	-						
						%	
	, 2011 (13),						
400m 100m	, 2011 (13),	10.	4:52.72	493	4:53.48 1:11.32	101%	
200m	, 2011 (13),		2:34.58	489	2:35.20	101%	
400m 100m	, 2011 (13),	127.	5:04.73	337	5:08.05 1:18.37	102%	
200m	, 2010 (14),	139.	2:44.58	295	2:48.88	105%	
400m 100m	, 2010 (14),	38.	4:43.04	421	4:46.77 1:10.23	103%	
200m	, 2010 (14),	18.	2:23.54	445	2:25.50	103%	
400m 100m	, 2010 (11),	143.	5:09.77	321 -	5:03.12 1:09.93	96%	
200m	, 2010 (14),	91.	2:36.69	342	2:40.19	105%	
100m 400m	, (, , ,	43.	4:44.69	- 414	57.36 4:59.79	- 111%	
200m	, 2011 (13),	24.	2:25.51	427	2:31.28	108%	
400m 100m	, - (- , , ,	100.	5:28.91	347	5:27.33 1:14.81	99%	
200m	, 2010 (14),		2:44.38	407	2:46.39	102%	
400m 100m		76.	4:53.06	379 -	4:56.97 1:14.87	103%	
200m	, 2010 (14),	55.	2:30.38	387	2:34.33	105%	
400m 100m		55.	4:47.74	401 -	4:47.31 1:08.10	100%	
200m	, 2012 (12),	66.	2:32.51	371	2:32.09	99%	
400m 100m		132.	5:49.98	288	5:44.42 1:21.94	97% -	
200m	, 2010 (14),			-	2:59.66	-	
100m 400m		51.	4:47.15	403	58.01 4:50.47	- 102%	
200m	, 2011 (13),	70.	2:32.86	368	2:34.12	102%	
100m 400m		3.	4:40.55	560	1:02.34 4:42.01	101%	
200m	, 2011 (13),		2:33.78	497	2:38.03	106%	
400m 100m		7.	4:48.49	515 -	4:51.80 1:11.90	102%	
200m	, 2011 (13),		2:28.91	548	2:33.50	106%	
400m 100m		80.	5:20.92	374 -	5:21.89 1:19.46	101% -	
200m	, 2010 (14),			-	2:51.06	-	
100m 400m		123.	5:03.75	341	59.01 4:57.39	96%	
200m	, 2011 (13),	35.	2:28.24	404	2:32.60	106%	
100m 400m		78.	5:20.52	375	1:09.62 5:21.68	101%	
200m	, 2011 (13),	40	4.45.51	-	2:52.65	4000/	
400m 100m		46. 44.	4:45.51 2:29.38	410 - 395	4:49.60 1:13.73	103% - 104%	
200m	, 2011 (13),				2:32.11		
400m 100m		99.	5:28.41	349 -	5:24.80 1:27.21	98%	
200m			2:49.57	371	2:47.65	98%	

. 2010 (14),								_
400m								
100m		, 2010 (14),						1
200m . 2010 (14)			31.	4:41.45			99%	
. 2010 (14). 400m 100m 86. 454.90 372 451.47 98% 1015 200m . 2010 (14). 40. 448.35 40 447.34 1075 200m 2.34.41 1015 200m 2.34.41 1015 2.300m 2.3000m 2.30000m 2.30000m 2.30000m 2.300000 2.300000 2.3000000000000000000			_				-	
400m	200m	0010 (11	8.	2:19.37	486	2:21.20	103%	
100m		, 2010 (14),						1
2000			86.	4:54.90	372		98%	
ABDIM 100m					-		-	
400m	200m	0040 (44	75.	2:34.02	360	2:34.41	101%	•
100m		, 2010 (14),						2
15. 222AT 455 225.11 104% 1 100m 100m 2011 (13), 20. 458.89 463 457.41 98% 1 100m 200m 2011 (13), 235.78 100% 235.78 100% 200m 2011 (13), 100m 54. 511.71 468 5568.16 98% 200m 200m 2010 (14), 100m 200m 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (13), 2011 (14), 2011 (15), 2011			40.	4:43.35	420		103%	
100m			4.5	0.00.47	- 455		-	
400m	200111	0044 (40	15.	2:22.47	400	2:25.11	104%	
100m		, 2011 (13),						1
200m , 2011 (13),			20.	4:58.98			99%	
100m				0.25 47			100%	
100m	200111	2011 (12		2:35.47	401	2:35.76	100%	
400m	400	, 2011 (13),				4.07.40		-
200m			ΕA	E-11 71				
100m			54.	5.11.71	408		96%	
1906 1907 1908	200111	2010 (14				2.00.00		2
100m 200m 200m 200m 240,43 338 242,30 100% 240,043 243,04 243,04 243,04 244,05 244,04 244,04 244,05 244,04 244,05 244,	400	, 2010 (14),	120	E.0E 70	224	F.44 F4	1040/	
200m			130.	5:05.76	334		104%	
, 2011 (13), 68. 5:17.34			94	2:37 38	338		106%	
400m	200111	2011 (13)	54.	2.07.00	000	2.42.00	10070	2
100m 2:40.43	400m	, 2011 (13),	69	5.17 2/	207	5:21.70	103%	_
200m 240.43 438 241.48 101% 12 , 2012 (12), 100m , 2010 (14), 100m , 2010 (14), 100m , 2012 (12), 100m , 2010 (14), 100m , 2011 (13), 100m , 2012 (12), 100m , 2012 (12), 100m , 2011 (13)			00.	3.17.34	307		10376	
100m				2:40.43	438		101%	
100m	200					2	10170	
100m								12
100m		0040 (40						
400m		, 2012 (12),						1
200m			F0	E-40 CO	- 440		-	
100m			50.	5:10.00			104%	
100m	200111	2010 (14			-	2.51.60	-	
200m	100m	, 2010 (14),				EC 20		-
200m			24	4.30.33	430		- 079/	
. 2012 (12), 400m								
400m 100m	200	2012 (12	0	2.20.0		2.20.0.	5.70	_
100m	400m	, 2012 (12),	66	5:17 24	207	5:12 7/	079/	_
200m			00.	5.17.24	-		-	
, 2010 (14), 100m				2:41.42	430		95%	
100m		. 2010 (14						_
400m	100m	, == := (:: /,			_	1:01.10	-	
, 2010 (14), 400m 100m 200m 48. 2:30.05 390 2:27.07 96% 7. 2011 (13), 48. 2:30.05 390 2:27.07 96% 7. 2011 (13), 74. 5:19.44 379 5:20.36 101% 200m 7. 2010 (14), 400m 100m 7. 2010 (14), 400m 100m 7. 2010 (14), 66. 4:51.27 366 4:49.08 99% 100m 7. 2012 (12), 100m 7. 2013 398 5:15.16 101% 100m 100m 100m 100m 100m 100m 100m			78.	4:53.28			98%	
400m		. 2010 (14).						-
100m	400m	, (),	62.	4:50.91	388	4:39.55	92%	
200m								
400m	200m		48.	2:30.05	390			
400m		, 2011 (13),						2
100m	400m	, , , , , , , , , , , , , , , , , , , ,	74.	5:19.44	379	5:20.36	101%	
, 2010 (14), 400m 400m 100m 51. 2:30.31 387 2:30.54 100% , 2012 (12), 100m 200m 7, 2012 (12), 100m 400m 400m 400m 400m 400m 400m 400					-		- · · · · · · · · · · · · · · · · · · ·	
400m 100m 66. 4:51.27 386 4:49.08 99% 100m 51. 2:30.31 387 2:30.54 100% 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:3	200m			2:45.29	400	2:46.21	101%	
400m 100m 66. 4:51.27 386 4:49.08 99% 100m 51. 2:30.31 387 2:30.54 100% 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:30.31 387 2:30.54 100% 51. 2:3		, 2010 (14),						1
100m	400m		66.	4:51.27	386	4:49.08	99%	
2012 (12), 100m 400m 47. 5:09.90 2:45.70 397 2:47.40 102% , 2012 (12), , 2012 (12), 100m , 2012 (12), 100m , 2010 (14), 100m , 2010 (14), 100m , 2011 (13), 400m , 2011 (1								
100m	200m		51.	2:30.31	387	2:30.54	100%	
100m		, 2012 (12),						2
200m								
100m			47.					
100m	200m			2:45.70	397	2:47.40	102%	
100m		, 2012 (12),						1
200m				_				
, 2010 (14), 100m 400m 400m 200m 97. 4:58.39 359 4:48.25 93% 72. 2:33.47 364 2:32.15 98% , 2011 (13), 2 400m 21. 4:59.81 100m 21. 4:59.81 200m 200m 200m 200m 200m 200m 200m 200			62.	5:14.32			101%	
100m	200m	2015/11			-	2:51.08	-	
400m 97. 4:58.39 359 4:48.25 93% 72. 2:33.47 364 2:32.15 98% 2:32.15 98% 72. 2:33.47 364 2:32.15 98% 72. 2:33.47 364 2:32.15 72. 72. 72. 72. 72. 72. 72. 72. 72. 72.		, 2010 (14),						-
200m 72. 2:33.47 364 2:32.15 98% , 2011 (13), 400m 21. 4:59.81 459 5:00.52 100% 100m - 1:14.84 - 200m 2:41.06 433 2:41.53 101% , 2011 (13), 400m 76. 5:20.16 377 5:15.00 97% 100m - 1:21.90 -								
, 2011 (13), 400m 100m 21. 4:59.81 459 5:00.52 100% - 1:14.84 200m 2241.06 433 2:41.53 101% - , 2011 (13), 400m 76. 5:20.16 377 5:15.00 97% 100m - 1:21.90								
400m 21. 4:59.81 459 5:00.52 100% 100m - 1:14.84 - 200m 2:41.06 433 2:41.53 101% - 400m - 76. 5:20.16 377 5:15.00 97% 100m - 1:21.90	200m	2011/15	72.	2:33.47	364	2:32.15	98%	_
100m - 1:14.84 - 200m - 1:14.84 - 3 101% - 3 101		, 2011 (13),						2
200m			21.	4:59.81			100%	
, 2011 (13), 400m 76. 5:20.16 377 5:15.00 97% 100m - 1:21.90 -				0.44.00			40424	
400m 76. 5:20.16 377 5:15.00 97% 100m - 1:21.90 -	200m	2044 (42		∠:41.06	433	∠:41.53	101%	
100m - 1:21.90 -	400	, 2011 (13),	70	F-00-40	077	E.45.00		-
			/6.	5:20.16	3//		97%	
2.40.06 441 2.39.00 99%				2:40.00	-		-	
	∠uum			∠.4∪.∪8	441	2.39.00	99%	

400m	, 2010 (14),	60	4.52.04	202	4:51.04	009/	-
400m		68.	4:52.04	383	1:05.26	99% -	
200m		36.	2:28.34	403	2:28.00	100%	
400	, 2010 (14),					4000/	1
400m 100m		18.	4:35.80	455 -	4:36.00 1:07.50	100%	
200m		40.	2:28.96	398	2:28.50	99%	
	, 2012 (12),						1
400m		97.	5:27.25	353	5:28.72	101%	
100m 200m				-	1:20.44 2:52.24	-	
	, 2011 (13),						1
400m		63.	5:16.47	390	5:12.90	98%	
100m 200m			2:43.41	- 414	1:11.34 2:44.44	- 101%	
	, 2010 (14),						-
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.24	-	
400m 200m		17. 86.	4:35.12 2:36.14	459 346	4:31.41 2:33.34	97% 96%	
200111	, 2010 (14),	00.	2.00.14	040	2.00.04	3070	_
400m	, == := (::),	75.	4:53.03	380	4:50.50	98%	
100m		40	0.00.00	-	1:16.20	-	
200m	, 2010 (14),	46.	2:29.60	393	2:29.00	99%	_
400m	, 2010 (11),	14.	4:32.52	472	4:32.06	100%	
100m		-	0.40.00	-	1:00.00	-	
200m	, 2011 (13),	7.	2:18.80	492	2:17.73	98%	
400m	, 2011 (13),	89.	5:23.67	364	5:19.00	97%	-
100m				-	1:16.50	-	
200m				-	2:50.15	-	
							29
	, 2011 (13),						
100m	, ==::(:= /,			-	1:01.00	-	
400m		147.	5:12.93	312	5:12.00	99%	
200m	, 2012 (12),	108.	2:39.54	324	2:38.50	99%	_
100m	, 2012 (12),			-	1:10.00	<u>-</u>	
400m		90.	5:24.46	362	5:17.00	95%	
200m	, 2010 (14),			-	2:52.00	-	1
100m	, 2010 (14),			-	1:01.00	-	'
400m		36.	4:42.02	426	4:43.00	101%	
200m	2012 (12	57.	2:30.56	386	2:30.00	99%	4
100m	, 2012 (12),			-	1:05.00	_	1
400m		144.	5:10.95	318	5:03.00	95%	
200m	2042 (42	132.	2:43.49	301	2:45.00	102%	
400m	, 2012 (12),	65.	5:17.11	388	5:06.00	93%	-
100m		00.	3.17.11	-	1:12.90	-	
200m	0044 (40		2:49.57	371	2:46.00	96%	
100m	, 2011 (13),			_	1:09.00	-	-
400m		77.	5:20.22	376	5:17.90	99%	
200m			2:52.67	351	2:49.60	96%	
400	, 2012 (12),	404	5:04.00	240	5:47.00	000/	-
400m 100m		104.	5:31.09	340	5:17.90 1:21.99	92%	
200m			2:51.56	358	2:49.60	98%	
400	, 2010 (14),	00	4.55.00	074	4.50.00	4040/	2
400m 100m		89.	4:55.23	371 -	4:56.38 1:13.64	101% -	
200m		27.	2:26.65	417	2:27.94	102%	
40-	, 2011 (13),						1
100m 400m		41.	5:07.47	- 425	1:05.50 5:15.00	- 105%	
200m			2:47.81	382	2:46.00	98%	
	, 2010 (14),						-
100m 400m		131.	5:05.83	334	59.95 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),	79.	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			2:52.35	353	2:47.00	94%	
400	, 2010 (14),	40-	. == = .		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),						-
400m	, , ,	103.	5:30.30	343	5:26.00	97%	
100m				-	1:18.50	-	
200m	, 2010 (14),			-	2:54.00	-	_
100m	, 2010 (14),			-	1:00.00	-	-
400m		64.	4:51.10	387	4:44.22	95%	
200m		78.	2:34.27	358	2:30.55	95%	
	, 2011 (13),						-
400m 100m		96.	4:58.10	360	4:58.00 1:10.00	100%	
200m		127.	2:42.29	308	2:38.60	96%	
	, 2012 (12),						1
400m		140.	5:56.43	273	6:00.00	102%	
100m				-	1:22.00	-	
200m	, 2010 (14),			-	3:14.00	-	4
400m	, 2010 (14),	19.	4:35.84	455	4:41.90	104%	1
100m		10.	4.00.04	-	1:06.90	-	
200m		43.	2:29.07	397	2:28.50	99%	
	, 2011 (13),						1
400m 100m		72.	5:18.21	384	5:06.76 1:16.54	93%	
200m			2:35.71	479	2:36.17	101%	
	, 2011 (13),						_
400m	, , , , , , , , , , , , , , , , , , , ,	79.	4:53.46	378	4:53.00	100%	
100m		400	0.44.05	-	1:09.00	-	
200m	2012 (12	138.	2:44.35	296	2:42.00	97%	
400m	, 2012 (12),	126.	5:44.55	302	5:40.00	97%	-
100m		120.	0.44.00	-	1:25.00	-	
200m				-	2:58.00	-	
400	, 2012 (12),						1
400m 100m		92.	5:25.53	358	5:31.00 1:17.50	103%	
200m				-	2:57.00	-	
	, 2012 (12),					•	1
400m		137.	5:53.39	280	6:09.00	109%	
100m 200m				-	1:35.00 3:03.74	- -	
200111	, 2010 (14),			-	3.03.74	•	_
400m	, == := (:: /,	133.	5:05.92	333	4:52.00	91%	
100m				-	1:10.00	-	
200m	2042 (42	151.	2:53.07	254	2:45.00	91%	^
100m	, 2012 (12),			_	1:05.00		2
400m		18.	4:58.44	465	5:05.50	105%	
200m			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%	
	, 2011 (13),		-				1
400m	, , , ,	86.	5:21.67	371	5:14.45	96%	
100m			0.40.00	-	1:23.21	4000/	
200m	2011 (12 \		2:43.02	417	2:43.34	100%	
400m	, 2011 (13),	135.	5:52.65	282	5:25.00	85%	-
100m		100.	0.02.00	-	1:23.00	-	
200m				-	2:50.00	-	
400	, 2011 (13),	100	F. 40.00	00=	5.00.00	0.407	-
400m 100m		128.	5:46.63	297 -	5:30.00 1:17.00	91%	
200m				-	2:53.00	- -	

	, 2010 (14),						-
100m			. =	-	58.79	-	
400m		92.	4:56.39	367	4:50.00	96%	
200m	, 2011 (13),	85.	2:35.94	347	2:35.29	99%	2
400	, 2011 (13),	EE	E-44 07	407	F.40 70		_
400m 100m		55.	5:11.97	407	5:19.78 1:11.45	105%	
200m			2:38.13	457	2:41.12	104%	
	, 2012 (12),						-
400m	, , ,	58.	5:13.29	402	5:10.00	98%	
100m				-	1:16.00	-	
200m				-	2:50.00	-	
	, 2013 (11),						-
400m		145.	6:18.95	227	6:02.00	91%	
100m				-	1:29.00	-	
200m	, 2010 (14),			-	3:10.00	-	_
400m	, 2010 (14),	118.	5:02.37	345	4:56.00	96%	-
100m		110.	3.02.37	343	1:08.00	-	
200m		130.	2:42.95	304	2:42.00	99%	
	, 2011 (13),						1
400m	, , , , , , , , , , , , , , , , , , , ,	22.	5:00.79	454	4:55.76	97%	
100m				-	1:10.23	-	
200m	0040 (44		2:33.98	495	2:35.69	102%	
400	, 2013 (11),	404		0.47			1
400m		101.	5:29.00	347 -	5:30.00 1:17.00	101%	
100m 200m				-	2:53.00	-	
	, 2012 (12),						1
400m	, == (:=),	94.	4:56.78	365	5:00.00	102%	•
100m				-	1:10.50	-	
200m		61.	2:31.15	381	2:26.50	94%	
100	, 2011 (13),				4.00.00		1
100m		70	E.40.00	-	1:08.00	4040/	
400m 200m		70.	5:18.02 2:47.79	384 383	5:24.00 2:47.00	104% 99%	
20011	, 2013 (11),		2.41.13	300	2.47.00		1
400m	, 2010 (11),	122.	5:42.96	306	5:43.00	100%	•
100m				-	1:28.79	-	
200m				-	2:59.00	-	
	, 2013 (11),					,	1
100m 400m		94.	5:26.73	354	1:08.00 5:35.00	- 105%	
200m		J4.	3.20.73	-	2:53.00	-	
	, 2012 (12),						1
400m	, , , , , , , , , , , , , , , , , , , ,	109.	5:32.34	337	5:36.00	102%	
100m				-	1:22.50	-	
200m				-	2:58.00	-	
	, 2011 (13),						-
400m		128.	5:04.94	337	4:55.00 1:09.00	94%	
100m 200m		121.	2:41.65	- 311	2:35.00	92%	
200111	, 2010 (14),	121.	2.41.00	311	2.00.00		2
400m	, (/)	88.	4:54.94	372	5:00.00	103%	-
100m				-	1:05.50	-	
200m		25.	2:26.50	419	2:27.00	101%	
	, 2012 (12),						1
100m		61	F.4.4.4C	-	1:05.90	4000/	
400m 200m		61.	5:14.16 2:43.23	399 416	5:14.00 2:46.00	100% 103%	
200111	, 2012 (12),		2.43.23	410	2.40.00		1
400m	, 2012 (12),	23.	5:00.84	454	5:00.76	100%	•
100m				-	1:15.60	-	
200m			2:31.56	519	2:34.33	104%	
	, 2010 (14),					:	2
400m		151.	5:17.63	298	5:20.00	101%	
100m		126	2.42.00	200	1:11.00	1029/	
200m		126.	2:42.08	309	2:44.00	102%	
						24	4
	, 2010 (14),						2
100m	, 20.0 (),			_	55.22	-	_
400m		6.	4:26.99	502	4:32.45	104%	
200m		14.	2:22.46	455	2:25.42	104%	

	, 2011 (13),					1
400m 100m	, 2011 (13),	83.	5:21.23	373	5:12.00 1:22.72	1 94%
200m	, 2012 (12),		2:44.75	404	2:47.38	103%
400m	, 2012 (12),	52.	5:11.42	409	5:11.20	100%
100m 200m			2:46.30	393	1:19.71 2:45.10	99%
400m	, 2010 (14),	21.	4:38.39	443	4:43.78	104%
100m 200m		31.	2:27.12	413	1:15.65 2:27.24	100%
400m	, 2011 (13),	107.	5:00.11	353	5:02.18	1 101%
100m 200m		136.	2:44.26	297	1:14.97 2:38.82	93%
100m	, 2011 (13),			-	1:05.00	- 1
400m 200m		56.	5:13.06 2:46.32	403 393	5:10.00 2:48.00	98% 102%
400m	, 2010 (14),	3.	4:17.49	560	4:10.30	1 94%
100m 200m		10.	2:20.18	478	1:02.52 2:22.10	103%
100m	, 2010 (14),			-	1:04.00	2
400m 200m	0040 (44	65. 90.	4:51.20 2:36.52	387 343	4:53.44 2:39.02	102% 103%
400m	, 2010 (14),	1.	4:08.68	621	4:09.73	101%
100m 200m	, 2012 (12),	1.	2:07.95	629	1:05.00 2:13.50	109% 1
400m 100m	, 2012 (12),	59.	5:13.52	401	5:10.78 1:14.00	98%
200m	, 2011 (13),		2:45.50	399	2:47.46	102%
400m 100m	, 2011 (13),	138.	5:06.74	331	5:02.39 1:13.50	97%
200m	, 2011 (13),	122.	2:41.73	311	2:40.24	98% 1
100m 400m	, 2011 (13),	32.	5:04.87	- 436	1:11.46 5:12.37	- 105%
200m	, 2011 (13),			-	2:52.37	2
400m 100m	, ==== /,	11.	4:53.33	490	4:55.57 1:12.97	102%
200m	, 2011 (13),		2:32.60	509	2:33.78	102%
400m 100m	, - (-)	53.	5:11.69	408	5:24.16 1:15.63	108%
200m	, 2010 (14),		2:41.71	427	2:45.16	104%
400m 100m		80.	4:53.47	378 -	4:53.24 1:09.17	100%
100m	, 2010 (14),			-	1:02.18	2
400m 200m		61. 93.	4:50.80 2:37.15	388 339	5:00.24 2:41.49	107% 106%
400m	, 2011 (13),	106.	5:31.72	339	5:18.20	- 92%
100m 200m			2:46.53	- 391	1:15.73 2:40.40	93%
100m	, 2010 (14),			-	1:00.20	- 1
400m 200m		37. 63.	4:42.97 2:31.60	422 378	4:46.76 2:29.33	103% 97%
100m	, 2011 (13),		. ·	-	1:05.89	-
400m 200m	2044 (42	64.	5:17.06	388	5:20.16 2:51.94	102%
400m	, 2011 (13),	48.	5:10.11	414	5:12.44	102%
100m 200m			2:44.12	409	1:15.06 2:46.53	103%

	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,	82.	4:53.81	377	4:51.26		98%	
100m 200m		74.	2:33.83	- 361	1:04.54 2:35.86		103%	
200111	, 2012 (12),	74.	2.33.63	301	2.33.00		10376	_
100m				-	1:24.71		-	
	, 2010 (14),							-
400m 100m		12.	4:30.49	483	4:28.87 1:04.92	25.04.2024 29.03.2024	99%	
200m		12.	2:21.05	469	2:20.41	24.04.2024	99%	
	, 2010 (14),							2
400m 100m		4.	4:18.37	554	4:21.07 1:02.09	25.04.2024 26.04.2024	102%	
200m		11.	2:20.34	476	2:21.29	24.04.2024	101%	
	, 2012 (12),							1
100m		404	E.E. 4E	-	1:12.87		4000/	
400m 200m		134.	5:52.45	282	6:02.18 3:03.57		106% -	
	, 2010 (14),							-
100m 400m		8.	4:28.25	- 495	56.54 4:22.37	26.04.2024 25.04.2024	- 96%	
200m		6.	2:17.60	505	2:16.72	24.04.2024	99%	
	, 2010 (14),							1
100m 400m		100.	4:58.66	358	1:01.04 4:58.23		100%	
200m		53.	2:30.35	387	2:32.38		103%	
	, 2011 (13),							1
100m 400m		119.	5:39.67	315	1:11.63 5:41.67		- 101%	
200m				-	2:57.97		-	
400	, 2011 (13),				4.07.07			1
100m 400m		69.	5:17.47	386	1:07.27 5:16.74		100%	
200m			2:46.80	389	2:48.80		102%	
400m	, 2010 (14),	70.	4:52.05	383	4:50.62		99%	-
100m		70.	4.32.03	-	1:04.31		-	
200m	0044 (40	103.	2:38.60	330	2:36.18		97%	
400m	, 2011 (13),	39.	5:06.09	431	5:03.05		98%	1
100m		00.		-	1:09.13		-	
200m	, 2011 (13),		2:40.06	441	2:42.47		103%	1
400m	, 2011 (13),	75.	5:19.74	378	5:25.39	24.04.2024	104%	'
100m			0.45.05	-	1:15.43	26.04.2024	-	
200m	, 2010 (14),		2:45.65	398	2:44.59	22.06.2023	99%	2
100m	, 2010 (11),			-	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	, - (- ,,	58.	4:48.95	396	4:55.65	25.04.2024	105%	
100m 200m		59.	2:30.99	382	1:20.23 2:33.67	26.04.2024 24.04.2024	- 104%	
200111	, 2011 (13),	00.	2.50.55	302	2.00.07	24.04.2024	10470	_
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%	1
400m	, 2011 (10),	67.	5:17.33	387	5:12.70		97%	'
100m				-	1:13.24		-	
200m	, 2010 (14),		2:41.16	432	2:41.91		101%	1
400m	, ==== (116.	5:02.10	346	4:55.78	25.04.2024	96%	
100m		99.	2,27.00	-	1:18.07	26.04.2024	1020/	
200m	, 2011 (13),	99.	2:37.98	334	2:39.71	24.04.2024	102%	1
400m	, - (- ,,	57.	5:13.27	402	5:07.61		96%	
100m 200m			2:40.38	438	1:18.86 2:43.95		- 105%	
_30111	, 2010 (14),			100	20.00		.0070	2
100m	. , , , , , , , , , , , , , , , , , , ,	4.4	4.40.04	-	1:06.23	26.04.2024	4000/	
400m 200m		41. 114.	4:43.61 2:40.71	419 317	4:46.97 2:48.11	25.04.2024	102% 109%	
	, 2010 (14),							1
400m		99.	4:58.54	359	4:56.78 1:12.94		99%	
100m 200m		89.	2:36.50	343	2:39.46		104%	

								_
400m	, 2011 (13),	120.	5:02.84	344	5:06.52		102%	2
100m		120.	3.02.04	-	1:20.24		-	
200m	, 2011 (13),	97.	2:37.63	336	2:41.51		105%	
400m	, 2011 (13),	60.	5:13.71	400	5:11.05		98%	-
100m		00.		-	1:11.42		-	
200m	, 2011 (13),		2:46.53	391	2:44.78		98%	1
100m	, 2011 (13),			-	1:00.75	26.04.2024	-	'
400m		102.	4:58.95	357	4:55.91	25.04.2024	98%	
200m	, 2010 (14),	68.	2:32.62	370	2:35.06	24.04.2024	103%	1
400m	, 2010 (11),	50.	4:47.03	404	4:45.58		99%	•
100m 200m		19.	2:23.66	- 444	1:07.57 2:23.78		100%	
200111	, 2010 (14),	13.	2.23.00	444	2.23.70		10076	-
100m				-	1:02.09		-	
400m 200m		63. 95.	4:51.06 2:37.40	387 337	4:40.19 2:35.73		93% 98%	
	, 2012 (12),							-
100m	, , , , , , , , , , , , , , , , , , , ,	70	5:40.55	-	1:06.45		-	
400m 200m		73.	5:18.55	382	5:15.39 2:50.71		98%	
	, 2011 (13),							1
100m		04	4.55.75	-	1:00.60		-	
400m 200m		91. 115.	4:55.75 2:40.90	369 316	4:52.60 2:44.00		98% 104%	
	, 2011 (13),							2
100m 400m		9.	4:52.11	496	1:05.45 4:58.56	26.04.2024 24.04.2024	- 104%	
200m		J.	2:42.25	423	2:44.93	25.04.2024	103%	
400	, 2012 (12),	455	5.04.45	070	5.40.00	05.04.0004	000/	-
400m 100m		155.	5:24.45	279 -	5:10.60 1:22.81	25.04.2024 26.04.2024	92%	
200m		147.	2:47.94	278	2:47.64	24.04.2024	100%	
400	, 2010 (14),	107	E-00 C0	224	F:4F 40	25.04.2024	1000/	1
400m 100m		137.	5:06.69	331	5:15.13 1:20.61	25.04.2024 28.03.2024	106% -	
200m	2044 (42	116.	2:41.11	315	2:38.12	24.04.2024	96%	
400m	, 2011 (13),	113.	5:35.23	328	5:24.88		94%	-
100m		110.	0.00.20	-	1:21.65		-	
200m	, 2010 (14),			-	2:52.72		-	2
400m	, 2010 (14),	33.	4:41.84	427	4:48.82		105%	_
100m		00	0.00.00	-	1:17.47		-	
200m	, 2010 (14),	29.	2:26.83	416	2:32.09		107%	1
400m	, 2010 (14),	60.	4:50.43	390	4:52.60		101%	
100m		69.	2:32.69	370	1:12.58 2:27.60		93%	
200m	, 2012 (12),	69.	2.32.09	370	2.27.00		93%	2
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:04.40	28.03.2024	-	
400m 200m		57. 102.	4:48.75 2:38.56	397 330	4:55.47 2:41.13	25.04.2024 24.04.2024	105% 103%	
	, 2010 (14),							1
400m		9.	4:28.37	494	4:26.36		99%	
100m 200m		3.	2:15.53	- 529	1:01.56 2:16.53		- 101%	
	, 2011 (13),							1
400m 100m		85.	5:21.42	372	5:19.67 1:12.01		99%	
200m			2:37.58	462	2:38.51		101%	
	, 2010 (14),							-
400m 100m		54.	4:47.64	401 -	4:47.50 1:12.80		100%	
200m		22.	2:25.16	430	2:22.60		97%	
400	, 2011 (13),	^-	5.00.05	00-	F.00.00		10001	1
400m 100m		87.	5:22.95	367 -	5:22.80 1:06.89		100%	
200m	0040 (40		2:39.45	446	2:41.50		103%	
100m	, 2012 (12),			-	1:03.95	26.04.2024	-	-
400m		26.	5:03.12	444	4:55.54	24.04.2024	95%	
200m			2:43.63	413	2:42.67		99%	

	0040440							
400m	, 2012 (12),	139.	5:56.27	273	6:03.97	24.04.2024	104%	1
100m			0.00.2.	-	1:24.14		-	
200m	, 2011 (13),			-	3:10.66	25.04.2024	-	1
100m	, 2011 (10),			-	1:06.87		-	'
400m		49.	5:10.15	414	5:17.13		105%	
200m	, 2011 (13),		2:43.13	416	2:41.97		99%	2
100m	, - (- , ,			-	1:04.58		-	
400m 200m		109. 117.	5:00.25 2:41.17	353 314	5:01.18 2:41.79	25.04.2024 24.04.2024	101% 101%	
	, 2011 (13),							-
400m 100m		91.	5:24.93	360	5:22.81 1:12.56		99%	
200m				-	2:53.69		-	
400	, 2011 (13),	450	5.00.07	005	5.40.00		050/	-
400m 100m		153.	5:22.37	285	5:13.38 1:28.91		95% -	
200m	0044 (40	149.	2:49.23	271	2:44.49		94%	•
400m	, 2011 (13),	24.	5:01.70	450	5:03.35		101%	2
100m		2		-	1:07.74		-	
200m	, 2012 (12),		2:39.03	449	2:39.68		101%	_
400m	, 2012 (12),	138.	5:54.90	276	5:54.14	24.04.2024	100%	
100m 200m				-	1:21.59 3:02.87	26.04.2024 25.04.2024	-	
200111	, 2010 (14),				0.02.07	20.01.2021		1
100m		2.	4:15.42	- 573	54.12 4:15.65		100%	
400m 200m		2.	2:12.89	561	2:12.78		100%	
400	, 2010 (14),	40	4.44.00	440	4:40.40	05.04.0004	000/	1
400m 100m		42.	4:44.29	416	4:42.10 1:09.79	25.04.2024 26.04.2024	98%	
200m	2042 (44	13.	2:21.78	462	2:23.12	24.04.2024	102%	
400m	, 2013 (11),	108.	5:32.14	337	5:39.66		105%	1
100m				-	1:34.94		-	
200m	, 2011 (13),			-	2:56.62		-	1
400m	, 2011 (10),	105.	5:31.45	339	5:32.47		101%	•
100m 200m				-	1:25.17 2:55.64		-	
	, 2012 (12),							-
400m 100m		112.	5:35.22	328	5:29.56 1:22.25	24.04.2024 26.04.2024	97%	
200m				-	3:05.11	25.04.2024	-	
400	, 2011 (13),	74	5:40.40	201	5:44.04	00.44.0000	000/	-
400m 100m		71.	5:18.19	384	5:14.84 1:22.53	23.11.2023 23.11.2023	98%	
200m	2012 (12		2:45.55	398	2:43.30	25.04.2024	97%	4
400m	, 2012 (12),	84.	5:21.41	372	5:21.05	24.04.2024	100%	1
100m				-	1:15.63	26.04.2024	-	
200m	, 2012 (12),		2:45.49	399	2:45.78	25.04.2024	100%	1
400m	, - (),	28.	5:04.52	438	5:12.89	24.04.2024	106%	
100m 200m				-	1:13.60 2:49.88	26.04.2024 25.04.2024	-	
	, 2010 (14),							2
100m 400m		52.	4:47.24	403	1:02.55 4:49.66		- 102%	
200m		84.	2:35.53	350	2:38.32		104%	
100m	, 2011 (13),			-	1:03.13	26.04.2024	-	-
400m		16.	4:57.81	468	4:54.75	27.03.2024	98%	
200m	, 2012 (12),		2:40.13	440	2:39.16	25.04.2024	99%	1
400m	, 2012 (12),	98.	5:28.19	350	5:30.94		102%	'
100m 200m				-	1:15.24 2:51.65		-	
200111	, 2012 (12),			-	2.51.05		-	1
400m		44.	5:08.56	421	5:16.23		105%	
100m 200m			2:40.99	433	1:22.27 2:40.76		100%	

	, 2012 (12),							1
400m	•	136.	5:52.85	281	5:58.66		103%	
100m				-	1:22.81		-	
200m	0040 (44			-	2:56.19		-	
	, 2010 (14),							-
100m		400		-	1:05.38	26.04.2024	-	
400m		160.	5:35.23	253	5:34.20	25.04.2024	99%	
200m	2010 (14	144.	2:46.90	283	2:46.19	24.04.2024	99%	4
400	, 2010 (14),	07	4.40.00	405	4.46.50		1050/	1
400m 100m		27.	4:40.00	435	4:46.52 1:04.59		105%	
200m		28.	2:26.71	417	2:24.49		97%	
	, 2012 (12),							_
400m	, 2012 (12),	125.	5:44.14	303	5:44.08	24.04.2024	100%	
100m				-	1:29.97	19.04.2024	-	
200m				-	2:50.20	25.04.2024	-	
	, 2011 (13),							1
400m		111.	5:34.55	330	5:45.58	24.04.2024	107%	
100m				-	1:18.51	26.04.2024	-	
200m	0040 (4.4			-	3:02.43	25.04.2024	-	•
400	, 2010 (14),	454	5 00 0F	004	5.05.50	05.04.0004	4000/	2
400m 100m		154.	5:22.85	284	5:35.50 1:15.19	25.04.2024 26.04.2024	108%	
200m		112.	2:40.45	318	2:45.47	24.04.2024	106%	
200	, 2011 (13),			0.0	2	2	10070	_
100m	, ==::(:= /,			_	1:04.60	26.10.2023	_	
400m		13.	4:54.85	482	4:52.83	24.04.2024	99%	
200m			2:34.91	486	2:34.71	22.11.2023	100%	
	, 2011 (13),							1
100m				-	1:18.22	24.11.2023	-	
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m	2044 (42			-	2:59.25	25.04.2024	-	4
100	, 2011 (13),				1.01.70			1
100m 400m		39.	4:43.10	- 421	1:01.70 4:42.00		99%	
200m		110.	2:39.84	322	2:42.00		103%	
200111	, 2010 (14),	110.	2.00.04	OLL	2. 12.00		10070	_
400m	, 2010 (11),	35.	4:41.88	426	4:40.20		99%	
100m				-	1:08.47		-	
200m		58.	2:30.84	383	2:29.71		99%	
	, 2011 (13),							-
400m		73.	4:52.60	381	4:50.48		99%	
100m		00	0.07.44	-	1:08.99		-	
200m	, 2011 (13),	96.	2:37.44	337	2:35.31		97%	1
400m	, 2011 (13),	120.	5:40.49	313	5:43.73		102%	
100m		120.	3.40.49	-	1:17.03		10276	
200m				-	2:56.19		-	
	, 2010 (14),							2
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.64		-	
400m		29.	4:41.14	430	4:51.18		107%	
200m		16.	2:22.56	454	2:25.57		104%	_
	, 2011 (13),							2
400m		30.	5:04.55	438	5:16.65	24.04.2024	108%	
100m 200m			2:38.03	- 458	1:19.49 2:39.45	26.04.2024 25.04.2024	102%	
200111	, 2010 (14),		2.50.05	400	2.00.40	20.04.2024	10270	1
400m	, 2010 (14),	145.	5:11.00	317	5:02.94		95%	'
100m		140.	5.11.00	-	1:11.66		-	
200m		120.	2:41.59	312	2:42.38		101%	
	, 2012 (12),							-
400m		114.	5:01.82	347	5:00.14	25.04.2024	99%	
100m				-	1:20.97	26.04.2024	-	
	, 2010 (14),							2
100m				<u>-</u>	1:04.73	28.03.2024	-	
400m		84.	4:54.55	374	4:56.66	27.03.2024	101%	
200m	, 2011 (13),	103.	2:38.60	330	2:45.39	16.06.2023	109%	1
400	, 2011 (13),	46.	E.00 47	447	E-0E 00		000/	ı
400m 100m		40.	5:09.47	417	5:05.80 1:11.00		98%	
200m			2:36.77	469	2:39.70		104%	
	, 2010 (14),				-			2
100m	, (/)			-	55.65	26.04.2024	-	_
400m		10.	4:28.47	494	4:30.00	25.04.2024	101%	
200m		9.	2:19.89	481	2:30.78	22.11.2023	116%	

400m	, 2010 (14),	132.	5:05.85	334	5:04.79		99%	1
100m		102.	3.03.63	-	1:14.56		-	
200m		77.	2:34.13	359	2:34.88		101%	
	, 2010 (14),							1
100m 400m		121.	5:03.26	342	1:04.13 4:53.89		94%	
200m		121.	2:41.80	311	2:42.26		101%	
	, 2011 (13),							-
400m		134.	5:06.22	332	5:03.36	25.04.2024	98%	
100m 200m		111.	2:40.43	- 319	1:11.34 2:39.42	26.04.2024 24.04.2024	99%	
200111	, 2013 (11),	111.	2.40.43	319	2.33.42	24.04.2024	9976	1
400m	, 2010 (11),	144.	6:15.17	234	6:23.56	24.04.2024	105%	
100m				-	1:38.18	26.04.2024	-	
200m	2011 (12			-	3:46.50	06.12.2023	-	2
100m	, 2011 (13),			_	1:06.34		_	2
400m		117.	5:02.29	346	5:06.72		103%	
200m		123.	2:41.79	311	2:43.15		102%	
	, 2011 (13),							2
100m 400m		136.	5:06.37	332	1:06.69 5:15.49	07.12.2023 27.03.2024	106%	
200m		129.	2:42.90	304	2:50.21	24.04.2024	109%	
	, 2010 (14),							1
400m		23.	4:38.83	441	4:40.20	25.04.2024	101%	
100m	, 2011 (13),			-	1:03.07	26.04.2024	-	1
100m	, 2011 (13),			-	1:00.12		_	'
400m		25.	4:39.41	438	4:43.97		103%	
	, 2011 (13),							2
400m		150.	5:15.84	303	5:17.90	25.04.2024	101%	
100m 200m		142.	2:45.74	289	1:15.34 2:48.64	26.04.2024 24.04.2024	104%	
	, 2010 (14),							1
400m		83.	4:54.17	375	5:11.10	23.11.2023	112%	
100m 200m		80.	2:34.81	- 355	1:10.36 NT		-	
200111	, 2010 (14),	80.	2.54.01	333	INI		-	_
100m	, 2010 (14),			-	59.62	26.04.2024	-	
400m		49.	4:46.80	405	4:37.90	25.04.2024	94%	
200m	, 2012 (12),	33.	2:27.57	410	2:27.45	24.04.2024	100%	
400m	, 2012 (12),	110.	5:34.37	331	5:26.57		95%	_
100m				-	1:20.12		-	
200m				-	2:54.00		-	
400	, 2011 (13),				4.00.00			1
100m 400m		33.	4:41.84	427	1:00.03 4:42.88		101%	
200m		83.	2:35.11	353	2:33.34		98%	
	, 2011 (13),							1
100m 400m		8.	4:52.02	496	59.14 4:49.86		99%	
200m		0.	2:28.25	555	2:29.93		102%	
	, 2012 (12),							1
400m		118.	5:39.24	316	5:47.72	24.04.2024	105%	
100m 200m				-	1:21.52 3:01.82	26.04.2024 25.04.2024	-	
200	, 2011 (13),				0.01.02	2010 11202 1		2
400m		1.	4:36.01	588	4:40.15	24.04.2024	103%	
100m			2:20.69	- 530	1:05.31	26.04.2024	103%	
200m	, 2011 (13),		2:29.68	539	2:31.57	25.04.2024	103%	1
400m	, 2011 (10),	110.	5:00.43	352	5:00.56		100%	'
100m				-	1:10.64		-	
200m	0040 (44	109.	2:39.77	323	2:39.17		99%	^
400m	, 2010 (14),	106.	4:59.83	354	5:03.85		103%	2
100m		100.	7.33.03	304	1:09.98		10370	
200m		92.	2:36.85	341	2:39.94		104%	
100~	, 2010 (14),				E0 70			2
100m 400m		13.	4:31.82	- 476	58.78 4:47.67		- 112%	
200m		32.	2:27.18	413	2:33.74		109%	

	0044 (40							
400m	, 2011 (13),	79.	5:20.72	375	5:29.96	27.03.2024	106%	1
100m		13.	3.20.72	-	1:27.32	26.04.2024	-	
200m				-	2:52.36	25.04.2024	-	
	, 2011 (13),							-
400m		141.	5:08.43	325	5:06.86		99%	
100m				-	1:20.91		-	
200m	2011 (12	98.	2:37.73	335	2:37.55		100%	
400m	, 2011 (13),	112.	E:01 0E	250	4:46.21		90%	-
400m 100m		112.	5:01.05	350 -	4:46.21 1:08.42		90%	
100111	, 2011 (13),				1.00.12			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.	2:25.38	428	1:13.19 2:22.59		96%	
200111	, 2011 (13),	20.	2.20.00	120	2.22.00		0070	1
400m	, == : (:= /,	124.	5:44.02	303	5:55.78		107%	
100m				-	1:24.03		-	
200m				-	2:57.06		-	
400	, 2012 (12),			40.4				1
400m 100m		38.	5:05.99	431 -	5:00.22 1:13.94		96%	
200m			2:40.97	433	2:41.99		101%	
200	, 2013 (11),			.00	200		.0.,0	1
400m	, (96.	5:27.19	353	5:30.42	27.03.2024	102%	
100m				-	1:17.86	26.04.2024	-	
200m	0044 (40			-	2:59.30		-	
400	, 2011 (13),							1
400m 100m		4.	4:40.74	559	4:37.71 1:04.81		98%	
200m			2:27.56	563	2:27.89		100%	
	, 2010 (14),							1
100m	, == (, , ,,			-	1:08.86	26.04.2024	-	
400m		159.	5:30.87	263	5:34.76	25.04.2024	102%	
200m	0040 (44	152.	2:57.84	234	2:37.96		79%	_
400	, 2010 (14),	70	4 50 50	000	4.50.00		4000/	2
400m 100m		72.	4:52.50	382	4:52.68 1:18.06		100%	
200m		52.	2:30.33	387	2:31.09		101%	
	, 2010 (14),							1
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.59		-	
200m		50.	2:30.23	388	2:32.95		104%	
	, 2011 (13),							-
100m		F	4.44.57	-	59.17	26.04.2024	-	
400m 200m		5.	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),		2.00.20	000	2.01.00	20.0 1.202 1	0070	2
400m	, == : (: = -),	2.	4:38.68	571	4:40.10	24.04.2024	101%	_
100m				-	1:12.77	23.11.2023	-	
200m			2:22.53	624	2:24.20	25.04.2024	102%	
400	, 2012 (12),				4 40 45	00.40.0000		-
100m 400m		95.	5:27.11	353	1:18.15 5:20.73	26.10.2023 24.04.2024	96%	
200m		30.	0.27.11	-	2:56.24	25.04.2024	-	
	, 2011 (13),							-
100m				-	1:02.61	05.10.2023	-	
400m		15.	4:55.46	479	4:50.73	24.04.2024	97%	
200m	0040 (44		2:33.61	499	2:33.58	25.04.2024	100%	
400	, 2010 (14),	450	E.20.00	005	E-20 00	2F 04 2024	4000/	1
400m 100m		158.	5:30.09	265	5:30.90 1:13.92	25.04.2024 26.04.2024	100%	
200m		141.	2:45.31	291	2:42.67	24.04.2024	97%	
	, 2010 (14),							1
400m	, , , , , , , , , , , , , , , , , , , ,	85.	4:54.88	372	4:48.30		96%	-
100m				-	1:05.77		-	
200m	2014 (42	39.	2:28.77	400	2:30.91		103%	_
100-	, 2011 (13),			_	1.00 45			2
100m 400m		19.	4:58.75	464	1:03.15 5:01.84		102%	
200m		10.	2:34.95	486	2:36.98		103%	

	, 2011 (13),							2
400m		12.	4:54.60	483	4:56.36	24.04.2024	101%	
100m 200m			2:34.85	487	1:11.76 2:37.06	26.04.2024 25.04.2024	103%	
200111	, 2011 (13),		2.04.00	401	2.07.00	20.04.2024	10070	2
400m	, == : : (: = -),	59.	4:49.29	394	4:55.83		105%	_
100m				-	1:06.88		-	
200m	0040 (44	56.	2:30.47	386	2:34.49		105%	
100	, 2010 (14),				1,00 40			-
100m 400m		32.	4:41.74	- 427	1:00.40 4:38.00		- 97%	
200m		106.	2:39.25	326	2:32.00		91%	
	, 2012 (12),							1
400m	·	130.	5:48.45	292	5:49.10	24.04.2024	100%	
100m				-	1:31.39	28.03.2024	-	
200m	, 2011 (13),			-	3:00.67	25.04.2024	-	_
100m	, 2011 (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			2:46.69	390	1:22.25 2:47.42		- 101%	
200111	, 2012 (12),		2.40.03	390	2.41.42		10176	_
100m	, 23:2(:2),			_	1:11.00		_	
400m		102.	5:30.10	344	5:29.94		100%	
200m				-	2:49.79		-	
400	, 2012 (12),	400	5 50 7 4	000	0.04.40	04.04.0004	4000/	1
400m 100m		133.	5:50.71	286	6:01.10 1:15.81	24.04.2024 26.04.2024	106%	
200m				-	2:57.50	25.04.2024	-	
	, 2010 (14),							-
400m		68.	4:52.04	383	4:50.19	25.04.2024	99%	
100m		00	0.04.04	-	1:18.29	06.10.2023	-	
200m	, 2011 (13),	62.	2:31.24	380	2:29.25	24.04.2024	97%	_
100m	, 2011 (13),			-	1:16.04		_	_
200m		153.	3:00.95	222	2:48.79		87%	
	, 2010 (14),							-
100m				-	1:01.60		-	
400m 200m		119. 100.	5:02.76 2:38.04	344 333	5:02.70 2:35.00		100% 96%	
200111	, 2012 (12),	100.	2.30.04	333	2.33.00		90%	1
100m	, 2012 (12),			_	1:15.24		_	
400m		131.	5:49.82	289	6:01.03		107%	
200m				-	3:11.37		-	
	, 2011 (13),							1
400m 100m		33.	5:04.98	436	5:03.60 1:10.20		99%	
200m			2:41.78	427	2:42.00		100%	
	, 2011 (13),							1
400m	, , , , , , , , , , , , , , , , , , , ,	36.	5:05.26	435	5:03.43	24.04.2024	99%	
100m				-	1:10.18	26.04.2024	-	
200m	, 2010 (14),		2:38.81	451	2:42.57	25.04.2024	105%	
400m	, 2010 (14),	15.	4:32.87	470	4:31.67		99%	-
100m		10.	1.02.01	-	1:02.45		-	
	, 2011 (13),							1
100m				-	59.64		-	
400m		30.	4:41.18	430	4:38.57		98%	
200m	, 2010 (14),	54.	2:30.36	387	2:32.82		103%	2
100m	, 2010 (14),			-	1:00.66		-	_
400m		56.	4:47.79	401	5:00.36		109%	
200m		60.	2:31.10	381	2:33.70		103%	
	, 2011 (13),							-
400m		48.	4:46.42	406	4:45.95	25.04.2024	100%	
100~				-	1:13.57	26.04.2024	-	
100m 200m		42	2:29 06	397	2.27.33	24.04 2024	98%	
100m 200m	, 2010 (14).	42.	2:29.06	397	2:27.33	24.04.2024	98%	-
	, 2010 (14),	42. 44.	2:29.06 4:44.83	397 413	2:27.33 4:40.19	24.04.2024 25.04.2024	98% 97%	-
200m	, 2010 (14),							-

	, 2011 (13),							2
100m	, 2011 (13),			-	1:06.33		_	2
400m		40.	5:06.89	428	5:12.55		104%	
200m			2:45.50	399	2:49.02		104%	
	, 2011 (13),							-
400m		14.	4:55.45	479	4:51.11		97%	
100m				-	1:08.96		-	
200m			2:38.14	457	2:34.65		96%	
	, 2010 (14),							2
400m		115.	5:01.95	347	5:05.04		102%	
100m		40		-	1:16.06		-	
200m	0040 (44	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		47.	2:29.72	392	1:06.71 2:31.30	26.04.2024 24.04.2024	102%	
200111	, 2012 (12),	47.	2.23.12	332	2.51.50	24.04.2024	10270	1
400m	, 2012 (12),	129.	5:46.75	296	5:54.58	24.04.2024	105%	•
100m		120.	0.40.70	-	1:35.68	26.04.2024	-	
200m				-	3:02.58	25.04.2024	-	
	, 2010 (14),							1
400m		77.	4:53.13	379	4:56.26		102%	
100m				-	1:06.63		-	
200m		67.	2:32.53	371	2:31.67		99%	
	, 2012 (12),							1
400m		117.	5:38.28	319	5:55.38		110%	
100m				- -	1:26.26		-	
200m	2012 (12			-	3:06.71		-	4
100	, 2012 (12),				1.15 15			1
100m 400m		121.	5:41.46	310	1:15.15 5:54.03	24.04.2024	107%	
200m		121.	3.41.40	-	3:09.62	25.04.2024	-	
200	, 2010 (14),				0.00.02	2010 11202 1		2
400m	, == (, , , , , , , , , , , , , , , , ,	22.	4:38.72	441	4:46.63		106%	_
100m				-	1:06.13		-	
200m		21.	2:25.04	431	2:29.10		106%	
	, 2012 (12),							1
400m		142.	6:03.54	257	6:05.68	27.03.2024	101%	
100m				-	1:34.62	28.03.2024	-	
200m	0040 (44			-	3:04.05	25.04.2024	-	•
	, 2010 (14),							2
400m 100m		93.	4:56.44	367	5:05.89 1:11.00		106%	
200m		73.	2:33.76	362	2:42.86		112%	
200111	, 2010 (14),	70.	2.00.10	002	2. 12.00		11270	_
400m	, =0.0 (),	90.	4:55.48	370	4:55.23	25.04.2024	100%	
100m				-	1:09.85	26.04.2024	-	
200m		65.	2:32.39	372	2:29.44	24.04.2024	96%	
	, 2013 (11),							1
400m		143.	6:08.41	247	6:15.63		104%	
100m				-	1:27.90		-	
200m	0040 (44			-	3:02.71		-	
100	, 2010 (14),				4.07.00	00.04.0004		1
100m 400m		129.	5:05.00	-	1:07.36 5:03.09	26.04.2024 25.04.2024	99%	
200m		131.	2:43.19	337 303	2:43.68	24.04.2024	101%	
								21
	, 2011 (13),							2
400m	, 2011 (13),	11.	4:30.41	483	4:32.58		102%	_
100m		11.	4.30.41	-	1:02.61		10270	
200m		34.	2:28.18	404	2:30.35		103%	
	, 2010 (14),							-
400m	, , , , , , , , , , , , , , , , , , , ,	71.	4:52.10	383	4:46.20		96%	
100m				-	1:17.05		-	
200m		64.	2:31.85	376	2:29.55		97%	
	, 2011 (13),							-
400m		17.	4:58.03	467	4:55.18		98%	
100m			2.42.40	-	1:14.68		- 000/	
200m	, 2011 (13),		2:42.42	422	2:40.38		98%	
400m	, 2011 (13),	25.	5:02.37	447	4:56.03		96%	-
100m		۷۵.	3.02.31		1:14.95		30 /0	
200m			2:51.03	361	2:47.54		96%	

	, 2012 (12),					1
400m		6.	4:48.04	517	4:52.60	103%
100m			0.07.44	-	1:08.29	-
200m	, 2010 (14),		2:37.44	463	2:35.61	98%
400m	, 2010 (14),	149.	5:15.19	305	5:07.65	95%
100m		149.	5.15.19	-	1:18.39	95%
200m		107.	2:39.51	324	2:37.36	97%
	, 2011 (13),					-
400m		51.	5:11.10	410	5:03.43	95%
100m 200m			2:43.18	- 416	1:22.64 2:40.55	- 97%
200111	, 2012 (12),		2.43.10	410	2.40.55	1
400m	, 2012 (12),	113.	5:01.32	349	5:03.99	102%
100m		110.	0.01.02	-	1:12.38	-
200m		119.	2:41.52	312	2:41.04	99%
	, 2012 (12),					-
100m		405	5.00.04	-	1:04.60	-
400m 200m		135. 137.	5:06.31 2:44.31	332 297	5:06.16 2:40.08	100% 95%
200	, 2011 (13),		2	20.	2	1
100m	, 2011 (10),			-	1:04.92	· ·
400m		45.	5:08.76	420	5:09.05	100%
200m	0044 (40		2:47.76	383	2:46.15	98%
400	, 2011 (13),				4 00 00	2
100m 400m		37.	5:05.59	433	1:06.09 5:07.54	- 101%
200m		31.	2:43.35	433 415	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%
400m	, 2011 (13),	81.	5:21.18	373	5:21.64	1 100%
100m		01.	3.21.10	3/3 -	1:16.52	-
200m				-	2:53.92	-
	, 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% 1
400m	, 2010 (14),	47.	4:46.08	408	4:47.50	101%
100m		77.	4.40.00	-	1:05.50	-
200m		71.	2:33.09	367	2:30.70	97%
	, 2011 (13),					-
400m		34.	5:05.09	435	5:00.47	97%
100m 200m			2:45.78	- 397	1:15.07 2:43.92	98%
200111	, 2010 (14),		2.10.70	007	2.10.02	-
100m	, 2010 (11),			_	1:05.23	<u>-</u>
400m		108.	5:00.14	353	4:49.66	93%
200m		150.	2:49.32	271	2:40.00	89%
400	, 2011 (13),					1
100m 400m		31.	5:04.59	437	1:05.75 5:05.60	- 101%
200m		31.	3.04.33	-	2:53.11	10176
	, 2010 (14),					-
100m	, (),			-	58.71	-
400m		16.	4:34.10	464	4:33.04	99%
200m	2010 (11	20.	2:23.82	442	2:21.32	97%
400m	, 2010 (14),	122.	5·02 52	2/1	4:55.07	- 069/
100m		122.	5:03.53	341 -	4:55.07 1:20.35	95% -
200m		133.	2:43.60	300	2:42.82	99%
	- , 2012 (12)),				1
400m		27.	5:03.89	440	5:10.25	104%
100m			0.40.00	-	1:14.03	-
200m	0040 (44		2:40.33	439	2:40.09	100%
400	, 2010 (14),	444	E:00.00	250	4.E0 0F	- 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		00	2.22.52	-	1:05.20	40.407
200m		26.	2:26.59	418	2:29.33	104%

	, 2011 (13),						1
400m	, 2011 (13),	82.	5:21.20	373	5:11.48	94%	
100m		02.	0.21.20	-	1:12.72	-	
200m			2:37.44	463	2:39.93	103%	
	, 2010 (14),						1
100m				-	56.14	-	
400m		20.	4:37.84	445	4:40.00	102%	
200m		17.	2:22.78	452	2:22.20	99%	_
	, 2010 (14),						2
400m		5.	4:24.28	518	4:27.15	102%	
100m 200m		5.	2:17.26	- 509	1:01.00 2:18.68	- 102%	
200111	, 2011 (13),	J.	2.17.20	309	2.10.00	102/8	2
100m	, 2011 (13),			-	1:01.69	-	_
400m		86.	4:54.90	372	5:07.83	109%	
200m		113.	2:40.51	318	2:40.53	100%	
	, 2011 (13),						-
400m		29.	5:04.54	438	5:00.70	97%	
100m				-	1:10.86	-	
200m			2:40.75	435	2:38.82	98%	
							07
							27
	, 2011 (13),						1
400m		42.	5:08.18	422	5:12.96	103%	
100m 200m			2:36.66	- 470	1:11.54 2:35.00	98%	
200111	, 2010 (14),		2.30.00	470	2.33.00	90 /6	2
100m	, 2010 (14),			-	59.85	_	
400m		74.	4:52.74	381	4:54.15	101%	
200m		82.	2:35.08	353	2:39.00	105%	
	, 2012 (12),						1
400m	, - (),	114.	5:35.58	327	5:39.26	102%	
100m				-	1:19.35	-	
200m				-	2:56.07	-	
	, 2011 (13),						1
400m		103.	4:59.02	357	4:56.00	98%	
100m 200m		118.	2:41.28	314	1:09.00 2:45.00	105%	
200111	, 2011 (13),	110.	2.41.20	314	2.43.00	10376	_
100m	, 2011 (13),			-	1:37.00	-	_
200m				-	3:24.00	-	
	, 2011 (13),						_
100m	, == : (:= /,			-	1:18.00	-	
400m		147.	6:27.11	213	6:20.00	96%	
200m				-	3:12.00	-	
	, 2012 (12),						-
100m				-	1:16.82	-	
400m 200m		146.	6:21.28	223	6:09.89 3:10.65	94%	
200111	, 2010 (14),				3.10.03		1
400m	, 2010 (14),	125.	5:03.94	340	4:57.49	96%	'
100m		120.	0.00.04	-	1:14.00	-	
200m		45.	2:29.45	394	2:31.00	102%	
	, 2010 (14),						1
400m		164.	5:48.93	225	5:59.00	106%	
100m				-	1:19.00	-	
	, 2011 (13),						2
400m		104.	4:59.22	356	5:01.37	101%	
100m		00	0.20.40	-	1:20.70	-	
200m	, 2010 (14),	88.	2:36.48	343	2:38.89	103%	4
100m	, 2010 (14),				1.02.70	_	1
100m 400m		124.	5:03.90	340	1:03.70 5:05.00	101%	
200m		145.	2:47.42	280	2:45.00	97%	
	, 2012 (12),						1
400m	, _= (=),	123.	5:43.84	304	5:50.00	104%	-
100m				-	1:27.00	-	
200m				-	2:55.00	-	
	, 2011 (13),						1
400m		157.	5:28.67	269	5:14.00	91%	
100m		1.40	2.44 06	-	1:11.00	4000/	
200m	2012 (14	140.	2:44.86	294	2:45.18	100%	4
400m	, 2013 (11),	141.	6:01.09	262	6·∩1 11	100%	1
400m 100m		141.	0.01.09	262	6:01.11 1:31.64	100%	
200m				-	3:12.02	-	
					- -		

	, 2010 (14),						1
100m		_		-	55.90		
400m		7.	4:27.93	497	4:26.70	99%	
200m	2010 (11	4.	2:17.05	511	2:18.70	102%	4
400	, 2010 (14),		. ======		4 = 2 4 =	2001	1
400m		98.	4:58.53	359	4:56.47	99%	
100m		20	2.20.60	400	1:07.50	4049/	
200m	2044 (42	38.	2:28.69	400	2:31.87	104%	
400	, 2011 (13),	4.40	0:40.44	400	0.05.00	000/	-
400m		149.	6:42.44	189	6:35.00	96%	
100m				-	1:28.00	-	
200m	0040 (44			-	3:10.00	-	
	, 2013 (11),						-
100m		161	F: 40.00	-	1:12.50	-	
400m		161.	5:40.86	241	5:34.00	96%	
200m	2042 (42	156.	3:08.02	198	3:03.00	95%	
	, 2012 (12),						-
400m		162.	5:42.11	238	5:41.00	99%	
100m		151	2.04.64	-	1:27.00	-	
200m	2242 (4.4	154.	3:01.61	219	3:01.00	99%	_
	, 2010 (14),						2
100m					1:04.76	.	
400m		142.	5:09.66	322	5:10.89	101%	
200m	0044 (40	101.	2:38.47	331	2:39.21	101%	
	, 2011 (13),						1
400m		93.	5:26.72	354	5:34.09	105%	
100m				-	1:13.52	-	
200m				-	2:59.24	-	_
	, 2011 (13),						2
100m					1:02.02		
400m		88.	5:23.00	367	5:40.00	111%	
200m	2244 (42		2:45.17	401	2:48.00	103%	
	, 2011 (13),						-
400m		127.	5:45.02	301	5:38.96	97%	
100m				-	1:18.87	-	
200m				-	3:06.22	-	
	, 2012 (12),						1
400m		139.	5:07.02	330	5:09.00	101%	
100m		4.40	0.40.00	-	1:15.85	-	
200m	2211 (12	148.	2:48.08	277	2:46.85	99%	
	, 2011 (13),						1
400m		115.	5:35.94	326	5:38.76	102%	
100m				-	1:24.51	-	
200m	0040 (40			-	2:55.31	-	
	, 2012 (12),						-
400m		116.	5:36.39	325	5:30.00	96%	
100m				-	1:26.50	-	
200m	0044 (40			-	2:55.00	-	
	, 2011 (13),						-
100m		4.40	F:40.04	-	1:04.70	-	
400m	0040 (44	148.	5:13.61	310	5:12.00	99%	
	, 2010 (14),						1
400m		45.	4:45.43	411	4:47.00	101%	
100m		4.4	0.00.00	-	1:08.00	-	
200m	0044 (40	41.	2:28.99	398	2:28.00	99%	
400	, 2011 (13),		= aa aa		= 40.00	2001	1
400m		152.	5:22.32	285	5:16.00	96%	
100m		143.	2:46.56	205	1:20.50	- 104%	
200m	0044 (40	143.	2:46.56	285	2:50.00	104%	4
	, 2011 (13),						1
400m		148.	6:35.76	199	6:40.58	102%	
100m				-	1:33.00	=	
200m	2011 (12			-	3:10.00	-	2
	, 2011 (13),						2
100m		2.7	4.54.00	-	1:04.01	4000/	
400m		67.	4:51.62	385	4:52.34	100%	
200m		105.	2:38.77	329	2:39.78	101%	