%						
					, 2011 (13 ),	
101%	4:53.48	493	4:52.72	10.		00m
-	1:11.32 2:35.20	-				00m 00m
-	2.33.20	-			, 2011 (13 ),	.00111
-	5:08.05	-			, 2011 (10 ),	00m
-	1:18.37	-				00m
-	2:48.88	-				200m
					, 2010 (14 ),	
-	4:46.77	-				100m
-	1:10.23 2:25.50	-				100m 200m
	2.20.00				, 2010 (14 ),	.00111
=	5:03.12	-			, == ( ),	-00m
-	1:09.93	-				00m
-	2:40.19	-				200m
					, 2010 (14 ),	
-	57.36	-				100m
-	4:59.79 2:31.28	-				100m 200m
-	2.01.20	-			, 2011 (13 ),	
99%	5:27.33	347	5:28.91	100.	, _0 (.0 ),	-00m
-	1:14.81	-				00m
-	2:46.39	-				200m
					, 2010 (14    ),	
-	4:56.97	-				00m
-	1:14.87 2:34.33	-				00m !00m
-	2.04.00	-			, 2010 (14 ),	.00111
_	4:47.31	_			, 2010 (11 ),	100m
-	1:08.10	-				00m
-	2:32.09	-				:00m
					, 2012 (12 ),	
97%	5:44.42	288	5:49.98	132.		00m
-	1:21.94	-				00m
-	2:59.66	-			, 2010 (14 ),	00m
<u>-</u>	58.01	_			, 2010 (14 ),	00m
-	4:50.47	-				-00m
-	2:34.12	-				:00m
					, 2011 (13 ),	
-	1:02.34	-				00m
101%	4:42.01 2:38.03	560	4:40.55	3.		00m 00m
	2.50.05				, 2011 (13 ),	.00111
102%	4:51.80	515	4:48.49	7.	, 2011 (10 ),	100m
-	1:11.90	-		• •		00m
-	2:33.50	-				:00m
					, 2011 (13 ),	
101%	5:21.89	374	5:20.92	80.		00m
- -	1:19.46 2:51.06	-				00m :00m
_					, 2010 (14 ),	
<u>-</u>	59.01	_			, 2010 (17 ),	00m
-	4:57.39	-				00m
-	2:32.60	-				00m
					, 2011 (13 ),	
4040/	1:09.62	- 275	E.00 E0	70		00m
101%	5:21.68 2:52.65	375	5:20.52	78.		.00m :00m
					, 2011 (13 ),	
-	4:49.60	_			, 2011 (10 ),	-00m
-	1:13.73	-				00m
-	2:32.11	-				200m
					, 2011 (13 ),	
98%	5:24.80	349	5:28.41	99.		00m
	1:27.21	-				00m 200m
-	2.47 65					
-	2:47.65	-			2010 (14	.00111
-	2:47.65 4:40.73	- -			, 2010 (14 ),	100m

200m 400m							
400m				_	2:21.20	_	
	, 2010 (14 ),			-	2.21.20	-	-
	, ( ),			_	4:51.47	_	
100m				_	1:05.79	_	
200m				_	2:34.41	_	
	, 2010 (14 ),						_
400m	, 2010 (14 ),			-	4:47.34		_
100m				-	1:02.00	-	
200m				-	2:25.11	-	
200111	2044 (42			-	2.20.11	-	
400	, 2011 (13 ),		. =			2001	-
400m		20.	4:58.98	463	4:57.41 1:17.17	99%	
100m						=	
200m	2044 (42			-	2:35.78	-	
	, 2011 (13 ),						-
100m				-	1:07.49	-	
400m		54.	5:11.71	408	5:08.16	98%	
200m				-	2:53.06	-	
	, 2010 (14 ),						-
400m				-	5:11.54	-	
100m				-	1:18.86	-	
200m				-	2:42.30	-	
	, 2011 (13 ),						1
400m		68.	5:17.34	387	5:21.70	103%	
100m				-	1:09.93	-	
200m				-	2:41.48	=	
							6
	, 2012 (12 ),						1
100m	, 2012 (12 ),				1:11.43		•
400m		50.	5:10.60	412	5:16.95	104%	
200m		50.	3.10.00	-	2:51.60	10470	
200111	, 2010 (14 ),				2.51.00		_
100	, 2010 (14 ),				EC 20		_
100m				-	56.28	-	
400m 200m				-	4:35.56 2:26.07	-	
200111	2042 (42			-	2.20.07	-	
400	, 2012 (12 ),					<b>97</b> 07	-
400m		66.	5:17.24	387	5:12.74	97%	
100m				-	1:20.48	-	
200m	0040 (44			-	2:37.03	-	
	, 2010 (14    ),						-
100m				-	1:01.10	-	
400m				-	4:50.45	-	
200m				-	2:33.00	-	
	, 2010 (14 ),						-
400m							
				-	4:39.55	-	
100m				-	1:16.99	- -	
100m 200m				- - -		- -	
200m	, 2011 (13 ),				1:16.99 2:27.07	: :	1
200m 400m	, 2011 (13 ),	74.	5:19.44	- - - 379	1:16.99 2:27.07 5:20.36	- - - 101%	1
200m 400m 100m	, 2011 (13 ),	74.	5:19.44	379 -	1:16.99 2:27.07 5:20.36 1:13.26	-	1
200m 400m		74.	5:19.44	379	1:16.99 2:27.07 5:20.36	- - 101% - -	1
200m 400m 100m	, 2011 (13 ), , 2010 (14 ),	74.	5:19.44	379 -	1:16.99 2:27.07 5:20.36 1:13.26	-	1
200m 400m 100m 200m		74.	5:19.44	379 - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08	-	1
200m 400m 100m 200m 400m 100m		74.	5:19.44	379 - - - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68	-	1
200m 400m 100m 200m	, 2010 (14 ),	74.	5:19.44	379 - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08	-	-
200m 400m 100m 200m 400m 100m		74.	5:19.44	379 - - - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68	1	1 -
200m 400m 100m 200m 400m 100m	, 2010 (14 ),			379 - - - - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54		-
200m 400m 100m 200m 400m 100m 200m	, 2010 (14 ),	74. 47.	5:19.44 5:09.90	379 - - - - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54	1	-
200m 400m 100m 200m 400m 100m 200m	, 2010 (14 ), , 2012 (12 ),			379 - - - - -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54		1
200m 400m 100m 200m 400m 100m 200m	, 2010 (14 ), , 2012 (12 ),			379 - - - - - 415	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42		-
200m 400m 100m 200m 400m 100m 200m	, 2010 (14 ), , 2012 (12 ),			379 - - - - - 415	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42	- - - - 108% -	1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ),			379 - - - - - - 415	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16	- - - - 108%	1
200m 400m 100m 200m 400m 100m 200m 100m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ),	47.	5:09.90	379 - - - - - 415 -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40	- - - - 108% -	1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ),	47.	5:09.90	379 - - - - - 415 - - 398	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16	- - - - 108% -	1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ),	47.	5:09.90	379 - - - - - 415 - - 398	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16	- - - - 108% -	1
200m 400m 100m 200m 400m 200m 100m 400m 200m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ),	47.	5:09.90	379 - - - - - 415 - - 398	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08	- - - - 108% -	1
200m 400m 100m 200m 400m 200m 100m 200m 100m 400m 200m 100m 100m 100m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ),	47.	5:09.90	379 - - - - 415 - 398	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08	108% - - 108% - - 101%	1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ),	47.	5:09.90	379 415 - 398 -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08	108% - - 101% -	1 1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ),	47. 62.	5:09.90	379 415 - 398	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08	- - - 108% - - 101% -	1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ),	47.	5:09.90 5:14.32	379 415 - 398 -	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08 1:01.11 4:48.25 2:32.15	108% - - 101% -	1 1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 200m 100m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ),	47. 62.	5:09.90 5:14.32	379 415 - 398 459	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52	- - - 108% - - 101% -	1 1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 200m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ), , 2011 (13 ),	47. 62.	5:09.90 5:14.32	379 415 - 398 459	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84	- - - 108% - - 101% - - - 100%	1 1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 200m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ),	47. 62. 21.	5:09.90 5:14.32 4:59.81	379 415 - 398 459	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84 2:41.53	108% - 101% - 100% - 100%	1 1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 200m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ), , 2011 (13 ),	47. 62.	5:09.90 5:14.32	379 415 - 398 459	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84 2:41.53	- - - 108% - - 101% - - - 100%	1 1
200m 400m 100m 200m 400m 100m 200m 100m 400m 200m 100m 400m 200m 400m 200m 400m 200m	, 2010 (14 ), , 2012 (12 ), , 2012 (12 ), , 2010 (14 ), , 2011 (13 ),	47. 62. 21.	5:09.90 5:14.32 4:59.81	379 415 - 398 459 - 377	1:16.99 2:27.07 5:20.36 1:13.26 2:46.21 4:49.08 1:07.68 2:30.54 1:08.16 5:21.42 2:47.40 1:08.40 5:15.16 2:51.08 1:01.11 4:48.25 2:32.15 5:00.52 1:14.84 2:41.53	108% - 101% - 100% - 100%	1 1

400m	, 2010 (14 ),			-	4:51.04		-
100m				-	1:05.26	-	
200m				-	2:28.00	-	
	, 2010 (14 ),						-
400m				-	4:36.00	-	
100m 200m				-	1:07.50 2:28.50	-	
200111	, 2012 (12 ),				2.20.00		1
400m	, - (	97.	5:27.25	353	5:28.72	101%	
100m				-	1:20.44	-	
200m	2011 (12			-	2:52.24	-	
400m	, 2011 (13 ),	63.	5:16.47	390	5:12.90	98%	-
100m		00.	0.10.11	-	1:11.34	-	
200m				-	2:44.44	-	
400	, 2010 (14 ),				50.04		-
100m 400m				-	59.24 4:31.41	-	
200m				-	2:33.34	-	
	, 2010 (14 ),						-
400m				-	4:50.50	-	
100m 200m				-	1:16.20 2:29.00	-	
200111	, 2010 (14 ),				2.20.00		-
400m	, ( ),			-	4:32.06	-	
100m			0.40.00	-	1:00.00	-	
200m	, 2011 (13 ),		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	-	
							11
	, 2011 (13 ),						11
100m	, 2011 (13 ),			<u>-</u>	1:01.00	-	_
400m				-	5:12.00	-	
200m				-	2:38.50	-	
400	, 2012 (12 ),				4:40.00		-
100m 400m		90.	5:24.46	362	1:10.00 5:17.00	95%	
200m				-	2:52.00	=	
	, 2010 (14 ),						-
100m 400m				-	1:01.00 4:43.00	-	
200m				-	2:30.00	-	
	, 2012 (12 ),						-
100m				-	1:05.00	-	
400m 200m				-	5:03.00 2:45.00	-	
200111	, 2012 (12 ),				2.43.00		_
400m	, - ( ),	65.	5:17.11	388	5:06.00	93%	
100m				-	1:12.90	-	
200m	, 2011 (13 ),			-	2:46.00	-	_
100m	, 2011 (13 ),			-	1:09.00	-	_
400m		77.	5:20.22	376	5:17.90	99%	
200m	0040 (40			-	2:49.60	-	
400m	, 2012 (12 ),	104.	5:31.09	340	5:17.90	92%	-
100m		104.	3.31.09	-	1:21.99	9276 -	
200m				-	2:49.60	-	
400	, 2010 (14 ),				4.50.00		-
400m 100m				-	4:56.38 1:13.64	-	
200m				-	2:27.94	- -	
	, 2011 (13 ),						1
100m		4.4	E.07.47	- 42E	1:05.50	1059/	
400m 200m		41.	5:07.47	425 -	5:15.00 2:46.00	105% -	
200	, 2010 (14 ),						-
100m	, , , , , , , , , , , , , , , , , , , ,			=	59.95	-	
400m				-	4:54.00	-	
200m				-	2:36.00	-	

	, 2010 (14 ),					-
400m				-	5:04.00	-
100m 200m				-	1:15.00 2:33.00	-
200111	, 2011 (13 ),			-	2.33.00	- <u>-</u>
100m	, 2011 (10 ),			-	1:05.00	-
400m		43.	5:08.38	421	4:55.00	92%
200m				-	2:47.00	-
400	, 2010 (14 ),				4 = 0 0 0	-
400m 100m				-	4:58.00 1:18.00	-
200m				-	2:38.35	<u>-</u>
	, 2012 (12 ),					-
400m		103.	5:30.30	343	5:26.00	97%
100m				-	1:18.50	-
200m	, 2010 (14 ),			-	2:54.00	_
100m	, 2010 (14 ),			-	1:00.00	-
400m				-	4:44.22	-
200m				-	2:30.55	-
	, 2011 (13 ),					-
400m 100m				-	4:58.00 1:10.00	- -
200m				-	2:38.60	-
	, 2012 (12 ),					1
400m		140.	5:56.43	273	6:00.00	102%
100m 200m				-	1:22.00 3:14.00	- -
200111	, 2010 (14 ),			-	3.14.00	_
400m	, 2010 (14 ),			-	4:41.90	-
100m				-	1:06.90	-
200m	0044 (40			-	2:28.50	-
400m	, 2011 (13 ),	72.	5:18.21	384	E:06 76	93%
100m		12.	5.16.21	30 <del>4</del> -	5:06.76 1:16.54	93%
200m				-	2:36.17	-
	, 2011 (13 ),					-
400m				-	4:53.00	-
100m 200m				-	1:09.00 2:42.00	<del>-</del> -
200111	, 2012 (12 ),				2. 12.00	_
400m	, == (:= /,	126.	5:44.55	302	5:40.00	97%
100m				-	1:25.00	-
200m	2012 (12			-	2:58.00	- 1
400m	, 2012 (12 ),	92.	5:25.53	358	5:31.00	103%
100m		JZ.	5.25.55	-	1:17.50	-
200m				-	2:57.00	-
	, 2012 (12 ),					1
400m 100m		137.	5:53.39	280	6:09.00 1:35.00	109%
200m				-	3:03.74	<del>-</del>
	, 2010 (14     ),					-
400m				-	4:52.00	-
100m 200m				-	1:10.00 2:45.00	-
200111	, 2012 (12 ),			-	2.70.00	1
100m	, 2012 (12 ),			-	1:05.00	· ·
400m		18.	4:58.44	465	5:05.50	105%
200m	2040 (44			-	2:40.14	-
400m	, 2010 (14 ),			_	5:20.00	-
100m				-	1:09.00	- -
200m				-	2:41.00	-
	, 2011 (13 ),					-
400m		86.	5:21.67	371	5:14.45	96%
100m 200m				-	1:23.21 2:43.34	-
	, 2011 (13 ),				- <del></del> -	-
400m	, - \ - //	135.	5:52.65	282	5:25.00	85%
100m				-	1:23.00	-
200m	, 2011 (13 ),			-	2:50.00	-
400m	, 2011 (13 ),	128.	5:46.63	297	5:30.00	91%
100m		5.	2	-	1:17.00	-
200m				-	2:53.00	-

	, 2010 (14 ),						-
100m 400m				-	58.79 4:50.00	=	
200m				- -	2:35.29	-	
	, 2011 (13 ),						1
400m	, ,	55.	5:11.97	407	5:19.78	105%	
100m				-	1:11.45	<u>=</u>	
200m	2012 (12			-	2:41.12	=	
400m	, 2012 (12 ),	58.	5:13.29	402	5:10.00	98%	-
100m		56.	5.15.29	402	1:16.00	90%	
200m				-	2:50.00	-	
	, 2013 (11 ),						-
400m		145.	6:18.95	227	6:02.00	91%	
100m				-	1:29.00 3:10.00	- -	
200m	, 2010 (14 ),			-	3:10.00	-	_
400m	, 2010 (14 ),			-	4:56.00	-	
100m				-	1:08.00	-	
200m				-	2:42.00	-	
	, 2011 (13 ),						-
400m		22.	5:00.79	454	4:55.76	97%	
100m 200m				-	1:10.23 2:35.69	- -	
200111	, 2013 (11 ),				2.00.00		1
400m	, ==== ( ),	101.	5:29.00	347	5:30.00	101%	•
100m				-	1:17.00	=	
200m				-	2:53.00	-	
400	, 2012 (12 ),				5.00.00		-
400m 100m				-	5:00.00 1:10.50	<del>-</del>	
200m				-	2:26.50	=	
	, 2011 (13    ),						1
100m				-	1:08.00	-	
400m		70.	5:18.02	384	5:24.00	104%	
200m	, 2013 (11 ),			-	2:47.00	-	1
400m	, 2013 (11 ),	122.	5:42.96	306	5:43.00	100%	'
100m		122.	0.42.00	-	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		54.	3.20.73	354	2:53.00	10376	
	, 2012 (12 ),						1
400m		109.	5:32.34	337	5:36.00	102%	
100m				-	1:22.50	-	
200m	2044 (42			-	2:58.00	-	
400m	, 2011 (13 ),			_	4:55.00		-
100m				-	1:09.00	-	
200m				-	2:35.00	-	
	, 2010 (14 ),						-
400m				-	5:00.00	-	
100m 200m				-	1:05.50 2:27.00	-	
200111	, 2012 (12 ),				2.27.00		_
100m	, 2012 (12 ),			-	1:05.90	=	
400m		61.	5:14.16	399	5:14.00	100%	
200m	0040 (40			-	2:46.00	-	
400	, 2012 (12 ),	22	F:00 84	454	F.00.76	1000/	-
400m 100m		23.	5:00.84	454 -	5:00.76 1:15.60	100%	
200m				-	2:34.33	-	
	, 2010 (14 ),						-
400m				-	5:20.00	-	
100m				-	1:11.00	-	
200m				-	2:44.00	-	
							6
	, 2010 (14 ),						-
100m	,			-	55.22	-	
400m				-	4:32.45	-	
200m				-	2:25.42	-	

	, 2011 (13 ),						-
400m		83.	5:21.23	373	5:12.00	94%	
100m				-	1:22.72	-	
200m	2012 (12			-	2:47.38	-	
400	, 2012 (12 ),		=	400	= 00	4000/	-
400m 100m		52.	5:11.42	409	5:11.20 1:19.71	100%	
200m				-	2:45.10	-	
200111	2010 (14			-	2:45.10	-	
400	, 2010 (14 ),				4.40.70		-
400m				-	4:43.78	-	
100m 200m				-	1:15.65 2:27.24	-	
200111	, 2011 (13 ),				2.27.24		
4000	, 2011 (13 ),			-	E.00.40		-
400m 100m				-	5:02.18 1:14.97	-	
200m				_	2:38.82	_	
200	, 2011 (13 ),				2.00.02		_
100m	, =0::(:0 ),			_	1:05.00	_	
400m		56.	5:13.06	403	5:10.00	98%	
200m				-	2:48.00	-	
	, 2010 (14 ),						-
400m	, == ( , , ,,			_	4:10.30	-	
100m				-	1:02.52	-	
200m				-	2:22.10	-	
	, 2010 (14 ),						-
100m				-	1:04.00	-	
400m				-	4:53.44	-	
200m				-	2:39.02	-	
	, 2010 (14     ),						1
400m				-	4:09.73	-	
100m				-	1:05.00		
200m	0040 (40		2:07.95	629	2:13.50	109%	
	, 2012 (12 ),						-
400m		59.	5:13.52	401	5:10.78	98%	
100m				-	1:14.00	-	
200m	2044 (42			-	2:47.46	-	
400	, 2011 (13 ),						-
400m				=	5:02.39	-	
100m 200m				-	1:13.50 2:40.24	-	
200111	2011 (12			-	2.40.24	-	4
400	, 2011 (13 ),				4.44.40		1
100m 400m		32.	5:04.87	436	1:11.46 5:12.37	- 105%	
200m		32.	3.04.07	-	2:52.37	103/8	
200111	, 2011 (13 ),				2.02.01		1
400m	, 2011 (10 ),	11.	4:53.33	490	4:55.57	102%	•
100m		• • • •	4.00.00	-	1:12.97	-	
200m				-	2:33.78	-	
	, 2011 (13 ),						1
400m	, == ( ),	53.	5:11.69	408	5:24.16	108%	
100m				-	1:15.63		
200m				-	2:45.16	-	
	, 2010 (14     ),						-
400m				-	4:53.24	-	
100m				-	1:09.17	-	
200m				-	2:35.00	-	
	, 2010 (14    ),						-
100m				-	1:02.18	-	
400m				-	5:00.24	-	
200m	2011 (12 \			-	2:41.49	-	
400	, 2011 (13 ),	406	E:04 70	220	E-10 00	000/	-
400m		106.	5:31.72	339 -	5:18.20	92%	
100m 200m				-	1:15.73 2:40.40	- -	
20011	, 2010 (14 ),			-	2.10.70	-	_
100m	, 2010 (17 ),			-	1:00.20		-
400m				-	4:46.76	- -	
200m				-	2:29.33	- -	
	, 2011 (13 ),				****		1
100m	, 2011 (10 ),			-	1:05.89	_	•
400m		64.	5:17.06	388	5:20.16	102%	
200m		-		-	2:51.94	<del>-</del>	
	, 2011 (13 ),						1
400m	, , , , , , , , , , , , , , , , , , , ,	48.	5:10.11	414	5:12.44	102%	
100m				-	1:15.06	-	
200m				-	2:46.53	-	

								36
	, 2011 (13 ),							-
400m 100m				-	4:51.26 1:04.54		-	
200m				-	2:35.86		-	
	, 2010 (14 ),							-
100m 400m				-	59.75 4:58.08		-	
200m				-	2:31.82		-	
	, 2012 (12 ),							-
100m 200m				-	1:24.71 2:41.68		-	
200111	, 2010 (14 ),			_	2.41.00		_	-
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:28.87	25.04.2024	-	
100m 200m			2:21.05	469	1:04.92 2:20.41	29.03.2024 24.04.2024	99%	
200111	, 2010 (14 ),		2.21.00	100	2.20.11	21.01.2021	0070	_
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:21.07	25.04.2024	-	
100m 200m				-	1:02.09 2:21.29	26.04.2024 24.04.2024	-	
200111	, 2012 (12 ),				2.21.20	21.01.2021		1
100m				-	1:12.87		-	
400m 200m		134.	5:52.45	282	6:02.18 3:03.57		106% -	
	, 2010 (14 ),							-
100m				-	56.54	26.04.2024	-	
400m 200m			2:17.60	505	4:22.37 2:16.72	25.04.2024 24.04.2024	99%	
	, 2010 (14    ),							-
100m	·			-	1:01.04		-	
400m 200m				-	4:58.23 2:32.38		-	
	, 2011 (13 ),							1
100m		440	E-20 67	-	1:11.63		4040/	
400m 200m		119.	5:39.67	315 -	5:41.67 2:57.97		101% -	
	, 2011 (13 ),							-
100m 400m		69.	5:17.47	386	1:07.27 5:16.74		100%	
200m		09.	5.17.47	-	2:48.80		-	
	, 2010 (14 ),							-
400m 100m				-	4:50.62 1:04.31		-	
200m				-	2:36.18		-	
	, 2011 (13 ),							-
400m 100m		39.	5:06.09	431 -	5:03.05 1:09.13		98%	
200m				-	2:42.47		-	
400	, 2011 (13 ),	75	5-40-74	070	5.05.00	04.04.0004	4040/	1
400m 100m		75.	5:19.74	378 -	5:25.39 1:15.43	24.04.2024 26.04.2024	104% -	
200m				-	2:44.59	22.06.2023	-	
100m	, 2010 (14 ),			-	1:02.92	26.04.2024	_	-
400m				-	5:07.80	25.04.2024	-	
200m	0044 (40			-	2:40.35	24.04.2024	-	
400m	, 2011 (13 ),			-	4:55.65	25.04.2024	_	-
100m				-	1:20.23	26.04.2024	-	
200m	, 2011 (13 ),			-	2:33.67	24.04.2024	=	
100m	, 2011 (13 ),			-	1:03.95	26.04.2024	_	-
400m				-	4:53.13	25.04.2024	-	
200m	, 2011 (13 ),			-	2:39.61	28.03.2024	=	_
400m	, 2011 (13 ),	67.	5:17.33	387	5:12.70		97%	
100m				-	1:13.24		-	
200m	, 2010 (14 ),			-	2:41.91		-	_
400m	, ( //			-	4:55.78	25.04.2024	-	
100m 200m				-	1:18.07 2:39.71	26.04.2024 24.04.2024	-	
200111	, 2011 (13 ),			-	2.00.11	27.07.2024	-	_
400m	, - ( - //	57.	5:13.27	402	5:07.61		96%	
100m 200m				-	1:18.86 2:43.95		-	
200111				-	∓∪.∂∪		=	

	, 2010 (14 ),							-
100m 400m				-	1:06.23 4:46.97	26.04.2024 25.04.2024	-	
200m				-	2:48.11	23.04.2024	-	
	, 2010 (14 ),							-
400m				-	4:56.78		-	
100m				-	1:12.94		-	
200m	, 2011 (13 ),			-	2:39.46		-	_
400m	, 2011 (10 ),			-	5:06.52		-	
100m				-	1:20.24		-	
200m	2044 (42			-	2:41.51		-	
400m	, 2011 (13 ),	60.	5:13.71	400	5:11.05		98%	-
100m		00.	3.13.71	-	1:11.42		9078	
200m				-	2:44.78		-	
400	, 2011 (13 ),				4.00.75	00.04.0004		-
100m 400m				-	1:00.75 4:55.91	26.04.2024 25.04.2024	-	
200m				-	2:35.06	24.04.2024	-	
	, 2010 (14 ),							-
400m 100m				-	4:45.58 1:07.57		-	
200m				-	2:23.78		-	
	, 2010 (14 ),							-
100m				-	1:02.09		-	
400m 200m				-	4:40.19 2:35.73		-	
200111	, 2012 (12 ),				2.00.70			_
100m	, == (== /,			-	1:06.45		-	
400m		73.	5:18.55	382	5:15.39		98%	
200m	, 2011 (13 ),			-	2:50.71		-	_
100m	, 2011 (10 ),			-	1:00.60		-	
400m				-	4:52.60		-	
200m	2011 (12			-	2:44.00		-	4
100m	, 2011 (13 ),			_	1:05.45	26.04.2024	_	1
400m		9.	4:52.11	496	4:58.56	24.04.2024	104%	
200m				-	2:44.93	25.04.2024	-	
400	, 2012 (12 ),				F.40.60	25.04.2024		-
400m 100m				-	5:10.60 1:22.81	25.04.2024 26.04.2024	-	
200m				-	2:47.64	24.04.2024	-	
400	, 2010 (14     ),							-
400m 100m				-	5:15.13 1:20.61	25.04.2024 28.03.2024	-	
200m				-	2:38.12	24.04.2024	-	
	, 2011 (13 ),							-
400m 100m		113.	5:35.23	328	5:24.88 1:21.65		94%	
200m				-	2:52.72		-	
	, 2010 (14     ),							-
400m				-	4:48.82		-	
100m 200m				-	1:17.47 2:32.09		-	
	, 2010 (14 ),							-
400m				-	4:52.60		-	
100m 200m				-	1:12.58 2:27.60		-	
200111	, 2012 (12 ),			_	2.27.00			_
100m	, - ( ),			-	1:04.40	28.03.2024	-	
400m				-	4:55.47	25.04.2024 24.04.2024	-	
200m	, 2010 (14 ),			-	2:41.13	Z4.U4.ZUZ4	-	1
400m	, 2310 (11 /,			-	4:26.36		-	•
100m			0.45.55	-	1:01.56		-	
200m	2011 (12 \		2:15.53	529	2:16.53		101%	
400m	, 2011 (13 ),	85.	5:21.42	372	5:19.67		99%	-
100m		55.	J.21.12	-	1:12.01		-	
200m	0040 (44			-	2:38.51		-	
	, 2010 (14 ) <sub>.</sub>	,						-
400m				_	4.47 50		_	
400m 100m				- - -	4:47.50 1:12.80 2:22.60		-	

	, 2011 (13 ),							-
400m		87.	5:22.95	367	5:22.80		100%	
100m 200m				-	1:06.89 2:41.50		-	
200111	, 2012 (12 ),				2.41.00			_
100m	, == := (:= /,			-	1:03.95	26.04.2024	-	
400m		26.	5:03.12	444	4:55.54	24.04.2024	95%	
200m				-	2:42.67		-	
400	, 2012 (12 ),	400				0.4.0.4.000.4	40.404	1
400m 100m		139.	5:56.27	273	6:03.97 1:24.14	24.04.2024	104%	
200m				-	3:10.66	25.04.2024	-	
	, 2011 (13 ),							1
100m				-	1:06.87		-	
400m		49.	5:10.15	414 -	5:17.13 2:41.97		105%	
200m	, 2011 (13 ),			-	2.41.97		-	_
100m	, 2011 (10 ),			-	1:04.58		-	
400m				-	5:01.18	25.04.2024	-	
200m	0044 (40			-	2:41.79	24.04.2024	-	
400	, 2011 (13 ),	91.	F:04.00	260	E-00 04		000/	-
400m 100m		91.	5:24.93	360	5:22.81 1:12.56		99%	
200m				-	2:53.69		-	
	, 2011 (13 ),							-
400m				-	5:13.38		-	
100m 200m				-	1:28.91 2:44.49		-	
	, 2011 (13 ),							1
400m	, , , , , , , , , , , , , , , , , , , ,	24.	5:01.70	450	5:03.35		101%	
100m				-	1:07.74		-	
200m	, 2012 (12 ),			-	2:39.68		-	_
400m	, 2012 (12 ),	138.	5:54.90	276	5:54.14	24.04.2024	100%	
100m				-	1:21.59	26.04.2024	-	
200m	0040 (44			-	3:02.87	25.04.2024	-	
100m	, 2010 (14 ),				54.12			-
400m				-	4:15.65		-	
200m			2:12.89	561	2:12.78		100%	
	, 2010 (14    ),							-
400m 100m				-	4:42.10 1:09.79	25.04.2024 26.04.2024	-	
200m				-	2:23.12	24.04.2024	-	
	, 2013 (11 ),							1
400m		108.	5:32.14	337	5:39.66		105%	
100m				-	1:34.94		-	
200m	, 2011 (13 ),			-	2:56.62		-	1
400m	, 2011 (13 ),	105.	5:31.45	339	5:32.47		101%	'
100m				-	1:25.17		-	
200m	0040 (40			-	2:55.64		-	
400	, 2012 (12 ),	110	E-0E-00	220	E-20 E6	24.04.2024	070/	-
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	-	
	, 2011 (13 ),							-
400m		71.	5:18.19	384	5:14.84	23.11.2023	98%	
100m 200m				-	1:22.53 2:43.30	23.11.2023 25.04.2024	-	
200111	, 2012 (12 ),				2.10.00	20.0 1.202 1		_
400m	, , , , , , , , , , , , , , , , , , , ,	84.	5:21.41	372	5:21.05	24.04.2024	100%	
100m				-	1:15.63	26.04.2024	-	
200m	, 2012 (12 ),			-	2:45.78	25.04.2024	-	1
400m	, 2012 (12 ),	28.	5:04.52	438	5:12.89	24.04.2024	106%	1
100m				-	1:13.60	26.04.2024	-	
200m				-	2:49.88	25.04.2024	-	
100	, 2010 (14 ),				4.00 ==			-
100m 400m				-	1:02.55 4:49.66		-	
200m				-	2:38.32		-	
	, 2011 (13 ),							-
100m		4.0	4.57.04	-	1:03.13	26.04.2024	-	
400m 200m		16.	4:57.81	468 -	4:54.75 2:39.16	27.03.2024 25.04.2024	98% -	
200111				-	2.00.10	20.07.2027	-	

, 2012 (12 ), 1 350 5:30.94 102% 400m 98. 5:28.19 100m 1:15.24 200m 2:51.65 , 2012 (12 ), 1 400m 421 105% 44. 5:08.56 5:16.23 1:22.27 100m 200m 2:40.76 , 2012 (12 ), 400m 136. 5:52.85 281 5:58.66 103% 100m 1:22.81 200m 2:56.19 , 2010 (14 ), 100m 1:05.38 26.04.2024 25.04.2024 400m 5:34.20 24.04.2024 200m 2:46.19 , 2010 (14 ), 400m 4:46.52 1:04.59 2:24.49 100m 200m , 2012 (12 ), 400m 125. 5:44.14 303 5:44.08 24.04.2024 100% 19.04.2024 100m 1:29.97 200m 2:50.20 25.04.2024 , 2011 (13 ), 400m 111. 5:34.55 330 5:45.58 24.04.2024 107% 1:18.51 26.04.2024 100m 3:02.43 25.04.2024 200m , 2010 (14 ), 400m 5:35.50 25.04.2024 26.04.2024 100m 1:15.19 24.04.2024 200m 2:45.47 , 2011 (13 ), 100m 1:04.60 26.10.2023 400m 13. 4:54.85 482 4:52.83 24.04.2024 99% 200m 2:34.71 22.11.2023 , 2011 (13 ), 1 24.11.2023 100m 1:18.22 400m 107. 5:32.07 337 5:36.05 24.04.2024 102% 200m 2:59.25 25.04.2024 , 2011 (13 ), 100m 1:01.70 400m 4:42.00 200m 2:42.00 , 2010 (14 ), 400m 4:40.20 100m 1:08.47 200m 2:29.71 , 2011 (13 ), 400m 4:50.48 100m 1:08.99 200m 2:35.31 , 2011 (13 1 ), 400m 120. 5:40.49 313 5:43.73 102% 100m 1:17.03 200m 2:56.19 , 2010 (14 ), 100m 59.64 400m 4:51.18 200m 2:25.57 , 2011 (13 ), 1 30. 108% 400m 438 5:04.55 5:16.65 24.04.2024 26.04.2024 100m 1:19.49 200m 2:39.45 25.04.2024 , 2010 (14 ), 400m 5:02.94 100m 1:11.66 200m 2:42.38 , 2012 (12 ), 400m 5:00.14 25.04.2024 100m 1:20.97 26.04.2024 200m 2:41.56 24.04.2024 , 2010 (14 ), 100m 1:04.73 28.03.2024 400m 4:56.66 27.03.2024

200m

16.06.2023

2:45.39

" "

400m	, 2011 (13 ),	46.	5:09.47	417	5:05.80		98%	-
100m		40.	3.09.47	-	1:11.00		-	
200m				-	2:39.70		-	
	, 2010 (14 ),							-
100m 400m				-	55.65 4:30.00	26.04.2024 25.04.2024	-	
200m				-	2:30.78	22.11.2023	-	
	, 2010 (14     ),							-
400m				-	5:04.79		-	
100m 200m				-	1:14.56 2:34.88		-	
	, 2010 (14 ),							-
100m				-	1:04.13		-	
400m 200m				-	4:53.89 2:42.26		-	
200111	, 2011 (13 ),				2. 12.20			-
400m				-	5:03.36	25.04.2024	-	
100m 200m				-	1:11.34 2:39.42	26.04.2024 24.04.2024	-	
200111	, 2013 (11 ),				2.00.42	24.04.2024		1
400m	, ==:= (:: /,	144.	6:15.17	234	6:23.56	24.04.2024	105%	•
100m				-	1:38.18	26.04.2024	-	
200m	, 2011 (13 ),			-	3:46.50	06.12.2023	-	_
100m	, 2011 (10 ),			-	1:06.34		-	
400m				-	5:06.72		-	
200m	2011 (12			-	2:43.15		-	
100m	, 2011 (13 ),			_	1:06.69	07.12.2023	-	-
400m				-	5:15.49	27.03.2024	-	
200m	2010 (14			-	2:50.21	24.04.2024	-	
400m	, 2010 (14 ),			_	4:40.20	25.04.2024	-	-
100m				-	1:03.07	26.04.2024	-	
200m	2044 (42			-	2:25.39	24.04.2024	-	
100m	, 2011 (13 ),			_	1:00.12		_	-
400m				-	4:43.97		-	
200m	0044 (40			-	2:34.00		-	
400m	, 2011 (13 ),			_	5:17.90	25.04.2024		-
100m				-	1:15.34	26.04.2024	-	
200m	0040 (44			-	2:48.64	24.04.2024	-	
400m	, 2010 (14 ),				5:11.10	23.11.2023		-
100m				-	1:10.36	23.11.2023	-	
200m				-	NT		-	
	, 2010 (14 ),							-
100m 400m				-	59.62 4:37.90	26.04.2024 25.04.2024	-	
200m				-	2:27.45	24.04.2024	-	
400	, 2012 (12 ),		E 0 1 0=	20:	<b>5</b> 00 ==		25-1	-
400m 100m		110.	5:34.37	331	5:26.57 1:20.12		95%	
200m				-	2:54.00		-	
	, 2011 (13 ),							-
100m 400m				-	1:00.03 4:42.88		-	
200m				-	2:33.34		-	
	, 2011 (13    ),							-
100m 400m		8.	4:52.02	- 496	59.14 4:49.86		99%	
200m		0.	4.32.02	496 -	4:49.86 2:29.93		99%	
	, 2012 (12 ),							1
400m		118.	5:39.24	316	5:47.72	24.04.2024	105%	
100m 200m				-	1:21.52 3:01.82	26.04.2024 25.04.2024	-	
	, 2011 (13 ),							1
400m		1.	4:36.01	588	4:40.15	24.04.2024	103%	
100m 200m				-	1:05.31 2:31.57	26.04.2024 25.04.2024	-	
ZUUIII	, 2011 (13 ),			-	۱۵۱۱۵۱	20.04.2024	-	_
400m	, , , , , , , , , , , , , , , , , , , ,			-	5:00.56		-	
100m 200m				-	1:10.64 2:39.17		-	
200111				-	2.00.11		-	

			,					
	2040 (44							
400m	, 2010 (14 ),			_	5:03.85		_	
100m				-	1:09.98		-	
200m				-	2:39.94		-	
	, 2010 (14 ),							
100m				-	58.78		-	
400m 200m				-	4:47.67 2:33.74		-	
200111	, 2011 (13 ),			-	2.33.74		-	
400m	, 2011 (10 ),	79.	5:20.72	375	5:29.96	27.03.2024	106%	
100m				-	1:27.32	26.04.2024	-	
200m	0044 (40			-	2:52.36	25.04.2024	-	
400	, 2011 (13 ),				5.00.00			
400m 100m				-	5:06.86 1:20.91		-	
200m				-	2:37.55		-	
	, 2011 (13    ),							
400m				-	4:46.21		-	
100m 200m				-	1:08.42 2:34.30		-	
200111	, 2011 (13 ),			-	2.34.30		-	
100m	, 2011 (13 ),			_	1:05.35	26.04.2024	_	
400m				-	4:59.54	25.04.2024	-	
200m				-	2:48.84	24.04.2024	-	
	, 2010 (14 ),							
400m				-	4:43.30		-	
100m 200m				-	1:13.19 2:22.59		-	
	, 2011 (13 ),							
400m	, == : ( : = - ),	124.	5:44.02	303	5:55.78		107%	
100m				-	1:24.03		-	
200m	2012 (12			-	2:57.06		-	
400m	, 2012 (12 ),	38.	5:05.99	431	5:00.22		96%	
100m		30.	3.03.33	-	1:13.94		-	
200m				-	2:41.99		-	
	, 2013 (11 ),							
400m		96.	5:27.19	353	5:30.42	27.03.2024	102%	
100m 200m				-	1:17.86 2:59.30	26.04.2024	-	
200111	, 2011 (13 ),				2.00.00			
400m	, 2011 (10 ),	4.	4:40.74	559	4:37.71		98%	
100m				-	1:04.81		-	
200m	0040 (44			-	2:27.89		-	
100m	, 2010 (14 ),				1.00 06	26.04.2024		
400m				-	1:08.86 5:34.76	25.04.2024	-	
200m				-	2:37.96	20.0202 .	-	
	, 2010 (14     ),							
400m				-	4:52.68		-	
100m 200m				-	1:18.06 2:31.09		-	
200111	, 2010 (14 ),			-	۵۵.۱۵۶		-	
100m	,			-	59.59		-	
400m				-	4:47.04		-	
200m	0044 (40			-	2:32.95		-	
100	, 2011 (13 ),				FO 17	26.04.2024		
100m 400m		5.	4:44.57	536	59.17 4:38.23	26.04.2024 24.04.2024	96%	
200m		<b>.</b>		-	2:31.66	25.04.2024	-	
	, 2011 (13 ),							
400m		2.	4:38.68	571	4:40.10	24.04.2024	101%	
100m 200m				-	1:12.77 2:24.20	23.11.2023 25.04.2024	-	
200111	, 2012 (12 ),			-	Z.24.2U	20.07.2024	-	
100m	, 2012 (12 ),			_	1:18.15	26.10.2023	_	
400m		95.	5:27.11	353	5:20.73	24.04.2024	96%	
200m				-	2:56.24	25.04.2024	-	
	, 2011 (13 ),							
100m 400m		15.	4:55.46	- 479	1:02.61 4:50.73	05.10.2023 24.04.2024	- 97%	
200m		13.	7.00.40	4/9	2:33.58	25.04.2024	3170 -	
	, 2010 (14 ),					<del> </del>		
400m				-	5:30.90	25.04.2024	-	
100m				-	1:13.92	26.04.2024	-	
200m				-	2:42.67	24.04.2024	-	

1448.30		0040 (44						
100m	400m	, 2010 (14 ),			_	4.48 30		_
. 2011 (13 ),								-
, 2011 (13 ), 100m					_			-
190		, 2011 (13 ),						
- 286 88 286 88 286 88 286 88 286 88 286 88	100m	, , , , , , , , , , , , , , , , , , , ,			-	1:03.15		-
12	400m		19.	4:58.75	464			102%
12 4:54.60 483 4:56.36 24.04.2024 101% 100m 12.00m	200m				-	2:36.98		-
900m		, 2011 (13 ),						
200m			12.	4:54.60				101%
, 2011 (13 ), 400m 100m 200m , 2010 (14 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2011 (14 ), 100m , 2011 (15 ), 100m , 2011 (16 ), 100m , 2011 (17 ), 100m , 2011 (18 ), 100m , 2011 (19 ), 100m , 2011 (10 ), 100m , 2011 (10 ),								-
440m	200111	2011 (13 )				2.57.00	20.04.2024	
100m	400m	, 2011 (10 ),			_	4:55 83		_
, 2010 (14 ), 600m	100m				-			-
190m	200m				-	2:34.49		-
400m		, 2010 (14     ),						
200m   2012 (12 ),					-			-
ADDM								-
Month   130.   548.45   22   549.10   240.42024   100%	200111	2012 (12			-	2.32.00		-
100m	4000	, 2012 (12 ),	120	E. 40 4E	202	F:40 40	24.04.2024	1000/
200m			130.	5:46.45				100%
, 2011 (13 ), 100m 400m 200m , 2011 (13 ), 2011 (13 ), 35. 5.05.10 435 5.02.99 , 2012 (12 ), 111.00 , 2012 (12 ), 100m 400m 400m , 2012 (12 ), 100m , 2012 (12 ), 100m , 2011 (13 ), 100m , 2011 (13 ), 100m , 2010 (14 ), 100m , 2011 (13 ), 100m , 2011 (14 ), 100m , 2011 (15 ), 100m , 2011 (16 ), 100m , 2011 (17 ), 100m , 2011 (18 ), 100m , 2011 (19 ), 100								-
100m		, 2011 (13 ),						
400m	100m	, , , , , , , , , , , , , , , , , , , ,			-	1:10.37		-
, 2011 (13 ), 400m 100m 200m , 2012 (12 ), 100m 400m 200m , 2010 (14 ), 400m 100m 200m , 2011 (13 ), 400m 100m 200m , 2011 (13 ), 400m 200m , 2011 (13 ), 400m 100m 200m , 2011 (13 ), 400m 200m , 2011 (13 ), 400m 100m 200m , 2010 (14 ), 400m 100m 200m 200m , 2011 (13 ), 400m 100m 200m 200m 200m 200m 200m 200m 2	400m							-
400m	200m				-	3:03.37		-
190m		, 2011 (13 ),						
200m			35.	5:05.10				99%
, 2012 (12 ),  100m								-
100m	200111	2012 (12			_	2.47.42		_
400m	100m	, 2012 (12 ),			-	1:11.00		_
- 2.49.79 2.49.79 4.00m			102.	5:30.10	344			100%
400m	200m				-			-
400m		, 2012 (12 ),						
200m	400m		133.	5:50.71	286			106%
, 2010 (14 ), 400m 400m 100m 200m 200m 2011 (13 ), 450.19 25.04.2024 229.25 24.04.2024 229.25 24.04.2024 229.25 24.04.2024 200m 200m 200m 200m 200m 200m 200m								
400m	200m	2040 (44			-	2:57.50	25.04.2024	-
100m	400	, 2010 (14 ),				4.50.40	25.04.2024	
200m								-
400m					-			-
400m		, 2011 (13 ),						
200m	400m				-	5:29.16		-
, 2010 (14 ),  100m 400m 200m , 2012 (12 ),  100m 400m 200m , 2011 (13 ),  400m 200m , 2011 (13 ),  400m 33. 5:04.98 436 5:03.60 99% 100m 200m , 2011 (13 ),  400m 36. 5:05.26 435 5:03.43 24.04.2024 99% 100m 200m , 2010 (14 ),  400m 36. 5:05.26 435 5:03.43 24.04.2024 99% 100m 200m , 2011 (13 ),  400m 36. 5:05.26 435 5:03.43 24.04.2024 99% 100m 200m 200m 200m 200m 200m 200m 200m	100m				-			-
100m	200m	2010/11			-	2:48.79		-
400m	400	, 2010 (14 ),						
200m , 2012 (12 ),  100m								-
, 2012 (12 ), 100m								-
100m		, 2012 (12 ).						
400m 200m 131. 5:49.82 289 6:01.03 107% 3:11.37 - 3:11.3	100m	, , , , , , , , , , , , , , , , , , , ,			-	1:15.24		-
, 2011 (13 ),  400m 100m 33. 5:04.98 436 5:03.60 99% 100m 200m , 2011 (13 ),  400m , 2011 (13 ),  400m 36. 5:05.26 435 5:03.43 24.04.2024 99% 100m 200m , 2010 (14 ),  400m , 2010 (14 ),  400m , 2011 (13 ),  100m , 2010 (14 ),			131.	5:49.82	289			107%
400m	200m				-	3:11.37		-
100m		, 2011 (13    ),						
- 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.00 - 2:42.57 - 2:42.00 - 2:42.57 - 2:42			33.	5:04.98				99%
, 2011 (13 ),  400m								-
400m	200111	2011 (13			-	2.42.00		-
100m	400m	, 2011 (10 ),	36	5:05.26	435	5:03 43	24.04.2024	99%
200m			JJ.	2.00.20				-
400m					-			-
400m		, 2010 (14 ),						
200m								-
, 2011 (13 ),  100m								-
100m	ZUUM	2011 (12			-	2:21.46		-
400m - 4:38.57 - 200m - 2:32.82	100	, 2011 (13 ),				F0 04		
200m - 2:32.82 - 2:30m								-
, 2010 (14 ), 100m - 1:00.66 - 400m - 5:00.36 -								-
100m     -     1:00.66     -       400m     -     5:00.36     -	•	, 2010 (14 ),						
400m - 5:00.36 -	100m	, , , , , , , , , , , , , , , , , , , ,			-	1:00.66		-
200m - 2:33.70 -	400m				-	5:00.36		-
	200m				-	2:33.70		-

	, 2011 (13 ),							-
400m				-	4:45.95	25.04.2024	-	
100m				-	1:13.57 2:27.33	26.04.2024 24.04.2024	-	
200m	, 2010 (14 ),			-	2.27.33	24.04.2024	-	_
400m	, 2010 (14 ),			<u>-</u>	4:40.19	25.04.2024	_	
100m				-	1:07.31	26.04.2024	-	
200m				-	2:25.73	24.04.2024	-	
	, 2011 (13    ),							1
100m				-	1:06.33		-	
400m		40.	5:06.89	428	5:12.55 2:49.02		104%	
200m	, 2011 (13 ),			-	2.49.02		-	
400m	, 2011 (13 ),	14.	4:55.45	479	4:51.11		97%	-
100m		14.	4.55.45	4/9	1:08.96		9176	
200m				-	2:34.65		-	
	, 2010 (14     ),							-
400m				-	5:05.04		-	
100m				-	1:16.06		-	
200m	, 2010 (14 ),			-	2:32.15		-	
400	, 2010 (14 ),			_	4.26.07	25.04.2024		-
400m 100m				-	4:36.97 1:06.71	25.04.2024 26.04.2024	-	
200m				-	2:31.30	24.04.2024	-	
	, 2012 (12 ),							1
400m		129.	5:46.75	296	5:54.58	24.04.2024	105%	
100m				-	1:35.68	26.04.2024	-	
200m	0040 (44			-	3:02.58	25.04.2024	-	
400m	, 2010 (14 ),			_	4:56.26			-
100m				-	1:06.63		-	
200m				-	2:31.67		-	
	, 2012 (12 ),							1
400m		117.	5:38.28	319	5:55.38		110%	
100m				-	1:26.26		-	
200m	0040 (40			-	3:06.71		-	
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.	0.41.40	-	3:09.62	25.04.2024	-	
	, 2010 (14 ),							-
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:46.63		-	
100m				-	1:06.13		-	
200m	2012 (12			-	2:29.10		-	4
400m	, 2012 (12 ),	142.	6:03.54	257	6:05.68	27.03.2024	101%	1
100m		142.	0.03.34	-	1:34.62	28.03.2024	10176	
200m				-	3:04.05	25.04.2024	-	
	, 2010 (14    ),							-
400m				-	5:05.89		-	
100m				-	1:11.00		-	
200m	, 2010 (14 ),			-	2:42.86		-	_
400m	, 2010 (14 ),			_	4:55.23	25.04.2024	_	-
100m				-	1:09.85	26.04.2024	-	
200m				-	2:29.44	24.04.2024	-	
	, 2013 (11 ),							1
400m		143.	6:08.41	247	6:15.63		104%	
100m				-	1:27.90		-	
200m	, 2010 (14 ),			-	3:02.71		-	_
100m	, 2010 (14 ),			_	1:07.36	26.04.2024	_	
400m				-	5:03.09	25.04.2024	-	
200m				-	2:43.68	24.04.2024	-	
								_
								7
	, 2011 (13 ),							-
400m				-	4:32.58		-	
100m 200m				-	1:02.61 2:30.35		-	
200111	, 2010 (14 ),			-	2.30.33		-	_
400m	, 2010 (17 ),			-	4:46.20		_	_
100m				-	1:17.05		-	
200m				-	2:29.55		-	

	2044 (42					
	, 2011 (13 ),					-
400m 100m		17.	4:58.03	467	4:55.18 1:14.68	98%
200m				-	2:40.38	- -
200111	, 2011 (13 ),			-	2.40.30	_
400m	, 2011 (10 ),	25.	5:02.37	447	4:56.03	96%
100m		25.	3.02.37	-	1:14.95	90 /8
200m				-	2:47.54	-
	, 2012 (12 ),					1
400m	, , , , , , , , , , , , , , , , , , , ,	6.	4:48.04	517	4:52.60	103%
100m				-	1:08.29	-
200m				-	2:35.61	-
	, 2010 (14     ),					-
400m				-	5:07.65	-
100m				-	1:18.39 2:37.36	-
200m	, 2011 (13 ),			-	2.37.30	_
400m	, 2011 (13 ),	51.	5:11.10	410	5:03.43	95%
100m		51.	3.11.10	-	1:22.64	-
200m				-	2:40.55	-
	, 2012 (12 ),					-
400m				-	5:03.99	-
100m				-	1:12.38	-
200m				-	2:41.04	-
	, 2012 (12 ),					-
100m				-	1:04.60	-
400m 200m				-	5:06.16 2:40.08	<del>-</del> -
200111	, 2011 (13 ),			-	2.40.00	
100m	, 2011 (13 ),			_	1:04.92	1
400m		45.	5:08.76	420	5:09.05	100%
200m				-	2:46.15	-
	, 2011 (13 ),					1
100m				-	1:06.09	-
400m		37.	5:05.59	433	5:07.54	101%
200m				-	2:47.50	-
	, 2010 (14 ),					-
100m				-	58.40	-
400m 200m				-	5:02.97 2:35.53	- -
200111	, 2011 (13 ),				2.55.55	1
400m	, 2011 (13 ),	81.	5:21.18	373	5:21.64	100%
100m		01.	3.21.10	-	1:16.52	-
200m				-	2:53.92	-
	, 2010 (14 ),					-
100m				-	1:04.14	-
400m				-	5:03.00	-
200m	2010 (11			-	2:42.92	-
	, 2010 (14    ),					-
400m 100m				-	4:47.50 1:05.50	-
200m				-	2:30.70	<u>-</u>
200111	, 2011 (13 ),				2.00.70	-
400m	, ==::(:= ),	34.	5:05.09	435	5:00.47	97%
100m				-	1:15.07	-
200m				-	2:43.92	-
	, 2010 (14     ),					-
100m				-	1:05.23	-
400m				-	4:49.66	-
200m	, 2011 (13 ),			-	2:40.00	- 1
100m	, 2011 (13 ),			_	1:05.75	1
400m		31.	5:04.59	437	5:05.60	101%
200m		٠		-	2:53.11	-
	, 2010 (14 ),					-
100m				-	58.71	-
400m				-	4:33.04	-
200m				-	2:21.32	-
	, 2010 (14 ),					-
400m				-	4:55.07	-
100m 200m				-	1:20.35 2:42.82	- -
20011	- , 2012 (12	),		-	۷.٦٤.٥٤	1
400m	, 2012 (12	), 27.	5:03.89	440	5:10.25	104%
100m			3.00.00	-	1:14.03	-
200m				-	2:40.09	-

	0040 (44					
400m	, 2010 (14 ),			_	4:58.35	- -
100m				-	1:24.37	-
200m	, 2010 (14 ),			-	2:38.43	-
400m	, 2010 (11 ),			-	4:48.68	-
100m 200m				-	1:05.20 2:29.33	-
200111	, 2011 (13 ),			-	2.23.33	-
400m	•	82.	5:21.20	373	5:11.48	94%
100m 200m				-	1:12.72 2:39.93	-
	, 2010 (14 ),					-
100m 400m				-	56.14 4:40.00	-
200m	0040 (44			-	2:22.20	-
400m	, 2010 (14 ),			_	4:27.15	1
100m				-	1:01.00	-
200m	, 2011 (13 ),		2:17.26	509	2:18.68	102%
100m	, 2011 (10 ),			-	1:01.69	-
400m 200m				-	5:07.83 2:40.53	-
200111	, 2011 (13 ),				2.10.00	-
400m 100m		29.	5:04.54	438	5:00.70 1:10.86	97%
200m				-	2:38.82	- -
						9
	, 2011 (13 ),					1
400m	,,	42.	5:08.18	422	5:12.96	103%
100m 200m				-	1:11.54 2:35.00	- -
	, 2010 (14 ),					-
100m 400m				-	59.85 4:54.15	-
200m	//-			-	2:39.00	-
400m	, 2012 (12 ),	114.	5:35.58	327	5:39.26	1 102%
100m				-	1:19.35	-
200m	, 2011 (13 ),			-	2:56.07	·
400m	, , , , , , , , , , , , , , , , , , , ,			-	4:56.00	-
100m 200m				-	1:09.00 2:45.00	- -
	, 2011 (13 ),					-
100m 200m				-	1:37.00 3:24.00	<del>-</del> -
	, 2011 (13 ),					-
100m 400m		147.	6:27.11	213	1:18.00 6:20.00	- 96%
200m	0040 (40			-	3:12.00	-
100m	, 2012 (12 ),			_	1:16.82	<u>-</u>
400m		146.	6:21.28	223	6:09.89	94%
200m	, 2010 (14 ),			-	3:10.65	-
400m	, ==== (, , , ),			-	4:57.49	-
100m 200m				-	1:14.00 2:31.00	- -
	, 2010 (14 ),					-
400m 100m				-	5:59.00 1:19.00	-
200m	0044 (40			-	2:45.00	-
400m	, 2011 (13 ),			-	5:01.37	-
100m				-	1:20.70	-
200m	, 2010 (14 ),			-	2:38.89	-
100m	, ( //			-	1:03.70	-
400m 200m				-	5:05.00 2:45.00	-
	, 2012 (12 ),					1
400m 100m		123.	5:43.84	304	5:50.00 1:27.00	104% -
200m				-	2:55.00	-

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