

		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	