, 20. 01.0.202

 %						
.•						
					, 2011 (13 ),	
101%	4:53.48	493	4:52.72	10.		100m
-	1:11.32 2:35.20	-				00m 200m
	2.55.20				, 2011 (13 ),	.00111
-	5:08.05	-			, ==== (,,	100m
-	1:18.37	-				00m
-	2:48.88	-			0040 (44	:00m
	4.46.77				, 2010 (14 ),	00
- -	4:46.77 1:10.23	-				00m 00m
-	2:25.50	-				00m
					, 2010 (14 ),	
-	5:03.12	-				00m
-	1:09.93 2:40.19	-				00m 00m
-	۷. ۲۰. ۱۶	-			, 2010 (14 ),	JUIII
-	57.36	-			, 2010 (1-7 ),	00m
-	4:59.79	-				-00m
-	2:31.28	-			0044 (40	00m
0001	E-07.00	0.47	E.00.04	400	, 2011 (13 ),	00
99%	5:27.33 1:14.81	347	5:28.91	100.		00m 00m
-	2:46.39	-				00m
					, 2010 (14    ),	
-	4:56.97	-				00m
-	1:14.87	=				00m
-	2:34.33	-			, 2010 (14 ),	00m
	4:47.31	_			, 2010 (14 ),	00m
- -	1:08.10	-				00m
-	2:32.09	-				00m
					, 2012 (12 ),	
97%	5:44.42	288	5:49.98	132.		00m
- -	1:21.94 2:59.66	-				00m 00m
					, 2010 (14 ),	
-	58.01	-			, == ( , , , , , , , , , , , , , , , , ,	00m
-	4:50.47	-				00m
-	2:34.12	-			, 2011 (13 ),	00m
_	1:02.34	_			, 2011 (13 ),	00m
101%	4:42.01	560	4:40.55	3.		00m
-	2:38.03	-				00m
					, 2011 (13 ),	
102%	4:51.80 1:11.90	515	4:48.49	7.		00m 00m
-	1:11.90 2:33.50	-				00m
	<del></del>				, 2011 (13 ),	
101%	5:21.89	374	5:20.92	80.	,	00m
-	1:19.46	-				00m
-	2:51.06	-			, 2010 (14 ),	00m
-	59.01	_			, 2010 (14 ),	00m
- -	4:57.39	-				00m
-	2:32.60	-				00m
					, 2011 (13 ),	
1010/	1:09.62	- 275	E.20 E2	70		00m
101% -	5:21.68 2:52.65	375 -	5:20.52	78.		00m 00m
					, 2011 (13 ),	-
-	4:49.60	-			, - ( /)	00m
-	1:13.73	-				00m
-	2:32.11	-			0044 /40	00m
0001	E:04.00	240	E-00 44	00	, 2011 (13 ),	00m
98%	5:24.80 1:27.21	349	5:28.41	99.		00m 00m
-	2:47.65	-				00m
					, 2010 (14 ),	
						00m
-	4:40.73 1:02.37	-				00m

			•			
200m			2:19.37	486	2:21.20	103%
	, 2010 (14 ),					
400m				-	4:51.47	-
100m 200m				-	1:05.79 2:34.41	- -
200111	, 2010 (14 ),			-	2.34.41	-
400m	, 2010 (14 ),			_	4:47.34	_
100m				-	1:02.00	-
200m				-	2:25.11	-
	, 2011 (13 ),					
400m	, 2011 (10 ),	20.	4:58.98	463	4:57.41	99%
100m				-	1:17.17	-
200m				-	2:35.78	-
	, 2011 (13 ),					
100m				-	1:07.49	=
400m		54.	5:11.71	408	5:08.16	98%
200m	2040 (44			-	2:53.06	-
400	, 2010 (14 ),					
400m 100m				-	5:11.54 1:18.86	-
200m				-	2:42.30	_
200111	, 2011 (13 ),				2.42.00	
400m	, 2011 (10 ),	68.	5:17.34	387	5:21.70	103%
100m		00.	0.11.04	-	1:09.93	-
200m				-	2:41.48	-
	, 2012 (12 ),					
100m	, 2012 (12 ),			-	1:11.43	<u>-</u>
400m		50.	5:10.60	412	5:16.95	104%
200m				-	2:51.60	=
	, 2010 (14    ),					
100m				-	56.28	-
400m				-	4:35.56	-
200m				-	2:26.07	-
	, 2012 (12 ),					
400m		66.	5:17.24	387	5:12.74	97%
100m				-	1:20.48	-
200m	, 2010 (14 ),			-	2:37.03	-
100m	, 2010 (14 ),			_	1.01.10	
100m 400m				- -	1:01.10 4:50.45	-
200m				-	2:33.00	- -
	, 2010 (14 ),					
400m	, == ( , , ),			_	4:39.55	-
100m				-	1:16.99	-
200m				-	2:27.07	-
	, 2011 (13    ),					
400m		74.	5:19.44	379	5:20.36	101%
100m				-	1:13.26	=
200m				-	2:46.21	-
	, 2010 (14 ),					
400m				-	4:49.08	-
100m				-	1:07.68	-
200m	, 2012 (12 ),			-	2:30.54	-
400	, 2012 (12 ),				1:00 46	
100m 400m		47.	5:09.90	415	1:08.16 5:21.42	108%
200m		71.	0.00.00	-	2:47.40	-
	, 2012 (12 ),					
100m	,			-	1:08.40	-
400m		62.	5:14.32	398	5:15.16	101%
200m				-	2:51.08	-
	, 2010 (14 ),					
100m				-	1:01.11	-
400m				-	4:48.25	-
200m				-	2:32.15	-
	, 2011 (13 ),					
400m		21.	4:59.81	459	5:00.52	100%
100m				-	1:14.84	<del>-</del>
200m	2044 /42			-	2:41.53	-
400	, 2011 (13 ),	76	E:20.46	277	E:1E 00	070/
400m 100m		76.	5:20.16	377	5:15.00 1:21.90	97%
200m				-	2:39.00	- -
200111						

	, 2010 (14    ),						-
400m				-	4:51.04	-	
100m 200m				-	1:05.26 2:28.00	-	
200111	, 2010 (14 ),			-	2.20.00	-	_
400m	, 2010 (11 ),			_	4:36.00	_	
100m				-	1:07.50	-	
200m				-	2:28.50	-	
	, 2012 (12 ),						1
400m		97.	5:27.25	353	5:28.72	101%	
100m 200m				-	1:20.44 2:52.24	-	
200111	, 2011 (13    ),			_	2.02.24	_	_
400m	, 2011 (13 ),	63.	5:16.47	390	5:12.90	98%	
100m		00.	0.10.11	-	1:11.34	-	
200m				-	2:44.44	-	
	, 2010 (14     ),						-
100m				-	59.24	-	
400m 200m				-	4:31.41 2:33.34	-	
200111	, 2010 (14 ),			_	2.55.54	_	_
400m	, 2010 (14 ),			_	4:50.50	_	_
100m				-	1:16.20	-	
200m				-	2:29.00	-	
	, 2010 (14 ),						-
400m				-	4:32.06	-	
100m 200m			2:18.80	492	1:00.00 2:17.73	98%	
200111	, 2011 (13 ),		2.10.00	432	2.17.75	3070	_
400m	, 2011 (13 ),	89.	5:23.67	364	5:19.00	97%	_
100m		00.	0.20.07	-	1:16.50	-	
200m				-	2:50.15	-	
							11
	, 2011 (13 ),						-
100m				-	1:01.00	-	
400m 200m				-	5:12.00 2:38.50	-	
200111	, 2012 (12 ),				2.00.00		_
100m	, 2012 (12 ),			_	1:10.00	-	
400m		90.	5:24.46	362	5:17.00	95%	
200m				-	2:52.00	-	
	, 2010 (14    ),						-
100m				-	1:01.00	-	
400m 200m				-	4:43.00 2:30.00	- -	
	, 2012 (12 ),						_
100m	, == (= ),			-	1:05.00	-	
400m				-	5:03.00	-	
200m	2040/40			-	2:45.00	-	
400	, 2012 (12 ),	0.5	F 47 44	000	5.00.00	000/	-
400m 100m		65.	5:17.11	388	5:06.00 1:12.90	93%	
200m				-	2:46.00	- -	
	, 2011 (13 ),						-
100m	, ( , , ,			-	1:09.00	-	
400m		77.	5:20.22	376	5:17.90	99%	
200m	22.42.442			-	2:49.60	=	
400-	, 2012 (12 ),	404	E-04 00	0.40	E.47.00	2007	-
400m 100m		104.	5:31.09	340	5:17.90 1:21.99	92%	
200m				_	2:49.60	-	
	, 2010 (14 ),						-
400m	. "			-	4:56.38	=	
100m				-	1:13.64	-	
200m	0044 (40			-	2:27.94	=	,
400-	, 2011 (13 ),				1.05.50		1
100m 400m		41.	5:07.47	425	1:05.50 5:15.00	105%	
200m				-	2:46.00	-	
	, 2010 (14    ),						-
100m				-	59.95	-	
400m				-	4:54.00	=	
200m				-	2:36.00	-	

	, 2010 (14 ),					-
400m				-	5:04.00	-
100m 200m				-	1:15.00 2:33.00	-
200111	, 2011 (13 ),			-	2.33.00	- <u>-</u>
100m	, 2011 (10 ),			-	1:05.00	-
400m		43.	5:08.38	421	4:55.00	92%
200m				-	2:47.00	-
400	, 2010 (14 ),				4 = 0 0 0	-
400m 100m				-	4:58.00 1:18.00	-
200m				-	2:38.35	<u>-</u>
	, 2012 (12 ),					-
400m		103.	5:30.30	343	5:26.00	97%
100m				-	1:18.50	-
200m	, 2010 (14 ),			-	2:54.00	_
100m	, 2010 (14 ),			-	1:00.00	-
400m				-	4:44.22	-
200m				-	2:30.55	-
	, 2011 (13 ),					-
400m 100m				-	4:58.00 1:10.00	- -
200m				-	2:38.60	-
	, 2012 (12 ),					1
400m		140.	5:56.43	273	6:00.00	102%
100m 200m				-	1:22.00 3:14.00	- -
200111	, 2010 (14 ),			-	3.14.00	_
400m	, 2010 (14 ),			-	4:41.90	-
100m				-	1:06.90	-
200m	0044 (40			-	2:28.50	-
400m	, 2011 (13 ),	72.	5:18.21	384	E:06 76	93%
100m		12.	5.16.21	- -	5:06.76 1:16.54	93%
200m				-	2:36.17	-
	, 2011 (13 ),					-
400m				-	4:53.00	-
100m 200m				-	1:09.00 2:42.00	<del>-</del> -
200111	, 2012 (12 ),				2. 12.00	_
400m	, == (:= /,	126.	5:44.55	302	5:40.00	97%
100m				-	1:25.00	-
200m	2012 (12			-	2:58.00	- 1
400m	, 2012 (12 ),	92.	5:25.53	358	5:31.00	1 103%
100m		JZ.	5.25.55	-	1:17.50	-
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	<del>-</del>
	, 2010 (14     ),					-
400m				-	4:52.00	-
100m 200m				-	1:10.00 2:45.00	-
200111	, 2012 (12 ),			-	2.70.00	1
100m	, 2012 (12 ),			-	1:05.00	· ·
400m		18.	4:58.44	465	5:05.50	105%
200m	2040 (44			-	2:40.14	-
400m	, 2010 (14 ),			_	5:20.00	-
100m				-	1:09.00	- -
200m				-	2:41.00	-
	, 2011 (13 ),					-
400m		86.	5:21.67	371	5:14.45	96%
100m 200m				-	1:23.21 2:43.34	-
	, 2011 (13 ),				- <del></del> -	-
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		5.	2	-	1:17.00	-
200m				-	2:53.00	-

	, 2010 (14    ),						-
100m				-	58.79	-	
400m				-	4:50.00	=	
200m	, 2011 (13 ),			-	2:35.29	-	1
400m	, 2011 (10 ),	55.	5:11.97	407	5:19.78	105%	•
100m		55.	5.11.57	-	1:11.45	10070	
200m				-	2:41.12	-	
	, 2012 (12 ),						-
400m		58.	5:13.29	402	5:10.00	98%	
100m				-	1:16.00	-	
200m	2012 (11			-	2:50.00	-	
400m	, 2013 (11 ),	145.	6:18.95	227	6:02.00	91%	-
100m		143.	0.10.95	-	1:29.00	9170	
200m				-	3:10.00	-	
	, 2010 (14     ),						-
400m				-	4:56.00	-	
100m				-	1:08.00	-	
200m	2011 (12			-	2:42.00	-	
400	, 2011 (13 ),	22	F:00 70	454	4.EE 70	070/	-
400m 100m		22.	5:00.79	454 -	4:55.76 1:10.23	97%	
200m				-	2:35.69	<u>=</u>	
	, 2013 (11 ),						1
400m	·	101.	5:29.00	347	5:30.00	101%	
100m				-	1:17.00	=	
200m	0040 (40			-	2:53.00	-	
400	, 2012 (12 ),				F.00.00		-
400m 100m				-	5:00.00 1:10.50	-	
200m				-	2:26.50	<u>=</u>	
	, 2011 (13 ),						1
100m				-	1:08.00	-	
400m		70.	5:18.02	384	5:24.00	104%	
200m	0040 (44			-	2:47.00	=	
400	, 2013 (11 ),	400	E.42.06	206	F.42.00	4000/	1
400m 100m		122.	5:42.96	306	5:43.00 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				-	4:55.00	=	
100m				-	1:09.00	-	
200m	2010 /14			-	2:35.00	-	
400m	, 2010 (14 ),			_	5:00.00		-
100m				-	1:05.50	-	
200m				-	2:27.00	-	
	, 2012 (12 ),						-
100m				-	1:05.90	-	
400m		61.	5:14.16	399	5:14.00	100%	
200m	, 2012 (12 ),			-	2:46.00	-	_
400m	, 2012 (12 ),	23.	5:00.84	454	5:00.76	100%	-
100m		20.	0.00.01	-	1:15.60	-	
200m				-	2:34.33	-	
	, 2010 (14 ),						-
400m				-	5:20.00	-	
100m				-	1:11.00	-	
200m				-	2:44.00	-	
							7
	, 2010 (14 ),						•
100m	, 2010 (17 ),			-	55.22	-	-
400m				-	4:32.45	-	
200m				-	2:25.42	-	

400	, 2011 (13 ),				- 40.00	-
400m 100m		83.	5:21.23	373	5:12.00 1:22.72	94%
200m				-	2:47.38	- -
	, 2012 (12 ),					-
400m	, , ,	52.	5:11.42	409	5:11.20	100%
100m				-	1:19.71	-
200m	, 2010 (14 ),			-	2:45.10	-
400m	, 2010 (14 ),			<u>-</u>	4:43.78	_
100m				-	1:15.65	-
200m				-	2:27.24	-
	, 2011 (13 ),					-
400m 100m				-	5:02.18 1:14.97	-
200m				-	2:38.82	- -
	, 2011 (13 ),					-
100m				-	1:05.00	-
400m 200m		56.	5:13.06	403	5:10.00 2:48.00	98%
200111	, 2010 (14 ),			-	2.40.00	1
400m	, 2010 (14 ),			-	4:10.30	- '
100m				-	1:02.52	-
200m	0040 (4.4		2:20.18	478	2:22.10	103%
100m	, 2010 (14 ),			_	1:04.00	-
400m				-	4:53.44	- -
200m				-	2:39.02	=
	, 2010 (14 ),					1
400m 100m				-	4:09.73 1:05.00	- -
200m			2:07.95	629	2:13.50	109%
	, 2012 (12 ),					-
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	, 2011 (10 ),			-	5:02.39	-
100m				-	1:13.50	-
200m	2011 (12			-	2:40.24	- 1
100m	, 2011 (13 ),			_	1:11.46	1
400m		32.	5:04.87	436	5:12.37	105%
200m	0044 (40			-	2:52.37	-
400m	, 2011 (13 ),	11.	4:53.33	490	4:55.57	1 102%
100m		11.	4.33.33	490	1:12.97	102/6
200m				-	2:33.78	-
	, 2011 (13 ),					1
400m 100m		53.	5:11.69	408	5:24.16 1:15.63	108%
200m				-	2:45.16	- -
	, 2010 (14 ),					-
400m				-	4:53.24	-
100m 200m				-	1:09.17 2:35.00	-
200111	, 2010 (14 ),				2.00.00	-
100m	, == := (:: /,			-	1:02.18	-
400m				-	5:00.24	-
200m	, 2011 (13 ),			-	2:41.49	-
400m	, 2011 (13 ),	106.	5:31.72	339	5:18.20	92%
100m				-	1:15.73	- -
200m	2040 (44			-	2:40.40	-
100m	, 2010 (14 ),			_	1:00.20	-
100m 400m				-	1:00.20 4:46.76	- -
200m				-	2:29.33	-
	, 2011 (13 ),					1
100m 400m		64.	5:17.06	388	1:05.89 5:20.16	- 102%
200m		04.	3.17.00	-	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	- -
200111						

								37
	, 2011 (13 ),							-
400m 100m				-	4:51.26 1:04.54		-	
200m				-	2:35.86		-	
	, 2010 (14 ),							-
100m 400m				-	59.75 4:58.08		-	
200m				-	2:31.82		-	
	, 2012 (12 ),							-
100m 200m				-	1:24.71 2:41.68		-	
200111	, 2010 (14 ),				2.41.00			-
400m	, , , ,			-	4:28.87	25.04.2024	-	
100m 200m			2:21.05	469	1:04.92 2:20.41	29.03.2024 24.04.2024	99%	
200111	, 2010 (14 ),		2.21.00	100	2.20.11	21.01.2021	0070	1
400m	, ( ),			-	4:21.07	25.04.2024	-	
100m 200m			2:20.34	- 476	1:02.09 2:21.29	26.04.2024 24.04.2024	- 101%	
200111	, 2012 (12 ),		2.20.54	470	2.21.20	24.04.2024	10170	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:12.87		-	
400m 200m		134.	5:52.45	282	6:02.18 3:03.57		106%	
200	, 2010 (14 ),				0.00.01			_
100m	, , , , , , , , , , , , , , , , , , , ,			-	56.54	26.04.2024	-	
400m 200m			2:17.60	- 505	4:22.37 2:16.72	25.04.2024 24.04.2024	99%	
200111	, 2010 (14 ),		2.17.00	303	2.10.72	24.04.2024	3370	_
100m	, ( ,,			-	1:01.04		-	
400m 200m				-	4:58.23 2:32.38		-	
200111	, 2011 (13 ),				2.32.30			1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:11.63		-	
400m 200m		119.	5:39.67	315	5:41.67 2:57.97		101%	
200111	, 2011 (13 ),				2.07.07			_
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:07.27		-	
400m 200m		69.	5:17.47	386	5:16.74 2:48.80		100%	
200111	, 2010 (14    ),				2.40.00			-
400m				-	4:50.62		-	
100m 200m				-	1:04.31 2:36.18		-	
	, 2011 (13 ),							-
400m		39.	5:06.09	431	5:03.05		98%	
100m 200m				-	1:09.13 2:42.47		-	
	, 2011 (13 ),							1
400m		75.	5:19.74	378	5:25.39	24.04.2024	104%	
100m 200m				-	1:15.43 2:44.59	26.04.2024 22.06.2023	-	
	, 2010 (14 ),							-
100m				-	1:02.92	26.04.2024	-	
400m 200m				-	5:07.80 2:40.35	25.04.2024 24.04.2024	-	
	, 2011 (13 ),							-
400m				-	4:55.65	25.04.2024	-	
100m 200m				-	1:20.23 2:33.67	26.04.2024 24.04.2024	-	
	, 2011 (13 ),							-
100m 400m				=	1:03.95 4:53.13	26.04.2024 25.04.2024	-	
200m				-	2:39.61	28.03.2024	-	
	, 2011 (13    ),							-
400m 100m		67.	5:17.33	387	5:12.70 1:13.24		97%	
200m				-	2:41.91		-	
	, 2010 (14 ),							-
400m 100m				-	4:55.78 1:18.07	25.04.2024 26.04.2024	-	
200m				-	2:39.71	24.04.2024	-	
	, 2011 (13 ),							-
400m 100m		57.	5:13.27	402	5:07.61 1:18.86		96%	
200m				-	2:43.95		-	

	, 2010 (14 ),							-
100m				-	1:06.23	26.04.2024	-	
400m				-	4:46.97	25.04.2024	-	
200m	, 2010 (14 ),			=	2:48.11		-	_
400m	, 2010 (14 ),			_	4:56.78		_	
100m				-	1:12.94		-	
200m				-	2:39.46		-	
400	, 2011 (13 ),							-
400m 100m				-	5:06.52 1:20.24		-	
200m				-	2:41.51		-	
	, 2011 (13 ),							-
400m		60.	5:13.71	400	5:11.05		98%	
100m 200m				-	1:11.42 2:44.78		=	
200111	, 2011 (13 ),			-	2.44.70		-	_
100m	, ==::(:= /,			-	1:00.75	26.04.2024	-	
400m				-	4:55.91	25.04.2024	-	
200m	0040 (44			-	2:35.06	24.04.2024	-	
400	, 2010 (14 ),			-	4.4F F0			-
400m 100m				-	4:45.58 1:07.57		-	
200m				-	2:23.78		-	
	, 2010 (14    ),							-
100m				-	1:02.09 4:40.19		-	
400m 200m				-	2:35.73		-	
	, 2012 (12 ),							-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:06.45		-	
400m		73.	5:18.55	382	5:15.39		98%	
200m	, 2011 (13 ),			-	2:50.71		-	_
100m	, == ( ),			-	1:00.60		-	
400m				-	4:52.60		-	
200m	2044 (42			-	2:44.00		-	4
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	-	
	, 2012 (12 ),							-
400m 100m				-	5:10.60 1:22.81	25.04.2024 26.04.2024	-	
200m				_	2:47.64	24.04.2024	-	
	, 2010 (14    ),							-
400m				-	5:15.13	25.04.2024	-	
100m 200m				-	1:20.61 2:38.12	28.03.2024 24.04.2024	-	
200111	, 2011 (13 ),			_	2.50.12	24.04.2024		_
400m	, 2011 (10 ),	113.	5:35.23	328	5:24.88		94%	
100m				-	1:21.65		-	
200m	2040 (44			-	2:52.72		-	
400m	, 2010 (14 ),			-	4:48.82			-
100m				-	1:17.47		-	
200m				-	2:32.09		-	
	, 2010 (14 ),							-
400m 100m				-	4:52.60 1:12.58		-	
200m				-	2:27.60		-	
	, 2012 (12 ),							-
100m				-	1:04.40	28.03.2024	-	
400m				-	4:55.47 2:41.13	25.04.2024 24.04.2024	-	
200m	, 2010 (14 ),			-	4.41.13	∠ <del>1</del> .04.2024	-	1
400m	, 2010 (17 ),			-	4:26.36		-	'
100m				-	1:01.56		-	
200m	2044 (42		2:15.53	529	2:16.53		101%	
400m	, 2011 (13 ),	85.	5:21.42	372	5:19.67		99%	-
100m		os.	J.21.42	-	1:12.01		<i>33</i> 70 -	
200m				-	2:38.51		-	
400	,2010 (14  )	,			4 47			-
400m 100m				-	4:47.50 1:12.80		-	
200m			2:25.16	430	2:22.60		97%	

400	, 2011 (13    ),						4000/	-
400m 100m		87.	5:22.95	367	5:22.80 1:06.89		100%	
200m				-	2:41.50		-	
	, 2012 (12 ),							-
100m		00	5.00.10	-	1:03.95	26.04.2024	-	
400m 200m		26.	5:03.12	444	4:55.54 2:42.67	24.04.2024	95%	
200111	, 2012 (12 ),				2.42.01			1
400m	, - (	139.	5:56.27	273	6:03.97	24.04.2024	104%	
100m				-	1:24.14	25.04.2024	-	
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 ),			-	2:41.97		-	
100m	, 2011 (13 ),			_	1:04.58		_	-
400m				-	5:01.18	25.04.2024	-	
200m				-	2:41.79	24.04.2024	-	
400	, 2011 (13 ),	04	5:04.00	200	F:00.04		000/	-
400m 100m		91.	5:24.93	360	5:22.81 1:12.56		99% -	
200m				-	2:53.69		-	
	, 2011 (13    ),							-
400m 100m				-	5:13.38 1:28.91		-	
200m				-	2:44.49		-	
	, 2011 (13    ),							1
400m 100m		24.	5:01.70	450	5:03.35 1:07.74		101%	
200m				-	2:39.68		-	
	, 2012 (12 ),							-
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			2:12.89	- 561	4:15.65 2:12.78		100%	
200111	, 2010 (14    ),		2.12.09	301	2.12.70		10076	_
400m	, 2010 (11 ),			-	4:42.10	25.04.2024	_	
100m				-	1:09.79	26.04.2024	-	
200m	, 2013 (11 ),			-	2:23.12	24.04.2024	-	1
400m	, 2013 (11 ),	108.	5:32.14	337	5:39.66		105%	
100m				-	1:34.94		-	
200m	2011 (12			-	2:56.62		-	4
400m	, 2011 (13 ),	105.	5:31.45	339	5:32.47		101%	1
100m		100.	0.01.40	-	1:25.17		-	
200m	0040 (40			-	2:55.64		-	
400m	, 2012 (12 ),	112.	5:35.22	328	5:29.56	24.04.2024	97%	-
100m		112.	3.33.22	-	1:22.25	26.04.2024	-	
200m				-	3:05.11	25.04.2024	-	
400	, 2011 (13 ),	7.1	5 40 40	004	54404	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				-	2:43.30	25.04.2024	-	
400	, 2012 (12 ),					0.4.04.000.4	4000/	-
400m 100m		84.	5:21.41	372 -	5:21.05 1:15.63	24.04.2024 26.04.2024	100%	
200m				-	2:45.78	25.04.2024	-	
	, 2012 (12 ),							1
400m		28.	5:04.52	438	5:12.89	24.04.2024	106%	
100m 200m				-	1:13.60 2:49.88	26.04.2024 25.04.2024	-	
	, 2010 (14 ),							-
100m				-	1:02.55		-	
400m 200m				-	4:49.66 2:38.32		-	
200111	, 2011 (13 ),			-	2.00.02		-	-
100m				-	1:03.13	26.04.2024	-	
400m 200m		16.	4:57.81	468	4:54.75 2:39.16	27.03.2024 25.04.2024	98%	
200111				-	2.33.10	20.04.2024	-	

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400m	, 2012 (12 ),	98.	5:28.19	350	5:30.94		102%	1
100m		30.	3.20.19	-	1:15.24		102/6	
200m				-	2:51.65		-	
	, 2012 (12 ),							1
400m		44.	5:08.56	421	5:16.23		105%	
100m				-	1:22.27		-	
200m	2040 (40			-	2:40.76		-	
	, 2012 (12 ),	400					1000/	1
400m 100m		136.	5:52.85	281	5:58.66 1:22.81		103%	
200m				-	2:56.19		-	
	, 2010 (14 ),							_
100m	, == ( ),			-	1:05.38	26.04.2024	_	
400m				-	5:34.20	25.04.2024	-	
200m				-	2:46.19	24.04.2024	-	
	, 2010 (14 ),							-
400m				-	4:46.52		-	
100m 200m				-	1:04.59 2:24.49		-	
200111	, 2012 (12 ),				2.2 1.10			_
400m	, 2012 (12 ),	125.	5:44.14	303	5:44.08	24.04.2024	100%	
100m		120.	0.11.11	-	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 200m				-	1:18.51	26.04.2024	-	
200111	, 2010 (14 ),			-	3:02.43	25.04.2024	-	
400m	, 2010 (14 ),			_	5:35.50	25.04.2024	_	-
100m				-	1:15.19	26.04.2024	_	
200m				-	2:45.47	24.04.2024	-	
	, 2011 (13 ),							-
100m				-	1:04.60	26.10.2023	-	
400m		13.	4:54.85	482	4:52.83	24.04.2024	99%	
200m	2011 (12			-	2:34.71	22.11.2023	-	4
100m	, 2011 (13 ),			-	1:18.22	24.11.2023		1
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m			0.02.0.	-	2:59.25	25.04.2024	-	
	, 2011 (13 ),							-
100m				-	1:01.70		-	
400m				-	4:42.00		-	
200m	, 2010 (14 ),			-	2:42.00		-	
400m	, 2010 (14 ),				4:40.20			-
100m				-	1:08.47		-	
200m				-	2:29.71		-	
	, 2011 (13 ),							-
400m	. , , , ,			-	4:50.48		-	
100m				-	1:08.99		-	
200m	2014 /42			-	2:35.31		-	4
400m	, 2011 (13 ),	120.	5:40.49	313	5:43.73		102%	1
400m		120.	J.4U.43	313	1:17.03		1UZ70 -	
200m				-	2:56.19		-	
	, 2010 (14 ),							-
100m				-	59.64		-	
400m				-	4:51.18		-	
200m	, 2011 (13 ),			-	2:25.57		-	1
400m	, 2011 (13 ),	30.	5:04.55	438	5:16.65	24.04.2024	108%	'
100m		50.	0.04.00	-	1:19.49	26.04.2024	10076	
200m				-	2:39.45	25.04.2024	-	
	, 2010 (14 ),							-
400m				-	5:02.94		-	
100m				<u>-</u>	1:11.66		-	
200m	2012 (12 \			-	2:42.38		-	
400m	, 2012 (12 ),			-	5:00.14	25.04.2024		-
400m				-	1:20.97	26.04.2024	-	
200m				-	2:41.56	24.04.2024	-	
	, 2010 (14    ),							-
100m				-	1:04.73	28.03.2024	-	
400m				-	4:56.66	27.03.2024	-	
200m				-	2:45.39	16.06.2023	-	

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400m	, 2011 (13 ),	46.	5:09.47	417	5:05.80		98%	-
100m		40.	3.09.47	-	1:11.00		-	
200m				-	2:39.70		-	
	, 2010 (14 ),							-
100m 400m				-	55.65 4:30.00	26.04.2024 25.04.2024	-	
200m				-	2:30.78	22.11.2023	-	
	, 2010 (14     ),							-
400m				-	5:04.79		-	
100m 200m				-	1:14.56 2:34.88		-	
	, 2010 (14 ),							-
100m				-	1:04.13		-	
400m 200m				-	4:53.89 2:42.26		-	
200111	, 2011 (13 ),				2. 12.20			-
400m				-	5:03.36	25.04.2024	-	
100m 200m				-	1:11.34 2:39.42	26.04.2024 24.04.2024	-	
200111	, 2013 (11 ),				2.00.42	24.04.2024		1
400m	, ==:= (:: /,	144.	6:15.17	234	6:23.56	24.04.2024	105%	•
100m				-	1:38.18	26.04.2024	-	
200m	, 2011 (13 ),			-	3:46.50	06.12.2023	-	_
100m	, 2011 (10 ),			-	1:06.34		-	
400m				-	5:06.72		-	
200m	2011 (12			-	2:43.15		-	
100m	, 2011 (13 ),			_	1:06.69	07.12.2023	-	-
400m				-	5:15.49	27.03.2024	-	
200m	2010 (14			-	2:50.21	24.04.2024	-	
400m	, 2010 (14 ),			_	4:40.20	25.04.2024	-	-
100m				-	1:03.07	26.04.2024	-	
200m	2044 (42			-	2:25.39	24.04.2024	-	
100m	, 2011 (13 ),			_	1:00.12		_	-
400m				-	4:43.97		-	
200m	0044 (40			-	2:34.00		-	
400m	, 2011 (13 ),			_	5:17.90	25.04.2024		-
100m				-	1:15.34	26.04.2024	-	
200m	0040 (44			-	2:48.64	24.04.2024	-	
400m	, 2010 (14 ),				5:11.10	23.11.2023		-
100m				-	1:10.36	23.11.2023	-	
200m				-	NT		-	
	, 2010 (14 ),							-
100m 400m				-	59.62 4:37.90	26.04.2024 25.04.2024	-	
200m				-	2:27.45	24.04.2024	-	
400	, 2012 (12 ),		E 0 1 0=	20:	<b>5</b> 00 ==		25-1	-
400m 100m		110.	5:34.37	331	5:26.57 1:20.12		95%	
200m				-	2:54.00		-	
	, 2011 (13 ),							-
100m 400m				-	1:00.03 4:42.88		-	
200m				-	2:33.34		-	
	, 2011 (13    ),							-
100m 400m		8.	4:52.02	- 496	59.14 4:49.86		- 99%	
200m		0.	4.32.02	496 -	4:49.86 2:29.93		99%	
	, 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	-	
	, 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	-	
ZUUIII	, 2011 (13 ),			-	۱۵۱۱۵۱	20.04.2024	-	_
400m	, , , , , , , , , , , , , , , , , , , ,			-	5:00.56		-	
100m 200m				-	1:10.64 2:39.17		-	
200111				-	2.00.11		-	

	, 2010 (14 ),							-
400m 100m				-	5:03.85 1:09.98		-	
200m				-	2:39.94		-	
	, 2010 (14 ),							-
100m				-	58.78		-	
400m 200m				-	4:47.67 2:33.74		-	
200111	, 2011 (13 ),			-	2.55.74		-	1
400m	, ==::(:= ),	79.	5:20.72	375	5:29.96	27.03.2024	106%	•
100m				-	1:27.32	26.04.2024	-	
200m	, 2011 (13 ),			-	2:52.36	25.04.2024	-	
400m	, 2011 (13 ),			_	5:06.86		-	-
100m				-	1:20.91		-	
200m	2044 (42			-	2:37.55		-	
400m	, 2011 (13 ),			_	4:46.21		_	-
100m				-	1:08.42		-	
200m				-	2:34.30		-	
	, 2011 (13 ),							-
100m 400m				-	1:05.35 4:59.54	26.04.2024 25.04.2024	-	
200m				-	2:48.84	24.04.2024	-	
	, 2010 (14 ),							-
400m				-	4:43.30		-	
100m 200m			2:25.38	428	1:13.19 2:22.59		96%	
	, 2011 (13 ),							1
400m		124.	5:44.02	303	5:55.78		107%	
100m 200m				-	1:24.03 2:57.06		-	
200111	, 2012 (12 ),				2.07.00			_
400m	, , , , , , , , , , , , , , , , , , , ,	38.	5:05.99	431	5:00.22		96%	
100m				-	1:13.94		-	
200m	, 2013 (11 ),			-	2:41.99		-	1
400m	, 2010 (11 ),	96.	5:27.19	353	5:30.42	27.03.2024	102%	
100m				-	1:17.86	26.04.2024	-	
200m	2011 (12			-	2:59.30		-	
400m	, 2011 (13 ),	4.	4:40.74	559	4:37.71		98%	-
100m		٠.	4.40.74	-	1:04.81		-	
200m	0040 (44			-	2:27.89		-	
100m	, 2010 (14 ),				1:08.86	26.04.2024		-
400m				-	5:34.76	25.04.2024	-	
200m				-	2:37.96		-	
400	, 2010 (14 ),				. =			-
400m 100m				-	4:52.68 1:18.06		-	
200m				-	2:31.09		-	
	, 2010 (14 ),							-
100m 400m				-	59.59 4:47.04		-	
200m				-	2:32.95		-	
	, 2011 (13 ),							-
100m 400m		5.	4:44.57	536	59.17 4:38.23	26.04.2024 24.04.2024	- 96%	
200m		Э.	4.44.57	-	2:31.66	25.04.2024	-	
	, 2011 (13    ),							1
400m		2.	4:38.68	571	4:40.10	24.04.2024	101%	
100m 200m				-	1:12.77 2:24.20	23.11.2023 25.04.2024	-	
	, 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 ),			-	2.50.24	20.04.2024	-	_
100m	, 20 (),			-	1:02.61	05.10.2023	-	
400m		15.	4:55.46	479	4:50.73	24.04.2024	97%	
200m	, 2010 (14 ),			-	2:33.58	25.04.2024	-	_
400m	, 2010 (17 ),			-	5:30.90	25.04.2024	-	-
100m				-	1:13.92	26.04.2024	-	
200m				-	2:42.67	24.04.2024	-	

	2040 (44							
400m	, 2010 (14 ),			-	4:48.30		_	-
100m				-	1:05.77		-	
200m				-	2:30.91		-	
	, 2011 (13 ),							1
100m 400m		19.	4:58.75	- 464	1:03.15 5:01.84		102%	
200m		19.	4.30.73	-	2:36.98		10278	
	, 2011 (13 ),							1
400m	, , , , ,	12.	4:54.60	483	4:56.36	24.04.2024	101%	
100m				-	1:11.76 2:37.06	26.04.2024 25.04.2024	-	
200m	, 2011 (13 ),			-	2.37.00	25.04.2024	-	_
400m	, 2011 (10 ),			-	4:55.83		_	
100m				-	1:06.88		-	
200m	0040 (44			-	2:34.49		-	
100m	, 2010 (14 ),			_	1:00.40			-
400m				-	4:38.00		-	
200m				-	2:32.00		-	
	, 2012 (12 ),							1
400m		130.	5:48.45	292	5:49.10	24.04.2024 28.03.2024	100%	
100m 200m				-	1:31.39 3:00.67	25.04.2024	-	
	, 2011 (13 ),							-
100m				-	1:10.37		-	
400m 200m				-	5:31.52 3:03.37		-	
200111	, 2011 (13 ),			-	3.03.37		-	_
400m	, 2011 (10 ),	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				0.4.04.000.4	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				-	1:18.29 2:29.25	06.10.2023 24.04.2024	-	
200	, 2011 (13 ),				2.20.20	2		-
400m	, , ,			-	5:29.16		-	
100m 200m				-	1:16.04 2:48.79		-	
200111	, 2010 (14 ),			-	2.40.73		-	_
100m	, 2010 (11 ),			-	1:01.60		-	
400m				-	5:02.70		-	
200m	, 2012 (12 ),			-	2:35.00		-	4
100m	, 2012 (12 ),			-	1:15.24		_	1
400m		131.	5:49.82	289	6:01.03		107%	
200m				-	3:11.37		-	
400	, 2011 (13 ),	22	5.04.00	426	F.02.60		000/	-
400m 100m		33.	5:04.98	436	5:03.60 1:10.20		99%	
200m				-	2:42.00		-	
	, 2011 (13 ),							-
400m		36.	5:05.26	435 -	5:03.43	24.04.2024 26.04.2024	99%	
100m 200m				-	1:10.18 2:42.57	25.04.2024	-	
	, 2010 (14 ),							-
400m				-	4:31.67		-	
100m	2011 (12 \			-	1:02.45		-	
100m	, 2011 (13 ),			=	59.64		_	-
400m				-	4:38.57		-	
200m				-	2:32.82		-	
	, 2010 (14 ),							-
100m 400m				-	1:00.66 5:00.36		-	
200m				-	2:33.70		-	

	, 2011 (13 ),							-
400m 100m				- -	4:45.95 1:13.57	25.04.2024 26.04.2024	-	
200m				- -	2:27.33	24.04.2024	-	
200111	, 2010 (14 ),				2.27.00	2 1.0 1.202 1		_
400m	, (			-	4:40.19	25.04.2024	-	
100m				-	1:07.31	26.04.2024	-	
200m				-	2:25.73	24.04.2024	-	
	, 2011 (13 ),							1
100m				-	1:06.33		-	
400m 200m		40.	5:06.89	428	5:12.55 2:49.02		104%	
200111	, 2011 (13 ),			_	2.43.02		_	_
400m	, 2011 (13 ),	14.	4:55.45	479	4:51.11		97%	_
100m		17.	4.00.40	-	1:08.96		-	
200m				-	2:34.65		-	
	, 2010 (14     ),							-
400m				-	5:05.04		-	
100m				-	1:16.06 2:32.15		-	
200m	, 2010 (14 ),			-	2.32.13		-	
400m	, 2010 (14 ),			-	4:36.97	25.04.2024		-
100m				-	1:06.71	26.04.2024	-	
200m				-	2:31.30	24.04.2024	-	
	, 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	-	
400m	, 2010 (14 ),			_	1:E6 26			-
400m				-	4:56.26 1:06.63		-	
200m				-	2:31.67		-	
	, 2012 (12 ),							1
400m	, , , , ,	117.	5:38.28	319	5:55.38		110%	
100m				-	1:26.26		-	
200m	0040 (40			-	3:06.71		-	
400	, 2012 (12 ),				4.45.45			1
100m 400m		121.	5:41.46	310	1:15.15 5:54.03	24.04.2024	- 107%	
200m		121.	3.41.40	-	3:09.62	25.04.2024	107 /6	
	, 2010 (14    ),							_
400m	, ( ),			-	4:46.63		-	
100m				-	1:06.13		-	
200m	0040 (40			-	2:29.10		-	
400	, 2012 (12 ),	4.40	0.00.54	057	0.05.00	07.00.0004	4040/	1
400m 100m		142.	6:03.54	257 -	6:05.68 1:34.62	27.03.2024 28.03.2024	101% -	
200m				-	3:04.05	25.04.2024	-	
	, 2010 (14 ),							_
400m	, (			-	5:05.89		-	
100m				-	1:11.00		-	
200m	2040 (44			-	2:42.86		-	
400	, 2010 (14 ),				4.55.00	05.04.0004		-
400m 100m				-	4:55.23 1:09.85	25.04.2024 26.04.2024	-	
200m				-	2:29.44	24.04.2024	-	
	, 2013 (11 ),							1
400m	, ( )	143.	6:08.41	247	6:15.63		104%	
100m				-	1:27.90		-	
200m	2040 (4.4			-	3:02.71		-	
100	, 2010 (14 ),			-	1.07.00	26.04.2024		-
100m 400m				-	1:07.36 5:03.09	26.04.2024 25.04.2024	-	
200m				-	2:43.68	24.04.2024	-	
								7
	, 2011 (13 ),							_
400m	, _0 (.0 ),			-	4:32.58		_	
100m				-	1:02.61		-	
200m	00:5/:			-	2:30.35		-	
400	, 2010 (14 ),				4 40			-
400m				-	4:46.20		-	
100m 200m				-	1:17.05 2:29.55		-	
					0.00			

, 2011 (13 ), 400m 17. 467 4:55.18 98% 4:58.03 100m 1:14.68 200m 2:40.38 , 2011 (13 ), 400m 447 4:56.03 96% 25. 5:02.37 100m 1:14.95 200m 2:47.54 , 2012 (12 ), 400m 4:52.60 6. 4:48.04 517 103% 1:08.29 100m 2:35.61 200m , 2010 (14 ), 400m 5:07.65 100m 1:18.39 200m 2:37.36 , 2011 (13 ), 400m 51. 5:11.10 410 5:03.43 95% 100m 1:22.64 2:40.55 200m , 2012 (12 ), 400m 5:03.99 1:12.38 100m 200m 2:41.04 , 2012 (12 ), 100m 1:04.60 400m 5:06.16 2:40.08 200m , 2011 (13 ), 1 100m 1:04.92 45. 5:08.76 420 5:09.05 100% 400m 200m 2:46.15 , 2011 (13 ), 1 100m 1:06.09 400m 37. 5:05.59 433 5:07.54 101% 200m 2:47.50 , 2010 (14 ), 100m 58 40 5:02.97 400m 200m 2:35.53 , 2011 (13 ), 1 400m 81. 5:21.18 373 5:21.64 100% 1:16.52 100m 200m 2:53.92 , 2010 (14 ), 100m 1:04.14 400m 5:03.00 200m 2:42.92 , 2010 (14 ), 400m 4:47.50 100m 1:05.50 200m 2:30.70 , 2011 (13 ), 400m 97% 34. 5:05.09 435 5:00.47 100m 1:15.07 200m 2:43.92 , 2010 (14 ), 100m 1:05.23 4:49.66 400m 200m 2:40.00 , 2011 (13 1 ), 100m 1:05.75 31. 5:05.60 400m 5:04.59 437 101% 200m 2:53.11 , 2010 (14 ), 100m 58.71 400m 4:33.04 200m 2:23.82 442 2:21.32 97% , 2010 (14 ), 400m 4:55.07 100m 1:20.35 200m 2:42.82 , 2012 (12 ), 1 27. 400m 5:03.89 440 5:10.25 104% 100m 1:14.03 200m 2:40.09

, 2010 (14 ), 400m 4:58.35 100m 1:24.37 200m 2:38.43 , 2010 (14 ), 400m 4:48.68 1:05.20 100m 200m 2:29.33 , 2011 (13 ), 400m 82. 373 5:21.20 5:11.48 94% 100m 1:12.72 200m 2:39.93 , 2010 (14 ), 100m 56.14 4:40.00 400m 452 200m 2:22.78 2:22.20 99% , 2010 (14 ), 1 400m 4:27.15 100m 1:01.00 2:17.26 509 2:18.68 102% 200m , 2011 (13 ), 100m 1:01.69 400m 5:07.83 200m 2:40.53 , 2011 (13 400m 29. 5:04.54 438 5:00.70 97% 100m 1:10.86 200m 2:38.82 9 , 2011 (13 ), 1 400m 42. 5:08.18 422 5:12.96 103% 100m 1:11.54 200m 2:35.00 , 2010 (14 ), 100m 59.85 400m 4:54.15 200m 2:39.00 , 2012 (12 ), 1 400m 114. 5:35.58 327 5:39.26 102% 100m 1:19.35 200m 2:56.07 ), , 2011 (13 400m 4:56.00 100m 1:09.00 200m 2:45.00 , 2011 (13 ), 100m 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 146. 6:21.28 223 6:09.89 94% 200m 3:10.65 , 2010 (14 ), 400m 4:57.49 100m 1:14.00 200m 2:31.00 , 2010 (14 400m 5:59.00 100m 1:19.00 2:45.00 200m , 2011 (13 ), 400m 5:01.37 100m 1:20.70 200m 2:38.89 , 2010 (14 ), 100m 1:03.70 400m 5:05.00 200m 2:45.00 , 2012 (12 ), 1 400m 123. 5:43.84 304 5:50.00 104% 100m 1:27.00 200m 2:55.00

	, 2011 (13 ),						-
400m 100m				-	5:14.00 1:11.00	-	
200m				-	2:45.18	-	
	, 2013 (11 ),						1
400m	·	141.	6:01.09	262	6:01.11	100%	
100m				-	1:31.64	-	
200m	, 2010 (14 ),			-	3:12.02	-	1
100m	, 2010 (14 ),			-	55.90	-	•
400m				-	4:26.70	-	
200m	2242 (44		2:17.05	511	2:18.70	102%	
400	, 2010 (14 ),				4.50.47		-
400m 100m				-	4:56.47 1:07.50	- -	
200m				-	2:31.87	-	
	, 2011 (13    ),						-
400m		149.	6:42.44	189	6:35.00	96%	
100m 200m				-	1:28.00 3:10.00	- -	
	, 2013 (11 ),						_
100m	,,			-	1:12.50	-	
400m				-	5:34.00	-	
200m	, 2012 (12 ),			-	3:03.00	-	
400m	, 2012 (12 ),			_	5:41.00	_	-
100m				-	1:27.00	-	
200m				-	3:01.00	-	
	, 2010 (14 ),						-
100m 400m				-	1:04.76 5:10.89	-	
200m				_	2:39.21	-	
	, 2011 (13 ),						1
400m		93.	5:26.72	354	5:34.09	105%	
100m 200m				-	1:13.52 2:59.24	- -	
200111	, 2011 (13 ),			-	2.39.24	-	1
100m	, 2011 (10 ),			_	1:02.02	-	•
400m		88.	5:23.00	367	5:40.00	111%	
200m	0044 (40			-	2:48.00	-	
400m	, 2011 (13 ),	127.	5:45.02	201	5:38.96	97%	-
100m		127.	5.45.02	301 -	1:18.87	9170	
200m				-	3:06.22	-	
	, 2012 (12 ),						-
400m				-	5:09.00	-	
100m 200m				-	1:15.85 2:46.85	-	
	, 2011 (13     ),						1
400m	, , , , , , , , , , , , , , , , , , , ,	115.	5:35.94	326	5:38.76	102%	
100m				-	1:24.51	-	
200m	, 2012 (12 ),			-	2:55.31	-	_
400m	, 2012 (12 ),	116.	5:36.39	325	5:30.00	96%	
100m				-	1:26.50	-	
200m				-	2:55.00	-	
400	, 2011 (13 ),				4.04.70		-
100m 400m				-	1:04.70 5:12.00	- -	
200m				-	2:45.00	-	
	, 2010 (14 ),						-
400m				-	4:47.00	-	
100m 200m				-	1:08.00 2:28.00	-	
200	, 2011 (13 ),				2.20.00		_
400m	, - ( > //			-	5:16.00	-	
100m				-	1:20.50	-	
200m	2044 (42			-	2:50.00	-	4
400m	, 2011 (13 ),	148.	6:35.76	100	6:40.58	102%	1
100m		140.	0.33.70	199 -	1:33.00	IU270 -	
200m				-	3:10.00	-	
405	, 2011 (13 ),						-
100m				-	1:04.01	-	
400m 200m				-	4:52.34 2:39.78	-	
					-		