

						%	PB
							4
							1
100m	, , 18.02.2006	141.	1:22.55	183	1:20.06	94%	
800m		198.	13:38.84	168	13:11.40	93%	
100m		47.	1:42.87	169	1:32.21	80%	
200m		200.	3:22.33	178	3:25.86	104%	
	, , 04.08.2008						2
100m		44.	1:33.90	167	1:42.51	119%	
100m		32.	1:51.38	190	1:50.41	98%	
200m		86.	3:49.92	165	3:53.24	103%	
	, , 10.01.2007						1
100m		140.	1:19.77	203	1:18.14	96%	
800m		197.	13:37.98	168	13:13.96	94%	
100m		38.	1:33.25	226	1:33.00	99%	
200m		197.	3:15.37	198	3:33.38	119%	
	, , 04.01.2008						-
100m		45.	1:35.37	159	1:30.48	90%	
800m		86.	15:30.70	141	13:25.08	75%	
100m		28.	1:44.45	231	1:41.14	94%	
200m		87.	3:50.91	162	3:30.08	83%	
	, , 23.01.2008						3
100m		13.	1:11.64	376	1:13.00	104%	
800m		25.	11:24.50	355	11:40.00	105%	
200m		22.	2:54.58	377	3:00.00	106%	
	, , 24.02.2007						8
100m		126.	1:13.52	259	1:08.34	86%	
800m		157.	11:40.82	268	11:25.00	96%	
100m		36.	1:21.57	256	1:18.28	92%	
200m		163.	2:59.92	254	3:01.00	101%	
	, , 01.11.2006						2
100m		120.	1:12.38	272	1:10.69	95%	
800m		181.	12:19.85	228	12:38.00	105%	
200m		193.	3:12.44	207	3:18.00	106%	
	, , 10.03.2006						-
100m		57.	1:05.09	374	1:01.35	89%	
100m		26.	1:26.87	280	1:25.00	96%	
	, , 03.10.2007						2
100m		110.	1:11.06	287	1:08.17	92%	
800m		173.	12:09.44	238	11:45.00	93%	
100m		38.	1:19.55	240	1:20.00	101%	
200m		155.	2:57.78	263	2:58.00	100%	
	, , 29.06.2007						2
100m		87.	1:08.11	326	1:06.00	94%	
800m		142.	11:21.92	291	11:40.00	105%	
100m		34.	1:20.79	264	1:17.00	91%	
200m		91.	2:45.46	327	2:50.00	106%	
	, , 11.01.2007						1
800m		171.	12:02.60	244	11:59.00	99%	
100m		28.	1:27.81	271	1:25.20	94%	
100m		35.	1:17.63	259	1:17.23	99%	
200m		101.	2:46.73	319	2:50.00	104%	
	, , 05.11.2006						3
800m		163.	11:51.12	256	11:35.85	96%	
100m		31.	1:19.40	278	1:16.34	92%	
200m		156.	2:58.29	261	2:47.38	88%	
	, , 06.01.2007						-
800m		180.	12:19.39	228	11:20.00	85%	
100m		34.	1:31.18	242	1:22.50	82%	
200m		140.	2:53.24	284	2:50.00	96%	
	, , 10.05.2007						-
100m		40.	1:26.17	217	1:19.24	85%	
200m		196.	3:14.71	200	2:49.75	76%	

								2
800m		17.01.2009	85.	14:37.34	168	13:31.00	85%	
100m			22.	1:41.15	254	1:42.50	103%	
200m			82.	3:24.45	234	3:28.50	104%	
								1
100m		17.08.2006	95.	1:09.18	311	1:05.00	88%	
800m			158.	11:42.87	266	11:15.00	92%	
200m			136.	2:52.34	289	2:55.00	103%	
								-
800m		14.04.2006	191.	12:43.28	207	12:22.80	95%	
100m			33.	1:31.12	243	1:25.30	88%	
200m			166.	3:00.25	252	2:44.83	84%	
								-
800m		14.02.2008	83.	13:51.09	198	13:22.77	93%	
100m			17.	1:38.81	273	1:33.50	90%	
200m			72.	3:17.56	260	3:17.48	100%	
								2
								-
100m		14.02.2007	127.	1:13.71	257	1:12.50	97%	
800m			183.	12:23.66	224	12:20.00	99%	
200m			188.	3:09.18	218	3:08.00	99%	
								1
800m		08.02.2009	84.	13:54.36	196	13:31.00	94%	
100m			25.	1:43.14	240	1:39.00	92%	
200m			79.	3:21.15	246	3:28.00	107%	
								1
800m		19.02.2009	58.	12:32.76	267	12:20.00	97%	
200m			48.	3:04.63	318	3:18.00	115%	
								-
100m		12.02.2007	92.	1:08.92	315	1:05.00	89%	
800m			150.	11:26.09	286	11:00.00	93%	
200m			161.	2:59.79	254	2:46.00	85%	
								-
800m		11.01.2006	102.	10:46.01	342	10:30.00	95%	
100m			8.	1:19.60	364	1:16.00	91%	
200m			68.	2:40.55	358	2:35.00	93%	
								-
800m		09.11.2007	168.	11:57.85	249	11:30.00	92%	
100m			45.	1:39.86	184	1:30.00	81%	
200m			186.	3:07.87	223	2:45.00	77%	
								-
800m		29.10.2008	77.	13:12.72	228	12:54.00	95%	
100m			20.	1:27.20	287	1:23.00	91%	
200m			70.	3:15.16	269	3:03.00	88%	
								-
800m		13.04.2008	82.	13:42.02	205	13:10.00	92%	
100m			28.	1:35.13	221	1:25.00	80%	
200m			84.	3:26.51	227	3:15.00	89%	
								-
100m		07.04.2007	51.	1:04.70	381	1:03.00	95%	
800m			169.	11:58.24	249	11:40.00	95%	
200m			152.	2:57.15	266	2:43.00	85%	
								-
100m		26.03.2007	38.	1:03.50	403	1:03.00	98%	
800m			151.	11:27.60	284	11:00.00	92%	
200m			93.	2:45.60	326	2:44.00	98%	
								3
								-
800m		18.02.2007	192.	12:54.50	198	12:30.00	94%	
200m			187.	3:08.90	219	3:07.00	98%	
								-
100m		29.08.2007	134.	1:14.97	244	1:11.00	90%	
800m			193.	12:57.95	196	12:20.00	90%	
200m			183.	3:07.15	226	3:05.00	98%	
								2
100m		11.09.2006	128.	1:13.80	256	1:12.00	95%	
800m			172.	12:07.28	240	12:15.00	102%	
200m			170.	3:02.47	243	3:10.00	108%	
								1
800m		10.07.2006	190.	12:39.37	211	12:09.00	92%	
100m			42.	1:34.44	218	1:29.18	89%	
200m			169.	3:01.71	246	3:08.00	107%	

							-
	, 20.01.2006						-
100m		72.	1:06.27	354	1:02.00	88%	
800m		135.	11:15.26	300	11:02.00	96%	
200m		135.	2:52.14	290	2:44.00	91%	
							2
	, 26.07.2006						-
800m		155.	11:37.00	272	10:45.37	86%	
200m		63.	2:39.65	364	2:33.13	92%	
	, 18.04.2006						1
100m		16.	1:01.52	443	59.13	92%	
800m		52.	10:17.42	392	10:13.76	99%	
100m		5.	1:16.60	409	1:18.43	105%	
200m		14.	2:29.94	439	2:28.93	99%	
	, 26.12.2006						1
100m		66.	1:05.74	363	1:01.65	88%	
800m		92.	10:41.11	350	10:45.73	101%	
100m		38.	1:23.41	240	1:09.86	70%	
200m		149.	2:56.41	269	2:36.27	78%	
							5
	, 01.01.2006						1
100m		75.	1:06.82	346	1:03.00	89%	
800m		65.	10:28.68	371	10:20.00	97%	
200m		117.	2:49.35	305	2:54.00	106%	
	, 05.01.2008						-
800m		48.	12:11.37	291	11:50.00	94%	
100m		21.	1:40.70	258	1:34.00	87%	
200m		58.	3:10.73	289	3:10.00	99%	
	, 01.01.2009						2
800m		47.	12:07.08	296	12:30.00	106%	
100m		25.	1:30.24	259	1:27.00	93%	
200m		61.	3:11.69	284	3:25.00	114%	
	, 27.07.2006						-
100m		105.	1:09.97	301	1:06.50	90%	
800m		106.	10:49.94	336	10:25.00	92%	
200m		144.	2:54.28	279	2:46.00	91%	
	, 01.01.2009						1
100m		39.	1:24.57	228	1:22.00	94%	
800m		61.	12:39.10	260	12:15.00	94%	
200m		80.	3:21.68	244	3:26.00	104%	
	, 01.01.2008						1
800m		68.	12:49.69	249	11:45.00	84%	
100m		27.	1:44.06	234	1:34.00	82%	
200m		76.	3:19.38	253	3:20.00	101%	
	, 01.01.2009						-
800m		54.	12:21.83	279	11:50.00	92%	
200m		62.	3:11.75	284	3:10.00	98%	
							-
							7
	, 17.12.2008						-
800m		45.	12:05.99	297	11:42.00	94%	
100m		5.	1:24.07	287	1:24.00	100%	
200m		47.	3:03.74	323	3:02.00	98%	
	, 24.10.2007						-
800m		110.	10:54.13	330	10:52.00	99%	
100m		30.	1:18.74	285	1:16.90	95%	
200m		99.	2:46.58	320	2:44.00	97%	
	, 23.12.2007						-
800m		174.	12:10.47	237	11:25.00	88%	
100m		29.	1:28.75	263	1:28.00	98%	
200m		165.	3:00.18	253	2:57.00	97%	
	, 16.10.2007						1
100m		62.	1:05.50	367	1:06.80	104%	
800m		111.	10:56.08	327	10:51.00	98%	
200m		90.	2:45.45	327	2:44.00	98%	
	, 10.02.2007						-
800m		71.	10:31.68	366	10:14.00	94%	
100m		27.	1:16.85	307	1:15.80	97%	
200m		103.	2:46.82	319	2:46.00	99%	

						-	
800m	10.06.2007	59.	10:26.03	376	10:20.00	98%	
100m		20.	1:13.67	303	1:13.00	98%	
200m		118.	2:49.63	303	2:47.00	97%	
	, 27.07.2006						-
800m		123.	11:04.81	314	10:44.00	94%	
100m		28.	1:15.71	279	1:13.90	95%	
200m		100.	2:46.63	320	2:45.90	99%	
	, 17.01.2007						2
800m		188.	12:34.12	215	11:32.00	84%	
100m		24.	1:14.35	295	1:16.00	104%	
200m		116.	2:49.30	305	2:50.00	101%	
	, 30.07.2007						3
800m		83.	10:37.56	356	10:52.00	105%	
100m		9.	1:20.08	358	1:22.00	105%	
200m		67.	2:40.39	359	2:42.00	102%	
	, 14.08.2007						1
800m		75.	10:33.28	363	10:54.00	107%	
100m		13.	1:23.95	311	1:22.00	95%	
200m		102.	2:46.80	319	2:45.00	98%	
							5
	, 12.12.2007						1
100m		130.	1:14.11	253	1:12.20	95%	
800m		184.	12:25.21	223	11:35.00	87%	
200m		174.	3:03.24	240	3:04.00	101%	
	, 01.01.2007						1
800m		117.	10:57.84	324	NT	-	
100m		21.	1:13.86	301	1:14.00	100%	
200m		110.	2:48.30	310	2:43.00	94%	
	, 11.09.2007						-
100m		137.	1:15.37	241	1:10.90	88%	
800m		170.	12:01.56	246	11:35.00	93%	
200m		173.	3:03.22	240	2:57.00	93%	
	, 11.12.2007						-
100m		138.	1:15.43	240	1:13.00	94%	
800m		166.	11:56.46	251	11:45.00	97%	
200m		177.	3:04.63	235	2:59.00	94%	
	, 11.12.2006						-
100m		124.	1:13.27	262	1:11.10	94%	
800m		185.	12:26.94	221	11:54.00	91%	
	, 12.12.2007						1
100m		132.	1:14.66	248	1:14.00	98%	
800m		159.	11:44.38	264	11:23.00	94%	
200m		159.	2:58.96	258	3:09.00	112%	
	, 12.12.2006						1
100m		123.	1:12.96	265	1:12.00	97%	
800m		149.	11:26.03	286	11:25.00	100%	
200m		176.	3:04.27	236	3:09.00	105%	
	, 11.12.2007						-
100m		129.	1:14.07	254	1:12.34	95%	
800m		179.	12:15.21	232	11:56.00	95%	
200m		189.	3:09.42	217	3:04.00	94%	
	, 20.11.2006						1
100m		103.	1:09.87	302	1:05.00	87%	
800m		125.	11:05.81	313	10:45.00	94%	
100m		22.	1:13.93	300	1:15.00	103%	
200m		134.	2:51.94	291	2:50.00	98%	
							16
	, 01.01.2006						2
100m		85.	1:07.94	329	1:02.00	83%	
800m		44.	10:13.58	400	9:45.00	91%	
100m		11.	1:08.46	378	1:09.00	102%	
200m		34.	2:34.11	404	2:36.00	102%	
	, 01.01.2007						-
800m		46.	10:14.44	398	10:05.00	97%	
100m		25.	1:14.40	294	1:13.00	96%	
200m		75.	2:41.45	352	2:40.00	98%	
	, 01.01.2009						2
800m		66.	12:46.80	252	13:30.00	112%	
100m		30.	1:46.65	217	1:42.00	91%	
200m		81.	3:22.24	242	3:29.00	107%	

									1
800m	,	, 01.01.2008	71.	13:02.55	237	13:08.00		101%	
100m			20.	1:39.64	266	1:37.00		95%	
200m			75.	3:18.38	256	3:15.00		97%	
	,	, 01.01.2007							2
100m			22.	1:01.97	433	1:03.00		103%	
800m			34.	10:00.24	427	9:40.00		93%	
200m			25.	2:32.83	415	2:40.00		110%	
	,	, 01.01.2007							-
100m			78.	1:07.04	342	1:04.00		91%	
800m			68.	10:29.94	369	9:50.00		88%	
	,	, 01.01.2006							-
100m			28.	1:02.75	417	59.00		88%	
800m			103.	10:47.54	340	10:00.00		86%	
100m			5.	1:10.32	400	1:09.00		96%	
200m			56.	2:38.78	370	2:35.00		95%	
	,	, 01.01.2007							-
800m			86.	10:38.03	355	10:15.00		93%	
100m			25.	1:26.50	284	1:25.00		97%	
200m			88.	2:44.45	333	2:44.00		99%	
	,	, 22.10.2006							-
100m			35.	1:03.41	404	1:01.00		93%	
800m			101.	10:45.68	343	10:30.50		95%	
200m			61.	2:39.42	365	2:38.50		99%	
	,	, 01.01.2009							2
800m			43.	12:03.76	300	13:30.00		125%	
100m			8.	1:41.29	164	1:32.00		82%	
200m			64.	3:12.41	281	3:29.00		118%	
	,	, 01.01.2007							-
100m			11.	1:22.70	325	1:20.00		94%	
200m			123.	2:51.13	295	2:44.00		92%	
	,	, 01.01.2007							-
100m			88.	1:08.26	324	1:06.00		93%	
800m			118.	10:59.20	322	9:55.00		81%	
100m			19.	1:24.92	300	1:21.00		91%	
200m			96.	2:46.26	322	2:43.00		96%	
	,	, 01.01.2007							-
100m			86.	1:08.03	327	1:06.00		94%	
800m			73.	10:33.01	364	9:55.00		88%	
200m			112.	2:48.64	308	2:30.00		79%	
	,	, 05.10.2006							1
100m			118.	1:12.04	276	1:06.00		84%	
800m			126.	11:05.88	313	11:10.00		101%	
200m			153.	2:57.58	264	2:46.00		87%	
	,	, 01.01.2006							-
100m			82.	1:07.54	335	1:04.00		90%	
800m			54.	10:22.15	383	10:10.00		96%	
200m			104.	2:46.89	318	2:45.00		98%	
	,	, 01.01.2006							1
800m			93.	10:41.92	349	10:23.30		94%	
100m			20.	1:15.58	322	1:13.20		94%	
100m			18.	1:12.03	324	1:12.30		101%	
200m			45.	2:36.71	384	2:31.12		93%	
	,	, 14.03.2006							-
800m			177.	12:14.27	233	11:20.00		86%	
100m			39.	1:33.46	225	1:22.00		77%	
	,	, 18.04.2007							-
100m			59.	1:05.22	372	1:04.00		96%	
800m			66.	10:28.85	371	9:55.00		90%	
200m			54.	2:38.55	371	2:35.00		96%	
	,	, 01.01.2006							-
100m			44.	1:03.98	394	1:00.00		88%	
800m			49.	10:15.93	395	9:39.00		88%	
200m			53.	2:37.99	375	2:32.00		93%	
	,	, 01.01.2006							-
100m			102.	1:09.82	303	1:07.00		92%	
800m			122.	11:04.29	315	10:10.00		84%	
200m			133.	2:51.80	292	2:40.00		87%	
	,	, 01.01.2006							1
100m			47.	1:04.52	384	1:02.00		92%	
800m			152.	11:28.34	283	10:30.00		84%	
200m			89.	2:44.97	329	2:45.00		100%	

									-
800m	, 01.01.2007	127.	11:08.86	308	10:10.00			83%	
100m		4.	1:10.24	402	1:09.00			97%	
200m		71.	2:40.89	355	2:36.00			94%	
									2
800m	, 01.01.2008	56.	12:25.72	274	12:50.00			107%	
100m		17.	1:25.29	307	1:28.00			106%	
									1
800m	, 01.01.2008	53.	12:15.70	286	11:48.00			93%	
100m		23.	1:29.29	268	1:30.00			102%	
200m		50.	3:05.46	314	3:03.00			97%	
									1
100m	, 01.01.2008	19.	1:14.22	338	1:13.00			97%	
800m		36.	11:46.54	323	11:48.00			100%	
200m		45.	3:03.55	324	3:03.00			99%	
									-
800m	, 01.01.2007	48.	10:15.53	396	9:40.00			89%	
100m		12.	1:08.68	374	1:07.00			95%	
200m		46.	2:37.00	382	2:30.00			91%	
									17
	, 24.12.2007								1
100m		111.	1:11.20	285	1:08.50			93%	
800m		99.	10:45.06	344	10:55.00			103%	
100m		32.	1:17.45	261	1:15.00			94%	
									1
800m	, 13.12.2007	67.	10:29.56	370	10:10.00			94%	
100m		29.	1:15.91	277	1:18.00			106%	
200m		85.	2:42.76	343	2:42.00			99%	
									1
800m	, 12.05.2007	121.	11:04.16	315	11:05.00			100%	
100m		31.	1:30.20	250	1:28.00			95%	
200m		130.	2:51.66	292	2:51.00			99%	
									2
800m	, 17.10.2008	7.	10:47.90	418	11:10.00			107%	
100m		5.	1:17.34	412	1:18.00			102%	
200m		18.	2:52.18	393	2:50.00			97%	
									2
100m	, 01.01.2008	1.	1:03.72	534	1:03.00			98%	
800m		1.	9:35.59	597	9:48.00			104%	
200m		1.	2:34.38	545	2:36.00			102%	
									3
100m	, 23.03.2008	2.	1:07.18	456	1:07.50			101%	
800m		2.	10:15.90	487	10:35.00			106%	
100m		7.	1:18.04	401	1:15.30			93%	
200m		6.	2:43.33	460	2:45.30			102%	
									2
800m	, 21.04.2007	138.	11:17.42	297	11:15.00			99%	
100m		39.	1:20.08	236	1:21.00			102%	
200m		120.	2:50.41	299	2:52.00			102%	
									-
800m	, 04.12.2007	116.	10:56.80	326	10:45.30			97%	
100m		40.	1:20.38	233	1:16.00			89%	
200m		146.	2:55.21	275	2:52.00			96%	
									-
100m	, 26.11.2007	108.	1:10.80	290	1:08.00			92%	
800m		134.	11:15.18	300	11:08.00			98%	
200m		129.	2:51.58	293	2:44.00			91%	
									1
100m	, 06.08.2007	100.	1:09.65	305	1:07.50			94%	
800m		63.	10:27.13	374	10:40.50			104%	
200m		131.	2:51.69	292	2:51.00			99%	
									1
800m	, 05.03.2007	76.	10:34.60	361	10:30.50			99%	
100m		24.	1:26.49	284	1:25.30			97%	
200m		118.	2:49.63	303	2:53.00			104%	
									1
100m	, 03.10.2007	91.	1:08.89	315	1:07.00			95%	
800m		79.	10:36.14	359	10:30.50			98%	
200m		111.	2:48.42	310	2:49.50			101%	
									-
800m	, 13.07.2007	156.	11:37.78	272	11:30.50			98%	
100m		23.	1:26.40	285	1:25.72			98%	
200m		157.	2:58.72	259	2:54.00			95%	

							1
100m	, 12.07.2007	101.	1:09.74	304	1:06.00	90%	
800m		119.	10:59.55	322	11:16.00	105%	
200m		121.	2:50.72	297	2:41.00	89%	
	, 14.08.2007						1
800m		112.	10:56.31	326	10:50.00	98%	
100m		22.	1:26.10	288	1:25.30	98%	
200m		82.	2:42.51	345	2:52.00	112%	
1							15
	, 09.08.2007						3
100m		65.	1:05.73	363	1:06.80	103%	
800m		41.	10:08.23	410	10:14.50	102%	
200m		72.	2:40.91	355	2:42.00	101%	
	, 20.02.2008						1
100m		6.	1:08.64	427	1:07.20	96%	
800m		10.	10:49.95	414	10:52.45	101%	
200m		23.	2:54.87	375	2:52.00	97%	
	, 06.04.2008						-
800m		31.	11:42.81	328	11:01.00	88%	
100m		15.	1:23.66	325	1:18.00	87%	
200m		46.	3:03.59	324	2:58.00	94%	
	, 02.07.2006						1
100m		12.	1:01.16	451	59.38	94%	
800m		21.	9:52.61	444	9:48.35	99%	
100m		8.	1:08.07	384	1:08.13	100%	
200m		22.	2:31.71	424	2:27.33	94%	
	, 06.12.2006						-
100m		13.	1:01.29	448	59.00	93%	
800m		108.	10:51.31	334	10:20.00	91%	
200m		37.	2:35.20	396	2:31.00	95%	
	, 01.01.2008						1
800m		12.	11:08.29	381	10:55.25	96%	
100m		2.	1:15.66	440	1:15.13	99%	
100m		2.	1:22.37	471	1:21.00	97%	
200m		4.	2:41.15	479	2:45.05	105%	
	, 30.03.2006						1
100m		60.	1:05.27	371	1:00.00	85%	
800m		57.	10:23.50	381	9:45.00	88%	
100m		9.	1:08.26	381	1:09.00	102%	
200m		52.	2:37.93	376	2:33.00	94%	
	, 13.01.2008						1
800m		33.	11:44.48	325	11:22.00	94%	
100m		1.	1:18.02	359	1:19.00	103%	
200m		25.	2:55.48	371	2:53.00	97%	
	, 01.01.2008						1
800m		16.	11:12.38	374	10:46.00	92%	
100m		3.	1:22.63	467	1:20.50	95%	
200m		11.	2:47.04	430	2:49.50	103%	
	, 15.06.2008						2
100m		16.	1:12.22	367	1:11.91	99%	
800m		5.	10:40.67	433	10:53.00	104%	
200m		12.	2:47.50	426	2:49.00	102%	
	, 01.01.2009						1
800m		37.	11:49.30	319	11:15.00	91%	
100m		14.	1:33.84	319	1:32.00	96%	
200m		24.	2:54.99	374	2:55.00	100%	
	, 20.10.2006						-
100m		20.	1:01.79	437	59.00	91%	
800m		55.	10:22.51	383	9:52.00	90%	
200m		83.	2:42.53	345	2:34.00	90%	
	, 01.01.2009						-
100m		29.	1:20.10	269	1:10.00	76%	
800m		27.	11:28.76	348	10:55.00	90%	
100m		14.	1:23.07	332	1:20.00	93%	
200m		38.	3:00.17	343	2:55.00	94%	
	, 15.11.2006						1
800m		9.	9:36.34	482	9:35.33	100%	
100m		2.	1:14.55	444	1:14.30	99%	
200m		4.	2:24.46	491	2:25.33	101%	
	, 12.05.2006						1
800m		15.	9:49.35	451	9:48.30	100%	
100m		1.	1:14.12	451	1:15.33	103%	
200m		11.	2:28.66	450	2:25.35	96%	

	, 02.09.2006								1
800m		39.	10:07.16	412	10:00.13			98%	
100m		7.	1:10.94	390	1:11.30			101%	
200m		50.	2:37.34	380	2:34.30			96%	
2									11
	, 01.01.2007								-
100m		83.	1:07.72	332	1:03.00			87%	
800m		164.	11:54.12	253	11:20.00			91%	
	, 01.01.2008								2
100m		17.	1:12.66	360	1:13.00			101%	
800m		19.	11:18.32	365	11:15.00			99%	
200m		31.	2:57.94	356	3:00.00			102%	
	, 01.01.2008								-
800m		64.	12:44.69	254	11:50.00			86%	
100m		18.	1:26.62	293	1:23.00			92%	
200m		53.	3:06.91	307	3:05.00			98%	
	, 01.01.2008								2
800m		32.	11:44.10	326	11:50.00			102%	
100m		5.	1:23.82	447	1:21.05			93%	
200m		14.	2:49.32	413	2:50.11			101%	
	, 01.01.2007								2
100m		68.	1:05.85	361	1:02.00			89%	
800m		95.	10:42.15	349	10:52.00			103%	
200m		83.	2:42.53	345	2:47.00			106%	
	, 01.01.2008								-
800m		50.	12:11.56	291	11:30.00			89%	
100m		15.	1:34.31	314	1:30.00			91%	
200m		34.	2:59.01	349	2:56.00			97%	
	, 04.06.2008								1
100m		10.	1:10.63	392	1:09.00			95%	
800m		9.	10:49.91	415	10:54.12			101%	
200m		37.	2:59.99	344	2:59.00			99%	
	, 01.01.2007								-
100m		61.	1:05.32	370	1:03.00			93%	
800m		113.	10:56.36	326	10:50.00			98%	
200m		94.	2:45.83	324	2:43.00			97%	
	, 01.01.2007								-
100m		94.	1:08.96	314	1:04.00			86%	
800m		60.	10:26.22	376	9:50.00			89%	
200m		141.	2:53.45	283	2:49.00			95%	
	, 01.01.2007								1
100m		98.	1:09.32	309	1:03.00			83%	
800m		161.	11:44.77	264	11:00.00			88%	
200m		150.	2:56.54	269	2:57.00			101%	
	, 01.01.2009								-
800m		42.	11:59.86	305	11:10.00			87%	
100m		10.	1:29.08	373	1:24.00			89%	
200m		42.	3:02.51	329	3:00.00			97%	
	, 01.01.2007								2
100m		77.	1:07.00	343	1:03.00			88%	
800m		132.	11:14.39	301	11:22.00			102%	
200m		122.	2:50.78	297	2:54.00			104%	
	, 01.01.2007								1
100m		69.	1:05.92	360	1:03.00			91%	
800m		69.	10:31.10	367	10:30.00			100%	
100m		19.	1:12.20	322	1:11.00			97%	
200m		79.	2:41.75	350	2:42.00			100%	
	, 01.01.2009								-
800m		34.	11:44.95	325	11:10.00			90%	
100m		11.	1:22.72	337	1:22.00			98%	
200m		26.	2:56.48	364	2:54.00			97%	
	, 01.01.2007								-
100m		48.	1:04.55	383	1:02.00			92%	
800m		74.	10:33.16	364	10:15.00			94%	
100m		13.	1:08.82	372	1:07.00			95%	
200m		78.	2:41.67	350	2:35.55			93%	
	, 01.01.2009								-
800m		46.	12:06.63	296	11:30.00			90%	
100m		6.	1:26.96	259	1:24.00			93%	
200m		51.	3:06.14	311	2:57.00			90%	

3

13

	, 01.01.2008								1
100m		22.	1:15.72	318	1:11.00		88%		
800m		28.	11:33.10	342	11:40.00		102%		
200m		40.	3:02.38	330	3:02.00		100%		
	, 01.01.2009								3
800m		11.	11:01.73	393	11:58.00		118%		
100m		2.	1:20.36	329	1:21.00		102%		
200m		21.	2:53.88	381	3:03.00		111%		
	, 01.01.2008								-
100m		4.	1:08.09	437	1:08.00		100%		
800m		8.	10:49.42	415	10:38.00		97%		
200m		13.	2:47.59	426	2:46.00		98%		
	, 01.01.2008								1
800m		21.	11:19.24	363	11:10.00		97%		
100m		13.	1:31.97	339	1:31.00		98%		
200m		27.	2:56.56	364	3:00.00		104%		
	, 01.01.2006								-
800m		50.	10:16.52	394	9:50.00		92%		
100m		14.	1:24.00	310	1:20.00		91%		
100m		16.	1:09.91	354	1:08.00		95%		
200m		31.	2:33.70	408	2:25.00		89%		
	, 01.01.2006								2
100m		23.	1:02.14	430	59.00		90%		
800m		22.	9:53.68	441	10:00.00		102%		
200m		33.	2:33.84	406	2:35.00		102%		
	, 01.01.2006								-
100m		31.	1:02.96	413	1:00.00		91%		
800m		62.	10:26.99	374	9:39.00		85%		
200m		48.	2:37.15	381	2:34.00		96%		
	, 01.01.2006								-
100m		4.	59.36	493	58.80		98%		
800m		3.	9:14.57	541	9:01.00		95%		
200m		3.	2:23.46	501	2:23.00		99%		
	, 01.01.2006								1
100m		7.	1:00.26	471	59.00		96%		
800m		4.	9:24.95	512	9:30.00		102%		
100m		3.	1:03.99	462	1:03.00		97%		
200m		7.	2:25.85	477	2:24.00		97%		
	, 01.01.2008								1
100m		26.	1:18.67	283	1:13.00		86%		
800m		67.	12:47.89	251	11:48.00		85%		
200m		41.	3:02.49	330	3:03.00		101%		
	, 01.01.2009								1
800m		40.	11:57.29	308	12:00.00		101%		
100m		10.	1:22.20	343	1:22.00		100%		
200m		49.	3:05.03	316	3:05.00		100%		
	, 01.01.2006								1
100m		29.	1:02.92	414	59.00		88%		
800m		28.	9:55.78	437	9:50.00		98%		
200m		29.	2:33.52	409	2:35.00		102%		
	, 01.01.2006								-
800m		14.	9:48.43	453	9:45.00		99%		
100m		3.	1:15.59	426	1:14.50		97%		
200m		10.	2:28.43	453	2:25.00		95%		
	, 01.01.2006								1
100m		24.	1:02.51	422	59.00		89%		
800m		12.	9:45.92	459	9:22.00		92%		
200m		21.	2:31.58	425	2:34.00		103%		
	, 01.01.2008								-
800m		29.	11:33.90	341	11:10.00		93%		
100m		8.	1:26.44	408	1:26.00		99%		
200m		15.	2:50.54	404	2:50.00		99%		
	, 01.01.2008								1
800m		17.	11:15.95	368	10:38.00		89%		
100m		1.	1:09.63	565	1:08.00		95%		
200m		2.	2:36.08	527	2:38.00		102%		
4									13
	, 23.08.2007								1
100m		26.	1:02.55	421	1:02.50		100%		
800m		36.	10:01.40	424	9:57.00		99%		
100m		17.	1:10.27	349	1:08.50		95%		
200m		42.	2:36.19	388	2:36.30		100%		

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, 5. - 8.3.2020

11-12

	, , 11.08.2007						4
100m	6.	59.95	479	1:01.15	104%		
800m	7.	9:30.28	498	10:00.00	111%		
100m	7.	1:07.79	389	1:09.50	105%		
200m	16.	2:30.53	434	2:36.40	108%		
	, , 24.04.2006						-
100m	46.	1:04.24	389	1:00.00	87%		
800m	31.	9:58.65	430	9:30.00	91%		
200m	28.	2:33.21	411	2:30.00	96%		
	, , 22.07.2007						-
100m	15.	1:01.51	443	1:00.00	95%		
800m	10.	9:36.81	481	9:20.00	94%		
200m	17.	2:30.59	433	2:25.00	93%		
	, , 03.04.2007						4
100m	27.	1:02.70	418	1:03.50	103%		
800m	8.	9:31.37	495	9:50.80	107%		
100m	3.	1:10.02	406	1:15.00	115%		
200m	15.	2:30.23	436	2:33.30	104%		
	, , 26.04.2006						1
800m	17.	9:51.11	447	10:10.00	106%		
100m	1.	1:07.89	445	1:06.00	95%		
200m	8.	2:26.78	468	2:25.50	98%		
	, , 19.08.2007						3
100m	55.	1:04.83	378	1:03.50	96%		
800m	23.	9:54.04	440	10:00.00	102%		
100m	13.	1:12.96	358	1:18.00	114%		
200m	36.	2:34.69	400	2:38.23	105%		
	, , 23.02.2007						-
100m	11.	1:01.14	451	59.00	93%		
800m	6.	9:28.99	501	9:18.00	96%		
200m	19.	2:31.18	428	2:29.00	97%		
5							9
	, , 13.01.2007						1
800m	70.	10:31.38	367	10:30.00	100%		
100m	10.	1:21.79	336	1:20.00	96%		
200m	59.	2:39.27	366	2:40.00	101%		
	, , 04.04.2008						-
100m	35.	1:21.52	255	1:17.00	89%		
200m	69.	3:14.45	272	3:10.00	95%		
	, , 14.05.2008						1
800m	13.	11:08.38	381	11:10.00	100%		
100m	7.	1:25.98	414	1:22.00	91%		
200m	8.	2:44.11	453	2:44.00	100%		
	, , 31.08.2007						-
100m	24.	1:02.51	422	1:01.00	95%		
800m	5.	9:25.42	511	9:15.00	96%		
100m	4.	1:05.07	440	1:05.00	100%		
200m	5.	2:25.35	482	2:25.00	100%		
	, , 08.05.2008						1
100m	18.	1:12.95	356	1:14.00	103%		
800m	38.	11:53.50	313	11:30.00	94%		
	, , 25.08.2007						-
100m	32.	1:03.01	412	1:02.50	98%		
800m	19.	9:51.37	446	9:45.00	98%		
100m	15.	1:09.37	363	1:08.00	96%		
200m	30.	2:33.65	408	2:28.00	93%		
	, , 03.02.2008						2
100m	8.	1:20.56	364	1:25.00	111%		
200m	32.	2:58.28	354	3:02.00	104%		
	, , 30.03.2006						-
100m	34.	1:03.27	407	1:01.00	93%		
800m	26.	9:55.10	438	9:35.00	93%		
200m	40.	2:35.54	393	2:28.00	91%		
	, , 18.08.2008						-
100m	37.	1:22.18	249	1:18.00	90%		
	, , 06.07.2008						-
100m	21.	1:28.00	279	1:26.00	96%		
200m	59.	3:11.35	286	3:10.00	99%		
	, , 22.02.2008						2
100m	16.	1:23.84	323	1:32.00	120%		
200m	55.	3:09.48	294	3:10.00	101%		

								-
100m	, 15.01.2006	19.	1:01.78	437	1:01.00		97%	
800m		18.	9:51.35	446	9:40.00		96%	
200m		24.	2:32.69	416	2:31.00		98%	
	, 14.05.2006							-
800m		51.	10:16.71	394	9:45.00		90%	
100m		4.	1:16.15	416	1:13.00		92%	
200m		6.	2:25.45	481	2:24.00		98%	
	, 16.03.2007							-
100m		36.	1:03.44	404	1:03.00		99%	
800m		24.	9:54.08	440	9:52.00		99%	
200m		47.	2:37.08	382	2:35.00		97%	
	, 17.08.2008							2
800m		15.	11:12.19	375	11:25.00		104%	
100m		6.	1:23.92	446	1:22.00		95%	
200m		9.	2:44.57	450	2:48.00		104%	
	, 11.02.2006							-
100m		5.	59.37	493	58.00		95%	
100m		2.	1:01.91	511	1:01.00		97%	
200m		9.	2:28.11	455	2:27.00		99%	
6								7
	, 19.10.2006							-
800m		64.	10:28.01	373	10:15.00		96%	
100m		23.	1:14.32	295	1:12.00		94%	
200m		81.	2:42.34	346	2:40.00		97%	
	, 08.07.2008							3
800m		3.	10:28.68	458	10:37.00		103%	
100m		1.	1:21.52	486	1:22.91		103%	
200m		3.	2:39.59	493	2:43.00		104%	
	, 09.05.2006							-
800m		131.	11:13.90	301	10:50.00		93%	
100m		30.	1:16.79	267	1:15.50		97%	
200m		114.	2:49.08	306	2:48.00		99%	
	, 24.10.2007							1
800m		88.	10:39.51	353	11:00.00		107%	
100m		31.	1:17.38	261	1:15.50		95%	
200m		125.	2:51.46	293	2:50.00		98%	
	, 13.04.2008							-
100m		20.	1:14.38	336	1:13.10		97%	
800m		51.	12:12.27	290	11:40.00		91%	
200m		43.	3:03.29	325	3:00.00		96%	
	, 05.12.2007							2
100m		136.	1:15.21	242	1:12.50		93%	
800m		165.	11:54.54	253	12:15.00		106%	
200m		171.	3:02.72	242	3:04.10		102%	
	, 05.05.2007							1
800m		96.	10:43.10	347	10:10.00		90%	
100m		37.	1:19.20	244	1:14.50		88%	
200m		105.	2:47.34	316	2:48.00		101%	
	My Champs							2
	, 14.02.2009							1
800m		35.	11:45.11	325	11:40.00		99%	
100m		13.	1:23.02	333	1:19.00		91%	
200m		39.	3:01.29	336	3:03.00		102%	
	, 28.06.2006							-
100m		10.	1:00.97	455	58.50		92%	
800m		11.	9:39.99	473	9:35.00		98%	
200m		39.	2:35.40	394	2:25.00		87%	
	, 03.03.2007							1
100m		73.	1:06.35	353	1:05.00		96%	
800m		120.	11:02.56	317	11:00.00		99%	
200m		97.	2:46.39	321	2:48.00		102%	
	, 21.07.2008							-
800m		4.	10:31.52	452	10:20.00		96%	
100m		9.	1:27.22	397	1:20.50		85%	
200m		5.	2:42.59	466	2:40.00		97%	
	, 13.06.2006							-
800m		20.	9:52.34	444	9:40.00		96%	
100m		7.	1:18.17	385	1:15.00		92%	
200m		55.	2:38.74	370	2:29.00		88%	

	, 15.06.2006								-
100m		1.	55.11	616	54.00		96%		
800m		2.	9:09.29	557	9:02.00		97%		
200m		2.	2:20.63	532	2:17.00		95%		
									10
200m	, 19.01.2009	85.	3:44.82	176	3:40.08		96%		-
	, 05.09.2007								1
100m		113.	1:11.51	282	1:09.00		93%		
800m		100.	10:45.34	343	11:03.69		106%		
200m		148.	2:56.20	270	2:54.00		98%		
	, 30.05.2007								1
100m		116.	1:11.69	280	1:13.16		104%		
800m		167.	11:57.70	249	11:40.31		95%		
	, 27.02.2006								3
100m		70.	1:05.95	359	1:06.40		101%		
800m		105.	10:48.28	339	11:10.20		107%		
200m		73.	2:41.26	353	2:45.35		105%		
	, 17.01.2007								2
800m		137.	11:17.11	297	12:00.90		113%		
100m		15.	1:24.48	305	1:25.89		103%		
200m		172.	3:02.93	242	3:01.40		98%		
	, 03.02.2009								3
800m		20.	11:18.60	364	11:29.90		103%		
100m		11.	1:29.65	366	1:34.00		110%		
200m		17.	2:51.99	394	2:53.10		101%		
									9
	, 14.08.2008								1
100m		32.	1:20.66	263	1:20.00		98%		
800m		78.	13:14.72	226	13:30.00		104%		
	, 13.08.2006								1
100m		71.	1:06.23	355	1:03.00		90%		
800m		82.	10:37.52	356	11:20.00		114%		
200m		127.	2:51.55	293	2:42.00		89%		
	, 24.01.2007								-
100m		56.	1:05.05	375	1:00.00		85%		
800m		115.	10:56.78	326	10:40.00		95%		
200m		108.	2:48.10	311	2:36.00		86%		
	, 31.07.2009								3
100m		9.	1:10.22	399	1:12.00		105%		
800m		24.	11:24.05	355	11:25.00		100%		
200m		30.	2:57.40	359	3:05.00		109%		
	, 03.05.2007								-
100m		106.	1:10.31	296	1:06.00		88%		
800m		187.	12:33.91	215	11:00.00		77%		
	, 19.06.2006								2
100m		2.	56.49	572	55.50		97%		
800m		1.	9:01.70	581	9:00.00		99%		
100m		1.	1:01.76	514	1:02.00		101%		
200m		1.	2:16.58	581	2:20.00		105%		
	, 22.08.2007								-
100m		42.	1:34.37	165	1:22.00		76%		
200m		199.	3:22.25	179	3:10.00		88%		
	, 14.06.2007								-
800m		195.	13:31.11	173	12:15.00		82%		
100m		46.	1:42.32	171	1:33.00		83%		
200m		198.	3:20.93	182	3:10.00		89%		
	, 10.05.2008								-
800m		52.	12:14.14	287	12:00.00		96%		
100m		12.	1:22.85	335	1:18.00		89%		
200m		44.	3:03.42	325	2:50.00		86%		
	, 24.11.2009								2
800m		62.	12:39.20	260	12:50.00		103%		
200m		60.	3:11.39	286	3:25.00		115%		
									10
	, 27.06.2007								2
100m		114.	1:11.55	281	1:08.80		92%		
800m		133.	11:14.62	301	11:04.00		97%		
100m		34.	1:17.62	259	1:18.50		102%		
200m		138.	2:52.78	287	2:56.00		104%		

	, 01.01.2006							1
800m		140.	11:18.79	295	12:00.00		113%	
100m		37.	1:31.78	238	1:25.00		86%	
200m		164.	3:00.15	253	2:55.00		94%	
	, 06.08.2007							2
100m		97.	1:09.31	310	1:09.80		101%	
800m		114.	10:56.77	326	10:56.00		100%	
100m		30.	1:29.26	258	1:28.00		97%	
200m		124.	2:51.42	294	2:59.00		109%	
	, 01.01.2006							1
100m		64.	1:05.62	365	1:05.00		98%	
800m		78.	10:35.49	360	11:00.00		108%	
100m		28.	1:17.82	295	1:10.00		81%	
200m		113.	2:48.98	307	2:45.00		95%	
	, 01.01.2007							1
800m		147.	11:23.96	288	11:45.00		106%	
100m		40.	1:34.31	219	1:30.00		91%	
200m		142.	2:53.74	282	2:50.00		96%	
	, 01.01.2006							2
100m		79.	1:07.11	341	1:07.00		100%	
800m		90.	10:39.85	352	11:17.00		112%	
200m		92.	2:45.47	327	2:50.00		106%	
	, 01.01.2007							-
800m		176.	12:14.15	233	12:00.00		96%	
100m		41.	1:25.59	193	1:20.00		87%	
200m		158.	2:58.95	258	2:55.00		96%	
	, 01.01.2006							1
800m		145.	11:23.19	289	11:55.00		110%	
200m		168.	3:00.50	251	2:56.00		95%	
	, 30.03.2006							-
100m		112.	1:11.24	285	1:10.00		97%	
800m		130.	11:12.83	303	11:00.00		96%	
200m		139.	2:53.06	285	2:52.00		99%	
1								24
	, 19.06.2009							3
100m		14.	1:11.70	375	1:14.00		107%	
800m		49.	12:11.51	291	12:47.50		110%	
200m		36.	2:59.93	344	3:02.00		102%	
	, 06.08.2009							2
100m		25.	1:18.38	287	1:17.30		97%	
800m		63.	12:40.84	258	12:48.20		102%	
200m		67.	3:14.00	274	3:15.10		101%	
	, 05.06.2007							3
100m		50.	1:04.69	381	1:04.50		99%	
800m		25.	9:54.27	440	10:00.00		102%	
100m		6.	1:16.84	405	1:18.00		103%	
200m		51.	2:37.64	378	2:38.00		100%	
	, 15.03.2006							-
100m		30.	1:02.95	413	1:02.50		99%	
800m		16.	9:50.68	448	9:42.00		97%	
100m		14.	1:13.50	351	1:11.00		93%	
200m		32.	2:33.76	407	2:33.00		99%	
	, 06.04.2009							2
100m		27.	1:18.84	282	1:17.20		96%	
800m		60.	12:37.19	262	12:52.20		104%	
200m		74.	3:18.29	257	3:21.50		103%	
	, 08.05.2009							3
100m		34.	1:21.36	256	1:24.00		107%	
800m		74.	13:07.18	233	12:57.20		97%	
100m		19.	1:39.22	270	1:40.00		102%	
200m		56.	3:10.26	291	3:10.90		101%	
	, 21.02.2008							-
100m		24.	1:17.97	291	1:16.00		95%	
800m		55.	12:22.58	278	12:00.00		94%	
100m		19.	1:26.78	291	1:23.00		91%	
200m		52.	3:06.45	309	3:02.00		95%	
	, 09.02.2006							1
100m		3.	58.46	516	59.50		104%	
800m		29.	9:56.07	436	9:45.00		96%	
200m		18.	2:30.83	431	2:28.00		96%	
	, 17.07.2008							-
100m		5.	1:08.51	429	1:08.00		99%	
800m		29.	11:33.90	341	11:20.00		96%	

100m		4.	1:22.70	301	1:20.00	94%	
200m		20.	2:52.49	390	2:50.00	97%	
	, , 23.03.2006						-
100m		39.	1:03.56	402	1:02.00	95%	
800m		61.	10:26.30	376	10:08.00	94%	
100m		2.	1:09.14	421	1:08.80	99%	
200m		23.	2:32.39	418	2:32.00	99%	
	, , 06.08.2007						4
100m		14.	1:01.43	445	1:02.00	102%	
800m		13.	9:46.76	457	9:57.00	104%	
100m		6.	1:06.10	419	1:07.00	103%	
200m		12.	2:28.86	449	2:30.50	102%	
	, , 26.02.2006						1
100m		18.	1:01.58	442	1:01.50	100%	
800m		40.	10:07.44	412	10:10.00	101%	
200m		27.	2:33.13	412	2:31.00	97%	
	, , 10.04.2008						-
100m		7.	1:09.17	417	1:08.00	97%	
800m		44.	12:04.90	299	11:40.00	93%	
100m		6.	1:18.01	401	1:16.00	95%	
200m		16.	2:51.94	394	2:50.00	98%	
	, , 29.09.2008						1
100m		36.	1:21.55	254	1:18.00	91%	
800m		41.	11:59.52	305	12:00.00	100%	
100m		24.	1:41.78	250	1:40.00	97%	
200m		57.	3:10.55	289	3:05.00	94%	
	, , 04.11.2006						2
100m		16.	1:01.52	443	1:01.00	98%	
800m		37.	10:01.46	424	9:57.00	99%	
100m		5.	1:05.53	431	1:06.50	103%	
200m		13.	2:29.72	441	2:30.00	100%	
	, , 20.01.2007						2
100m		43.	1:03.94	394	1:04.00	100%	
800m		38.	10:05.36	416	10:08.00	101%	
100m		14.	1:09.02	368	1:09.00	100%	
200m		35.	2:34.40	402	2:33.00	98%	
							2
							21
							3
	, , 25.02.2007						
100m		42.	1:03.90	395	1:04.00	100%	
800m		42.	10:12.44	402	10:02.00	97%	
100m		12.	1:12.81	361	1:15.00	106%	
200m		41.	2:35.96	390	2:37.00	101%	
	, , 11.08.2009						2
100m		41.	1:26.99	210	1:19.50	84%	
800m		59.	12:36.58	263	12:49.00	103%	
200m		78.	3:20.90	247	3:22.50	102%	
	, , 04.02.2006						2
100m		67.	1:05.75	363	1:03.00	92%	
800m		80.	10:36.87	357	10:12.00	92%	
100m		6.	1:10.77	393	1:11.00	101%	
200m		43.	2:36.36	387	2:42.00	107%	
	, , 14.04.2006						2
100m		21.	1:01.85	436	1:03.00	104%	
800m		35.	10:00.29	427	10:05.00	102%	
200m		66.	2:39.85	362	2:39.00	99%	
	, , 19.04.2007						-
100m		53.	1:04.79	379	1:04.00	98%	
800m		56.	10:23.31	381	10:20.00	99%	
100m		19.	1:14.83	332	1:13.50	96%	
200m		60.	2:39.34	366	2:33.50	93%	
	, , 25.01.2007						3
100m		84.	1:07.86	330	1:08.00	100%	
800m		58.	10:24.84	378	10:26.00	100%	
100m		17.	1:24.60	303	1:20.00	89%	
200m		74.	2:41.31	352	2:43.00	102%	
	, , 12.07.2006						1
100m		81.	1:07.24	339	1:04.00	91%	
800m		72.	10:31.96	366	10:30.00	99%	
100m		27.	1:15.67	279	1:13.00	93%	
200m		57.	2:38.97	368	2:39.00	100%	
	, , 16.02.2007						3
100m		58.	1:05.19	372	1:04.80	99%	
800m		45.	10:14.15	398	10:18.00	101%	
100m		11.	1:12.18	370	1:13.00	102%	

200m		49.	2:37.29	380	2:39.00	102%	3
100m	, , 19.06.2009	38.	1:22.25	248	1:24.50	106%	
800m		73.	13:05.72	234	13:44.00	110%	
100m		16.	1:38.40	276	1:41.00	105%	
200m		63.	3:12.32	282	3:11.90	100%	2
100m	, , 09.05.2007	37.	1:03.49	403	1:04.50	103%	
800m		33.	9:59.42	429	10:00.00	100%	
100m		16.	1:13.76	347	1:13.00	98%	
200m		38.	2:35.31	395	2:33.50	98%	
	3						10
100m	, , 18.02.2007	115.	1:11.57	281	1:06.50	86%	1
800m		104.	10:48.26	339	11:02.00	104%	
200m		98.	2:46.43	321	2:43.00	96%	
100m	, , 01.01.2007	90.	1:08.56	320	1:07.00	96%	2
800m		124.	11:04.90	314	11:10.00	102%	
100m		26.	1:15.54	281	1:16.00	101%	
200m		137.	2:52.49	288	2:50.00	97%	
100m	, , 27.06.2007	92.	1:08.92	315	1:04.80	88%	1
800m		32.	9:58.96	430	10:02.00	101%	
100m		26.	1:16.70	308	1:16.00	98%	
200m		109.	2:48.27	310	2:47.00	98%	
800m	, , 27.02.2006	107.	10:50.72	335	10:30.00	94%	-
100m		18.	1:24.64	303	1:24.00	98%	
200m		107.	2:48.02	312	2:43.00	94%	
800m	, , 30.07.2006	97.	10:43.16	347	10:30.00	96%	-
100m		15.	1:13.58	349	1:12.50	97%	
200m		75.	2:41.45	352	2:40.00	98%	
100m	, , 16.10.2007	49.	1:04.60	382	1:05.00	101%	2
800m		85.	10:37.88	356	10:36.00	99%	
100m		22.	1:15.83	319	1:14.00	95%	
200m		77.	2:41.61	351	2:48.00	108%	
800m	, , 30.03.2006	47.	10:15.36	396	10:20.00	102%	3
100m		9.	1:11.58	380	1:12.50	103%	
200m		26.	2:32.91	414	2:37.00	105%	
800m	, , 10.11.2007	89.	10:39.81	352	10:25.00	95%	1
100m		21.	1:25.09	298	1:21.00	91%	
100m		36.	1:19.06	245	1:20.00	102%	
200m		87.	2:42.93	342	2:40.00	96%	
	4						18
100m	, , 01.01.2006	9.	1:00.58	464	1:00.00	98%	-
800m		27.	9:55.38	437	9:50.00	98%	
100m		10.	1:11.66	378	1:10.00	95%	
200m		80.	2:42.01	348	2:33.00	89%	
100m	, , 04.03.2007	33.	1:03.15	409	1:00.00	90%	-
800m		30.	9:57.28	433	9:50.00	98%	
100m		10.	1:08.41	378	1:05.00	90%	
200m		44.	2:36.58	385	2:30.00	92%	
100m	, , 01.01.2009	42.	1:28.97	196	1:30.00	102%	2
800m		81.	13:37.08	208	15:00.00	121%	
100m		23.	1:41.51	252	1:40.00	97%	
200m		77.	3:19.77	251	3:10.00	90%	
100m	, , 01.01.2007	45.	1:04.02	393	1:00.00	88%	2
800m		43.	10:12.92	401	10:00.00	96%	
100m		17.	1:13.97	344	1:15.00	103%	
200m		65.	2:39.81	362	2:40.00	100%	
800m	, , 01.01.2007	139.	11:17.69	296	12:00.00	113%	2
100m		18.	1:14.37	338	1:15.00	102%	
200m		126.	2:51.54	293	2:50.00	98%	

	,	, 01.01.2006								1
100m			51.	1:04.70	381	1:03.00		95%		
800m			77.	10:35.43	360	11:00.00		108%		
200m			131.	2:51.69	292	2:45.00		92%		
	,	, 01.01.2006								1
100m			40.	1:03.78	397	1:00.00		88%		
800m			53.	10:18.84	389	10:00.00		94%		
200m			20.	2:31.37	427	2:35.00		105%		
	,	, 01.01.2009								1
100m			28.	1:19.54	274	1:18.50		97%		
800m			69.	12:56.41	243	13:40.00		112%		
100m			26.	1:31.44	249	1:28.00		93%		
	,	, 01.01.2008								1
100m			8.	1:09.62	409	1:10.00		101%		
800m			23.	11:22.57	358	10:45.00		89%		
200m			19.	2:52.44	391	2:50.00		97%		
	,	, 01.01.2008								1
800m			18.	11:18.20	365	11:30.00		104%		
100m			12.	1:29.97	362	1:25.00		89%		
200m			29.	2:57.27	360	2:55.00		97%		
	,	, 01.01.2007								1
800m			144.	11:22.72	290	11:50.00		108%		
100m			33.	1:20.53	266	1:16.00		89%		
200m			167.	3:00.32	252	2:55.00		94%		
	,	, 01.01.2006								2
800m			81.	10:37.42	356	11:10.00		110%		
100m			16.	1:24.59	304	1:20.00		89%		
200m			70.	2:40.80	356	2:45.00		105%		
	,	, 01.01.2009								4
100m			33.	1:21.31	257	1:22.00		102%		
800m			65.	12:46.70	252	14:50.00		135%		
100m			31.	1:36.42	212	1:40.00		108%		
200m			83.	3:26.27	228	3:29.00		103%		
5										5
	,	, 02.12.2006								3
100m			54.	1:04.81	379	1:06.20		104%		
800m			91.	10:40.58	351	11:03.00		107%		
200m			69.	2:40.66	357	2:46.00		107%		
	,	, 03.03.2008								-
100m			15.	1:12.16	367	1:10.00		94%		
800m			39.	11:55.78	310	11:45.00		97%		
100m			3.	1:16.21	431	1:15.50		98%		
200m			28.	2:56.97	361	2:50.00		92%		
	,	, 26.12.2008								-
800m			75.	13:10.40	230	13:10.00		100%		
100m			27.	1:31.45	249	1:25.00		86%		
100m			26.	1:43.69	236	1:35.00		84%		
200m			68.	3:14.20	273	3:05.00		91%		
	,	, 07.05.2009								-
800m			80.	13:31.40	213	13:20.00		97%		
100m			18.	1:38.91	272	1:35.00		92%		
200m			71.	3:15.83	267	3:15.00		99%		
	,	, 12.01.2006								1
100m			104.	1:09.89	302	1:07.00		92%		
800m			146.	11:23.32	289	11:38.00		104%		
200m			162.	2:59.87	254	2:54.00		94%		
	,	, 15.04.2007								1
100m			133.	1:14.96	245	1:18.00		108%		
800m			178.	12:14.68	233	11:50.00		93%		
200m			190.	3:09.90	216	3:08.00		98%		
	,	, 06.03.2007								2
100m			135.	1:15.07	244	1:13.00		95%		
800m			143.	11:22.00	291	11:10.00		97%		
100m			44.	1:38.35	193	1:40.00		103%		
200m			180.	3:06.08	229	3:09.00		103%		
1										10
	,	, 10.10.2008								-
100m			11.	1:11.49	378	1:08.80		93%		
800m			22.	11:21.32	360	11:11.11		97%		
100m			9.	1:21.65	350	1:17.00		89%		

200m		35.	2:59.44	347	2:55.00	95%	1
100m	, , 20.02.2009	40.	1:26.20	215	1:25.00	97%	
800m		70.	13:01.57	238	12:40.00	95%	
100m		22.	1:29.10	269	1:28.00	98%	
200m		65.	3:12.55	281	3:18.00	106%	2
100m	, , 05.07.2008	12.	1:11.54	377	1:09.00	93%	
800m		14.	11:10.12	378	10:50.00	94%	
100m		4.	1:23.73	449	1:25.00	103%	
200m		7.	2:43.48	459	2:44.00	101%	
100m	, , 10.10.2007	76.	1:06.84	345	1:05.00	95%	-
800m		98.	10:43.73	346	10:37.89	98%	
100m		42.	1:25.86	191	1:14.00	74%	
200m		128.	2:51.57	293	2:47.60	95%	
100m	, , 10.10.2006	109.	1:10.84	290	1:07.00	89%	-
800m		148.	11:24.25	288	11:00.00	93%	
200m		160.	2:59.65	255	2:53.33	93%	
100m	, , 10.10.2008	31.	1:20.62	263	1:19.00	96%	-
800m		57.	12:32.26	267	12:30.00	99%	
200m		54.	3:09.17	296	3:06.00	97%	
100m	, , 10.10.2007	131.	1:14.13	253	1:13.00	97%	1
800m		128.	11:10.11	307	11:47.00	111%	
200m		181.	3:06.22	229	3:00.00	93%	
100m	, , 27.09.2009	3.	1:07.72	445	1:06.00	95%	-
800m		6.	10:42.21	430	10:40.00	99%	
100m		4.	1:16.33	429	1:16.00	99%	
200m		10.	2:46.88	431	2:44.00	97%	
100m	, , 10.10.2007	96.	1:09.27	310	1:08.00	96%	-
800m		162.	11:49.64	258	11:25.00	93%	
100m		20.	1:25.02	299	1:24.00	98%	
200m		151.	2:56.95	267	2:55.50	98%	
100m	, , 10.10.2006	8.	1:00.53	465	59.90	98%	1
800m		84.	10:37.86	356	10:40.00	101%	
200m		58.	2:39.11	367	2:36.00	96%	
800m	, , 10.10.2007	153.	11:34.66	275	11:48.00	104%	2
100m		12.	1:22.95	322	1:23.23	101%	
200m		95.	2:45.96	324	2:42.00	95%	
100m	, , 10.10.2007	74.	1:06.68	348	1:07.00	101%	1
800m		141.	11:21.31	292	11:00.50	94%	
200m		179.	3:06.03	230	2:58.50	92%	
100m	, , 02.10.2007	107.	1:10.68	292	1:09.00	95%	2
800m		109.	10:53.15	331	11:00.00	102%	
100m		41.	1:34.42	218	1:33.00	97%	
200m		143.	2:53.78	282	2:54.00	100%	
100m	, , 05.04.2006	89.	1:08.44	322	1:07.00	96%	2
100m		29.	1:18.13	292	1:20.00	105%	1
200m		147.	2:55.68	273	2:54.00	98%	
100m	, , 21.04.2007	139.	1:17.48	221	1:12.00	86%	-
100m		48.	1:49.48	140	1:30.00	68%	
100m	, , 26.12.2007	49.	1:57.57	113	1:30.00	59%	-
100m	, , 13.06.2006	80.	1:07.22	339	1:05.00	94%	1
100m		21.	1:15.65	321	1:17.00	104%	
100m	, , 05.01.2006	99.	1:09.40	308	1:09.00	99%	-
100m		39.	1:26.13	218	1:20.00	86%	
200m		184.	3:07.34	225	3:00.00	92%	

	, 07.01.2007								
100m		122.	1:12.74	268	1:10.00	93%			
100m		43.	1:37.27	199	1:28.00	82%			
200m		194.	3:13.17	205	2:59.00	86%			
									4
100m	, 25.07.2007	43.	1:30.67	162	1:20.50	79%			
100m	, 26.05.2008	29.	1:35.27	220	1:30.24	90%			
100m	, 31.01.2006	32.	1:20.22	270	1:16.12	90%			1
200m		145.	2:54.92	276	2:58.42	104%			
100m	, 21.07.2006	8.	1:11.02	389	1:08.70	94%			1
200m		64.	2:39.67	363	2:41.00	102%			
100m	, 29.06.2007	41.	1:28.21	203	1:21.50	85%			1
200m		201.	3:27.10	166	3:30.00	103%			
100m	, 01.01.2008	43.	1:31.78	178	1:18.70	74%			
100m	, 20.06.2007	125.	1:13.36	261	1:10.13	91%			1
200m		195.	3:13.21	205	3:15.21	102%			
100m	, 12.02.2007	27.	1:27.45	275	1:19.89	83%			
100m	, 21.02.2008	29.	1:45.55	224	1:42.10	94%			
100m	, 29.05.2006	36.	1:31.29	241	1:21.10	79%			
100m	, 16.08.2009	30.	1:36.29	213	1:28.40	84%			
									6
100m	, 14.02.2006	117.	1:11.86	278	1:08.00	90%			
800m		196.	13:37.09	169	12:15.00	81%			
200m		182.	3:06.82	227	2:54.00	87%			
800m	, 16.09.2007	154.	11:34.71	275	11:40.00	102%			2
100m		33.	1:17.59	259	1:17.30	99%			
200m		115.	2:49.24	305	2:50.00	101%			
100m	, 15.07.2007	119.	1:12.11	275	1:11.50	98%			1
800m		175.	12:12.75	234	12:32.00	105%			
200m		185.	3:07.67	224	3:07.00	99%			
800m	, 12.03.2006	136.	11:16.45	298	10:50.00	92%			
100m		23.	1:16.07	316	1:12.50	91%			
200m		62.	2:39.46	365	2:36.00	96%			
800m	, 14.05.2008	79.	13:24.18	219	13:28.00	101%			2
100m		7.	1:37.19	186	1:31.00	88%			
200m		73.	3:18.22	257	3:28.00	110%			
800m	, 16.01.2007	186.	12:32.41	216	12:28.00	99%			1
100m		37.	1:21.70	255	1:22.30	101%			
200m		175.	3:04.08	237	2:56.00	91%			
100m	, 25.01.2006	41.	1:03.80	397	1:02.00	94%			
800m		87.	10:39.48	353	10:30.00	97%			
200m		86.	2:42.83	343	2:35.00	91%			
									9
100m	, 25.01.2007	63.	1:05.51	367	1:05.23	99%			3
800m		94.	10:42.02	349	10:50.00	103%			
100m		24.	1:16.18	315	1:17.69	104%			
200m		106.	2:47.90	313	2:49.10	101%			

	, 24.01.2009							3
100m		21.	1:15.12	326	1:14.20		98%	
800m		26.	11:24.65	355	12:40.00		123%	
100m		3.	1:20.80	323	1:23.84		108%	
200m		33.	2:58.54	352	3:03.01		105%	
	, 21.06.2008							-
100m		23.	1:17.91	292	1:11.29		84%	
800m		72.	13:02.86	237	12:55.19		98%	
100m		31.	1:48.19	208	1:46.39		97%	
	, 17.03.2009							2
100m		30.	1:20.35	266	1:20.10		99%	
800m		76.	13:11.11	230	14:10.23		116%	
100m		24.	1:30.21	259	1:25.34		89%	
200m		66.	3:12.80	279	3:20.10		108%	
	, 19.12.2007							1
100m		121.	1:12.73	268	1:17.89		115%	
800m		182.	12:20.76	227	11:50.89		92%	
200m		154.	2:57.77	263	2:50.14		92%	
	, 12.08.2006							2
800m		129.	11:12.45	303	11:35.40		107%	
100m		25.	1:16.57	310	1:16.97		101%	
	, 14.06.2007							-
800m		160.	11:44.70	264	11:26.70		95%	
100m		35.	1:21.16	260	1:20.22		98%	
200m		178.	3:05.45	232	3:01.44		96%	
	, 18.05.2006							-
800m		194.	12:58.92	195	12:47.75		97%	
100m		32.	1:31.05	243	1:27.85		93%	
200m		191.	3:10.41	214	3:02.68		92%	
	, 05.10.2006							-
800m		189.	12:35.08	214	12:30.40		99%	
100m		35.	1:31.26	242	1:27.86		93%	
200m		192.	3:11.36	211	3:08.56		97%	