	-						
						%	PB
							-
							42
	, 2011 (13),						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%	
200	, 2011 (13),			.00	2.00.20	10170	2
400m	, , ,	127.	5:04.73	337	5:08.05	102%	
200m		139.	2:44.58	295	2:48.88	105%	_
400	, 2010 (14),	00	4 40 04	404	4 40 77	1000/	2
400m 100m		38.	4:43.04	421 -	4:46.77 1:10.23	103%	
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),	01.	2.00.00	0.12	2.10.10	10070	2
100m	, 2010 (11),			-	57.36	-	-
400m		43.	4:44.69	414	4:59.79	111%	
200m	2011 (12	24.	2:25.51	427	2:31.28	108%	4
400m	, 2011 (13),	100.	5:28.91	347	5:27.33	99%	1
100m		100.	0.20.01	-	1:14.81	-	
200m		54.	2:44.38	407	2:46.39	102%	
	, 2010 (14),						2
400m 100m		76.	4:53.06	379	4:56.97 1:14.87	103%	
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.	1:07.47	355	1:08.10	102%	
200m	, 2012 (12),	66.	2:32.51	371	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%	,
100	, 2010 (14),				50.04		2
100m 400m		51.	4:47.15	403	58.01 4:50.47	102%	
200m		70.	2:32.86	368	2:34.12	102%	
	, 2011 (13),						2
100m		0	4-40.55	-	1:02.34	4040/	
400m 200m		3. 10.	4:40.55 2:33.78	560 497	4:42.01 2:38.03	101% 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	0040 (44	103.	2:52.47	352	2:51.06	98%	
400	, 2010 (14),				50.04		1
100m 400m		123.	5:03.75	- 341	59.01 4:57.39	- 96%	
200m		35.	2:28.24	404	2:32.60	106%	
	, 2011 (13),						2
100m		70	F-00 F0	-	1:09.62	4040/	
400m 200m		78. 84.	5:20.52 2:49.95	375 368	5:21.68 2:52.65	101% 103%	
200	, 2011 (13),	0		555	2.02.00	10070	2
400m	,,	46.	4:45.51	410	4:49.60	103%	_
100m		4.4	2.00.00	-	1:13.73	-	
200m	, 2011 (13),	44.	2:29.38	395	2:32.11	104%	
400m	, 2011 (13),	99.	5:28.41	349	5:24.80	98%	•
100m			5.25.11	-	1:27.21	-	
200m		82.	2:49.57	371	2:47.65	98%	

	, 2010 (14),						1
400m		31.	4:41.45	428	4:40.73	99%	
100m		_		-	1:02.37	-	
200m	0040 (44	8.	2:19.37	486	2:21.20	103%	
	, 2010 (14),						1
400m		86.	4:54.90	372	4:51.47	98%	
100m				-	1:05.79	-	
200m	0040 (44	75.	2:34.02	360	2:34.41	101%	•
	, 2010 (14),						2
400m		40.	4:43.35	420	4:47.34	103%	
100m		4.5	2.22.47	- 455	1:02.00	4049/	
200m	0044 (40	15.	2:22.47	455	2:25.11	104%	
	, 2011 (13),						1
400m		20.	4:58.98	463	4:57.41	99%	
100m		16.	2:35.47	- 481	1:17.17	100%	
200m	, 2011 (13),	10.	2.33.47	401	2:35.78	100%	1
100	, 2011 (13),				1.07.40		ı
100m 400m		54.	5:11.71	408	1:07.49 5:08.16	- 98%	
200m		100.	2:52.14	354	2:53.06	101%	
200111	, 2010 (14),	100.	2.02.14	001	2.00.00	10170	2
400m	, 2010 (14),	130.	5:05.78	334	5:11.54	104%	_
100m		130.	5.05.76	-	1:18.86	104%	
200m		94.	2:37.38	338	2:42.30	106%	
200111	, 2011 (13),	01.	2.07.00	000	2.12.00	10070	3
400m	, 2011 (10),	68.	5:17.34	387	5:21.70	103%	U
100m		00.	1:09.88	484	1:09.93	100%	
200m		35.	2:40.43	438	2:41.48	101%	
							17
	2012 (12						
400	, 2012 (12),				4.44.40		2
100m 400m		50.	5:10.60	412	1:11.43 5:16.95	104%	
200m		85.	2:50.17	367	2:51.60	102%	
200111	, 2010 (14),	03.	2.30.17	307	2.51.00	10270	_
100m	, 2010 (14),			-	56.28	-	
400m		24.	4:39.22	439	4:35.56	97%	
200m		37.	2:28.61	401	2:26.07	97%	
200	, 2012 (12),	0	2.20.0		2.20.01	0.70	_
400m	, 2012 (12),	66.	5:17.24	387	5:12.74	97%	_
100m		00.	5.17.24	-	1:20.48	91 /6	
200m		41.	2:41.42	430	2:37.03	95%	
200	, 2010 (14),			.00	2.07.100	3373	_
100m	, 2010 (11),			-	1:01.10	_	
400m		78.	4:53.28	379	4:50.45	98%	
	, 2010 (14),						_
400m	, == . = (/,	62.	4:50.91	388	4:39.55	92%	
100m		02.		-	1:16.99	=	
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				-	1:07.68	-	
200m		51.	2:30.31	387	2:30.54	100%	
	, 2012 (12),						2
100m	. "			-	1:08.16	-	
400m		47.	5:09.90	415	5:21.42	108%	
200m		63.	2:45.70	397	2:47.40	102%	
	, 2012 (12),						1
100m				-	1:08.40	-	
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	0044 (42	39.	2:41.06	433	2:41.53	101%	
	, 2011 (13),						-
400m		76.	5:20.16	377	5:15.00	97%	
100m			0.40.0-	-	1:21.90	-	
200m		31.	2:40.08	441	2:39.00	99%	

400m	, 2010 (14),	60	4.50.04	202	4.54.04	000/	-
100m		68.	4:52.04	383	4:51.04 1:05.26	99% -	
200m		36.	2:28.34	403	2:28.00	100%	
	, 2010 (14),						2
400m 100m		18. 10.	4:35.80 1:07.33	455 357	4:36.00 1:07.50	100% 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%	
	, 2011 (13),						1
400m		63.	5:16.47	390	5:12.90	98%	
100m 200m		51.	1:12.00 2:43.41	443 414	1:11.34 2:44.44	98% 101%	
	, 2010 (14),						-
100m				-	59.24	<u>-</u>	
400m 200m		17. 86.	4:35.12 2:36.14	459 346	4:31.41 2:33.34	97% 96%	
200111	, 2010 (14),	00.	2.00.11	0.10	2.00.01	3370	_
400m	, (),	75.	4:53.03	380	4:50.50	98%	
100m		46.	2:20.60	- 202	1:16.20	- 99%	
200m	, 2010 (14),	40.	2:29.60	393	2:29.00	9970	_
400m	, == (),	14.	4:32.52	472	4:32.06	100%	
100m		7.	0.40.00	-	1:00.00	-	
200m	, 2011 (13),	7.	2:18.80	492	2:17.73	98%	2
400m	, 2011 (13),	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%	
							42
	, 2011 (13),						-
100m				-	1:01.00	-	
400m 200m		147. 108.	5:12.93 2:39.54	312 324	5:12.00 2:38.50	99% 99%	
200111	, 2012 (12),	100.	2.00.01	321	2.00.00	0070	_
100m	, - (),			-	1:10.00	<u>-</u>	
400m 200m		90. 131.	5:24.46 3:01.35	362 303	5:17.00 2:52.00	95% 90%	
200111	, 2010 (14),	101.	3.01.33	303	2.32.00	9070	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:01.00	-	
400m 200m		36. 57.	4:42.02 2:30.56	426 386	4:43.00 2:30.00	101% 99%	
200111	, 2012 (12),	37.	2.50.50	300	2.30.00	9370	1
100m	, == (:= /,			-	1:05.00	-	•
400m		144. 132.	5:10.95	318	5:03.00	95%	
200m	, 2012 (12),	132.	2:43.49	301	2:45.00	102%	1
400m	, == (= /,	65.	5:17.11	388	5:06.00	93%	•
100m		10.	1:12.83	408	1:12.90	100%	
200m	, 2011 (13),	82.	2:49.57	371	2:46.00	96%	_
100m	, 2011 (10),			-	1:09.00	-	
400m		77.	5:20.22	376	5:17.90	99%	
200m	, 2012 (12),	104.	2:52.67	351	2:49.60	96%	
400m	, 2012 (12),	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%	2
400m	, 2010 (14),	89.	4:55.23	371	4:56.38	101%	_
100m				-	1:13.64	-	
200m	2044 (42	27.	2:26.65	417	2:27.94	102%	4
100m	, 2011 (13),			-	1:05.50	-	1
400m		41.	5:07.47	425	5:15.00	105%	
200m	0040 (4.4	76.	2:47.81	382	2:46.00	98%	
100m	, 2010 (14),			-	59.95	-	-
400m		131.	5:05.83	334	4:54.00	92%	
200m		125.	2:41.98	310	2:36.00	93%	

	, 2010 (14),						-
400m 100m		146.	5:11.13	317	5:04.00 1:15.00	95%	
200m		79.	2:34.76	355	2:33.00	98%	
	, 2011 (13),						-
100m				-	1:05.00	-	
400m		43.	5:08.38	421	4:55.00	92%	
200m	, 2010 (14),	102.	2:52.35	353	2:47.00	94%	1
400m	, 2010 (14),	105.	4:59.61	355	4:58.00	99%	•
100m				-	1:18.00	-	
200m	/)	81.	2:34.91	354	2:38.35	104%	
400	, 2012 (12),	400	5.00.00	0.40	F-00 00	070/	1
400m 100m		103.	5:30.30	343	5:26.00 1:18.50	97%	
200m		86.	2:50.18	367	2:54.00	105%	
	, 2010 (14),						-
100m					1:00.00	-	
400m 200m		64. 78.	4:51.10 2:34.27	387 358	4:44.22 2:30.55	95% 95%	
200111	, 2011 (13),	70.	2.01.21	000	2.00.00	0070	_
400m	, 2011 (10),	96.	4:58.10	360	4:58.00	100%	
100m		17.	1:10.87	306	1:10.00	98%	
200m	2012 (12	127.	2:42.29	308	2:38.60	96%	4
400m	, 2012 (12),	140.	5:56.43	273	6:00.00	102%	1
100m		140.	3.30.43	-	1:22.00	10270	
200m		148.	3:23.13	215	3:14.00	91%	
	, 2010 (14),						2
400m		19.	4:35.84	455	4:41.90	104%	
100m 200m		4. 43.	1:05.51 2:29.07	387 397	1:06.90 2:28.50	104% 99%	
200111	, 2011 (13),	10.	2.20.01	007	2.20.00	0070	1
400m	, , , , , , , , , , , , , , , , , , , ,	72.	5:18.21	384	5:06.76	93%	
100m				-	1:16.54	<u>-</u>	
200m	2011 (12	17.	2:35.71	479	2:36.17	101%	
400m	, 2011 (13),	79.	4:53.46	378	4:53.00	100%	-
100m		70.	4.00.40	-	1:09.00	-	
200m		138.	2:44.35	296	2:42.00	97%	
	, 2012 (12),						1
400m 100m		126.	5:44.55	302	5:40.00 1:25.00	97%	
200m		119.	2:56.27	330	2:58.00	102%	
	, 2012 (12),						2
400m		92.	5:25.53	358	5:31.00	103%	
100m		07	2.54.00	- 356	1:17.50	- 106%	
200m	, 2012 (12),	97.	2:51.90	330	2:57.00	100%	2
400m	, 2012 (12),	137.	5:53.39	280	6:09.00	109%	_
100m				-	1:35.00	-	
200m	0040444	128.	3:00.38	308	3:03.74	104%	
400	, 2010 (14),	400	5.05.00	200	4.50.00	040/	-
400m 100m		133. 24.	5:05.92 1:15.84	333 250	4:52.00 1:10.00	91% 85%	
200m		151.	2:53.07	254	2:45.00	91%	
	, 2012 (12),						2
100m				-	1:05.00	-	
400m		18. 29.	4:58.44 2:39.91	465 442	5:05.50 2:40.14	105% 100%	
200m	, 2010 (14),	29.	2.39.91	442	2.40.14	100%	_
400m	, 2010 (11),	156.	5:25.52	277	5:20.00	97%	
100m				-	1:09.00	-	
200m	0044 (40	146.	2:47.48	280	2:41.00	92%	
400m	, 2011 (13),	86.	5:21.67	371	5:14.45	96%	1
100m		00.	5.21.07	3/ I -	1:23.21	90%	
200m		46.	2:43.02	417	2:43.34	100%	
	, 2011 (13),						-
400m		135.	5:52.65	282	5:25.00	85%	
100m 200m		114.	2:54.33	- 341	1:23.00 2:50.00	- 95%	
20011	, 2011 (13),	117.	2.07.00	U T 1	2.00.00	30 /0	1
400m	,	128.	5:46.63	297	5:30.00	91%	•
100m				-	1:17.00	-	
200m		106.	2:52.99	349	2:53.00	100%	

100m	, 2010 (14),			-	58.79	_	-
400m		92.	4:56.39	367	4:50.00	96%	
200m		85.	2:35.94	347	2:35.29	99%	
	, 2011 (13),						3
400m		55.	5:11.97	407	5:19.78	105%	
100m		8.	1:11.21	437	1:11.45	101%	
200m	, 2012 (12),	24.	2:38.13	457	2:41.12	104%	
400m	, 2012 (12),	58.	5:13.29	402	5:10.00	98%	-
100m		56.	0.10.20	-	1:16.00	-	
200m		108.	2:53.32	347	2:50.00	96%	
	, 2013 (11),						1
400m		145.	6:18.95	227	6:02.00	91%	
100m		139.	3:07.24	- 275	1:29.00	- 103%	
200m	, 2010 (14),	139.	3.07.24	2/3	3:10.00	103%	_
400m	, 2010 (14),	118.	5:02.37	345	4:56.00	96%	
100m		110.	0.02.01	-	1:08.00	-	
200m		130.	2:42.95	304	2:42.00	99%	
	, 2011 (13),						1
400m		22.	5:00.79	454	4:55.76	97%	
100m 200m		6. 11.	1:10.28	454 495	1:10.23	100% 102%	
200111	, 2013 (11),	11.	2:33.98	495	2:35.69	102%	3
400m	, 2010 (11),	101.	5:29.00	347	5:30.00	101%	J
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 200m		61.	2:31.15	381	1:10.50 2:26.50	94%	
200111	, 2011 (13),	01.	2.01.10	001	2.20.00	0170	1
100m	, == (),			-	1:08.00	-	•
400m		70.	5:18.02	384	5:24.00	104%	
200m		75.	2:47.79	383	2:47.00	99%	_
400	, 2013 (11),				- 40.00	4000/	2
400m 100m		122.	5:42.96	306	5:43.00 1:28.79	100%	
200m		113.	2:54.20	342	2:59.00	106%	
	, 2013 (11),						2
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:08.00	-	
400m		94.	5:26.73	354	5:35.00	105%	
200m	, 2012 (12),	78.	2:48.29	379	2:53.00	106%	4
400m	, 2012 (12),	109.	5:32.34	337	5:36.00	102%	1
100m		27.	1:23.90	267	1:22.50	97%	
200m		135.	3:02.68	296	2:58.00	95%	
	, 2011 (13),						-
400m		128.	5:04.94	337	4:55.00	94%	
100m		101	2:41.65	- 211	1:09.00	- 020/	
200m	, 2010 (14),	121.	2:41.65	311	2:35.00	92%	2
400m	, 20.0 (),	88.	4:54.94	372	5:00.00	103%	_
100m				-	1:05.50	=	
200m	0040 (:-	25.	2:26.50	419	2:27.00	101%	
400	, 2012 (12),				4.05.00		1
100m 400m		61.	5:14.16	399	1:05.90 5:14.00	100%	
200m		49.	2:43.23	416	2:46.00	103%	
	, 2012 (12),		2				1
400m	, , , , , , , , , , , , , , , , , , , ,	23.	5:00.84	454	5:00.76	100%	
100m		_		-	1:15.60	-	
200m	2010 (14	6.	2:31.56	519	2:34.33	104%	2
400m	, 2010 (14),	151.	5.17.62	200	5:20.00	1010/	2
100m		21.	5:17.63 1:12.54	298 285	5:20.00 1:11.00	101% 96%	
200m		126.	2:42.08	309	2:44.00	102%	
							28
	, 2010 (14),						2
100m		-	4	-	55.22	<u>-</u>	
400m 200m		6. 14.	4:26.99 2:22.46	502 455	4:32.45 2:25.42	104% 104%	
200111		17.	2.22.70	700	2.20.72	104/0	

, 29. - 31.5.2024

	, 2011 (13),					
400m 100m		83.	5:21.23	373 -	5:12.00 1:22.72	94%
200m	, 2012 (12),	55.	2:44.75	404	2:47.38	103%
400m	, 2012 (12),	52.	5:11.42	409	5:11.20	100%
100m		21.	1:18.74	323	1:19.71	102%
200m		66.	2:46.30	393	2:45.10	99%
400	, 2010 (14),	0.4	4.00.00	440	4 40 70	40.407
400m 100m		21.	4:38.39	443	4:43.78 1:15.65	104%
200m		31.	2:27.12	413	2:27.24	100%
	, 2011 (13),					
400m	, , , , , , , , , , , , , , , , , , , ,	107.	5:00.11	353	5:02.18	101%
100m		400	0.44.00	-	1:14.97	-
200m	, 2011 (13),	136.	2:44.26	297	2:38.82	93%
100m	, 2011 (13),			-	1:05.00	_
400m		56.	5:13.06	403	5:10.00	98%
200m		67.	2:46.32	393	2:48.00	102%
	, 2010 (14),					
400m		3.	4:17.49	560	4:10.30 1:02.52	94%
100m 200m		10.	2:20.18	478	1:02.52 2:22.10	- 103%
	, 2010 (14),			11.0		10070
100m	, ();			-	1:04.00	-
400m		65.	4:51.20	387	4:53.44	102%
200m	2040 (4.4	90.	2:36.52	343	2:39.02	103%
400m	, 2010 (14),	1.	4:08.68	621	4:09.73	101%
100m		1.	4.00.00	-	1:05.00	10176
200m		1.	2:07.95	629	2:13.50	109%
	, 2012 (12),					
400m		59.	5:13.52	401	5:10.78	98%
100m 200m		59.	2:45.50	399	1:14.00 2:47.46	- 102%
200111	, 2011 (13),	55.	2.43.30	399	2.47.40	10276
400m	, 2011 (10),	138.	5:06.74	331	5:02.39	97%
100m				-	1:13.50	-
200m		122.	2:41.73	311	2:40.24	98%
100	, 2011 (13),				4.44.40	
100m 400m		32.	5:04.87	436	1:11.46 5:12.37	- 105%
200m		90.	2:51.00	361	2:52.37	102%
	, 2011 (13),					
400m		11.	4:53.33	490	4:55.57	102%
100m 200m		3. 7.	1:09.99 2:32.60	460 509	1:12.97 2:33.78	109% 102%
200111	, 2011 (13),		2.02.00	303	2.00.70	10270
400m	, 2011 (10),	53.	5:11.69	408	5:24.16	108%
100m				-	1:15.63	-
200m	0040 (44	42.	2:41.71	427	2:45.16	104%
400	, 2010 (14),	00	4.50 47	070	4.50.04	4000/
400m 100m		80. 14.	4:53.47 1:08.76	378 335	4:53.24 1:09.17	100% 101%
.00111	, 2010 (14),	17.		300	1.00.11	10170
100m	, (/ ,			-	1:02.18	-
400m		61.	4:50.80	388	5:00.24	107%
200m	2011 (12	93.	2:37.15	339	2:41.49	106%
400m	, 2011 (13),	106	5:31.72	339	5:18.20	92%
400m 100m		106. 16.	1:15.75	363	1:15.73	100%
200m		68.	2:46.53	391	2:40.40	93%
	, 2010 (14),					
100m		07	4.40.07	400	1:00.20	-
400m 200m		37. 63.	4:42.97 2:31.60	422 378	4:46.76 2:29.33	103% 97%
200111	, 2011 (13),	03.	2.01.00	510	2.20.00	31 /0
100m	,			-	1:05.89	-
400m		64.	5:17.06	388	5:20.16	102%
200m	0044 (40	105.	2:52.88	350	2:51.94	99%
	, 2011 (13),	40	E.40.44	44.4	E-10 44	4000/
400		48.	5:10.11	414	5:12.44	102%
400m 100m				-	1:15 06	-
400m 100m 200m		53.	2:44.12	409	1:15.06 2:46.53	- 103%

	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,	82.	4:53.81	377	4:51.26		98%	
100m		7.4	0.00.00	-	1:04.54		4000/	
200m	, 2012 (12),	74.	2:33.83	361	2:35.86		103%	_
100m	, 2012 (12),			-	1:24.71		-	_
100111	, 2010 (14),				1.24.71			_
400m	, == (, ,	12.	4:30.49	483	4:28.87	25.04.2024	99%	
100m		4.0		-	1:04.92	29.03.2024	-	
200m	, 2010 (14),	12.	2:21.05	469	2:20.41	24.04.2024	99%	2
400m	, 2010 (14),	4.	4:18.37	554	4:21.07	25.04.2024	102%	2
100m			4.10.01	-	1:02.09	26.04.2024	-	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	_
100	, 2012 (12),				4.40.07			2
100m 400m		134.	5:52.45	282	1:12.87 6:02.18		- 106%	
200m		133.	3:02.37	298	3:03.57		101%	
	, 2010 (14),							-
100m		0	4.00.05	405	56.54	26.04.2024	- 000/	
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	2	2	3373	1
100m	,			-	1:01.04		-	
400m		100.	4:58.66	358	4:58.23		100%	
200m	, 2011 (13),	53.	2:30.35	387	2:32.38		103%	1
100m	, 2011 (10),			-	1:11.63		-	•
400m		119.	5:39.67	315	5:41.67		101%	
200m	, 2011 (13),	132.	3:01.38	303	2:57.97		96%	1
100m	, 2011 (13),			-	1:07.27		_	'
400m		69.	5:17.47	386	5:16.74		100%	
200m		71.	2:46.80	389	2:48.80		102%	
400	, 2010 (14),	70	4.50.05	202	4.50.00		000/	-
400m 100m		70.	4:52.05	383	4:50.62 1:04.31		99%	
200m		103.	2:38.60	330	2:36.18		97%	
	, 2011 (13),							1
400m 100m		39.	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 200m		23. 62.	1:19.35 2:45.65	316 398	1:15.43 2:44.59	26.04.2024 22.06.2023	90% 99%	
	, 2010 (14),							2
100m				-	1:02.92	26.04.2024	-	
400m 200m		126. 87.	5:04.59 2:36.19	338 345	5:07.80 2:40.35	25.04.2024 24.04.2024	102% 105%	
200111	, 2011 (13),	07.	2.30.13	545	2.40.00	24.04.2024	10370	2
400m	, == (),	58.	4:48.95	396	4:55.65	25.04.2024	105%	_
100m		50	0.20.00	-	1:20.23	26.04.2024	4040/	
200m	, 2011 (13),	59.	2:30.99	382	2:33.67	24.04.2024	104%	_
100m	, 2011 (13),			-	1:03.95	26.04.2024	_	
400m		95.	4:56.87	365	4:53.13	25.04.2024	97%	
	, 2011 (13),							2
400m 100m		67.	5:17.33 1:12.78	387 428	5:12.70 1:13.24		97% 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%	
100m 200m		99.	2:37.98	334	1:18.07 2:39.71	26.04.2024 24.04.2024	- 102%	
_00111	, 2011 (13),	00.	000	557			10270	1
400m		57.	5:13.27	402	5:07.61		96%	
100m		2.4	2.40.20	- 120	1:18.86		1050/	
200m	, 2010 (14),	34.	2:40.38	438	2:43.95		105%	2
100m	, 2010 (14),			-	1:06.23	26.04.2024	_	2
400m		41.	4:43.61	419	4:46.97	25.04.2024	102%	
200m	2010 (44	114.	2:40.71	317	2:48.11		109%	2
400m	, 2010 (14),	99.	4:58.54	359	4:56.78		99%	2
100m		16.	1:10.03	317	1:12.94		108%	
200m		89.	2:36.50	343	2:39.46		104%	

400m	, 2011 (13),	120.	5:02.84	344	E:06 E2		102%	2
100m		120.	3.02.04	-	5:06.52 1:20.24		102/6	
200m		97.	2:37.63	336	2:41.51		105%	
400	, 2011 (13),	00	5 40 74	400	E 44 0E		000/	-
400m 100m		60. 13.	5:13.71 1:13.77	400 393	5:11.05 1:11.42		98% 94%	
200m		68.	2:46.53	391	2:44.78		98%	
400	, 2011 (13),							1
100m 400m		102.	4:58.95	- 357	1:00.75 4:55.91	26.04.2024 25.04.2024	- 98%	
200m		68.	2:32.62	370	2:35.06	24.04.2024	103%	
	, 2010 (14),							1
400m 100m		50.	4:47.03	404	4:45.58 1:07.57		99%	
200m		19.	2:23.66	444	2:23.78		100%	
	, 2010 (14),							-
100m 400m		63.	4:51.06	387	1:02.09 4:40.19		93%	
200m		95.	2:37.40	337	2:35.73		98%	
	, 2012 (12),							-
100m 400m		73.	5:18.55	382	1:06.45 5:15.39		98%	
200m		90.	2:51.00	361	2:50.71		100%	
	, 2011 (13),							1
100m		04	4.55.75	-	1:00.60		- 000/	
400m 200m		91. 115.	4:55.75 2:40.90	369 316	4:52.60 2:44.00		98% 104%	
	, 2011 (13),							2
100m		9.	4:52.11	- 496	1:05.45 4:58.56	26.04.2024 24.04.2024	- 104%	
400m 200m		9. 44.	2:42.25	423	2:44.93	25.04.2024	104%	
	, 2012 (12),							-
400m		155.	5:24.45	279	5:10.60	25.04.2024	92%	
100m 200m		147.	2:47.94	278	1:22.81 2:47.64	26.04.2024 24.04.2024	100%	
	, 2010 (14),							1
400m		137.	5:06.69	331	5:15.13	25.04.2024	106%	
100m 200m		116.	2:41.11	- 315	1:20.61 2:38.12	28.03.2024 24.04.2024	96%	
	, 2011 (13),							1
400m		113.	5:35.23	328	5:24.88		94%	
100m 200m		79.	2:48.69	376	1:21.65 2:52.72		105%	
	, 2010 (14),						,	2
400m		33.	4:41.84	427	4:48.82		105%	
100m 200m		29.	2:26.83	416	1:17.47 2:32.09		107%	
	, 2010 (14),							1
400m		60.	4:50.43	390	4:52.60		101%	
100m 200m		69.	2:32.69	370	1:12.58 2:27.60		93%	
200	, 2012 (12),	00.	2.02.00	0.0	2.200		3370	2
100m				-	1:04.40	28.03.2024	-	
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 200m		1. 3.	1:00.59 2:15.53	490 529	1:01.56 2:16.53		103% 101%	
200111	, 2011 (13),	0.	2.10.00	320	2.10.00		10170	2
400m		85.	5:21.42	372	5:19.67		99%	
100m 200m		2. 22.	1:09.92 2:37.58	461 462	1:12.01 2:38.51		106% 101%	
200.11	, 2010 (14),				00.01		.0170	-
400m	,	54.	4:47.64	401	4:47.50		100%	
100m 200m		22.	2:25.16	430	1:12.80 2:22.60		- 97%	
_00111	, 2011 (13),			100	00		0.70	1
400m	, - (-)	87.	5:22.95	367	5:22.80		100%	-
100m 200m		28.	1:07.84 2:39.45	529 446	1:06.89 2:41.50		97% 103%	
200111	, 2012 (12),	20.	2.33.43	11 0	2.71.30		10370	-
100m				-	1:03.95	26.04.2024	-	
400m 200m		26. 52.	5:03.12 2:43.63	444 413	4:55.54 2:42.67	24.04.2024	95% 99%	
200111		JZ.	2.70.00	713	2.72.01		JJ /0	

	0040 (40							0
400m	, 2012 (12),	139.	5:56.27	273	6:03.97	24.04.2024	104%	2
100m		407	0.00.00	-	1:24.14	05.04.0004	-	
200m	, 2011 (13),	137.	3:03.86	291	3:10.66	25.04.2024	108%	1
100m	,			-	1:06.87		-	•
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 (10),			-	1:04.58		-	_
400m 200m		109. 117.	5:00.25 2:41.17	353 314	5:01.18 2:41.79	25.04.2024 24.04.2024	101% 101%	
200111	, 2011 (13),	117.	2.41.17	314	2.41.79	24.04.2024	10176	1
400m	, 2311 (10),	91.	5:24.93	360	5:22.81		99%	•
100m 200m		95.	1:15.08 2:51.42	390 359	1:12.56 2:53.69		93% 103%	
200111	, 2011 (13),	33.	2.31.42	339	2.55.09		10376	_
400m	, , , , , , , , , , , , , , , , , , , ,	153.	5:22.37	285	5:13.38		95%	
100m 200m		149.	2:49.23	- 271	1:28.91 2:44.49		94%	
200111	, 2011 (13),	1 10.	2. 10.20	2	2.11.10		0170	2
400m	, , , , , , , , , , , , , , , , , , , ,	24.	5:01.70	450	5:03.35		101%	
100m 200m		27.	1:10.48 2:39.03	472 449	1:07.74 2:39.68		92% 101%	
200111	, 2012 (12),	27.	2.00.00	110	2.00.00		10170	-
400m		138.	5:54.90	276	5:54.14	24.04.2024	100%	
100m 200m		141.	3:08.18	- 271	1:21.59 3:02.87	26.04.2024 25.04.2024	94%	
	, 2010 (14),							1
100m 400m		2.	4:15.42	- 573	54.12 4:15.65		100%	
200m		2.	2:12.89	561	2:12.78		100%	
400	, 2010 (14),	40	4.44.00	440	4:40.40	05.04.0004	000/	1
400m 100m		42.	4:44.29	416 -	4:42.10 1:09.79	25.04.2024 26.04.2024	98%	
200m		13.	2:21.78	462	2:23.12	24.04.2024	102%	
400m	, 2013 (11),	108.	5:32.14	337	E:20 66		105%	2
100m		100.	3.32.14	-	5:39.66 1:34.94		10376	
200m	2044 (42	120.	2:56.42	329	2:56.62		100%	_
400m	, 2011 (13),	105.	5:31.45	339	5:32.47		101%	2
100m				-	1:25.17		-	
200m	, 2012 (12),	98.	2:52.03	355	2:55.64		104%	1
400m	, 20:2(:2),	112.	5:35.22	328	5:29.56	24.04.2024	97%	•
100m 200m		128.	3:00.38	308	1:22.25 3:05.11	26.04.2024 25.04.2024	- 105%	
200111	, 2011 (13),	120.	3.00.30	300	5.05.11	23.04.2024	10370	_
400m	, - (- ,,	71.	5:18.19	384	5:14.84	23.11.2023	98%	
100m 200m		61.	2:45.55	398	1:22.53 2:43.30	23.11.2023 25.04.2024	97%	
200111	, 2012 (12),	01.	2. 10.00	000	2. 10.00	20.01.2021	0170	1
400m		84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m 200m		58.	2:45.49	399	1:15.63 2:45.78	26.04.2024 25.04.2024	100%	
	, 2012 (12),							3
400m 100m		28. 11.	5:04.52	438 405	5:12.89	24.04.2024 26.04.2024	106% 102%	
200m		65.	1:13.03 2:45.80	397	1:13.60 2:49.88	25.04.2024	102%	
	, 2010 (14),							2
100m 400m		52.	4:47.24	403	1:02.55 4:49.66		- 102%	
200m		84.	2:35.53	350	2:38.32		104%	
400	, 2011 (13),							-
100m 400m		16.	4:57.81	- 468	1:03.13 4:54.75	26.04.2024 27.03.2024	98%	
200m		32.	2:40.13	440	2:39.16	25.04.2024	99%	_
400m	, 2012 (12),	98.	5:28.19	350	5:30.94		102%	2
100m				-	1:15.24		-	
200m	, 2012 (12),	73.	2:47.68	383	2:51.65		105%	1
400m	, 2012 (12),	44.	5:08.56	421	5:16.23		105%	'
100m				-	1:22.27		-	
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	2040 (44	115.	2:54.80	338	2:56.19		102%	
400	, 2010 (14),				4.05.00	00.04.0004		-
100m 400m		160.	5:35.23	253	1:05.38 5:34.20	26.04.2024 25.04.2024	99%	
200m		144.	2:46.90	283	2:46.19	24.04.2024	99%	
200111	, 2010 (14),		2. 10.00	200	2.10.10	2 1.0 1.202 1	0070	1
400m	, 2010 (11),	27.	4:40.00	435	4:46.52		105%	•
100m				-	1:04.59		-	
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				-	1:29.97	19.04.2024	-	
200m	2011 (12	111.	2:53.98	343	2:50.20	25.04.2024	96%	2
400	, 2011 (13),	444	5-04-55	222	F: 4F F0	04.04.0004	4070/	2
400m 100m		111.	5:34.55	330	5:45.58 1:18.51	24.04.2024 26.04.2024	107%	
200m		130.	3:00.88	305	3:02.43	25.04.2024	102%	
	, 2010 (14),							2
400m	, ==== (),	154.	5:22.85	284	5:35.50	25.04.2024	108%	_
100m				-	1:15.19	26.04.2024	-	
200m		112.	2:40.45	318	2:45.47	24.04.2024	106%	
	, 2011 (13),							-
100m				-	1:04.60	26.10.2023	-	
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.	2.34.91	400	2.34.71	22.11.2023	100 /6	2
100m	, 2011 (13),			_	1:18.22	24.11.2023	_	
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	2040 (44	110.	2:39.84	322	2:42.00		103%	
400	, 2010 (14),	25	4.44.00	400	4:40.00		000/	1
400m 100m		35. 12.	4:41.88 1:08.37	426 341	4:40.20 1:08.47		99% 100%	
200m		58.	2:30.84	383	2:29.71		99%	
	, 2011 (13),							-
400m	, - (- ,,	73.	4:52.60	381	4:50.48		99%	
100m				-	1:08.99		-	
200m		96.	2:37.44	337	2:35.31		97%	
	, 2011 (13),							1
400m		120.	5:40.49	313 -	5:43.73		102%	
100m	, 2010 (14),			-	1:17.03		-	2
100m	, 2010 (14),			-	59.64		_	_
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				-	1:19.49	26.04.2024	-	
200m	0040 (44	23.	2:38.03	458	2:39.45	25.04.2024	102%	
400	, 2010 (14),	4.45	5.44.00	047	5.00.04		050/	1
400m 100m		145.	5:11.00	317	5:02.94 1:11.66		95%	
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				-	1:20.97	26.04.2024	-	
	, 2010 (14),							2
100m				-	1:04.73	28.03.2024	-	
400m		84.	4:54.55	374	4:56.66	27.03.2024	101%	
200m	2044 (42	103.	2:38.60	330	2:45.39	16.06.2023	109%	^
400	, 2011 (13),	40	E:00 47	447	E-0E-00		000/	2
400m 100m		46.	5:09.47 1:10.14	417 479	5:05.80 1:11.00		98% 102%	
200m		19.	2:36.77	469	2:39.70		102%	
	, 2010 (14),						, 0	2
100m				-	55.65	26.04.2024	-	
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%	

400m	, 2010 (14),	132.	F.OF 0F	224	E-04.70		000/	1
100m		132.	5:05.85	334	5:04.79 1:14.56		99%	
200m		77.	2:34.13	359	2:34.88		101%	
	, 2010 (14),							1
100m				-	1:04.13		-	
400m 200m		121. 124.	5:03.26 2:41.80	342 311	4:53.89 2:42.26		94% 101%	
200111	, 2011 (13),	124.	2.41.00	311	2.42.20		10176	_
400m	, 2011 (10),	134.	5:06.22	332	5:03.36	25.04.2024	98%	
100m				-	1:11.34	26.04.2024	-	
200m	0040 (44	111.	2:40.43	319	2:39.42	24.04.2024	99%	_
400	, 2013 (11),	444	0.45.47	004	0.00 50	04.04.0004	4050/	2
400m 100m		144.	6:15.17	234	6:23.56 1:38.18	24.04.2024 26.04.2024	105%	
200m		147.	3:16.00	240	3:46.50	06.12.2023	134%	
	, 2011 (13),							2
100m				-	1:06.34		-	
400m 200m		117. 123.	5:02.29 2:41.79	346 311	5:06.72 2:43.15		103% 102%	
200111	, 2011 (13),	123.	2.41.73	311	2.40.10		10270	2
100m	, 2011 (10),			-	1:06.69	07.12.2023	_	_
400m		136.	5:06.37	332	5:15.49	27.03.2024	106%	
200m	2010 (11	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	4040/	2
400m 100m		23. 2.	4:38.83 1:02.29	441 451	4:40.20 1:03.07	25.04.2024 26.04.2024	101% 103%	
100111	, 2011 (13),	۷.	1.02.23	401	1.00.07	20.04.2024	10370	1
100m	,			-	1:00.12		_	•
400m		25.	4:39.41	438	4:43.97		103%	
	, 2011 (13),							2
400m		150.	5:15.84	303	5:17.90 1:15.34	25.04.2024 26.04.2024	101%	
100m 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	, 2010 (14),	80.	2:34.81	355	NT		-	
100m	, 2010 (14),			-	59.62	26.04.2024	_	-
400m		49.	4:46.80	405	4:37.90	25.04.2024	94%	
200m		33.	2:27.57	410	2:27.45	24.04.2024	100%	
400	, 2012 (12),						2=0/	1
400m 100m		110. 24.	5:34.37 1:21.23	331 294	5:26.57 1:20.12		95% 97%	
200m		109.	2:53.67	345	2:54.00		100%	
	, 2011 (13),							1
100m				-	1:00.03		-	
400m		33.	4:41.84	427	4:42.88		101%	
200m	, 2011 (13),	83.	2:35.11	353	2:33.34		98%	1
100m	, 2011 (10),			-	59.14		_	
400m		8.	4:52.02	496	4:49.86		99%	
200m	2010 (10	3.	2:28.25	555	2:29.93		102%	_
400	, 2012 (12),	440	5 00 04	040	F 47 70	04.04.0004	1050/	2
400m 100m		118.	5:39.24	316	5:47.72 1:21.52	24.04.2024 26.04.2024	105%	
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		5.	1:05.39 2:29.68	591 539	1:05.31 2:31.57	26.04.2024 25.04.2024	100% 103%	
200111	, 2011 (13),	Э.	2.23.00	339	2.51.57	25.04.2024	10370	1
400m	, 2011 (10),	110.	5:00.43	352	5:00.56		100%	'
100m		19.	1:11.61	297	1:10.64		97%	
200m		109.	2:39.77	323	2:39.17		99%	_
400	, 2010 (14),	400	4 50 00	c= :	5 00 0 5		4000/	2
400m 100m		106.	4:59.83	354	5:03.85 1:09.98		103%	
200m		92.	2:36.85	341	2:39.94		104%	
	, 2010 (14),							2
100m				-	58.78		-	
400m 200m		13. 32.	4:31.82 2:27.18	476 413	4:47.67 2:33.74		112% 109%	
200111		32.	2.21.10	413	2.33.14		10970	

	, 2011 (13),							2
400m 100m		79.	5:20.72	375 -	5:29.96 1:27.32	27.03.2024 26.04.2024	106% -	
200m		72.	2:47.57	384	2:52.36	25.04.2024	106%	
	, 2011 (13),							-
400m 100m		141.	5:08.43	325	5:06.86 1:20.91		99%	
200m		98.	2:37.73	335	2:37.55		100%	
	, 2011 (13),							-
400m		112.	5:01.05	350	4:46.21		90%	
100m	, 2011 (13),			-	1:08.42		-	2
100m	, 2011 (10),			_	1:05.35	26.04.2024	-	_
400m		101.	4:58.80	358	4:59.54	25.04.2024	100%	
200m	, 2010 (14),	135.	2:44.12	298	2:48.84	24.04.2024	106%	1
400m	, 2010 (14),	28.	4:40.52	433	4:43.30		102%	'
100m				-	1:13.19		-	
200m	, 2011 (13),	23.	2:25.38	428	2:22.59		96%	2
400m	, 2011 (13),	124.	5:44.02	303	5:55.78		107%	
100m				-	1:24.03		-	
200m	2042 (42	87.	2:50.38	365	2:57.06		108%	_
400m	, 2012 (12),	38.	5:05.99	431	5:00.22		96%	2
100m			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%	2
100m		00.	0.27770	-	1:17.86	26.04.2024	-	
200m	0044 (40	116.	2:55.40	335	2:59.30		104%	_
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%	
400	, 2010 (14),				4 00 00	00.04.0004		1
100m 400m		159.	5:30.87	263	1:08.86 5:34.76	26.04.2024 25.04.2024	102%	
200m		152.	2:57.84	234	2:37.96		79%	
400	, 2010 (14),	70	4.52.50	202	4.50.60		4000/	2
400m 100m		72.	4:52.50	382	4:52.68 1:18.06		100%	
200m		52.	2:30.33	387	2:31.09		101%	
400	, 2010 (14),				50.50			1
100m 200m		50.	2:30.23	388	59.59 2:32.95		104%	
	, 2011 (13),							-
100m		_		-	59.17	26.04.2024	-	
400m 200m		5. 8.	4:44.57 2:33.20	536 503	4:38.23 2:31.66	24.04.2024 25.04.2024	96% 98%	
200111	, 2011 (13),	0.	2.00.20	000	2.01.00	20.0 1.202 1	0070	2
400m		2.	4:38.68	571	4:40.10	24.04.2024	101%	
100m 200m		1.	2:22.53	- 624	1:12.77 2:24.20	23.11.2023 25.04.2024	- 102%	
200	, 2012 (12),			02.	2.220	20.0202 .	.0270	1
100m				-	1:18.15	26.10.2023	-	
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%	
200	, 2011 (13),			552	2.00.2	20.0202 .	.0070	-
100m				-	1:02.61	05.10.2023	-	
400m 200m		15. 9.	4:55.46 2:33.61	479 499	4:50.73 2:33.58	24.04.2024 25.04.2024	97% 100%	
	, 2010 (14),						,	1
400m	, , , , , , , , , , , , , , , , , , , ,	158.	5:30.09	265	5:30.90	25.04.2024	100%	
100m 200m		141.	2:45.31	- 291	1:13.92 2:42.67	26.04.2024 24.04.2024	- 97%	
200111	, 2010 (14),	171.	2.70.01	201	<u> </u>	21.07.2027	57 70	2
400m	, (· · · //	85.	4:54.88	372	4:48.30		96%	_
100m		3.	1:04.65	403	1:05.77		103%	
200m	, 2011 (13),	39.	2:28.77	400	2:30.91		103%	2
100m	,			-	1:03.15		-	_
400m		19. 15	4:58.75	464 486	5:01.84		102%	
200m		15.	2:34.95	486	2:36.98		103%	

	, 2011 (13),							3
400m		12.	4:54.60	483	4:56.36	24.04.2024	101%	
100m		40	1:09.66	489	1:11.76	26.04.2024	106%	
200m	, 2011 (13),	13.	2:34.85	487	2:37.06	25.04.2024	103%	2
400m	, 2011 (10),	59.	4:49.29	394	4:55.83		105%	_
100m		9.	1:06.99	362	1:06.88		100%	
200m		56.	2:30.47	386	2:34.49		105%	
	, 2010 (14),							-
100m		20	4.44.74	-	1:00.40		-	
400m 200m		32. 106.	4:41.74 2:39.25	427 326	4:38.00 2:32.00		97% 91%	
	, 2012 (12),							2
400m	, == (:= /,	130.	5:48.45	292	5:49.10	24.04.2024	100%	_
100m				-	1:31.39	28.03.2024	-	
200m	2044 (42	117.	2:55.50	334	3:00.67	25.04.2024	106%	
100m	, 2011 (13),			-	1:10.27		_	-
100m 400m		163.	5:43.56	235	1:10.37 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		70	2.46.60	-	1:22.25		4040/	
200m	, 2012 (12),	70.	2:46.69	390	2:47.42		101%	1
100m	,			-	1:11.00		-	'
400m		102.	5:30.10	344	5:29.94		100%	
200m		80.	2:48.73	376	2:49.79		101%	
400	, 2012 (12),	400	E E0 74	000	0.04.40	04.04.0004	4000/	1
400m 100m		133. 20.	5:50.71 1:18.13	286 331	6:01.10 1:15.81	24.04.2024 26.04.2024	106% 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		60	0.04.04	-	1:18.29	06.10.2023	- 070/	
200m	, 2011 (13),	62.	2:31.24	380	2:29.25	24.04.2024	97%	_
100m	, 2011 (13),			_	1:16.04		_	
200m		153.	3:00.95	222	2:48.79		87%	
	, 2010 (14),							-
100m				-	1:01.60		-	
400m 200m		119. 100.	5:02.76 2:38.04	344 333	5:02.70 2:35.00		100% 96%	
200111	, 2012 (12),	100.	2.00.01	000	2.00.00		0070	2
100m	, == (:=),			-	1:15.24		-	_
400m		131.	5:49.82	289	6:01.03		107%	
200m	0044 (40	140.	3:07.59	274	3:11.37		104%	_
400	, 2011 (13),	22	F:04.00	426	E-02 C0		000/	2
400m 100m		33.	5:04.98 1:09.20	436 499	5:03.60 1:10.20		99% 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		26	1:11.10	460	1:10.18	26.04.2024	97%	
200m	, 2010 (14),	26.	2:38.81	451	2:42.57	25.04.2024	105%	_
400m	, 2010 (11),	15.	4:32.87	470	4:31.67		99%	
100m				-	1:02.45		-	
	, 2011 (13),							1
100m		00	4.44.40	-	59.64		-	
400m 200m		30. 54.	4:41.18 2:30.36	430 387	4:38.57 2:32.82		98% 103%	
200	, 2010 (14),	0		33.	2.02.02		10070	2
100m	,,			-	1:00.66		-	_
400m		56.	4:47.79	401	5:00.36		109%	
200m	2044 (42	60.	2:31.10	381	2:33.70		103%	
400~	, 2011 (13),	48.	1.46.40	406	1.4E OF	25.04.2024	1000/	-
400m 100m		40.	4:46.42	406	4:45.95 1:13.57	25.04.2024 26.04.2024	100%	
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%	
100				110				
100m 200m		30.	2:27.05	414	1:07.31 2:25.73	26.04.2024 24.04.2024	98%	

	, 2011 (13),							2
100m	, 2011 (13),			_	1:06.33		_	2
400m		40.	5:06.89	428	5:12.55		104%	
200m		59.	2:45.50	399	2:49.02		104%	
	, 2011 (13),							-
400m		14.	4:55.45	479	4:51.11		97%	
100m			1:09.45	493	1:08.96		99%	
200m		25.	2:38.14	457	2:34.65		96%	_
	, 2010 (14),							2
400m		115.	5:01.95	347	5:05.04		102%	
100m 200m		49.	2:30.09	389	1:16.06 2:32.15		103%	
200111	, 2010 (14),	10.	2.00.00	000	2.02.10		10070	1
400m	, 2010 (14),	26.	4:39.54	437	4:36.97	25.04.2024	98%	'
100m		20.	4.55.54	-	1:06.71	26.04.2024	-	
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		40=		-	1:35.68	26.04.2024	-	
200m	0040 (44	127.	2:59.75	311	3:02.58	25.04.2024	103%	•
400	, 2010 (14),				. = 0 00		4000/	2
400m 100m		77. 6.	4:53.13 1:05.95	379 380	4:56.26 1:06.63		102% 102%	
200m		67.	2:32.53	371	2:31.67		99%	
200	, 2012 (12),	· · ·	2.02.00	0. .	2.0		3373	2
400m	, (/,	117.	5:38.28	319	5:55.38		110%	_
100m				-	1:26.26		-	
200m		134.	3:02.49	297	3:06.71		105%	
	, 2012 (12),							2
100m		404	F: 44, 40	-	1:15.15	04.04.0004	4070/	
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	LUL	0.00.02	20.04.2024	107 70	2
400m	, 2313 (11),	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		138.	3:05.03	-	1:34.62	28.03.2024	-	
200m	, 2010 (14),	130.	3.03.03	285	3:04.05	25.04.2024	99%	3
400m	, 2010 (14),	93.	4:56.44	367	5:05.89		106%	3
100m		95. 15.	1:09.66	322	1:11.00		104%	
200m		73.	2:33.76	362	2:42.86		112%	
	, 2010 (14),							-
400m		90.	4:55.48	370	4:55.23	25.04.2024	100%	
100m					1:09.85	26.04.2024	-	
200m	0040 (44	65.	2:32.39	372	2:29.44	24.04.2024	96%	0
400	, 2013 (11),	4.40	0.00.44	0.47	0.45.00		40.40/	3
400m 100m		143. 28.	6:08.41 1:25.38	247 253	6:15.63 1:27.90		104% 106%	
200m		125.	2:58.09	320	3:02.71		105%	
	, 2010 (14),							1
100m	, , , , , , , , , , , , , , , , , , , ,			-	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%	
								J.E
	0044 //2							26
400	, 2011 (13),	4.4	4.00.44	400	4.00.50		4000/	2
400m 100m		11.	4:30.41	483	4:32.58 1:02.61		102%	
200m		34.	2:28.18	404	2:30.35		103%	
	, 2010 (14),						,	_
400m	, (71.	4:52.10	383	4:46.20		96%	
100m				-	1:17.05		-	
200m		64.	2:31.85	376	2:29.55		97%	
	, 2011 (13),				_			-
400m		17.	4:58.03	467	4:55.18		98%	
100m 200m		45.	2:42.42	422	1:14.68 2:40.38		98%	
200111	, 2011 (13),	- 10.	2.72.72	722	2.70.00		JO /0	_
400m	, 2011 (10),	25.	5:02.37	447	4:56.03		96%	
100m				-	1:14.95		-	
200m		92.	2:51.03	361	2:47.54		96%	

	, 2012 (12),					2
400m	•	6.	4:48.04	517	4:52.60	103%
100m			1:05.87	578	1:08.29	107%
200m	0040 (44	20.	2:37.44	463	2:35.61	98%
	, 2010 (14),					-
400m		149.	5:15.19	305	5:07.65	95%
100m		107	0.20 54	-	1:18.39	-
200m	2011 (12	107.	2:39.51	324	2:37.36	97%
400m	, 2011 (13),	51.	5:11.10	410	5:03.43	95%
100m		51.	5.11.10	410	1:22.64	95%
200m		48.	2:43.18	416	2:40.55	97%
	, 2012 (12),					1
400m	,, _ ,,	113.	5:01.32	349	5:03.99	102%
100m		22.	1:12.65	284	1:12.38	99%
200m		119.	2:41.52	312	2:41.04	99%
	, 2012 (12),					-
100m				-	1:04.60	-
400m		135.	5:06.31	332	5:06.16	100%
200m	2044 (42	137.	2:44.31	297	2:40.08	95%
400	, 2011 (13),				4.04.00	1
100m 400m		45.	5:08.76	420	1:04.92 5:09.05	100%
200m		74.	2:47.76	383	2:46.15	98%
	, 2011 (13),					2
100m	, - (-),			-	1:06.09	-
400m		37.	5:05.59	433	5:07.54	101%
200m		50.	2:43.35	415	2:47.50	105%
	, 2010 (14),					2
100m				-	58.40	
400m		81.	4:53.49	378	5:02.97	107%
200m	2011 (12	76.	2:34.04	360	2:35.53	102%
400m	, 2011 (13),	81.	5:21.18	373	E:01 64	100%
100m		01.	3.21.10	3/3 -	5:21.64 1:16.52	100% -
200m		110.	2:53.74	345	2:53.92	100%
200	, 2010 (14),			0.0	2.00.02	-
100m	, 2010 (11),			_	1:04.14	-
400m		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		5.	1:05.93	380	1:05.50	99%
200m	2011 (12	71.	2:33.09	367	2:30.70	97%
400	, 2011 (13),	24	F.0F.00	405	E:00 47	- 079/
400m 100m		34.	5:05.09	435	5:00.47 1:15.07	97%
200m		64.	2:45.78	397	2:43.92	98%
	, 2010 (14),					-
100m	, == := (::),			_	1:05.23	-
400m		108.	5:00.14	353	4:49.66	93%
200m		150.	2:49.32	271	2:40.00	89%
	, 2011 (13),					2
100m				-	1:05.75	-
400m		31.	5:04.59	437	5:05.60	101%
200m	2040 (44	77.	2:47.91	382	2:53.11	106%
400	, 2010 (14),				E0.74	-
100m 400m		16.	4:34.10	- 464	58.71 4:33.04	- 99%
200m		20.	2:23.82	442	2:21.32	97%
200	, 2010 (14),	_0.	2.20.02		2.2	-
400m	, == (, , ,,	122.	5:03.53	341	4:55.07	95%
100m				-	1:20.35	-
200m		133.	2:43.60	300	2:42.82	99%
	- , 2012 (12),				1
400m		27.	5:03.89	440	5:10.25	104%
100m		00	0.40.00	-	1:14.03	-
200m		33.	2:40.33	439	2:40.09	100%
400	, 2010 (14),				4 = 0 =	-
400m		111.	5:00.98	350	4:58.35	98%
100m 200m		128.	2:42.83	305	1:24.37 2:38.43	- 95%
200111	, 2010 (14),	120.	2.72.00	303	2.00.70	2
400m	, 20.0 (11 /,	53.	4:47.42	402	4:48.68	101%
100m		7.	1:06.29	374	1:05.20	97%
200m		26.	2:26.59	418	2:29.33	104%

	, 2011 (13),						2
400m		82.	5:21.20	373	5:11.48	94%	
100m 200m		9. 20.	1:11.77 2:37.44	427 463	1:12.72 2:39.93	103% 103%	
200111	, 2010 (14),	20.	2.07.44	400	2.00.00	10070	1
100m	, (-	56.14	-	
400m		20.	4:37.84	445	4:40.00	102%	
200m	2040 (44	17.	2:22.78	452	2:22.20	99%	_
400	, 2010 (14),	-	4-04-00	540	4.07.45	4000/	2
400m 100m		5.	4:24.28	518 -	4:27.15 1:01.00	102%	
200m		5.	2:17.26	509	2:18.68	102%	
	, 2011 (13),						2
100m				-	1:01.69	-	
400m 200m		86. 113.	4:54.90 2:40.51	372 318	5:07.83 2:40.53	109% 100%	
200111	, 2011 (13),	113.	2.40.31	310	2.40.33	100 /6	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%	
							32
	, 2011 (13),						3 <u>2</u>
400m	, 2011 (13),	42.	5:08.18	422	5:12.96	103%	ı
100m		12.	1:13.71	394	1:11.54	94%	
200m		18.	2:36.66	470	2:35.00	98%	
	, 2010 (14),						2
100m		74	4.50.74	-	59.85	-	
400m 200m		74. 82.	4:52.74 2:35.08	381 353	4:54.15 2:39.00	101% 105%	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	114.	5:35.58	327	5:39.26	102%	
100m		404	0.57.00	-	1:19.35	-	
200m	, 2011 (13),	121.	2:57.28	324	2:56.07	99%	1
400m	, 2011 (13),	103.	4:59.02	357	4:56.00	98%	'
100m		18.	1:11.10	303	1:09.00	94%	
200m		118.	2:41.28	314	2:45.00	105%	
	, 2011 (13),						-
100m	, 2011 (13),			-	1:37.00	-	
100m	, 2011 (13),			-	1:18.00	<u>-</u>	-
400m		147.	6:27.11	213	6:20.00	96%	
200m		143.	3:14.08	247	3:12.00	98%	
	, 2012 (12),						-
100m 400m		146.	6:21.28	223	1:16.82 6:09.89	- 94%	
200m		145.	3:14.79	244	3:10.65	96%	
	, 2010 (14),						1
400m		125.	5:03.94	340	4:57.49	96%	
100m 200m		45.	2:29.45	394	1:14.00 2:31.00	102%	
	, 2010 (14),	40.	2.23.43	394	2.51.00	10270	1
400m	, 2010 (11),	164.	5:48.93	225	5:59.00	106%	
100m				-	1:19.00	-	
	, 2011 (13),						2
400m		104.	4:59.22	356	5:01.37	101%	
100m 200m		88.	2:36.48	343	1:20.70 2:38.89	103%	
	, 2010 (14),						1
100m	,			-	1:03.70	-	
400m		124.	5:03.90	340	5:05.00	101%	
200m	, 2012 (12),	145.	2:47.42	280	2:45.00	97%	1
400m	, 2012 (12),	123.	5:43.84	304	5:50.00	104%	1
100m		.20.	0.10.0	-	1:27.00	-	
200m		124.	2:58.07	320	2:55.00	97%	
	, 2011 (13),						1
400m 100m		157. 20.	5:28.67 1:12.30	269 288	5:14.00 1:11.00	91% 96%	
200m		20. 140.	2:44.86	294	2:45.18	100%	
-	, 2013 (11),		- -			,0	1
400m	, , ,	141.	6:01.09	262	6:01.11	100%	
400m 100m 200m		141. 30. 146.	6:01.09 1:34.81 3:15.98	262 185 240	6:01.11 1:31.64 3:12.02	100% 93% 96%	

400	, 2010 (14),						1
100m		_	4.07.00	-	55.90	-	
400m		7.	4:27.93	497	4:26.70	99%	
200m	, 2010 (14),	4.	2:17.05	511	2:18.70	102%	4
400	, 2010 (14),		. = - = -				1
400m 100m		98.	4:58.53	359	4:56.47 1:07.50	99%	
200m		38.	2:28.69	400	2:31.87	104%	
200111	, 2011 (13),	50 .	2.20.03	400	2.01.07	10470	_
400m	, 2011 (10),	149.	6:42.44	189	6:35.00	96%	
100m			02	-	1:28.00	-	
200m		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					1:27.00	-	
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	0044 (40	101.	2:38.47	331	2:39.21	101%	_
400	, 2011 (13),					40=04	3
400m		93.	5:26.72	354	5:34.09	105%	
100m 200m		107.	1:12.56 2:53.12	432 348	1:13.52 2:59.24	103% 107%	
200111	, 2011 (13),	107.	2.55.12	0-10	2.00.24	107 70	2
100m	, 2011 (13),			-	1:02.02		_
400m		88.	5:23.00	367	5:40.00	111%	
200m		56.	2:45.17	401	2:48.00	103%	
	, 2011 (13),						1
400m	,	127.	5:45.02	301	5:38.96	97%	-
100m				-	1:18.87	-	
200m		126.	2:59.05	315	3:06.22	108%	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	139.	5:07.02	330	5:09.00	101%	
100m				-	1:15.85	-	
200m		148.	2:48.08	277	2:46.85	99%	
	, 2011 (13),						2
400m		115.	5:35.94	326	5:38.76	102%	
100m		00	0.50.70	-	1:24.51	4050/	
200m	2012 (12	89.	2:50.72	363	2:55.31	105%	4
400	, 2012 (12),	440	F 00 00	005	5.00.00	000/	1
400m		116.	5:36.39	325	5:30.00	96%	
100m 200m		99.	2:52.06	355	1:26.50 2:55.00	103%	
200111	, 2011 (13),	55.	2.52.00	555	2.00.00	10070	_
100m	, 2011 (13),			-	1:04.70		_
400m		148.	5:13.61	310	5:12.00	99%	
	, 2010 (14),						1
400m	, 2010 (11),	45.	4:45.43	411	4:47.00	101%	•
100m		10.	4.40.40		1:08.00	-	
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%	
100m			0.44==	-	1:33.00	-	
200m	2011 (12	144.	3:14.78	244	3:10.00	95%	0
	, 2011 (13),						2
100m		67	4.54.60	- 20E	1:04.01	4000/	
400m 200m		67. 105.	4:51.62 2:38.77	385 329	4:52.34 2:39.78	100% 101%	
200111		105.	2.30.11	329	۷.۵۵.۱۵	10176	