	-						
						%	PB
							-
							53
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	0040 (44	139.	2:44.58	295	2:48.88	105%	,
400	, 2010 (14 ),	20	4-40.04	404	4.40.77	4000/	2
400m 100m		38. 4.	<b>4:43.04</b> 1:11.52	421 461	4:46.77 1:10.23	103% 96%	
200m		18.	2:23.54	445	2:25.50	103%	
	, 2010 (14     ),						2
400m		143.	5:09.77	321	5:03.12	96%	
100m 200m		13. 91.	1:08.52 2:36.69	339 342	1:09.93 2:40.19	104% 105%	
200111	, 2010 (14 ),	51.	2.50.05	042	2.40.10	10070	3
100m	, 2010 (11 ),		55.52	526	57.36	107%	`
400m		43.	4:44.69	414	4:59.79	111%	
200m	2044 (42	24.	2:25.51	427	2:31.28	108%	
400	, 2011 (13    ),	400	5.00.04	0.47	5.07.00	000/	2
400m 100m		100. 18.	5:28.91 <b>1:14.80</b>	347 395	5:27.33 1:14.81	99% 100%	
200m		54.	2:44.38	407	2:46.39	102%	
	, 2010 (14     ),						3
400m		76.	4:53.06	379	4:56.97	103%	
100m		12.	1:14.47	409	1:14.87	101%	
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 ),						2
400m 100m		132. 19.	5:49.98	288	5:44.42 1:21.94	97% 111%	
200m		88.	1:17.92 2:50.40	333 365	2:59.66	111%	
200	, 2010 (14 ),	00.		555	2.00.00	,	2
100m	, ( ),			-	58.01	=	
400m		51.	4:47.15	403	4:50.47	102%	
200m	0044 (40	70.	2:32.86	368	2:34.12	102%	
100	, 2011 (13 ),	2	1.01.45	F46	4.00.04	103%	(
100m 400m		3. 3.	1:01.45 4:40.55	546 560	1:02.34 4:42.01	103%	
200m		10.	2:33.78	497	2:38.03	106%	
	, 2011 (13 ),						(
400m		7.	4:48.49	515	4:51.80	102%	
100m		5.	1:10.10	458	1:11.90	105%	
200m	, 2011 (13 ),	4.	2:28.91	548	2:33.50	106%	2
400m	, 2011 (10 ),	80.	5:20.92	374	5:21.89	101%	-
100m		22.	1:19.31	316	1:19.46	100%	
200m		103.	2:52.47	352	2:51.06	98%	
	, 2010 (14 ),						•
100m 400m		123.	5:03.75	341	59.01 4:57.39	- 96%	
200m		35.	2:28.24	404	2:32.60	106%	
	, 2011 (13 ),						(
100m	, , , ,	28.	1:08.94	387	1:09.62	102%	
400m		78.	5:20.52	375	5:21.68	101%	
200m	2044 (42	84.	2:49.95	368	2:52.65	103%	
400m	, 2011 (13 ),	46	4.4E E1	410	4:40.60	1020/	;
400m 100m		46. 7.	4:45.51 1:12.94	410 435	4:49.60 1:13.73	103% 102%	
200m		44.	2:29.38	395	2:32.11	104%	
	, 2011 (13 ),						1
400m		99.	5:28.41	349	5:24.80	98%	
100m 200m		18. 82.	<b>1:25.08</b> 2:49.57	393 371	1:27.21 2:47.65	105% 98%	
200111		02.	2.73.31	37 1	۵۰۰، ۲۰۰۱	30 /0	

	, 2010 (14 ),						2
400m	, 2010 (14 ),	24	4.44 45	400	4.40.70	99%	2
400m		31. 4.	4:41.45 <b>1:01.60</b>	428 482	4:40.73 1:02.37	103%	
200m		8.	2:19.37	486	2:21.20	103%	
200111	, 2010 (14 ),	0.	2.13.37	400	2.21.20		2
400m	, 2010 (11 ),	86.	4:54.90	372	4:51.47	98%	_
100m		10.	1:04.10	428	1:05.79	105%	
200m		75.	2:34.02	360	2:34.41	101%	
	, 2010 (14 ),						3
400m	, 2010 (11 ),	40.	4:43.35	420	4:47.34	103%	•
100m		3.	1:01.17	493	1:02.00	103%	
200m		15.	2:22.47	455	2:25.11	104%	
	, 2011 (13 ),						1
400m	, == ( ,,	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		26.	1:08.31	398	1:07.49	98%	
400m		54.	5:11.71	408	5:08.16	98%	
200m		100.	2:52.14	354	2:53.06	101%	
	, 2010 (14    ),						3
400m	·	130.	5:05.78	334	5:11.54	104%	
100m		15.	1:16.09	383	1:18.86	107%	
200m		94.	2:37.38	338	2:42.30	106%	
	, 2011 (13 ),						3
400m		68.	5:17.34	387	5:21.70	103%	
100m		8.	1:09.88	484	1:09.93	100%	
200m		35.	2:40.43	438	2:41.48	101%	
							21
	, 2012 (12 ),						3
100m		32.	1:10.67	359	1:11.43	102%	
400m		50.	5:10.60	412	5:16.95	104%	
200m		85.	2:50.17	367	2:51.60	102%	
	, 2010 (14 ),						-
100m			57.94	463	56.28	94%	
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	0040 (44	41.	2:41.42	430	2:37.03	95%	
400	, 2010 (14 ),						-
100m		70	4.50.00	-	1:01.10	-	
400m	2040 (44	78.	4:53.28	379	4:50.45	98%	4
100	, 2010 (14 ),		. =				1
400m		62.	4:50.91	388	4:39.55	92%	
100m 200m		16. 48.	<b>1:16.57</b> 2:30.05	376 390	1:16.99 2:27.07	101% 96%	
200111	2011 (12	40.	2.30.03	390	2.21.01		2
400	, 2011 (13 ),	7.4	5-40-44	070	5.00.00		_
400m 100m		74. 14.	<b>5:19.44</b> 1:13.81	379 392	5:20.36 1:13.26	101% 99%	
200m		57.	2:45.29	400	2:46.21	101%	
200111	, 2010 (14 ),	01.	2.70.23	700	L. FO.Z I		1
400m	, 2010 (11 ),	66.	1.51.27	386	4.40.00	99%	•
400m 100m		22.	4:51.27 1:08.81	346	4:49.08 1:07.68	99% 97%	
200m		51.	2:30.31	387	2:30.54	100%	
200111	, 2012 (12 ),	01.	2.00.01	007	2.00.01		3
100m	, 2012 (12 ),	22.	1:07.40	414	1:08.16	102%	J
400m		47.	5:09.90	415	5:21.42	108%	
200m		63.	2:45.70	397	2:47.40	102%	
	, 2012 (12 ),		-	-	-		1
100m	,	31.	1:10.14	367	1:08.40	95%	•
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		39.	2:41.06	433	2:41.53	101%	
	, 2011 (13 ),						-
400m		76.	5:20.16	377	5:15.00	97%	
100m		8.	1:22.52	431	1:21.90	99%	
200m		31.	2:40.08	441	2:39.00	99%	

400	, 2010 (14 ),	00	4.50.04	200	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 200m		10. 40.	<b>1:07.33</b> 2:28.96	357 398	1:07.50 2:28.50	101% 99%	
200111	, 2012 (12 ),	40.	2.20.90	390	2.28.30	9970	2
400m	, 2012 (12 ),	97.	5:27.25	353	5:28.72	101%	_
100m		25.	1:21.42	292	1:20.44	98%	
200m	2014 (42	101.	2:52.23	354	2:52.24	100%	
400	, 2011 (13 ),	00	5.40.47	200	5:40.00	000/	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 200m		17. 86.	4:35.12 2:36.14	459 346	4:31.41 2:33.34	97% 96%	
200111	, 2010 (14 ),	00.	2.00.11	0.10	2.00.01	0070	1
400m	, 2010 (11 ),	75.	4:53.03	380	4:50.50	98%	•
100m		10.	1:13.93	418	1:16.20	106%	
200m	0040 (44	46.	2:29.60	393	2:29.00	99%	
400m	, 2010 (14 ),	14.	4:22 E2	472	4:32.06	100%	-
100m		2.	4:32.52 1:00.52	509	1:00.00	98%	
200m		7.	2:18.80	492	2:17.73	98%	
	, 2011 (13 ),						2
400m		89.	5:23.67	364	5:19.00	97%	
100m 200m		17. 81.	1:16.44 2:49.37	353 372	1:16.50 2:50.15	100% 101%	
200111		01.	2.43.01	012	2.50.15	10170	
							52
	, 2011 (13 ),						-
100m				-	1:01.00	-	
400m 200m		147. 108.	5:12.93 2:39.54	312 324	5:12.00 2:38.50	99% 99%	
200111	, 2012 (12 ),	100.	2.39.34	324	2.36.30	9970	_
100m	, 2012 (12 ),	33.	1:10.76	358	1:10.00	98%	
400m		90.	5:24.46	362	5:17.00	95%	
200m	0040 (44	131.	3:01.35	303	2:52.00	90%	
100m	, 2010 (14 ),			-	1:01.00	<u>-</u>	1
400m		36.	4:42.02	426	4:43.00	101%	
200m		57.	2:30.56	386	2:30.00	99%	
	, 2012 (12 ),						1
100m		4.4.4	F:10.0F	-	1:05.00	- OE0/	
400m 200m		144. 132.	5:10.95 <b>2:43.49</b>	318 301	5:03.00 2:45.00	95% 102%	
200111	, 2012 (12 ),	102.	2.40.40	001	2.10.00	10270	1
400m		65.	5:17.11	388	5:06.00	93%	
100m		10.	1:12.83	408	1:12.90	100%	
200m	, 2011 (13 ),	82.	2:49.57	371	2:46.00	96%	
100m	, 2011 (13 ),	30.	1:10.05	369	1:09.00	97%	-
400m		77.	5:20.22	376	5:17.90	99%	
200m		104.	2:52.67	351	2:49.60	96%	
	, 2012 (12 ),						-
400m		104. 29.	5:31.09 1:27.91	340 232	5:17.90 1:21.99	92% 87%	
100m 200m		29. 96.	2:51.56	358	2:49.60	98%	
	, 2010 (14 ),			300		3370	3
400m		89.	4:55.23	371	4:56.38	101%	
100m		9.	1:13.28	429	1:13.64	101%	
200m	, 2011 (13 ),	27.	2:26.65	417	2:27.94	102%	2
100m	, 2011 (13 ),	13.	1:05.41	453	1:05.50	100%	2
400m		41.	5:07.47	425	5:15.00	105%	
200m		76.	2:47.81	382	2:46.00	98%	
400	, 2010 (14    ),				50.05		-
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		23.	1:18.22	352	1:15.00	92%
200m	, 2011 (13 ),	79.	2:34.76	355	2:33.00	98%
100m	, 2011 (13 ),	15.	1:05.46	452	1:05.00	99%
400m		43.	5:08.38	421	4:55.00	92%
200m		102.	2:52.35	353	2:47.00	94%
	, 2010 (14    ),					1
400m		105.	4:59.61	355	4:58.00	99% 92%
100m 200m		30. 81.	1:21.50 <b>2:34.91</b>	312 354	1:18.00 2:38.35	104%
	, 2012 (12 ),					1
400m		103.	5:30.30	343	5:26.00	97%
100m		32.	1:19.01	335	1:18.50	99%
200m	, 2010 (14 ),	86.	2:50.18	367	2:54.00	105%
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. 17.	4:58.10 1:10.87	360 306	4:58.00 1:10.00	100% 98%
200m		127.	2:42.29	308	2:38.60	96%
	, 2012 (12 ),					1
400m		140.	5:56.43	273	6:00.00	102%
100m 200m		42. 148.	1:23.83 3:23.13	280 215	1:22.00 3:14.00	96% 91%
200111	, 2010 (14 ),	140.	0.20.10	210	0.14.00	2
400m	, 2010 (11 ),	19.	4:35.84	455	4:41.90	104%
100m		4.	1:05.51	387	1:06.90	104%
200m	2011 (12	43.	2:29.07	397	2:28.50	99%
400m	, 2011 (13 ),	72.	5:18.21	384	5:06.76	93%
100m		3.	1:17.53	520	1:16.54	97%
200m		17.	2:35.71	479	2:36.17	101%
	, 2011 (13 ),					-
400m 100m		79. 31.	4:53.46 1:13.64	378 282	4:53.00 1:09.00	100% 88%
200m		138.	2:44.35	296	2:42.00	97%
	, 2012 (12 ),					1
400m		126.	5:44.55	302	5:40.00	97%
100m		23.	1:28.22	353	1:25.00	93%
200m	, 2012 (12 ),	119.	2:56.27	330	2:58.00	102% 2
400m	, 2012 (12 ),	92.	5:25.53	358	5:31.00	103%
100m		30.	1:17.98	348	1:17.50	99%
200m	2242 (42	97.	2:51.90	356	2:57.00	106%
400	, 2012 (12 ),	407	F-F0 00	000	0.00.00	3
400m 100m		137. 29.	5:53.39 1:32.65	280 304	6:09.00 1:35.00	109% 105%
200m		128.	3:00.38	308	3:03.74	104%
	, 2010 (14 ),					-
400m		133.	5:05.92	333	4:52.00	91%
100m 200m		24. 151.	1:15.84 2:53.07	250 254	1:10.00 2:45.00	85% 91%
	, 2012 (12 ),					3
100m	, == (=	11.	1:04.24	478	1:05.00	102%
400m		18.	4:58.44	465	5:05.50	105%
200m	, 2010 (14 ),	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 ),	00	5.04.0=	071	5.4.4.45	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		21. 11 <i>1</i>	1:27.47 2:54.33	362 341	1:23.00	90%
200m	, 2011 (13 ),	114.	2:54.33	341	2:50.00	95% 2
400m	, 2011 (10 ),	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%

	0040 (44						
100m	, 2010 (14 ),			_	58.79	-	-
400m		92.	4:56.39	367	4:50.00	96%	
200m		85.	2:35.94	347	2:35.29	99%	_
	, 2011 (13 ),						3
400m 100m		55. 8.	5:11.97 1:11.21	407 437	5:19.78 1:11.45	105% 101%	
200m		24.	2:38.13	457	2:41.12	104%	
	, 2012 (12 ),						-
400m		58.	5:13.29	402	5:10.00	98%	
100m		29.	1:17.76	351 347	1:16.00	96%	
200m	, 2013 (11 ),	108.	2:53.32	347	2:50.00	96%	2
400m	, 2013 (11 ),	145.	6:18.95	227	6:02.00	91%	2
100m		22.	1:27.71	359	1:29.00	103%	
200m		139.	3:07.24	275	3:10.00	103%	
	, 2010 (14 ),						-
400m		118. 25.	5:02.37	345	4:56.00	96% 94%	
100m 200m		25. 130.	1:10.17 2:42.95	326 304	1:08.00 2:42.00	94% 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	2012 (11	11.	2:33.98	495	2:35.69	102%	2
400m	, 2013 (11 ),	101.	5:29.00	347	5:30.00	101%	3
100m		15.	1:15.27	370	1:17.00	105%	
200m		94.	2:51.18	360	2:53.00	102%	
	, 2012 (12 ),						1
400m		94.	4:56.78	365	5:00.00	102%	
100m 200m		5. 61.	1:12.07 2:31.15	451 381	1:10.50 2:26.50	96% 94%	
200111	, 2011 (13    ),	01.	2.51.15	301	2.20.30	3470	2
100m	, == ( /,	25.	1:07.90	405	1:08.00	100%	_
400m		70.	5:18.02	384	5:24.00	104%	
200m	0040 (44	75.	2:47.79	383	2:47.00	99%	_
400m	, 2013 (11 ),	100	E.42.06	206	E:42.00	1000/	3
400m 100m		122. 24.	5:42.96 1:28.37	306 351	5:43.00 1:28.79	100% 101%	
200m		113.	2:54.20	342	2:59.00	106%	
	, 2013 (11 ),						3
100m		24.	1:07.69	409	1:08.00	101%	
400m 200m		94. 78.	5:26.73 2:48.29	354 379	5:35.00 2:53.00	105% 106%	
200111	, 2012 (12 ),	70.	2.40.25	3/9	2.33.00	10076	1
400m	, 2012 (12 ),	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%	
400	, 2011 (13 ),				. ==	2404	-
400m 100m		128. 30.	5:04.94 1:12.83	337 292	4:55.00 1:09.00	94% 90%	
200m		121.	2:41.65	311	2:35.00	92%	
	, 2010 (14    ),						3
400m		88.	4:54.94	372	5:00.00	103%	
100m 200m		13. 25.	1:04.27 2:26.50	425 419	1:05.50 2:27.00	104% 101%	
200111	, 2012 (12 ),	25.	2.20.30	419	2.27.00	10176	1
100m	, 2012 (12 ),	20.	1:06.41	433	1:05.90	98%	
400m		61.	5:14.16	399	5:14.00	100%	
200m		49.	2:43.23	416	2:46.00	103%	
400	, 2012 (12 ),	00	5.00.04	454	5 00 70	4000/	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%	
							33
	, 2010 (14 ),						3
100m	, == - 5 ( /)		54.89	545	55.22	101%	•
400m		6.	4:26.99	502	4:32.45	104%	
200m		14.	2:22.46	455	2:25.42	104%	

, 29. - 31.5.2024

	2011 (12					
400m	, 2011 (13 ),	83.	5:21.23	373	5:12.00	94%
100m		12.	1:23.59	415	1:22.72	98%
200m	, 2012 (12 ),	55.	2:44.75	404	2:47.38	103% 1
400m	, 2012 (12 ),	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%
	, 2010 (14 ),					2
400m		21.	4:38.39	443	4:43.78	104%
100m 200m		19. 31.	1:17.52 <b>2:27.12</b>	362 413	1:15.65 2:27.24	95% 100%
200111	, 2011 (13 ),	01.	2.27.12	410	2.21.24	2
400m	, 2011 (10 ),	107.	5:00.11	353	5:02.18	101%
100m		37.	1:14.86	269	1:14.97	100%
200m	0044 (40	136.	2:44.26	297	2:38.82	93%
	, 2011 (13 ),				4.05.00	1
100m 400m		18. 56.	1:05.92 5:13.06	442 403	1:05.00 5:10.00	97% 98%
200m		67.	2:46.32	393	2:48.00	102%
	, 2010 (14 ),					2
400m	, == ( , , , ,	3.	4:17.49	560	4:10.30	94%
100m		5.	1:01.83	477	1:02.52	102%
200m	0040 (44	10.	2:20.18	478	2:22.10	103%
100~	, 2010 (14 ),				1:04.00	2
100m 400m		65.	4:51.20	387	1:04.00 4:53.44	- 102%
200m		90.	2:36.52	343	2:39.02	103%
	, 2010 (14 ),					2
400m		1.	4:08.68	621	4:09.73	101%
100m		1.	1:05.55	599	1:05.00	98%
200m	, 2012 (12 ),	1.	2:07.95	629	2:13.50	109% <b>1</b>
400m	, 2012 (12 ),	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 200m		32. 122.	1:13.68 2:41.73	282 311	1:13.50 2:40.24	100% 98%
20011	, 2011 (13 ),	122.	2.41.70	311	2.40.24	3
100m	, 2011 (10 ),	29.	1:09.47	378	1:11.46	106%
400m		32.	5:04.87	436	5:12.37	105%
200m	2014 (42	90.	2:51.00	361	2:52.37	102%
400	, 2011 (13 ),	4.4	4-50.00	400	4.55.57	4000/
400m 100m		11. 3.	4:53.33 1:09.99	490 460	4:55.57 1:12.97	102% 109%
200m		7.	2:32.60	509	2:33.78	102%
	, 2011 (13 ),					3
400m	•	53.	5:11.69	408	5:24.16	108%
100m		19.	1:14.91	393	1:15.63	102%
200m	, 2010 (14 ),	42.	2:41.71	427	2:45.16	104% <b>1</b>
400m	, 2010 (14 ),	80.	4:53.47	378	4:53.24	100%
100m		14.	1:08.76	335	1:09.17	101%
	, 2010 (14    ),					2
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:02.18	-
400m		61.	4:50.80	388	5:00.24	107%
200m	2011 (12 )	93.	2:37.15	339	2:41.49	106%
400m	, 2011 (13 ),	106.	5:31.72	339	5:18.20	92%
400m		16.	1:15.75	363	1:15.73	100%
200m		68.	2:46.53	391	2:40.40	93%
	, 2010 (14    ),					1
100m				-	1:00.20	-
400m 200m		37. 63.	<b>4:42.97</b>	422 378	4:46.76 2:20 33	103% 97%
200111	, 2011 (13 ),	03.	2:31.60	318	2:29.33	97%
		21.	1:06.52	431	1:05.89	98%
100m	, ==::(:= ),	۷١.				-0,0
100m 400m	, ==( /,	64.	5:17.06	388	5:20.16	102%
				388 350	5:20.16 2:51.94	99%
400m 200m	, 2011 (13 ),	64. 105.	<b>5:17.06</b> 2:52.88	350	2:51.94	99%
400m 200m 400m		64. 105. 48.	<b>5:17.06</b> 2:52.88 <b>5:10.11</b>	350 414	2:51.94 5:12.44	99% 2 102%
400m 200m		64. 105.	<b>5:17.06</b> 2:52.88	350	2:51.94	99%

	, 2011 (13 ),							2
400m		82.	4:53.81	377	4:51.26		98%	
100m		11.	1:04.14	427	1:04.54		101%	
200m	, 2010 (14 ),	74.	2:33.83	361	2:35.86		103%	1
400m	, 2010 (14 ),	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%	
	, 2010 (14 ),							3
400m		4.	4:18.37	554	4:21.07	25.04.2024	102%	
100m 200m		6. 11.	1:01.99 2:20.34	473 476	1:02.09 2:21.29	26.04.2024 24.04.2024	100% 101%	
200111	, 2012 (12 ),	11.	2.20.54	470	2.21.23	24.04.2024	10176	2
100m	, 2012 (12 ),	39.	1:13.90	314	1:12.87		97%	_
400m		134.	5:52.45	282	6:02.18		106%	
200m		133.	3:02.37	298	3:03.57		101%	
	, 2010 (14    ),							-
100m			56.86	490	56.54	26.04.2024	99%	
400m 200m		8. 6.	4:28.25 2:17.60	495 505	4:22.37 2:16.72	25.04.2024 24.04.2024	96% 99%	
200111	, 2010 (14 ),	O.	2.17.00	303	2.10.72	24.04.2024	3370	1
100m	, 2010 (14 ),			-	1:01.04		_	
400m		100.	4:58.66	358	4:58.23		100%	
200m		53.	2:30.35	387	2:32.38		103%	
	, 2011 (13 ),							2
100m		36.	1:11.40	348	1:11.63		101%	
400m 200m		119. 132.	<b>5:39.67</b> 3:01.38	315 303	5:41.67 2:57.97		101% 96%	
200111	, 2011 (13 ),	102.	0.01.00	000	2.07.07		0070	2
100m	, 2011 (10 ),	19.	1:05.93	442	1:07.27		104%	_
400m		69.	5:17.47	386	5:16.74		100%	
200m		71.	2:46.80	389	2:48.80		102%	
400	, 2010 (14 ),		. = 0 = =		4 = 0 = 0			1
400m 100m		70. 12.	4:52.05 <b>1:04.23</b>	383 426	4:50.62 1:04.31		99% 100%	
200m		103.	2:38.60	330	2:36.18		97%	
200111	, 2011 (13 ),	100.	2.00.00	000	2.00.10		0170	1
400m	, == ( /,	39.	5:06.09	431	5:03.05		98%	-
100m		5.	1:09.39	494	1:09.13		99%	
200m	2011 (12	30.	2:40.06	441	2:42.47		103%	
400	, 2011 (13 ),						40.407	1
400m 100m		75. 23.	<b>5:19.74</b> 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%	3
400m	, 2011 (13 ),	58.	4:48.95	396	1:EE GE	25.04.2024	105%	3
100m		25.	1:19.42	337	4:55.65 1:20.23	26.04.2024	102%	
200m		59.	2:30.99	382	2:33.67	24.04.2024	104%	
	, 2011 (13     ),							-
100m				-	1:03.95	26.04.2024	-	
400m	2044 /42	95.	4:56.87	365	4:53.13	25.04.2024	97%	0
400m	, 2011 (13 ),	67.	5:17.33	387	5:12.70		97%	2
100m		14.	1:12.78	428	1:13.24		101%	
200m		40.	2:41.16	432	2:41.91		101%	
	, 2010 (14     ),							1
400m		116.	5:02.10	346	4:55.78	25.04.2024	96%	
200m	0044 (40	99.	2:37.98	334	2:39.71	24.04.2024	102%	
400	, 2011 (13 ),		E.40.07	400	E:07.04		0007	1
400m 100m		57. 6.	5:13.27 1:20.37	402 467	5:07.61 1:18.86		96% 96%	
200m		34.	2:40.38	438	2:43.95		105%	
	, 2010 (14 ),							2
100m				-	1:06.23	26.04.2024	-	
400m		41.	4:43.61	419	4:46.97	25.04.2024	102%	
200m	2010 (44	114.	2:40.71	317	2:48.11		109%	2
400m	, 2010 (14 ),	99.	4:58.54	359	4:56.78		99%	2
100m		99. 16.	1:10.03	317	1:12.94		108%	
200m		89.	2:36.50	343	2:39.46		104%	

								_
	, 2011 (13 ),							3
400m		120.	5:02.84	344	5:06.52		102%	
100m 200m		28. 97.	1:20.18 2:37.63	327 336	1:20.24 2:41.51		100% 105%	
200111	, 2011 (13 ),	57.	2.07.00	330	2.71.01		10070	_
400m	, == ( /,	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	<u>-</u>	1
400m		102.	4:58.95	357	4:55.91	25.04.2024	98%	
200m		68.	2:32.62	370	2:35.06	24.04.2024	103%	
	, 2010 (14 ),						•	1
400m		50.	4:47.03	404	4:45.58		99%	
100m 200m		2. 19.	1:08.68 <b>2:23.66</b>	521 444	1:07.57 2:23.78		97% 100%	
200111	, 2010 (14    ),	13.	2.23.00	777	2.25.70		10070	_
100m	, 2010 (11 ),			-	1:02.09		-	
400m		63.	4:51.06	387	4:40.19		93%	
200m	2010 (10	95.	2:37.40	337	2:35.73		98%	
400	, 2012 (12 ),	07	4.00.00	207	4 00 45		050/	-
100m 400m		27. 73.	1:08.32 5:18.55	397 382	1:06.45 5:15.39		95% 98%	
200m		90.	2:51.00	361	2:50.71		100%	
	, 2011 (13     ),						•	1
100m				-	1:00.60		-	
400m 200m		91. 115.	4:55.75 <b>2:40.90</b>	369 316	4:52.60 2:44.00		98% 104%	
200111	, 2011 (13 ),	110.	2.40.30	310	2.44.00			2
100m	, 2011 (10 ),	17.	1:05.66	448	1:05.45	26.04.2024	99%	-
400m		9.	4:52.11	496	4:58.56	24.04.2024	104%	
200m	0040 (40	44.	2:42.25	423	2:44.93	25.04.2024	103%	
400m	, 2012 (12 ),	155.	E:24 4E	279	F:10 60	25.04.2024	92%	-
100m		35.	5:24.45 1:25.95	266	5:10.60 1:22.81	25.04.2024 26.04.2024	93%	
200m		147.	2:47.94	278	2:47.64	24.04.2024	100%	
	, 2010 (14 ),						2	2
400m		137.	5:06.69	331	5:15.13	25.04.2024	106%	
100m 200m		22. 116.	<b>1:18.08</b> 2:41.11	354 315	1:20.61 2:38.12	28.03.2024 24.04.2024	107% 96%	
200111	, 2011 (13 ),	110.	2.71.11	010	2.00.12	24.04.2024		1
400m	, 2011 (10 ),	113.	5:35.23	328	5:24.88		94%	•
100m		10.	1:23.08	422	1:21.65		97%	
200m	2040 (44	79.	2:48.69	376	2:52.72		105%	_
400m	, 2010 (14 ),	33.	4:41.84	427	4:48.82		105%	3
100m		17.	1:16.67	374	1:17.47		102%	
200m		29.	2:26.83	416	2:32.09		107%	
	, 2010 (14    ),							2
400m		60.	4:50.43	390	4:52.60		101%	
100m 200m		15. 69.	<b>1:04.96</b> 2:32.69	411 370	1:12.58 2:27.60		125% 93%	
	, 2012 (12 ),							2
100m	, , ,			-	1:04.40	28.03.2024	-	
400m		57.	4:48.75	397	4:55.47	25.04.2024	105%	
200m	, 2010 (14 ),	102.	2:38.56	330	2:41.13	24.04.2024	103%	2
400m	, 2010 (14 ),	9.	4:28.37	494	4:26.36		99%	_
100m		1.	1:00.59	490	1:01.56		103%	
200m		3.	2:15.53	529	2:16.53		101%	_
400	, 2011 (13 ),	0.5	5:04.40	070	5.40.07			2
400m 100m		85. 2.	5:21.42 <b>1:09.92</b>	372 461	5:19.67 1:12.01		99% 106%	
200m		22.	2:37.58	462	2:38.51		101%	
	, 2010 (14 ),						•	1
400m		54.	4:47.64	401	4:47.50		100%	
100m 200m		6. 22.	<b>1:12.77</b> 2:25.16	438 430	1:12.80 2:22.60		100% 97%	
200111	, 2011 (13 ),	۷۷.	2.20.10	400	۷.۷۷.۵۷			1
400m	, 2011 (10 ),	87.	5:22.95	367	5:22.80		100%	•
100m		3.	1:07.84	529	1:06.89		97%	
200m	2042 (42	28.	2:39.45	446	2:41.50		103%	
100m	, 2012 (12 ),	10.	1:04.06	482	1.02.05	26 04 2024	100%	-
100m 400m		10. 26.	1:04.06 5:03.12	482 444	1:03.95 4:55.54	26.04.2024 24.04.2024	100% 95%	
200m		52.	2:43.63	413	2:42.67	- ·	99%	

400	, 2012 (12 ),	400					40.404	3
400m 100m		139. 41.	5:56.27 1:22.62	273 293	6:03.97 1:24.14	24.04.2024	104% 104%	
200m		137.	3:03.86	291	3:10.66	25.04.2024	108%	
	, 2011 (13 ),							1
100m		23.	1:07.61	410	1:06.87		98%	
400m		49.	5:10.15	414	5:17.13		105%	
200m	, 2011 (13 ),	47.	2:43.13	416	2:41.97		99%	2
100m	, 2011 (13 ),			-	1:04.58		_	2
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 100m		91. 20.	5:24.93 1:15.08	360 390	5:22.81 1:12.56		99% 93%	
200m		95.	2:51.42	359	2:53.69		103%	
	, 2011 (13    ),							-
400m		153.	5:22.37	285	5:13.38		95%	
100m		36.	1:29.08	238	1:28.91		100%	
200m	2011 (12	149.	2:49.23	271	2:44.49		94%	2
400m	, 2011 (13 ),	24.	5:01.70	450	5:03.35		101%	2
100m		10.	1:10.48	472	1:07.74		92%	
200m		27.	2:39.03	449	2:39.68		101%	
400	, 2012 (12 ),	400				0.4.0.4.0.0.4	40004	1
400m 100m		138. 35.	5:54.90 <b>1:20.09</b>	276 321	5:54.14 1:21.59	24.04.2024 26.04.2024	100% 104%	
200m		141.	3:08.18	271	3:02.87	25.04.2024	94%	
	, 2010 (14 ),							2
100m			53.91	575	54.12		101%	
400m		2.	4:15.42	573	4:15.65		100%	
200m	, 2010 (14 ),	2.	2:12.89	561	2:12.78		100%	1
400m	, 2010 (11 ),	42.	4:44.29	416	4:42.10	25.04.2024	98%	•
100m		3.	1:09.91	494	1:09.79	26.04.2024	100%	
200m	0040 (44	13.	2:21.78	462	2:23.12	24.04.2024	102%	_
400	, 2013 (11 ),	100	E-22 44	227	F-20 66		1050/	2
400m 100m		108. 31.	<b>5:32.14</b> 1:37.57	337 261	5:39.66 1:34.94		105% 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 200m		16. 98.	1:24.73 2:52.03	398 355	1:25.17 2:55.64		101% 104%	
200	, 2012 (12 ),	00.		000	2.00.0		10170	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	, 2011 (13 ),	128.	3:00.38	308	3:05.11	25.04.2024	105%	
400m	, 2011 (13 ),	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		61.	2:45.55	398	2:43.30	25.04.2024	97%	
400	, 2012 (12 ),					0.4.0.4.000.4	40004	1
400m 100m		84. 25.	5:21.41 1:16.25	372 373	5:21.05 1:15.63	24.04.2024 26.04.2024	100% 98%	
200m		58.	2:45.49	399	2:45.78	25.04.2024	100%	
	, 2012 (12 ),							3
400m		28.	5:04.52	438	5:12.89	24.04.2024	106%	
100m 200m		11. 65.	1:13.03 2:45.80	405 397	1:13.60 2:49.88	26.04.2024 25.04.2024	102% 105%	
200111	, 2010 (14 ),	05.	2.45.00	391	2.49.00	23.04.2024	10376	2
100m	, =0.0 ( ),			-	1:02.55		-	_
400m		52.	4:47.24	403	4:49.66		102%	
200m	2044 (42	84.	2:35.53	350	2:38.32		104%	
100m	, 2011 (13 ),	8.	1:03.50	495	1:03.13	26.04.2024	99%	-
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 100m		98. 23	5:28.19	350 378	5:30.94		102%	
200m		23. 73.	1:15.89 <b>2:47.68</b>	378 383	1:15.24 2:51.65		98% 105%	
	, 2012 (12 ),						2-7-	1
400m		44.	5:08.56	421	5:16.23		105%	
100m		19. 38	1:25.58	386 433	1:22.27		92% 100%	
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 <b>2:54.80</b>	268 338	1:22.81 2:56.19		98% 102%	
200111	, 2010 (14 ),	115.	2.54.00	330	2.50.19		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%	
	, 2010 (14 ),							1
400m		27.	4:40.00	435	4:46.52		105%	
100m 200m		14. 28.	1:04.81 2:26.71	414 417	1:04.59 2:24.49		99% 97%	
200	, 2012 (12 ),	20.	2.20				0.70	_
400m	, 2012 (12 ),	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	0044 (40	111.	2:53.98	343	2:50.20	25.04.2024	96%	_
400	, 2011 (13 ),					0.4.0.4.000.4	40=04	2
400m 100m		111. 33.	<b>5:34.55</b> 1:19.63	330 327	5:45.58 1:18.51	24.04.2024 26.04.2024	107% 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		33.	1:13.80	280	1:15.19	26.04.2024	104%	
200m	0044 (40	112.	2:40.45	318	2:45.47	24.04.2024	106%	
400	, 2011 (13 ),		4-00-00	500	4-04-00	00.40.0000	4050/	1
100m 400m		6. 13.	<b>1:02.93</b> 4:54.85	509 482	1:04.60 4:52.83	26.10.2023 24.04.2024	105% 99%	
200m		14.	2:34.91	486	2:34.71	22.11.2023	100%	
	, 2011 (13 ),							3
100m	, , , , , , , , , , , , , , , , , , , ,	37.	1:12.89	327	1:18.22	24.11.2023	115%	
400m		107.	5:32.07	337	5:36.05	24.04.2024	102%	
200m	2014 (12	123.	2:57.99	320	2:59.25	25.04.2024	101%	4
100m	, 2011 (13 ),			_	1:01.70			1
400m		39.	4:43.10	421	4:42.00		99%	
200m		110.	2:39.84	322	2:42.00		103%	
	, 2010 (14    ),							1
400m	, , ,	35.	4:41.88	426	4:40.20		99%	
100m		12.	1:08.37	341	1:08.47		100%	
200m	, 2011 (13 ),	58.	2:30.84	383	2:29.71		99%	4
400m	, 2011 (13 ),	73.	4:52.60	381	4:50.48		99%	1
100m		18.	1:07.13	373	1:08.99		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	2010 (14	28.	1:17.61	353	1:17.03		99%	2
100m	, 2010 (14 ),			-	59.64		_	2
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		5. 23.	1:20.27 <b>2:38.03</b>	468 458	1:19.49 2:39.45	26.04.2024 25.04.2024	98% 102%	
200111	, 2010 (14 ),	23.	2.30.03	436	2.39.43	25.04.2024	10276	2
400m	, 2010 (11 ),	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. 31.	5:01.82 1:22.14	347 304	5:00.14	25.04.2024	99% 97%	
100111	, 2010 (14 ),	31.	1.22.14	304	1:20.97	26.04.2024	9176	2
100m	, 2010 (14 ),			-	1:04.73	28.03.2024	-	2
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%	
	, 2011 (13 ),							2
400m		46.	5:09.47	417	5:05.80		98%	
100m 200m		9. 19.	1:10.14 2:36.77	479 469	1:11.00 2:39.70		102% 104%	
200111	, 2010 (14 ),	19.	2.30.11	409	2.33.10		10470	3
100m	, 2310 (11 ),		54.12	568	55.65	26.04.2024	106%	0
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%	

	0040 (44							_
400	, 2010 (14 ),	400	E.OE 0E	224	5:04.70		000/	2
400m 100m		132. 13.	5:05.85 <b>1:14.50</b>	334 408	5:04.79 1:14.56		99% 100%	
200m		77.	2:34.13	359	2:34.88		101%	
200111	, 2010 (14 ),	77.	2.34.13	339	2.34.00		10176	1
400	, 2010 (14 ),				4:04.40			'
100m 400m		121.	5:03.26	342	1:04.13 4:53.89		94%	
200m		121.	2:41.80	311	2:42.26		101%	
200111	, 2011 (13 ),	124.	2.41.00	311	2.42.20		10176	1
400m	, 2011 (13 ),	134.	E-06 22	332	E:02.26	25.04.2024	98%	
100m		26.	5:06.22 <b>1:10.87</b>	317	5:03.36 1:11.34	25.04.2024 26.04.2024	101%	
200m		111.	2:40.43	317	2:39.42	24.04.2024	99%	
200	, 2013 (11 ),		2	0.0	2.001.12	2	3070	2
400m	, 2013 (11 ),	144.	6.45.47	234	6.22 56	24.04.2024	105%	_
400m 100m		33.	<b>6:15.17</b> 1:41.08	234	6:23.56 1:38.18	26.04.2024	94%	
200m		147.	3:16.00	240	3:46.50	06.12.2023	134%	
200	, 2011 (13 ),		01.0.00	2.0	00.00	0011212020	10170	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		129.	2:42.90	304	2:50.21	24.04.2024	109%	
	, 2010 (14 ),							2
400m	, , , , , , , , , , , , , , , , , , , ,	23.	4:38.83	441	4:40.20	25.04.2024	101%	
100m		2.	1:02.29	451	1:03.07	26.04.2024	103%	
	, 2011 (13    ),							1
100m	, , , , , , , , , , , , , , , , , , , ,			-	1:00.12		-	
400m		25.	4:39.41	438	4:43.97		103%	
	, 2011 (13    ),							3
400m	, , , , , , , , , , , , , , , , , , , ,	150.	5:15.84	303	5:17.90	25.04.2024	101%	
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		80.	2:34.81	355	NT		-	
	, 2010 (14 ),							-
100m	, , , , , , , , , , , , , , , , , , , ,			-	59.62	26.04.2024	-	
400m		49.	4:46.80	405	4:37.90	25.04.2024	94%	
200m		33.	2:27.57	410	2:27.45	24.04.2024	100%	
	, 2012 (12 ),							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	0044 (40	83.	2:35.11	353	2:33.34		98%	_
	, 2011 (13 ),							2
100m		1.	59.09	614	59.14		100%	
400m		8.	4:52.02 <b>2:28.25</b>	496 555	4:49.86 2:29.93		99%	
200m	2012 (12	3.	2.20.23	333	2.29.93		102%	2
400	, 2012 (12 ),	440	5-20-04	040	F: 47.70	04.04.0004	4050/	3
400m 100m		118. 37.	5:39.24 1:20.36	316 318	5:47.72 1:21.52	24.04.2024 26.04.2024	105% 103%	
200m		112.	2:54.07	343	3:01.82	25.04.2024	103%	
200111	, 2011 (13 ),	112.	2.54.07	343	3.01.02	23.04.2024	10376	2
400m	, 2011 (13 ),	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		5.	2:29.68	539	2:31.57	25.04.2024	103%	
	, 2011 (13 ),							1
400m	, 2011 (10 ),	110.	5:00.43	352	5:00.56		100%	•
100m		19.	1:11.61	297	1:10.64		97%	
200m		109.	2:39.77	323	2:39.17		99%	
	, 2010 (14 ),							2
400m	,	106.	4:59.83	354	5:03.85		103%	_
100m		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	4:47.67		112%	
200m		32.	2:27.18	413	2:33.74		109%	

	, 2011 (13 ),							2
400m		79.	5:20.72	375	5:29.96	27.03.2024	106%	
100m 200m		20. 72.	1:27.42 <b>2:47.57</b>	362 384	1:27.32 2:52.36	26.04.2024 25.04.2024	100% 106%	
200111	, 2011 (13    ),	12.	2.41.51	304	2.32.30	20.04.2024	10076	_
400m	, == ( ),	141.	5:08.43	325	5:06.86		99%	
100m		32.	1:23.09	294	1:20.91		95%	
200m		98.	2:37.73	335	2:37.55		100%	
	, 2011 (13 ),							-
400m		112.	5:01.05	350	4:46.21		90%	
100m	, 2011 (13 ),	23.	1:09.11	342	1:08.42		98%	2
100m	, 2011 (13 ),			_	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		11. 23.	1:14.40	410	1:13.19		97% 96%	
200m	, 2011 (13 ),	23.	2:25.38	428	2:22.59		90%	3
400m	, 2011 (10 ),	124.	5:44.02	303	5:55.78		107%	Ü
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 1:13.94		96%	
100m 200m		15. 37.	1:13.80 2:40.97	411 433	2:41.99		100% 101%	
200111	, 2013 (11 ),	57.	2.40.57	400	2.41.55		10170	2
400m	, =0.0 ( ),	96.	5:27.19	353	5:30.42	27.03.2024	102%	_
100m		36.	1:20.33	319	1:17.86	26.04.2024	94%	
200m	0044 (40	116.	2:55.40	335	2:59.30		104%	_
400	, 2011 (13 ),							2
400m 100m		4. 1.	4:40.74 <b>1:03.78</b>	559 608	4:37.71 1:04.81		98% 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	2040 (44	152.	2:57.84	234	2:37.96		79%	2
400m	, 2010 (14 ),	72.	4:52.50	382	4:52.68		100%	2
100m		72. 24.	1:18.68	346	1:18.06		98%	
200m		52.	2:30.33	387	2:31.09		101%	
	, 2010 (14 ),							1
100m				-	59.59		<del>.</del>	
200m	0044 (40	50.	2:30.23	388	2:32.95		104%	
400	, 2011 (13 ),	0	50.40	04.4	50.47	00.04.0004	4000/	1
100m 400m		2. 5.	<b>59.12</b> 4:44.57	614 536	59.17 4:38.23	26.04.2024 24.04.2024	100% 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	, 2012 (12 ),	1.	2:22.53	624	2:24.20	25.04.2024	102%	2
100m	, 2012 (12 ),	34.	1:11.21	351	1:18.15	26.10.2023	120%	2
400m		95.	5:27.11	353	5:20.73	24.04.2024	96%	
200m		118.	2:55.96	332	2:56.24	25.04.2024	100%	
	, 2011 (13    ),							1
100m		5.	1:02.43	521	1:02.61	05.10.2023	101%	
400m 200m		15. 9.	4:55.46 2:33.61	479 499	4:50.73 2:33.58	24.04.2024 25.04.2024	97% 100%	
200111	, 2010 (14 ),	5.	2.00.01	400	2.00.00	20.04.2024	10070	2
400m	, 2010 (11 ),	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		141.	2:45.31	291	2:42.67	24.04.2024	97%	
	, 2010 (14 ),							2
400m		85.	4:54.88	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%	
	, 2011 (13 ),	<b>55.</b>	,	100	00.01		100/0	2
100m	, ( //	9.	1:03.74	489	1:03.15		98%	-
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		7.	1:09.66	489	1:11.76	26.04.2024	106%	
200m	, 2011 (13 ),	13.	2:34.85	487	2:37.06	25.04.2024	103%	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				-	1:00.40		<del>-</del>	
400m 200m		32. 106.	4:41.74 2:39.25	427 326	4:38.00 2:32.00		97% 91%	
200111	, 2012 (12 ),	100.	2.53.25	320	2.32.00		3170	3
400m	, 2012 (12 ),	130.	5:48.45	292	5:49.10	24.04.2024	100%	3
100m		27.	1:31.06	321	1:31.39	28.03.2024	101%	
200m		117.	2:55.50	334	3:00.67	25.04.2024	106%	
	, 2011 (13    ),							-
100m				-	1:10.37		-	
400m 200m		163. 155.	5:43.56 3:05.76	235 205	5:31.52 3:03.37		93% 97%	
200111	, 2011 (13 ),	133.	3.03.70	203	3.03.37		31 70	1
400m	, 2011 (13 ),	35.	5:05.10	435	5:02.99		99%	'
100m		13.	1:23.67	414	1:22.25		97%	
200m		70.	2:46.69	390	2:47.42		101%	
	, 2012 (12 ),							1
100m		38.	1:13.22	323	1:11.00		94%	
400m 200m		102. 80.	5:30.10 <b>2:48.73</b>	344 376	5:29.94 2:49.79		100% 101%	
200111	, 2012 (12 ),	00.	2.40.70	370	2.43.73		10170	1
400m	, 2012 (12 ),	133.	5:50.71	286	6:01.10	24.04.2024	106%	
100m		20.	1:18.13	331	1:15.81	26.04.2024	94%	
200m		122.	2:57.87	321	2:57.50	25.04.2024	100%	
	, 2010 (14    ),							-
400m		68. 26	4:52.04	383	4:50.19	25.04.2024	99%	
100m 200m		26. 62.	1:19.80 2:31.24	332 380	1:18.29 2:29.25	06.10.2023 24.04.2024	96% 97%	
200111	, 2011 (13 ),	02.	2.01.24	300	2.23.20	24.04.2024	31 70	_
100m	, 2011 (10 ),	38.	1:19.18	227	1:16.04		92%	
200m		153.	3:00.95	222	2:48.79		87%	
	, 2010 (14 ),							-
100m				-	1:01.60		-	
400m		119. 100.	5:02.76	344 333	5:02.70 2:35.00		100% 96%	
200m	, 2012 (12 ),	100.	2:38.04	333	2.33.00		90%	2
100m	, 2012 (12 ),	40.	1:15.60	293	1:15.24		99%	_
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	436	5:03.60		99%	
100m 200m		4. 43.	1:09.20 2:41.78	499 427	1:10.20 2:42.00		103% 100%	
200111	, 2011 (13 ),	40.	2.41.70	721	2.72.00		10070	
								1
400m	, - ( - ,,	36.	5:05.26	435	5:03.43	24.04.2024	99%	1
400m 100m	, - ( - ,,	36. 11.	5:05.26 1:11.10	435 460	5:03.43 1:10.18	24.04.2024 26.04.2024	99% 97%	1
						24.04.2024 26.04.2024 25.04.2024		1
100m 200m	, 2010 (14 ),	11. 26.	1:11.10 <b>2:38.81</b>	460 451	1:10.18 2:42.57	26.04.2024	97% 105%	1
100m 200m 400m		11. 26. 15.	1:11.10 <b>2:38.81</b> 4:32.87	460 451 470	1:10.18 2:42.57 4:31.67	26.04.2024	97% 105% 99%	-
100m 200m	, 2010 (14 ),	11. 26.	1:11.10 <b>2:38.81</b>	460 451	1:10.18 2:42.57	26.04.2024	97% 105%	-
100m 200m 400m 100m		11. 26. 15.	1:11.10 <b>2:38.81</b> 4:32.87	460 451 470	1:10.18 2:42.57 4:31.67 1:02.45	26.04.2024	97% 105% 99%	1 -
100m 200m 400m	, 2010 (14 ),	11. 26. 15.	1:11.10 <b>2:38.81</b> 4:32.87	460 451 470 448	1:10.18 2:42.57 4:31.67	26.04.2024	97% 105% 99%	-
100m 200m 400m 100m	, 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7.	1:11.10 2:38.81 4:32.87 1:03.15	460 451 470 448	1:10.18 2:42.57 4:31.67 1:02.45	26.04.2024	97% 105% 99% 98%	1
100m 200m 400m 100m 100m 400m 200m	, 2010 (14 ),	11. 26. 15. 7.	1:11.10 2:38.81 4:32.87 1:03.15	460 451 470 448 - 430	1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82	26.04.2024	97% 105% 99% 98% - 98%	-
100m 200m 400m 100m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7. 30. 54.	1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36	460 451 470 448 - 430 387	1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66	26.04.2024	97% 105% 99% 98% - 98% 103%	1
100m 200m 400m 100m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7. 30. 54.	1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36	460 451 470 448 - 430 387	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	97% 105% 99% 98% - 98% 103%	1
100m 200m 400m 100m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ), , 2010 (14 ),	11. 26. 15. 7. 30. 54.	1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36	460 451 470 448 - 430 387	1:10.18 2:42.57 4:31.67 1:02.45 59.64 4:38.57 2:32.82 1:00.66	26.04.2024	97% 105% 99% 98% - 98% 103%	1
100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7. 30. 54.	1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10	460 451 470 448 - 430 387 - 401 381	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	26.04.2024 25.04.2024	97% 105% 99% 98% - 98% 103%	1
100m 200m 400m 100m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ), , 2010 (14 ),	11. 26. 15. 7. 30. 54.	1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36	460 451 470 448 - 430 387	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	97% 105% 99% 98% - 98% 103% - 109% 103%	1
100m 200m 400m 100m 100m 400m 200m 100m 400m 200m	, 2010 (14 ), , 2011 (13 ), , 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7. 30. 54. 56. 60.	1:11.10 2:38.81 4:32.87 1:03.15 4:41.18 2:30.36 4:47.79 2:31.10	460 451 470 448 - 430 387 - 401 381	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	97% 105% 99% 98% - 98% 103% - 109% 103%	1
100m 200m 400m 100m 100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2010 (14 ), , 2011 (13 ), , 2010 (14 ),	11. 26. 15. 7. 30. 54. 56. 60. 48. 14. 42.	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	460 451 470 448 - 430 387 - 401 381 406 392 397	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	97% 105% 99% 98% - 98% 103% - 109% 103%	1
100m 200m 400m 100m 100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2010 (14 ), , 2011 (13 ), , 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7. 30. 54. 56. 60. 48. 14. 42.	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 4:44.83	460 451 470 448 - 430 387 - 401 381 406 392 397 413	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 26.04.2024 24.04.2024 25.04.2024	97% 105% 99% 98% - 98% 103% - 109% 100% 95% 98%	1
100m 200m 400m 100m 100m 400m 200m 100m 400m 200m 400m 100m 200m	, 2010 (14 ), , 2011 (13 ), , 2010 (14 ), , 2011 (13 ),	11. 26. 15. 7. 30. 54. 56. 60. 48. 14. 42.	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	460 451 470 448 - 430 387 - 401 381 406 392 397	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	97% 105% 99% 98% - 98% 103% - 109% 103%	1

	2044 (42							•
100m	, 2011 (13 ),	12.	1:05.10	459	1:06.33		104%	3
400m		40.	5:06.89	428	5:12.55		104%	
200m		59.	2:45.50	399	2:49.02		104%	
	, 2011 (13    ),							-
400m		14.	4:55.45	479	4:51.11		97%	
100m		6.	1:09.45	493	1:08.96		99%	
200m	2040 (44	25.	2:38.14	457	2:34.65		96%	2
400m	, 2010 (14 ),	115.	5:01.95	347	E:0E 04		102%	2
100m		113.	1:17.35	365	5:05.04 1:16.06		97%	
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		20.	1:07.81	362	1:06.71	26.04.2024	97%	
200m	, 2012 (12 ),	47.	2:29.72	392	2:31.30	24.04.2024	102%	2
400m	, 2012 (12 ),	129.	5:46.75	296	5:54.58	24.04.2024	105%	2
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		6.	1:05.95	380	1:06.63		102%	
200m	, 2012 (12 ),	67.	2:32.53	371	2:31.67		99%	3
400m	, 2012 (12 ),	117.	5:38.28	319	5:55.38		110%	3
100m		38.	1:20.50	317	1:26.26		115%	
200m		134.	3:02.49	297	3:06.71		105%	
	, 2012 (12 ),							3
100m		35.	1:11.26	350	1:15.15		111%	
400m		121.	5:41.46	310	5:54.03	24.04.2024	107%	
200m	, 2010 (14 ),	136.	3:03.53	292	3:09.62	25.04.2024	107%	2
400m	, 2010 (14 ),	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%	
200111	, 2010 (14 ),	100.	0.00.00	200	0.04.00	20.04.2024	3370	3
400m	, 2010 (11 ),	93.	4:56.44	367	5:05.89		106%	Ü
100m		15.	1:09.66	322	1:11.00		104%	
200m	0040 (44	73.	2:33.76	362	2:42.86		112%	
400	, 2010 (14 ),	00	4.55.40	070	4.55.00	05.04.0004	1000/	1
400m 100m		90. 21.	4:55.48 <b>1:08.58</b>	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	, 2010 (14 ),	125.	2:58.09	320	3:02.71		105%	4
100m	, 2010 (14 ),			-	1:07.36	26.04.2024		1
400m		129.	5:05.00	337	5:03.09	25.04.2024	99%	
200m		131.	2:43.19	303	2:43.68	24.04.2024	101%	
								31
	, 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 (17 ),	71.	4:52.10	383	4:46.20		96%	_
100m		21.	1:17.87	357	1:17.05		98%	
200m		64.	2:31.85	376	2:29.55		97%	
	, 2011 (13    ),							-
400m		17.	4:58.03	467	4:55.18		98%	
100m 200m		22. 45.	1:15.66 2:42.42	381 422	1:14.68 2:40.38		97% 98%	
200111	, 2011 (13 ),	<del>7</del> ∪.	2.72.72	722	۵.٦٠.٥٥		JU /0	_
400m	, 20 ( ),	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	517 570	4:52.60	103%	
100m 200m		2. 20.	<b>1:05.87</b> 2:37.44	578 463	1:08.29 2:35.61	107% 98%	
200111	, 2010 (14 ),	20.	2.07.44	400	2.00.01	3070	1
400m	, ( ,,	149.	5:15.19	305	5:07.65	95%	
100m		20.	1:17.84	358	1:18.39	101%	
200m	0044 (40	107.	2:39.51	324	2:37.36	97%	
400m	, 2011 (13 ),	51.	5:11.10	410	5:03.43	95%	-
100m		11.	1:23.36	418	1:22.64	98%	
200m		48.	2:43.18	416	2:40.55	97%	
	, 2012 (12 ),						1
400m		113.	5:01.32	349	5:03.99	102%	
100m 200m		22. 119.	1:12.65 2:41.52	284 312	1:12.38 2:41.04	99% 99%	
200	, 2012 (12 ),		202	0.2	2	3370	-
100m				-	1:04.60	=	
400m		135.	5:06.31	332	5:06.16	100%	
200m	, 2011 (13 ),	137.	2:44.31	297	2:40.08	95%	4
100m	, 2011 (13 ),	14.	1:05.45	452	1:04.92	98%	1
400m		45.	5:08.76	420	5:09.05	100%	
200m		74.	2:47.76	383	2:46.15	98%	
	, 2011 (13 ),						3
100m 400m		16. 37.	1:05.49 5:05.59	451 433	1:06.09 5:07.54	102% 101%	
200m		50.	2:43.35	433 415	2:47.50	101%	
	, 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 (10 ),	81.	5:21.18	373	5:21.64	100%	J
100m		21.	1:15.36	386	1:16.52	103%	
200m	0040 (44	110.	2:53.74	345	2:53.92	100%	
100m	, 2010 (14 ),			_	1.04.14	<u>-</u>	-
400m		140.	5:07.62	328	1:04.14 5:03.00	- 97%	
200m		134.	2:44.04	298	2:42.92	99%	
	, 2010 (14    ),						1
400m		47.	4:46.08	408	4:47.50	101%	
100m 200m		5. 71.	1:05.93 2:33.09	380 367	1:05.50 2:30.70	99% 97%	
200111	, 2011 (13 ),		2.00.00	007	2.00.70	01 70	_
400m	, (	34.	5:05.09	435	5:00.47	97%	
100m		27.	1:16.64	367	1:15.07	96%	
200m	, 2010 (14 ),	64.	2:45.78	397	2:43.92	98%	
100m	, 2010 (14 ),			_	1:05.23	-	-
400m		108.	5:00.14	353	4:49.66	93%	
200m		150.	2:49.32	271	2:40.00	89%	_
	, 2011 (13 ),	_					3
100m 400m		7. 31.	1:03.25 5:04.59	501 437	1:05.75 5:05.60	108% 101%	
200m		77.	2:47.91	382	2:53.11	106%	
	, 2010 (14     ),						-
100m					58.71	-	
400m 200m		16. 20.	4:34.10	464 442	4:33.04	99% 97%	
200111	, 2010 (14 ),	20.	2:23.82	442	2:21.32	91 70	_
400m	, 2010 (11 ),	122.	5:03.53	341	4:55.07	95%	
100m		33.	1:23.76	287	1:20.35	92%	
200m	0040 (40	133.	2:43.60	300	2:42.82	99%	
400m	- , 2012 (12	), 27.	5:03.89	440	5:10.25	104%	1
100m		27. 17.	1:14.42	401	1:14.03	99%	
200m		33.	2:40.33	439	2:40.09	100%	
	, 2010 (14 ),						-
400m		111.	5:00.98	350	4:58.35	98%	
100m 200m		34. 128.	1:25.64 2:42.83	268 305	1:24.37 2:38.43	97% 95%	
200111	, 2010 (14 ),	120.	2. 12.00	555	2.50.10	3070	2
400m		53.	4:47.42	402	4:48.68	101%	
100m		7.	1:06.29	374	1:05.20	97%	
200m		26.	2:26.59	418	2:29.33	104%	

	, 2011 (13    ),						2
400m		82.	5:21.20	373	5:11.48	94%	
100m		9.	1:11.77	427	1:12.72	103%	
200m	, 2010 (14 ),	20.	2:37.44	463	2:39.93	103%	1
100m	, 2010 (14 ),		56.14	509	56.14	100%	'
400m		20.	4:37.84	445	4:40.00	102%	
200m		17.	2:22.78	452	2:22.20	99%	
	, 2010 (14     ),						3
400m		5.	4:24.28	518	4:27.15	102%	
100m 200m		1. 5.	59.87 2:17.26	526 509	1:01.00 2:18.68	104% 102%	
200111	, 2011 (13 ),	Э.	2.17.20	309	2.10.00	10276	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 ),						1
400m		29.	5:04.54	438	5:00.70	97%	
100m 200m		4. 36.	<b>1:10.02</b> 2:40.75	459 435	1:10.86 2:38.82	102% 98%	
200111		00.	2.40.70	400	2.00.02	3070	
							39
	, 2011 (13 ),						1
400m	, == : (:= /,	42.	5:08.18	422	5:12.96	103%	
100m		12.	1:13.71	394	1:11.54	94%	
200m		18.	2:36.66	470	2:35.00	98%	_
	, 2010 (14 ),						2
100m 400m		74.	4:52.74	- 381	59.85 4:54.15	- 1010/	
200m		82.	2:35.08	353	2:39.00	101% 105%	
	, 2012 (12 ),						1
400m	, - (	114.	5:35.58	327	5:39.26	102%	
100m		34.	1:19.72	326	1:19.35	99%	
200m	0044 (40	121.	2:57.28	324	2:56.07	99%	
400m	, 2011 (13 ),	102	4:50.02	257	4:E6 00	000/	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%	
	, 2011 (13 ),						-
100m		41.	1:18.64	260	1:18.00	98%	
400m 200m		147. 143.	6:27.11 3:14.08	213 247	6:20.00 3:12.00	96% 98%	
200	, 2012 (12 ),		0.1.1.00		0.12.00	3070	_
400m	, == (-= ),	146.	6:21.28	223	6:09.89	94%	
200m		145.	3:14.79	244	3:10.65	96%	
	, 2010 (14 ),						2
400m		125.	5:03.94	340	4:57.49	96%	
100m 200m		8. 45.	1:13.24 2:29.45	429 394	1:14.00 2:31.00	102% 102%	
200	, 2010 (14 ),			00 .	2.000	.0270	1
400m	, , , , , , , , , , , , , , , , , , , ,	164.	5:48.93	225	5:59.00	106%	
100m		29.	1:20.67	321	1:19.00	96%	
	, 2011 (13 ),						3
400m		104.	4:59.22	356	5:01.37	101%	
100m 200m		27. 88.	1:19.88 2:36.48	331 343	1:20.70 2:38.89	102% 103%	
200	, 2010 (14 ),	00.		0.0	2.00.00	10070	1
100m	, ( ),			-	1:03.70	-	
400m		124.	5:03.90	340	5:05.00	101%	
200m	0040 (40	145.	2:47.42	280	2:45.00	97%	
400	, 2012 (12 ),	400	5-40-04	204	5.50.00	4040/	1
400m 100m		123. 26.	<b>5:43.84</b> 1:29.42	304 339	5:50.00 1:27.00	104% 95%	
200m		124.	2:58.07	320	2:55.00	97%	
	, 2011 (13 ),						1
400m	•	157.	5:28.67	269	5:14.00	91%	
100m		20.	1:12.30	288	1:11.00	96%	
200m	, 2013 (11 ),	140.	2:44.86	294	2:45.18	100%	4
400m	, 2013 (11 ),	141.	6:01.09	262	6:01.11	100%	1
100m		30.	1:34.81	185	1:31.64	93%	
200m		146.	3:15.98	240	3:12.02	96%	

	0040 (44						•
100	, 2010 (14 ),		55.50	500	55.00	1010/	2
100m		7	55.53	526	55.90	101%	
400m		7.	4:27.93	497	4:26.70	99%	
200m	2040 (44	4.	2:17.05	511	2:18.70	102%	4
	, 2010 (14 ),						1
400m		98.	4:58.53	359	4:56.47	99%	
100m		19.	1:07.50	367	1:07.50	100%	
200m	2014 (10	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	0040 (44	142.	3:12.58	253	3:10.00	97%	
	, 2013 (11 ),						-
100m		404	5.40.00	-	1:12.50	-	
400m		161.	5:40.86	241	5:34.00	96%	
200m	2012 (12	156.	3:08.02	198	3:03.00	95%	
400	, 2012 (12 ),	400	5 40 44	000	5 44 00	000/	-
400m		162.	5:42.11	238	5:41.00	99%	
100m 200m		37. 154.	1:30.67 3:01.61	226 219	1:27.00 3:01.00	92% 99%	
200111	2010 (11	134.	3.01.01	219	3.01.00	9976	2
100	, 2010 (14 ),				1.04.70		2
100m 400m		142.	5:09.66	322	1:04.76 5:10.89	- 101%	
200m		101.	2:38.47	331	2:39.21	101%	
200111	, 2011 (13 ),	101.	2.30.47	331	2.55.21	10176	3
400m	, 2011 (13 ),	93.	5:26.72	354	5:34.09	105%	3
100m		93. 13.	1:12.56	432	1:13.52	103%	
200m		107.	2:53.12	348	2:59.24	107%	
200111	, 2011 (13 ),	107.	2.00.12	0.10	2.00.21	10170	3
100m	, 2011 (13 ),	4.	1:01.60	542	1:02.02	101%	3
400m		88.	5:23.00	367	5:40.00	111%	
200m		56.	2:45.17	401	2:48.00	103%	
200111	, 2011 (13 ),	00.	2.40.11	101	2.10.00	10070	1
400m	, 2011 (10 ),	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	, 2012 (12 ),	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
400m	, - ( - ),	115.	5:35.94	326	5:38.76	102%	
100m		15.	1:24.29	404	1:24.51	101%	
200m		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	• •	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%	
	, 2011 (13    ),						1
400m		152.	5:22.32	285	5:16.00	96%	
100m		25.	1:21.40	202	1:20.50	98%	
200m	0011115	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%	