						%
						%
	, 2011 (13),					
100m	, ==::(:= /,	10.	4:52.72	493	4:53.48	101%
100m				-	1:11.32	-
200m	0044/40			-	2:35.20	-
100	, 2011 (13),				5.00.05	
100m				-	5:08.05	-
100m 200m		139.	2:44.58	295	1:18.37 2:48.88	105%
	, 2010 (14),			200	2. 10.00	10070
100m	, 2010 (11),			-	4:46.77	-
00m				-	1:10.23	-
200m		18.	2:23.54	445	2:25.50	103%
	, 2010 (14),					
100m 100m				-	5:03.12 1:09.93	-
200m		91.	2:36.69	342	2:40.19	105%
	, 2010 (14),	01.		312		10070
100m	, (, ,			-	57.36	-
100m				<u>-</u>	4:59.79	-
200m	0044 (42	24.	2:25.51	427	2:31.28	108%
100	, 2011 (13),	400	5.00.07	c -=	5.07.00	20
100m 100m		100.	5:28.91	347	5:27.33 1:14.81	99%
200m				_	2:46.39	-
	, 2010 (14),					
100m	, , , , , , , , , , , , , , , , , , , ,			-	4:56.97	-
00m					1:14.87	-
200m	0040 (44	55.	2:30.38	387	2:34.33	105%
100	, 2010 (14),				4.47.04	
00m 00m				-	4:47.31 1:08.10	-
200m		66.	2:32.51	371	2:32.09	99%
	, 2012 (12),					
100m	, , , , , , , , , , , , , , , , , , , ,	132.	5:49.98	288	5:44.42	97%
00m				-	1:21.94	-
200m	2040 (4.4			-	2:59.66	-
00m	, 2010 (14),				58.01	
100m				-	4:50.47	-
200m		70.	2:32.86	368	2:34.12	102%
	, 2011 (13),					
00m				-	1:02.34	-
100m		3.	4:40.55	560	4:42.01 2:38.03	101%
200m	, 2011 (13),			-	2.36.03	-
100m	, 2011 (10),	7.	4:48.49	515	4:51.80	102%
00m				-	1:11.90	10270
200m				-	2:33.50	-
	, 2011 (13),					
100m		80.	5:20.92	374	5:21.89	101%
00m 200m				-	1:19.46 2:51.06	-
.00111	, 2010 (14),				2.01.00	
00m	, == (),			-	59.01	=
100m				-	4:57.39	-
200m		35.	2:28.24	404	2:32.60	106%
	, 2011 (13),				4.00.00	
		70	5:20.52	- 375	1:09.62 5:21.68	- 101%
00m			J.ZU.JZ			
00m l00m		78.		-	2:52 65	-
00m l00m	, 2011 (13).	70.		-	2:52.65	-
100m 100m 200m	, 2011 (13),	78.		- -	2:52.65 4:49.60	-
100m 400m 200m 400m 100m	, 2011 (13),			-	4:49.60 1:13.73	- -
100m 400m 200m 400m 100m		76. 44.	2:29.38	-	4:49.60	
100m 400m 200m 400m 100m 200m	, 2011 (13), , 2011 (13),	44.		- - 395	4:49.60 1:13.73 2:32.11	- - 104%
100m 400m 200m 400m 100m 200m			2:29.38 5:28.41	-	4:49.60 1:13.73	- -

							_
	, 2010 (14),						1
400m				-	4:40.73	-	
100m		0	0.40.07	-	1:02.37	4000/	
200m	, 2010 (14),	8.	2:19.37	486	2:21.20	103%	1
400m	, 2010 (14),			-	4:51.47	-	•
100m				-	1:05.79	-	
200m		75.	2:34.02	360	2:34.41	101%	
	, 2010 (14),						1
400m				-	4:47.34	-	
100m 200m		15.	2:22.47	- 455	1:02.00 2:25.11	104%	
200	, 2011 (13),			.00	2.20	.6.7,6	_
400m	, 2011 (10),	20.	4:58.98	463	4:57.41	99%	
100m				-	1:17.17	-	
200m	0044 (40			-	2:35.78	-	
400	, 2011 (13),				4.07.40		-
100m 400m		54.	5:11.71	408	1:07.49 5:08.16	98%	
200m		04.	0.11.71	-	2:53.06	-	
	, 2010 (14),						1
400m				-	5:11.54	-	
100m		0.4	0.07.00	-	1:18.86	-	
200m	, 2011 (13),	94.	2:37.38	338	2:42.30	106%	1
400m	, 2011 (13),	68.	5:17.34	387	5:21.70	103%	'
100m		00.	0.17.04	-	1:09.93	-	
200m				-	2:41.48	-	
							_
							7
	, 2012 (12),						1
100m		50	E-40 CO	-	1:11.43	-	
400m 200m		50.	5:10.60	412 -	5:16.95 2:51.60	104%	
200111	, 2010 (14),				2.01.00		-
100m	, (),			-	56.28	-	
400m				-	4:35.56	.	
200m	2040 (40	37.	2:28.61	401	2:26.07	97%	
400m	, 2012 (12),	66	E:17.04	207	F:10 74	079/	-
400m 100m		66.	5:17.24	387	5:12.74 1:20.48	97% -	
200m				-	2:37.03	-	
	, 2010 (14),						-
100m				-	1:01.10	-	
400m	, 2010 (14),			-	4:50.45	=	
400m	, 2010 (14),			-	4:39.55	_	•
100m				-	1:16.99	-	
200m		48.	2:30.05	390	2:27.07	96%	
	, 2011 (13),						1
400m		74.	5:19.44	379	5:20.36	101%	
100m 200m				-	1:13.26 2:46.21	-	
200111	, 2010 (14),				2.40.21		1
400m	, (),			-	4:49.08	-	-
100m				-	1:07.68	-	
200m	0040 (40	51.	2:30.31	387	2:30.54	100%	,
100m	, 2012 (12),				1:09.46		1
400m		47.	5:09.90	- 415	1:08.16 5:21.42	- 108%	
200m			0.00.00	-	2:47.40	-	
	, 2012 (12),						1
100m			.	-	1:08.40	-	
400m		62.	5:14.32	398	5:15.16	101%	
200m	, 2010 (14),			-	2:51.08	-	_
100m	, 2010 (17),			-	1:01.11	-	
400m				-	4:48.25	-	
200m		72.	2:33.47	364	2:32.15	98%	
	, 2011 (13),						1
400m 100m		21.	4:59.81	459 -	5:00.52 1:14 84	100%	
100m 200m				-	1:14.84 2:41.53	-	
	, 2011 (13),						-
400m	, (-);	76.	5:20.16	377	5:15.00	97%	
100m				-	1:21.90	-	
200m				-	2:39.00	-	

	2242 (44						
400m	, 2010 (14),			-	4:51.04	_	-
100m				-	1:05.26	- -	
200m		36.	2:28.34	403	2:28.00	100%	
	, 2010 (14),						-
400m 100m				-	4:36.00 1:07.50	-	
200m		40.	2:28.96	398	2:28.50	99%	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	97.	5:27.25	353	5:28.72	101%	
100m				-	1:20.44	-	
200m	2011 (12			-	2:52.24	-	
400m	, 2011 (13),	63.	5:16.47	390	5:12.90	98%	-
100m		03.	3.10.47	-	1:11.34	-	
200m				-	2:44.44	-	
	, 2010 (14),						-
100m				-	59.24	-	
400m 200m		86.	2:36.14	346	4:31.41 2:33.34	96%	
200111	, 2010 (14),	00.	2.00.14	040	2.00.04	3070	_
400m	, 2010 (11),			-	4:50.50	-	
100m				-	1:16.20	-	
200m	0040 (44	46.	2:29.60	393	2:29.00	99%	
400	, 2010 (14),				4.00.00		-
400m 100m				-	4:32.06 1:00.00	-	
200m		7.	2:18.80	492	2:17.73	98%	
	, 2011 (13),						-
400m		89.	5:23.67	364	5:19.00	97%	
100m				-	1:16.50	-	
200m				-	2:50.15	-	
							16
	, 2011 (13),						
100m	, - (- ,,			-	1:01.00	-	
400m					5:12.00	-	
200m	0040 (40	108.	2:39.54	324	2:38.50	99%	
100	, 2012 (12),				1.10.00		-
100m 400m		90.	5:24.46	362	1:10.00 5:17.00	- 95%	
200m				-	2:52.00	-	
	, 2010 (14),						-
100m				-	1:01.00	-	
400m 200m		57.	2:30.56	386	4:43.00 2:30.00	99%	
200	, 2012 (12),	0	2.00.00	333	2.00.00	0070	1
100m	, 2012 (12),			-	1:05.00	-	•
400m				-	5:03.00	-	
200m	0040 (40	132.	2:43.49	301	2:45.00	102%	
400m	, 2012 (12),	65.	5:17.11	388	5:06.00	93%	-
400m		65.	5.17.11	-	1:12.90	93%	
200m				-	2:46.00	-	
	, 2011 (13),						-
100m				-	1:09.00	-	
400m 200m		77.	5:20.22	376 -	5:17.90 2:49.60	99%	
200111	, 2012 (12),			_	2.49.00	_	_
400m	, 2012 (12),	104.	5:31.09	340	5:17.90	92%	
100m				-	1:21.99	-	
200m	2010 (11			-	2:49.60	-	
400	, 2010 (14),				4.50.00		1
400m 100m				-	4:56.38 1:13.64	-	
200m		27.	2:26.65	417	2:27.94	102%	
	, 2011 (13),						1
100m				-	1:05.50	-	
400m		41.	5:07.47	425	5:15.00	105%	
200m	, 2010 (14),			-	2:46.00	=	_
100m	, 2010 (14),			-	59.95	-	-
400m				-	4:54.00	-	
200m		125.	2:41.98	310	2:36.00	93%	

	0040 (44					
400m	, 2010 (14),			-	5:04.00	-
100m				-	1:15.00	-
200m		79.	2:34.76	355	2:33.00	98%
	, 2011 (13),					-
100m					1:05.00	.
400m		43.	5:08.38	421	4:55.00	92%
200m	0040 (44			-	2:47.00	-
400	, 2010 (14),				4.50.00	1
400m 100m				-	4:58.00 1:18.00	-
200m		81.	2:34.91	354	2:38.35	104%
	, 2012 (12),					=
400m	, == (=),	103.	5:30.30	343	5:26.00	97%
100m				-	1:18.50	-
200m				-	2:54.00	-
	, 2010 (14),					-
100m				-	1:00.00	-
400m 200m		78.	2:34.27	358	4:44.22 2:30.55	- 95%
200111	, 2011 (13),	70.	2.04.27	550	2.00.00	3070
400m	, 2011 (13),			-	4:58.00	<u>.</u>
100m				-	1:10.00	-
200m		127.	2:42.29	308	2:38.60	96%
	, 2012 (12),					1
400m		140.	5:56.43	273	6:00.00	102%
100m				-	1:22.00	-
200m	2040 (44			-	3:14.00	-
400	, 2010 (14),				4.44.00	-
400m 100m				-	4:41.90 1:06.90	- -
200m		43.	2:29.07	397	2:28.50	99%
	, 2011 (13),					-
400m	, , , , , , , , , , , , , , , , , , , ,	72.	5:18.21	384	5:06.76	93%
100m				-	1:16.54	-
200m				-	2:36.17	-
	, 2011 (13),					-
400m				-	4:53.00	-
100m 200m		138.	2:44.35	296	1:09.00 2:42.00	97%
200	, 2012 (12),	.00.	2	200	22.00	
400m	, 2012 (12),	126.	5:44.55	302	5:40.00	97%
100m				-	1:25.00	-
200m				-	2:58.00	-
	, 2012 (12),					1
400m		92.	5:25.53	358	5:31.00	103%
100m 200m				-	1:17.50 2:57.00	-
200111	, 2012 (12),				2.07.00	1
400m	, 2012 (12),	137.	5:53.39	280	6:09.00	109%
100m		107.	0.00.00	-	1:35.00	-
200m				-	3:03.74	-
	, 2010 (14),					-
400m				-	4:52.00	-
100m 200m		151.	2:53.07	254	1:10.00 2:45.00	- 91%
200111	, 2012 (12),	131.	2.33.07	204	2.43.00	1
100m	, 2012 (12),			-	1:05.00	- '
400m		18.	4:58.44	465	5:05.50	105%
200m				-	2:40.14	-
	, 2010 (14),					-
400m				-	5:20.00	-
100m 200m		146.	2:47.48	280	1:09.00 2:41.00	- 92%
200111	, 2011 (13),	140.	2.47.40	200	2.41.00	3270
400m	, 2011 (10),	86.	5:21.67	371	5:14.45	96%
100m		00.	0.2.10.	-	1:23.21	-
200m				-	2:43.34	-
	, 2011 (13),					-
400m	•	135.	5:52.65	282	5:25.00	85%
100m				-	1:23.00	-
200m	, 2011 (13),			-	2:50.00	-
400m	, 2011 (13),	128.	5:46.63	297	5:30.00	91%
100m		120.	5.40.03		1:17.00	
200m				-	2:53.00	- -

	, 2010 (14),					-
100m				-	58.79	-
400m 200m		85.	2:35.94	- 347	4:50.00 2:35.29	99%
200111	, 2011 (13),	00.	2.00.04	047	2.00.20	1
400m	, , , , ,	55.	5:11.97	407	5:19.78	105%
100m				-	1:11.45	-
200m	, 2012 (12),			-	2:41.12	-
400m	, 2012 (12),	58.	5:13.29	402	5:10.00	98%
100m			55	-	1:16.00	-
200m				-	2:50.00	-
400	, 2013 (11),	4.45	0:40.05	007	0.00.00	040/
400m 100m		145.	6:18.95	227	6:02.00 1:29.00	91% -
200m				-	3:10.00	-
	, 2010 (14),					-
400m				-	4:56.00	-
100m 200m		130.	2:42.95	304	1:08.00 2:42.00	99%
	, 2011 (13),					-
400m	, , , , , , , , , , , , , , , , , , , ,	22.	5:00.79	454	4:55.76	97%
100m				-	1:10.23	-
200m	, 2013 (11),			-	2:35.69	- 1
400m	, 2010 (11),	101.	5:29.00	347	5:30.00	101%
100m				-	1:17.00	-
200m	0040 (40			-	2:53.00	-
400m	, 2012 (12),			_	5:00.00	-
100m				-	1:10.50	- -
200m		61.	2:31.15	381	2:26.50	94%
400	, 2011 (13),				4.00.00	1
100m 400m		70.	5:18.02	384	1:08.00 5:24.00	- 104%
200m		70.	0.10.02	-	2:47.00	-
	, 2013 (11),					1
400m		122.	5:42.96	306	5:43.00	100%
100m 200m				-	1:28.79 2:59.00	-
200	, 2013 (11),				2.00.00	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:08.00	-
400m		94.	5:26.73	354 -	5:35.00	105%
200m	, 2012 (12),			-	2:53.00	1
400m	, 23:2 (12),	109.	5:32.34	337	5:36.00	102%
100m				-	1:22.50	-
200m	2011 (12			-	2:58.00	-
400m	, 2011 (13),			_	4:55.00	-
100m				-	1:09.00	-
200m	0040 (44	121.	2:41.65	311	2:35.00	92%
400	, 2010 (14),				F:00 00	1
400m 100m				-	5:00.00 1:05.50	-
200m		25.	2:26.50	419	2:27.00	101%
	, 2012 (12),					-
100m 400m		61.	5:14.16	- 399	1:05.90 5:14.00	100%
200m		01.	3.14.10	-	2:46.00	-
	, 2012 (12),					-
400m		23.	5:00.84	454	5:00.76	100%
100m 200m				-	1:15.60 2:34.33	- -
_00111	, 2010 (14),				2.000	1
400m	, (//			-	5:20.00	-
100m		400	0.40.00	-	1:11.00	-
200m		126.	2:42.08	309	2:44.00	102%
						11
	, 2010 (14),					1
100m	,			-	55.22	- '
400m			0.00.40	-	4:32.45	-
200m		14.	2:22.46	455	2:25.42	104%

400m	, 2011 (13),	83.	5:21.23	373	5:12.00	94%
400m		63.	5.21.23	3/3	1:22.72	94%
200m				-	2:47.38	_
200	, 2012 (12),				260	
400m	, - (52.	5:11.42	409	5:11.20	100%
100m				-	1:19.71	-
200m				-	2:45.10	-
	, 2010 (14),					•
400m				-	4:43.78	-
100m		24	0.07.40	-	1:15.65	4000/
200m	0044 (40	31.	2:27.12	413	2:27.24	100%
400	, 2011 (13),				5.00.40	
400m 100m				-	5:02.18 1:14.97	- -
200m		136.	2:44.26	297	2:38.82	93%
	, 2011 (13),					
100m	,			-	1:05.00	-
400m		56.	5:13.06	403	5:10.00	98%
200m				-	2:48.00	-
	, 2010 (14),					•
400m				-	4:10.30	-
100m			0.00.10	-	1:02.52	-
200m	2010 (14	10.	2:20.18	478	2:22.10	103%
400	, 2010 (14),				4.04.00	•
100m				-	1:04.00	-
400m 200m		90.	2:36.52	343	4:53.44 2:39.02	103%
	, 2010 (14),			2.0		10070
400m	, 2010 (14),			-	4:09.73	-
100m				-	1:05.00	-
200m		1.	2:07.95	629	2:13.50	109%
	, 2012 (12),					
400m		59.	5:13.52	401	5:10.78	98%
100m				-	1:14.00	-
200m	0044 (40			-	2:47.46	=
400	, 2011 (13),				5.00.00	
400m				-	5:02.39	=
100m 200m		122.	2:41.73	311	1:13.50 2:40.24	98%
200111	, 2011 (13),		2.11.70	011	2.10.21	
100m	, 2011 (10),			-	1:11.46	-
400m		32.	5:04.87	436	5:12.37	105%
200m				-	2:52.37	=
	, 2011 (13),					•
400m		11.	4:53.33	490	4:55.57	102%
100m				-	1:12.97	=
200m	0044 (40			-	2:33.78	-
46-	, 2011 (13),				= 0.4 · · ·	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
400m		53.	5:11.69	408	5:24.16	108%
100m 200m				-	1:15.63 2:45.16	-
200111	, 2010 (14),			-	۷.۳۵.۱۵	-
400m	, 2010 (17),			_	4:53.24	_
100m				-	1:09.17	- -
2	, 2010 (14),					
100m	, (/)			-	1:02.18	-
400m				-	5:00.24	-
200m		93.	2:37.15	339	2:41.49	106%
200111	0044 (40					
	, 2011 (13),				= 40.00	
400m	, 2011 (13),	106.	5:31.72	339	5:18.20	92%
400m 100m	, 2011 (13),	106.	5:31.72	-	1:15.73	-
400m		106.	5:31.72			92% - -
400m 100m 200m	, 2011 (13), , 2010 (14),	106.	5:31.72	-	1:15.73 2:40.40	- -
400m 100m 200m		106.	5:31.72	-	1:15.73 2:40.40 1:00.20	-
400m 100m 200m 100m 400m				- - -	1:15.73 2:40.40 1:00.20 4:46.76	:
400m 100m 200m	, 2010 (14),	106. 63.	5:31.72 2:31.60	-	1:15.73 2:40.40 1:00.20	- - - 97%
400m 100m 200m 100m 400m 200m				- - - 378	1:15.73 2:40.40 1:00.20 4:46.76 2:29.33	:
400m 100m 200m 100m 400m 200m	, 2010 (14),	63.	2:31.60	- - - 378 -	1:15.73 2:40.40 1:00.20 4:46.76 2:29.33 1:05.89	- - 97% -
400m 100m 200m 100m 400m 200m	, 2010 (14),			- - - 378	1:15.73 2:40.40 1:00.20 4:46.76 2:29.33	- - 97%
400m 100m 200m 100m 400m 200m	, 2010 (14), , 2011 (13),	63.	2:31.60	- - 378 - 388	1:15.73 2:40.40 1:00.20 4:46.76 2:29.33 1:05.89 5:20.16	- - 97% -
400m 100m 200m 100m 400m 200m 100m 400m	, 2010 (14),	63.	2:31.60	- - 378 - 388	1:15.73 2:40.40 1:00.20 4:46.76 2:29.33 1:05.89 5:20.16 2:51.94 5:12.44	97% - 102%
400m 100m 200m 100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13),	63. 64.	2:31.60 5:17.06	378 - 388	1:15.73 2:40.40 1:00.20 4:46.76 2:29.33 1:05.89 5:20.16 2:51.94	97% - 102% -

	, 2011 (13),							1
400m				-	4:51.26		-	
100m 200m		74.	2:33.83	361	1:04.54 2:35.86		103%	
200111	, 2010 (14),		2.00.00	001	2.00.00		10070	-
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.75		-	
400m				-	4:58.08		-	
	, 2012 (12),							-
100m 200m				-	1:24.71 2:41.68		-	
200111	, 2010 (14),				2.11.00			_
400m	, =0:0 (::),			-	4:28.87	25.04.2024	-	
100m				-	1:04.92	29.03.2024	-	
200m	, 2010 (14),	12.	2:21.05	469	2:20.41	24.04.2024	99%	1
400m	, 2010 (14),			-	4:21.07	25.04.2024	-	'
100m				-	1:02.09	26.04.2024	-	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	
	, 2012 (12),							1
100m 400m		134.	5:52.45	282	1:12.87 6:02.18		106%	
200m		101.	0.02.40	-	3:03.57		-	
	, 2010 (14),							-
100m				-	56.54	26.04.2024	-	
400m 200m		6.	2:17.60	505	4:22.37 2:16.72	25.04.2024 24.04.2024	99%	
200111	, 2010 (14),	0.	2.17.00	000	2.10.72	21.01.2021	0070	1
100m	, ==== ,,			-	1:01.04		-	
400m		50	0.20.25	-	4:58.23		4000/	
200m	, 2011 (13),	53.	2:30.35	387	2:32.38		103%	1
100m	, 2011 (13),			-	1:11.63		-	'
400m		119.	5:39.67	315	5:41.67		101%	
200m	0044 (40			-	2:57.97		-	
100	, 2011 (13),				1,07.07			-
100m 400m		69.	5:17.47	386	1:07.27 5:16.74		100%	
200m		00.		-	2:48.80		-	
	, 2010 (14),							-
400m				-	4:50.62 1:04.31		-	
100m 200m		103.	2:38.60	330	2:36.18		97%	
	, 2011 (13),							-
400m		39.	5:06.09	431	5:03.05		98%	
100m 200m				-	1:09.13 2:42.47		-	
200111	, 2011 (13),			-	2.42.41		-	1
400m	, 2011 (10),	75.	5:19.74	378	5:25.39	24.04.2024	104%	•
100m				-	1:15.43	26.04.2024	-	
200m	2010 (14			-	2:44.59	22.06.2023	-	4
100m	, 2010 (14),			-	1:02.92	26.04.2024	-	1
400m				-	5:07.80	25.04.2024	-	
200m		87.	2:36.19	345	2:40.35	24.04.2024	105%	
400	, 2011 (13),				4 == ==	05.04.000		1
400m 100m				-	4:55.65 1:20.23	25.04.2024 26.04.2024	-	
200m		59.	2:30.99	382	2:33.67	24.04.2024	104%	
	, 2011 (13),							-
100m				-	1:03.95	26.04.2024	-	
400m	, 2011 (13),			-	4:53.13	25.04.2024	-	_
400m	, 2011 (10),	67.	5:17.33	387	5:12.70		97%	
100m				-	1:13.24		-	
200m	2040 (44			-	2:41.91		-	
400m	, 2010 (14),			-	4:55.78	25.04.2024		1
100m				-	1:18.07	26.04.2024	-	
200m		99.	2:37.98	334	2:39.71	24.04.2024	102%	
	, 2011 (13),							-
400m 100m		57.	5:13.27	402	5:07.61 1:18.86		96%	
200m				-	2:43.95		-	
	, 2010 (14),							1
100m				-	1:06.23	26.04.2024	-	
400m 200m		114.	2:40.71	317	4:46.97 2:48.11	25.04.2024	109%	
200111		11-7.	2.70.71	017	⊤∪.11		10370	

	2010 (14							1
400m	, 2010 (14),			-	4:56.78		-	1
100m				-	1:12.94		-	
200m	0044 (40	89.	2:36.50	343	2:39.46		104%	
400	, 2011 (13),				F.06 F0			1
400m 100m				-	5:06.52 1:20.24		-	
200m		97.	2:37.63	336	2:41.51		105%	
	, 2011 (13),							-
400m 100m		60.	5:13.71	400	5:11.05 1:11.42		98%	
200m				-	2:44.78		-	
	, 2011 (13),							1
100m				-	1:00.75	26.04.2024	-	
400m 200m		68.	2:32.62	370	4:55.91 2:35.06	25.04.2024 24.04.2024	103%	
200111	, 2010 (14),	00.	2.02.02	370	2.00.00	24.04.2024	10070	1
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:45.58		-	
100m 200m		19.	2:23.66	- 444	1:07.57		100%	
200111	, 2010 (14),	13.	2.23.00	444	2:23.78		100 /6	_
100m	, 2010 (11),			-	1:02.09		-	
400m				-	4:40.19		-	
200m	2012 (12	95.	2:37.40	337	2:35.73		98%	
100m	, 2012 (12),			_	1:06.45		_	-
400m		73.	5:18.55	382	5:15.39		98%	
200m	0044 (40			-	2:50.71		-	
100m	, 2011 (13),			_	1:00.60		_	1
400m				-	4:52.60		-	
200m	0044 (40	115.	2:40.90	316	2:44.00		104%	
100m	, 2011 (13),			_	1:05.45	26.04.2024		1
400m		9.	4:52.11	496	4:58.56	24.04.2024	104%	
200m				-	2:44.93	25.04.2024	-	
400	, 2012 (12),				= 40.00	05.04.0004		-
400m 100m				-	5:10.60 1:22.81	25.04.2024 26.04.2024	-	
200m		147.	2:47.94	278	2:47.64	24.04.2024	100%	
	, 2010 (14),							-
400m 100m				-	5:15.13	25.04.2024 28.03.2024	-	
200m		116.	2:41.11	315	1:20.61 2:38.12	24.04.2024	96%	
	, 2011 (13),							-
400m		113.	5:35.23	328	5:24.88		94%	
100m 200m				-	1:21.65 2:52.72		-	
	, 2010 (14),							1
400m				-	4:48.82		-	
100m 200m		29.	2:26.83	416	1:17.47 2:32.09		- 107%	
200111	, 2010 (14),	23.	2.20.03	410	2.52.03		107 /0	_
400m	, (,,			-	4:52.60		-	
100m		69.	2:32.69	370	1:12.58 2:27.60		93%	
200m	, 2012 (12),	υ υ .	2.32.09	310	2.21.00		93 70	1
100m	, 20.2 (12),			-	1:04.40	28.03.2024	-	'
400m		400	0.00 ==	-	4:55.47	25.04.2024	4000/	
200m	, 2010 (14),	102.	2:38.56	330	2:41.13	24.04.2024	103%	1
400m	, 2010 (17),			-	4:26.36		-	'
100m		_		-	1:01.56		-	
200m	2011 (12	3.	2:15.53	529	2:16.53		101%	
400m	, 2011 (13),	85.	5:21.42	372	5:19.67		99%	-
100m		00.	J.E 1. 12	-	1:12.01		-	
200m	0010/11			-	2:38.51		-	
400	, 2010 (14),				4.47.50			-
400m 100m				-	4:47.50 1:12.80		-	
200m		22.	2:25.16	430	2:22.60		97%	
400	, 2011 (13),	07	5.00.05	20=	F 00 00		10001	-
400m 100m		87.	5:22.95	367	5:22.80 1:06.89		100% -	
200m				-	2:41.50		-	

100m	, 2012 (12),				1:03.95	26.04.2024		-
400m		26.	5:03.12	444	4:55.54	24.04.2024	95%	
200m				-	2:42.67		-	
400	, 2012 (12),	400	5 50 0 7	070	0.00.07	04.04.0004	40.40/	1
400m 100m		139.	5:56.27	273	6:03.97 1:24.14	24.04.2024	104%	
200m				-	3:10.66	25.04.2024	-	
	, 2011 (13),							1
100m 400m		49.	5:10.15	- 414	1:06.87 5:17.13		- 105%	
200m		43.	3.10.13	-	2:41.97		-	
	, 2011 (13),							1
100m 400m				-	1:04.58 5:01.18	25.04.2024	-	
200m		117.	2:41.17	314	2:41.79	24.04.2024	101%	
	, 2011 (13),							-
400m		91.	5:24.93	360	5:22.81		99%	
100m 200m				-	1:12.56 2:53.69		-	
	, 2011 (13),							-
400m				-	5:13.38		-	
100m 200m		149.	2:49.23	- 271	1:28.91 2:44.49		94%	
200	, 2011 (13),		2. 10.20		2		0.70	1
400m	·	24.	5:01.70	450	5:03.35		101%	
100m 200m				-	1:07.74 2:39.68		-	
200	, 2012 (12),				2.00.00			_
400m	, , , , , , , , , , , , , , , , , , , ,	138.	5:54.90	276	5:54.14	24.04.2024	100%	
100m 200m				-	1:21.59 3:02.87	26.04.2024 25.04.2024	-	
200111	, 2010 (14),				0.02.07	20.04.2024		-
100m				-	54.12		-	
400m 200m		2.	2:12.89	- 561	4:15.65 2:12.78		100%	
200111	, 2010 (14),	۷.	2.12.00	301	2.12.70		10070	1
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:42.10	25.04.2024	-	
100m 200m		13.	2:21.78	462	1:09.79 2:23.12	26.04.2024 24.04.2024	102%	
200111	, 2013 (11),	10.	2.21.70	702	2.20.12	24.04.2024	10270	1
400m	, (,,	108.	5:32.14	337	5:39.66		105%	
100m 200m				-	1:34.94 2:56.62		-	
200111	, 2011 (13),				2.50.02			1
400m	, , , , , , , , , , , , , , , , , , , ,	105.	5:31.45	339	5:32.47		101%	
100m				-	1:25.17 2:55.64		-	
200m	, 2012 (12),			-	2.55.04		-	_
400m	, == (:=),	112.	5:35.22	328	5:29.56	24.04.2024	97%	
100m				-	1:22.25	26.04.2024	-	
200m	, 2011 (13),			-	3:05.11	25.04.2024	-	_
400m	, ==::(:=),	71.	5:18.19	384	5:14.84	23.11.2023	98%	
100m				-	1:22.53	23.11.2023	-	
200m	, 2012 (12),			-	2:43.30	25.04.2024	-	_
400m	, 2012 (12),	84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m				-	1:15.63	26.04.2024	-	
200m	, 2012 (12),			-	2:45.78	25.04.2024	-	1
400m	, 2012 (12),	28.	5:04.52	438	5:12.89	24.04.2024	106%	•
100m				-	1:13.60	26.04.2024	-	
200m	, 2010 (14),			-	2:49.88	25.04.2024	-	1
100m	, 2010 (11),			-	1:02.55		-	•
400m		0.4	0.25 52	-	4:49.66		4040/	
200m	, 2011 (13),	84.	2:35.53	350	2:38.32		104%	_
100m	, 2011 (10),			-	1:03.13	26.04.2024	-	
400m		16.	4:57.81	468	4:54.75	27.03.2024	98%	
200m	, 2012 (12),			-	2:39.16	25.04.2024	-	1
400m	, 2012 (12),	98.	5:28.19	350	5:30.94		102%	'
100m				-	1:15.24		-	
200m				-	2:51.65		-	

	2012 (12							1
400m	, 2012 (12),	44.	5:08.56	421	5:16.23		105%	,
100m				-	1:22.27		-	
200m	2012 (12			-	2:40.76		-	4
400m	, 2012 (12),	136.	5:52.85	201	E-E0 66		1020/	1
400m 100m		130.	5.52.65	281 -	5:58.66 1:22.81		103%	
200m				-	2:56.19		=	
	, 2010 (14),							-
100m 400m				-	1:05.38 5:34.20	26.04.2024 25.04.2024	-	
200m		144.	2:46.90	283	2:46.19	24.04.2024	99%	
	, 2010 (14),							-
400m				-	4:46.52		-	
100m 200m		28.	2:26.71	- 417	1:04.59 2:24.49		97%	
200111	, 2012 (12),	20.	2.20.71	417	2.24.43		31 70	_
400m	, (//	125.	5:44.14	303	5:44.08	24.04.2024	100%	
100m				-	1:29.97	19.04.2024	-	
200m	2011 (12			-	2:50.20	25.04.2024	-	4
400m	, 2011 (13),	111.	5:34.55	330	5:45.58	24.04.2024	107%	1
100m			0.04.00	-	1:18.51	26.04.2024	-	
200m	0040444			-	3:02.43	25.04.2024	-	
400	, 2010 (14),				5.05.50	05.04.0004		1
400m 100m				-	5:35.50 1:15.19	25.04.2024 26.04.2024	-	
200m		112.	2:40.45	318	2:45.47	24.04.2024	106%	
	, 2011 (13),							-
100m		40	4.54.05	-	1:04.60	26.10.2023	- 000/	
400m 200m		13.	4:54.85	482 -	4:52.83 2:34.71	24.04.2024 22.11.2023	99%	
	, 2011 (13),							1
100m				-	1:18.22	24.11.2023	-	
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m	, 2011 (13),			-	2:59.25	25.04.2024	-	1
100m	, 2011 (10),			-	1:01.70		-	•
400m				-	4:42.00		-	
200m	2040 (44	110.	2:39.84	322	2:42.00		103%	
400m	, 2010 (14),			-	4:40.20		_	-
100m				-	1:08.47		-	
200m	0044 (40	58.	2:30.84	383	2:29.71		99%	
400	, 2011 (13),				4.50.40			-
400m 100m				-	4:50.48 1:08.99		-	
200m		96.	2:37.44	337	2:35.31		97%	
	, 2011 (13),							1
400m 100m		120.	5:40.49	313	5:43.73 1:17.03		102%	
200m				-	2:56.19		-	
	, 2010 (14),							1
100m				-	59.64		-	
400m 200m		16.	2:22.56	- 454	4:51.18 2:25.57		104%	
200	, 2011 (13),				2.20.01		10170	1
400m	, - (- ,,	30.	5:04.55	438	5:16.65	24.04.2024	108%	
100m				-	1:19.49	26.04.2024	-	
200m	, 2010 (14),			-	2:39.45	25.04.2024	-	1
400m	,			-	5:02.94		-	•
100m					1:11.66		-	
200m	, 2012 (12),	120.	2:41.59	312	2:42.38		101%	
400m	, 2012 (12),			-	5:00.14	25.04.2024	-	-
100m				-	1:20.97	26.04.2024	-	
	, 2010 (14),							1
100m				-	1:04.73	28.03.2024	-	
400m 200m		103.	2:38.60	330	4:56.66 2:45.39	27.03.2024 16.06.2023	109%	
•	, 2011 (13),		-	-				-
400m		46.	5:09.47	417	5:05.80		98%	
100m				-	1:11.00 2:39.70		-	
200m				-	2.39.70		-	

	, 2010 (14),							1
100m	, 2010 (14),			-	55.65	26.04.2024	-	1
400m		_		-	4:30.00	25.04.2024	-	
200m	, 2010 (14),	9.	2:19.89	481	2:30.78	22.11.2023	116%	1
400m	, =0.0 (),			-	5:04.79		_	
100m				-	1:14.56		-	
200m	2010 (14	77.	2:34.13	359	2:34.88		101%	4
100m	, 2010 (14),			-	1:04.13		-	1
400m				-	4:53.89		-	
200m	2244 (42	124.	2:41.80	311	2:42.26		101%	
400m	, 2011 (13),			_	5:03.36	25.04.2024		-
100m				-	1:11.34	26.04.2024	-	
200m	///	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/	1
400m 100m		144.	6:15.17	234	6:23.56 1:38.18	24.04.2024 26.04.2024	105% -	
200m				-	3:46.50	06.12.2023	-	
	, 2011 (13),							1
100m 400m				-	1:06.34		-	
200m		123.	2:41.79	- 311	5:06.72 2:43.15		102%	
	, 2011 (13),							1
100m				-	1:06.69	07.12.2023	-	
400m 200m		129.	2:42.90	304	5:15.49 2:50.21	27.03.2024 24.04.2024	109%	
200	, 2010 (14),	.20.		00.	2.00.2	2	10070	_
400m	, == := (: :),			-	4:40.20	25.04.2024	-	
100m	0044 (40			-	1:03.07	26.04.2024	-	
100m	, 2011 (13),			_	1:00.12			-
400m				-	4:43.97		-	
	, 2011 (13),							1
400m				-	5:17.90	25.04.2024	-	
100m 200m		142.	2:45.74	289	1:15.34 2:48.64	26.04.2024 24.04.2024	- 104%	
200111	, 2010 (14),	172.	2.40.14	203	2.40.04	24.04.2024	10470	_
400m	, == := (: : /,			-	5:11.10	23.11.2023	-	
100m				-	1:10.36		-	
200m	, 2010 (14),	80.	2:34.81	355	NT		-	_
100m	, 2010 (14),			-	59.62	26.04.2024	_	
400m				-	4:37.90	25.04.2024	-	
200m	2042 (42	33.	2:27.57	410	2:27.45	24.04.2024	100%	
400m	, 2012 (12),	110.	5:34.37	331	5:26.57		95%	-
100m		110.	0.04.01	-	1:20.12		-	
200m	0044 (40			-	2:54.00		-	
100m	, 2011 (13),			_	1:00.03		-	-
400m				-	4:42.88		-	
200m		83.	2:35.11	353	2:33.34		98%	
400	, 2011 (13),				== : :			-
100m 400m		8.	4:52.02	496	59.14 4:49.86		99%	
200m		-		-	2:29.93		-	
	, 2012 (12),							1
400m 100m		118.	5:39.24	316 -	5:47.72	24.04.2024 26.04.2024	105% -	
200m				-	1:21.52 3:01.82	25.04.2024	-	
	, 2011 (13),							1
400m		1.	4:36.01	588	4:40.15	24.04.2024	103%	
100m 200m				-	1:05.31 2:31.57	26.04.2024 25.04.2024	-	
	, 2011 (13),				2.51.01	20.0202 !		_
400m	, , , , , , , , , , , , , , , , , , , ,			-	5:00.56		-	
100m		100	2.20.77	- 222	1:10.64		- 00%	
200m	, 2010 (14),	109.	2:39.77	323	2:39.17		99%	1
400m	, 2010 (11),			-	5:03.85		-	
100m		•-	0.00	-	1:09.98		-	
200m		92.	2:36.85	341	2:39.94		104%	

100m		0040 (44							
### Color	100m	, 2010 (14),			_	58 78		_	1
200m					-			_	
. 2011 (13), 400m			32.	2:27.18				109%	
400m		. 2011 (13).							1
100m	400m	,	79	5.20.72	375	5.29 96	27 03 2024	106%	-
200m				V				-	
400m					-			-	
400m		, 2011 (13),							-
100m	400m	, - (- ,,			-	5:06.86		-	
. 2011 (13), 400m 100m . 2011 (13),					-			-	
Moom	200m		98.	2:37.73	335			100%	
Moom		, 2011 (13),							-
100m	400m				-	4:46.21		-	
100m	100m				-	1:08.42		-	
400m		, 2011 (13),							1
200m					-			-	
. 2010 (14), 400m 100m . 23. 225.38 428 2225.9 66% . 2011 (13), 100m . 2011 (13), 124. 5.44.02 303 5.55.78 107% . 124.033								-	
400m	200m	2010 (11	135.	2:44.12	298	2:48.84	24.04.2024	106%	
100m 200m 233 225.38 428 222.59 96% 100m 124 544.02 303 5.55.78 107% 124.03 - 25.70 124.03 - 25.70 124.03 - 25.70 124.03 - 25.70 124.03 - 25.70 124.03 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.70 - 25.		, 2010 (14),							-
23. 225.38 428 222.59 96% 96% 1 400m								-	
100m			22	2.25.20				-	
124	200111	2044 (42	23.	2.25.36	420	2.22.59		90%	4
100m	400	, 2011 (13),	404	E 44.00	000	5 55 7 0		4070/	1
200m			124.	5:44.02				107%	
. 2012 (12), 400m 100m 200m								-	
400m	200111	2012 (12				2.57.00			_
100m	400m	, 2012 (12),	38	5:05 99	431	5:00.22		96%	
200m			00.	0.00.00					
400m 100m 200m 2011 (13),					-			-	
400m 100m 200m 2011 (13),		. 2013 (11).							1
100m	400m	, (),	96.	5:27.19	353	5:30.42	27.03.2024	102%	
, 2011 (13), 4. 4:40.74 559 4:37.71 98% 100m 200m 4. 4:40.74 559 4:37.71 98% 100m 200m 2010 (14), 100m 400m 152. 2:57.84 234 2:37.96 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 - 25.04.2024 -	100m				-	1:17.86	26.04.2024	-	
400m	200m				-	2:59.30		-	
400m		, 2011 (13),							-
200m			4.	4:40.74	559			98%	
, 2010 (14), 100m 200m 152. 2:57.84 234 2:37.96 25.04.2024 - 400m 200m , 2010 (14), 400m , 2010 (14), 52. 2:30.33 387 2:31.09 101% 100m , 2010 (14), 52. 2:30.33 387 2:31.09 101% 100m , 2010 (14), 52. 2:30.33 388 2:32.95 104% 400m , 2011 (13), 100m , 2011 (13), 2. 4:38.68 571 4:40.10 24.04.2024 96% 200m , 2012 (12), 100m , 2011 (13), 100m , 2012 (12), 100m , 2012 (12), 100m , 2011 (13), 100m , 2011 (14), 100m , 2010 (14),					-			-	
100m	200m	0040/44			-	2:27.89		-	
400m		, 2010 (14),							-
152. 2:57.84 234 2:37.96 79% 1400m 152. 2:57.84 234 2:37.96 79% 1400m 100m 1:18.66 1					-			-	
, 2010 (14), 400m 100m			152	2.57.94	- 224		25.04.2024	70%	
400m	200111	2010 (14	132.	2.37.04	234	2.37.90		1976	4
100m	400m	, 2010 (14),				1.52.69			
52. 2:30.33 387 2:31.09 101% , 2010 (14), 100m								-	
, 2010 (14), 100m			52.	2:30.33	387			101%	
100m		. 2010 (14).							1
400m	100m	, (-	59.59		_	
50. 2:30.23 388 2:32.95 104% , 2011 (13), 100m , 2011 (13), 5. 4:44.57 536 4:38.23 24.04.2024 96% 200m , 2011 (13), 400m , 2011 (13), 1 400m , 2011 (13), 2. 4:38.68 571 4:40.10 24.04.2024 101% 100m , 2012 (12), 100m , 2012 (12), 100m , 2011 (13), 100m , 2011 (14), 400m , 2010 (14),								-	
100m			50.	2:30.23	388			104%	
100m		, 2011 (13),							-
400m	100m				-	59.17	26.04.2024	-	
, 2011 (13), 400m 2. 4:38.68 571 4:40.10 24.04.2024 101% 100m - 1:12.77 23.11.2023 2:24.20 25.04.2024 - , 2012 (12), 100m 400m 95. 5:27.11 353 5:20.73 24.04.2024 96% 200m , 2011 (13), - 1:18.15 26.10.2023 2:56.24 25.04.2024 - , 2011 (13), - 1:00m , 2010 (14), 400m , 2010 (14),	400m		5.	4:44.57	536	4:38.23	24.04.2024		
400m	200m				-	2:31.66	25.04.2024	-	
100m		, 2011 (13),							1
200m			2.	4:38.68				101%	
, 2012 (12), 100m								-	
100m	200m	2042 (42			-	2:24.20	25.04.2024	-	
400m 95. 5:27.11 353 5:20.73 24.04.2024 96% 200m	400	, 2012 (12),				4 40 45	00.40.0000		-
200m			05	5:27 11					
, 2011 (13), 100m 400m 15. 4:55.46 479 4:50.73 24.04.2024 97% 200m , 2010 (14), 400m 15. 4:55.46 79 70 2:33.58 70 24.04.2024 70 2:33.58 70 25.04.2024 70 2:33.58 70 25.04.2024 70 2:33.58 70 25.04.2024 70 2:33.58 70 25.04.2024 70 2:33.58 70 25.04.2024 70 2:33.58 70 25.04.2024 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:33.58 70 2:3			33.	5.27.11				3070	
100m	200111	2011 (13)				2.00.24	20.04.2024		_
400m	100m	, 2011 (10),				1.02.61	05 10 2022		
200m			15	4:55 46				97%	
, 2010 (14), 400m - 5:30.90 25.04.2024 - 100m - 1:13.92 26.04.2024 - 200m - 141. 2:45.31 291 2:42.67 24.04.2024 97% , 2010 (14), 400m - 4:48.30 - 100m - 1:05.77 -								-	
400m - 5:30.90 25.04.2024 - 100m - 1:13.92 26.04.2024 - 200m - 1:13.92 26.04.2024 - 200m - 141. 2:45.31 291 2:42.67 24.04.2024 97% - 2010 (14),		, 2010 (14).							_
100m	400m	, (/)			-	5:30.90	25.04.2024	-	
200m 141. 2:45.31 291 2:42.67 24.04.2024 97% , 2010 (14), 1					-			-	
400m - 4:48.30 - 100m - 1:05.77 -			141.	2:45.31	291			97%	
400m - 4:48.30 - 100m - 1:05.77 -		, 2010 (14),							1
								-	
200m 39. 2:28.77 400 2:30.91 103%								_	
	200m		39.	2:28.77	400	2:30.91		103%	

	0044 (40							
100m	, 2011 (13),			_	1:03.15		_	1
400m		19.	4:58.75	464	5:01.84		102%	
200m				-	2:36.98		-	
	, 2011 (13),							1
400m 100m		12.	4:54.60	483	4:56.36 1:11.76	24.04.2024 26.04.2024	101%	
200m				-	2:37.06	25.04.2024	-	
	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:55.83		-	
100m		EC	2.20.47	-	1:06.88		- 40E0/	
200m	, 2010 (14),	56.	2:30.47	386	2:34.49		105%	
100m	, 2010 (14),			-	1:00.40		-	_
400m				-	4:38.00		-	
200m	0040440	106.	2:39.25	326	2:32.00		91%	
400	, 2012 (12),	400	5.40.45	000	5:40.40	04.04.0004	4000/	1
400m 100m		130.	5:48.45	292	5:49.10 1:31.39	24.04.2024 28.03.2024	100%	
200m				-	3:00.67	25.04.2024	-	
	, 2011 (13),							-
100m				-	1:10.37		-	
400m 200m		155.	3:05.76	205	5:31.52 3:03.37		97%	
200111	, 2011 (13),	100.	3.03.70	203	3.03.37		31 70	_
400m	,,	35.	5:05.10	435	5:02.99		99%	
100m				-	1:22.25		-	
200m	2012 (12			-	2:47.42		-	
100m	, 2012 (12),			_	1:11.00		_	-
400m		102.	5:30.10	344	5:29.94		100%	
200m				-	2:49.79		-	
400	, 2012 (12),	400	F F0 74	000	0.04.40	04.04.0004	4000/	1
400m 100m		133.	5:50.71	286 -	6:01.10 1:15.81	24.04.2024 26.04.2024	106%	
200m				-	2:57.50	25.04.2024	-	
	, 2010 (14),							-
400m				-	4:50.19	25.04.2024	-	
100m 200m		62.	2:31.24	380	1:18.29 2:29.25	06.10.2023 24.04.2024	- 97%	
200111	, 2011 (13),	02.	2.01.24	300	2.20.20	24.04.2024	37 70	_
400m	, ==: (:= /,			-	5:29.16		-	
100m				-	1:16.04		-	
200m	, 2010 (14),	153.	3:00.95	222	2:48.79		87%	
100m	, 2010 (14),			-	1:01.60		_	_
400m				-	5:02.70		-	
200m		100.	2:38.04	333	2:35.00		96%	
400	, 2012 (12),							1
100m 400m		131.	5:49.82	289	1:15.24 6:01.03		107%	
200m			0.10.02	-	3:11.37		-	
	, 2011 (13),							-
400m		33.	5:04.98	436	5:03.60		99%	
100m 200m				-	1:10.20 2:42.00		-	
200	, 2011 (13),				22.00			_
400m	,	36.	5:05.26	435	5:03.43	24.04.2024	99%	
100m				-	1:10.18	26.04.2024	-	
200m	, 2010 (14),			-	2:42.57	25.04.2024	-	_
400m	, 2010 (14),			_	4:31.67		-	_
100m				-	1:02.45		-	
	, 2011 (13),							1
100m				-	59.64		-	
400m 200m		54.	2:30.36	387	4:38.57 2:32.82		103%	
200111	, 2010 (14),	∪ 4.	2.00.00	507	2.02.02		100/0	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:00.66		-	=
400m		00	2.24.40	-	5:00.36		4000/	
200m	2011 /12	60.	2:31.10	381	2:33.70		103%	
400m	, 2011 (13),			-	4:45.95	25.04.2024	-	-
100m				-	1:13.57	26.04.2024	-	
200m		42.	2:29.06	397	2:27.33	24.04.2024	98%	

	0040 (44							
400m	, 2010 (14),			-	4:40.19	25.04.2024	_	-
100m				-	1:07.31	26.04.2024	-	
200m		30.	2:27.05	414	2:25.73	24.04.2024	98%	
	, 2011 (13),							1
100m	, , , , , , , , , , , , , , , , , , , ,			_	1:06.33		-	
400m		40.	5:06.89	428	5:12.55		104%	
200m				-	2:49.02		-	
	, 2011 (13),							-
400m		14.	4:55.45	479	4:51.11		97%	
100m				-	1:08.96		-	
200m	0040 (44			-	2:34.65		-	
400	, 2010 (14),				5.05.04			1
400m 100m				-	5:05.04 1:16.06		-	
200m		49.	2:30.09	389	2:32.15		103%	
200	, 2010 (14),			000	2.02.10		.0070	1
400m	, ==:= (:: /,			_	4:36.97	25.04.2024	_	•
100m				-	1:06.71	26.04.2024	-	
200m		47.	2:29.72	392	2:31.30	24.04.2024	102%	
	, 2012 (12),							1
400m		129.	5:46.75	296	5:54.58	24.04.2024	105%	
100m				-	1:35.68	26.04.2024	-	
200m	0040 (44			-	3:02.58	25.04.2024	-	
400	, 2010 (14),				4.50.00			-
400m				-	4:56.26 1:06.63		-	
100m 200m		67.	2:32.53	371	2:31.67		99%	
200	, 2012 (12),	0	2.02.00	0	2.0		3373	1
400m	, 2012 (12),	117.	5:38.28	319	5:55.38		110%	•
100m				-	1:26.26		-	
200m				-	3:06.71		-	
	, 2012 (12),							1
100m				-	1:15.15		-	
400m		121.	5:41.46	310	5:54.03	24.04.2024	107%	
200m	0040 (44			-	3:09.62	25.04.2024	-	
400	, 2010 (14),				4.46.62			1
400m 100m				-	4:46.63 1:06.13		-	
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				-	1:34.62	28.03.2024	-	
200m				-	3:04.05	25.04.2024	-	
	, 2010 (14),							1
400m				-	5:05.89		-	
100m 200m		73.	2:33.76	362	1:11.00 2:42.86		112%	
200111	, 2010 (14),	75.	2.55.70	302	2.42.00		112/0	_
400m	, 2010 (14),			-	4:55.23	25.04.2024	_	_
100m				-	1:09.85	26.04.2024	-	
200m		65.	2:32.39	372	2:29.44	24.04.2024	96%	
	, 2013 (11),							1
400m		143.	6:08.41	247	6:15.63		104%	
100m				-	1:27.90		-	
200m	0040 (44			-	3:02.71		-	
400	, 2010 (14),				4.07.00	00.04.0004		1
100m 400m				-	1:07.36 5:03.09	26.04.2024 25.04.2024	-	
200m		131.	2:43.19	303	2:43.68	24.04.2024	101%	
								11
	, 2011 (13),							1
400m	, - (- /)			-	4:32.58		-	-
100m				-	1:02.61		-	
200m		34.	2:28.18	404	2:30.35		103%	
	, 2010 (14),							-
400m				-	4:46.20		-	
100m		61	2.24 OF	- 276	1:17.05		079/	
200m	, 2011 (13),	64.	2:31.85	376	2:29.55		97%	
400m	, 2011 (13),	17.	4:58.03	467	4:55.18		98%	-
100m		17.	1.00.00	-	1:14.68		-	
200m				-	2:40.38		-	

	, 2011 (13),					-
400m		25.	5:02.37	447	4:56.03	96%
100m				-	1:14.95	-
200m	, 2012 (12),			-	2:47.54	1
400m	, 2012 (12),	6.	4:48.04	517	4:52.60	103%
100m		0.	4.40.04	-	1:08.29	-
200m				-	2:35.61	-
	, 2010 (14),					-
400m				-	5:07.65	-
100m 200m		107.	2:39.51	324	1:18.39 2:37.36	97%
	, 2011 (13),					=
400m	, - (- ,,	51.	5:11.10	410	5:03.43	95%
100m				-	1:22.64	-
200m	2012 (12			-	2:40.55	-
400m	, 2012 (12),			-	5:03.99	
100m				-	1:12.38	-
200m		119.	2:41.52	312	2:41.04	99%
	, 2012 (12),					-
100m				-	1:04.60	-
400m 200m		137.	2:44.31	- 297	5:06.16 2:40.08	- 95%
200111	, 2011 (13),	107.	2.11.01	207	2.10.00	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:04.92	-
400m		45.	5:08.76	420	5:09.05	100%
200m	2011 (12			-	2:46.15	-
100m	, 2011 (13),			-	1:06.09	1
400m		37.	5:05.59	433	5:07.54	101%
200m				-	2:47.50	-
	, 2010 (14),					1
100m 400m				-	58.40 5:02.97	- -
200m		76.	2:34.04	360	2:35.53	102%
200	, 2011 (13),			555	2.00.00	1
400m	, , , , , , , , , , , , , , , , , , , ,	81.	5:21.18	373	5:21.64	100%
100m				-	1:16.52	-
200m	2010 (11			-	2:53.92	-
100m	, 2010 (14),			_	1:04.14	_
400m				-	5:03.00	-
200m		134.	2:44.04	298	2:42.92	99%
400	, 2010 (14),					-
400m 100m				-	4:47.50 1:05.50	-
200m		71.	2:33.09	367	2:30.70	97%
	, 2011 (13),					-
400m		34.	5:05.09	435	5:00.47	97%
100m 200m				-	1:15.07 2:43.92	-
200111	, 2010 (14),			-	2.43.32	- <u>-</u>
100m	, ==:= (/,			-	1:05.23	-
400m				-	4:49.66	-
200m	2044 (42	150.	2:49.32	271	2:40.00	89%
100m	, 2011 (13),			_	1:05.75	1
400m		31.	5:04.59	437	5:05.60	101%
200m				-	2:53.11	-
	, 2010 (14),					-
100m 400m				-	58.71 4:33.04	-
200m		20.	2:23.82	442	2:21.32	97%
	, 2010 (14),					-
400m	•			=	4:55.07	-
100m		100	2.42.60		1:20.35	-
200m	- , 2012 (12	133. \	2:43.60	300	2:42.82	99% 1
400m	- , 2012 (12), 27.	5:03.89	440	5:10.25	1 104%
100m		۷۱.	0.00.03		1:14.03	-
200m				-	2:40.09	-
400	, 2010 (14),				4.50.05	-
400m 100m				-	4:58.35 1:24.37	-
200m		128.	2:42.83	305	2:38.43	- 95%

	, 2010 (14),						1
400m 100m				-	4:48.68 1:05.20	-	
200m		26.	2:26.59	418	2:29.33	104%	
200111	, 2011 (13),	20.	2.20.00	110	2.20.00	10170	_
400m	, - (- ,,	82.	5:21.20	373	5:11.48	94%	
100m				-	1:12.72	-	
200m	2040 (44			-	2:39.93	-	
400	, 2010 (14),				FC 4.4		-
100m 400m				-	56.14 4:40.00	-	
200m		17.	2:22.78	452	2:22.20	99%	
	, 2010 (14),						1
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:27.15	-	
100m				-	1:01.00	-	
200m	2044 (42	5.	2:17.26	509	2:18.68	102%	4
100	, 2011 (13),				4.04.60		1
100m 400m				-	1:01.69 5:07.83	-	
200m		113.	2:40.51	318	2:40.53	100%	
	, 2011 (13),						-
400m	, , , , , , , , , , , , , , , , , , , ,	29.	5:04.54	438	5:00.70	97%	
100m				-	1:10.86	-	
200m				-	2:38.82	-	
							18
	2011 (12						
400m	, 2011 (13),	42.	5:08.18	422	E:12.06	103%	1
400m		42.	5:06.16	422	5:12.96 1:11.54	103%	
200m				-	2:35.00	-	
	, 2010 (14),						1
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.85	-	
400m				-	4:54.15	-	
200m	2042 (42	82.	2:35.08	353	2:39.00	105%	4
400m	, 2012 (12),	114.	5:35.58	327	E-20 26	102%	1
100m		114.	5.55.56	-	5:39.26 1:19.35	10270	
200m				-	2:56.07	-	
	, 2011 (13),						1
400m				-	4:56.00	-	
100m				-	1:09.00	-	
200m	2011 (12	118.	2:41.28	314	2:45.00	105%	
100m	, 2011 (13),			_	1:37.00	_	-
200m				_	3:24.00	-	
	, 2011 (13),						-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:18.00	-	
400m		147.	6:27.11	213	6:20.00	96%	
200m	0040 (40			=	3:12.00	-	
400	, 2012 (12),				4.40.00		-
100m 400m		146.	6:21.28	223	1:16.82 6:09.89	94%	
200m		1 10.	0.21.20	-	3:10.65	-	
	, 2010 (14),						1
400m				-	4:57.49	-	
100m				-	1:14.00	=	
200m	2010 (14	45.	2:29.45	394	2:31.00	102%	
400m	, 2010 (14),			-	5:59.00		-
100m				-	1:19.00	-	
100111	, 2011 (13),				1.10.00		1
400m	, - (-),			-	5:01.37	-	
100m				-	1:20.70	-	
200m		88.	2:36.48	343	2:38.89	103%	
	, 2010 (14),						-
100m 400m				-	1:03.70 5:05.00	-	
200m		145.	2:47.42	280	2:45.00	97%	
200.11	, 2012 (12),		2	200	10.00	51 70	1
400m	, :- (/),	123.	5:43.84	304	5:50.00	104%	•
100m				-	1:27.00	-	
200m				-	2:55.00	=	
	, 2011 (13),				_,		1
400m				-	5:14.00 1:11.00	-	
100m 200m		140.	2:44.86	294	1:11.00 2:45.18	100%	
200111				207	10.10	10070	

	, 2013 (11),					1
400m	, == (: :),	141.	6:01.09	262	6:01.11	100%
100m					1:31.64	-
200m				-	3:12.02	-
	, 2010 (14),					1
100m	, ==== (_	55.90	- -
400m				-	4:26.70	- -
200m		4.	2:17.05	511	2:18.70	102%
200111	, 2010 (14),	••	2.11.00	011	2.10.70	1
400m	, 2010 (14),				1:EG 17	
100m				-	4:56.47 1:07.50	-
200m		38.	2:28.69	400	2:31.87	104%
200111	2014 (12	50.	2.20.03	400	2.01.07	10470
	, 2011 (13),					
400m		149.	6:42.44	189	6:35.00	96%
100m				-	1:28.00	-
200m	2042 (44			-	3:10.00	-
	, 2013 (11),					-
100m				-	1:12.50	-
400m		4=0		-	5:34.00	-
200m		156.	3:08.02	198	3:03.00	95%
	, 2012 (12),					-
400m				-	5:41.00	-
100m				-	1:27.00	-
200m		154.	3:01.61	219	3:01.00	99%
	, 2010 (14),					1
100m				-	1:04.76	-
400m				-	5:10.89	-
200m		101.	2:38.47	331	2:39.21	101%
	, 2011 (13),					1
400m	, ,,	93.	5:26.72	354	5:34.09	105%
100m				-	1:13.52	-
200m				-	2:59.24	-
	, 2011 (13),					1
100m	, - (- ,,			_	1:02.02	-
400m		88.	5:23.00	367	5:40.00	111%
200m				-	2:48.00	
200	, 2011 (13),				2.10.00	_
400m	, 2011 (13),	127.	5:45.02	301	5:38.96	97%
100m		127.	3.43.02	-	1:18.87	- -
200m				-	3:06.22	- -
200111	, 2012 (12),				0.00.22	
400	, 2012 (12),				F-00 00	_
400m 100m				-	5:09.00 1:15.85	- -
200m		148.	2:48.08	277	2:46.85	99%
200111	, 2011 (13),	140.	2.40.00	211	2.40.03	1
400	, 2011 (13),	445	5.05.04	000	5.00.70	
400m		115.	5:35.94	326	5:38.76	102%
100m				-	1:24.51	-
200m	0040 (40			-	2:55.31	
	, 2012 (12),					-
400m		116.	5:36.39	325	5:30.00	96%
100m				-	1:26.50	-
200m	0044 (40			-	2:55.00	-
	, 2011 (13),					-
100m				-	1:04.70	-
400m				-	5:12.00	-
	, 2010 (14),					-
400m				-	4:47.00	-
100m				-	1:08.00	-
200m		41.	2:28.99	398	2:28.00	99%
	, 2011 (13),					1
400m				-	5:16.00	-
100m				-	1:20.50	-
200m		143.	2:46.56	285	2:50.00	104%
	, 2011 (13),					1
400m		148.	6:35.76	199	6:40.58	102%
100m				-	1:33.00	-
200m				-	3:10.00	-
	, 2011 (13),					1
100m				-	1:04.01	-
400m				-	4:52.34	-
200m		105.	2:38.77	329	2:39.78	101%