

				5	16
1.	, 400m			2012	
1.		12		<b>4:34.58</b>	597
2.		12		<b>4:40.91</b>	558 1
3.		12		<b>4:43.29</b>	544 1
2.	, 4 x 50m			2012	
1.				<b>1:51.10</b>	577
2.				<b>1:52.99</b>	548
3.				<b>1:54.82</b>	522
3.	, 200m			2011	
1.		11		<b>2:14.05</b>	547
2.		11		<b>2:15.37</b>	531
3.		11		<b>2:18.36</b>	497 1
4.	, 400m			2011	
1.		11		<b>4:12.08</b>	596
2.		11		<b>4:19.34</b>	548 1
3.		11		<b>4:19.80</b>	545 1
5.	, 4 x 50m			2011	
1.				<b>1:40.85</b>	533
2.				<b>1:41.24</b>	527
3.				<b>1:44.07</b>	485