:48.04 517 103% 1:08.29 100m 2:35.61 200m , 2010 (14 ), 400m 5:07.65 100m 1:18.39 200m 2:37.36 , 2011 (13 ), 400m 5:11.10 410 5:03.43 95% 100m 1:22.64 2:40.55 200m , 2012 (12 ), 5:03.99 1:12.38 400m 100m 200m 2:41.04 , 2012 (12 ), 100m 1:04.60 400m 5:06.16 2:40.08 200m , 2011 (13 ), 1 100m 1:04.92 5:08.76 420 5:09.05 100% 400m 200m 2:46.15 , 2011 (13 ), 1 100m 1:06.09 400m 5:05.59 433 5:07.54 101% 200m 2:47.50 , 2010 (14 ), 100m 58 40 5:02.97 400m 200m 2:35.53 , 2011 (13 ), 1 400m 5:21.18 373 5:21.64 100% 1:16.52 100m 200m 2:53.92 , 2010 (14 ), 100m 1:04.14 400m 5:03.00 200m 2:42.92 , 2010 (14 ), 400m 4:47.50 100m 1:05.50 200m 2:30.70 , 2011 (13 ), 400m 97% 5:05.09 435 5:00.47 100m 1:15.07 200m 2:43.92 , 2010 (14 ), 100m 1:05.23 4:49.66 400m 200m 2:40.00 , 2011 (13 1 ), 100m 1:05.75 5:05.60 101% 400m 5:04.59 437 200m 2:53.11 , 2010 (14 ), 100m 58.71 400m 4:33.04 200m 2:21.32 , 2010 (14 400m 4:55.07 100m 1:20.35 200m 2:42.82 , 2012 (12 ), 1 400m 5:03.89 440 5:10.25 104% 100m 1:14.03 200m 2:40.09

## , 29. - 31.5.2024

	2010 (14					
400m	, 2010 (14 ),		_	4:58.35	_	-
100m			-	1:24.37	<u>=</u>	
200m			-	2:38.43	-	
	, 2010 (14     ),					-
400m			-	4:48.68	-	
100m			=	1:05.20	=	
200m	, 2011 (13 ),		-	2:29.33	-	
400m	, 2011 (13 ),	5:21.20	373	5:11.48	94%	-
100m		0.21.20	-	1:12.72	- -	
200m			-	2:39.93	-	
	, 2010 (14 ),					-
100m			-	56.14	-	
400m 200m			-	4:40.00 2:22.20	-	
200	, 2010 (14 ),			2.22.20		-
400m	, ( ),		-	4:27.15	-	
100m			-	1:01.00	-	
200m	0044 (40		-	2:18.68	=	
400	, 2011 (13 ),			4.04.00		-
100m 400m			-	1:01.69 5:07.83	-	
200m			-	2:40.53	-	
	, 2011 (13 ),					-
400m		5:04.54	438	5:00.70	97%	
100m 200m			-	1:10.86 2:38.82	-	
200111			-	2.30.02	-	
					6	ô
	, 2011 (13 ),				1	1
400m		5:08.18	422	5:12.96	103%	
100m			=	1:11.54	=	
200m	, 2010 (14 ),		-	2:35.00	<del>-</del>	_
100m	, 2010 (14 ),		-	59.85	_	_
400m			-	4:54.15	-	
000						
200m			-	2:39.00	-	
	, 2012 (12 ),	5 05 50			1	1
400m	, 2012 (12 ),	5:35.58	327	5:39.26	102%	1
	, 2012 (12 ),	5:35.58			1	1
400m 100m		5:35.58	327	5:39.26 1:19.35	102% -	1
400m 100m 200m 400m		5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00	102% -	1
400m 100m 200m 400m 100m		5:35.58	327 - - -	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00	102% -	1
400m 100m 200m 400m	, 2011 (13 ),	5:35.58	327 - -	5:39.26 1:19.35 2:56.07 4:56.00	102% -	1
400m 100m 200m 400m 100m 200m		5:35.58	327 - - -	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00	102% -	1 -
400m 100m 200m 400m 100m 200m 400m 100m	, 2011 (13 ),	5:35.58	327 - - -	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00	102% -	1
400m 100m 200m 400m 100m 200m	, 2011 (13 ), , 2011 (13 ),	5:35.58	327 - - - - -	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00	102% -	1
400m 100m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00	102%	1 -
400m 100m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ), , 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ), , 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ), , 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00	102%	-
400m 100m 200m 400m 100m 200m 400m 200m 100m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00	102%	-
400m 100m 200m 400m 100m 200m 400m 200m 100m 400m 200m 100m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65	102%	-
400m 100m 200m 400m 100m 200m 400m 200m 100m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00	102%	-
400m 100m 200m 400m 100m 200m 400m 200m 100m 400m 200m 100m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ), , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 400m 200m 100m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ), , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00	102%	-
400m 100m 200m 400m 100m 200m 400m 200m 100m 400m 200m 400m 200m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ), , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 200m	, 2011 (13 ),  , 2011 (13 ),  , 2011 (13 ),  , 2012 (12 ),  , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 200m 400m 200m	, 2011 (13 ), , 2011 (13 ), , 2011 (13 ), , 2012 (12 ), , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00 2:45.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 100m 200m	, 2011 (13 ),  , 2011 (13 ),  , 2011 (13 ),  , 2012 (12 ),  , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00 2:45.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 200m 400m 200m	, 2011 (13 ),  , 2011 (13 ),  , 2011 (13 ),  , 2012 (12 ),  , 2010 (14 ),  , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00 2:45.00	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ),  , 2011 (13 ),  , 2011 (13 ),  , 2012 (12 ),  , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00 2:45.00 5:01.37 1:20.70 2:38.89	102%	-
400m 100m 200m  400m 100m 200m  400m 100m 200m  100m 400m 200m  400m 100m 200m  400m 100m 200m  400m 100m 200m	, 2011 (13 ),  , 2011 (13 ),  , 2011 (13 ),  , 2012 (12 ),  , 2010 (14 ),  , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00 2:45.00 5:01.37 1:20.70 2:38.89	102%	-
400m 100m 200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 400m 200m 400m 100m 200m 400m 100m 200m	, 2011 (13 ),  , 2011 (13 ),  , 2011 (13 ),  , 2012 (12 ),  , 2010 (14 ),  , 2010 (14 ),	5:35.58	327	5:39.26 1:19.35 2:56.07 4:56.00 1:09.00 2:45.00 7:10.00 1:37.00 3:24.00 1:18.00 6:20.00 3:12.00 1:16.82 6:09.89 3:10.65 4:57.49 1:14.00 2:31.00 5:59.00 1:19.00 2:45.00 5:01.37 1:20.70 2:38.89	102%	-

	2012 (12				1
400m	, 2012 (12 ),	5:43.84	304	5:50.00	1 104%
100m		3.43.04	-	1:27.00	10478
200m			-	2:55.00	-
	, 2011 (13 ),				-
400m			-	5:14.00	-
100m			-	1:11.00	-
200m	0040 (44		-	2:45.18	-
400	, 2013 (11 ),			0.04.44	-
400m 100m			-	6:01.11 1:31.64	-
200m			-	3:12.02	- -
	, 2010 (14 ),				-
100m	, == ( , , , ,		-	55.90	-
400m			-	4:26.70	-
200m			-	2:18.70	-
	, 2010 (14 ),				-
400m			-	4:56.47	-
100m 200m			-	1:07.50 2:31.87	- -
200	, 2011 (13 ),			2.01.01	_
400m	, 2011 (10 ),		-	6:35.00	-
100m			-	1:28.00	-
200m			-	3:10.00	-
	, 2013 (11 ),				-
100m			-	1:12.50	-
400m 200m			-	5:34.00 3:03.00	- -
200111	, 2012 (12 ),			0.00.00	_
400m	, 2012 (12 ),		-	5:41.00	-
100m			-	1:27.00	-
200m			-	3:01.00	-
400	, 2010 (14 ),			4 0 4 = 0	-
100m 400m			-	1:04.76 5:10.89	-
200m			-	2:39.21	<u>-</u>
200111	, 2011 (13 ),			2.00.21	1
400m	,,	5:26.72	354	5:34.09	105%
100m			-	1:13.52	-
200m	0044 (40		-	2:59.24	-
400	, 2011 (13 ),			4 00 00	1
100m 400m		5:23.00	367	1:02.02 5:40.00	- 111%
200m		0.20.00	-	2:48.00	-
	, 2011 (13 ),				-
400m		5:45.02	301	5:38.96	97%
100m			-	1:18.87	-
200m	0040 (40		-	3:06.22	-
100	, 2012 (12 ),			5.00.00	-
400m 100m			-	5:09.00 1:15.85	- -
200m			-	2:46.85	-
	, 2011 (13 ),				1
400m	, , , ,	5:35.94	326	5:38.76	102%
100m			-	1:24.51	-
200m	2012 /12		-	2:55.31	-
400m	, 2012 (12 ),	5:36.39	325	E-20 00	96%
100m		3.30.39	-	5:30.00 1:26.50	-
200m			-	2:55.00	-
	, 2011 (13 ),				-
100m			-	1:04.70	-
400m			-	5:12.00	-
200m	, 2010 (14 ),		-	2:45.00	-
400m	, 2010 (14 ),		-	4:47.00	
100m			-	1:08.00	-
200m			-	2:28.00	-
	, 2011 (13 ),				-
400m			-	5:16.00	-
100m			-	1:20.50	-
200m	, 2011 (13 ),		-	2:50.00	- -
400m	, 2011 (10 ),		-	6:40.58	-
100m			-	1:33.00	-
200m			-	3:10.00	-

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, 2011 (13 ),

100m 400m 200m 1:04.01 4:52.34 2:39.78