	-						
						%	PB
							-
							54
400	, 2011 (13 ),	4.0	. ====	400	4 = 0.40	10101	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	, 2010 (14 ),	139.	2:44.58	295	2:48.88	105%	2
400m	, 2010 (14 ),	38.	4:43.04	421	4:46.77	103%	
100m		4.	1:11.52	461	1:10.23	96%	
200m		18.	2:23.54	445	2:25.50	103%	
400	, 2010 (14 ),				= 00 to		2
400m 100m		143. 13.	5:09.77 <b>1:08.52</b>	321 339	5:03.12 1:09.93	96% 104%	
200m		91.	2:36.69	342	2:40.19	105%	
	, 2010 (14 ),						3
100m	, , , , , , , , , , , , , , , , , , , ,	4.	55.52	526	57.36	107%	
400m		43.	4:44.69	414	4:59.79	111%	
200m	, 2011 (13 ),	24.	2:25.51	427	2:31.28	108%	2
400m	, 2011 (13 ),	100.	5:28.91	347	5:27.33	99%	-
100m		18.	1:14.80	395	1:14.81	100%	
200m		54.	2:44.38	407	2:46.39	102%	
	, 2010 (14    ),		. =		4.50.05	4000/	(
400m 100m		76. 12.	4:53.06 1:14.47	379 409	4:56.97 1:14.87	103% 101%	
200m		55.	2:30.38	387	2:34.33	105%	
	, 2010 (14 ),						•
400m		55.	4:47.74	401	4:47.31	100%	
100m 200m		11. 66.	1:07.47	355 371	1:08.10	102%	
200111	, 2012 (12 ),	66.	2:32.51	3/1	2:32.09	99%	2
400m	, 2012 (12 ),	132.	5:49.98	288	5:44.42	97%	•
100m		19.	1:17.92	333	1:21.94	111%	
200m	0040 (44	88.	2:50.40	365	2:59.66	111%	
400	, 2010 (14 ),	40	50.50	440	50.04	000/	2
100m 400m		13. 51.	58.53 <b>4:47.15</b>	449 403	58.01 4:50.47	98% 102%	
200m		70.	2:32.86	368	2:34.12	102%	
	, 2011 (13    ),						(
100m		3.	1:01.45	546	1:02.34	103%	
400m 200m		3. 10.	4:40.55 2:33.78	560 497	4:42.01 2:38.03	101% 106%	
200	, 2011 (13 ),				2.00.00	10070	(
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 (13 ),	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		11. 123.	<b>58.28</b> 5:03.75	455 341	59.01 4:57.39	103% 96%	
200m		35.	2:28.24	404	2:32.60	106%	
	, 2011 (13 ),						(
100m		28.	1:08.94	387	1:09.62	102%	
400m 200m		78. 84.	5:20.52 2:49.95	375 368	5:21.68 2:52.65	101% 103%	
200111	, 2011 (13 ),	04.	2.43.33	300	2.02.00	103%	;
400m	, 2011 (10 ),	46.	4:45.51	410	4:49.60	103%	•
100m		7.	1:12.94	435	1:13.73	102%	
200m	0044 (40	44.	2:29.38	395	2:32.11	104%	
400m-	, 2011 (13 ),	00	E-00 44	0.40	E-04.00	000/	•
400m 100m		99. 18.	5:28.41 <b>1:25.08</b>	349 393	5:24.80 1:27.21	98% 105%	
200m		82.	2:49.57	371	2:47.65	98%	

	2040 (4.4						2
400	, 2010 (14 ),	0.4	4.44.45	400	4.40.70	000/	2
400m 100m		31.	4:41.45 1:01.60	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.	2.19.37	400	2.21.20	10376	2
400m	, 2010 (14 ),	96	4:54.90	372	4:51.47	98%	_
400m		86. 10.	1:04.10	428	1:05.79	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%	3
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%	
							23
	, 2012 (12 ),						3
100m	, 2012 (12 ),	32.	1:10.67	359	1:11.43	102%	O
400m		50.	5:10.60	412	5:16.95	104%	
200m		85.	2:50.17	367	2:51.60	102%	
	, 2010 (14 ),						_
100m	, == ( /,	9.	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    ),						1
100m		20.	59.86	420	1:01.10	104%	
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 ),						1
100m		26.	1:00.52	406	1:01.11	102%	
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	0044 (40	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%	

	2040 (44						
400m	, 2010 (14 ),	68.	4:52.04	383	4:51.04	99%	-
100m		16.	1:05.96	393	1:05.26	98%	
200m		36.	2:28.34	403	2:28.00	100%	
	, 2010 (14 ),						2
400m		18.	4:35.80	455	4:36.00	100%	
100m 200m		10. 40.	<b>1:07.33</b> 2:28.96	357 398	1:07.50 2:28.50	101% 99%	
200111	, 2012 (12 ),	40.	2.20.90	390	2.20.30	33 /0	2
400m	, 2012 (12 ),	97.	5:27.25	353	5:28.72	101%	_
100m		25.	1:21.42	292	1:20.44	98%	
200m		101.	2:52.23	354	2:52.24	100%	
	, 2011 (13 ),						1
400m 100m		63. 12.	5:16.47 1:12.00	390 443	5:12.90 1:11.34	98% 98%	
200m		51.	2:43.41	414	2:44.44	101%	
	, 2010 (14 ),						-
100m	, , , , , , , , , , , , , , , , , , , ,	19.	59.50	428	59.24	99%	
400m		17.	4:35.12	459	4:31.41	97%	
200m	0040 (44	86.	2:36.14	346	2:33.34	96%	
400	, 2010 (14 ),	75	4.50.00	200	4.50.50	000/	1
400m 100m		75. 10.	4:53.03 <b>1:13.93</b>	380 418	4:50.50 1:16.20	98% 106%	
200m		46.	2:29.60	393	2:29.00	99%	
	, 2010 (14 ),						-
400m		14.	4:32.52	472	4:32.06	100%	
100m 200m		2. 7.	1:00.52 2:18.80	509 492	1:00.00 2:17.73	98% 98%	
200111	, 2011 (13 ),	7.	2:10.00	492	2:17.73	96%	2
400m	, 2011 (13 ),	89.	5:23.67	364	5:19.00	97%	2
100m		17.	1:16.44	353	1:16.50	100%	
200m		81.	2:49.37	372	2:50.15	101%	
							55
400	, 2011 (13 ),			.=-		2001	-
100m 400m		37. 147.	1:02.11 5:12.93	376 312	1:01.00 5:12.00	96% 99%	
200m		108.	2:39.54	324	2:38.50	99%	
	, 2012 (12 ),						_
100m	, , , , , , , , , , , , , , , , , , , ,	33.	1:10.76	358	1:10.00	98%	
400m		90.	5:24.46	362	5:17.00	95%	
200m	, 2010 (14 ),	131.	3:01.35	303	2:52.00	90%	2
100m	, 2010 (14 ),	27.	1:00.54	406	1:01.00	102%	2
400m		36.	4:42.02	426	4:43.00	101%	
200m		57.	2:30.56	386	2:30.00	99%	
	, 2012 (12 ),						2
100m		52.	1:04.91	329	1:05.00	100%	
400m 200m		144. 132.	5:10.95 <b>2:43.49</b>	318 301	5:03.00 2:45.00	95% 102%	
200111	, 2012 (12 ),	102.	2.40.40	001	2.10.00	10270	1
400m	, - (	65.	5:17.11	388	5:06.00	93%	
100m		10.	1:12.83	408	1:12.90	100%	
200m	0044 (40	82.	2:49.57	371	2:46.00	96%	
400	, 2011 (13 ),	20	4:40.05	200	4.00.00	070/	-
100m 400m		30. 77.	1:10.05 5:20.22	369 376	1:09.00 5:17.90	97% 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 400m		13. 41.	1:05.41 5:07.47	453 425	1:05.50 5:15.00	100% 105%	
200m		41. 76.	2:47.81	425 382	2:46.00	98%	
	, 2010 (14 ),					33,3	1
100m	, , , , , , , , , , , , , , , , , , , ,	16.	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%	

400	, 2010 (14     ),	4.40	5 44 40	0.47	5.04.00	050/	-
400m 100m		146. 23.	5:11.13 1:18.22	317 352	5:04.00 1:15.00	95% 92%	
200m		79.	2:34.76	355	2:33.00	98%	
	, 2011 (13    ),						-
100m		15.	1:05.46	452	1:05.00	99%	
400m		43.	5:08.38	421	4:55.00	92%	
200m	2040 (44	102.	2:52.35	353	2:47.00	94%	4
400m	, 2010 (14 ),	105	4:E0 G1	255	4.59.00	00%	1
400m 100m		105. 30.	4:59.61 1:21.50	355 312	4:58.00 1:18.00	99% 92%	
200m		81.	2:34.91	354	2:38.35	104%	
	, 2012 (12 ),						1
400m		103.	5:30.30	343	5:26.00	97%	
100m		32.	1:19.01	335	1:18.50	99%	
200m	, 2010 (14 ),	86.	2:50.18	367	2:54.00	105%	_
100m	, 2010 (14 ),	39.	1:02.45	370	1:00.00	92%	
400m		64.	4:51.10	387	4:44.22	95%	
200m		78.	2:34.27	358	2:30.55	95%	
	, 2011 (13 ),						-
400m		96.	4:58.10	360	4:58.00	100%	
100m 200m		17. 127.	1:10.87 2:42.29	306 308	1:10.00 2:38.60	98% 96%	
200111	, 2012 (12 ),	127.	2.42.23	300	2.30.00	3076	1
400m	, 2012 (12 ),	140.	5:56.43	273	6:00.00	102%	
100m		42.	1:23.83	280	1:22.00	96%	
200m		148.	3:23.13	215	3:14.00	91%	
	, 2010 (14 ),						2
400m 100m		19. 4.	4:35.84 1:05.51	455 387	4:41.90 1:06.90	104% 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	0044 (40	17.	2:35.71	479	2:36.17	101%	
400	, 2011 (13 ),	70	4.50.40	270	4.50.00	4000/	-
400m 100m		79. 31.	4:53.46 1:13.64	378 282	4:53.00 1:09.00	100% 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%	2
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 200m		29. 128.	1:32.65 3:00.38	304 308	1:35.00 3:03.74	105% 104%	
200111	, 2010 (14 ),	120.	0.00.00	300	0.00.74	10-7/0	_
400m	, == := (: : /,	133.	5:05.92	333	4:52.00	91%	
100m		24.	1:15.84	250	1:10.00	85%	
200m	0040 (40	151.	2:53.07	254	2:45.00	91%	_
400	, 2012 (12 ),	4.4	4-04-04	470	4.05.00		3
100m 400m		11. 18.	1:04.24 4:58.44	478 465	1:05.00 5:05.50	102% 105%	
200m		29.	2:39.91	442	2:40.14	100%	
	, 2010 (14 ),						-
400m	,	156.	5:25.52	277	5:20.00	97%	
100m		29.	1:12.22	299	1:09.00	91%	
200m	, 2011 (13 ),	146.	2:47.48	280	2:41.00	92%	1
400m	, 2011 (13 ),	86.	5:21.67	371	5:14.45	96%	1
100m		14.	1:23.86	411	1:23.21	98%	
200m		46.	2:43.02	417	2:43.34	100%	
	, 2011 (13 ),						-
400m		135.	5:52.65	282	5:25.00	85%	
100m		21. 114.	1:27.47	362 341	1:23.00 2:50.00	90% 95%	
200m	, 2011 (13 ),	114.	2:54.33	3 <del>4</del> I	2.30.00		2
400m	, 2011 (10 ),	128.	5:46.63	297	5:30.00		
400m 100m 200m	, 2011 (10 ),	128. 26. 106.	5:46.63 <b>1:16.59</b> <b>2:52.99</b>	297 368 349	5:30.00 1:17.00 2:53.00	91% 101% 100%	

	, 2010 (14    ),						-
100m 400m		18. 92.	59.08	437 367	58.79	99% 96%	
200m		92. 85.	4:56.39 2:35.94	367 347	4:50.00 2:35.29	90%	
200111	, 2011 (13 ),	00.	2.00.01	011	2.00.20	0070	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 ),	F0	F:42.20	400	F:10 00	000/	-
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	, 2010 (14 ),	139.	3:07.24	275	3:10.00	103%	_
400m	, 2010 (14 ),	118.	5:02.37	345	4:56.00	96%	
100m		25.	1:10.17	326	1:08.00	94%	
200m		130.	2:42.95	304	2:42.00	99%	
	, 2011 (13 ),						1
400m		22. 6.	5:00.79	454 454	4:55.76	97%	
100m 200m		0. 11.	1:10.28 <b>2:33.98</b>	454 495	1:10.23 2:35.69	100% 102%	
200111	, 2013 (11 ),		2.00.00	100	2.00.00	10270	3
400m	, (	101.	5:29.00	347	5:30.00	101%	
100m		15.	1:15.27	370	1:17.00	105%	
200m	2042 (42	94.	2:51.18	360	2:53.00	102%	4
400m	, 2012 (12 ),	94.	4:56.78	365	5:00.00	102%	1
100m		5.	1:12.07	451	1:10.50	96%	
200m		61.	2:31.15	381	2:26.50	94%	
	, 2011 (13    ),						2
100m		25.	1:07.90	405	1:08.00	100%	
400m 200m		70. 75.	<b>5:18.02</b> 2:47.79	384 383	5:24.00 2:47.00	104% 99%	
200111	, 2013 (11 ),	75.	2.41.13	303	2.47.00	3370	3
400m	, 2010 (11 ),	122.	5:42.96	306	5:43.00	100%	Ŭ
100m		24.	1:28.37	351	1:28.79	101%	
200m	2242 (44	113.	2:54.20	342	2:59.00	106%	_
400	, 2013 (11 ),	0.4	4.07.00	400	4.00.00	4040/	3
100m 400m		24. 94.	1:07.69 5:26.73	409 354	1:08.00 5:35.00	101% 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		27.	1:23.90	267 296	1:22.50	97% 95%	
200m	, 2011 (13 ),	135.	3:02.68	290	2:58.00	90%	_
400m	, 2011 (13 ),	128.	5:04.94	337	4:55.00	94%	_
100m		30.	1:12.83	292	1:09.00	90%	
200m		121.	2:41.65	311	2:35.00	92%	
	, 2010 (14    ),						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%	4
400m	, 2012 (12 ),	23.	5:00.84	454	5:00.76	100%	1
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 200m		21. 126.	1:12.54 <b>2:42.08</b>	285 309	1:11.00 2:44.00	96% 102%	
200111		120.	2.32.00	500	2.11.00	102/0	
							35
	, 2010 (14 ),						3
100m	· · · · · · · · · · · · · · · · · · ·	3.	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%	

400m							
Month		2014 /42					
100m	400m	, 2011 (13 ),	83.	5:21.23	373	5:12.00	94%
200m							
A00m							
Moon   S2		, 2012 (12 ),					1
200m	400m		52.	5:11.42	409	5:11.20	100%
## ADDM   100m	100m		21.	1:18.74	323	1:19.71	102%
400m	200m		66.	2:46.30	393	2:45.10	
100m		, 2010 (14    ),					2
200m							
. 2011 (13 ), 400m 100m 37. 114.466 209 114.437 100% 200m , 2011 (13 ), 136. 224426 2097 2238.82 99% 100m , 2011 (13 ), 18. 1.05.92 442 105.00 97% 400m , 2010 (14 ), 400m , 2010 (14 ), 400m 100m , 2010 (14 ), 400m , 2011 (13 ), 400m , 2011 (14 ), 400m , 2011 (15 ), 400m , 2011 (16 ), 400m , 2011 (17 ), 400m , 2011 (18 ), 400m , 2011 (19 ), 400m , 2011 (							
400m	200m	0044 (40	31.	2:27.12	413	2:21.24	
100m		, 2011 (13 ),					2
200m   136.   244.66   287   238.82   39%   100m   100m   18.   105.92   442   1.05.00   67%   400m   200m   67.   246.32   363   248.00   102%   246.00   200m   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   2011 (13 ),   200m							
100m							
100m	200111	2011 (13 )	130.	2.44.20	291	2.30.02	
## 200m	100m	, 2011 (13 ),	10	1:05.02	442	1.05.00	
200m							
, 2010 (14 ), 400m 100m 5. 1:01.83 477 1:02.52 1:02% 200m 2010 (14 ), 220.18 478 2:22.10 1:03% 200m 2010 (14 ), 220.18 478 2:22.10 1:03% 200m 200m 2010 (14 ), 47. 1:04.12 341 1:04.00 1:00% 400m 65. 4:51.20 367 4:53.44 1:02% 200m 200m 2010 (14 ), 400m 100m 1. 1:05.55 5:99 1:05.00 38% 200m 200m 2012 (12 ), 400m 100m 200m 2012 (12 ), 400m 200m 2011 (13 ), 400m 200m 2011 (13 ), 400m 200m 2011 (13 ), 400m 200m 200m 200m 200m 200m 200m 200m							
400m	200	2010 (14 )	0		555	2. 10.00	2
100m	400m	, 2010 (14 ),	3	1.17 10	560	4:10.30	
200m							
100m							
100m		, 2010 (14 ).				<del></del>	2
400m   90	100m	, ( /1	47.	1:04.12	341	1:04.00	
200m   90.   2:36.62   343   2:39.02   103%   2							
1.   4:08.68   621   4:09.73   101%							
1.   4:08.68   621   4:09.73   101%		, 2010 (14 ),					2
200m   1.   2.07.55   629   2:13.50   109%   100m   59   5:13.52   401   5:10.78   98%   100m   16.   1:14.41   401   1:14.00   99%   200m   7.   2011 (13 ),   138.   5.06.74   331   5.02.39   97%   100m   32.   1:13.68   282   1:13.50   100%   200m   2.2011 (13 ),   32.   1:13.68   282   1:13.50   100%   200m   2.2011 (13 ),   32.   5:04.87   436   5:12.37   105%   400m   32.   5:04.87   436   5:12.37   105%   200m   7.   2011 (13 ),   3.   3.   3.   3.   3.   3.   3.   3	400m		1.	4:08.68	621	4:09.73	
, 2012 (12 ), 400m 16, 114.41 401 114.00 98% 100m 7, 2011 (13 ), 400m 1, 2011 (14 ), 400m 1, 2010 (14 ), 400m 1, 2011 (13 ), 400m 1, 2011 (14 ), 400m 1, 2011 (15 ), 400m 1, 2011 (16 ), 400m 1, 2011 (17 ), 400m 1, 2011 (18 ), 400m 1, 2011 (19 ), 4	100m		1.	1:05.55	599	1:05.00	98%
400m	200m		1.	2:07.95	629	2:13.50	
100m		, 2012 (12 ),					1
200m						5:10.78	
, 2011 (13 ), 400m 138 5.06.74 331 5.02.39 97% 100m 32 1:13.68 282 1:13.50 100% 200m , 2011 (13 ), 32 1:13.68 282 1:13.50 100% 200m , 2011 (13 ), 32 1:09.47 378 1:11.46 106% 400m 22.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.487 436 5:12.37 102% 32.50.50.50.50.50.50.50.50.50.50.50.50.50.							
400m	200m		59.	2:45.50	399	2:47.46	102%
100m		, 2011 (13 ),					-
200m							
, 2011 (13 ),  100m							
100m	200m	0044 (40	122.	2:41.73	311	2:40.24	
400m	400	, 2011 (13 ),					
200m							
, 2011 (13 ),  400m							
400m	200111	2011 (13	50.	2.51.00	301	2.02.01	3
100m	400m	, 2011 (10 ),	11	4.53.33	490	4:55 57	
7. 2:32.60 509 2:33.78 102%  , 2011 (13 ),  400m , 2011 (13 ),  400m , 2010 (14 ),  400m , 2011 (13 ),  48. 5:10.11 , 414 5:12.44 , 102%  400m , 2011 (13 ),  400m , 2011 (13 ),  48. 5:10.11 , 414 5:12.44 , 102%  400m , 2011 (13 ),  400m , 2011 (13 ),  48. 5:10.11 , 414 5:12.44 , 102%							
, 2011 (13 ),  400m 100m 100m 114.14.91 105.3 115.63 102% 200m 1042. 241.71 1047 2:45.16 104% 200m 100m 100m 100m 100m 100m 100m 100m			_		=	0.00 =0	
400m		. 2011 (13 ).					3
100m	400m	, - , - ,,	53.	5:11.69	408	5:24.16	
200m					393		
400m	200m		42.				
400m		, 2010 (14    ),					1
, 2010 (14 ),  100m 400m 29. 1:00.82 400 1:02.18 105% 400m 93. 2:37.15 339 2:41.49 106% , 2011 (13 ),  400m 106. 5:31.72 339 5:18.20 92% 100m 100m 16. 1:15.75 363 1:15.73 100% 200m , 2010 (14 ),  23. 1:00.10 415 1:00.20 100% 400m 400m 37. 4:42.97 422 4:46.76 103% 200m , 2011 (13 ),  100m 37. 4:42.97 422 4:46.76 103% 200m , 2011 (13 ),  100m 37. 100m 38. 2:31.60 378 2:29.33 97%  , 2011 (13 ),  100m 400m 7. 21. 1:06.52 431 1:05.89 98% 400m 7. 2011 (13 ),  100m 400m 400m 400m 400m 400m 400m 400	400m	·	80.				100%
100m	100m		14.	1:08.76	335	1:09.17	
100m		, 2010 (14 ),					3
200m 93. 2:37.15 339 2:41.49 106%  , 2011 (13 ),  400m 106. 5:31.72 339 5:18.20 92% 100m 68. 2:46.53 391 2:40.40 93%  , 2010 (14 ),  200m 23. 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 ),  100m 21. 1:06.52 431 1:05.89 98% 400m 21. 1:06.52 431 1:05.89 98% 400m 21. 1:06.52 431 1:05.89 98% 400m 2200m 105. 2:52.88 350 2:51.94 99%  , 2011 (13 ),  400m 48. 5:10.11 414 5:12.44 102% 100m 48. 5:10.11 414 5:12.44 102% 100m 48. 5:10.11 414 5:12.44 102% 100m 100m 24. 1:16.16 374 1:15.06 97%							
, 2011 (13 ),  400m							
400m       106.       5:31.72       339       5:18.20       92%         100m       16.       1:15.75       363       1:15.73       100%         200m       68.       2:46.53       391       2:40.40       93%         , 2010 (14),       23.       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%         100m       21.       1:06.52       431       1:05.89       98%         400m       24.       5:17.06       388       5:20.16       102%         200m       105.       2:52.88       350       2:51.94       99%         , 2011 (13),       48.       5:10.11       414       5:12.44       102%         400m       48.       5:10.11       414       5:12.44       102%         100m       48.       5:10.11       414       5:12.44       102%         100m       48.       5:10.11       414       5:12.44       102%         20m       24.       1:16.16       374       1:15.06       97%	200m		93.	2:37.15	339	2:41.49	106%
100m		, 2011 (13 ),					-
200m					339		
, 2010 (14 ),       100m (400m)     23. 1:00.10 (415 1:00.20)     100% (400m)       200m (63. 2:31.60)     378 2:29.33 (97% (2011))       , 2011 (13 ),     1:06.52 (431 1:05.89)     98% (400m)       400m (200m)     64. 5:17.06 (388 5:20.16)     102% (2011)       200m (700m)     105. 2:52.88 (350 2:51.94)     99% (2011)       400m (700m)     48. 5:10.11 (414 5:12.44)     102% (2011)       100m (200m)     24. 1:16.16 (374 1:15.06)     97% (2011)							
100m	∠uum	2040 (44	68.	∠:46.53	391	∠:40.40	
400m 37. 4:42.97 422 4:46.76 103% 200m 63. 2:31.60 378 2:29.33 97% 100m , 2011 (13 ), 1100.52 431 1:05.89 98% 400m 64. 5:17.06 388 5:20.16 102% 200m 105. 2:52.88 350 2:51.94 99% 100m , 2011 (13 ), 120.52 431 1:05.89 99% 105. 2:52.88 350 2:51.94 99% 105. 2:52.88 350 2:51.94 99% 105. 2:52.88 350 2:51.94 99% 105. 2:52.88 350 2:51.94 99% 105. 2:52.88 105. 2:51.94 105. 2:52.88 105. 2:52.88 105. 2:51.94 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:52.88 105. 2:	40-	, 2010 (14 ),				4.00.0-	
200m							
, 2011 (13 ),  100m 21. 1:06.52 431 1:05.89 98% 400m 64. <b>5:17.06</b> 388 5:20.16 102% 200m 105. 2:52.88 350 2:51.94 99%  , 2011 (13 ),  400m 48. <b>5:10.11</b> 414 5:12.44 102% 100m 24. 1:16.16 374 1:15.06 97%							
100m 21. 1:06.52 431 1:05.89 98% 400m 64. <b>5:17.06</b> 388 5:20.16 102% 200m 105. 2:52.88 350 2:51.94 99% 700m 700m 48. <b>5:10.11</b> 414 5:12.44 102% 100m 24. 1:16.16 374 1:15.06 97%	ZUUIII	2011 /13	03.	2.31.00	310	۷.۷۵.۵۵	
400m 64. <b>5:17.06</b> 388 5:20.16 102% 200m 105. 2:52.88 350 2:51.94 99% 99% 7. 2011 (13 ), 2011 (13 ), 400m 48. <b>5:10.11</b> 414 5:12.44 102% 100m 24. 1:16.16 374 1:15.06 97%	100~	, 2011 (13 ),	24	1.06 50	404	1.0F 90	
200m 105. 2:52.88 350 2:51.94 99% , 2011 (13 ), 2011 (13 ), 252.88 350 2:51.94 99% 2011 (13 ), 2011 (1							
, 2011 (13 ), 400m							
400m       48.       5:10.11       414       5:12.44       102%         100m       24.       1:16.16       374       1:15.06       97%	_00.11	2011 (13 \	100.	000	550		2
100m 24. 1:16.16 374 1:15.06 97%	400m	, 2011 (13 <i>)</i> ,	/10	5:10 11	/11/	5.12 44	
			-		-		

400	, 2011 (13 ),	00	4.50.04	077	4.54.00		000/	2
400m 100m		82. 11.	4:53.81 <b>1:04.14</b>	377 427	4:51.26 1:04.54		98% 101%	
200m		74.	2:33.83	361	2:35.86		103%	
	, 2010 (14 ),							1
400m		12.	4:30.49	483	4:28.87	25.04.2024	99%	
100m		9. 12.	1:03.92	432 469	1:04.92	29.03.2024	103% 99%	
200m	, 2010 (14 ),	12.	2:21.05	409	2:20.41	24.04.2024	99%	3
400m	, 2010 (14 ),	4.	4:18.37	554	4:21.07	25.04.2024	102%	3
100m		6.	1:01.99	473	1:02.09	26.04.2024	100%	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	
	, 2012 (12 ),							2
100m		39.	1:13.90	314	1:12.87		97%	
400m 200m		134. 133.	5:52.45 3:02.37	282 298	6:02.18 3:03.57		106% 101%	
200111	, 2010 (14 ),	133.	3.02.37	230	3.03.37		10170	_
100m	, 2010 (11 ),	7.	56.86	490	56.54	26.04.2024	99%	
400m		8.	4:28.25	495	4:22.37	25.04.2024	96%	
200m		6.	2:17.60	505	2:16.72	24.04.2024	99%	
	, 2010 (14    ),							2
100m		32.	1:00.99	397	1:01.04		100%	
400m 200m		100. 53.	4:58.66 <b>2:30.35</b>	358 387	4:58.23 2:32.38		100% 103%	
200111	, 2011 (13 ),	55.	2.00.00	301	2.02.00		10070	2
100m	, ==::(:= /,	36.	1:11.40	348	1:11.63		101%	_
400m		119.	5:39.67	315	5:41.67		101%	
200m		132.	3:01.38	303	2:57.97		96%	_
	, 2011 (13 ),	4.0		440			40.407	2
100m 400m		19. 69.	<b>1:05.93</b> 5:17.47	442 386	1:07.27 5:16.74		104% 100%	
200m		71.	2:46.80	389	2:48.80		102%	
	, 2010 (14 ),							1
400m	, , , , , , , , , , , , , , , , , , , ,	70.	4:52.05	383	4:50.62		99%	
100m		12.	1:04.23	426	1:04.31		100%	
200m	0044 (40	103.	2:38.60	330	2:36.18		97%	
400	, 2011 (13 ),	20	F-00 00	404	F-00 0F		000/	1
400m 100m		39. 5.	5:06.09 1:09.39	431 494	5:03.05 1:09.13		98% 99%	
200m		30.	2:40.06	441	2:42.47		103%	
	, 2011 (13 ),							1
400m		75.	5:19.74	378	5:25.39	24.04.2024	104%	
100m		23.	1:19.35	316	1:15.43	26.04.2024	90%	
200m	, 2010 (14 ),	62.	2:45.65	398	2:44.59	22.06.2023	99%	3
100m	, 2010 (14 ),	34.	1:01.08	395	1:02.92	26.04.2024	106%	3
400m		126.	5:04.59	338	5:07.80	25.04.2024	102%	
200m		87.	2:36.19	345	2:40.35	24.04.2024	105%	
	, 2011 (13 ),							3
400m		58.	4:48.95	396	4:55.65	25.04.2024	105%	
100m 200m		25. 59.	1:19.42 2:30.99	337 382	1:20.23	26.04.2024	102% 104%	
200111	, 2011 (13 ),	59.	2.30.99	302	2:33.67	24.04.2024	104%	_
100m	, 2011 (10 ),	51.	1:04.76	331	1:03.95	26.04.2024	98%	
400m		95.	4:56.87	365	4:53.13	25.04.2024	97%	
	, 2011 (13 ),							2
400m		67.	5:17.33	387	5:12.70		97%	
100m 200m		14. 40.	1:12.78 2:41.16	428 432	1:13.24 2:41.91		101% 101%	
200111	, 2010 (14 ),	40.	2.41.10	432	2.41.91		101%	1
400m	, 2010 (14 ),	116.	5:02.10	346	4:55.78	25.04.2024	96%	'
200m		99.	2:37.98	334	2:39.71	24.04.2024	102%	
	, 2011 (13 ),							1
400m		57.	5:13.27	402	5:07.61		96%	
100m		6.	1:20.37	467	1:18.86		96%	
200m	2010 (14	34.	2:40.38	438	2:43.95		105%	2
100m	, 2010 (14 ),	46.	1:03.98	344	1:06.23	26.04.2024	107%	3
400m		40.	4:43.61	419	4:46.97	25.04.2024	102%	
200m		114.	2:40.71	317	2:48.11		109%	
	, 2010 (14    ),							2
400m		99.	4:58.54	359	4:56.78		99%	
100m 200m		16. 89.	1:10.03 2:36.50	317 343	1:12.94 2:39.46		108% 104%	
200111		OJ.	2.50.50	J40	2.53.40		104/0	

	, 2011 (13 ),						3
400m		120.	5:02.84	344	5:06.52		102%
100m 200m		28. 97.	1:20.18 2:37.63	327 336	1:20.24 2:41.51		100% 105%
200111	, 2011 (13 ),	57.	2.07.00	330	2.41.01		-
400m	, == : ( : = /,	60.	5:13.71	400	5:11.05		98%
100m		13.	1:13.77	393	1:11.42		94%
200m	0044 (40	68.	2:46.53	391	2:44.78		98%
100m	, 2011 (13 ),	30.	1:00.94	398	1:00.75	26.04.2024	99%
400m		30. 102.	4:58.95	357	1:00.75 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%
100m 200m		2. 19.	1:08.68 <b>2:23.66</b>	521 444	1:07.57 2:23.78		97% 100%
200111	, 2010 (14    ),	13.	2.23.00	444	2.23.70		10070
100m	, =0.0( /,	38.	1:02.19	374	1:02.09		100%
400m		63.	4:51.06	387	4:40.19		93%
200m	2010 (10	95.	2:37.40	337	2:35.73		98%
400	, 2012 (12 ),	07	4.00.00	207	4.00.45		-
100m 400m		27. 73.	1:08.32 5:18.55	397 382	1:06.45 5:15.39		95% 98%
200m		90.	2:51.00	361	2:50.71		100%
	, 2011 (13     ),						1
100m		33.	1:01.07	395	1:00.60		98%
400m 200m		91. 115.	4:55.75 <b>2:40.90</b>	369 316	4:52.60 2:44.00		98% 104%
200111	, 2011 (13 ),	110.	2.40.30	310	2.44.00		2
100m	, 2011 (10 ),	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	0040 (40	44.	2:42.25	423	2:44.93	25.04.2024	103%
400m	, 2012 (12 ),	155.	E:24 4E	279	F:10 60	25.04.2024	92%
100m		35.	5:24.45 1:25.95	266	5:10.60 1:22.81	25.04.2024 26.04.2024	93%
200m		147.	2:47.94	278	2:47.64	24.04.2024	100%
	, 2010 (14 ),						2
400m		137.	5:06.69	331	5:15.13	25.04.2024	106%
100m 200m		22. 116.	<b>1:18.08</b> 2:41.11	354 315	1:20.61 2:38.12	28.03.2024 24.04.2024	107% 96%
200111	, 2011 (13 ),	110.	2.71.11	313	2.00.12	24.04.2024	1
400m	, 2011 (10 ),	113.	5:35.23	328	5:24.88		94%
100m		10.	1:23.08	422	1:21.65		97%
200m	2040 (44	79.	2:48.69	376	2:52.72		105%
400m	, 2010 (14 ),	33.	4:41.84	427	4:48.82		105%
100m		17.	1:16.67	374	1:17.47		102%
200m		29.	2:26.83	416	2:32.09		107%
	, 2010 (14 ),						2
400m		60.	4:50.43	390	4:52.60		101%
100m 200m		15. 69.	<b>1:04.96</b> 2:32.69	411 370	1:12.58 2:27.60		125% 93%
200	, 2012 (12 ),	00.	2.02.00	0.0	2.2.100		3
100m	, , ,	41.	1:03.51	351	1:04.40	28.03.2024	103%
400m		57.	4:48.75	397	4:55.47	25.04.2024	105%
200m	, 2010 (14 ),	102.	2:38.56	330	2:41.13	24.04.2024	103%
400m	, 2010 (14 ),	9.	4:28.37	494	4:26.36		99%
100m		1.	1:00.59	490	1:01.56		103%
200m		3.	2:15.53	529	2:16.53		101%
400	, 2011 (13 ),						2
400m 100m		85. 2.	5:21.42 <b>1:09.92</b>	372 461	5:19.67 1:12.01		99% 106%
200m		22.	2:37.58	462	2:38.51		101%
	, 2010 (14 ),						1
400m		54.	4:47.64	401	4:47.50		100%
100m 200m		6. 22.	<b>1:12.77</b> 2:25.16	438 430	1:12.80 2:22.60		100% 97%
200111	, 2011 (13 ),	۷۷.	2.23.10	430	2.22.00		97%
400m	, ZUII (13 ),	87.	5:22.95	367	5:22.80		100%
100m		3.	1:07.84	529	1:06.89		97%
200m	0040 (40	28.	2:39.45	446	2:41.50		103%
100~	, 2012 (12 ),	40	1.04.00	400	1.00.05	26.04.2024	1000/
100m 400m		10. 26.	1:04.06 5:03.12	482 444	1:03.95 4:55.54	26.04.2024 24.04.2024	100% 95%
200m		52.	2:43.63	413	2:42.67	1.2027	99%

								_
	, 2012 (12 ),							3
400m		139.	5:56.27	273	6:03.97	24.04.2024	104%	
100m 200m		41. 137.	1:22.62 3:03.86	293 291	1:24.14 3:10.66	25.04.2024	104% 108%	
200111	, 2011 (13 ),	107.	3.03.00	231	0.10.00	20.04.2024		1
100m	, == : ( : = - /,	23.	1:07.61	410	1:06.87		98%	
400m		49.	5:10.15	414	5:17.13		105%	
200m		47.	2:43.13	416	2:41.97		99%	_
400	, 2011 (13 ),	40						3
100m 400m		48. 109.	1:04.25 5:00.25	339 353	1:04.58 5:01.18	25.04.2024	101% 101%	
200m		109.	2:41.17	314	2:41.79	24.04.2024	101%	
	, 2011 (13 ),							1
400m		91.	5:24.93	360	5:22.81		99%	
100m		20.	1:15.08	390	1:12.56		93%	
200m	, 2011 (13 ),	95.	2:51.42	359	2:53.69		103%	
400m	, 2011 (13 ),	153.	5:22.37	285	5:13.38		95%	-
100m		36.	1:29.08	238	1:28.91		100%	
200m		149.	2:49.23	271	2:44.49		94%	
	, 2011 (13 ),						2	2
400m		24.	5:01.70	450	5:03.35		101%	
100m 200m		10. 27.	1:10.48 <b>2:39.03</b>	472 449	1:07.74 2:39.68		92% 101%	
200111	, 2012 (12 ),	21.	2.39.03	449	2.39.00			1
400m	, 2012 (12 ),	138.	5:54.90	276	5:54.14	24.04.2024	100%	•
100m		35.	1:20.09	321	1:21.59	26.04.2024	104%	
200m		141.	3:08.18	271	3:02.87	25.04.2024	94%	
	, 2010 (14 ),							2
100m 400m		1. 2.	53.91 4:15.42	575 573	54.12 4:15.65		101% 100%	
200m		2.	2:12.89	561	2:12.78		100%	
	, 2010 (14    ),							1
400m	, , , ,	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	2042 (44	13.	2:21.78	462	2:23.12	24.04.2024	102%	^
400m	, 2013 (11 ),	108.	5:32.14	337	5:39.66		105%	2
100m		31.	1:37.57	261	1:34.94		95%	
200m		120.	2:56.42	329	2:56.62		100%	
	, 2011 (13     ),						3	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%	
200111	, 2012 (12 ),	90.	2.32.03	333	2.33.04			1
400m	, 20:2 (:2 ),	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		128.	3:00.38	308	3:05.11	25.04.2024	105%	
	, 2011 (13 ),							-
400m 100m		71. 16.	5:18.19 1:24.73	384 398	5:14.84 1:22.53	23.11.2023 23.11.2023	98% 95%	
200m		61.	2:45.55	398	2:43.30	25.04.2024	97%	
	, 2012 (12 ),							1
400m		84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m		25.	1:16.25	373	1:15.63	26.04.2024	98%	
200m	, 2012 (12 ),	58.	2:45.49	399	2:45.78	25.04.2024	100%	3
400m	, 2012 (12 ),	28.	5:04.52	438	5:12.89	24.04.2024	106%	3
100m		11.	1:13.03	405	1:13.60	26.04.2024	102%	
200m		65.	2:45.80	397	2:49.88	25.04.2024	105%	
	, 2010 (14 ),							3
100m		36.	1:01.85	381	1:02.55		102%	
400m 200m		52. 84.	4:47.24 2:35.53	403 350	4:49.66 2:38.32		102% 104%	
	, 2011 (13 ),							_
100m	, - ( - ,,	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	2042 (42	32.	2:40.13	440	2:39.16	25.04.2024	99%	_
400-	, 2012 (12 ),	00	E.00.40	050	E:00.04			2
400m 100m		98. 23.	<b>5:28.19</b> 1:15.89	350 378	5:30.94 1:15.24		102% 98%	
200m		73.	2:47.68	383	2:51.65		105%	
	, 2012 (12 ),							1
400m		44.	5:08.56	421	5:16.23		105%	
100m		19.	1:25.58	386	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	0040 (44	115.	2:54.80	338	2:56.19		102%	
	, 2010 (14 ),							-
100m		53.	1:05.49	320	1:05.38	26.04.2024	100%	
400m 200m		160. 144.	5:35.23 2:46.90	253 283	5:34.20 2:46.19	25.04.2024 24.04.2024	99% 99%	
200111	, 2010 (14 ),	144.	2:46.90	263	2:46.19	24.04.2024	99%	4
400m	, 2010 (14 ),	27.	4:40.00	435	4:46.52		105%	1
100m		14.	1:04.81	414	1:04.59		99%	
200m		28.	2:26.71	417	2:24.49		97%	
	, 2012 (12 ),							_
400m	, == ( = ),	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	0040/44	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 200m		33. 112.	1:13.80 2:40.45	280 318	1:15.19 2:45.47	26.04.2024 24.04.2024	104% 106%	
200111	, 2011 (13 ),	112.	2.40.45	310	2.43.47	24.04.2024	100%	1
100m	, 2011 (13 ),	6.	1:02.93	509	1:04.60	26.10.2023	105%	'
400m		13.	4:54.85	482	4:52.83	24.04.2024	99%	
200m		14.	2:34.91	486	2:34.71	22.11.2023	100%	
	, 2011 (13 ),							3
100m	, == : ( : = ),	37.	1:12.89	327	1:18.22	24.11.2023	115%	-
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		35.	1:01.80	381	1:01.70		100%	
400m		39.	4:43.10	421	4:42.00		99%	
200m	2010 (11	110.	2:39.84	322	2:42.00		103%	
400	, 2010 (14 ),	0.5	4 44 00	400	4 40 00		000/	1
400m		35.	4:41.88	426	4:40.20		99%	
100m 200m		12. 58.	<b>1:08.37</b> 2:30.84	341 383	1:08.47 2:29.71		100% 99%	
200111	, 2011 (13 ),	00.	2.00.01	000	2.20.71		0070	1
400m	, 2011 (10 ),	73.	4:52.60	381	4:50.48		99%	
100m		18.	1:07.13	373	1:08.99		106%	
200m		96.	2:37.44	337	2:35.31		97%	
	, 2011 (13 ),							1
400m		120.	5:40.49	313	5:43.73		102%	
100m		28.	1:17.61	353	1:17.03		99%	
	, 2010 (14    ),							3
100m		17.	59.02	438	59.64		102%	
400m		29.	4:41.14	430	4:51.18		107%	
200m	2044 (42	16.	2:22.56	454	2:25.57		104%	2
400	, 2011 (13 ),	20	5-04-55	400	E-40 0E	04.04.0004	4000/	2
400m 100m		30. 5.	<b>5:04.55</b> 1:20.27	438 468	5:16.65 1:19.49	24.04.2024 26.04.2024	108% 98%	
200m		23.	2:38.03	458	2:39.45	25.04.2024	102%	
200	, 2010 (14 ),	20.		.00	2.000	2010 11202 1	.0270	2
400m	, =0.0 ( ),	145.	5:11.00	317	5:02.94		95%	_
100m		27.	1:11.21	312	1:11.66		101%	
200m		120.	2:41.59	312	2:42.38		101%	
	, 2012 (12 ),							-
400m		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     ),							3
100m		49.	1:04.63	333	1:04.73	28.03.2024	100%	
400m		84.	4:54.55	374	4:56.66	27.03.2024	101%	
200m	2011 (12	103.	2:38.60	330	2:45.39	16.06.2023	109%	0
400	, 2011 (13 ),	40	E:00 47	447	E-0E-00		000/	2
400m 100m		46. 9.	5:09.47 <b>1:10.14</b>	417 479	5:05.80 1:11.00		98% 102%	
200m		19.	2:36.77	469	2:39.70		102%	
200.11	, 2010 (14 ),			.55			.5 170	3
100m	, ( //	2.	54.12	568	55.65	26.04.2024	106%	Ŭ
400m		10.	4:28.47	494	4:30.00	25.04.2024	101%	
200m		9.	2:19.89	481	2:30.78	22.11.2023	116%	

	0010/11							_
400m	, 2010 (14 ),	132.	5:05.85	334	5:04.79		99%	2
100m		13.	1:14.50	408	1:14.56		100%	
200m		77.	2:34.13	359	2:34.88		101%	
	, 2010 (14 ),							2
100m		44.	1:03.78	347	1:04.13		101%	
400m		121.	5:03.26	342	4:53.89		94%	
200m	, 2011 (13 ),	124.	2:41.80	311	2:42.26		101%	1
400m	, 2011 (13 ),	134.	5:06.22	332	5:03.36	25.04.2024	98%	- 1
100m		26.	1:10.87	317	1:11.34	26.04.2024	101%	
200m		111.	2:40.43	319	2:39.42	24.04.2024	99%	
	, 2013 (11 ),							2
400m		144.	6:15.17	234	6:23.56	24.04.2024	105%	
100m 200m		33. 147.	1:41.08 <b>3:16.00</b>	234 240	1:38.18 3:46.50	26.04.2024 06.12.2023	94% 134%	
200111	, 2011 (13 ),	147.	3.10.00	240	3.46.50	00.12.2023	134%	3
100m	, 2011 (10 ),	56.	1:05.89	315	1:06.34		101%	J
400m		117.	5:02.29	346	5:06.72		103%	
200m		123.	2:41.79	311	2:43.15		102%	
	, 2011 (13 ),							3
100m		55.	1:05.87	315	1:06.69	07.12.2023	103%	
400m 200m		136. 129.	5:06.37 2:42.90	332 304	5:15.49 2:50.21	27.03.2024 24.04.2024	106% 109%	
200111	, 2010 (14 ),	129.	2.42.30	304	2.30.21	24.04.2024	10976	2
400m	, 2010 (14 ),	23.	4:38.83	441	4:40.20	25.04.2024	101%	_
100m		2.	1:02.29	451	1:03.07	26.04.2024	103%	
	, 2011 (13 ),							2
100m		15.	58.89	441	1:00.12		104%	
400m	0044 (40	25.	4:39.41	438	4:43.97		103%	_
400	, 2011 (13 ),	450	5 45 64	000	5 47 00	05.04.0004	4040/	3
400m 100m		150. 35.	5:15.84 1:14.67	303 271	5:17.90 1:15.34	25.04.2024 26.04.2024	101% 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	0040 (44	80.	2:34.81	355	NT		-	
400	, 2010 (14 ),	0.4	4.00.00	400	50.00	00.04.0004	2007	-
100m 400m		24. 49.	1:00.36 4:46.80	409 405	59.62 4:37.90	26.04.2024 25.04.2024	98% 94%	
200m		33.	2:27.57	410	2:27.45	24.04.2024	100%	
	, 2012 (12 ),							1
400m		110.	5:34.37	331	5:26.57		95%	
100m 200m		24. 109.	1:21.23 <b>2:53.67</b>	294 345	1:20.12 2:54.00		97% 100%	
200111	, 2011 (13 ),	109.	2.55.07	343	2.54.00		100%	2
100m	, 2011 (13 ),	21.	59.89	419	1:00.03		100%	_
400m		33.	4:41.84	427	4:42.88		101%	
200m		83.	2:35.11	353	2:33.34		98%	
	, 2011 (13    ),							2
100m		1.	59.09	614	59.14		100%	
400m 200m		8. 3.	4:52.02 <b>2:28.25</b>	496 555	4:49.86 2:29.93		99% 102%	
200111	, 2012 (12 ),	0.	2.20.20	000	2.20.00		10270	3
400m	, 2012 (12 ),	118.	5:39.24	316	5:47.72	24.04.2024	105%	Ŭ
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 200m		1. 5.	1:05.39 <b>2:29.68</b>	591 539	1:05.31 2:31.57	26.04.2024 25.04.2024	100% 103%	
	, 2011 (13 ),							1
400m	, - ( - ,,	110.	5:00.43	352	5:00.56		100%	
100m		19.	1:11.61	297	1:10.64		97%	
200m	224274	109.	2:39.77	323	2:39.17		99%	_
400	, 2010 (14 ),		4 == ==	<b></b>	F 00			2
400m 100m		106. 28.	<b>4:59.83</b> 1:11.41	354 310	5:03.85 1:09.98		103% 96%	
200m		92.	2:36.85	341	2:39.94		104%	
	, 2010 (14 ),						, 0	3
100m	. , , , , , , , , , , , , , , , , , , ,	8.	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%	

	2044 (42						
400m	, 2011 (13 ),	79.	5:20.72	375	5:29.96	27.03.2024	106%
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 100m		141. 32.	5:08.43 1:23.09	325 294	5:06.86 1:20.91		99% 95%
200m		32. 98.	2:37.73	335	2:37.55		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 ),						
100m		50.	1:04.66	333	1:05.35	26.04.2024	102%
400m 200m		101. 135.	4:58.80 2:44.12	358 298	4:59.54 2:48.84	25.04.2024 24.04.2024	100% 106%
200111	, 2010 (14 ),	100.	2.77.12	230	2.40.04	24.04.2024	10070
400m	, 2010 (11 ),	28.	4:40.52	433	4:43.30		102%
100m		11.	1:14.40	410	1:13.19		97%
200m	0044 (40	23.	2:25.38	428	2:22.59		96%
400	, 2011 (13 ),						40704
400m 100m		124. 9.	5:44.02 1:22.54	303 431	5:55.78 1:24.03		107% 104%
200m		87.	2:50.38	365	2:57.06		108%
	, 2012 (12 ),						
400m	, , , , , , , , , , , , , , , , , , , ,	38.	5:05.99	431	5:00.22		96%
100m		15.	1:13.80	411	1:13.94		100%
200m	2042 (44	37.	2:40.97	433	2:41.99		101%
400m	, 2013 (11 ),	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		116.	2:55.40	335	2:59.30	2010 11202 1	104%
	, 2011 (13 ),						
400m		4.	4:40.74	559	4:37.71		98%
100m		1.	1:03.78	608	1:04.81		103%
200m	2010 (11	2.	2:27.56	563	2:27.89		100%
100m	, 2010 (14 ),	60.	1:09.59	267	1:08.86	26.04.2024	98%
400m		159.	5:30.87	263	5:34.76	25.04.2024	102%
200m		152.	2:57.84	234	2:37.96		79%
	, 2010 (14     ),						
400m		72.	4:52.50	382	4:52.68		100%
100m 200m		24. 52.	1:18.68 <b>2:30.33</b>	346 387	1:18.06 2:31.09		98% 101%
200111	, 2010 (14 ),	02.	2.50.55	307	2.01.00		10170
200m	, 2010 (14 ),	50.	2:30.23	388	2:32.95		104%
	, 2011 (13 ),						
100m	, , , , , , , , , , , , , , , , , , , ,	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	4:38.68	F74	4:40.40	04.04.0004	4040/
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 ),						
100m	·	34.	1:11.21	351	1:18.15	26.10.2023	120%
400m 200m		95. 118.	5:27.11 2:55.06	353 332	5:20.73	24.04.2024	96% 100%
200111	, 2011 (13 ),	110.	2:55.96	332	2:56.24	25.04.2024	
100m	, 2011 (13 ),	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		9.	2:33.61	499	2:33.58	25.04.2024	100%
	, 2010 (14 ),						
400m		158.	5:30.09	265	5:30.90	25.04.2024	100%
100m		34. 141	1:13.90	279	1:13.92	26.04.2024	100% 97%
200m	, 2010 (14 ),	141.	2:45.31	291	2:42.67	24.04.2024	97%
400m	, 2010 (11 ),	85.	4:54.88	372	4:48.30		96%
100m		3.	1:04.65	403	1:05.77		103%
200m		39.	2:28.77	400	2:30.91		103%
	, 2011 (13 ),						
100m		9.	1:03.74	489 464	1:03.15		98%
400m 200m		19. 15.	4:58.75 2:34.95	464 486	5:01.84 2:36.98		102% 103%
200111	, 2011 (13 ),	13.	2.04.00	700	2.00.00		10376
400m	,, , , , , , , , , , , , , , , , , ,	12.	4:54.60	483	4:56.36	24.04.2024	101%
100m		7.	1:09.66	489	1:11.76	26.04.2024	106%
200m		13.	2:34.85	487	2:37.06	25.04.2024	103%

400	, 2011 (13 ),	F0	4.40.20	204	4.55.00		1050/
400m 100m		59. 9.	<b>4:49.29</b> 1:06.99	394 362	4:55.83 1:06.88		105% 100%
200m		56.	2:30.47	386	2:34.49		105%
200111	, 2010 (14 ),	00.	2.00.41	000	2.01.10		-
100m	, =0.0 ( ),	28.	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		27.	1:31.06	321	1:31.39	28.03.2024	101%
200m	0044 (40	117.	2:55.50	334	3:00.67	25.04.2024	106%
	, 2011 (13 ),						-
100m		61.	1:13.02	231 235	1:10.37 5:31.52		93% 93%
400m 200m		163. 155.	5:43.56 3:05.76	235 205	3:03.37		93% 97%
200111	, 2011 (13 ),	100.	3.03.70	200	3.03.37		1
400m	, 2011 (10 ),	35.	5:05.10	435	5:02.99		99%
100m		13.	1:23.67	414	1:22.25		97%
200m		70.	2:46.69	390	2:47.42		101%
	, 2012 (12 ),						1
100m	•	38.	1:13.22	323	1:11.00		94%
400m		102.	5:30.10	344	5:29.94		100%
200m		80.	2:48.73	376	2:49.79		101%
	, 2012 (12 ),						1
400m		133.	5:50.71	286	6:01.10	24.04.2024	106%
100m 200m		20. 122.	1:18.13 2:57.87	331 321	1:15.81 2:57.50	26.04.2024 25.04.2024	94% 100%
200111	, 2010 (14 ),	122.	2.57.07	321	2.57.50	23.04.2024	10070
400m	, 2010 (14 ),	68.	4:52.04	383	4:50.19	25.04.2024	99%
100m		26.	1:19.80	332	1:18.29	06.10.2023	96%
200m		62.	2:31.24	380	2:29.25	24.04.2024	97%
	, 2011 (13    ),						-
100m		38.	1:19.18	227	1:16.04		92%
200m		153.	3:00.95	222	2:48.79		87%
	, 2010 (14     ),						-
100m		40.	1:02.83	363	1:01.60		96%
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		40. 131.	1:15.60 <b>5:49.82</b>	289	1:15.24 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		43.	2:41.78	427	2:42.00		100%
	, 2011 (13 ),						1
400m		36.	5:05.26	435	5:03.43	24.04.2024	99%
100m 200m		11. 26.	1:11.10 <b>2:38.81</b>	460 451	1:10.18 2:42.57	26.04.2024 25.04.2024	97% 105%
200111	, 2010 (14 ),	20.	2.30.01	401	2.42.57	23.04.2024	10370
400m	, 2010 (14 ),	15.	4:32.87	470	4:31.67		99%
100m		7.	1:03.15	448	1:02.45		98%
	, 2011 (13 ),						2
100m	, - ( - ),	14.	58.63	447	59.64		103%
400m		30.	4:41.18	430	4:38.57		98%
200m		54.	2:30.36	387	2:32.82		103%
	, 2010 (14     ),						2
100m		31.	1:00.96	397	1:00.66		99%
400m 200m		56. 60.	4:47.79 2:31.10	401 381	5:00.36 2:33.70		109% 103%
200111	2011 (12	00.	2.31.10	301	2.33.70		10376
400m	, 2011 (13 ),	48.	4:46.42	406	4:45.95	25.04.2024	100%
100m		46. 14.	1:15.52	392	1:13.57	26.04.2024	95%
200m		42.	2:29.06	397	2:27.33	24.04.2024	98%
	, 2010 (14     ),						_
400m	, == := (: . ),	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%
	, 2011 (13 ),						3
100m		12.	1:05.10	459	1:06.33		104%
400m 200m		40. 59.	5:06.89 2:45.50	428 399	5:12.55 2:49.02		104% 104%
200111		JJ.	2.43.30	333	2.43.02		i U++ /0

	, 2011 (13 ),							-
400m		14.	4:55.45	479	4:51.11		97%	
100m		6. 25.	1:09.45	493	1:08.96		99% 96%	
200m	, 2010 (14 ),	25.	2:38.14	457	2:34.65		90%	2
400m	, 2010 (14 ),	115.	5:01.95	347	5:05.04		102%	_
100m		18.	1:17.35	365	1:16.06		97%	
200m		49.	2:30.09	389	2:32.15		103%	
	, 2010 (14    ),							1
400m	, , , , , , , , , , , , , , , , , , , ,	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 200m		32. 127.	1:37.73 <b>2:59.75</b>	259 311	1:35.68 3:02.58	26.04.2024 25.04.2024	96% 103%	
200111	, 2010 (14 ),	127.	2.59.75	311	3.02.36	25.04.2024	103%	2
400m	, 2010 (14 ),	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%	_
400	, 2012 (12 ),			0=0				3
100m		35.	1:11.26	350	1:15.15	04.04.0004	111%	
400m 200m		121. 136.	5:41.46 3:03.53	310 292	5:54.03 3:09.62	24.04.2024 25.04.2024	107% 107%	
200111	, 2010 (14 ),	100.	0.00.00	202	0.00.02	20.0 1.202 1	107 70	2
400m	, 2010 (14 ),	22.	4:38.72	441	4:46.63		106%	_
100m		8.	1:06.42	372	1:06.13		99%	
200m		21.	2:25.04	431	2:29.10		106%	
	, 2012 (12 ),							1
400m		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	0040 (44	138.	3:05.03	285	3:04.05	25.04.2024	99%	_
400	, 2010 (14 ),	00	4.56.44	267	E-0E 00		1069/	3
400m 100m		93. 15.	4:56.44 1:09.66	367 322	5:05.89 1:11.00		106% 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 200m		28. 125.	1:25.38 2:58.09	253 320	1:27.90 3:02.71		106% 105%	
200111	, 2010 (14 ),	125.	2.30.03	320	3.02.71		10370	2
100m	, 2010 (14 ),	54.	1:05.67	318	1:07.36	26.04.2024	105%	
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%	
								34
	, 2011 (13    ),							2
400m		11.	4:30.41	483	4:32.58		102%	
100m		8.	1:03.23	446	1:02.61		98%	
200m	0040 (4.4	34.	2:28.18	404	2:30.35		103%	
100	, 2010 (14 ),	74	4.50.40	000	4 40 00		2007	-
400m 100m		71. 21.	4:52.10 1:17.87	383 357	4:46.20 1:17.05		96% 98%	
200m		64.	2:31.85	376	2:29.55		97%	
200	, 2011 (13 ),	0	2.000	0.0	2.20.00		0.70	_
400m	, ==== /,	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		25.	5:02.37	447	4:56.03		96%	
100m		31.	1:18.36	343	1:14.95		91%	
200m	, 2012 (12 ),	92.	2:51.03	361	2:47.54		96%	2
400m	, 2012 (12 ),	6.	4:48.04	517	4:52.60		103%	_
100m		2.	1:05.87	578	1:08.29		103%	
200m		20.	2:37.44	463	2:35.61		98%	

	, 2010 (14 ),					1
400m		149.	5:15.19	305	5:07.65	95%
100m 200m		20. 107.	<b>1:17.84</b> 2:39.51	358 324	1:18.39 2:37.36	101% 97%
200111	, 2011 (13 ),	107.	2.39.31	324	2.57.50	-
400m	, 2011 (10 ),	51.	5:11.10	410	5:03.43	95%
100m		11.	1:23.36	418	1:22.64	98%
200m		48.	2:43.18	416	2:40.55	97%
	, 2012 (12 ),					1
400m		113. 22.	5:01.32	349	5:03.99	102% 99%
100m 200m		119.	1:12.65 2:41.52	284 312	1:12.38 2:41.04	99%
	, 2012 (12 ),					-
100m	, - (	57.	1:05.90	315	1:04.60	96%
400m		135.	5:06.31	332	5:06.16	100%
200m	2011 (12	137.	2:44.31	297	2:40.08	95%
100m	, 2011 (13 ),	14.	1:05.45	452	1:04.92	98%
400m		45.	5:08.76	420	5:09.05	100%
200m		74.	2:47.76	383	2:46.15	98%
	, 2011 (13    ),					3
100m		16.	1:05.49	451	1:06.09	102%
400m		37.	5:05.59	433	5:07.54	101%
200m	, 2010 (14 ),	50.	2:43.35	415	2:47.50	105%
100m	, 2010 (14 ),	10.	58.10	459	58.40	101%
400m		81.	4:53.49	378	5:02.97	107%
200m		76.	2:34.04	360	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.	2.00.74	0-10	2.00.02	-
400m	, =0.0 ( ),	140.	5:07.62	328	5:03.00	97%
200m		134.	2:44.04	298	2:42.92	99%
	, 2010 (14 ),					1
400m		47.	4:46.08	408	4:47.50	101%
100m 200m		5. 71.	1:05.93 2:33.09	380 367	1:05.50 2:30.70	99% 97%
200111	, 2011 (13 ),	71.	2.33.09	307	2.30.70	-
400m	, ==::(:= ),	34.	5:05.09	435	5:00.47	97%
100m		27.	1:16.64	367	1:15.07	96%
200m		64.	2:45.78	397	2:43.92	98%
400	, 2010 (14 ),	50	4 00 70	000	4.05.00	-
100m 400m		58. 108.	1:06.72 5:00.14	303 353	1:05.23 4:49.66	96% 93%
200m		150.	2:49.32	271	2:40.00	89%
	, 2011 (13 ),					3
100m		7.	1:03.25	501	1:05.75	108%
400m 200m		31. 77.	5:04.59 2:47.91	437 382	5:05.60 2:53.11	101% 106%
200111	, 2010 (14 ),	77.	2.47.91	302	2.55.11	100%
100m	, 2010 (14 ),	12.	58.45	451	58.71	101%
400m		16.	4:34.10	464	4:33.04	99%
200m		20.	2:23.82	442	2:21.32	97%
	, 2010 (14 ),					-
400m 100m		122. 33.	5:03.53 1:23.76	341	4:55.07	95% 92%
200m		133.	2:43.60	287 300	1:20.35 2:42.82	99%
	- , 2012 (12	),				1
400m	, ,	27.	5:03.89	440	5:10.25	104%
100m		17.	1:14.42	401	1:14.03	99%
200m	, 2010 (14 ),	33.	2:40.33	439	2:40.09	100%
400m	, 2010 (14 ),	444	F:00.00	250	4.50.05	- 000/
100m		111. 34.	5:00.98 1:25.64	350 268	4:58.35 1:24.37	98% 97%
200m		128.	2:42.83	305	2:38.43	95%
	, 2010 (14 ),					2
400m		53.	4:47.42	402	4:48.68	101%
100m 200m		7. 26.	1:06.29 <b>2:26.59</b>	374 418	1:05.20 2:29.33	97% 104%
20011	, 2011 (13 ),	۷٥.	2.20.33	410	2.23.33	104%
400m	, 2011 (13 <i>)</i> ,	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%

	, 2010 (14 ),					1
100m		6.	56.14	509	56.14	100%
400m		20. 17.	<b>4:37.84</b> 2:22.78	445 452	4:40.00	102% 99%
200m	, 2010 (14    ),	17.	2.22.10	432	2:22.20	3
400m	, 2010 (14 ),	5.	4:24.28	518	4:27.15	102%
100m		1.	59.87	526	1:01.00	104%
200m		5.	2:17.26	509	2:18.68	102%
	, 2011 (13 ),					3
100m		25.	1:00.50	407	1:01.69	104%
400m 200m		86. 113.	4:54.90 2:40.51	372 318	5:07.83 2:40.53	109% 100%
200	, 2011 (13 ),			0.0	2.10.00	1
400m	, 2011 (10 ),	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%
						40
	0044 (40					42
100	, 2011 (13 ),	40	E.00 40	400	F.10 00	1020/
400m 100m		42. 12.	<b>5:08.18</b> 1:13.71	422 394	5:12.96 1:11.54	103% 94%
200m		18.	2:36.66	470	2:35.00	98%
	, 2010 (14     ),					2
100m		22.	59.90	419	59.85	100%
400m		74. 82.	4:52.74 2:35.08	381	4:54.15	101%
200m	, 2012 (12 ),	02.	2.33.06	353	2:39.00	105% <b>1</b>
400m	, 2012 (12 ),	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 200m		18. 118.	1:11.10 <b>2:41.28</b>	303 314	1:09.00 2:45.00	94% 105%
200111	, 2011 (13 ),	110.	2.41.20	314	2.43.00	10378
100m	, 2011 (10 ),	34.	1:41.16	234	1:37.00	92%
	, 2011 (13 ),					-
100m	, , , , , , , , , , , , , , , , , , , ,	41.	1:18.64	260	1:18.00	98%
400m		147.	6:27.11	213	6:20.00	96%
200m	2012 (12	143.	3:14.08	247	3:12.00	98%
400m	, 2012 (12 ),	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	2010 (14	45.	2:29.45	394	2:31.00	102%
400m	, 2010 (14 ),	164.	5:48.93	225	5:59.00	1 106%
100m		29.	1:20.67	321	1:19.00	96%
	, 2011 (13 ),					3
400m		104.	4:59.22	356	5:01.37	101%
100m		27.	1:19.88	331	1:20.70	102%
200m	, 2010 (14 ),	88.	2:36.48	343	2:38.89	103%
100m	, 2010 (14 ),	42.	1:03.52	351	1:03.70	101%
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 200m		26. 124.	1:29.42 2:58.07	339 320	1:27.00 2:55.00	95% 97%
	, 2011 (13 ),					1
400m	, == ( ,,	157.	5:28.67	269	5:14.00	91%
100m		20.	1:12.30	288	1:11.00	96%
200m	2042 (44	140.	2:44.86	294	2:45.18	100%
400m	, 2013 (11 ),	141.	6:01.09	262	6:01 11	1 100%
400m		30.	1:34.81	262 185	6:01.11 1:31.64	93%
200m		146.	3:15.98	240	3:12.02	96%
	, 2010 (14 ),					2
100m	•	5.	55.53	526	55.90	101%
400m 200m		7. 4.	4:27.93 <b>2:17.05</b>	497 511	4:26.70 2:18.70	99% 102%
200111		→.	2.17.03	511	2.10.70	1∪∠/0

	, 2010 (14    ),						1
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%	
	, 2011 (13    ),						-
400m	, ==::(:= /,	149.	6:42.44	189	6:35.00	96%	
100m		43.	1:28.27	240	1:28.00	99%	
200m		142.	3:12.58	253	3:10.00	97%	
200111	2042 (44	142.	3.12.30	200	3.10.00	9176	
	, 2013 (11 ),						-
100m		62.	1:13.31	228	1:12.50	98%	
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 ),						3
100m	, 2010 (11 ),	45.	1:03.95	344	1:04.76	103%	Ŭ
400m		142.	5:09.66	322	5:10.89	101%	
200m		101.	2:38.47	331	2:39.21	101%	
200111	0044 (40	101.	2.30.47	331	2.39.21	10176	_
	, 2011 (13 ),						3
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    ),						3
100m		4.	1:01.60	542	1:02.02	101%	
400m		88.	5:23.00	367	5:40.00	111%	
200m		56.	2:45.17	401	2:48.00	103%	
	, 2011 (13 ),						1
400m	, 2011 (10 ),	127.	5:45.02	301	5:38.96	97%	•
100m		39.	1:20.70	314	1:18.87	96%	
200m		126.	2:59.05	315	3:06.22	108%	
200111	, 2012 (12 ),	120.	2.00.00	010	0.00.22	10070	2
400m	, 2012 (12 ),	139.	5:07.02	330	5:09.00	101%	_
			1:14.70				
100m		36.		270	1:15.85	103%	
200m	0044 (40	148.	2:48.08	277	2:46.85	99%	_
	, 2011 (13 ),						3
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 ),						1
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	, == : (:= /,	59.	1:07.24	296	1:04.70	93%	
400m		148.	5:13.61	310	5:12.00	99%	
<del>1</del> 00111	2010 (14	140.	J. 1J.U1	310	J. 12.00	99 /0	2
400	, 2010 (14 ),				=	4040/	2
400m		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%	
	, 2011 (13    ),						1
400m		152.	5:22.32	285	5:16.00	96%	
100m		25.	1:21.40	202	1:20.50	98%	
200m		143.	2:46.56	285	2:50.00	104%	
	, 2011 (13 ),						1
400m	, , , , , , , , , , , , , , , , , , , ,	148.	6:35.76	199	6:40.58	102%	
200m		144.	3:14.78	244	3:10.00	95%	
	, 2011 (13 ),		··· · ·			30,3	3
100m	, 2011 (10 ),	43.	1.03.63	340	1:04.01	101%	9
			1:03.63 4:51.62	349 385			
400m 200m		67. 105.	4:51.62 2:38.77	385 329	4:52.34 2:39.78	100% 101%	
200111		100.	2.50.11	323	2.00.10	101/0	