	-						
						%	PB
							-
							46
400	, 2011 (13 ),			400	4 = 0.40	1010/	3
400m 100m		10. 7.	4:52.72 1:10.91	493 442	4:53.48 1:11.32	101% 101%	
200m		12.	2:34.58	489	2:35.20	101%	
	, 2011 (13 ),						
400m		127.	5:04.73	337	5:08.05	102%	
200m	0040 (44	139.	2:44.58	295	2:48.88	105%	
400	, 2010 (14 ),	00	4 40 04	404	4 40 77	1000/	:
400m 100m		38.	4:43.04	421 -	4:46.77 1:10.23	103%	
200m		18.	2:23.54	445	2:25.50	103%	
	, 2010 (14    ),						
400m		143.	5:09.77	321	5:03.12	96%	
100m 200m		13. 91.	1:08.52 2:36.69	339 342	1:09.93 2:40.19	104% 105%	
200111	, 2010 (14 ),	31.	2.30.03	342	2.40.19	10070	
100m	, 2010 (14 ),			<u>-</u>	57.36	_	,
400m		43.	4:44.69	414	4:59.79	111%	
200m		24.	2:25.51	427	2:31.28	108%	
400	, 2011 (13 ),	400					:
400m 100m		100. 18.	5:28.91 <b>1:14.80</b>	347 395	5:27.33 1:14.81	99% 100%	
200m		54.	2:44.38	407	2:46.39	102%	
	, 2010 (14    ),						:
400m	, , , , , , , , , , , , , , , , , , , ,	76.	4:53.06	379	4:56.97	103%	
100m				-	1:14.87	-	
200m	, 2010 (14 ),	55.	2:30.38	387	2:34.33	105%	
400m	, 2010 (14 ),	55.	4:47.74	401	4:47.31	100%	
100m		11.	1:07.47	355	1:08.10	102%	
200m		66.	2:32.51	371	2:32.09	99%	
	, 2012 (12 ),						
400m		132.	5:49.98	288	5:44.42	97%	
100m 200m		19. 88.	1:17.92 2:50.40	333 365	1:21.94 2:59.66	111% 111%	
200111	, 2010 (14 ),	00.	2.00140	000	2.00.00	11170	
100m	, (			-	58.01	=	
400m		51.	4:47.15	403	4:50.47	102%	
200m	0044 (40	70.	2:32.86	368	2:34.12	102%	
100	, 2011 (13 ),				4.00.04		:
100m 400m		3.	4:40.55	560	1:02.34 4:42.01	101%	
200m		10.	2:33.78	497	2:38.03	106%	
	, 2011 (13     ),						
400m		7.	4:48.49	515	4:51.80	102%	
100m 200m		5. 4.	1:10.10 2:28.91	458 548	1:11.90 2:33.50	105% 106%	
200111	, 2011 (13 ),	4.	2.20.91	J <del>4</del> 0	2.33.30	10076	:
400m	, 2011 (10 ),	80.	5:20.92	374	5:21.89	101%	,
100m		22.	1:19.31	316	1:19.46	100%	
200m		103.	2:52.47	352	2:51.06	98%	
	, 2010 (14 ),				<b>50.0</b> 4		
100m 400m		123.	5:03.75	- 341	59.01 4:57.39	- 96%	
200m		35.	2:28.24	404	2:32.60	106%	
	, 2011 (13 ),						
100m				-	1:09.62	-	
400m 200m		78.	5:20.52 2:49.95	375 368	5:21.68 2:52.65	101%	
200111	, 2011 (13 ),	84.	2.49.95	300	2.52.05	103%	:
400m	, 2011 (13 ),	46.	4:45.51	410	4:49.60	103%	•
100m		10.		-	1:13.73	-	
200m		44.	2:29.38	395	2:32.11	104%	
400	, 2011 (13 ),	•	5 00 4:	- · -	5.04.00		
400m		99.	5:28.41	349	5:24.80	98%	
100m 200m		82.	2:49.57	371	1:27.21 2:47.65	98%	
**						2270	

	0040/44						_
	, 2010 (14 ),						2
400m		31.	4:41.45	428	4:40.73	99%	
100m			1:01.60	482	1:02.37	103%	
200m	2040 (44	8.	2:19.37	486	2:21.20	103%	^
	, 2010 (14 ),						2
400m		86.	4:54.90	372	4:51.47	98%	
100m 200m		75.	1:04.10 2:34.02	428 360	1:05.79	105% 101%	
200111	, 2010 (14 ),	75.	2.34.02	360	2:34.41		3
400m	, 2010 (14 ),	40.	4:43.35	420	4:47.34	103%	3
100m		40.	4.43.33 1:01.17	493	1:02.00	103%	
200m		15.	2:22.47	455	2:25.11	104%	
200	, 2011 (13 ),			.00	2.20		1
400m	, 2011 (13 ),	20.	4:58.98	463	4:57.41	99%	•
100m		20.	4.30.90	403	1:17.17	99%	
200m		16.	2:35.47	481	2:35.78	100%	
	, 2011 (13 ),						1
100m	, == ( ),			_	1:07.49	<u>-</u>	
400m		54.	5:11.71	408	5:08.16	98%	
200m		100.	2:52.14	354	2:53.06	101%	
	, 2010 (14 ),						2
400m	, =0.0 ( ),	130.	5:05.78	334	5:11.54	104%	_
100m				-	1:18.86	-	
200m		94.	2:37.38	338	2:42.30	106%	
	, 2011 (13 ),						3
400m	, , , , , , , , , , , , , , , , , , , ,	68.	5:17.34	387	5:21.70	103%	
100m		8.	1:09.88	484	1:09.93	100%	
200m		35.	2:40.43	438	2:41.48	101%	
						1	17
	, 2012 (12 ),						2
100m	, 2012 (12 ),			_	1:11.43	<u>-</u>	_
400m		50.	5:10.60	412	5:16.95	104%	
200m		85.	2:50.17	367	2:51.60	102%	
	, 2010 (14 ),						-
100m	, (			-	56.28	-	
400m		24.	4:39.22	439	4:35.56	97%	
200m		37.	2:28.61	401	2:26.07	97%	
	, 2012 (12 ),						-
400m	, , , , , , , , , , , , , , , , , , , ,	66.	5:17.24	387	5:12.74	97%	
100m				-	1:20.48	-	
200m		41.	2:41.42	430	2:37.03	95%	
	, 2010 (14    ),						-
100m				-	1:01.10	-	
400m		78.	4:53.28	379	4:50.45	98%	
	, 2010 (14 ),						-
400m		62.	4:50.91	388	4:39.55	92%	
100m					1:16.99	<del>-</del>	
200m		48.	2:30.05	390	2:27.07	96%	_
	, 2011 (13    ),						2
400m		74.	5:19.44	379	5:20.36	101%	
100m		14.	1:13.81	392	1:13.26	99%	
200m	2010 (4.4	57.	2:45.29	400	2:46.21	101%	4
	, 2010 (14 ),						1
400m		66.	4:51.27	386	4:49.08	99%	
100m		E 4	2,20.24	- 207	1:07.68	1000/	
200m	2012 (12	51.	2:30.31	387	2:30.54	100%	2
100	, 2012 (12 ),				1:00 10		2
100m 400m		47.	E-00 00	- 415	1:08.16 5:21.42	- 108%	
		63.	5:09.90 2:45.70	397	2:47.40	108%	
200m	, 2012 (12 ),	03.	2.73.70	331	2.71.70	102/0	1
400	, 2012 (12 ),				1.00 40		1
100m 400m		62.	5:14.32	398	1:08.40 5:15.16	- 101%	
200m		93.	2:51.16	360	2:51.08	100%	
200111	, 2010 (14 ),	30.	2.01.10	300	2.01.00	10070	_
100m	, 2010 (14 ),			-	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	, 2011 (10 ),	21.	4:59.81	459	5:00.52	100%	_
100m		18.	1:17.47	339	1:14.84	93%	
200m		39.	2:41.06	433	2:41.53	101%	
	, 2011 (13 ),	- **	- <del>-</del>	- <del>-</del>			-
400m	,	76.	5:20.16	377	5:15.00	97%	
100m			2.200	-	1:21.90	- -	
200m		31.	2:40.08	441	2:39.00	99%	

						_
	0040 (44					
400m	, 2010 (14 ),	60	4:52.04	202	4:51.04	99%
400m 100m		68.	4:52.04 1:05.96	383 393	4:51.04 1:05.26	99% 98%
200m		36.	2:28.34	403	2:28.00	100%
200111	, 2010 (14 ),	<b>50</b> .	2.20.04	400	2.20.00	2
400m	, 2010 (11 ),	18.	4:35.80	455	4:36.00	100%
100m		10.	1:07.33	357	1:07.50	101%
200m		40.	2:28.96	398	2:28.50	99%
	, 2012 (12 ),					2
400m		97.	5:27.25	353	5:28.72	101%
100m		25.	1:21.42	292	1:20.44	98%
200m		101.	2:52.23	354	2:52.24	100%
	, 2011 (13    ),					1
400m		63.	5:16.47	390	5:12.90	98%
100m		12.	1:12.00	443	1:11.34	98%
200m	2010 (14	51.	2:43.41	414	2:44.44	101%
100	, 2010 (14 ),				E0 04	-
100m 400m		17.	4:35.12	- 459	59.24 4:31.41	- 97%
200m		86.	2:36.14	346	2:33.34	96%
	, 2010 (14 ),					_
400m	, 2010 (11 ),	75.	4:53.03	380	4:50.50	98%
100m		70.	1.00.00	-	1:16.20	-
200m		46.	2:29.60	393	2:29.00	99%
	, 2010 (14     ),					-
400m	·	14.	4:32.52	472	4:32.06	100%
100m			1:00.52	509	1:00.00	98%
200m		7.	2:18.80	492	2:17.73	98%
	, 2011 (13 ),					2
400m		89.	5:23.67	364	5:19.00	97%
100m		17.	1:16.44	353	1:16.50	100%
200m		81.	2:49.37	372	2:50.15	101%
						44
	2011 (12					
100m	, 2011 (13 ),				1:01.00	-
400m		147.	5:12.93	312	5:12.00	99%
200m		108.	2:39.54	324	2:38.50	99%
	, 2012 (12 ),					-
100m	, 2012 (12 ),			-	1:10.00	-
400m		90.	5:24.46	362	5:17.00	95%
200m		131.	3:01.35	303	2:52.00	90%
	, 2010 (14 ),					1
100m				-	1:01.00	-
400m		36.	4:42.02	426	4:43.00	101%
200m	0040 (40	57.	2:30.56	386	2:30.00	99%
400	, 2012 (12 ),				4.05.00	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%
200	, 2012 (12 ),	.02.			2. 10.00	1
400m	, == ( = ),	65.	5:17.11	388	5:06.00	93%
100m		10.	1:12.83	408	1:12.90	100%
200m		82.	2:49.57	371	2:46.00	96%
	, 2011 (13    ),					-
100m				-	1:09.00	-
400m		77.	5:20.22	376	5:17.90	99%
200m		104.	2:52.67	351	2:49.60	96%
	, 2012 (12 ),					-
400m		104.	5:31.09	340	5:17.90	92%
100m		29. 96.	1:27.91	232 358	1:21.99	87% 98%
200m	, 2010 (14 ),	90.	2:51.56	330	2:49.60	96%
400m	, 2010 (14 ),	89.	4:55.23	371	4:56.38	101%
100m		03.	4.55.25	-	1:13.64	-
200m		27.	2:26.65	417	2:27.94	102%
	, 2011 (13 ),					1
100m	, - ( - ),			-	1:05.50	<u>-</u>
400m		41.	5:07.47	425	5:15.00	105%
200m		76.	2:47.81	382	2:46.00	98%
	, 2010 (14    ),					-
100m				-	59.95	-
400m		131. 125	5:05.83	334	4:54.00	92%
200m		125.	2:41.98	310	2:36.00	93%

	, 2010 (14 ),						-
400m		146.	5:11.13	317	5:04.00	95%	
100m 200m		79.	2:34.76	355	1:15.00 2:33.00	98%	
200111	, 2011 (13 ),	19.	2.34.76	333	2.33.00	9070	_
100m	, 2011 (10 ),			_	1:05.00	<u>-</u>	
400m		43.	5:08.38	421	4:55.00	92%	
200m		102.	2:52.35	353	2:47.00	94%	
400	, 2010 (14 ),		. == = .		4.50.00	9997	1
400m 100m		105.	4:59.61	355	4:58.00 1:18.00	99%	
200m		81.	2:34.91	354	2:38.35	104%	
	, 2012 (12 ),						1
400m		103.	5:30.30	343	5:26.00	97%	
100m 200m		32. 86.	1:19.01 <b>2:50.18</b>	335 367	1:18.50 2:54.00	99% 105%	
200111	, 2010 (14 ),	00.	2.30.10	307	2.54.00	10376	_
100m	, == ( ,,			-	1:00.00	-	
400m		64.	4:51.10	387	4:44.22	95%	
200m	2044 (42	78.	2:34.27	358	2:30.55	95%	
400m	, 2011 (13 ),	96.	4:58.10	360	4:58.00	100%	-
100m		17.	1:10.87	306	1:10.00	98%	
200m		127.	2:42.29	308	2:38.60	96%	
	, 2012 (12 ),						1
400m		140. 42.	<b>5:56.43</b> 1:23.83	273 280	6:00.00 1:22.00	102% 96%	
100m 200m		42. 148.	3:23.13	215	3:14.00	91%	
	, 2010 (14 ),						2
400m		19.	4:35.84	455	4:41.90	104%	
100m		4.	1:05.51	387	1:06.90	104%	
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	0044 (40	17.	2:35.71	479	2:36.17	101%	
400m	, 2011 (13 ),	79.	1.52.46	378	4:53.00	100%	-
100m		19.	4:53.46	-	1:09.00	100%	
200m		138.	2:44.35	296	2:42.00	97%	
	, 2012 (12 ),						1
400m 100m		126.	5:44.55	302	5:40.00 1:25.00	97%	
200m		119.	2:56.27	330	2:58.00	102%	
	, 2012 (12 ),						2
400m		92.	5:25.53	358	5:31.00	103%	
100m 200m		30. 97.	1:17.98 <b>2:51.90</b>	348 356	1:17.50 2:57.00	99% 106%	
200111	, 2012 (12 ),	31.	2.51.50	330	2.37.00	10070	2
400m	, 2012 (12 ),	137.	5:53.39	280	6:09.00	109%	_
100m				-	1:35.00	-	
200m	2040 (44	128.	3:00.38	308	3:03.74	104%	
400m	, 2010 (14 ),	133.	5:05.92	333	4:52.00	91%	-
100m		24.	1:15.84	250	1:10.00	85%	
200m		151.	2:53.07	254	2:45.00	91%	
	, 2012 (12 ),						2
100m 400m		18.	4:58.44	465	1:05.00 5:05.50	- 105%	
200m		29.	2:39.91	442	2:40.14	100%	
	, 2010 (14     ),						-
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	9270	1
400m	, 2011 (10 ),	86.	5:21.67	371	5:14.45	96%	•
100m				-	1:23.21	-	
200m	2044 (42	46.	2:43.02	417	2:43.34	100%	
400m	, 2011 (13 ),	135.	5.52 65	282	5:25.00	85%	-
400m 100m		133.	5:52.65	-	1:23.00	00% -	
200m		114.	2:54.33	341	2:50.00	95%	
	, 2011 (13    ),						2
400m 100m		128. 26.	5:46.63 <b>1:16.59</b>	297 368	5:30.00 1:17.00	91% 101%	
200m		106.	2:52.99	349	2:53.00	100%	

100m	, 2010 (14 ),			-	58.79	-
400m		92.	4:56.39	367	4:50.00	96%
200m		85.	2:35.94	347	2:35.29	99%
400	, 2011 (13 ),			40=	- 40 0	3
400m 100m		55. 8.	5:11.97 1:11.21	407 437	5:19.78 1:11.45	105% 101%
200m		24.	2:38.13	457	2:41.12	104%
	, 2012 (12 ),					-
400m		58.	5:13.29	402	5:10.00	98%
100m 200m		29. 108.	1:17.76 2:53.32	351 347	1:16.00 2:50.00	96% 96%
200111	, 2013 (11 ),	100.	2.00.02	011	2.00.00	1
400m	, =0.0 ( ),	145.	6:18.95	227	6:02.00	91%
100m				-	1:29.00	-
200m	, 2010 (14 ),	139.	3:07.24	275	3:10.00	103%
400m	, 2010 (14 ),	118.	5:02.37	345	4:56.00	96%
100m				-	1:08.00	-
200m		130.	2:42.95	304	2:42.00	99%
400	, 2011 (13 ),	00	5 00 70	454	4.55.70	1
400m 100m		22. 6.	5:00.79 1:10.28	454 454	4:55.76 1:10.23	97% 100%
200m		11.	2:33.98	495	2:35.69	102%
	, 2013 (11 ),					3
400m		101.	5:29.00	347	5:30.00	101%
100m 200m		15. 94.	1:15.27 2:51.18	370 360	1:17.00 2:53.00	105% 102%
	, 2012 (12 ),					1
400m	, , , , , ,	94.	4:56.78	365	5:00.00	102%
100m 200m		61.	2:31.15	- 381	1:10.50 2:26.50	94%
200111	, 2011 (13 ),	01.	2.31.13	301	2.20.30	1
100m	, ==::(:= /,			-	1:08.00	-
400m		70.	5:18.02	384	5:24.00	104%
200m	, 2013 (11 ),	75.	2:47.79	383	2:47.00	99%
400m	, 2013 (11 ),	122.	5:42.96	306	5:43.00	100%
100m			0	-	1:28.79	-
200m	0040 (44	113.	2:54.20	342	2:59.00	106%
100	, 2013 (11 ),				1.00.00	2
100m 400m		94.	5:26.73	354	1:08.00 5:35.00	- 105%
200m		78.	2:48.29	379	2:53.00	106%
400	, 2012 (12 ),					1
400m 100m		109. 27.	<b>5:32.34</b> 1:23.90	337 267	5:36.00 1:22.50	102% 97%
200m		135.	3:02.68	296	2:58.00	95%
	, 2011 (13 ),					-
400m		128.	5:04.94	337	4:55.00	94%
100m 200m		121.	2:41.65	- 311	1:09.00 2:35.00	92%
	, 2010 (14 ),	-= **		÷.,		3
400m	• •	88.	4:54.94	372	5:00.00	103%
100m 200m		25.	1:04.27 2:26.50	425 419	1:05.50 2:27.00	104% 101%
_001	, 2012 (12 ),	20.		110		10178
100m	, ·- (· <b>-</b> /,			-	1:05.90	-
400m		61.	5:14.16	399	5:14.00	100%
200m	, 2012 (12 ),	49.	2:43.23	416	2:46.00	103% <b>1</b>
400m	, 2012 (12 ),	23.	5:00.84	454	5:00.76	100%
100m				-	1:15.60	-
200m	2040 (44	6.	2:31.56	519	2:34.33	104%
400m	, 2010 (14 ),	151.	5:17.63	298	5:20.00	101%
100m		21.	1:12.54	285	1:11.00	96%
200m		126.	2:42.08	309	2:44.00	102%
						20
	, 2010 (14 ),					30
100m	, 2010 (14 ),			_	55.22	
400m		6.	4:26.99	502	4:32.45	104%
200m		14.	2:22.46	455	2:25.42	104%

, 29. - 31.5.2024

Add							
400m		2044 (42					4
200m   . 2012 (12 )		, 2011 (13 ),	83.	5:21.23	373	5:12.00	
100m			55.	2:44.75	404		- 103%
100m		, 2012 (12 ),					
200m			52.				
400m	100m						
400m	200m		66.	2:46.30	393	2:45.10	
100m		, 2010 (14     ),					2
200m			21.	4:38.39	443	4:43.78	104%
1, 2011 (13 ),   107.   500.11   353   502.18   101%   200m   200m   2011 (13 ),   136.   2.44.26   237   2.38.62   33%   238.62   33%   200m   2011 (13 ),   100m   56.   513.05   343   5110.00   32%   220m   200m   10.   220.18   478   2.22.10   102%   200m   10.   220.18   478   2.22.10   103%   220m   200m   10.   220.18   478   2.22.10   103%   200m   2001 (14 ),   200.18   200m   200m   200m   200m   200m   2001 (14 ),   200.18   200m   200.18   20					-		<del>.</del>
400m	200m		31.	2:27.12	413	2:27.24	
100m		, 2011 (13 ),					
200m   136, 244.26   287   238.82   35%   100m   100m   56, 513.06     105.00     100m   200m   67, 246.32   363   248.00   102%   200m   200m   200m   200m   200m   200m   2011 (13 ), 100m   2011 (13 ), 100m   2011 (13 ), 2011 (13 ), 2011 (13 ), 2011 (13 ), 2011 (13 ), 2011 (13 ), 2010 (14 ), 2010   24.85.37   248.50   228.37   238.82   35%   248.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   228.00   34%   348.00   34%   348.00   34%   348.00   34%   348.00   34%   348.00   34%   348.00   34%   348.00   34%   348.00   34%   348.00   3			107.	5:00.11	353		101%
100m							<del>-</del>
100m	200m	0044 (40	136.	2:44.26	297	2:38.82	
400m		, 2011 (13 ),					1
200m							<del>-</del>
, 2010 (14 ), 400m 100m 1, 101.83 477 102.52 102% 102% 100m 2.20.18 477 102.52 102% 103% 100m 2.20.18 478 2.22.10 103% 100m 2.20.10 (14 ), 100m 100m 1.1 4.08.68 621 4.99.73 101% 100m 2.00m 2.20.79.5 629 2.13.50 102% 102% 100m 2.20.10 (12 ), 100m 100m 100m 100m 100m 100m 100m 100							
400m	200111	0040 (44	67.	2:40.32	393	2.48.00	
100m		, 2010 (14 ),					
200m   10.   2:20.18   478   2:22.10   103%   2			3.				
100m			40				
100m	200m	2040 (44	10.	2:20.18	478	2:22.10	
400m   90	400	, 2010 (14 ),				4 0 4 0 0	
90. 2:36.52 343 2:39.02 103% 2 400m			0.5	4.54.00			
2010 (14 ),							
400m   1.	200111	2010 (14	90.	2.30.32	343	2.39.02	
100m	400	, 2010 (14 ),		4 00 00	004	4.00.70	
200m			1.	4:08.68			101%
100m			1	2:07.05			100%
400m	200111	2012 (12	1.	2.07.33	023	2.13.30	
100m	400m	, 2012 (12 ),	50	5.13.52	401	5:10.78	
200m							
, 2011 (13 ), 188							
400m         138.         5.06.74         331         5.02.39         97%           200m         122.         2.41.73         311         2.40.24         98%           200m         , 2011 (13),            1:11.46            400m         32.         5.04.87         436         5:12.37         105%           200m         , 2011 (13),	200111	2011 (13 )	59.	2.43.30	399	2.47.40	10270
100m	400m	, 2011 (13 ),	120	E:06 74	221	E-02 20	079/
200m			130.	5.06.74	331		97%
, 2011 (13 ),  100m			122	2:41 73	311		98%
100m	200111	2011 (12 \	122.	2.11.70	011	2.10.21	
400m	100m	, 2011 (13 ),				1.11 /6	_
200m   90.   2:51.00   361   2:52.37   102%   3			32	5:04.87			105%
, 2011 (13 ),  400m							
400m		. 2011 (13 ).					
100m   200m   7.   2:32.60   509   2:33.78   109%   200m   7.   2:32.60   509   2:33.78   102%   102%   100%   102%   102%   100%   100%   100m   1	400m	, =0 ( ),	11	4:53.33	490	4:55.57	
7. 2:32.60 509 2:33.78 102%  , 2011 (13 ),  400m , 2011 (13 ),  400m , 2010 (14 ),  400m , 2011 (13 ),  48. 5:10.11 , 414 5:12.44 , 102% , 200m , 2011 (13 ),  400m , 2011 (13 ),  48. 5:10.11 , 414 5:12.44 , 102% , 200m , 2011 (13 ),  400m , 2011 (13 ),  48. 5:10.11 , 414 5:12.44 , 102% , 207							
, 2011 (13 ),  400m 100m 100m 11:14.91 1393 1:15.63 102% 200m 1, 2010 (14 ),  42. 2:41.71 427 2:45.16 104%  100m 100m 100m 100m 100m 100m 100m 10							
400m		. 2011 (13 ).					
100m	400m	, ==::(:= /,	53	5:11.69	408	5:24 16	
42.   2:41.71   427   2:45.16   104%							
A00m							
400m		. 2010 (14 ).					
100m	400m	, (	80.	4:53.47	378	4:53.24	
100m							
100m		. 2010 (14 ).					
400m 200m 61. 4:50.80 388 5:00.24 107% 200m 93. 2:37.15 339 2:41.49 106%	100m	, == ( , , , ,			_	1:02.18	
200m 93. 2:37.15 339 2:41.49 106%   , 2011 (13 ),			61.	4:50.80			
- 400m							
400m       106.       5:31.72       339       5:18.20       92%         100m       16.       1:15.75       363       1:15.73       100%         200m       68.       2:46.53       391       2:40.40       93%         , 2010 (14),       -       1:00.20       -         400m       37.       4:42.97       422       4:46.76       103%         200m       63.       2:31.60       378       2:29.33       97%         100m       -       1:05.89       -         400m       64.       5:17.06       388       5:20.16       102%         200m       105.       2:52.88       350       2:51.94       99%         , 2011 (13),       48.       5:10.11       414       5:12.44       102%         400m       48.       5:10.11       414       5:12.44       102%         100m       24.       1:16.16       374       1:15.06       97%		. 2011 (13 ).					_
100m	400m	, == : ( : = - /,	106.	5:31.72	339	5:18.20	92%
200m							
100m	200m		68.	2:46.53	391	2:40.40	93%
100m		, 2010 (14 ),					1
400m 37. 4:42.97 422 4:46.76 103% 200m 63. 2:31.60 378 2:29.33 97% 100m 100m 100m 100m 100m 100m 100m 100	100m	. , , , , , , , , , , , , , , , , , , ,			_	1:00.20	
200m			37.	4:42.97			
100m     -     1:05.89     -       400m     64.     5:17.06     388     5:20.16     102%       200m     105.     2:52.88     350     2:51.94     99%       , 2011 (13 ),     2       400m     48.     5:10.11     414     5:12.44     102%       100m     24.     1:16.16     374     1:15.06     97%							
100m		, 2011 (13 ).					
400m 64. <b>5:17.06</b> 388 5:20.16 102% 200m , 2011 (13 ), 2:52.88 350 2:51.94 99% 200m , 2011 (13 ), 2011	100m	, , , , , , , , , , , , , , , , , , , ,			-	1:05.89	
200m 105. 2:52.88 350 2:51.94 99% , 2011 (13 ), 2011 (13 ), 251.94 100m 48. 5:10.11 414 5:12.44 102% 100m 24. 1:16.16 374 1:15.06 97%			64.	5:17.06			
, 2011 (13 ), 400m							
400m       48.       5:10.11       414       5:12.44       102%         100m       24.       1:16.16       374       1:15.06       97%		, 2011 (13 ).					2
100m 24. 1:16.16 374 1:15.06 97%	400m	, , , , , , , , , , , , , , , , , , , ,	48.	5:10.11	414	5:12.44	
	200m						

	, 2011 (13 ),							2
400m	, 2011 (10 ),	82.	4:53.81	377	4:51.26		98%	_
100m			1:04.14	427	1:04.54		101%	
200m		74.	2:33.83	361	2:35.86		103%	
	, 2012 (12 ),							-
100m				-	1:24.71		-	
	, 2010 (14 ),							1
400m		12.	4:30.49	483	4:28.87	25.04.2024	99%	
100m 200m		12.	<b>1:03.92</b> 2:21.05	432 469	1:04.92 2:20.41	29.03.2024 24.04.2024	103% 99%	
200111	, 2010 (14 ),	12.	2.21.00	100	2.20.11	21.01.2021	0070	3
400m	, 2010 (11 ),	4.	4:18.37	554	4:21.07	25.04.2024	102%	Ü
100m			1:01.99	473	1:02.09	26.04.2024	100%	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	
	, 2012 (12 ),							2
100m				-	1:12.87		-	
400m 200m		134. 133.	5:52.45 3:02.37	282 298	6:02.18 3:03.57		106% 101%	
200111	, 2010 (14 ),	133.	3.02.37	230	3.03.37		10176	_
100m	, 2010 (14 ),			-	56.54	26.04.2024	_	_
400m		8.	4:28.25	495	4:22.37	25.04.2024	96%	
200m		6.	2:17.60	505	2:16.72	24.04.2024	99%	
	, 2010 (14 ),							1
100m			. =	-	1:01.04			
400m		100. 53.	4:58.66 2:30.35	358 387	4:58.23		100%	
200m	, 2011 (13 ),	აა.	2:30.35	387	2:32.38		103%	1
100m	, 2011 (13 ),			_	1:11.63		-	1
400m		119.	5:39.67	315	5:41.67		101%	
200m		132.	3:01.38	303	2:57.97		96%	
	, 2011 (13 ),							1
100m				-	1:07.27		-	
400m		69. 71.	5:17.47	386 389	5:16.74		100%	
200m	, 2010 (14 ),	71.	2:46.80	309	2:48.80		102%	4
400m	, 2010 (14 ),	70.	4:52.05	383	4:50.62		99%	1
100m		70.	1:04.23	426	1:04.31		100%	
200m		103.	2:38.60	330	2:36.18		97%	
	, 2011 (13    ),							1
400m		39.	5:06.09	431	5:03.05		98%	
100m		5.	1:09.39	494	1:09.13		99%	
200m	2011 (12	30.	2:40.06	441	2:42.47		103%	4
400m	, 2011 (13 ),	75.	5:19.74	378	5:25.39	24.04.2024	104%	1
100m		23.	1:19.35	316	1:15.43	26.04.2024	90%	
200m		62.	2:45.65	398	2:44.59	22.06.2023	99%	
	, 2010 (14 ),							2
100m				-	1:02.92	26.04.2024	-	
400m		126.	5:04.59	338	5:07.80	25.04.2024	102%	
200m	, 2011 (13 ),	87.	2:36.19	345	2:40.35	24.04.2024	105%	2
400m	, 2011 (13 ),	58.	4:48.95	396	4:55.65	25.04.2024	105%	
100m		<b>50.</b>	4.40.33	-	1:20.23	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	<del>-</del>	
400m	2011 (12	95.	4:56.87	365	4:53.13	25.04.2024	97%	_
400	, 2011 (13 ),		E 47.00	co=	F 40 =0		a=a/	2
400m 100m		67. 14.	5:17.33 <b>1:12.78</b>	387 428	5:12.70 1:13.24		97% 101%	
200m		40.	2:41.16	432	2:41.91		101%	
	, 2010 (14 ),		-					1
400m	, , , , , , , , , , , , , , , , , , ,	116.	5:02.10	346	4:55.78	25.04.2024	96%	
100m				-	1:18.07	26.04.2024	-	
200m	0044 (40	99.	2:37.98	334	2:39.71	24.04.2024	102%	
400	, 2011 (13 ),		E.40.07	400	E:07.04		0007	1
400m		57.	5:13.27	402	5:07.61 1:18.86		96%	
100m 200m		34.	2:40.38	438	1:18.86 2:43.95		105%	
_50111	, 2010 (14 ),	01.		100	10.00		.0070	2
100m	, 2010 (11 ),			-	1:06.23	26.04.2024	-	_
400m		41.	4:43.61	419	4:46.97	25.04.2024	102%	
200m		114.	2:40.71	317	2:48.11		109%	
46-	, 2010 (14    ),		. =					2
400m		99. 16	4:58.54	359 317	4:56.78		99%	
100m 200m		16. 89.	1:10.03 2:36.50	317 343	1:12.94 2:39.46		108% 104%	
_00111				0.0			.0170	

	, 2011 (13 ),							2
400m 100m		120.	5:02.84	344	5:06.52 1:20.24		102%	
200m		97.	2:37.63	336	2:41.51		105%	
	, 2011 (13 ),							-
400m 100m		60. 13.	5:13.71	400 393	5:11.05 1:11.42		98% 94%	
200m		68.	1:13.77 2:46.53	391	2:44.78		98%	
	, 2011 (13 ),							1
100m		400	4.50.05	-	1:00.75	26.04.2024	-	
400m 200m		102. 68.	4:58.95 <b>2:32.62</b>	357 370	4:55.91 2:35.06	25.04.2024 24.04.2024	98% 103%	
	, 2010 (14 ),							1
400m		50.	4:47.03	404	4:45.58		99%	
100m 200m		19.	2:23.66	444	1:07.57 2:23.78		100%	
	, 2010 (14 ),							-
100m			4.54.00	-	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. 90.	5:18.55 2:51.00	382 361	5:15.39 2:50.71		98% 100%	
200111	, 2011 (13 ),	00.	2.01.00	001	2.00.71		10070	1
100m				-	1:00.60		<del>-</del>	
400m 200m		91. 115.	4:55.75 <b>2:40.90</b>	369 316	4:52.60 2:44.00		98% 104%	
200	, 2011 (13 ),			0.0	2		10170	2
100m	, , ,		. ==	-	1:05.45	26.04.2024	-	
400m 200m		9. 44.	4:52.11 2:42.25	496 423	4:58.56 2:44.93	24.04.2024 25.04.2024	104% 103%	
200	, 2012 (12 ),			.20	2	20.0202 .	10070	-
400m		155.	5:24.45	279	5:10.60	25.04.2024	92%	
100m 200m		147.	2:47.94	278	1:22.81 2:47.64	26.04.2024 24.04.2024	100%	
200	, 2010 (14 ),		2	2.0	2	2	10070	1
400m		137.	5:06.69	331	5:15.13	25.04.2024	106%	
100m 200m		116.	2:41.11	315	1:20.61 2:38.12	28.03.2024 24.04.2024	96%	
	, 2011 (13 ),							1
400m		113.	5:35.23	328	5:24.88		94%	
100m 200m		79.	2:48.69	376	1:21.65 2:52.72		105%	
200	, 2010 (14 ),			0.0	2.022		10070	2
400m		33.	4:41.84	427	4:48.82		105%	
100m 200m		29.	2:26.83	416	1:17.47 2:32.09		107%	
	, 2010 (14 ),							1
400m		60.	4:50.43	390	4:52.60		101%	
100m 200m		69.	2:32.69	370	1:12.58 2:27.60		93%	
	, 2012 (12 ),							2
100m			==	-	1:04.40	28.03.2024	-	
400m 200m		57. 102.	4:48.75 2:38.56	397 330	4:55.47 2:41.13	25.04.2024 24.04.2024	105% 103%	
	, 2010 (14 ),							2
400m		9.	4:28.37	494	4:26.36		99%	
100m 200m		1. 3.	1:00.59 2:15.53	490 529	1:01.56 2:16.53		103% 101%	
	, 2011 (13 ),							2
400m		85.	5:21.42	372	5:19.67		99%	
100m 200m		2. 22.	1:09.92 2:37.58	461 462	1:12.01 2:38.51		106% 101%	
	, 2010 (14 ),							-
400m		54.	4:47.64	401	4:47.50		100%	
100m 200m		22.	2:25.16	430	1:12.80 2:22.60		- 97%	
	, 2011 (13 ),							1
400m		87.	5:22.95	367 530	5:22.80		100%	
100m 200m		3. 28.	1:07.84 <b>2:39.45</b>	529 446	1:06.89 2:41.50		97% 103%	
	, 2012 (12 ),		<del>-</del>	-				-
100m		00	E.00.40	-	1:03.95	26.04.2024	- OE0/	
400m 200m		26. 52.	5:03.12 2:43.63	444 413	4:55.54 2:42.67	24.04.2024	95% 99%	

400	, 2012 (12 ),					0.4.0.4.000.4	40.407	3
400m 100m		139. 41.	5:56.27 1:22.62	273 293	6:03.97 1:24.14	24.04.2024	104% 104%	
200m		137.	3:03.86	293	3:10.66	25.04.2024	104%	
200111	, 2011 (13 ),	107.	0.00.00	201	0.10.00	20.0 1.202 1	10070	1
100m	, ==== /,			-	1:06.87		-	
400m		49.	5:10.15	414	5:17.13		105%	
200m		47.	2:43.13	416	2:41.97		99%	_
400	, 2011 (13 ),							2
100m		100	E-00 2E	- 252	1:04.58	25.04.2024	1019/	
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%	
	, 2011 (13 ),							1
400m	, == : (:= /,	91.	5:24.93	360	5:22.81		99%	-
100m		20.	1:15.08	390	1:12.56		93%	
200m	0044 (40	95.	2:51.42	359	2:53.69		103%	
400	, 2011 (13 ),	450	F.00.07	205	F.40.00		OE0/	-
400m 100m		153.	5:22.37	285	5:13.38 1:28.91		95%	
200m		149.	2:49.23	271	2:44.49		94%	
	, 2011 (13    ),							2
400m		24.	5:01.70	450	5:03.35		101%	
100m		10.	1:10.48	472	1:07.74		92%	
200m	, 2012 (12 ),	27.	2:39.03	449	2:39.68		101%	1
400m	, 2012 (12 ),	138.	5:54.90	276	5:54.14	24.04.2024	100%	'
100m		35.	1:20.09	321	1:21.59	26.04.2024	104%	
200m		141.	3:08.18	271	3:02.87	25.04.2024	94%	
	, 2010 (14 ),							1
100m				-	54.12		-	
400m 200m		2. 2.	<b>4:15.42</b> 2:12.89	573 561	4:15.65 2:12.78		100% 100%	
200111	, 2010 (14 ),	۷.	2.12.09	301	2.12.70		100 /8	1
400m	, 2010 (11 ),	42.	4:44.29	416	4:42.10	25.04.2024	98%	•
100m				-	1:09.79	26.04.2024	-	
200m		13.	2:21.78	462	2:23.12	24.04.2024	102%	_
400	, 2013 (11 ),	400					40=04	2
400m 100m		108.	5:32.14	337	5:39.66 1:34.94		105%	
200m		120.	2:56.42	329	2:56.62		100%	
	, 2011 (13 ),							2
400m	, , , , , , , , , , , , , , , , , , , ,	105.	5:31.45	339	5:32.47		101%	
100m				-	1:25.17		-	
200m	2012 (12 )	98.	2:52.03	355	2:55.64		104%	4
400m	, 2012 (12 ),	112.	5:35.22	328	5:29.56	24.04.2024	97%	1
100m		40.	1:22.43	295	1:22.25	26.04.2024	100%	
200m		128.	3:00.38	308	3:05.11	25.04.2024	105%	
	, 2011 (13 ),							-
400m		71.	5:18.19	384	5:14.84	23.11.2023	98%	
100m 200m		61.	2:45.55	398	1:22.53 2:43.30	23.11.2023 25.04.2024	97%	
200111	, 2012 (12 ),	01.	2.45.55	390	2.43.30	25.04.2024	9176	1
400m	, 2012 (12 ),	84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m		25.	1:16.25	373	1:15.63	26.04.2024	98%	
200m		58.	2:45.49	399	2:45.78	25.04.2024	100%	_
	, 2012 (12 ),							3
400m 100m		28. 11.	5:04.52 1:13.03	438 405	5:12.89 1:13.60	24.04.2024 26.04.2024	106% 102%	
200m		65.	2:45.80	397	2:49.88	25.04.2024	105%	
	, 2010 (14 ),							2
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:02.55		-	
400m		52.	4:47.24	403	4:49.66		102%	
200m	2044 (42	84.	2:35.53	350	2:38.32		104%	
100m	, 2011 (13 ),				1.02.12	26.04.2024		-
100m 400m		16.	4:57.81	468	1:03.13 4:54.75	26.04.2024 27.03.2024	- 98%	
200m		32.	2:40.13	440	2:39.16	25.04.2024	99%	
	, 2012 (12 ),							2
400m	, , ,	98.	5:28.19	350	5:30.94		102%	
100m		23.	1:15.89	378	1:15.24		98%	
200m	, 2012 (12 ),	73.	2:47.68	383	2:51.65		105%	1
400m	, 2012 (12 ),	44.	5:08.56	421	5:16.23		105%	'
100m		тт.	0.00.00	-	1:22.27		-	
200m		38.	2:40.99	433	2:40.76		100%	

	, 2012 (12 ),							2
400m		136.	5:52.85	281	5:58.66		103%	
100m		26.	1:23.73	268	1:22.81		98%	
200m		115.	2:54.80	338	2:56.19		102%	
	, 2010 (14 ),							-
100m				-	1:05.38	26.04.2024	-	
400m		160.	5:35.23	253	5:34.20	25.04.2024	99%	
200m		144.	2:46.90	283	2:46.19	24.04.2024	99%	
	, 2010 (14 ),							1
400m		27.	4:40.00	435	4:46.52		105%	
100m		20	1:04.81	414	1:04.59		99%	
200m	2042 (42	28.	2:26.71	417	2:24.49		97%	
400	, 2012 (12 ),	40=			= 44.00		4000/	-
400m		125.	5:44.14	303	5:44.08 1:29.97	24.04.2024 19.04.2024	100%	
100m 200m		111.	2:53.98	343	2:50.20	25.04.2024	96%	
200111	, 2011 (13 ),	111.	2.55.50	343	2.50.20	23.04.2024	3070	2
400m	, 2011 (13 ),	111.	5:34.55	330	5:45.58	24.04.2024	107%	_
400m		33.	1:19.63	327	1:18.51	26.04.2024	97%	
200m		130.	3:00.88	305	3:02.43	25.04.2024	102%	
	, 2010 (14 ),							2
400m	, 2010 (11 ),	154.	5:22.85	284	5:35.50	25.04.2024	108%	_
100m		104.	J.22.00	-	1:15.19	26.04.2024	-	
200m		112.	2:40.45	318	2:45.47	24.04.2024	106%	
	, 2011 (13 ),							-
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:04.60	26.10.2023	-	
400m		13.	4:54.85	482	4:52.83	24.04.2024	99%	
200m		14.	2:34.91	486	2:34.71	22.11.2023	100%	
	, 2011 (13 ),							2
100m				-	1:18.22	24.11.2023	-	
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m		123.	2:57.99	320	2:59.25	25.04.2024	101%	
	, 2011 (13 ),							1
100m				-	1:01.70		-	
400m		39.	4:43.10	421	4:42.00		99%	
200m	2242 (44	110.	2:39.84	322	2:42.00		103%	
	, 2010 (14    ),							1
400m		35.	4:41.88	426	4:40.20		99%	
100m 200m		12. 58.	<b>1:08.37</b> 2:30.84	341 383	1:08.47 2:29.71		100% 99%	
200111	2011 (12 )	30.	2.30.04	303	2.23.71		3370	
400	, 2011 (13 ),	70	4.50.00	204	4.50.40		000/	-
400m 100m		73.	4:52.60	381	4:50.48 1:08.99		99%	
200m		96.	2:37.44	337	2:35.31		97%	
200	, 2011 (13 ),	00.	2.0	00.	2.00.0		0.70	1
400m	, ==::(:= /,	120.	5:40.49	313	5:43.73		102%	·
100m		28.	1:17.61	353	1:17.03		99%	
	, 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				-	1:19.49	26.04.2024	-	
200m		23.	2:38.03	458	2:39.45	25.04.2024	102%	
	, 2010 (14 ),							1
400m		145.	5:11.00	317	5:02.94		95%	
100m					1:11.66		-	
200m	0040 (40	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	0040 (44			-	1:20.97	26.04.2024	-	_
400	, 2010 (14 ),				4 - 4	00.00.00=:		2
100m				-	1:04.73	28.03.2024	-	
400m		84. 103	4:54.55	374	4:56.66	27.03.2024	101%	
200m	2011 (12 \	103.	2:38.60	330	2:45.39	16.06.2023	109%	2
400	, 2011 (13 ),	46	E:00 47	447	E-0F 00		000/	2
400m 100m		46. 9.	5:09.47 <b>1:10.14</b>	417 479	5:05.80 1:11.00		98% 102%	
200m		19.	2:36.77	469	2:39.70		102%	
	, 2010 (14 ),	10.		100	2.50.70		.0170	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%	

	2040 (44							
400m	, 2010 (14 ),	132.	5:05.85	334	5:04.79		99%	1
100m		102.	0.00.00	-	1:14.56		-	
200m		77.	2:34.13	359	2:34.88		101%	
	, 2010 (14     ),							1
100m				-	1:04.13		-	
400m		121.	5:03.26	342	4:53.89		94%	
200m		124.	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%	
200	, 2013 (11 ),		2. 10. 10	0.0	2.002	2	30,0	2
400m	, 2010 (11 ),	144.	6:15.17	234	6:23.56	24.04.2024	105%	_
100m			00	-	1:38.18	26.04.2024	-	
200m		147.	3:16.00	240	3:46.50	06.12.2023	134%	
	, 2011 (13 ),							2
100m				-	1:06.34		-	
400m		117.	5:02.29	346	5:06.72		103%	
200m	2044 (42	123.	2:41.79	311	2:43.15		102%	2
400	, 2011 (13 ),				4.00.00	07.40.0000	-	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 ),							2
400m	, , , , , , , , , , , , , , , , , , , ,	23.	4:38.83	441	4:40.20	25.04.2024	101%	
100m		2.	1:02.29	451	1:03.07	26.04.2024	103%	
	, 2011 (13    ),							1
100m				-	1:00.12		-	
400m	0044 (40	25.	4:39.41	438	4:43.97		103%	_
400	, 2011 (13     ),	450	F 45 04	000	5 47 00	05.04.0004	4040/	2
400m 100m		150.	5:15.84	303	5:17.90 1:15.34	25.04.2024 26.04.2024	101%	
200m		142.	2:45.74	289	2:48.64	24.04.2024	104%	
	, 2010 (14 ),							1
400m	, =0.0 ( /,	83.	4:54.17	375	5:11.10	23.11.2023	112%	•
100m		23.	1:13.32	276	1:10.36		92%	
200m		80.	2:34.81	355	NT		-	
	, 2010 (14 ),							-
100m		40	4:46.00	- 40E	59.62	26.04.2024	- 0.40/	
400m 200m		49. 33.	4:46.80 2:27.57	405 410	4:37.90 2:27.45	25.04.2024 24.04.2024	94% 100%	
200111	, 2012 (12 ),	<b>33</b> .	2.21.01	410	2.27.40	24.04.2024	10070	1
400m	, 2012 (12 ),	110.	5:34.37	331	5:26.57		95%	•
100m		24.	1:21.23	294	1:20.12		97%	
200m		109.	2:53.67	345	2:54.00		100%	
	, 2011 (13     ),							1
100m				-	1:00.03		-	
400m		33.	4:41.84	427	4:42.88		101%	
200m	, 2011 (13 ),	83.	2:35.11	353	2:33.34		98%	4
100m	, 2011 (13 ),			-	59.14		-	1
400m		8.	4:52.02	496	4:49.86		99%	
200m		3.	2:28.25	555	2:29.93		102%	
	, 2012 (12 ),							3
400m	, , ,	118.	5:39.24	316	5:47.72	24.04.2024	105%	
100m		37.	1:20.36	318	1:21.52	26.04.2024	103%	
200m	0044 (40	112.	2:54.07	343	3:01.82	25.04.2024	109%	_
400	, 2011 (13 ),		4 00 04	500	4 40 45	04.04.0004	1000/	2
400m 100m		1. 1.	<b>4:36.01</b> 1:05.39	588 501	4:40.15	24.04.2024 26.04.2024	103%	
200m		5.	2:29.68	591 539	1:05.31 2:31.57	25.04.2024	100% 103%	
	, 2011 (13 ),							1
400m	, =0(),	110.	5:00.43	352	5:00.56		100%	•
100m		19.	1:11.61	297	1:10.64		97%	
200m		109.	2:39.77	323	2:39.17		99%	
	, 2010 (14 ),							2
400m		106.	4:59.83	354	5:03.85		103%	
100m		00	2.26.05	-	1:09.98		4040/	
200m	, 2010 (14 ),	92.	2:36.85	341	2:39.94		104%	2
100m	, 2010 (17 ),			-	58.78		-	_
400m		13.	4:31.82	476	4:47.67		112%	
200m		32.	2:27.18	413	2:33.74		109%	

400m	, 2011 (13 ),	79.	5:20.72	375	5:29.96	27.03.2024	106%	2
100m				-	1:27.32	26.04.2024	-	
200m	, 2011 (13 ),	72.	2:47.57	384	2:52.36	25.04.2024	106%	_
400m	, _0 (. 0 ),	141.	5:08.43	325	5:06.86		99%	
100m 200m		98.	2:37.73	335	1:20.91 2:37.55		100%	
	, 2011 (13 ),				2.07.00			-
400m 100m		112.	5:01.05	350	4:46.21 1:08.42		90%	
100111	, 2011 (13 ),				1.00.42			2
100m		101	4:58.80	-	1:05.35	26.04.2024	4000/	
400m 200m		101. 135.	2:44.12	358 298	4:59.54 2:48.84	25.04.2024 24.04.2024	100% 106%	
	, 2010 (14 ),							1
400m 100m		28.	4:40.52	433	4:43.30 1:13.19		102%	
200m		23.	2:25.38	428	2:22.59		96%	
400m	, 2011 (13 ),	124.	5:44.02	202	E-EE 70		1070/	2
100m		124.	5.44.02	303	5:55.78 1:24.03		107% -	
200m	0040440	87.	2:50.38	365	2:57.06		108%	_
400m	, 2012 (12 ),	38.	5:05.99	431	5:00.22		96%	2
100m		15.	1:13.80	411	1:13.94		100%	
200m	2012 (11	37.	2:40.97	433	2:41.99		101%	2
400m	, 2013 (11 ),	96.	5:27.19	353	5:30.42	27.03.2024	102%	2
100m		36.	1:20.33	319	1:17.86	26.04.2024	94%	
200m	, 2011 (13 ),	116.	2:55.40	335	2:59.30		104%	2
400m	, 2011 (13 ),	4.	4:40.74	559	4:37.71		98%	2
100m		1.	1:03.78	608	1:04.81		103%	
200m	, 2010 (14 ),	2.	2:27.56	563	2:27.89		100%	1
100m	, 2010 (14 ),			-	1:08.86	26.04.2024	-	
400m		159.	5:30.87	263	5:34.76	25.04.2024	102%	
200m	, 2010 (14 ),	152.	2:57.84	234	2:37.96		79%	2
400m	, , , , , , , , , , , , , , , , , , , ,	72.	4:52.50	382	4:52.68		100%	
100m 200m		52.	2:30.33	387	1:18.06 2:31.09		- 101%	
	, 2010 (14 ),							1
100m 200m		50.	2:30.23	388	59.59 2:32.95		- 104%	
200111	, 2011 (13 ),	50.	2.30.23	300	2.32.93		10470	-
100m	,			-	59.17	26.04.2024	-	
400m 200m		5. 8.	4:44.57 2:33.20	536 503	4:38.23 2:31.66	24.04.2024 25.04.2024	96% 98%	
200111	, 2011 (13 ),	0.	2.00.20	000	2.01.00	20.01.2021	0070	2
400m		2.	4:38.68	571	4:40.10	24.04.2024	101%	
100m 200m		1.	2:22.53	624	1:12.77 2:24.20	23.11.2023 25.04.2024	102%	
	, 2012 (12 ),							1
100m 400m		95.	5:27.11	353	1:18.15 5:20.73	26.10.2023 24.04.2024	- 96%	
200m		118.	2:55.96	332	2:56.24	25.04.2024	100%	
400	, 2011 (13 ),				4.00.04	05.40.0000		-
100m 400m		15.	4:55.46	- 479	1:02.61 4:50.73	05.10.2023 24.04.2024	- 97%	
200m		9.	2:33.61	499	2:33.58	25.04.2024	100%	
400m	, 2010 (14 ),	158.	5.30.00	265	5:30.00	25.04.2024	100%	1
100m			5:30.09	-	5:30.90 1:13.92	25.04.2024 26.04.2024	-	
200m	2040 (4.4	141.	2:45.31	291	2:42.67	24.04.2024	97%	_
400m	, 2010 (14 ),	85.	4:54.88	372	4:48.30		96%	2
100m		3.	1:04.65	403	1:05.77		103%	
200m	, 2011 (13 ),	39.	2:28.77	400	2:30.91		103%	2
100m	, 2011 (13 ),			-	1:03.15		-	2
400m		19.	4:58.75	464	5:01.84		102%	
200m		15.	2:34.95	486	2:36.98		103%	

	, 2011 (13 ),							3
400m		12.	4:54.60	483	4:56.36	24.04.2024	101%	
100m 200m		7. 13.	1:09.66 2:34.85	489 487	1:11.76 2:37.06	26.04.2024 25.04.2024	106% 103%	
200111	, 2011 (13 ),	13.	2.34.03	407	2.37.00	23.04.2024	10376	2
400m	, 2011 (10 ),	59.	4:49.29	394	4:55.83		105%	_
100m		9.	1:06.99	362	1:06.88		100%	
200m		56.	2:30.47	386	2:34.49		105%	
	, 2010 (14    ),							-
100m		22	4:41.74	-	1:00.40		- 97%	
400m 200m		32. 106.	2:39.25	427 326	4:38.00 2:32.00		91%	
	, 2012 (12 ),							2
400m	, - ( ),	130.	5:48.45	292	5:49.10	24.04.2024	100%	
100m				-	1:31.39	28.03.2024	-	
200m	2011 (12	117.	2:55.50	334	3:00.67	25.04.2024	106%	
100m	, 2011 (13 ),			-	1:10.37		_	-
400m		163.	5:43.56	235	5:31.52		93%	
200m		155.	3:05.76	205	3:03.37		97%	
	, 2011 (13 ),							1
400m		35.	5:05.10	435	5:02.99		99%	
100m 200m		70.	2:46.69	390	1:22.25 2:47.42		- 101%	
200111	, 2012 (12 ),	70.	2.40.03	550	2.77.72		10170	1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:11.00		-	٠
400m		102.	5:30.10	344	5:29.94		100%	
200m	2042 (42	80.	2:48.73	376	2:49.79		101%	4
400m	, 2012 (12 ),	133.	5:50.71	286	6:01.10	24.04.2024	106%	1
100m		20.	1:18.13	331	1:15.81	26.04.2024	94%	
200m		122.	2:57.87	321	2:57.50	25.04.2024	100%	
400	, 2010 (14    ),		4 = 0 0 4		. =	0= 0.4 000.4		-
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				-	1:16.04		-	
200m	2040 (44	153.	3:00.95	222	2:48.79		87%	
100m	, 2010 (14 ),				1:01.60			-
400m		119.	5:02.76	344	5:02.70		100%	
200m		100.	2:38.04	333	2:35.00		96%	
	, 2012 (12 ),							2
100m 400m		131.	5:49.82	289	1:15.24 6:01.03		- 107%	
200m		140.	3:07.59	274	3:11.37		107%	
200	, 2011 (13 ),		0.01.00		0		.0.70	2
400m	, , , , , , , , , , , , , , , , , , , ,	33.	5:04.98	436	5:03.60		99%	
100m		4.	1:09.20	499	1:10.20		103%	
200m	2011 (12	43.	2:41.78	427	2:42.00		100%	4
400m	, 2011 (13 ),	36.	5:05.26	435	5:03.43	24.04.2024	99%	1
100m		11.	1:11.10	460	1:10.18	26.04.2024	97%	
200m		26.	2:38.81	451	2:42.57	25.04.2024	105%	
400	, 2010 (14    ),		4.00.0=	4=0				-
400m 100m		15.	4:32.87 1:03.15	470 448	4:31.67 1:02.45		99% 98%	
100111	, 2011 (13 ),		1.00.10	440	1.02.40		3070	1
100m	, - ( - ),			-	59.64		-	
400		30.	4:41.18	430	4:38.57		98%	
400m								
400m 200m	2010 (44	54.	2:30.36	387	2:32.82		103%	0
200m	, 2010 (14 ),			387	2:32.82			2
	, 2010 (14 ),						103% - 109%	2
200m 100m		54.	2:30.36	387	2:32.82 1:00.66		-	2
200m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ),	54. 56. 60.	2:30.36 4:47.79 2:31.10	387 - 401 381	2:32.82 1:00.66 5:00.36 2:33.70		- 109% 103%	2
200m 100m 400m 200m 400m		54. 56.	2:30.36 4:47.79	387 - 401	2:32.82 1:00.66 5:00.36 2:33.70 4:45.95	25.04.2024 26.04.2024	- 109%	2
200m 100m 400m 200m 400m 100m		54. 56. 60.	2:30.36 4:47.79 2:31.10 4:46.42	387 - 401 381	2:32.82 1:00.66 5:00.36 2:33.70 4:45.95 1:13.57	26.04.2024	109% 103% 100%	2
200m 100m 400m 200m 400m		54. 56. 60. 48.	2:30.36 4:47.79 2:31.10	387 - 401 381 406	2:32.82 1:00.66 5:00.36 2:33.70 4:45.95		- 109% 103%	-
200m 100m 400m 200m 400m 100m 200m	, 2011 (13 ),	54. 56. 60. 48.	2:30.36 4:47.79 2:31.10 4:46.42	387 - 401 381 406	2:32.82 1:00.66 5:00.36 2:33.70 4:45.95 1:13.57 2:27.33 4:40.19	26.04.2024 24.04.2024 25.04.2024	109% 103% 100%	-
200m 100m 400m 200m 400m 100m 200m	, 2011 (13 ),	54. 56. 60. 48. 42.	2:30.36 4:47.79 2:31.10 4:46.42 2:29.06	387 - 401 381 406 - 397	2:32.82 1:00.66 5:00.36 2:33.70 4:45.95 1:13.57 2:27.33	26.04.2024 24.04.2024	109% 103% 100% - 98%	-

	, 2011 (13 ),							2
100m	, 2011 (10 ),			-	1:06.33		_	_
400m		40.	5:06.89	428	5:12.55		104%	
200m		59.	2:45.50	399	2:49.02		104%	
	, 2011 (13    ),							-
400m	, ,	14.	4:55.45	479	4:51.11		97%	
100m		6.	1:09.45	493	1:08.96		99%	
200m		25.	2:38.14	457	2:34.65		96%	_
	, 2010 (14     ),							2
400m		115.	5:01.95	347	5:05.04		102%	
100m 200m		49.	2:30.09	389	1:16.06 2:32.15		103%	
200111	, 2010 (14 ),	43.	2.30.09	309	2.32.13		10376	1
400m	, 2010 (14 ),	26.	4:39.54	437	4:36.97	25.04.2024	98%	
100m		20.	1:07.81	362	1:06.71	26.04.2024	97%	
200m		47.	2:29.72	392	2:31.30	24.04.2024	102%	
	, 2012 (12 ),							2
400m	, , , , , , , , , , , , , , , , , , , ,	129.	5:46.75	296	5:54.58	24.04.2024	105%	
100m				=	1:35.68	26.04.2024	-	
200m		127.	2:59.75	311	3:02.58	25.04.2024	103%	
	, 2010 (14    ),							2
400m		77.	4:53.13	379	4:56.26		102%	
100m		6.	1:05.95	380	1:06.63		102%	
200m	, 2012 (12 ),	67.	2:32.53	371	2:31.67		99%	3
400m	, 2012 (12 ),	117.	5:38.28	319	E-EE 20		110%	3
100m		38.	1:20.50	317	5:55.38 1:26.26		115%	
200m		134.	3:02.49	297	3:06.71		105%	
	, 2012 (12 ),							2
100m	, == ( = ),			-	1:15.15		-	_
400m		121.	5:41.46	310	5:54.03	24.04.2024	107%	
200m		136.	3:03.53	292	3:09.62	25.04.2024	107%	
	, 2010 (14 ),							2
400m		22.	4:38.72	441	4:46.63		106%	
100m		8.	1:06.42	372	1:06.13		99%	
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	257	1:34.62	28.03.2024	10176	
200m		138.	3:05.03	285	3:04.05	25.04.2024	99%	
	, 2010 (14 ),							3
400m	, ==== (, , ,,	93.	4:56.44	367	5:05.89		106%	_
100m		15.	1:09.66	322	1:11.00		104%	
200m		73.	2:33.76	362	2:42.86		112%	
	, 2010 (14 ),							-
400m		90.	4:55.48	370	4:55.23	25.04.2024	100%	
100m 200m		65.	2:32.39	372	1:09.85 2:29.44	26.04.2024 24.04.2024	96%	
200111	, 2013 (11 ),	05.	2.02.09	312	2.23.44	24.04.2024	9070	3
400m	, 2013 (11 ),	143.	6:08.41	247	6:15.63		104%	3
100m		28.	1:25.38	253	1:27.90		106%	
200m		125.	2:58.09	320	3:02.71		105%	
	, 2010 (14 ),							1
100m	. , , , ,			-	1:07.36	26.04.2024	-	
400m		129.	5:05.00	337	5:03.09	25.04.2024	99%	
200m		131.	2:43.19	303	2:43.68	24.04.2024	101%	
								20
								28
	, 2011 (13 ),							2
400m		11.	4:30.41	483	4:32.58		102%	
100m		24	1:03.23	446	1:02.61		98%	
200m	, 2010 (14 ),	34.	2:28.18	404	2:30.35		103%	_
400m	, 2010 (14 ),	71.	4:52.10	383	4:46.20		96%	_
100m		, ,,	1.02.10	-	1:17.05		-	
200m		64.	2:31.85	376	2:29.55		97%	
	, 2011 (13    ),							-
400m	, , , , , , , , , , , , , , , , , , , ,	17.	4:58.03	467	4:55.18		98%	
100m		22.	1:15.66	381	1:14.68		97%	
200m	2244 /42	45.	2:42.42	422	2:40.38		98%	
400	, 2011 (13 ),	c=	5.00.07		4 50 00		2001	-
400m		25.	5:02.37	447	4:56.03		96%	
100m 200m		31. 92.	1:18.36 2:51.03	343 361	1:14.95 2:47.54		91% 96%	
		J.		501			0070	

	, 2012 (12 ),						2
400m		6.	4:48.04	517	4:52.60	103%	
100m 200m		2. 20.	<b>1:05.87</b> 2:37.44	578 463	1:08.29 2:35.61	107% 98%	
200111	, 2010 (14 ),	20.	2.57.44	403	2.55.01	3070	_
400m	, ==:= (:: ),	149.	5:15.19	305	5:07.65	95%	
100m				-	1:18.39	=	
200m		107.	2:39.51	324	2:37.36	97%	
	, 2011 (13 ),						-
400m		51.	5:11.10	410	5:03.43	95%	
100m 200m		48.	2:43.18	- 416	1:22.64 2:40.55	97%	
200111	, 2012 (12 ),	10.	2.10.10	110	2.10.00	0170	1
400m	, 2012 (12 ),	113.	5:01.32	349	5:03.99	102%	•
100m		22.	1:12.65	284	1:12.38	99%	
200m	2010(10	119.	2:41.52	312	2:41.04	99%	
100	, 2012 (12 ),				4.04.00		-
100m 400m		135.	5:06.31	332	1:04.60 5:06.16	- 100%	
200m		137.	2:44.31	297	2:40.08	95%	
	, 2011 (13 ),						1
100m	, ( , , ,			-	1:04.92	-	
400m		45.	5:08.76	420	5:09.05	100%	
200m	0044 (40	74.	2:47.76	383	2:46.15	98%	_
400	, 2011 (13 ),				4.00.00	<u>-</u>	2
100m 400m		37.	5:05.59	433	1:06.09 5:07.54	101%	
200m		50.	2:43.35	415	2:47.50	105%	
	, 2010 (14 ),						2
100m	, , , , , , , , , , , , , , , , , , , ,			-	58.40	-	
400m		81.	4:53.49	378	5:02.97	107%	
200m	2011 (12	76.	2:34.04	360	2:35.53	102%	2
400m	, 2011 (13 ),	81.	5:21.18	373	5:21.64	100%	3
100m		21.	1:15.36	386	1:16.52	103%	
200m		110.	2:53.74	345	2:53.92	100%	
	, 2010 (14 ),						-
100m				-	1:04.14	-	
400m		140.	5:07.62	328	5:03.00	97%	
200m	2010 (14	134.	2:44.04	298	2:42.92	99%	4
400m	, 2010 (14 ),	47.	4:46.08	408	4:47.50	101%	1
100m		5.	1:05.93	380	1:05.50	99%	
200m		71.	2:33.09	367	2:30.70	97%	
	, 2011 (13 ),						-
400m		34.	5:05.09	435	5:00.47	97%	
100m 200m		27. 64.	1:16.64 2:45.78	367 397	1:15.07 2:43.92	96% 98%	
200111	, 2010 (14 ),	04.	2.40.70	557	2.40.02	3070	_
100m	, 2010 (11 ),			-	1:05.23	-	
400m		108.	5:00.14	353	4:49.66	93%	
200m		150.	2:49.32	271	2:40.00	89%	_
	, 2011 (13 ),						2
100m 400m		31.	5:04.59	- 437	1:05.75 5:05.60	- 101%	
200m		77.	2:47.91	382	2:53.11	106%	
	, 2010 (14 ),						-
100m	, ( ),			-	58.71	-	
400m		16.	4:34.10	464	4:33.04	99%	
200m	, 2010 (14 ),	20.	2:23.82	442	2:21.32	97%	
400m	, 2010 (14 ),	122.	5:03.53	341	4:55.07	95%	-
100m		122.	5.05.55	-	4:55.07 1:20.35	95%	
200m		133.	2:43.60	300	2:42.82	99%	
	- , 2012 (12	),					1
400m	•	27.	5:03.89	440	5:10.25	104%	
100m		17.	1:14.42	401	1:14.03	99%	
200m	0040 (4.4	33.	2:40.33	439	2:40.09	100%	
400~	, 2010 (14 ),	111	5:00 00	250	1·50 25	000/	-
400m 100m		111.	5:00.98	350	4:58.35 1:24.37	98% -	
200m		128.	2:42.83	305	2:38.43	95%	
	, 2010 (14    ),						2
400m		53.	4:47.42	402	4:48.68	101%	
100m		7.	1:06.29	374	1:05.20	97%	
200m		26.	2:26.59	418	2:29.33	104%	

100	, 2011 (13 ),	00	5.04.00	070	5.44.40	0.407	2
400m 100m		82. 9.	5:21.20 <b>1:11.77</b>	373 427	5:11.48 1:12.72	94% 103%	
200m		20.	2:37.44	463	2:39.93	103%	
	, 2010 (14 ),						1
100m				-	56.14	-	
400m 200m		20. 17.	<b>4:37.84</b> 2:22.78	445 452	4:40.00 2:22.20	102% 99%	
200111	, 2010 (14 ),	17.	2.22.70	402	2.22.20	3370	3
400m	, =0.0 ( ),	5.	4:24.28	518	4:27.15	102%	ŭ
100m		_	59.87	526	1:01.00	104%	
200m	, 2011 (13 ),	5.	2:17.26	509	2:18.68	102%	2
100m	, 2011 (13 ),			-	1:01.69	-	2
400m		86.	4:54.90	372	5:07.83	109%	
200m	0044 (40	113.	2:40.51	318	2:40.53	100%	
400	, 2011 (13 ),	20	E:04 E4	420	F.00.70	97%	1
400m 100m		29. 4.	5:04.54 <b>1:10.02</b>	438 459	5:00.70 1:10.86	102%	
200m		36.	2:40.75	435	2:38.82	98%	
							-00
	2011 (12						32
400	, 2011 (13 ),	40	5.00.40	400	F:40.00	4000/	1
400m 100m		42. 12.	<b>5:08.18</b> 1:13.71	422 394	5:12.96 1:11.54	103% 94%	
200m		18.	2:36.66	470	2:35.00	98%	
	, 2010 (14 ),						2
100m		7.4	4.50.74	-	59.85	-	
400m 200m		74. 82.	4:52.74 2:35.08	381 353	4:54.15 2:39.00	101% 105%	
	, 2012 (12 ),						1
400m	, - ( ,,	114.	5:35.58	327	5:39.26	102%	
100m		34.	1:19.72	326	1:19.35	99%	
200m	, 2011 (13 ),	121.	2:57.28	324	2:56.07	99%	1
400m	, 2011 (13 ),	103.	4:59.02	357	4:56.00	98%	'
100m		18.	1:11.10	303	1:09.00	94%	
200m	0044 (40	118.	2:41.28	314	2:45.00	105%	
100m	, 2011 (13 ),				1:27.00		-
100111	, 2011 (13 ),			-	1:37.00	-	_
100m	, 2011 (10 ),			_	1:18.00	-	
400m		147.	6:27.11	213	6:20.00	96%	
200m	2042 (42	143.	3:14.08	247	3:12.00	98%	
100m	, 2012 (12 ),			_	1:16.82	_	-
400m		146.	6:21.28	223	6:09.89	94%	
200m		145.	3:14.79	244	3:10.65	96%	
100	, 2010 (14 ),	405	5.00.04	0.40	4.57.40	000/	1
400m 100m		125.	5:03.94	340	4:57.49 1:14.00	96%	
200m		45.	2:29.45	394	2:31.00	102%	
	, 2010 (14 ),						1
400m		164.	5:48.93	225	5:59.00	106%	
100m	, 2011 (13 ),			-	1:19.00	-	2
400m	, 2011 (10 ),	104.	4:59.22	356	5:01.37	101%	_
100m				-	1:20.70	=	
200m	0040 (4.4	88.	2:36.48	343	2:38.89	103%	
100m	, 2010 (14 ),				1:03.70		1
400m		124.	5:03.90	340	5:05.00	101%	
200m		145.	2:47.42	280	2:45.00	97%	
100	, 2012 (12 ),	400	F 40.04	004	5.50.00	40.407	1
400m 100m		123.	5:43.84	304	5:50.00 1:27.00	104% -	
200m		124.	2:58.07	320	2:55.00	97%	
	, 2011 (13 ),						1
400m		157.	5:28.67	269	5:14.00	91%	
100m 200m		20. 140.	1:12.30 <b>2:44.86</b>	288 294	1:11.00 2:45.18	96% 100%	
_00111	, 2013 (11 ),	110.	00	207		10070	1
400m	//	141.	6:01.09	262	6:01.11	100%	
100m		30.	1:34.81	185	1:31.64	93%	
200m		146.	3:15.98	240	3:12.02	96%	

400	, 2010 (14 ),				55.00		1
100m		_			55.90	<del>-</del>	
400m		7.	4:27.93	497	4:26.70	99%	
200m		4.	2:17.05	511	2:18.70	102%	
	, 2010 (14    ),						1
400m		98.	4:58.53	359	4:56.47	99%	
100m				-	1:07.50	-	
200m		38.	2:28.69	400	2:31.87	104%	
	, 2011 (13    ),						-
400m	, , , , , , , , , , , , , , , , , , , ,	149.	6:42.44	189	6:35.00	96%	
100m		43.	1:28.27	240	1:28.00	99%	
200m		142.	3:12.58	253	3:10.00	97%	
	, 2013 (11 ),						_
100m	, =0.0 ( ),			_	1:12.50	-	
400m		161.	5:40.86	241	5:34.00	96%	
200m		156.	3:08.02	198	3:03.00	95%	
200111	, 2012 (12 ),	100.	0.00.02	100	0.00.00	0070	_
400m	, 2012 (12 ),	160	E-10 11	220	E:41 00	00%	
400m		162.	5:42.11	238	5:41.00	99%	
100m		154.	3:01.61	219	1:27.00 3:01.00	99%	
200m	2040 (4.4	134.	3.01.01	219	3:01.00	3370	^
	, 2010 (14    ),						2
100m				-	1:04.76	-	
400m		142.	5:09.66	322	5:10.89	101%	
200m		101.	2:38.47	331	2:39.21	101%	_
	, 2011 (13 ),						3
400m		93.	5:26.72	354	5:34.09	105%	
100m		13.	1:12.56	432	1:13.52	103%	
200m		107.	2:53.12	348	2:59.24	107%	
	, 2011 (13    ),						2
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:02.02	-	
400m		88.	5:23.00	367	5:40.00	111%	
200m		56.	2:45.17	401	2:48.00	103%	
	, 2011 (13 ),						1
400m	, ==::(:= /,	127.	5:45.02	301	5:38.96	97%	•
100m		39.	1:20.70	314	1:18.87	96%	
200m		126.	2:59.05	315	3:06.22	108%	
200111	, 2012 (12 ),	120.	2.00.00	010	0.00.22	10070	1
400m	, 2012 (12 ),	120	E-07 02	220	E:00.00	1019/	'
400m		139.	5:07.02	330	5:09.00	101%	
100m 200m		148.	2:48.08	- 277	1:15.85 2:46.85	99%	
200111	2044 (42	140.	2.40.00	211	2.40.03	9976	2
	, 2011 (13 ),						2
400m		115.	5:35.94	326	5:38.76	102%	
100m				-	1:24.51	-	
200m	0040 (40	89.	2:50.72	363	2:55.31	105%	
	, 2012 (12 ),						1
400m		116.	5:36.39	325	5:30.00	96%	
100m				-	1:26.50	-	
200m		99.	2:52.06	355	2:55.00	103%	
	, 2011 (13     ),						-
100m				-	1:04.70	-	
400m		148.	5:13.61	310	5:12.00	99%	
	, 2010 (14 ),						1
400m	, 2010 (11 ),	45.	4:45.43	411	4:47.00	101%	•
100m		45.	7.70.70	411	1:08.00	-	
200m		41.	2:28.99	398	2:28.00	99%	
200111	, 2011 (13    ),	71.	2.20.33	030	2.20.00	3370	1
400	, 2011 (13 ),	450	E-00 00	205	E-16 00	000/	1
400m		152.	5:22.32	285	5:16.00	96%	
100m		25.	1:21.40	202	1:20.50	98%	
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		144.	3:14.78	244	3:10.00	95%	_
	, 2011 (13 ),						2
100m				-	1:04.01	-	
400m		67.	4:51.62	385	4:52.34	100%	
200m		105.	2:38.77	329	2:39.78	101%	