	-						
						%	PB
							-
							47
400	, 2011 (13),	40	4.50.70	400	4.50.40	4040/	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),						2
400m		127.	5:04.73	337	5:08.05	102%	
200m	2040 (44	139.	2:44.58	295	2:48.88	105%	,
400m	, 2010 (14),	38.	4:43.04	421	4:46.77	103%	2
100m		36.	1:11.52	461	1:10.23	96%	
200m		18.	2:23.54	445	2:25.50	103%	
	, 2010 (14),						2
400m		143.	5:09.77 1:08.52	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%	
200	, 2010 (14),	0		0.2	2.10110	10070	2
100m	, == (/,			-	57.36	-	•
400m		43.	4:44.69	414	4:59.79	111%	
200m	2044 (42	24.	2:25.51	427	2:31.28	108%	
400m	, 2011 (13),	100.	5:28.91	347	5:27.33	99%	2
100m		100.	1:14.80	347 395	5:27:33 1:14.81	100%	
200m		54.	2:44.38	407	2:46.39	102%	
	, 2010 (14),						2
400m		76.	4:53.06	379	4:56.97	103%	
100m		F F	2.20.20	-	1:14.87	4050/	
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 100m		132. 19.	5:49.98 1:17.92	288 333	5:44.42 1:21.94	97% 111%	
200m		88.	2:50.40	365	2:59.66	111%	
	, 2010 (14),						:
100m				-	58.01	-	
400m		51.	4:47.15	403	4:50.47	102%	
200m	, 2011 (13),	70.	2:32.86	368	2:34.12	102%	:
100m	, 2011 (10),			-	1:02.34	-	•
400m		3.	4:40.55	560	4:42.01	101%	
200m		10.	2:33.78	497	2:38.03	106%	
	, 2011 (13),	_					;
400m 100m		7. 5.	4:48.49 1:10.10	515 458	4:51.80 1:11.90	102% 105%	
200m		4.	2:28.91	548	2:33.50	106%	
	, 2011 (13),						2
400m		80.	5:20.92	374	5:21.89	101%	
100m		22.	1:19.31	316	1:19.46	100%	
200m	, 2010 (14),	103.	2:52.47	352	2:51.06	98%	
100m	, 2010 (14),			-	59.01	-	
400m		123.	5:03.75	341	4:57.39	96%	
200m		35.	2:28.24	404	2:32.60	106%	
100	, 2011 (13),				4.00.00		2
100m 400m		78.	5:20.52	375	1:09.62 5:21.68	- 101%	
200m		84.	2:49.95	368	2:52.65	103%	
	, 2011 (13),						2
400m		46.	4:45.51	410	4:49.60	103%	
100m		4.4	2.20.22	-	1:13.73	40407	
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		18.	1:25.08	393	1:27.21	105%	
200m		82.	2:49.57	371	2:47.65	98%	

	0040 (44					0
400m	, 2010 (14),	31.	4:41.45	428	4:40.73	99%
100m		4.	1:01.60	482	1:02.37	103%
200m		8.	2:19.37	486	2:21.20	103%
	, 2010 (14),					2
400m		86.	4:54.90	372	4:51.47	98%
100m		10.	1:04.10	428	1:05.79	105%
200m	2010 (11	75.	2:34.02	360	2:34.41	101%
400	, 2010 (14),			400		3
400m		40.	4:43.35	420	4:47.34	103%
100m 200m		3. 15.	1:01.17 2:22.47	493 455	1:02.00 2:25.11	103% 104%
200111	, 2011 (13),	10.	2.22.41	400	2.20.11	1
400m	, 2011 (13),	20.	4:58.98	463	4:57.41	99%
100m		4.	1:17.77	515	1:17.17	98%
200m		16.	2:35.47	481	2:35.78	100%
	, 2011 (13),					1
100m				-	1:07.49	-
400m		54.	5:11.71	408	5:08.16	98%
200m		100.	2:52.14	354	2:53.06	101%
	, 2010 (14),					2
400m		130.	5:05.78	334	5:11.54	104%
100m				-	1:18.86	-
200m	2044 (42	94.	2:37.38	338	2:42.30	106%
400:	, 2011 (13),	00	E.47.04	207	E-04 70	1030/
400m 100m		68. 8.	5:17.34 1:09.88	387 484	5:21.70 1:09.93	103% 100%
200m		o. 35.	2:40.43	438	2:41.48	101%
200111		55.	2.40.40	400	2.41.40	10176
						17
	, 2012 (12),					2
100m	, 2012 (12),			_	1:11.43	_
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		7.	1:20.62	462	1:20.48	100%
200m	2040 (44	41.	2:41.42	430	2:37.03	95%
400	, 2010 (14),				4.04.40	-
100m 400m		78.	4:53.28	379	1:01.10 4:50.45	- 98%
400111	, 2010 (14),	70.	4.55.20	373	4.50.45	9070
400m	, 2010 (14),	62.	4:50.91	388	4:39.55	92%
100m		02.	4.00.01	-	1:16.99	-
200m		48.	2:30.05	390	2:27.07	96%
	, 2011 (13),					2
400m	, == : (:= /,	74.	5:19.44	379	5:20.36	101%
100m		14.	1:13.81	392	1:13.26	99%
200m		57.	2:45.29	400	2:46.21	101%
	, 2010 (14),					1
400m		66.	4:51.27	386	4:49.08	99%
100m		22.	1:08.81	346	1:07.68	97%
200m	2042 (42	51.	2:30.31	387	2:30.54	100%
400:	, 2012 (12),				1.00 10	2
100m 400m		47.	5:09.90	- 415	1:08.16 5:21.42	- 108%
400m 200m		47. 63.	5:09.90 2:45.70	415 397	5:21.42 2:47.40	102%
200111	, 2012 (12),	00.	2.40.70	557	£. 17.70	10278
100m	, 2012 (12),			-	1:08.40	- '
400m		62.	5:14.32	398	5:15.16	101%
200m		93.	2:51.16	360	2:51.08	100%
	, 2010 (14),					-
100m				-	1:01.11	-
400m		97.	4:58.39	359	4:48.25	93%
200m		72.	2:33.47	364	2:32.15	98%
	, 2011 (13),					2
400m		21.	4:59.81	459	5:00.52	100%
100m		18.	1:17.47	339	1:14.84	93%
200m	2011 (12	39.	2:41.06	433	2:41.53	101%
400	, 2011 (13),	70	F.00.40	^ 	F.4F 00	0=01
400m		76.	5:20.16	377	5:15.00	97%
100m 200m		8. 31.	1:22.52 2:40.08	431 441	1:21.90 2:39.00	99% 99%
200111		51.	≥.∓0.00	771	2.00.00	3370

400	, 2010 (14),	00	4.50.04	000	4.54.04	000/	-
400m 100m		68. 16.	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%	
	, 2010 (14),						2
400m		18.	4:35.80	455	4:36.00	100%	
100m		10.	1:07.33	357	1:07.50	101%	
200m	, 2012 (12),	40.	2:28.96	398	2:28.50	99%	2
400m	, 2012 (12),	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 100m		63. 12.	5:16.47 1:12.00	390 443	5:12.90 1:11.34	98% 98%	
200m		51.	2:43.41	414	2:44.44	101%	
	, 2010 (14),						-
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.24	-	
400m		17.	4:35.12	459	4:31.41	97%	
200m	2040 (44	86.	2:36.14	346	2:33.34	96%	
400m	, 2010 (14),	75.	4.52.02	380	4:E0 E0	98%	-
100m		75.	4:53.03	-	4:50.50 1:16.20	90%	
200m		46.	2:29.60	393	2:29.00	99%	
	, 2010 (14),						-
400m		14.	4:32.52	472	4:32.06	100%	
100m 200m		2. 7.	1:00.52 2:18.80	509 492	1:00.00 2:17.73	98% 98%	
200111	, 2011 (13),	•	2.10.00	102	2.17.170	0070	2
400m	, 2011 (10),	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%	
							47
	, 2011 (13),						
100m	, 2011 (10),			-	1:01.00	=	
400m		147.	5:12.93	312	5:12.00	99%	
200m		108.	2:39.54	324	2:38.50	99%	
100	, 2012 (12),				4.40.00		-
100m 400m		90.	5:24.46	362	1:10.00 5:17.00	95%	
200m		131.	3:01.35	303	2:52.00	90%	
	, 2010 (14),						1
100m				-	1:01.00	-	
400m 200m		36. 57.	4:42.02 2:30.56	426 386	4:43.00 2:30.00	101% 99%	
200111	, 2012 (12),	07.	2.00.00	000	2.00.00	0070	1
100m	, 2012 (12),			-	1:05.00	-	•
400m		144.	5:10.95	318	5:03.00	95%	
200m	0040 (40	132.	2:43.49	301	2:45.00	102%	
400m	, 2012 (12),	65.	5:17.11	388	E:06 00	93%	1
100m		10.	1:12.83	408	5:06.00 1:12.90	100%	
200m		82.	2:49.57	371	2:46.00	96%	
	, 2011 (13),						-
100m				-	1:09.00	-	
400m 200m		77. 104.	5:20.22 2:52.67	376 351	5:17.90 2:49.60	99% 96%	
200111	, 2012 (12),	101.	2.02.01	001	2. 10.00	0070	_
400m	, 2012 (12),	104.	5:31.09	340	5:17.90	92%	
100m		29.	1:27.91	232	1:21.99	87%	
200m	2040 (44	96.	2:51.56	358	2:49.60	98%	_
400m	, 2010 (14),	89.	A-55 22	371	√. E€ 20	101%	2
400m 100m		o 3 .	4:55.23	3/1	4:56.38 1:13.64	101%	
200m		27.	2:26.65	417	2:27.94	102%	
	, 2011 (13),						1
100m		4.4	E-07 47	405	1:05.50	- 40E0/	
400m 200m		41. 76.	5:07.47 2:47.81	425 382	5:15.00 2:46.00	105% 98%	
200111	, 2010 (14),	70.	2.11.01	302	2.10.00	3070	-
100m	, == , ,			-	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		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	90%	
100m	, 2011 (10),			-	1:05.00	-	
400m		43.	5:08.38	421	4:55.00	92%	
200m		102.	2:52.35	353	2:47.00	94%	
400	, 2010 (14),	105	4.50.64	255	4.50.00	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 2:50.18	335 367	1:18.50 2:54.00	99% 105%	
200111	, 2010 (14),	00.	2.001.0	001	2.01.00	-	
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:00.00	-	
400m		64.	4:51.10	387	4:44.22	95%	
200m	, 2011 (13),	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%	
100	, 2012 (12),	4.40	F F0 40	070	0.00.00	1	
400m 100m		140. 42.	5:56.43 1:23.83	273 280	6:00.00 1:22.00	102% 96%	
200m		148.	3:23.13	215	3:14.00	91%	
	, 2010 (14),					2	
400m		19.	4:35.84	455	4:41.90	104%	
100m 200m		4. 43.	1:05.51 2:29.07	387 397	1:06.90 2:28.50	104% 99%	
200111	, 2011 (13),	40.	2.23.07	337	2.20.00	1	
400m	, , , , , , , , , , , , , , , , , , , ,	72.	5:18.21	384	5:06.76	93%	
100m		3.	1:17.53	520	1:16.54	97%	
200m	, 2011 (13),	17.	2:35.71	479	2:36.17	101%	_
400m	, 2011 (13),	79.	4:53.46	378	4:53.00	100%	
100m		31.	1:13.64	282	1:09.00	88%	
200m	2010 (10	138.	2:44.35	296	2:42.00	97%	
400	, 2012 (12),	100	5:44.55	202	F:40.00	070/	
400m 100m		126. 23.	1:28.22	302 353	5:40.00 1:25.00	97% 93%	
200m		119.	2:56.27	330	2:58.00	102%	
	, 2012 (12),					2	
400m 100m		92. 30.	5:25.53 1:17.98	358 348	5:31.00 1:17.50	103% 99%	
200m		97.	2:51.90	356	2:57.00	106%	
	, 2012 (12),					3	,
400m		137.	5:53.39	280	6:09.00	109%	
100m 200m		29. 128.	1:32.65 3:00.38	304 308	1:35.00 3:03.74	105% 104%	
200111	, 2010 (14),	120.	0.00.00	300	0.00.74	-	
400m	, , , , , , , , , , , , , , , , , , , ,	133.	5:05.92	333	4:52.00	91%	
100m		24.	1:15.84	250	1:10.00	85%	
200m	, 2012 (12),	151.	2:53.07	254	2:45.00	91% 2	,
100m	, 2012 (12),			-	1:05.00		
400m		18.	4:58.44	465	5:05.50	105%	
200m	2040 (44	29.	2:39.91	442	2:40.14	100%	
400m	, 2010 (14),	156.	5:25.52	277	5:20.00	97%	
100m		29.	1:12.22	299	1:09.00	91%	
200m		146.	2:47.48	280	2:41.00	92%	
400	, 2011 (13),		F 0.4.0=	 :	- 4	1	
400m 100m		86. 14.	5:21.67 1:23.86	371 411	5:14.45 1:23.21	96% 98%	
200m		46.	2:43.02	417	2:43.34	100%	
	, 2011 (13),					-	
400m	·	135.	5:52.65	282	5:25.00	85%	
100m 200m		21. 114.	1:27.47 2:54.33	362 341	1:23.00 2:50.00	90% 95%	
200111	, 2011 (13),	117.	2.04.00	U+1	2.50.00	2	
400m	, - (/)	128.	5:46.63	297	5:30.00	91%	
100m		26.	1:16.59	368	1:17.00	101%	
200m		106.	2:52.99	349	2:53.00	100%	

	, 2010 (14),						-
100m 400m		92.	4:56.39	267	58.79	96%	
200m		92. 85.	2:35.94	367 347	4:50.00 2:35.29	96%	
200111	, 2011 (13),	03.	2.33.34	347	2.33.29	33 /0	3
400m	, 2011 (10),	55.	5:11.97	407	5:19.78	105%	·
100m		8.	1:11.21	437	1:11.45	101%	
200m		24.	2:38.13	457	2:41.12	104%	
	, 2012 (12),						-
400m		58.	5:13.29	402	5:10.00	98%	
100m		29.	1:17.76	351	1:16.00	96%	
200m		108.	2:53.32	347	2:50.00	96%	_
	, 2013 (11),						2
400m		145.	6:18.95	227	6:02.00	91%	
100m		22.	1:27.71	359	1:29.00	103%	
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		25.	1:10.17	326	1:08.00	94%	
200m		130.	2:42.95	304	2:42.00	99%	
	, 2011 (13),						1
400m	, - (- ,,	22.	5:00.79	454	4:55.76	97%	
100m		6.	1:10.28	454	1:10.23	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		15.	1:15.27	370	1:17.00	105%	
200m	, 2012 (12),	94.	2:51.18	360	2:53.00	102%	4
400m	, 2012 (12),	94.	4:56.78	365	5:00.00	102%	1
100m		34.	1:12.07	451	1:10.50	96%	
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		75.	2:47.79	383	2:47.00	99%	
	, 2013 (11),						3
400m		122.	5:42.96	306	5:43.00	100%	
100m		24. 113.	1:28.37	351 343	1:28.79	101%	
200m	, 2013 (11),	113.	2:54.20	342	2:59.00	106%	2
100m	, 2013 (11),			_	1:08.00		
400m		94.	5:26.73	354	5:35.00	105%	
200m		78.	2:48.29	379	2:53.00	106%	
	, 2012 (12),						1
400m		109.	5:32.34	337	5:36.00	102%	
100m		27.	1:23.90	267	1:22.50	97%	
200m		135.	3:02.68	296	2:58.00	95%	
	, 2011 (13),						-
400m		128.	5:04.94	337	4:55.00	94%	
100m 200m		30. 121.	1:12.83 2:41.65	292 311	1:09.00 2:35.00	90% 92%	
200111	, 2010 (14),	121.	2.41.00	311	2.00.00	3270	3
400m	, 2010 (11),	88.	4:54.94	372	5:00.00	103%	·
100m		13.	1:04.27	425	1:05.50	104%	
200m		25.	2:26.50	419	2:27.00	101%	
	, 2012 (12),						1
100m				-	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%	4
400	, 2012 (12),	22	F:00 04	454	F:00 76	1000/	1
400m 100m		23. 2.	5:00.84 1:16.72	454 537	5:00.76 1:15.60	100% 97%	
200m		6.	2:31.56	519	2:34.33	104%	
	, 2010 (14),						2
400m	, (//	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%	
							<u> </u>
							31
	, 2010 (14),						2
100m				-	55.22	-	
400m		6. 1 <i>1</i>	4:26.99	502	4:32.45	104%	
200m		14.	2:22.46	455	2:25.42	104%	

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	0044 (40					
400m	, 2011 (13),	83.	5:21.23	373	5:12.00	94%
100m		12.	1:23.59	415	1:22.72	98%
200m		55.	2:44.75	404	2:47.38	103%
	, 2012 (12),					
400m	, == := (:= /,	52.	5:11.42	409	5:11.20	100%
100m		21.	1:18.74	323	1:19.71	102%
200m		66.	2:46.30	393	2:45.10	99%
200111	, 2010 (14),	00.	2.40.30	393	2.43.10	9976
400	, 2010 (14),	0.4	4.00.00	440	4 40 70	40.40/
400m		21.	4:38.39	443	4:43.78	104%
100m		0.4	0.07.40	-	1:15.65	-
200m		31.	2:27.12	413	2:27.24	100%
	, 2011 (13),					
400m		107.	5:00.11	353	5:02.18	101%
100m		37.	1:14.86	269	1:14.97	100%
200m		136.	2:44.26	297	2:38.82	93%
	, 2011 (13),					
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:05.00	-
400m		56.	5:13.06	403	5:10.00	98%
200m		67.	2:46.32	393	2:48.00	102%
200111	, 2010 (14),	07.	2.40.02	000	2.10.00	10270
	, 2010 (14),	_				
400m		3.	4:17.49	560	4:10.30	94%
100m		5.	1:01.83	477	1:02.52	102%
200m	0046 (11	10.	2:20.18	478	2:22.10	103%
	, 2010 (14),					
100m				-	1:04.00	=
400m		65.	4:51.20	387	4:53.44	102%
200m		90.	2:36.52	343	2:39.02	103%
	, 2010 (14),					
400m	, == (),	1.	4:08.68	621	4:09.73	101%
100m		• •	1:05.55	599	1:05.00	98%
200m		1.	2:07.95	629	2:13.50	109%
200111	, 2012 (12),		2.07.55	023	2.10.00	10370
400	, 2012 (12),	50	5:40.50	404	F:40 70	000/
400m		59.	5:13.52	401	5:10.78	98%
100m		16.	1:14.41	401	1:14.00	99%
200m		59.	2:45.50	399	2:47.46	102%
	, 2011 (13),					
400m		138.	5:06.74	331	5:02.39	97%
100m		32.	1:13.68	282	1:13.50	100%
200m		122.	2:41.73	311	2:40.24	98%
	, 2011 (13),					
100m	, == : (: = -),			-	1:11.46	_
400m		32.	5:04.87	436	5:12.37	105%
200m		90.	2:51.00	361	2:52.37	102%
	, 2011 (13),					
400m	, 2011 (10),	11.	4:53.33	490	4:55.57	102%
100m		3.	1:09.99	460 500	1:12.97	109%
200m	2044 (42	7.	2:32.60	509	2:33.78	102%
	, 2011 (13),					
400m		53.	5:11.69	408	5:24.16	108%
100m		19.	1:14.91	393	1:15.63	102%
200m		42.	2:41.71	427	2:45.16	104%
	, 2010 (14),					
400m	•	80.	4:53.47	378	4:53.24	100%
100m		14.	1:08.76	335	1:09.17	101%
-	, 2010 (14),				* *	
100m	, 2010 (17),			-	1.02 18	-
		64	4.E0 00		1:02.18	
400m 200m		61. 93.	4:50.80 2:37.15	388	5:00.24 2:41.49	107% 106%
LUUIII	2011 (12	33.	2.31.13	339	4.T1.TJ	106%
	, 2011 (13),					
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),					
100m	•			-	1:00.20	_
400m		37.	4:42.97	422	4:46.76	103%
200m		63.	2:31.60	378	2:29.33	97%
_55111	, 2011 (13),	00.	2.51.00	5, 5	0.00	31 /0
	, 2011 (13),				1.0F 00	
100			.	-	1:05.89	-
		64.	5:17.06	388	5:20.16	102%
400m		105.	2:52.88	350	2:51.94	99%
400m						
400m	, 2011 (13),					
400m 200m	, 2011 (13),	48.	5:10.11	414	5:12.44	102%
	, 2011 (13),	48. 24.	5:10.11 1:16.16	414 374	5:12.44 1:15.06	102% 97%
400m	, 2011 (13),					

	, 2011 (13),							2
400m		82.	4:53.81	377	4:51.26		98%	
100m 200m		11. 74.	1:04.14 2:33.83	427 361	1:04.54 2:35.86		101% 103%	
200111	, 2010 (14),	74.	2.55.65	301	2.55.00		10370	1
400m	, == := (:: /,	12.	4:30.49	483	4:28.87	25.04.2024	99%	•
100m		9.	1:03.92	432	1:04.92	29.03.2024	103%	
200m		12.	2:21.05	469	2:20.41	24.04.2024	99%	_
400	, 2010 (14),				4040=	0= 0.4 000.4	40004	3
400m 100m		4. 6.	4:18.37 1:01.99	554 473	4:21.07 1:02.09	25.04.2024 26.04.2024	102% 100%	
200m		11.	2:20.34	473 476	2:21.29	24.04.2024	101%	
	, 2012 (12),							2
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:12.87		-	
400m		134.	5:52.45	282	6:02.18		106%	
200m	, 2010 (14),	133.	3:02.37	298	3:03.57		101%	
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		400	4.50.00	-	1:01.04		4000/	
400m 200m		100. 53.	4:58.66 2:30.35	358 387	4:58.23 2:32.38		100% 103%	
200111	, 2011 (13),	33.	2.50.55	307	2.32.30		10370	1
100m	, 2011 (10),			-	1:11.63		-	•
400m		119.	5:39.67	315	5:41.67		101%	
200m		132.	3:01.38	303	2:57.97		96%	
400	, 2011 (13),				4.07.07			1
100m 400m		69.	5:17.47	386	1:07.27 5:16.74		100%	
200m		71.	2:46.80	389	2:48.80		102%	
	, 2010 (14),							1
400m		70.	4:52.05	383	4:50.62		99%	
100m		12.	1:04.23	426	1:04.31		100%	
200m	, 2011 (13),	103.	2:38.60	330	2:36.18		97%	1
400m	, 2011 (13),	39.	5:06.09	431	5:03.05		98%	
100m		5.	1:09.39	494	1:09.13		99%	
200m		30.	2:40.06	441	2:42.47		103%	
	, 2011 (13),							1
400m 100m		75. 23.	5:19.74 1:19.35	378 316	5:25.39 1:15.43	24.04.2024 26.04.2024	104% 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%	2
100m		30.	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		0.5	4.50.07	-	1:03.95	26.04.2024	-	
400m	, 2011 (13),	95.	4:56.87	365	4:53.13	25.04.2024	97%	2
400m	, 2011 (13),	67.	5:17.33	387	5:12.70		97%	_
100m		14.	1:12.78	428	1:13.24		101%	
200m		40.	2:41.16	432	2:41.91		101%	
	, 2010 (14),							1
400m 100m		116.	5:02.10	346	4:55.78 1:18.07	25.04.2024 26.04.2024	96%	
200m		99.	2:37.98	334	2:39.71	24.04.2024	102%	
	, 2011 (13),							1
400m		57.	5:13.27	402	5:07.61		96%	
100m		6.	1:20.37	467	1:18.86		96%	
200m	, 2010 (14),	34.	2:40.38	438	2:43.95		105%	2
100m	, 2010 (14),			-	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%	
	, 2010 (14),							2
400m		99. 16	4:58.54 1:10.03	359 317	4:56.78		99% 108%	
100m 200m		16. 89.	1:10.03 2:36.50	317 343	1:12.94 2:39.46		108% 104%	
				0			/ 0	

400m	, 2011 (13),	120.	5:02.84	344	E:06 E2		102%	2
100m		120.	5.02.04	- -	5:06.52 1:20.24		102%	
200m	0044 (40	97.	2:37.63	336	2:41.51		105%	
400m	, 2011 (13),	60.	5:13.71	400	5:11.05		98%	-
100m		13.	1:13.77	393	1:11.42		94%	
200m	0044 (40	68.	2:46.53	391	2:44.78		98%	
100m	, 2011 (13),			_	1:00.75	26.04.2024	_	1
400m		102.	4:58.95	357	4:55.91	25.04.2024	98%	
200m	0040 (44	68.	2:32.62	370	2:35.06	24.04.2024	103%	
400m	, 2010 (14),	50.	4:47.03	404	4:45.58		99%	1
100m		50.	1:08.68	521	1:07.57		97%	
200m	2242/44	19.	2:23.66	444	2:23.78		100%	
100m	, 2010 (14),			-	1:02.09		_	-
400m		63.	4:51.06	387	4:40.19		93%	
200m		95.	2:37.40	337	2:35.73		98%	
400	, 2012 (12),				4.00.45			-
100m 400m		73.	5:18.55	382	1:06.45 5:15.39		98%	
200m		90.	2:51.00	361	2:50.71		100%	
400	, 2011 (13),				4:00.00		-	1
100m 400m		91.	4:55.75	369	1:00.60 4:52.60		98%	
200m		115.	2:40.90	316	2:44.00		104%	
400	, 2011 (13),				4.05.45	00.04.0004		2
100m 400m		9.	4:52.11	496	1:05.45 4:58.56	26.04.2024 24.04.2024	- 104%	
200m		44.	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),	40=				05.04.0004	4000/	1
400m 100m		137.	5:06.69	331	5:15.13 1:20.61	25.04.2024 28.03.2024	106%	
200m		116.	2:41.11	315	2:38.12	24.04.2024	96%	
	, 2011 (13),							1
400m 100m		113. 10.	5:35.23 1:23.08	328 422	5:24.88 1:21.65		94% 97%	
200m		79.	2:48.69	376	2:52.72		105%	
	, 2010 (14),							2
400m 100m		33.	4:41.84	427	4:48.82 1:17.47		105%	
200m		29.	2:26.83	416	2:32.09		107%	
	, 2010 (14),							2
400m 100m		60. 15.	4:50.43 1:04.96	390 411	4:52.60 1:12.58		101% 125%	
200m		69.	2:32.69	370	2:27.60		93%	
	, 2012 (12),							2
100m 400m		57.	4:48.75	- 397	1:04.40 4:55.47	28.03.2024 25.04.2024	- 105%	
200m		102.	2:38.56	330	2:41.13	24.04.2024	103%	
	, 2010 (14),							2
400m 100m		9. 1.	4:28.37 1:00.59	494 490	4:26.36 1:01.56		99% 103%	
200m		3.	2:15.53	529	2:16.53		101%	
	, 2011 (13),							2
400m 100m		85. 2.	5:21.42 1:09.92	372 461	5:19.67 1:12.01		99% 106%	
200m		22.	2:37.58	462	2:38.51		101%	
	, 2010 (14),							1
400m 100m		54.	4:47.64 1:12.77	401 438	4:47.50 1:12.80		100% 100%	
200m		22.	2:25.16	430	2:22.60		97%	
	, 2011 (13),							1
400m 100m		87. 3.	5:22.95 1:07.84	367 529	5:22.80 1:06.89		100% 97%	
200m		28.	2:39.45	446	2:41.50		103%	
	, 2012 (12),							-
100m		0.0	E:02.42	-	1:03.95	26.04.2024	- 0 E 9/	
400m 200m		26. 52.	5:03.12 2:43.63	444 413	4:55.54 2:42.67	24.04.2024	95% 99%	

	2042 (42							2
400	, 2012 (12),	400	F F0 07	070	0.00.07	04.04.0004	40.40/	3
400m		139. 41.	5:56.27	273 293	6:03.97 1:24.14	24.04.2024	104%	
100m 200m		137.	1:22.62 3:03.86	293 291	3:10.66	25.04.2024	104% 108%	
200111	, 2011 (13),	137.	3.03.00	291	3.10.00	23.04.2024	10076	1
100m	, 2011 (19),				1.06.97			'
400m		49.	5:10.15	414	1:06.87 5:17.13		105%	
200m		47.	2:43.13	416	2:41.97		99%	
200111	, 2011 (13),		2.10.10	110	2.11.07		0070	2
100m	, 2011 (10),			-	1:04.58		_	_
400m		109.	5:00.25	353	5:01.18	25.04.2024	101%	
200m		117.	2:41.17	314	2:41.79	24.04.2024	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		95.	2:51.42	359	2:53.69		103%	
	, 2011 (13),							-
400m		153.	5:22.37	285	5:13.38		95%	
100m				-	1:28.91		-	
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	0040 (40	27.	2:39.03	449	2:39.68		101%	
	, 2012 (12),							1
400m		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	2012 (11	141.	3:08.18	271	3:02.87	25.04.2024	94%	
400	, 2010 (14),				=			1
100m		2.	4:15.42	- 572	54.12		1009/	
400m 200m		2.	2:12.89	573 561	4:15.65 2:12.78		100% 100%	
200111	, 2010 (14),	۷.	2.12.09	301	2.12.70		10076	1
400m	, 2010 (14),	42.	4:44.29	416	4:42.10	25.04.2024	98%	'
100m		42.	1:09.91	494	1:09.79	26.04.2024	100%	
200m		13.	2:21.78	462	2:23.12	24.04.2024	102%	
200111	, 2013 (11),	10.	2.21.70	102	2.20.12	2 1.0 1.202 1	10270	2
400m	, 2010 (11),	108.	5:32.14	337	5:39.66		105%	_
100m		31.	1:37.57	261	1:34.94		95%	
200m		120.	2:56.42	329	2:56.62		100%	
	, 2011 (13),							3
400m	, - (-),	105.	5:31.45	339	5:32.47		101%	
100m		16.	1:24.73	398	1:25.17		101%	
200m		98.	2:52.03	355	2:55.64		104%	
	, 2012 (12),							1
400m		112.	5:35.22	328	5:29.56	24.04.2024	97%	
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		16.	1:24.73	398	1:22.53	23.11.2023	95%	
200m	0040 (40	61.	2:45.55	398	2:43.30	25.04.2024	97%	
400	, 2012 (12),			.=-			1000/	1
400m		84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m 200m		25. 58.	1:16.25 2:45.49	373 399	1:15.63 2:45.78	26.04.2024 25.04.2024	98% 100%	
200111	, 2012 (12),	50.	2.43.43	399	2.43.70	20.04.2024	10070	2
400m	, 2012 (12),	28.	5:04.52	438	F.10.00	24.04.2024	4000/	3
100m		20. 11.	1:13.03	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%	
200111	, 2010 (14),	00.	2.40.00	001	2.10.00	20.01.2021	10070	2
100m	, 2010 (11),			-	1:02.55		_	_
400m		52.	4:47.24	403	4:49.66		102%	
200m		84.	2:35.53	350	2:38.32		104%	
	, 2011 (13),							-
100m				-	1:03.13	26.04.2024	-	
400m		16.	4:57.81	468	4:54.75	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	0040 (12	73.	2:47.68	383	2:51.65		105%	
	, 2012 (12),							1
400m		44.	5:08.56	421	5:16.23		105%	
100m		19.	1:25.58	386	1:22.27		92%	
200m		38.	2:40.99	433	2:40.76		100%	

	, 2012 (12),							2
400m		136.	5:52.85	281	5:58.66		103%	
100m 200m		26. 115.	1:23.73 2:54.80	268 338	1:22.81 2:56.19		98% 102%	
200111	, 2010 (14),	110.	2.04.00	330	2.00.10		10270	_
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%	
400	, 2010 (14),			40=			40=04	1
400m		27. 14.	4:40.00	435 414	4:46.52 1:04.59		105% 99%	
100m 200m		28.	1:04.81 2:26.71	417	2:24.49		95% 97%	
	, 2012 (12),							-
400m	, , , , , , , , , , , , , , , , , , , ,	125.	5:44.14	303	5:44.08	24.04.2024	100%	
100m		28.	1:31.26	319	1:29.97	19.04.2024	97%	
200m	, 2011 (13),	111.	2:53.98	343	2:50.20	25.04.2024	96%	2
400m	, 2011 (13),	111.	5:34.55	330	5:45.58	24.04.2024	107%	2
100m		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),							3
400m		154.	5:22.85	284	5:35.50	25.04.2024	108%	
100m 200m		33. 112.	1:13.80 2:40.45	280 318	1:15.19 2:45.47	26.04.2024 24.04.2024	104% 106%	
200111	, 2011 (13),	112.	2.40.43	310	2.45.47	24.04.2024	10070	_
100m	, 2011 (10),			-	1:04.60	26.10.2023	-	
400m		13.	4:54.85	482	4:52.83	24.04.2024	99%	
200m	0044 (40	14.	2:34.91	486	2:34.71	22.11.2023	100%	_
400	, 2011 (13),				4.40.00	04440000		2
100m 400m		107.	5:32.07	337	1:18.22 5:36.05	24.11.2023 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	, 2010 (14),	110.	2:39.84	322	2:42.00		103%	1
400m	, 2010 (14),	35.	4:41.88	426	4:40.20		99%	'
100m		12.	1:08.37	341	1:08.47		100%	
200m		58.	2:30.84	383	2:29.71		99%	
	, 2011 (13),							1
400m 100m		73. 18.	4:52.60 1:07.13	381 373	4:50.48 1:08.99		99% 106%	
200m		96.	2:37.44	337	2:35.31		97%	
	, 2011 (13),							1
400m		120.	5:40.49	313	5:43.73		102%	
100m	0040 (44	28.	1:17.61	353	1:17.03		99%	_
400	, 2010 (14),				50.04			2
100m 400m		29.	4:41.14	430	59.64 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		5.	1:20.27	468	1:19.49	26.04.2024	98%	
200m	, 2010 (14),	23.	2:38.03	458	2:39.45	25.04.2024	102%	2
400m	, 2010 (14),	145.	5:11.00	317	5:02.94		95%	_
100m		27.	1:11.21	312	1:11.66		101%	
200m		120.	2:41.59	312	2:42.38		101%	
	, 2012 (12),							-
400m 100m		114.	5:01.82	347	5:00.14 1:20.97	25.04.2024 26.04.2024	99%	
100111	, 2010 (14),			_	1.20.31	20.04.2024	_	2
100m	, 2010 (17),			-	1:04.73	28.03.2024	_	_
400m		84.	4:54.55	374	4:56.66	27.03.2024	101%	
200m		103.	2:38.60	330	2:45.39	16.06.2023	109%	
400	, 2011 (13),		F 00 15		-		25.	2
400m 100m		46. 9.	5:09.47 1:10.14	417 479	5:05.80 1:11.00		98% 102%	
200m		19.	2:36.77	469	2:39.70		102%	
	, 2010 (14),							2
100m	•			-	55.65	26.04.2024	-	
400m 200m		10. 9.	4:28.47 2:19.89	494 481	4:30.00 2:30.78	25.04.2024 22.11.2023	101% 116%	
200111		ອ.	2.13.03	401	2.30.70	22.11.2023	11070	

400m	, 2010 (14),	132.	5:05.85	334	5:04.79		99%	1
100m		132.	3.03.03	-	1:14.56		9976	
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),							1
400m		134.	5:06.22	332	5:03.36	25.04.2024	98%	
100m		26.	1:10.87	317	1:11.34	26.04.2024	101%	
200m	2012 (11	111.	2:40.43	319	2:39.42	24.04.2024	99%	2
400	, 2013 (11),	111	C.4E 47	224	6.00 56	24.04.2024	10E0/	2
400m 100m		144. 33.	6:15.17 1:41.08	234 234	6:23.56 1:38.18	24.04.2024 26.04.2024	105% 94%	
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		123.	2:41.79	311	2:43.15		102%	
	, 2011 (13),							2
100m				-	1:06.69	07.12.2023	-	
400m		136.	5:06.37	332	5:15.49	27.03.2024	106%	
200m	0040 (44	129.	2:42.90	304	2:50.21	24.04.2024	109%	_
400	, 2010 (14),	00	4 00 00	444	4 40 00	05.04.0004	1010/	2
400m		23. 2.	4:38.83	441	4:40.20	25.04.2024	101%	
100m	, 2011 (13),	۷.	1:02.29	451	1:03.07	26.04.2024	103%	1
100m	, 2011 (13),			-	1:00.12		_	'
400m		25.	4:39.41	438	4:43.97		103%	
100111	, 2011 (13),	20.	4.00.41	100	1. 10.07		10070	3
400m	, 2011 (10),	150.	5:15.84	303	5:17.90	25.04.2024	101%	Ū
100m		35.	1:14.67	271	1:15.34	26.04.2024	102%	
200m		142.	2:45.74	289	2:48.64	24.04.2024	104%	
	, 2010 (14),							1
400m		83.	4:54.17	375	5:11.10	23.11.2023	112%	
100m		23.	1:13.32	276	1:10.36		92%	
200m	2242 (4.4	80.	2:34.81	355	NT		-	
	, 2010 (14),							-
100m 400m		49.	4:46.80	405	59.62 4:37.90	26.04.2024 25.04.2024	94%	
200m		33.	2:27.57	410	2:27.45	24.04.2024	100%	
200111	, 2012 (12),	00.	2.21.01	110	2.27.10	2 1.0 1.202 1	10070	1
400m	, == (=),	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 (12	83.	2:35.11	353	2:33.34		98%	4
100	, 2011 (13),				FO 14		_	1
100m 400m		8.	4:52.02	- 496	59.14 4:49.86		99%	
200m		3.	2:28.25	555	2:29.93		102%	
	, 2012 (12),							3
400m	, 20:2 (:2),	118.	5:39.24	316	5:47.72	24.04.2024	105%	Ū
100m		37.	1:20.36	318	1:21.52	26.04.2024	103%	
200m		112.	2:54.07	343	3:01.82	25.04.2024	109%	
	, 2011 (13),							2
400m		1.	4:36.01	588	4:40.15	24.04.2024	103%	
100m		1.	1:05.39	591	1:05.31	26.04.2024	100%	
200m	2044 (42	5.	2:29.68	539	2:31.57	25.04.2024	103%	4
400	, 2011 (13),	440	F-00 40	250	5.00 50		4000/	1
400m 100m		110. 19.	5:00.43 1:11.61	352 297	5:00.56 1:10.64		100% 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		28.	1:11.41	310	1:09.98		96%	
200m		92.	2:36.85	341	2:39.94		104%	
	, 2010 (14),							2
100m				-	58.78		-	
400m		13.	4:31.82	476 413	4:47.67		112%	
200m		32.	2:27.18	413	2:33.74		109%	

100	, 2011 (13),	70	5 00 70	075	5.00.00	07.00.0004	4000/	2
400m 100m		79. 20.	5:20.72 1:27.42	375 362	5:29.96	27.03.2024 26.04.2024	106% 100%	
200m		20. 72.	2:47.57	362 384	1:27.32 2:52.36	25.04.2024	106%	
200111	, 2011 (13),	72.	2.47.57	304	2.32.30	23.04.2024	10078	_
400m	, 2011 (10),	141.	5:08.43	325	5:06.86		99%	
100m		141.	3.00.43	-	1:20.91		9976	
200m		98.	2:37.73	335	2:37.55		100%	
	, 2011 (13),							-
400m	, - (- //	112.	5:01.05	350	4:46.21		90%	
100m		23.	1:09.11	342	1:08.42		98%	
	, 2011 (13),							2
100m				-	1:05.35	26.04.2024	-	
400m		101.	4:58.80	358	4:59.54	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.	1:14.40 2:25.38	410 428	1:13.19 2:22.59		97% 96%	
200111	, 2011 (13),	23.	2.23.30	420	2.22.39		9076	3
400m	, 2011 (13),	124.	5:44.02	303	5:55.78		107%	3
100m		9.	1:22.54	431	1:24.03		104%	
200m		87.	2:50.38	365	2:57.06		108%	
	, 2012 (12),							2
400m	, - (38.	5:05.99	431	5:00.22		96%	
100m		15.	1:13.80	411	1:13.94		100%	
200m		37.	2:40.97	433	2:41.99		101%	
	, 2013 (11),							2
400m		96.	5:27.19	353	5:30.42	27.03.2024	102%	
100m 200m		36. 116.	1:20.33 2:55.40	319 335	1:17.86 2:59.30	26.04.2024	94% 104%	
200111	, 2011 (13),	110.	2.55.40	333	2.59.50		104%	2
400m	, 2011 (13),	4.	4:40.74	559	4:37.71		98%	2
100m		4. 1.	1:03.78	608	1:04.81		103%	
200m		2.	2:27.56	563	2:27.89		100%	
	, 2010 (14),							1
100m	, == (, , , , , , , , , , , , , , , , ,			_	1:08.86	26.04.2024	_	-
400m		159.	5:30.87	263	5:34.76	25.04.2024	102%	
200m		152.	2:57.84	234	2:37.96		79%	
	, 2010 (14),							2
400m		72.	4:52.50	382	4:52.68		100%	
100m		F.0	2.20.22	-	1:18.06 2:31.09		-	
200m	, 2010 (14),	52.	2:30.33	387	2:31.09		101%	4
100	, 2010 (14),				F0 F0			1
100m 200m		50.	2:30.23	388	59.59 2:32.95		104%	
200111	, 2011 (13),	30.	2.00.20	300	2.02.00		10470	_
100m	, 2011 (13),			_	59.17	26.04.2024	_	_
400m		5.	4:44.57	536	4:38.23	24.04.2024	96%	
200m		8.	2:33.20	503	2:31.66	25.04.2024	98%	
	, 2011 (13),							3
400m		2.	4:38.68	571	4:40.10	24.04.2024	101%	
100m		1.	1:12.09	647	1:12.77	23.11.2023	102%	
200m	0040 (40	1.	2:22.53	624	2:24.20	25.04.2024	102%	
	, 2012 (12),							1
100m		95.	E-07 11	- 252	1:18.15	26.10.2023	-	
400m 200m		118.	5:27.11 2:55.96	353 332	5:20.73 2:56.24	24.04.2024 25.04.2024	96% 100%	
200111	, 2011 (13),	110.	2.33.30	332	2.50.24	23.04.2024	10070	_
100m	, 2011 (10),			-	1:02.61	05.10.2023	_	
400m		15.	4:55.46	479	4:50.73	24.04.2024	97%	
200m		9.	2:33.61	499	2:33.58	25.04.2024	100%	
	, 2010 (14),							2
400m		158.	5:30.09	265	5:30.90	25.04.2024	100%	
100m		34.	1:13.90	279	1:13.92	26.04.2024	100%	
200m	0040 (44	141.	2:45.31	291	2:42.67	24.04.2024	97%	_
	, 2010 (14),	_			, .=			2
400m		85.	4:54.88 1:04.65	372	4:48.30		96% 103%	
100m 200m		3. 39.	1:04.65 2:28.77	403 400	1:05.77 2:30.91		103% 103%	
200111	, 2011 (13),	Ja.	2.20.11	+00	ا ۳.۵۵.۵		10376	2
100m	, 2011 (10),			-	1:03.15		-	_
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	25.04.2024	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		00	4 44 74	-	1:00.40		-	
400m 200m		32. 106.	4:41.74 2:39.25	427 326	4:38.00 2:32.00		97% 91%	
	, 2012 (12),							3
400m	, == (:= /,	130.	5:48.45	292	5:49.10	24.04.2024	100%	Ū
100m		27.	1:31.06	321	1:31.39	28.03.2024	101%	
200m	0044 (40	117.	2:55.50	334	3:00.67	25.04.2024	106%	
400	, 2011 (13),				4:40.07			-
100m 400m		163.	5:43.56	- 235	1:10.37 5:31.52		93%	
200m		155.	3:05.76	205	3:03.37		97%	
	, 2011 (13),							1
400m		35.	5:05.10	435	5:02.99		99%	
100m		13.	1:23.67	414	1:22.25		97%	
200m	, 2012 (12),	70.	2:46.69	390	2:47.42		101%	1
100m	, 2012 (12),			_	1:11.00		-	•
400m		102.	5:30.10	344	5:29.94		100%	
200m		80.	2:48.73	376	2:49.79		101%	
	, 2012 (12),							1
400m		133.	5:50.71	286	6:01.10	24.04.2024	106%	
100m 200m		20. 122.	1:18.13 2:57.87	331 321	1:15.81 2:57.50	26.04.2024 25.04.2024	94% 100%	
200111	, 2010 (14),	122.	2.07.07	321	2.07.00	20.04.2024	10070	_
400m	, == (, , , , , , , , , , , , , , , , ,	68.	4:52.04	383	4:50.19	25.04.2024	99%	
100m				-	1:18.29	06.10.2023	-	
200m	0044 (40	62.	2:31.24	380	2:29.25	24.04.2024	97%	
100	, 2011 (13),	20	1.10.10	227	1.16.04		000/	-
100m 200m		38. 153.	1:19.18 3:00.95	227 222	1:16.04 2:48.79		92% 87%	
200111	, 2010 (14),	100.	0.00.00		2.10.70		0170	_
100m	, (-	1:01.60		-	
400m		119.	5:02.76	344	5:02.70		100%	
200m	0040 (40	100.	2:38.04	333	2:35.00		96%	_
100	, 2012 (12),				1:15.24			2
100m 400m		131.	5:49.82	289	6:01.03		107%	
200m		140.	3:07.59	274	3:11.37		104%	
	, 2011 (13),							2
400m		33.	5:04.98	400	= 00 00			
100m				436	5:03.60		99%	
		4. 43	1:09.20	499	1:10.20		103%	
200m	2011 (13	4. 43.						1
	, 2011 (13),	43.	1:09.20 2:41.78	499 427	1:10.20 2:42.00	24.04.2024	103% 100%	1
400m 100m	, 2011 (13),	43. 36. 11.	1:09.20	499	1:10.20	24.04.2024 26.04.2024	103% 100% 99% 97%	1
400m		43. 36.	1:09.20 2:41.78 5:05.26	499 427 435	1:10.20 2:42.00 5:03.43		103% 100% 99%	1
400m 100m 200m	, 2011 (13), , 2010 (14),	43. 36. 11. 26.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81	499 427 435 460 451	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57	26.04.2024	103% 100% 99% 97% 105%	1
400m 100m 200m 400m		43. 36. 11. 26.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87	499 427 435 460 451	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67	26.04.2024	103% 100% 99% 97% 105%	1
400m 100m 200m	, 2010 (14),	43. 36. 11. 26.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81	499 427 435 460 451	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57	26.04.2024	103% 100% 99% 97% 105%	-
400m 100m 200m 400m		43. 36. 11. 26.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87	499 427 435 460 451	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67	26.04.2024	103% 100% 99% 97% 105%	1 -
400m 100m 200m 400m 100m 100m	, 2010 (14),	43. 36. 11. 26. 15. 7.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15	499 427 435 460 451 470 448	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57	26.04.2024	103% 100% 99% 97% 105% 99% 98%	-
400m 100m 200m 400m 100m	, 2010 (14), , 2011 (13),	43. 36. 11. 26. 15. 7.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15	499 427 435 460 451 470 448	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45	26.04.2024	103% 100% 99% 97% 105% 99% 98%	1
400m 100m 200m 400m 100m 100m 400m 200m	, 2010 (14),	43. 36. 11. 26. 15. 7.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15	499 427 435 460 451 470 448	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82	26.04.2024	103% 100% 99% 97% 105% 98% - 98% 103%	-
400m 100m 200m 400m 100m 100m 400m 200m	, 2010 (14), , 2011 (13),	43. 36. 11. 26. 15. 7. 30. 54.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36	499 427 435 460 451 470 448 - 430 387	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82	26.04.2024	103% 100% 99% 97% 105% 99% 98% - 98% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m	, 2010 (14), , 2011 (13),	43. 36. 11. 26. 15. 7.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15	499 427 435 460 451 470 448	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82	26.04.2024	103% 100% 99% 97% 105% 98% - 98% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m	, 2010 (14), , 2011 (13),	43. 36. 11. 26. 15. 7. 30. 54.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36	499 427 435 460 451 470 448 - 430 387	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66 5:00.36	26.04.2024	103% 100% 99% 97% 105% 99% 98% - 98% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13), , 2010 (14),	43. 36. 11. 26. 15. 7. 30. 54.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10	499 427 435 460 451 470 448 - 430 387	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66 5:00.36 2:33.70 4:45.95	26.04.2024 25.04.2024 25.04.2024	103% 100% 99% 97% 105% 98% - 98% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13), , 2010 (14),	43. 36. 11. 26. 15. 7. 30. 54. 56. 60.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10 4:46.42 1:15.52	499 427 435 460 451 470 448 - 430 387	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66 5:00.36 2:33.70 4:45.95 1:13.57	26.04.2024 25.04.2024 25.04.2024 26.04.2024	103% 100% 99% 97% 105% 98% - 98% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13), , 2010 (14), , 2011 (13),	43. 36. 11. 26. 15. 7. 30. 54.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10	499 427 435 460 451 470 448 - 430 387	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66 5:00.36 2:33.70 4:45.95	26.04.2024 25.04.2024 25.04.2024	103% 100% 99% 97% 105% 98% - 98% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13), , 2010 (14),	43. 36. 11. 26. 15. 7. 30. 54. 56. 60. 48. 42.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10 4:46.42 1:15.52 2:29.06	499 427 435 460 451 470 448 - 430 387 - 401 381 406 392 397	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66 5:00.36 2:33.70 4:45.95 1:13.57 2:27.33	25.04.2024 25.04.2024 25.04.2024 26.04.2024 24.04.2024	103% 100% 99% 97% 105% 98% - 98% 103% - 109% 103%	1
400m 100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14), , 2011 (13), , 2010 (14), , 2011 (13),	43. 36. 11. 26. 15. 7. 30. 54. 56. 60.	1:09.20 2:41.78 5:05.26 1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10 4:46.42 1:15.52	499 427 435 460 451 470 448 - 430 387	1:10.20 2:42.00 5:03.43 1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66 5:00.36 2:33.70 4:45.95 1:13.57	26.04.2024 25.04.2024 25.04.2024 26.04.2024	103% 100% 99% 97% 105% 98% - 98% 103%	1

	, 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. 25.	1:09.45	493 457	1:08.96		99% 96%	
200m	, 2010 (14),	23.	2:38.14	457	2:34.65		90%	2
400m	, 2010 (14),	115.	5:01.95	347	5:05.04		102%	_
100m			0.000	-	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 200m		20. 47.	1:07.81 2:29.72	362 392	1:06.71 2:31.30	26.04.2024 24.04.2024	97% 102%	
200111	, 2012 (12),	47.	2.29.12	392	2.31.30	24.04.2024	102%	2
400m	, 2012 (12),	129.	5:46.75	296	5:54.58	24.04.2024	105%	_
100m		32.	1:37.73	259	1:35.68	26.04.2024	96%	
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 200m		6. 67.	1:05.95 2:32.53	380 371	1:06.63 2:31.67		102% 99%	
200111	, 2012 (12),	07.	2.32.33	371	2.31.07		33 /0	3
400m	, 2012 (12),	117.	5:38.28	319	5:55.38		110%	Ū
100m		38.	1:20.50	317	1:26.26		115%	
200m		134.	3:02.49	297	3:06.71		105%	
	, 2012 (12),							2
100m		404	5.44.40	-	1:15.15	04.04.0004	4070/	
400m 200m		121. 136.	5:41.46 3:03.53	310 292	5:54.03 3:09.62	24.04.2024 25.04.2024	107% 107%	
200111	, 2010 (14),	130.	3.03.33	232	3.03.02	23.04.2024	107 70	2
400m	, 2010 (11),	22.	4:38.72	441	4:46.63		106%	_
100m		8.	1:06.42	372	1:06.13		99%	
200m		21.	2:25.04	431	2:29.10		106%	
	, 2012 (12),							1
400m		142.	6:03.54	257	6:05.68	27.03.2024	101%	
100m 200m		30. 138.	1:35.59 3:05.03	277 285	1:34.62 3:04.05	28.03.2024 25.04.2024	98% 99%	
200	, 2010 (14),	.00.	0.00.00	200	0.000	2010 11202 1	0070	3
400m	, 2010 (11),	93.	4:56.44	367	5:05.89		106%	Ū
100m		15.	1:09.66	322	1:11.00		104%	
200m	0040 (44	73.	2:33.76	362	2:42.86		112%	
100	, 2010 (14),	00	4.55.40	070	4.55.00	05.04.0004	1000/	1
400m 100m		90. 21.	4:55.48 1:08.58	370 349	4:55.23 1:09.85	25.04.2024 26.04.2024	100% 104%	
200m		65.	2:32.39	372	2:29.44	24.04.2024	96%	
	, 2013 (11),							3
400m	, (),	143.	6:08.41	247	6:15.63		104%	
100m		28.	1:25.38	253	1:27.90		106%	
200m	0040 (44	125.	2:58.09	320	3:02.71		105%	
100	, 2010 (14),				1.07.00	26.04.2024		1
100m 400m		129.	5:05.00	337	1:07.36 5:03.09	26.04.2024 25.04.2024	99%	
200m		131.	2:43.19	303	2:43.68	24.04.2024	101%	
								28
	, 2011 (13),							2
400m	, ,,,	11.	4:30.41	483	4:32.58		102%	
100m		8.	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		<i>,</i>	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. 45	1:15.66	381	1:14.68		97%	
200m	, 2011 (13),	45.	2:42.42	422	2:40.38		98%	
400m	, 2011 (13),	25.	5:02.37	447	4:56.03		96%	-
100m		31.	1:18.36	343	1:14.95		91%	
200m		92.	2:51.03	361	2:47.54		96%	

	, 2012 (12),						2
400m		6.	4:48.04	517	4:52.60	103%	
100m 200m		2. 20.	1:05.87 2:37.44	578 463	1:08.29 2:35.61	107% 98%	
200111	, 2010 (14),	20.	2.57.44	403	2.55.01	9070	_
400m	, 2010 (11),	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		11. 48.	1:23.36 2:43.18	418 416	1:22.64 2:40.55	98% 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	2242442	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	2044 (42	74.	2:47.76	383	2:46.15	98%	2
100m	, 2011 (13),			_	1:06.00	_	2
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 (13),	76.	2:34.04	360	2:35.53	102%	3
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 200m		140. 134.	5:07.62 2:44.04	328 298	5:03.00	97% 99%	
200111	, 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		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%	
	, 2010 (14),						_
100m	, ==== (, , ,,			-	1:05.23	-	
400m		108.	5:00.14	353	4:49.66	93%	
200m	0044 (40	150.	2:49.32	271	2:40.00	89%	_
400	, 2011 (13),				4.05.75		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.	0.00.00	-	1:20.35	-	
200m		133.	2:43.60	300	2:42.82	99%	
	- , 2012 (12),					1
400m		27.	5:03.89	440	5:10.25	104%	
100m 200m		17. 33.	1:14.42 2:40.33	401 439	1:14.03 2:40.09	99% 100%	
ZUUIII	, 2010 (14),	აა.	2:40.33	439	2:40.09	100%	_
400m	, 2010 (14),	111.	5:00.98	350	4:58.35	98%	-
100m		111.	0.00.00	-	1:24.37	-	
200m		128.	2:42.83	305	2:38.43	95%	_
	, 2010 (14),						2
400m		53.	4:47.42	402	4:48.68	101%	
100m 200m		7. 26.	1:06.29 2:26.59	374 418	1:05.20 2:29.33	97% 104%	
_00111		20.	0.00		0.00	10-70	

	2044 (42						•
400m	, 2011 (13),	82.	5:21.20	373	5:11.48	94%	2
100m		9.	1:11.77	427	1:12.72	103%	
200m		20.	2:37.44	463	2:39.93	103%	
	, 2010 (14),						1
100m		00	4-07-04	-	56.14	4000/	
400m 200m		20. 17.	4:37.84 2:22.78	445 452	4:40.00 2:22.20	102% 99%	
200111	, 2010 (14),		2.22.70	102	2.22.20	3570	3
400m	, == (/,	5.	4:24.28	518	4:27.15	102%	_
100m		1.	59.87	526	1:01.00	104%	
200m	2044 (42	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		113.	2:40.51	318	2:40.53	100%	
	, 2011 (13),						1
400m		29.	5:04.54	438	5:00.70	97%	
100m 200m		4. 36.	1:10.02 2:40.75	459 435	1:10.86 2:38.82	102% 98%	
							35
	, 2011 (13),						1
400m		42.	5:08.18	422	5:12.96	103%	
100m 200m		12. 18.	1:13.71 2:36.66	394 470	1:11.54 2:35.00	94% 98%	
200	, 2010 (14),		2.00.00		2.00.00	30,0	2
100m	, == := (:: //			-	59.85	-	
400m		74.	4:52.74	381	4:54.15	101%	
200m	2012 (12	82.	2:35.08	353	2:39.00	105%	4
400m	, 2012 (12),	114.	5:35.58	327	5:39.26	102%	1
100m		34.	1:19.72	326	1:19.35	99%	
200m		121.	2:57.28	324	2:56.07	99%	
400	, 2011 (13),	400	4.50.00	057	4.50.00	2007	1
400m 100m		103. 18.	4:59.02 1:11.10	357 303	4:56.00 1:09.00	98% 94%	
200m		118.	2:41.28	314	2:45.00	105%	
	, 2011 (13),						-
100m		34.	1:41.16	234	1:37.00	92%	
100	, 2011 (13),				4.40.00		-
100m 400m		147.	6:27.11	- 213	1:18.00 6:20.00	96%	
200m		143.	3:14.08	247	3:12.00	98%	
	, 2012 (12),						-
100m				-	1:16.82	-	
400m 200m		146. 145.	6:21.28 3:14.79	223 244	6:09.89 3:10.65	94% 96%	
200111	, 2010 (14),	140.	0.14.70	211	0.10.00	3070	1
400m	, (),	125.	5:03.94	340	4:57.49	96%	
100m		45	0.00.45	-	1:14.00	-	
200m	, 2010 (14),	45.	2:29.45	394	2:31.00	102%	1
400m	, 2010 (14),	164.	5:48.93	225	5:59.00	106%	,
100m			51.5.55	-	1:19.00	-	
	, 2011 (13),						2
400m		104.	4:59.22	356	5:01.37	101%	
100m 200m		88.	2:36.48	343	1:20.70 2:38.89	103%	
	, 2010 (14),						1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:03.70	-	
400m		124.	5:03.90	340	5:05.00	101%	
200m	, 2012 (12),	145.	2:47.42	280	2:45.00	97%	1
400m	,	123.	5:43.84	304	5:50.00	104%	
100m		26.	1:29.42	339	1:27.00	95%	
200m	0044 (40	124.	2:58.07	320	2:55.00	97%	
400m	, 2011 (13),	157.	5:28.67	269	5:14.00	91%	1
400m		20.	1:12.30	288	1:11.00	96%	
200m		140.	2:44.86	294	2:45.18	100%	
400	, 2013 (11),		0.04.05	200	0.04.44	1005	1
400m 100m		141. 30.	6:01.09 1:34.81	262 185	6:01.11 1:31.64	100% 93%	
200m		146.	3:15.98	240	3:12.02	96%	

	, 2010 (14),					1
100m				-	55.90	-
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		19.	1:07.50	367	1:07.50	100%
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),					
400	, 2013 (11),				4:40.50	
100m 400m		161.	5:40.86	- 241	1:12.50 5:34.00	- 96%
		156.				95%
200m	2042 (42	130.	3:08.02	198	3:03.00	95%
	, 2012 (12),					
400m		162.	5:42.11	238	5:41.00	99%
100m					1:27.00	-
200m		154.	3:01.61	219	3:01.00	99%
	, 2010 (14),					2
100m				-	1:04.76	-
400m		142.	5:09.66	322	5:10.89	101%
200m		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%
200111	2011 (12)	107.	2.00.12	0.10	2.00.21	
400	, 2011 (13),					2
100m		00	E 00 00	-	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%
	, 2012 (12),					2
400m	, - (139.	5:07.02	330	5:09.00	101%
100m		36.	1:14.70	270	1:15.85	103%
200m		148.	2:48.08	277	2:46.85	99%
	, 2011 (13),					3
400	, 2011 (13),	445	F-0F-04	200	F:00 70	
400m		115.	5:35.94	326	5:38.76	102%
100m		15.	1:24.29	404	1:24.51	101%
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		25.	1:28.76	346	1:26.50	95%
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),					2
400m	, 2010 (11),	45.	4:45.43	411	4:47.00	101%
100m		17.	1:06.56	382	1:08.00	104%
200m		41.	2:28.99	398	2:28.00	99%
200111	2011 (12	41.	2.20.99	390	2.20.00	
	, 2011 (13),					1
400m		152.	5:22.32	285	5:16.00	96%
100m		25.	1:21.40	202	1:20.50	98%
200m		143.	2:46.56	285	2:50.00	104%
	, 2011 (13),					1
400m	·	148.	6:35.76	199	6:40.58	102%
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%
200111		100.	2.00.11	323	2.00.10	10170