						%	
	, 2011 (13),						
400m	, , , , , , , , , , , , , , , , , , , ,	10.	4:52.72	493	4:53.48	101%	
100m 200m			2:34.58	489	1:11.32 2:35.20	- 101%	
200111	, 2011 (13),		2.34.36	409	2.33.20	10176	
400m	,	127.	5:04.73	337	5:08.05	102%	
100m		400	0-44.50	-	1:18.37	4050/	
200m	, 2010 (14),	139.	2:44.58	295	2:48.88	105%	
400m	, 2010 (14),	38.	4:43.04	421	4:46.77	103%	
100m				-	1:10.23	-	
200m	, 2010 (14),	18.	2:23.54	445	2:25.50	103%	
400m	, 2010 (14),	143.	5:09.77	321	5:03.12	96%	
100m				-	1:09.93	-	
200m	2010 (14	91.	2:36.69	342	2:40.19	105%	
100m	, 2010 (14),			_	57.36	_	
400m		43.	4:44.69	414	4:59.79	111%	
200m	2011 (12	24.	2:25.51	427	2:31.28	108%	
400m	, 2011 (13),	100.	5:28.91	347	5:27.33	000/	
100m		100.	5.26.91	3 4 1	1:14.81	99%	
200m	/			-	2:46.39	-	
400	, 2010 (14),	76	4.52.00	270	4.50.07	4020/	
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 100m		55.	4:47.74	401 -	4:47.31 1:08.10	100%	
200m		66.	2:32.51	371	2:32.09	99%	
	, 2012 (12),						
400m 100m		132.	5:49.98	288	5:44.42 1:21.94	97% -	
200m				-	2:59.66	-	
	, 2010 (14),						
100m 400m		E1	4:47.15	402	58.01	- 102%	
200m		51. 70.	2:32.86	403 368	4:50.47 2:34.12	102%	
	, 2011 (13),						
100m 400m		3.	4:40 EE	- E60	1:02.34	- 101%	
200m		3.	4:40.55 2:33.78	560 497	4:42.01 2:38.03	106%	
	, 2011 (13),						
400m		7.	4:48.49	515	4:51.80	102%	
100m 200m			2:28.91	- 548	1:11.90 2:33.50	- 106%	
	, 2011 (13),						
400m		80.	5:20.92	374	5:21.89	101%	
100m 200m				-	1:19.46 2:51.06	- -	
	, 2010 (14),						
100m				-	59.01	-	
400m 200m		123. 35.	5:03.75 2:28.24	341 404	4:57.39 2:32.60	96% 106%	
	, 2011 (13),						
100m				-	1:09.62	-	
400m 200m		78.	5:20.52	375 -	5:21.68 2:52.65	101% -	
ZUUIII	, 2011 (13),			-	2.02.00	-	
400m	, - (),	46.	4:45.51	410	4:49.60	103%	
100m		4.4	2.20.20	305	1:13.73	1049/	
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				-	1:27.21	-	
200m				-	2:47.65	-	

	, 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	-	
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			0.25 47	-	1:17.17	1000/	
200m	2011 (12		2:35.47	481	2:35.78	100%	
400	, 2011 (13),				4.07.40		-
100m		E 4	E.44 74	-	1:07.49	-	
400m 200m		54.	5:11.71	408	5:08.16 2:53.06	98%	
200111	, 2010 (14),				2.00.00		2
400	, 2010 (14),	120	E.0E 70	224	E.44 E4	10.40/	
400m 100m		130.	5:05.78	334	5:11.54 1:18.86	104%	
200m		94.	2:37.38	338	2:42.30	106%	
200111	, 2011 (13),	54.	2.07.00	555	2.42.00	10070	2
400m	, 2011 (10),	68.	5:17.34	387	5:21.70	103%	_
100m		00.	3.17.34	307	1:09.93	10378	
200m			2:40.43	438	2:41.48	101%	
200					2	101,0	
							10
	0040 (40						
	, 2012 (12),						1
100m		50	5-40.00	-	1:11.43	-	
400m		50.	5:10.60	412	5:16.95	104%	
200m	2010 (14			-	2:51.60	-	
400	, 2010 (14),				50.00		-
100m		24	4.20.22	420	56.28	- 070/	
400m 200m		24. 37.	4:39.22 2:28.61	439 401	4:35.56 2:26.07	97% 97%	
200111	2012 (12	37.	2.20.01	401	2.20.07	91 76	
400	, 2012 (12),	00	5 47 04	007	5 40 74	070/	-
400m 100m		66.	5:17.24	387	5:12.74 1:20.48	97%	
200m			2:41.42	430	2:37.03	95%	
200111	, 2010 (14),		2.41.42	400	2.57.05	3370	_
100m	, 2010 (14),				1:01.10		-
400m		78.	4:53.28	379	4:50.45	98%	
400111	, 2010 (14),	70.	4.55.20	3/3	4.50.45	3670	_
400m	, 2010 (14),	62.	4:50.91	388	4:39.55	92%	
100m		02.	4.50.91	-	1:16.99	9270 -	
200m		48.	2:30.05	390	2:27.07	96%	
200	, 2011 (13),		2.00.00	555	2.2	30,0	1
400m	, 2011 (13),	74.	5:19.44	379	5:20.36	101%	
100m		74.	3.13.44	-	1:13.26	10178	
200m				-	2:46.21	-	
	, 2010 (14),						1
400m	, 2010 (11),	66.	4:51.27	386	4:49.08	99%	•
100m		00.	7.01.21	-	1:07.68	3970 -	
200m		51.	2:30.31	387	2:30.54	100%	
200111	, 2012 (12),	0 1.	00.01	007	JU.U T	100/0	1
100m	, 2012 (12),			-	1:08.16	-	
400m		47.	5:09.90	415	5:21.42	108%	
200m			0.00.00	-	2:47.40	-	
	, 2012 (12),				-		1
100m	, 2012 (12),			-	1:08.40	=	'
400m		62.	5:14.32	398	5:15.16	101%	
200m			- -	-	2:51.08	-	
	, 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				-	1:14.84	-	
200m			2:41.06	433	2:41.53	101%	
	, 2011 (13),						-
400m	. , , , , , , , , , , , , , , , , , , ,	76.	5:20.16	377	5:15.00	97%	
100m				-	1:21.90	-	
200m			2:40.08	441	2:39.00	99%	

	, 2010 (14),						-
400m		68.	4:52.04	383	4:51.04	99%	
100m		00	0.00.04	-	1:05.26	-	
200m	2010 (14	36.	2:28.34	403	2:28.00	100%	4
400	, 2010 (14),	40	4-05-00	455	4-20-00	4000/	1
400m 100m		18.	4:35.80	455 -	4:36.00 1:07.50	100%	
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				-	2:52.24	-	
	, 2011 (13),						1
400m		63.	5:16.47	390	5:12.90	98%	
100m 200m			2:43.41	- 414	1:11.34 2:44.44	- 101%	
200111	, 2010 (14),		2.43.41	414	2.44.44	10176	_
100m	, 2010 (14),			-	59.24	-	
400m		17.	4:35.12	459	4:31.41	97%	
200m		86.	2:36.14	346	2:33.34	96%	
	, 2010 (14),						-
400m		75.	4:53.03	380	4:50.50	98%	
100m				-	1:16.20	=	
200m	0040 (44	46.	2:29.60	393	2:29.00	99%	
400	, 2010 (14),		4 00 =0	470		4000/	-
400m		14.	4:32.52	472	4:32.06	100%	
100m 200m		7.	2:18.80	492	1:00.00 2:17.73	98%	
200111	, 2011 (13),	••	2.10.00	102	2.17.70	0070	_
400m	, 2011 (13),	89.	5:23.67	364	5:19.00	97%	
100m		00.	0.20.01	-	1:16.50	-	
200m				-	2:50.15	-	
							28
	, 2011 (13),						-
100m				-	1:01.00	=	
400m		147. 108.	5:12.93 2:39.54	312 324	5:12.00 2:38.50	99% 99%	
200m	2012 (12	106.	2.39.54	324	2:36.50	99%	
100m	, 2012 (12),				1:10.00		-
400m		90.	5:24.46	362	1:10.00 5:17.00	- 95%	
200m					2:52.00	-	
	, 2010 (14),						1
100m	•			-	1:01.00	-	
400m		36.	4:42.02	426	4:43.00	101%	
200m		57.	2:30.56	386	2:30.00	99%	
	, 2012 (12),						1
100m 400m		144.	5:10.95	318	1:05.00 5:03.00	- 95%	
200m		132.	2:43.49	301	2:45.00	102%	
200111	, 2012 (12),	102.	2.40.40	001	2. 10.00	10270	_
400m	, == (=),	65.	5:17.11	388	5:06.00	93%	
100m				-	1:12.90	-	
200m				-	2:46.00	=	
	, 2011 (13),						-
100m				-	1:09.00	=	
400m		77.	5:20.22	376	5:17.90	99%	
200m	2012 (12			-	2:49.60	-	
400m	, 2012 (12),	104.	E-24 00	240	F:17.00	92%	-
100m		104.	5:31.09	340	5:17.90 1:21.99	92/0 -	
200m				-	2:49.60	=	
	, 2010 (14),						2
400m	. , , ,	89.	4:55.23	371	4:56.38	101%	
100m				-	1:13.64	-	
200m		27.	2:26.65	417	2:27.94	102%	
	, 2011 (13),				4.05		1
100m		44	5.07 47	- 425	1:05.50	105%	
400m 200m		41.	5:07.47	425 -	5:15.00 2:46.00	105%	
200111	, 2010 (14),			-	2.70.00	-	_
100m	, 2010 (17),			-	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%	
200	, 2011 (13),		2.0 0	555	2.00.00	30,0	-
100m				-	1:05.00	-	
400m		43.	5:08.38	421	4:55.00	92%	
200m	, 2010 (14),			-	2:47.00	-	1
400m	, 2010 (11),	105.	4:59.61	355	4:58.00	99%	•
100m				-	1:18.00	-	
200m	2012 (12	81.	2:34.91	354	2:38.35	104%	
400m	, 2012 (12),	103.	5:30.30	343	5:26.00	97%	-
100m		100.	0.00.00	-	1:18.50	-	
200m	0040 (44			-	2:54.00	-	
100	, 2010 (14),				1.00.00	<u>-</u>	-
100m 400m		64.	4:51.10	387	1:00.00 4:44.22	95%	
200m		78.	2:34.27	358	2:30.55	95%	
	, 2011 (13),						-
400m 100m		96.	4:58.10	360	4:58.00 1:10.00	100%	
200m		127.	2:42.29	308	2:38.60	96%	
	, 2012 (12),						1
400m		140.	5:56.43	273	6:00.00	102%	
100m 200m				-	1:22.00 3:14.00	- -	
200	, 2010 (14),				511 1100		1
400m	, (),	19.	4:35.84	455	4:41.90	104%	
100m		42	2:20.07	-	1:06.90	-	
200m	, 2011 (13),	43.	2:29.07	397	2:28.50	99%	1
400m	, 2011 (10),	72.	5:18.21	384	5:06.76	93%	•
100m				-	1:16.54	-	
200m	, 2011 (13),		2:35.71	479	2:36.17	101%	
400m	, 2011 (13),	79.	4:53.46	378	4:53.00	100%	•
100m				-	1:09.00	-	
200m	2040 (40	138.	2:44.35	296	2:42.00	97%	
400m	, 2012 (12),	126.	5:44.55	302	5:40.00	97%	-
100m		120.	5.44.55	-	1:25.00	9176	
200m	2242 (42			-	2:58.00	-	
400	, 2012 (12),	00	F-05 F0	250	5:04.00	4000/	1
400m 100m		92.	5:25.53	358	5:31.00 1:17.50	103% -	
200m				-	2:57.00	-	
	, 2012 (12),						1
400m 100m		137.	5:53.39	280	6:09.00 1:35.00	109%	
200m				-	3:03.74	-	
	, 2010 (14),						-
400m		133.	5:05.92	333	4:52.00	91%	
100m 200m		151.	2:53.07	- 254	1:10.00 2:45.00	91%	
	, 2012 (12),						2
100m		40	4.50.44	-	1:05.00	4050/	
400m 200m		18.	4:58.44 2:39.91	465 442	5:05.50 2:40.14	105% 100%	
200	, 2010 (14),				2	10070	-
400m	, , ,	156.	5:25.52	277	5:20.00	97%	
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	1
400m	,	86.	5:21.67	371	5:14.45	96%	•
100m			0.40.00	-	1:23.21	-	
200m	, 2011 (13),		2:43.02	417	2:43.34	100%	_
400m	, 2011 (13),	135.	5:52.65	282	5:25.00	85%	-
100m			1.02.00	-	1:23.00	-	
200m	2044 (42			-	2:50.00	-	
400m	, 2011 (13),	128.	5:46.63	297	5:30.00	91%	-
100m		120.	5.40.00	-	1:17.00	-	
200m				-	2:53.00	-	

400	, 2010 (14),				50.70		-
100m 400m		92.	4:56.39	367	58.79 4:50.00	96%	
200m		85.	2:35.94	347	2:35.29	99%	
	, 2011 (13),						2
400m	, , , , , , , , , , , , , , , , , , , ,	55.	5:11.97	407	5:19.78	105%	
100m				-	1:11.45	-	
200m			2:38.13	457	2:41.12	104%	
	, 2012 (12),						-
400m		58.	5:13.29	402	5:10.00	98%	
100m 200m				-	1:16.00 2:50.00	- -	
	, 2013 (11),						_
400m	, =0.0 (),	145.	6:18.95	227	6:02.00	91%	
100m				-	1:29.00	-	
200m				-	3:10.00	-	
	, 2010 (14),						-
400m		118.	5:02.37	345	4:56.00	96%	
100m 200m		130.	2:42.95	304	1:08.00 2:42.00	99%	
200111	, 2011 (13),	100.	2.42.55	304	2.42.00	3370	1
400m	, 2011 (10),	22.	5:00.79	454	4:55.76	97%	
100m			0.00.70	-	1:10.23	-	
200m			2:33.98	495	2:35.69	102%	
	, 2013 (11),						1
400m		101.	5:29.00	347	5:30.00	101%	
100m 200m				-	1:17.00	- -	
200111	, 2012 (12),			-	2:53.00	•	1
400m	, 2012 (12),	94.	4:56.78	365	5:00.00	102%	'
100m		J4.	4.55.75	-	1:10.50	10270	
200m		61.	2:31.15	381	2:26.50	94%	
	, 2011 (13),						1
100m				-	1:08.00	-	
400m		70.	5:18.02	384	5:24.00	104%	
200m	2012 (11			-	2:47.00	-	4
400m	, 2013 (11),	122.	5:42.96	306	5:43.00	100%	1
100m		122.	5.42.90	306	1:28.79	100%	
200m				-	2:59.00	-	
	, 2013 (11),						1
100m				-	1:08.00	-	
400m		94.	5:26.73	354	5:35.00	105%	
200m	2012 (12			-	2:53.00	-	4
400m	, 2012 (12),	109.	5:32.34	337	5:36.00	102%	1
100m		109.	3.32.34	-	1:22.50	10276	
200m				-	2:58.00	-	
	, 2011 (13),						-
400m	•	128.	5:04.94	337	4:55.00	94%	
100m				-	1:09.00	-	
200m	2010 (14	121.	2:41.65	311	2:35.00	92%	2
400m	, 2010 (14),	88.	4:54.94	372	F:00 00	103%	2
100m		00.	4:54.94	3/2	5:00.00 1:05.50	103%	
200m		25.	2:26.50	419	2:27.00	101%	
	, 2012 (12),						-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:05.90	-	
400m		61.	5:14.16	399	5:14.00	100%	
200m	2042 (42			-	2:46.00	-	4
400	, 2012 (12),	22	F:00 04	454	F.00.76	1000/	1
400m 100m		23.	5:00.84	454 -	5:00.76 1:15.60	100%	
200m			2:31.56	519	2:34.33	104%	
	, 2010 (14),						2
400m		151.	5:17.63	298	5:20.00	101%	
100m				-	1:11.00	-	
200m		126.	2:42.08	309	2:44.00	102%	
							10
	0040 (4.4						19
100	, 2010 (14),				EE 22		2
100m 400m		6.	4:26.99	- 502	55.22 4:32.45	- 104%	
200m		14.	2:22.46	455	2:25.42	104%	

			-			
	2044 (42					
400m	, 2011 (13),	83.	5:21.23	373	5:12.00	94%
100m				-	1:22.72	-
200m	, 2012 (12),			-	2:47.38	-
400m	, 2012 (12),	52.	5:11.42	409	5:11.20	100%
100m				-	1:19.71	-
200m	, 2010 (14),		2:46.30	393	2:45.10	99% 2
400m	, 2010 (14),	21.	4:38.39	443	4:43.78	104%
100m			0.07.40	-	1:15.65	-
200m	, 2011 (13),	31.	2:27.12	413	2:27.24	100% 1
400m	, 2011 (10),	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 (10),			-	1:05.00	-
400m		56.	5:13.06	403	5:10.00	98%
200m	, 2010 (14),			-	2:48.00	1
400m	, 2010 (11),	3.	4:17.49	560	4:10.30	94%
100m		10	2.20.40	470	1:02.52	4020/
200m	, 2010 (14),	10.	2:20.18	478	2:22.10	103% 2
100m	, == (,,			-	1:04.00	
400m 200m		65. 90.	4:51.20 2:36.52	387 343	4:53.44 2:39.02	102% 103%
200111	, 2010 (14),	30.	2.30.32	040	2.59.02	2
400m	, == (, , , ,	1.	4:08.68	621	4:09.73	101%
100m 200m		1.	2:07.95	- 629	1:05.00 2:13.50	- 109%
200111	, 2012 (12),	1.	2.07.93	029	2.13.30	10976
400m	, - (),	59.	5:13.52	401	5:10.78	98%
100m 200m				-	1:14.00 2:47.46	- -
200111	, 2011 (13),			-	2.47.40	-
400m	, - (- ,,	138.	5:06.74	331	5:02.39	97%
100m 200m		122.	2:41.73	- 311	1:13.50 2:40.24	98%
200111	, 2011 (13),	122.	2.41.70	011	2.40.24	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:11.46	-
400m 200m		32.	5:04.87	436	5:12.37 2:52.37	105%
200	, 2011 (13),				2.02.01	2
400m		11.	4:53.33	490	4:55.57	102%
100m 200m			2:32.60	509	1:12.97 2:33.78	102%
	, 2011 (13),					1
400m		53.	5:11.69	408	5:24.16	108%
100m 200m				-	1:15.63 2:45.16	- -
	, 2010 (14),					-
400m 100m		80.	4:53.47	378 -	4:53.24 1:09.17	100%
100111	, 2010 (14),			-	1.09.17	2
100m				-	1:02.18	-
400m 200m		61. 93.	4:50.80 2:37.15	388 339	5:00.24 2:41.49	107% 106%
200111	, 2011 (13),	00.	2.07.10	000	2.11.10	-
400m	, , ,	106.	5:31.72	339	5:18.20	92%
100m 200m			2:46.53	- 391	1:15.73 2:40.40	93%
	, 2010 (14),					1
100m				-	1:00.20	-
400m 200m		37. 63.	4:42.97 2:31.60	422 378	4:46.76 2:29.33	103% 97%
_00111	, 2011 (13),	55.	2.01.00	0.0		1
100m				-	1:05.89	-
400m 200m		64.	5:17.06	388	5:20.16 2:51.94	102%
	, 2011 (13),				-	1
400m		48.	5:10.11	414	5:12.44	102%
100m 200m				-	1:15.06 2:46.53	- -

	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,	82.	4:53.81	377	4:51.26		98%	
100m 200m		74.	2:33.83	- 361	1:04.54 2:35.86		103%	
200111	, 2012 (12),	74.	2.33.63	301	2.33.00		10376	_
100m				-	1:24.71		-	
	, 2010 (14),							-
400m 100m		12.	4:30.49	483	4:28.87 1:04.92	25.04.2024 29.03.2024	99%	
200m		12.	2:21.05	469	2:20.41	24.04.2024	99%	
	, 2010 (14),							2
400m 100m		4.	4:18.37	554	4:21.07 1:02.09	25.04.2024 26.04.2024	102%	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	
	, 2012 (12),							1
100m		404	F F0 4F	-	1:12.87		-	
400m 200m		134.	5:52.45	282	6:02.18 3:03.57		106% -	
	, 2010 (14),							-
100m				-	56.54	26.04.2024	-	
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%	
200111	, 2010 (14),	0.	2.17.00	000	2.10.72	21.01.2021	0070	1
100m				-	1:01.04		-	
400m 200m		100. 53.	4:58.66 2:30.35	358 387	4:58.23 2:32.38		100% 103%	
200111	, 2011 (13),	00.	2.00.00	001	2.02.00		10070	1
100m	, , ,			-	1:11.63		-	
400m 200m		119.	5:39.67	315 -	5:41.67 2:57.97		101% -	
200	, 2011 (13),				2.01.01			-
100m				-	1:07.27		-	
400m 200m		69.	5:17.47	386	5:16.74 2:48.80		100%	
	, 2010 (14),							-
400m		70.	4:52.05	383	4:50.62		99%	
100m 200m		103.	2:38.60	330	1:04.31 2:36.18		97%	
	, 2011 (13),							1
400m		39.	5:06.09	431	5:03.05		98%	
100m 200m			2:40.06	441	1:09.13 2:42.47		103%	
	, 2011 (13),							1
400m 100m		75.	5:19.74	378	5:25.39 1:15.43	24.04.2024 26.04.2024	104%	
200m			2:45.65	398	2:44.59	22.06.2023	99%	
	, 2010 (14),							2
100m 400m		126.	5:04.59	338	1:02.92 5:07.80	26.04.2024 25.04.2024	- 102%	
200m		87.	2:36.19	345	2:40.35	24.04.2024	105%	
	, 2011 (13),							2
400m 100m		58.	4:48.95	396	4:55.65 1:20.23	25.04.2024 26.04.2024	105%	
200m		59.	2:30.99	382	2:33.67	24.04.2024	104%	
	, 2011 (13),							-
100m 400m		95.	4:56.87	365	1:03.95 4:53.13	26.04.2024 25.04.2024	97%	
	, 2011 (13),							1
400m		67.	5:17.33	387	5:12.70		97%	
100m 200m			2:41.16	432	1:13.24 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%	
30111	, 2011 (13),	00.		301	2.50.7 1	0 !	.0270	1
400m	·	57.	5:13.27	402	5:07.61		96%	
100m 200m			2:40.38	438	1:18.86 2:43.95		105%	
	, 2010 (14),			- -				2
100m		44	4,42.64	-	1:06.23	26.04.2024	4000/	
400m 200m		41. 114.	4:43.61 2:40.71	419 317	4:46.97 2:48.11	25.04.2024	102% 109%	
	, 2010 (14),							1
400m		99.	4:58.54	359	4:56.78 1:12.94		99%	
100m 200m		89.	2:36.50	343	2:39.46		104%	

								_
400m	, 2011 (13),	120.	5:02.84	344	5:06.52		102%	2
100m		120.	3.02.04	-	1:20.24		-	
200m	, 2011 (13),	97.	2:37.63	336	2:41.51		105%	
400m	, 2011 (13),	60.	5:13.71	400	5:11.05		98%	-
100m		00.		-	1:11.42		-	
200m	, 2011 (13),		2:46.53	391	2:44.78		98%	1
100m	, 2011 (13),			-	1:00.75	26.04.2024	-	'
400m		102.	4:58.95	357	4:55.91	25.04.2024	98%	
200m	, 2010 (14),	68.	2:32.62	370	2:35.06	24.04.2024	103%	1
400m	, 2010 (11),	50.	4:47.03	404	4:45.58		99%	•
100m 200m		19.	2:23.66	- 444	1:07.57 2:23.78		100%	
200111	, 2010 (14),	13.	2.23.00	444	2.23.70		10076	-
100m				-	1:02.09		-	
400m 200m		63. 95.	4:51.06 2:37.40	387 337	4:40.19 2:35.73		93% 98%	
	, 2012 (12),							-
100m	, , , , , , , , , , , , , , , , , , , ,	70	5:40.55	-	1:06.45		-	
400m 200m		73.	5:18.55	382	5:15.39 2:50.71		98%	
	, 2011 (13),							1
100m		04	4.55.75	-	1:00.60		-	
400m 200m		91. 115.	4:55.75 2:40.90	369 316	4:52.60 2:44.00		98% 104%	
	, 2011 (13),							2
100m 400m		9.	4:52.11	496	1:05.45 4:58.56	26.04.2024 24.04.2024	- 104%	
200m		J.	2:42.25	423	2:44.93	25.04.2024	103%	
400	, 2012 (12),	455	5.04.45	070	5.40.00	05.04.0004	000/	-
400m 100m		155.	5:24.45	279 -	5:10.60 1:22.81	25.04.2024 26.04.2024	92%	
200m		147.	2:47.94	278	2:47.64	24.04.2024	100%	
400	, 2010 (14),	107	E-00 C0	224	F:4F 40	25.04.2024	1000/	1
400m 100m		137.	5:06.69	331	5:15.13 1:20.61	25.04.2024 28.03.2024	106% -	
200m	2044 (42	116.	2:41.11	315	2:38.12	24.04.2024	96%	
400m	, 2011 (13),	113.	5:35.23	328	5:24.88		94%	-
100m		110.	0.00.20	-	1:21.65		-	
200m	, 2010 (14),			-	2:52.72		-	2
400m	, 2010 (14),	33.	4:41.84	427	4:48.82		105%	_
100m		00	0.00.00	-	1:17.47		-	
200m	, 2010 (14),	29.	2:26.83	416	2:32.09		107%	1
400m	, 2010 (14),	60.	4:50.43	390	4:52.60		101%	
100m		69.	2:32.69	370	1:12.58 2:27.60		93%	
200m	, 2012 (12),	69.	2.32.09	370	2.27.00		93%	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),							1
400m		9.	4:28.37	494	4:26.36		99%	
100m 200m		3.	2:15.53	- 529	1:01.56 2:16.53		- 101%	
	, 2011 (13),							1
400m 100m		85.	5:21.42	372	5:19.67 1:12.01		99%	
200m			2:37.58	462	2:38.51		101%	
	, 2010 (14),							-
400m 100m		54.	4:47.64	401 -	4:47.50 1:12.80		100%	
200m		22.	2:25.16	430	2:22.60		97%	
400	, 2011 (13),	^-	5.00.05	00-	F.00.00		10001	1
400m 100m		87.	5:22.95	367 -	5:22.80 1:06.89		100%	
200m	0040 (40		2:39.45	446	2:41.50		103%	
100m	, 2012 (12),			-	1:03.95	26.04.2024	-	-
400m		26.	5:03.12	444	4:55.54	24.04.2024	95%	
200m			2:43.63	413	2:42.67		99%	

	0040 (40							
400m	, 2012 (12),	139.	5:56.27	273	6:03.97	24.04.2024	104%	1
100m			0.00.2.	-	1:24.14		-	
200m	, 2011 (13),			-	3:10.66	25.04.2024	-	1
100m	, 2011 (13),			-	1:06.87		_	'
400m		49.	5:10.15	414	5:17.13		105%	
200m	, 2011 (13),		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),		2.41.11	014	2.41.75	24.04.2024	10170	_
400m	, , , , , , , , , , , , , , , , , , , ,	91.	5:24.93	360	5:22.81		99%	
100m 200m				-	1:12.56 2:53.69		-	
	, 2011 (13),							-
400m		153.	5:22.37	285	5:13.38		95%	
100m 200m		149.	2:49.23	271	1:28.91 2:44.49		94%	
	, 2011 (13),							2
400m 100m		24.	5:01.70	450 -	5:03.35 1:07.74		101% -	
200m			2:39.03	449	2:39.68		101%	
400	, 2012 (12),	400	E.E.4.00	076	E.E.A. 4.4	24.04.2024	4000/	-
400m 100m		138.	5:54.90	276 -	5:54.14 1:21.59	24.04.2024 26.04.2024	100%	
200m	0040 (44			-	3:02.87	25.04.2024	-	
100m	, 2010 (14),			-	54.12		_	1
400m		2.	4:15.42	573	4:15.65		100%	
200m	, 2010 (14),	2.	2:12.89	561	2:12.78		100%	1
400m	, 2010 (14),	42.	4:44.29	416	4:42.10	25.04.2024	98%	'
100m		40	0.04.70	-	1:09.79	26.04.2024	-	
200m	, 2013 (11),	13.	2:21.78	462	2:23.12	24.04.2024	102%	1
400m	, ==:= (:: /,	108.	5:32.14	337	5:39.66		105%	•
100m 200m				-	1:34.94 2:56.62		-	
200111	, 2011 (13),				2.00.02			1
400m	•	105.	5:31.45	339	5:32.47		101%	
100m 200m				-	1:25.17 2:55.64		-	
	, 2012 (12),							-
400m 100m		112.	5:35.22	328	5:29.56 1:22.25	24.04.2024 26.04.2024	97%	
200m				-	3:05.11	25.04.2024	-	
400	, 2011 (13),	74	5.40.40	004	5.44.04	00.44.0000	000/	-
400m 100m		71.	5:18.19	384	5:14.84 1:22.53	23.11.2023 23.11.2023	98%	
200m	2042 (42		2:45.55	398	2:43.30	25.04.2024	97%	
400m	, 2012 (12),	84.	5:21.41	372	5:21.05	24.04.2024	100%	-
100m		0	0.2	-	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	-	2
100m	, , ,			-	1:02.55		-	
400m 200m		52. 84.	4:47.24 2:35.53	403 350	4:49.66 2:38.32		102% 104%	
	, 2011 (13),							-
100m		16	4.57.04	460	1:03.13	26.04.2024	- 000/	
400m 200m		16.	4:57.81 2:40.13	468 440	4:54.75 2:39.16	27.03.2024 25.04.2024	98% 99%	
400	, 2012 (12),	2.5	F 66 /-	2=5	F 00 - :			1
400m 100m		98.	5:28.19	350	5:30.94 1:15.24		102%	
200m	6040 (40			-	2:51.65		-	
400m	, 2012 (12),	44.	5:08.56	421	5:16.23		105%	1
100m		-7-7.		-	1:22.27		-	
200m			2:40.99	433	2:40.76		100%	

	, 2012 (12),							1
400m	•	136.	5:52.85	281	5:58.66		103%	
100m				-	1:22.81		-	
200m	0040 (44			-	2:56.19		-	
	, 2010 (14),							-
100m		400		-	1:05.38	26.04.2024	-	
400m		160.	5:35.23	253	5:34.20	25.04.2024	99%	
200m	2010 (14	144.	2:46.90	283	2:46.19	24.04.2024	99%	4
400	, 2010 (14),	07	4.40.00	405	4.46.50		1050/	1
400m 100m		27.	4:40.00	435	4:46.52 1:04.59		105%	
200m		28.	2:26.71	417	2:24.49		97%	
	, 2012 (12),							_
400m	, 2012 (12),	125.	5:44.14	303	5:44.08	24.04.2024	100%	
100m				-	1:29.97	19.04.2024	-	
200m				-	2:50.20	25.04.2024	-	
	, 2011 (13),							1
400m		111.	5:34.55	330	5:45.58	24.04.2024	107%	
100m				-	1:18.51	26.04.2024	-	
200m	0040 (4.4			-	3:02.43	25.04.2024	-	•
400	, 2010 (14),	454	5 00 0F	004	5.05.50	05.04.0004	4000/	2
400m 100m		154.	5:22.85	284	5:35.50 1:15.19	25.04.2024 26.04.2024	108%	
200m		112.	2:40.45	318	2:45.47	24.04.2024	106%	
200	, 2011 (13),			0.0	2	2	10070	_
100m	, ==::(:= /,			_	1:04.60	26.10.2023	_	
400m		13.	4:54.85	482	4:52.83	24.04.2024	99%	
200m			2:34.91	486	2:34.71	22.11.2023	100%	
	, 2011 (13),							1
100m				-	1:18.22	24.11.2023	-	
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m	2044 (42			-	2:59.25	25.04.2024	-	4
100	, 2011 (13),				1.01.70			1
100m 400m		39.	4:43.10	- 421	1:01.70 4:42.00		99%	
200m		110.	2:39.84	322	2:42.00		103%	
200111	, 2010 (14),	110.	2.00.04	OLL	2. 12.00		10070	_
400m	, 2010 (11),	35.	4:41.88	426	4:40.20		99%	
100m				-	1:08.47		-	
200m		58.	2:30.84	383	2:29.71		99%	
	, 2011 (13),							-
400m		73.	4:52.60	381	4:50.48		99%	
100m		00	0.07.44	-	1:08.99		-	
200m	, 2011 (13),	96.	2:37.44	337	2:35.31		97%	1
400m	, 2011 (13),	120.	5:40.49	313	5:43.73		102%	
100m		120.	3.40.49	-	1:17.03		10276	
200m				-	2:56.19		-	
	, 2010 (14),							2
100m	, , , , , , , , , , , , , , , , , , , ,			-	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 200m			2:38.03	- 458	1:19.49 2:39.45	26.04.2024 25.04.2024	102%	
200111	, 2010 (14),		2.50.05	400	2.00.40	20.04.2024	10270	1
400m	, 2010 (14),	145.	5:11.00	317	5:02.94		95%	'
100m		140.	5.11.00	-	1:11.66		-	
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				<u>-</u>	1:04.73	28.03.2024	-	
400m		84.	4:54.55	374	4:56.66	27.03.2024	101%	
200m	, 2011 (13),	103.	2:38.60	330	2:45.39	16.06.2023	109%	1
400	, 2011 (13),	46.	E.00 47	447	E-0E 00		000/	ı
400m 100m		40.	5:09.47	417	5:05.80 1:11.00		98%	
200m			2:36.77	469	2:39.70		104%	
	, 2010 (14),				-			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.	5:05.85	334	5:04.79		99%	1
100m		102.	3.03.63	-	1:14.56		-	
200m		77.	2:34.13	359	2:34.88		101%	
	, 2010 (14),							1
100m 400m		121.	5:03.26	342	1:04.13 4:53.89		94%	
200m		121.	2:41.80	311	2:42.26		101%	
	, 2011 (13),							-
400m		134.	5:06.22	332	5:03.36	25.04.2024	98%	
100m 200m		111.	2:40.43	- 319	1:11.34 2:39.42	26.04.2024 24.04.2024	99%	
200111	, 2013 (11),	111.	2.40.43	319	2.33.42	24.04.2024	9976	1
400m	, 2010 (11),	144.	6:15.17	234	6:23.56	24.04.2024	105%	
100m				-	1:38.18	26.04.2024	-	
200m	2011 (12			-	3:46.50	06.12.2023	-	2
100m	, 2011 (13),			_	1:06.34		_	2
400m		117.	5:02.29	346	5:06.72		103%	
200m		123.	2:41.79	311	2:43.15		102%	
	, 2011 (13),							2
100m 400m		136.	5:06.37	332	1:06.69 5:15.49	07.12.2023 27.03.2024	106%	
200m		129.	2:42.90	304	2:50.21	24.04.2024	109%	
	, 2010 (14),							1
400m		23.	4:38.83	441	4:40.20	25.04.2024	101%	
100m	, 2011 (13),			-	1:03.07	26.04.2024	-	1
100m	, 2011 (13),			-	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	25.04.2024	101%	
100m 200m		142.	2:45.74	289	1:15.34 2:48.64	26.04.2024 24.04.2024	104%	
	, 2010 (14),							1
400m		83.	4:54.17	375	5:11.10	23.11.2023	112%	
100m 200m		80.	2:34.81	- 355	1:10.36 NT		-	
200111	, 2010 (14),	80.	2.54.01	333	INI		-	_
100m	, 2010 (14),			-	59.62	26.04.2024	-	
400m		49.	4:46.80	405	4:37.90	25.04.2024	94%	
200m	, 2012 (12),	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				-	1:20.12		-	
200m				-	2:54.00		-	
400	, 2011 (13),				4.00.00			1
100m 400m		33.	4:41.84	427	1:00.03 4:42.88		101%	
200m		83.	2:35.11	353	2:33.34		98%	
	, 2011 (13),							1
100m 400m		8.	4:52.02	496	59.14 4:49.86		99%	
200m		0.	2:28.25	555	2:29.93		102%	
	, 2012 (12),							1
400m		118.	5:39.24	316	5:47.72	24.04.2024	105%	
100m 200m				-	1:21.52 3:01.82	26.04.2024 25.04.2024	-	
200	, 2011 (13),				0.01.02	2010 11202 1		2
400m		1.	4:36.01	588	4:40.15	24.04.2024	103%	
100m			2:20.69	- 530	1:05.31	26.04.2024	103%	
200m	, 2011 (13),		2:29.68	539	2:31.57	25.04.2024	103%	1
400m	, 2011 (10),	110.	5:00.43	352	5:00.56		100%	'
100m				-	1:10.64		-	
200m	0040 (44	109.	2:39.77	323	2:39.17		99%	^
400m	, 2010 (14),	106.	4:59.83	354	5:03.85		103%	2
100m		100.	7.33.03	304	1:09.98		10370	
200m		92.	2:36.85	341	2:39.94		104%	
100~	, 2010 (14),				E0 70			2
100m 400m		13.	4:31.82	- 476	58.78 4:47.67		- 112%	
200m		32.	2:27.18	413	2:33.74		109%	

400m	, 2011 (13),	79.	E-20 72	275	F-20 00	27.02.2024	4060/	1
100m		79.	5:20.72	375 -	5:29.96 1:27.32	27.03.2024 26.04.2024	106%	
200m				-	2:52.36	25.04.2024	-	
	, 2011 (13),							-
400m		141.	5:08.43	325	5:06.86		99%	
100m 200m		98.	2:37.73	335	1:20.91 2:37.55		100%	
200111	, 2011 (13),	50.	2.07.70	333	2.07.00		10070	_
400m	, ==== /,	112.	5:01.05	350	4:46.21		90%	
100m				-	1:08.42		-	
400	, 2011 (13),							2
100m 400m		101.	4:58.80	358	1:05.35 4:59.54	26.04.2024 25.04.2024	100%	
200m		135.	2:44.12	298	2:48.84	24.04.2024	106%	
	, 2010 (14),							1
400m		28.	4:40.52	433	4:43.30		102%	
100m 200m		23.	2:25.38	428	1:13.19 2:22.59		96%	
200111	, 2011 (13),	20.	2.20.00	120	2.22.00		0070	1
400m	, , , , , , , , , , , , , , , , , , , ,	124.	5:44.02	303	5:55.78		107%	
100m				-	1:24.03		-	
200m	, 2012 (12),			-	2:57.06		-	1
400m	, 2012 (12),	38.	5:05.99	431	5:00.22		96%	'
100m				-	1:13.94		-	
200m	2042 (44		2:40.97	433	2:41.99		101%	4
400m	, 2013 (11),	96.	5:27.19	353	5:30.42	27.03.2024	102%	1
100m		50.	0.27.10	-	1:17.86	26.04.2024	-	
200m				-	2:59.30		-	
400	, 2011 (13),	_					200/	1
400m 100m		4.	4:40.74	559 -	4:37.71 1:04.81		98%	
200m			2:27.56	563	2:27.89		100%	
	, 2010 (14),							1
100m		450	5 00 0 7	-	1:08.86	26.04.2024	-	
400m 200m		159. 152.	5:30.87 2:57.84	263 234	5:34.76 2:37.96	25.04.2024	102% 79%	
200111	, 2010 (14),	102.	2.07.01	201	2.07.00		1070	2
400m	, , , , , , , , , , , , , , , , , , , ,	72.	4:52.50	382	4:52.68		100%	
100m		52.	2.20.22	- 207	1:18.06 2:31.09		1010/	
200m	, 2010 (14),	52.	2:30.33	387	2.31.09		101%	1
100m	, 2010 (14),			-	59.59		_	
200m		50.	2:30.23	388	2:32.95		104%	
	, 2011 (13),							-
100m 400m		5.	4:44.57	536	59.17 4:38.23	26.04.2024 24.04.2024	- 96%	
200m		0.	2:33.20	503	2:31.66	25.04.2024	98%	
	, 2011 (13),							2
400m		2.	4:38.68	571	4:40.10	24.04.2024	101%	
100m 200m			2:22.53	624	1:12.77 2:24.20	23.11.2023 25.04.2024	102%	
	, 2012 (12),							-
100m				-	1:18.15	26.10.2023	-	
400m 200m		95.	5:27.11	353	5:20.73 2:56.24	24.04.2024 25.04.2024	96%	
200111	, 2011 (13),			-	2.30.24	23.04.2024	-	_
100m	, ==::(:= /,			-	1:02.61	05.10.2023	-	
400m		15.	4:55.46	479	4:50.73	24.04.2024	97%	
200m	, 2010 (14),		2:33.61	499	2:33.58	25.04.2024	100%	1
400m	, 2010 (14),	158.	5:30.09	265	5:30.90	25.04.2024	100%	1
100m			0.00.00	-	1:13.92	26.04.2024	-	
200m	0040 (1.1	141.	2:45.31	291	2:42.67	24.04.2024	97%	
400~	, 2010 (14),	0F	A-E A 00	272	4.40.20		Oct.	1
400m 100m		85.	4:54.88	372	4:48.30 1:05.77		96% -	
200m		39.	2:28.77	400	2:30.91		103%	
400	, 2011 (13),				4.00.1=			2
100m 400m		19.	4:58.75	464	1:03.15 5:01.84		- 102%	
200m		10.	2:34.95	486	2:36.98		103%	

	, 2011 (13),							2
400m 100m		12.	4:54.60	483	4:56.36 1:11.76	24.04.2024 26.04.2024	101%	
200m			2:34.85	487	2:37.06	25.04.2024	103%	
	, 2011 (13),							2
400m		59.	4:49.29	394	4:55.83		105%	
100m 200m		56.	2:30.47	386	1:06.88 2:34.49		105%	
200	, 2010 (14),	00.		000	2.00		10070	-
100m	, , ,			-	1:00.40		-	
400m 200m		32. 106.	4:41.74 2:39.25	427 326	4:38.00 2:32.00		97% 91%	
200111	, 2012 (12),	100.	2.00.20	320	2.02.00		3170	1
400m	, == (== /,	130.	5:48.45	292	5:49.10	24.04.2024	100%	•
100m				-	1:31.39	28.03.2024	-	
200m	, 2011 (13),			-	3:00.67	25.04.2024	-	_
100m	, 2011 (10),			-	1:10.37		_	
400m		163.	5:43.56	235	5:31.52		93%	
200m	, 2011 (13),	155.	3:05.76	205	3:03.37		97%	
400m	, 2011 (13),	35.	5:05.10	435	5:02.99		99%	-
100m		00.	0.00.10	-	1:22.25		-	
200m	0040 (40			-	2:47.42		-	
100m	, 2012 (12),				1:11 00			-
100m 400m		102.	5:30.10	344	1:11.00 5:29.94		100%	
200m				-	2:49.79		-	
400	, 2012 (12),	400	5 50 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	-	
400	, 2010 (14),		. == = .		. =			-
400m 100m		68.	4:52.04	383	4:50.19 1:18.29	25.04.2024 06.10.2023	99%	
200m		62.	2:31.24	380	2:29.25	24.04.2024	97%	
	, 2011 (13),							-
100m		450	2.00.05	-	1:16.04		- 070/	
200m	, 2010 (14),	153.	3:00.95	222	2:48.79		87%	_
100m	, 2010 (11),			-	1:01.60		-	
400m		119.	5:02.76	344	5:02.70		100%	
200m	, 2012 (12),	100.	2:38.04	333	2:35.00		96%	1
100m	, 2012 (12),			-	1:15.24		_	'
400m		131.	5:49.82	289	6:01.03		107%	
200m	, 2011 (13),			-	3:11.37		-	1
400m	, 2011 (13),	33.	5:04.98	436	5:03.60		99%	1
100m				-	1:10.20		-	
200m	0044 (40		2:41.78	427	2:42.00		100%	
400m	, 2011 (13),	36.	5:05.26	435	5:03.43	24.04.2024	99%	1
100m		50.		-	1:10.18	26.04.2024	-	
200m	0040 (44		2:38.81	451	2:42.57	25.04.2024	105%	
400m	, 2010 (14),	15.	4:32.87	470	4:31.67		99%	-
100m		10.	4.32.07	-	1:02.45		9970	
	, 2011 (13),							1
100m		20	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%	
	, 2010 (14),							2
100m				-	1:00.66		-	
400m 200m		56. 60.	4:47.79 2:31.10	401 381	5:00.36 2:33.70		109% 103%	
200111	, 2011 (13),	50.	2.50	501	2.00.70		10070	_
400m	, (/1	48.	4:46.42	406	4:45.95	25.04.2024	100%	
100m		40	2.20.06	- 207	1:13.57	26.04.2024	-	
200m	, 2010 (14),	42.	2:29.06	397	2:27.33	24.04.2024	98%	_
400m	, (//	44.	4:44.83	413	4:40.19	25.04.2024	97%	
100m		20	0.07.05	-	1:07.31	26.04.2024	-	
200m		30.	2:27.05	414	2:25.73	24.04.2024	98%	

	2044 (42							4
100	, 2011 (13),				1,00.00			1
100m 400m		40.	5:06.89	428	1:06.33 5:12.55		104%	
200m		40.	0.00.03		2:49.02		-	
200	, 2011 (13),				2.10.02			_
400m	, == (,,	14.	4:55.45	479	4:51.11		97%	
100m			1.00.10	-	1:08.96		-	
200m			2:38.14	457	2:34.65		96%	
	, 2010 (14),							2
400m	, , , , , , , , , , , , , , , , , , , ,	115.	5:01.95	347	5:05.04		102%	
100m				-	1:16.06		-	
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				-	1:06.71	26.04.2024	-	
200m	0040 (40	47.	2:29.72	392	2:31.30	24.04.2024	102%	
400	, 2012 (12),	400					40=04	1
400m		129.	5:46.75	296	5:54.58	24.04.2024	105%	
100m 200m				-	1:35.68 3:02.58	26.04.2024 25.04.2024	-	
200111	, 2010 (14),				3.02.30	25.04.2024		1
400m	, 2010 (14),	77.	4.52.12	270	1.EC 2C		1020/	'
100m		77.	4:53.13	379	4:56.26 1:06.63		102%	
200m		67.	2:32.53	371	2:31.67		99%	
	, 2012 (12),							1
400m	, == (=	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),						40004	2
400m		22.	4:38.72	441	4:46.63		106%	
100m		04	2.25.04	-	1:06.13		100%	
200m	, 2012 (12),	21.	2:25.04	431	2:29.10		106%	4
400m	, 2012 (12),	142.	6:03.54	257	6:05.68	27.03.2024	101%	1
100m		142.	0.03.34	-	1:34.62	28.03.2024	10176	
200m				-	3:04.05	25.04.2024	-	
	, 2010 (14),							2
400m	, ==== (, , ,,	93.	4:56.44	367	5:05.89		106%	_
100m				-	1:11.00		-	
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		05	0.00.00	-	1:09.85	26.04.2024	-	
200m	0040 (44	65.	2:32.39	372	2:29.44	24.04.2024	96%	
	, 2013 (11),							1
400m 100m		143.	6:08.41	247	6:15.63 1:27.90		104%	
200m				-	3:02.71			
200111	, 2010 (14),				0.02.71			1
100m	, 2010 (11),			-	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%	
								20
	, 2011 (13),							2
400m	, == (,,	11.	4:30.41	483	4:32.58		102%	
100m				-	1:02.61		-	
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	0011 (10	64.	2:31.85	376	2:29.55		97%	
	, 2011 (13),				. == · ·			-
400m		17.	4:58.03	467	4:55.18		98%	
100m			2:42.42	422	1:14.68		-	
200m	2011 (12 \		2:42.42	422	2:40.38		98%	
400m	, 2011 (13),	25.	5:02.37	447	4:56.03		96%	-
100m		۷۵.	5.02.51	447	4:56.03 1:14.95		3 076	
200m				-	2:47.54		-	
					-			

							_
	, 2012 (12),						1
400m		6.	4:48.04	517	4:52.60	103%	
100m 200m			2:37.44	463	1:08.29 2:35.61	- 98%	
200	, 2010 (14),		2.0	.00	2.00.01	0070	-
400m		149.	5:15.19	305	5:07.65	95%	
100m		107	2:20 F4	-	1:18.39	- 070/	
200m	, 2011 (13),	107.	2:39.51	324	2:37.36	97%	_
400m	, 2011 (10),	51.	5:11.10	410	5:03.43	95%	
100m				-	1:22.64	-	
200m	2012 (12		2:43.18	416	2:40.55	97%	1
400m	, 2012 (12),	113.	5:01.32	349	5:03.99	102%	1
100m				-	1:12.38	-	
200m	2042 (42	119.	2:41.52	312	2:41.04	99%	
100m	, 2012 (12),			-	1:04.60	-	-
400m		135.	5:06.31	332	5:06.16	100%	
200m		137.	2:44.31	297	2:40.08	95%	
	, 2011 (13),						1
100m 400m		45.	5:08.76	420	1:04.92 5:09.05	100%	
200m			5.555	-	2:46.15	-	
	, 2011 (13),						1
100m 400m		37.	5:05.59	-	1:06.09 5:07.54	- 101%	
200m		31.	5.05.59	433	2:47.50	10176	
	, 2010 (14),						2
100m		04	4-50-40	-	58.40	4070/	
400m 200m		81. 76.	4:53.49 2:34.04	378 360	5:02.97 2:35.53	107% 102%	
	, 2011 (13),						1
400m		81.	5:21.18	373	5:21.64	100%	
100m 200m				-	1:16.52 2:53.92	-	
200111	, 2010 (14),			-	2.55.92	-	_
100m	, == := (:: /,			-	1:04.14	-	
400m		140. 134.	5:07.62 2:44.04	328 298	5:03.00 2:42.92	97% 99%	
200m	, 2010 (14),	134.	2.44.04	290	2.42.92	9970	1
400m	, 2010 (14),	47.	4:46.08	408	4:47.50	101%	•
100m				-	1:05.50	-	
200m	, 2011 (13),	71.	2:33.09	367	2:30.70	97%	_
400m	, 2011 (13),	34.	5:05.09	435	5:00.47	97%	
100m				-	1:15.07	-	
200m	, 2010 (14),		2:45.78	397	2:43.92	98%	
100m	, 2010 (14),			-	1:05.23	-	-
400m		108.	5:00.14	353	4:49.66	93%	
200m	2044 (42	150.	2:49.32	271	2:40.00	89%	4
100m	, 2011 (13),			-	1:05.75	-	1
400m		31.	5:04.59	437	5:05.60	101%	
200m				-	2:53.11	-	
100m	, 2010 (14),				58.71	<u>-</u>	-
400m		16.	4:34.10	464	4:33.04	99%	
200m		20.	2:23.82	442	2:21.32	97%	
400m	, 2010 (14),	100	F:02 F2	244	4.55.07	OE0/	-
400m 100m		122.	5:03.53	341	4:55.07 1:20.35	95%	
200m		133.	2:43.60	300	2:42.82	99%	
	- , 2012 (12)						1
400m 100m		27.	5:03.89	440	5:10.25 1:14.03	104%	
200m			2:40.33	439	2:40.09	100%	
	, 2010 (14),						-
400m		111.	5:00.98	350	4:58.35	98%	
100m 200m		128.	2:42.83	305	1:24.37 2:38.43	95%	
	, 2010 (14),				-		2
400m		53.	4:47.42	402	4:48.68	101%	
100m 200m		26.	2:26.59	418	1:05.20 2:29.33	104%	
						10170	

	, 2011 (13),						1
400m	, 2011 (13),	82.	5:21.20	373	5:11.48	94%	'
100m		02.	0.21.20	-	1:12.72	-	
200m			2:37.44	463	2:39.93	103%	
	, 2010 (14),						1
100m				-	56.14	-	
400m		20.	4:37.84	445	4:40.00	102%	
200m		17.	2:22.78	452	2:22.20	99%	_
	, 2010 (14),						2
400m		5.	4:24.28	518	4:27.15	102%	
100m 200m		5.	2:17.26	509	1:01.00 2:18.68	- 102%	
200111	, 2011 (13),	J.	2.17.20	309	2.10.00	102 /8	2
100m	, 2011 (13),			-	1:01.69	-	_
400m		86.	4:54.90	372	5:07.83	109%	
200m		113.	2:40.51	318	2:40.53	100%	
	, 2011 (13),						-
400m		29.	5:04.54	438	5:00.70	97%	
100m				-	1:10.86	-	
200m			2:40.75	435	2:38.82	98%	
							00
							26
	, 2011 (13),						1
400m		42.	5:08.18	422	5:12.96	103%	
100m 200m			2:36.66	470	1:11.54 2:35.00	98%	
200111	, 2010 (14),		2.30.00	470	2.33.00	90 /6	2
100m	, 2010 (14),			-	59.85	_	
100m 400m		74.	4:52.74	381	4:54.15	101%	
200m		82.	2:35.08	353	2:39.00	105%	
	, 2012 (12),						1
400m	, - (),	114.	5:35.58	327	5:39.26	102%	
100m				-	1:19.35	-	
200m				-	2:56.07	-	
	, 2011 (13),						1
400m		103.	4:59.02	357	4:56.00	98%	
100m 200m		118.	2:41.28	314	1:09.00 2:45.00	105%	
200111	, 2011 (13),	110.	2.41.20	314	2.43.00	10376	_
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				-	3:12.00	-	
	, 2012 (12),						-
100m				-	1:16.82	-	
400m 200m		146.	6:21.28	223	6:09.89 3:10.65	94%	
200111	, 2010 (14),				0.10.00		1
400m	, 2010 (14),	125.	5:03.94	340	4:57.49	96%	'
100m		120.	0.00.04	-	1:14.00	-	
200m		45.	2:29.45	394	2:31.00	102%	
	, 2010 (14),						1
400m		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		00	0.20.40	-	1:20.70	-	
200m	, 2010 (14),	88.	2:36.48	343	2:38.89	103%	1
100m	, 2010 (14),			-	1:03.70	-	'
400m		124.	5:03.90	340	5:05.00	101%	
200m		145.	2:47.42	280	2:45.00	97%	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	123.	5:43.84	304	5:50.00	104%	
100m				-	1:27.00	-	
200m				-	2:55.00	-	
	, 2011 (13),						1
400m		157.	5:28.67	269	5:14.00	91%	
100m 200m		140.	2:44.86	294	1:11.00 2:45.18	100%	
20011	, 2013 (11),	140.	4.44.00	∠3 4	۷.٦٥. ١٥	100%	1
400m	, 2013 (11),	141.	6:01.09	262	6:01.11	100%	1
400m		141.	0.01.03	-	1:31.64	100%	
200m				-	3:12.02	-	

	0040 (44					
100	, 2010 (14),				FF 00	1
100m		7	4:27.02	407	55.90 4:26.70	99%
400m		7.	4:27.93	497	4:26.70	
200m	2010 (14	4.	2:17.05	511	2:18.70	102%
	, 2010 (14),					1
400m		98.	4:58.53	359	4:56.47	99%
100m		20	2.20.60	400	1:07.50	4049/
200m	2014 (12	38.	2:28.69	400	2:31.87	104%
	, 2011 (13),					-
400m		149.	6:42.44	189	6:35.00	96%
100m				-	1:28.00	-
200m	0040 (44			-	3:10.00	-
	, 2013 (11),					-
100m			= 40.00	-	1:12.50	-
400m		161.	5:40.86	241	5:34.00	96%
200m	0040 (40	156.	3:08.02	198	3:03.00	95%
	, 2012 (12),					-
400m		162.	5:42.11	238	5:41.00	99%
100m		454	0.04.04	-	1:27.00	-
200m	2242 (4.4	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%
	, 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	0044 (40			-	2:48.00	-
	, 2011 (13),					-
400m		127.	5:45.02	301	5:38.96	97%
100m				-	1:18.87	-
200m				-	3:06.22	-
	, 2012 (12),					1
400m		139.	5:07.02	330	5:09.00	101%
100m		1.10	0.40.00	-	1:15.85	-
200m	0044 (40	148.	2:48.08	277	2:46.85	99%
	, 2011 (13),					1
400m		115.	5:35.94	326	5:38.76	102%
100m				-	1:24.51	-
200m	2042 (42			-	2:55.31	-
400	, 2012 (12),	440				-
400m		116.	5:36.39	325	5:30.00	96%
100m				-	1:26.50 2:55.00	-
200m	2044 (42			-	2.55.00	-
	, 2011 (13),					-
100m		4.40	5:13.61	-	1:04.70	-
400m	0040 (44	148.	5.13.01	310	5:12.00	99%
	, 2010 (14),					1
400m		45.	4:45.43	411	4:47.00	101%
100m		44	0.00.00	-	1:08.00	-
200m	0044 (40	41.	2:28.99	398	2:28.00	99%
400	, 2011 (13),	4=0	= aa aa		= 40.00	1
400m		152.	5:22.32	285	5:16.00	96%
100m		1.10	0.46 E6	-	1:20.50	4049/
200m	0044 (40	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	2011 (12			-	3:10.00	-
	, 2011 (13),					2
100m			4 54 00	-	1:04.01	-
400m		67.	4:51.62	385	4:52.34	100%
200m		105.	2:38.77	329	2:39.78	101%