

17-19

2022

13-14

11-12

						%	PB
							10
							-
100m	,	, 08.07.2010	11.	1:12.03	369	1:10.00	94%
800m			16.	11:06.07	385	11:00.00	98%
100m			5.	1:19.16	384	1:15.50	91%
200m			14.	2:50.86	402	2:49.00	98%
							2
100m	,	, 30.10.2010	15.	<b>1:13.48</b>	348	1:14.00	101%
800m			18.	<b>11:14.58</b>	371	11:20.00	102%
200m			33.	3:02.31	331	2:59.00	96%
							1
100m	,	, 17.03.2011	4.	1:08.29	434	1:08.24	100%
800m			5.	10:30.59	454	10:30.57	100%
100m			2.	<b>1:22.47</b>	470	1:24.32	105%
200m			4.	2:42.55	467	2:41.08	98%
							2
100m	,	, 15.04.2008	21.	1:03.11	410	1:03.00	100%
800m			16.	9:45.56	460	9:45.00	100%
100m			1.	<b>1:04.90</b>	443	1:08.00	110%
200m			15.	<b>2:30.10</b>	438	2:32.00	103%
							2
800m	,	, 21.01.2010	2.	<b>10:14.74</b>	490	10:25.00	103%
100m			1.	<b>1:09.15</b>	516	1:10.40	104%
200m			1.	2:36.23	526	2:36.00	100%
							1
100m	,	, 20.06.2010	7.	1:09.96	403	1:09.00	97%
800m			8.	10:43.17	428	10:40.00	99%
200m			15.	<b>2:50.89</b>	401	2:52.00	101%
							1
100m	,	, 10.12.2009	89.	1:10.53	294	1:10.00	99%
800m			104.	<b>11:03.24</b>	316	11:15.00	104%
							-
800m	,	, 13.06.2009	95.	10:55.31	328	10:55.00	100%
100m			17.	1:14.19	297	1:12.50	95%
200m			92.	2:48.41	310	2:47.00	98%
							-
100m	,	, 28.04.2009	58.	1:06.91	344	1:05.00	94%
800m			92.	10:51.01	334	10:33.00	95%
100m			7.	1:18.03	387	1:16.00	95%
200m			77.	2:45.40	327	2:40.00	94%
							1
800m	,	, 17.05.2009	87.	<b>10:46.78</b>	341	10:50.00	101%
100m			17.	1:23.58	315	1:23.00	99%
200m			87.	2:46.20	322	2:45.00	99%
							4
							1
100m	,	, 29.04.2008	38.	<b>1:04.97</b>	376	1:05.00	100%
800m			102.	11:01.76	318	10:30.00	91%
100m			7.	1:12.62	363	1:11.00	96%
200m			59.	2:41.71	350	2:37.00	94%
							1
100m	,	, 13.10.2008	47.	1:05.64	364	1:04.00	95%
800m			91.	<b>10:50.24</b>	336	11:17.00	108%
100m			21.	1:17.92	256	1:17.00	98%
200m			81.	2:45.62	326	2:38.00	91%
							2
100m	,	, 10.09.2008	100.	1:13.63	258	1:11.00	93%
800m			144.	12:05.30	242	11:50.00	96%
100m			35.	<b>1:36.70</b>	203	1:40.00	107%
200m			127.	<b>3:00.12</b>	253	3:10.00	111%
							1
							-
100m	,	, 18.08.2008	26.	1:19.21	280	1:15.50	91%
200m			138.	3:05.64	231	3:05.00	99%

	17-19	2022	13-14	11-12	
, , 31.07.2009					-
100m	101.	1:14.06	254	1:13.50	98%
800m	155.	12:31.51	217	12:20.00	97%
200m	148.	3:08.56	220	3:07.00	98%
, , 12.06.2008					-
100m	91.	1:10.84	290	1:08.50	94%
800m	163.	13:31.36	173	12:16.00	82%
200m	132.	3:04.01	237	3:03.00	99%
, , 20.01.2010					1
100m	20.	1:15.01	327	1:12.70	94%
800m	64.	<b>12:33.67</b>	266	12:47.00	104%
200m	50.	3:09.74	293	3:02.00	92%
					7
, , 18.04.2009					-
800m	138.	11:53.57	254	11:30.00	94%
100m	32.	1:21.81	254	1:20.00	96%
200m	143.	3:06.89	226	3:00.00	93%
, , 20.02.2008					-
100m	39.	1:05.01	375	1:03.00	94%
800m	111.	11:10.17	307	9:41.00	75%
200m	121.	2:57.06	266	2:30.00	72%
, , 22.10.2008					-
100m	77.	1:08.77	317	1:05.00	89%
800m	117.	11:16.60	298	11:00.00	95%
200m	133.	3:04.18	237	2:44.00	79%
, , 08.04.2009					-
800m	158.	12:45.82	205	12:35.00	97%
100m	31.	1:31.45	240	1:25.00	86%
200m	147.	3:07.51	224	3:04.00	96%
, , 13.08.2010					2
800m	95.	13:21.16	221	13:00.00	95%
100m	10.	<b>1:25.90</b>	301	1:28.00	105%
200m	62.	<b>3:12.59</b>	280	3:19.00	107%
, , 21.05.2010					1
800m	78.	12:50.62	248	12:50.00	100%
100m	12.	<b>1:28.74</b>	244	1:30.00	103%
, , 17.02.2009					-
800m	123.	11:29.02	282	11:20.00	97%
100m	26.	1:23.57	207	1:17.00	85%
200m	108.	2:52.04	290	2:50.00	98%
, , 02.04.2010					2
800m	29.	<b>11:32.10</b>	343	12:10.00	111%
100m	10.	1:26.23	266	1:25.00	97%
200m	21.	<b>2:57.20</b>	360	3:00.00	103%
, , 12.03.2009					2
800m	149.	<b>12:18.61</b>	229	12:39.00	106%
100m	36.	1:25.41	223	1:22.00	92%
200m	137.	<b>3:05.37</b>	232	3:06.00	101%
					5
, , 08.03.2010					1
800m	103.	13:42.93	204	13:31.00	97%
100m	37.	1:47.44	212	1:44.00	94%
200m	93.	<b>3:26.22</b>	228	3:30.00	104%
, , 10.12.2009					-
800m	160.	12:48.77	203	12:39.50	98%
100m	29.	1:30.65	247	1:28.00	94%
200m	149.	3:09.45	217	3:07.30	98%
, , 04.01.2009					3
100m	73.	<b>1:08.42</b>	322	1:10.00	105%
800m	154.	<b>12:26.30</b>	222	12:39.00	103%
200m	117.	<b>2:54.88</b>	277	3:07.00	114%
, , 27.08.2010					-
800m	98.	13:32.49	212	12:39.00	87%
100m	15.	1:36.18	296	1:20.00	69%
200m	38.	3:04.82	317	3:00.00	95%
, , 21.01.2011					1
100m	59.	1:27.27	208	1:21.00	86%
800m	111.	14:33.66	170	13:40.00	88%
200m	100.	<b>3:29.67</b>	217	3:32.00	102%

17-19

2022

13-14

11-12

29

-

-

1

1

-

-

1

2

1

-

-

-

1

-

1

-

-

2

	, , 01.01.2009								
100m		108.	1:17.15	224	1:12.50	88%			
800m		156.	12:32.39	216	11:20.00	82%			
200m		142.	3:06.85	227	2:45.00	78%			
	, , 05.11.2009								
800m		108.	11:06.89	311	10:50.00	95%			
100m		27.	1:29.19	259	1:25.00	91%			
200m		75.	2:44.78	331	2:42.00	97%			
	, , 03.07.2009								
800m		89.	<b>10:48.79</b>	338	10:55.00	102%			
100m		16.	1:13.96	299	1:10.00	90%			
200m		97.	2:49.33	305	2:38.00	87%			
	, , 26.06.2009								
800m		106.	<b>11:06.02</b>	312	11:08.00	101%			
100m		22.	1:18.35	252	1:17.00	97%			
200m		102.	2:50.47	299	2:44.00	93%			
	, , 01.01.2009								
800m		115.	11:14.78	300	10:45.00	91%			
100m		25.	1:19.13	281	1:13.50	86%			
200m		119.	2:56.62	268	2:55.00	98%			
	, , 01.01.2009								
800m		143.	12:04.84	242	11:45.00	95%			
100m		37.	1:28.27	202	1:20.00	82%			
200m		152.	3:12.68	207	3:00.00	87%			
	, , 21.08.2008								
100m		40.	1:05.09	374	1:04.00	97%			
800m		36.	10:12.12	402	10:10.00	99%			
200m		57.	<b>2:41.64</b>	350	2:42.00	100%			
	, , 02.10.2008								
800m		45.	10:18.92	389	10:10.00	97%			
100m		3.	<b>1:06.56</b>	411	1:10.00	111%			
200m		28.	<b>2:34.34</b>	402	2:40.00	107%			
	, , 01.01.2008								
100m		57.	<b>1:06.62</b>	349	1:07.00	101%			
800m		58.	10:23.68	380	10:15.00	97%			
200m		55.	2:41.46	351	2:40.00	98%			
	, , 01.01.2008								
100m		46.	1:05.48	367	1:05.00	99%			
800m		48.	10:20.31	387	10:10.00	97%			
200m		58.	2:41.66	350	2:40.00	98%			
	, , 29.09.2009								
800m		145.	12:07.20	240	11:45.00	94%			
100m		36.	1:38.44	192	1:34.00	91%			
200m		139.	3:05.77	231	2:56.00	90%			
	, , 22.07.2009								
800m		132.	11:46.34	262	11:18.00	92%			
100m		23.	<b>1:26.10</b>	288	1:30.00	109%			
200m		123.	2:57.74	263	2:52.00	94%			
	, , 31.05.2008								
800m		107.	11:06.63	311	10:30.00	89%			
100m		13.	1:21.86	335	1:18.00	91%			
200m		61.	2:42.01	348	2:40.00	98%			
	, , 01.01.2009								
800m		101.	11:01.66	319	10:30.00	91%			
100m		30.	1:31.43	240	1:23.00	82%			
200m		73.	<b>2:44.63</b>	332	2:45.00	100%			
	, , 01.01.2008								
800m		69.	10:34.11	362	10:20.00	96%			
100m		18.	1:17.40	300	1:12.00	87%			
200m		83.	2:45.81	324	2:40.00	93%			
	, , 01.01.2009								
800m		134.	11:49.58	258	11:27.00	94%			
100m		32.	1:32.58	231	1:27.00	88%			
200m		144.	3:06.95	226	2:55.00	88%			
	, , 28.11.2008								
100m		32.	<b>1:04.41</b>	386	1:09.00	115%			
800m		31.	10:06.52	414	9:55.00	96%			
200m		32.	<b>2:35.45</b>	394	2:37.00	102%			

17-19

2022

13-14

11-12

	,	, 27.04.2009								1
100m			84.	<b>1:09.75</b>	304	1:10.00		101%		
800m			88.	10:48.34	339	10:48.00		100%		
200m			124.	2:58.05	262	2:50.00		91%		
	,	, 01.01.2009								-
800m			152.	12:23.98	224	11:30.00		86%		
100m			35.	1:23.87	236	1:20.00		91%		
200m			140.	3:05.98	230	2:57.00		91%		
	,	, 14.09.2009								1
100m			70.	1:08.07	327	1:06.00		94%		
800m			49.	<b>10:21.11</b>	385	10:28.00		102%		
	,	, 01.01.2008								3
100m			81.	1:09.29	310	1:07.00		93%		
800m			51.	<b>10:22.35</b>	383	10:30.00		102%		
100m			12.	<b>1:13.31</b>	307	1:16.00		107%		
200m			46.	<b>2:39.25</b>	366	2:40.00		101%		
	,	, 26.07.2009								1
800m			86.	10:45.50	343	10:45.00		100%		
100m			21.	1:18.40	289	1:15.00		92%		
200m			76.	<b>2:44.95</b>	330	2:45.00		100%		
	,	, 23.12.2009								3
800m			130.	<b>11:41.85</b>	267	12:00.00		105%		
100m			28.	<b>1:21.19</b>	260	1:23.00		105%		
200m			135.	<b>3:04.47</b>	236	3:10.00		106%		
	,	, 27.07.2009								3
100m			68.	<b>1:07.94</b>	329	1:08.00		100%		
800m			59.	<b>10:23.81</b>	380	10:45.00		107%		
200m			70.	<b>2:44.28</b>	334	2:45.00		101%		
	,	, 17.06.2009								-
800m			146.	12:07.84	239	10:51.00		80%		
100m			27.	1:25.37	194	1:15.00		77%		
	,	, 01.01.2009								-
100m			106.	1:16.26	232	1:15.00		97%		
800m			151.	12:22.74	225	11:30.00		86%		
200m			136.	3:04.89	234	2:59.00		94%		
	,	, 01.01.2008								-
100m			69.	1:08.06	327	1:06.00		94%		
800m			83.	10:43.59	346	10:35.00		97%		
200m			107.	2:51.17	295	2:43.00		91%		
	,	, 01.01.2008								-
100m			64.	1:07.57	334	1:06.00		95%		
800m			67.	10:33.43	363	10:30.00		99%		
200m			86.	2:46.03	323	2:40.00		93%		
	,	, 17.02.2008								-
100m			29.	1:04.19	390	1:02.00		93%		
800m			25.	9:56.04	436	9:35.00		93%		
	,	, 01.01.2008								-
800m			125.	11:29.74	281	10:30.00		83%		
100m			24.	1:18.85	284	1:16.00		93%		
200m			100.	2:49.60	303	2:40.00		89%		
	,	, 28.06.2008								1
100m			78.	<b>1:08.98</b>	314	1:09.00		100%		
800m			112.	11:13.27	302	10:35.00		89%		
200m			116.	2:54.67	278	2:51.90		97%		
	,	, 01.01.2008								1
100m			45.	<b>1:05.42</b>	368	1:07.00		105%		
800m			66.	10:32.60	365	10:30.00		99%		
100m			24.	1:19.60	240	1:16.00		91%		
200m			64.	2:42.38	346	2:40.00		97%		
	,	, 01.01.2009								-
800m			105.	11:04.81	314	10:25.00		88%		
100m			27.	1:19.50	277	1:16.00		91%		
200m			113.	2:53.12	285	2:47.00		93%		
	,	, 23.10.2009								-
100m			75.	1:08.62	319	1:06.00		93%		
800m			46.	10:19.02	389	10:00.00		94%		
200m			65.	2:42.64	344	2:40.00		97%		
	,	, 01.01.2009								-
800m			142.	12:03.48	244	11:18.00		88%		
100m			19.	1:17.66	297	1:16.00		96%		

	, 01.01.2009										1
800m		116.	11:16.37	298	10:50.00		92%				
100m		20.	1:17.99	293	1:15.00		92%				
200m		101.	<b>2:49.62</b>	303	2:50.00		100%				
	, 17.08.2008										-
100m		94.	1:11.51	282	1:11.00		99%				
800m		127.	11:37.76	272	10:45.00		85%				
200m		122.	2:57.70	264	2:56.00		98%				
	, 23.02.2009										1
100m		97.	<b>1:13.21</b>	263	1:15.00		105%				
800m		137.	11:52.94	255	11:50.00		99%				
	, 06.09.2009										1
800m		32.	10:08.83	409	9:56.00		96%				
100m		6.	<b>1:11.53</b>	380	1:12.00		101%				
200m		44.	2:38.99	368	2:32.00		91%				
	, 08.05.2009										1
800m		44.	<b>10:17.76</b>	392	10:20.00		101%				
100m		11.	1:21.77	336	1:20.00		96%				
200m		54.	2:41.03	354	2:41.00		100%				
	, 26.03.2009										1
100m		82.	<b>1:09.53</b>	307	1:11.00		104%				
200m		95.	2:49.16	306	2:48.00		99%				
1-1											14
	, 27.08.2008										1
100m		9.	1:01.44	445	59.50		94%				
800m		15.	9:45.26	461	9:40.00		98%				
200m		5.	<b>2:26.57</b>	470	2:27.00		101%				
	, 24.06.2008										-
100m		6.	1:00.83	458	59.90		97%				
800m		7.	9:36.75	481	9:18.00		94%				
200m		16.	2:31.35	427	2:23.90		90%				
	, 26.02.2010										2
100m		5.	1:08.94	421	1:07.00		94%				
800m		3.	<b>10:19.27</b>	479	10:38.00		106%				
200m		7.	<b>2:45.21</b>	444	2:47.00		102%				
	, 29.04.2011										-
800m		20.	11:25.17	354	11:20.00		98%				
100m		16.	1:37.26	286	1:35.00		95%				
200m		27.	3:00.69	340	2:55.00		94%				
	, 17.06.2009										1
800m		72.	<b>10:36.96</b>	357	10:38.00		100%				
100m		10.	1:20.77	349	1:15.00		86%				
200m		29.	2:34.62	400	2:34.00		99%				
	, 01.04.2008										2
100m		4.	<b>59.65</b>	486	59.90		101%				
800m		12.	9:42.36	467	9:15.45		91%				
100m		2.	1:04.69	514	1:03.80		97%				
200m		4.	<b>2:25.99</b>	476	2:26.70		101%				
	, 06.01.2011										2
800m		50.	<b>12:03.85</b>	300	12:30.00		107%				
100m		16.	<b>1:27.28</b>	286	1:28.00		102%				
200m		59.	3:12.00	283	3:05.00		93%				
	, 02.06.2010										2
800m		21.	11:28.38	349	11:00.00		92%				
100m		5.	<b>1:15.81</b>	391	1:16.00		101%				
200m		11.	<b>2:47.62</b>	425	2:48.00		100%				
	, 05.07.2008										-
100m		17.	1:02.57	421	1:00.00		92%				
800m		26.	10:00.91	425	9:45.00		95%				
200m		18.	2:31.74	424	2:28.00		95%				
	, 06.11.2011										1
800m		14.	<b>11:04.30</b>	388	11:15.00		103%				
100m		13.	1:28.92	242	1:25.00		91%				
200m		26.	3:00.54	340	3:00.00		99%				
	, 29.04.2008										1
100m		22.	1:03.13	410	1:01.00		93%				
800m		18.	9:49.34	451	9:18.00		90%				
100m		4.	<b>1:15.04</b>	435	1:15.60		101%				
200m		17.	2:31.39	426	2:25.00		92%				

		17-19	2022	13-14	11-12	
	, 11.09.2008					-
100m		19.	1:02.61	420	1:00.90	95%
800m		9.	9:39.53	474	9:15.00	92%
200m		36.	2:36.17	388	2:26.90	88%
	, 09.04.2009					1
800m		35.	<b>10:11.87</b>	403	10:38.00	109%
100m		5.	1:11.03	388	1:10.00	97%
200m		43.	2:37.85	376	2:36.00	98%
	, 21.06.2010					1
800m		1.	<b>10:02.34</b>	521	10:06.00	101%
100m		2.	1:11.12	474	1:09.50	95%
200m		3.	2:40.32	486	2:38.00	97%
	, 27.09.2010					-
100m		12.	1:12.29	366	1:11.00	96%
800m		12.	11:00.36	395	10:48.00	96%
1-2						5
	, 04.07.2008					1
100m		7.	<b>1:08.74</b>	373	1:09.00	101%
200m		39.	2:36.48	386	2:33.00	96%
	, 10.07.2009					1
100m		50.	1:06.13	356	1:06.00	100%
800m		43.	<b>10:17.38</b>	392	10:18.00	100%
200m		90.	2:47.32	316	2:42.00	94%
	, 20.06.2008					1
100m		10.	1:01.64	440	59.00	92%
800m		13.	9:43.64	464	9:40.00	99%
200m		10.	<b>2:29.17</b>	446	2:30.00	101%
	, 17.11.2008					1
100m		61.	1:07.16	340	1:05.75	96%
800m		34.	10:11.56	404	9:55.00	95%
100m		14.	<b>1:21.96</b>	334	1:36.00	137%
200m		50.	2:40.29	359	2:37.16	96%
	, 21.05.2008					-
100m		37.	1:04.81	379	1:01.50	90%
800m		11.	9:40.92	471	9:32.00	97%
200m		35.	2:35.86	391	2:32.00	95%
	, 18.05.2009					-
800m		73.	10:37.70	356	10:35.00	99%
100m		12.	1:21.81	336	1:15.00	84%
200m		52.	2:40.79	356	2:35.00	93%
	, 26.02.2009					1
800m		53.	<b>10:22.78</b>	382	10:25.00	101%
100m		13.	1:16.20	315	1:12.00	89%
200m		67.	2:43.18	340	2:39.00	95%
	, 12.05.2008					-
100m		34.	1:04.43	385	1:01.00	90%
800m		33.	10:09.86	407	9:41.00	91%
200m		30.	2:34.78	399	2:31.00	95%
2-1						23
	, 07.12.2008					1
800m		14.	9:44.06	463	9:20.00	92%
100m		5.	<b>1:16.53</b>	410	1:17.00	101%
200m		13.	2:29.55	442	2:28.00	98%
	, 01.05.2008					3
100m		1.	<b>57.19</b>	551	58.50	105%
800m		1.	<b>8:55.08</b>	603	9:00.00	102%
100m		1.	<b>1:03.44</b>	545	1:04.00	102%
200m		1.	2:20.17	537	2:18.30	97%
	, 13.06.2010					-
100m		8.	1:10.10	401	1:07.00	91%
800m		40.	11:42.70	328	11:05.00	90%
200m		22.	2:57.98	355	2:52.00	93%
	, 27.11.2010					2
100m		16.	<b>1:14.00</b>	341	1:16.30	106%
800m		22.	<b>11:28.62</b>	348	11:40.00	103%
100m		14.	1:35.00	307	1:32.00	94%
200m		30.	3:01.35	336	3:00.82	99%

17-19

2022

13-14

11-12

	, 14.10.2008									2
100m		7.	1:01.09	452	1:01.00			100%		
800m		2.	<b>9:01.30</b>	582	9:06.00			102%		
200m		7.	<b>2:27.46</b>	462	2:33.00			108%		
	, 10.03.2008									-
800m		30.	10:04.75	417	9:28.00			88%		
100m		2.	1:12.37	485	1:12.00			99%		
200m		9.	2:28.39	453	2:27.00			98%		
	, 23.06.2008									2
800m		28.	10:02.47	422	10:00.00			99%		
100m		1.	<b>1:11.83</b>	496	1:12.00			100%		
200m		12.	<b>2:29.29</b>	445	2:33.00			105%		
	, 22.05.2010									2
100m		10.	<b>1:11.30</b>	381	1:12.00			102%		
800m		9.	<b>10:51.95</b>	411	11:00.00			102%		
100m		6.	1:24.08	321	1:22.00			95%		
200m		19.	2:55.24	372	2:55.00			100%		
	, 14.05.2008									1
100m		16.	<b>1:02.53</b>	422	1:03.50			103%		
800m		5.	9:28.71	502	9:15.00			95%		
100m		8.	1:08.92	370	1:07.00			95%		
200m		6.	2:26.92	467	2:25.30			98%		
	, 08.05.2011									1
800m		99.	13:33.12	211	12:40.00			87%		
100m		12.	1:34.32	314	1:34.20			100%		
200m		42.	<b>3:06.20</b>	310	3:08.94			103%		
	, 25.12.2008									2
100m		12.	<b>1:02.12</b>	430	1:05.00			109%		
800m		19.	9:49.37	451	9:40.00			97%		
200m		21.	<b>2:32.17</b>	420	2:35.00			104%		
	, 19.08.2010									3
800m		11.	<b>10:57.91</b>	400	11:00.00			101%		
100m		3.	<b>1:17.46</b>	410	1:18.00			101%		
100m		3.	<b>1:14.71</b>	409	1:16.00			103%		
200m		8.	2:45.67	441	2:45.00			99%		
	, 10.11.2011									1
100m		23.	1:16.28	311	1:14.50			95%		
800m		23.	11:29.11	348	11:28.50			100%		
100m		20.	<b>1:39.81</b>	265	1:40.00			100%		
200m		43.	3:06.86	307	3:03.00			96%		
	, 27.05.2010									-
800m		17.	11:12.99	373	10:50.00			93%		
100m		1.	1:22.28	473	1:22.20			100%		
200m		9.	2:46.44	435	2:44.00			97%		
	, 26.08.2008									1
100m		3.	<b>59.39</b>	492	1:00.00			102%		
800m		3.	9:10.23	554	9:10.00			100%		
200m		19.	2:31.94	422	2:25.00			91%		
	, 30.03.2011									2
800m		38.	<b>11:41.81</b>	329	11:50.00			102%		
200m		48.	<b>3:08.54</b>	299	3:10.00			102%		
										2-2
	, 20.02.2009									11
800m		119.	11:21.96	291	11:10.00			97%		
100m		19.	<b>1:24.62</b>	303	1:25.50			102%		
200m		96.	<b>2:49.24</b>	305	2:50.00			101%		
	, 13.11.2008									1
800m		20.	9:49.69	450	9:40.00			97%		
100m		9.	<b>1:09.00</b>	369	1:10.00			103%		
200m		37.	2:36.28	388	2:36.00			100%		
	, 10.12.2010									-
100m		43.	1:21.03	259	1:17.00			90%		
800m		74.	12:47.96	251	12:40.00			98%		
200m		85.	3:21.18	246	3:20.00			99%		
	, 16.09.2011									-
800m		102.	13:38.91	207	13:10.00			93%		
100m		27.	1:44.92	228	1:40.00			91%		
200m		96.	3:26.63	227	3:22.00			96%		

17-19

2022

13-14

11-12

	, 30.07.2009								2
100m		43.	<b>1:05.28</b>	371	1:06.00			102%	
800m		24.	9:55.03	438	9:46.00			97%	
100m		6.	1:08.26	381	1:08.00			99%	
200m		27.	<b>2:34.15</b>	404	2:37.00			104%	
	, 26.10.2008								-
100m		27.	1:03.53	402	1:03.00			98%	
800m		52.	10:22.67	382	10:05.00			94%	
200m		39.	2:36.48	386	2:35.00			98%	
	, 20.08.2011								-
800m		89.	13:13.15	228	12:50.00			94%	
100m		38.	1:47.74	210	1:40.00			86%	
200m		81.	3:20.06	250	3:20.00			100%	
	, 16.08.2011								1
800m		82.	13:00.42	239	12:40.00			95%	
100m		8.	<b>1:25.40</b>	306	1:25.50			100%	
100m		22.	1:40.60	259	1:36.00			91%	
200m		44.	3:06.97	306	3:05.00			98%	
	, 24.08.2009								2
800m		22.	<b>9:51.22</b>	447	9:55.00			101%	
100m		6.	1:17.27	398	1:17.00			99%	
200m		25.	<b>2:33.25</b>	411	2:35.00			102%	
	, 25.09.2008								1
100m		52.	<b>1:06.28</b>	354	1:10.00			112%	
800m		27.	10:01.82	423	9:54.00			97%	
200m		41.	2:36.57	386	2:35.00			98%	
	, 19.05.2008								2
100m		31.	<b>1:04.36</b>	387	1:06.00			105%	
800m		17.	9:46.53	458	9:45.00			99%	
200m		22.	<b>2:32.45</b>	418	2:35.00			103%	
	, 23.03.2011								-
100m		33.	1:18.68	283	1:18.00			98%	
800m		52.	12:11.72	290	12:00.00			97%	
100m		32.	1:46.45	218	1:44.00			95%	
200m		45.	3:07.36	305	3:04.00			96%	
	, 30.09.2008								-
800m		23.	9:54.60	439	9:50.00			98%	
100m		14.	1:13.63	303	1:10.00			90%	
200m		42.	2:37.57	378	2:35.00			97%	
4									12
	, 02.03.2009								-
100m		71.	1:08.10	326	1:06.00			94%	
800m		60.	10:23.87	380	10:11.00			96%	
200m		93.	2:48.49	309	2:48.00			99%	
	, 14.10.2009								-
100m		62.	1:07.19	340	1:05.00			94%	
800m		94.	10:54.00	330	10:11.00			87%	
200m		78.	2:45.43	327	2:44.00			98%	
	, 05.08.2009								1
100m		62.	1:07.19	340	1:04.00			91%	
800m		74.	10:37.72	356	10:14.00			93%	
200m		66.	<b>2:43.16</b>	341	2:44.00			101%	
	, 20.07.2010								1
800m		32.	<b>11:35.52</b>	338	11:48.12			104%	
100m		9.	1:23.60	292	1:23.01			99%	
200m		36.	3:04.12	321	2:58.23			94%	
	, 08.06.2011								-
100m		17.	1:37.34	285	1:34.12			93%	
200m		77.	3:19.10	254	3:06.33			88%	
	, 23.05.2008								1
100m		32.	<b>1:04.41</b>	386	1:05.00			102%	
800m		21.	9:49.97	450	9:40.00			97%	
	, 03.11.2011								3
800m		66.	<b>12:36.09</b>	263	13:15.16			111%	
100m		19.	<b>1:27.75</b>	282	1:30.16			106%	
200m		63.	<b>3:12.65</b>	280	3:26.00			114%	
	, 10.05.2008								1
100m		11.	1:01.73	438	59.00			91%	
800m		10.	9:39.96	473	9:39.00			100%	
200m		3.	<b>2:25.30</b>	482	2:35.00			114%	



17-19

2022

13-14

11-12

	, 03.07.2010						-
800m		19.	11:21.29	360	11:12.11	97%	
100m		6.	1:28.51	380	1:28.11	99%	
200m		10.	2:47.30	428	2:47.11	100%	
	, 03.09.2011						1
800m		44.	<b>11:55.59</b>	310	12:00.16	101%	
100m		9.	1:25.79	302	1:21.53	90%	
200m		55.	3:10.63	289	3:04.13	93%	
	, 09.03.2009						2
100m		59.	<b>1:06.97</b>	343	1:08.00	103%	
800m		65.	10:31.75	366	10:20.00	96%	
200m		74.	<b>2:44.74</b>	331	2:45.00	100%	
	, 06.06.2011						-
100m		47.	1:22.37	247	1:16.56	86%	
800m		80.	12:55.03	244	12:12.23	89%	
200m		66.	3:14.73	271	3:08.24	93%	
	, 19.04.2010						1
100m		13.	1:12.55	362	1:12.35	99%	
800m		13.	<b>11:03.88</b>	389	11:14.11	103%	
200m		29.	3:01.30	336	2:56.12	94%	
	, 24.03.2009						-
800m		80.	10:42.73	348	10:22.00	94%	
100m		33.	1:22.11	251	1:16.00	86%	
200m		111.	2:52.66	287	2:48.00	95%	
	, 02.11.2008						1
100m		30.	<b>1:04.33</b>	387	1:08.00	112%	
800m		61.	10:26.54	375	10:12.00	95%	
<b>5</b>							-
	, 30.05.2011						-
100m		29.	1:17.59	296	1:13.00	89%	
800m		51.	12:10.72	292	11:30.00	89%	
100m		14.	1:26.79	291	1:23.00	91%	
200m		37.	3:04.16	321	3:00.00	96%	
<b>6</b>							-
	, 18.02.2010						-
100m		3.	1:07.75	444	1:05.50	93%	
800m		24.	11:29.40	347	10:25.00	82%	
100m		4.	1:15.78	392	1:11.40	89%	
200m		6.	2:44.78	448	2:41.00	95%	
	, 08.08.2009						-
100m		18.	1:02.59	420	59.00	89%	
800m		122.	11:28.15	283	9:50.00	74%	
100m		8.	1:20.06	358	1:12.00	81%	
200m		79.	2:45.60	326	2:35.00	88%	
	, 16.09.2009						-
100m		20.	1:02.97	413	1:00.00	91%	
800m		90.	10:50.08	336	9:40.00	80%	
200m		45.	2:39.21	367	2:35.00	95%	
	, 15.01.2008						-
100m		95.	1:12.14	274	1:10.00	94%	
800m		162.	13:06.77	189	11:30.00	77%	
<b>-3-1</b>							4
	, 24.03.2011						-
800m		65.	12:35.67	264	12:00.00	91%	
100m		22.	1:30.31	259	1:26.00	91%	
100m		16.	1:33.26	210	1:25.00	83%	
200m		47.	3:08.09	301	2:59.00	91%	
	, 01.01.2010						-
800m		76.	12:49.49	250	11:30.00	80%	
100m		2.	1:16.26	430	1:15.00	97%	
200m		53.	3:10.35	290	2:45.00	75%	
	, 10.03.2011						1
100m		17.	1:14.64	332	1:11.00	90%	
800m		30.	<b>11:33.22</b>	342	11:40.00	102%	
100m		13.	1:34.86	308	1:32.00	94%	
200m		39.	3:04.92	317	2:52.00	87%	

17-19

2022

13-14

11-12

	, 01.01.2008									
800m		64.	10:31.73	366	10:25.00		98%			-
100m		9.	1:14.29	339	1:13.00		97%			
100m		22.	1:25.67	292	1:20.00		87%			
200m		98.	2:49.57	303	2:37.00		86%			
	, 01.01.2008									-
100m		23.	1:03.22	408	1:02.00		96%			
800m		75.	10:38.42	355	10:30.00		97%			
200m		23.	2:32.51	417	2:30.00		97%			
	, 01.01.2008									-
800m		8.	9:38.30	477	9:30.00		97%			
100m		3.	1:13.28	467	1:13.00		99%			
200m		2.	2:24.30	493	2:22.00		97%			
	, 29.03.2011									-
100m		41.	1:20.51	264	1:14.00		84%			
800m		53.	12:13.99	288	11:40.00		91%			
100m		7.	1:24.75	313	1:20.00		89%			
200m		56.	3:10.65	289	2:59.00		88%			
	, 01.01.2008									2
100m		2.	58.11	526	58.00		100%			
800m		39.	<b>10:14.72</b>	397	10:20.00		102%			
100m		2.	<b>1:05.71</b>	427	1:06.00		101%			
200m		26.	2:33.77	407	2:28.00		93%			
	, 01.01.2010									-
100m		19.	1:14.83	329	1:11.00		90%			
800m		15.	11:04.76	387	10:50.00		96%			
100m		9.	1:32.45	333	1:29.00		93%			
200m		23.	2:58.40	353	2:55.00		96%			
	, 01.01.2008									-
100m		55.	1:06.43	352	1:05.00		96%			
800m		57.	10:23.59	381	9:50.00		90%			
200m		63.	2:42.10	347	2:35.00		91%			
	, 01.01.2008									-
100m		72.	1:08.37	322	1:02.00		82%			
800m		41.	10:16.51	394	9:50.00		92%			
100m		4.	1:07.45	395	1:07.00		99%			
200m		20.	2:32.09	421	2:28.00		95%			
	, 01.01.2010									1
100m		32.	1:18.52	285	1:11.00		82%			
800m		67.	<b>12:36.31</b>	263	13:00.00		106%			
200m		60.	3:12.02	283	3:05.00		93%			
	, 26.01.2011									-
100m		21.	1:15.47	321	1:11.00		89%			
800m		37.	11:39.80	332	11:20.00		94%			
100m		11.	1:26.93	259	1:25.00		96%			
200m		34.	3:03.03	327	2:53.00		89%			
	, 01.01.2008									-
100m		8.	1:01.28	448	1:00.00		96%			
800m		6.	9:31.42	495	9:20.00		96%			
100m		4.	1:10.27	401	1:07.00		91%			
200m		14.	2:29.74	441	2:25.00		94%			
	, 01.01.2010									-
100m		9.	1:10.65	392	1:08.00		93%			
800m		7.	10:42.10	430	10:30.00		96%			
200m		18.	2:54.90	374	2:46.00		90%			
	, 07.03.2008									-
100m		42.	1:05.26	371	1:03.00		93%			
800m		56.	10:23.33	381	9:30.00		84%			
200m		38.	2:36.38	387	2:34.00		97%			
-3-2										9
	, 01.01.2009									-
100m		86.	1:10.08	299	1:07.00		91%			
800m		85.	10:44.77	344	10:30.00		95%			
100m		15.	1:22.04	333	1:20.00		95%			
200m		98.	2:49.57	303	2:45.00		95%			
	, 01.01.2009									-
100m		28.	1:03.89	395	1:01.00		91%			
800m		40.	10:16.05	395	9:55.50		93%			
100m		8.	1:12.93	359	1:12.00		97%			
200m		51.	2:40.63	357	2:35.00		93%			

17 -19                      2022                      13-14                      11-12

100m	,	, 01.01.2009	41.	1:05.25	371	1:03.00	93%	-
800m			42.	10:17.20	393	9:50.00	91%	
100m			11.	1:15.06	329	1:14.00	97%	
200m			62.	2:42.06	348	2:35.50	92%	
100m	,	, 16.01.2011	60.	1:27.90	203	1:18.00	79%	1
800m			100.	13:33.50	211	12:30.00	85%	
100m			15.	<b>1:33.21</b>	210	1:40.00	115%	
200m			75.	3:18.00	258	3:12.00	94%	
800m	,	, 01.01.2009	110.	11:08.96	308	10:40.00	92%	-
100m			9.	1:20.71	350	1:20.00	98%	
200m			79.	2:45.60	326	2:43.00	97%	
100m	,	, 01.01.2009	25.	1:03.49	403	1:02.00	95%	1
800m			55.	10:22.95	382	9:55.00	91%	
100m			10.	<b>1:09.26</b>	365	1:10.00	102%	
200m			33.	2:35.61	393	2:32.00	95%	
800m	,	, 15.07.2011	105.	14:01.28	191	13:25.00	92%	-
100m			39.	1:49.43	201	1:45.00	92%	
100m			21.	1:40.95	165	1:40.00	98%	
100m	,	, 10.11.2011	40.	1:20.08	269	1:16.00	90%	2
800m			43.	<b>11:48.58</b>	320	12:00.00	103%	
100m			19.	1:40.45	168	1:38.00	95%	
200m			54.	<b>3:10.62</b>	289	3:15.00	105%	
100m	,	, 18.10.2011	50.	1:23.67	236	1:17.00	85%	1
800m			63.	<b>12:33.20</b>	266	13:20.00	113%	
100m			31.	1:45.35	225	1:44.00	97%	
200m			82.	3:20.21	249	3:20.00	100%	
100m	,	, 02.04.2011	46.	1:22.14	249	1:16.00	86%	1
800m			71.	<b>12:40.65</b>	258	13:20.00	111%	
100m			24.	1:41.14	254	1:37.00	92%	
200m			72.	3:16.36	264	3:12.00	96%	
100m	,	, 22.05.2011	37.	1:19.66	273	1:19.00	98%	1
800m			93.	<b>13:16.32</b>	225	13:20.00	101%	
100m			27.	1:35.44	219	1:32.00	93%	
200m			84.	3:21.14	246	3:15.00	94%	
100m	,	, 01.01.2009	65.	1:07.81	331	1:06.00	95%	-
800m			63.	10:30.45	368	10:27.00	99%	
100m			10.	1:14.95	331	1:13.50	96%	
200m			89.	2:47.01	318	2:43.00	95%	
100m	,	, 17.02.2011	45.	1:21.75	253	1:16.00	86%	-
800m			91.	13:14.25	227	12:30.00	89%	
100m			20.	1:40.84	166	1:38.00	94%	
200m			73.	3:16.75	263	3:15.00	98%	
100m	,	, 01.01.2009	76.	1:08.66	318	1:07.00	95%	-
800m			113.	11:13.53	302	10:05.00	81%	
100m			28.	1:29.28	258	1:24.50	90%	
200m			85.	2:45.93	324	2:44.00	98%	
100m	,	, 19.04.2011	39.	1:19.72	272	1:16.00	91%	1
800m			72.	<b>12:42.28</b>	257	13:00.00	105%	
100m			30.	1:45.24	226	1:40.00	90%	
200m			74.	3:17.92	258	3:15.00	97%	
100m	,	, 01.01.2009	90.	1:10.67	292	1:08.00	93%	1
800m			81.	<b>10:42.94</b>	347	10:45.00	101%	
100m			25.	1:28.30	267	1:27.00	97%	
200m			71.	2:44.31	333	2:43.00	98%	

4

	17-19	2022	13-14	11-12	
					3
800m	84.	<b>13:03.70</b>	236	13:57.00	114%
100m	14.	<b>1:32.74</b>	214	1:36.02	107%
200m	90.	<b>3:23.61</b>	237	3:26.05	102%
					-
800m	133.	11:48.69	259	11:41.00	98%
100m	20.	1:17.22	263	1:16.00	97%
200m	103.	2:50.51	298	2:43.00	91%
					-
100m	29.	1:45.22	226	1:39.01	89%
200m	104.	3:34.07	204	3:30.01	96%
					1
100m	44.	1:21.06	259	1:19.00	95%
800m	101.	<b>13:36.78</b>	209	13:50.15	103%
200m	94.	3:26.30	228	3:25.00	99%
					-
100m	80.	1:09.25	310	1:05.00	88%
800m	153.	12:25.73	222	11:43.12	89%
200m	104.	2:50.56	298	2:46.12	95%
					4
					1
100m	26.	1:17.18	300	1:16.00	97%
800m	56.	<b>12:19.40</b>	281	12:40.00	106%
					-
800m	98.	10:57.06	325	10:40.00	95%
200m	72.	2:44.53	332	2:37.00	91%
					-
800m	100.	10:59.88	321	10:35.00	93%
100m	23.	1:19.52	241	1:16.00	91%
200m	114.	2:53.21	285	2:53.00	100%
					2
800m	120.	<b>11:24.79</b>	287	11:35.00	103%
100m	30.	1:21.56	256	1:21.50	100%
200m	120.	<b>2:56.99</b>	267	3:00.50	104%
					1
100m	110.	1:19.52	205	1:12.30	83%
800m	121.	<b>11:26.20</b>	286	11:40.00	104%
200m	146.	3:07.31	225	3:03.50	96%
					-
800m	48.	11:58.89	306	11:20.00	89%
200m	35.	3:03.28	325	2:59.00	95%
					-
100m	105.	1:15.60	238	1:15.00	98%
800m	157.	12:45.47	206	12:00.00	88%
200m	134.	3:04.36	236	2:55.00	90%
					-
800m	42.	11:45.04	325	11:20.00	93%
200m	41.	3:05.80	312	2:55.00	89%
					-
100m	58.	1:26.40	214	1:20.00	86%
800m	107.	14:07.88	186	12:20.00	76%
					-
100m	6.	1:09.48	412	1:09.30	99%
800m	26.	11:30.02	346	11:30.00	100%
200m	28.	3:00.71	339	2:53.00	92%
					-
100m	99.	1:13.60	258	1:13.00	98%
800m	135.	11:51.25	256	11:40.00	97%
200m	141.	3:06.66	227	3:04.00	97%
					-
800m	109.	11:08.78	308	10:59.00	97%
100m	16.	1:17.13	303	1:13.00	90%
200m	112.	2:53.00	286	2:48.00	94%
					2

		17-19	2022	13-14	11-12		
	, 22.11.2010						1
100m		23.	<b>1:40.89</b>	256	1:41.43	07.01.2022	101%
100m		22.	2:01.72	94	1:46.38	04.02.2022	76%
200m		103.	3:32.80	208	3:20.50	04.02.2022	89%
	, 24.07.2008						-
100m		34.	1:36.66	203	1:27.68	04.02.2022	82%
	, 09.11.2009						-
100m		111.	1:21.07	193	1:16.30	07.01.2022	89%
200m		153.	3:20.57	183	3:15.00	04.02.2022	95%
	, 29.12.2008						-
100m		93.	1:11.33	284	1:10.00	17.12.2021	96%
100m		28.	1:40.71	118	1:26.00	07.01.2022	73%
200m		151.	3:11.75	210	3:09.10	04.02.2022	97%
	, 11.12.2010						-
200m		101.	3:31.03	213	3:21.48	04.02.2022	91%
	, 16.05.2008						1
100m		74.	1:08.48	321	1:08.22	04.02.2022	99%
800m		161.	12:56.73	197	12:34.00	04.02.2022	94%
200m		129.	<b>3:01.58</b>	247	3:02.33	07.01.2022	101%
							23
	, 27.08.2011						1
100m		53.	<b>1:24.45</b>	229	1:31.49		117%
800m		90.	13:13.99	227	13:09.84		99%
200m		105.	3:35.31	200	3:28.84		94%
	, 01.01.2011						1
100m		28.	1:17.58	296	1:15.00		93%
800m		47.	<b>11:56.84</b>	309	12:00.00		101%
100m		21.	1:40.56	259	1:40.00		99%
200m		68.	3:14.79	271	3:10.00		95%
	, 07.11.2011						1
800m		96.	<b>13:24.41</b>	218	13:51.00		107%
200m		102.	3:31.41	212	3:28.05		97%
	, 29.08.2011						2
100m		51.	1:23.82	234	1:23.25		99%
800m		81.	<b>12:58.74</b>	241	13:03.49		101%
100m		20.	<b>1:27.76</b>	282	1:29.15		103%
200m		70.	3:15.96	266	3:15.53		100%
	, 01.01.2011						1
100m		38.	<b>1:19.67</b>	273	1:20.00		101%
800m		73.	12:46.59	252	12:00.00		88%
100m		33.	1:46.47	218	1:35.00		80%
	, 15.07.2009						2
100m		98.	<b>1:13.57</b>	259	1:14.18		102%
800m		140.	11:56.10	251	11:53.61		99%
200m		145.	<b>3:06.99</b>	226	3:07.92		101%
	, 28.10.2011						2
100m		62.	<b>1:31.30</b>	181	1:33.68		105%
800m		110.	14:17.08	180	13:50.01		94%
100m		26.	<b>1:43.01</b>	241	1:43.55		101%
200m		106.	3:36.04	198	3:25.00		90%
	, 22.06.2011						2
100m		56.	<b>1:25.99</b>	217	1:29.02		107%
800m		106.	14:03.41	189	13:51.05		97%
100m		12.	<b>1:26.51</b>	294	1:28.56		105%
200m		76.	3:19.05	254	3:15.76		97%
	, 14.02.2011						2
800m		77.	<b>12:49.63</b>	249	13:11.99		106%
100m		19.	<b>1:39.78</b>	265	1:45.94		113%
200m		89.	3:22.47	241	3:19.94		98%
	, 02.05.2011						2
100m		42.	<b>1:21.00</b>	260	1:25.21		111%
800m		58.	<b>12:23.59</b>	277	13:22.68		117%
100m		18.	1:33.74	207	1:30.01		92%
200m		52.	3:10.08	292	3:09.55		99%
	, 14.12.2011						2
100m		25.	<b>1:16.49</b>	308	1:18.22		105%
800m		60.	<b>12:29.91</b>	270	13:07.38		110%
200m		86.	3:21.28	246	3:14.59		93%

17-19

2022

13-14

11-12

	, 08.07.2011						2
100m		57.	<b>1:26.03</b>	217	1:26.35	101%	
800m		83.	<b>13:03.12</b>	237	13:37.28	109%	
100m		17.	1:33.48	209	1:30.01	93%	
200m		69.	3:15.25	269	3:15.00	100%	
	, 01.11.2011						-
100m		61.	1:28.90	196	1:27.03	96%	
800m		109.	14:15.13	182	13:37.41	91%	
200m		97.	3:27.41	224	3:24.40	97%	
	, 30.11.2011						3
100m		54.	<b>1:24.54</b>	228	1:28.09	109%	
800m		94.	<b>13:17.41</b>	224	13:49.10	108%	
100m		21.	<b>1:29.17</b>	269	1:29.92	102%	
	, 01.01.2010						-
100m		35.	1:19.33	276	1:16.00	92%	
800m		88.	13:13.14	228	12:30.00	89%	
100m		35.	1:46.84	216	1:35.00	79%	
200m		87.	3:21.56	244	3:15.00	94%	
	, 19.03.2009						8
100m		104.	<b>1:15.22</b>	242	1:17.20	105%	2
800m		136.	<b>11:52.81</b>	255	12:37.00	113%	
	, 19.05.2008						2
100m		51.	<b>1:06.26</b>	354	1:08.00	105%	
800m		70.	10:34.32	362	10:30.00	99%	
100m		17.	1:17.26	302	1:16.00	97%	
200m		49.	<b>2:39.99</b>	361	2:45.00	106%	
	, 28.08.2008						1
100m		88.	<b>1:10.48</b>	294	1:12.00	104%	
800m		129.	11:40.82	268	11:15.00	93%	
100m		26.	1:28.67	263	1:26.00	94%	
200m		128.	3:01.16	249	3:00.00	99%	
	, 28.05.2011						-
100m		55.	1:25.66	219	1:24.00	96%	
800m		104.	13:59.00	192	13:44.00	96%	
200m		99.	3:29.14	219	3:20.43	92%	
	, 02.05.2008						1
100m		67.	<b>1:07.85</b>	330	1:08.00	100%	
800m		77.	10:39.43	353	10:25.00	96%	
100m		29.	1:21.20	260	1:16.00	88%	
200m		106.	2:51.04	296	2:48.00	96%	
	, 27.09.2011						2
800m		86.	<b>13:11.00</b>	230	13:31.77	105%	
100m		24.	1:33.10	236	1:31.17	96%	
200m		91.	<b>3:24.96</b>	232	3:28.00	103%	
1-1							26
	, 12.01.2008						1
100m		48.	1:05.80	362	1:04.50	96%	
800m		62.	10:29.62	370	10:25.00	99%	
200m		31.	<b>2:35.26</b>	395	2:38.00	104%	
	, 25.01.2008						1
100m		24.	1:03.43	404	1:03.00	99%	
800m		29.	10:03.51	420	9:50.00	96%	
100m		12.	1:15.75	320	1:14.00	95%	
200m		69.	<b>2:43.44</b>	339	2:44.00	101%	
	, 24.12.2010						2
800m		28.	<b>11:31.37</b>	344	12:17.00	114%	
100m		7.	<b>1:19.54</b>	339	1:20.00	101%	
200m		24.	2:59.43	347	2:58.00	98%	
	, 16.08.2010						3
100m		34.	<b>1:19.04</b>	280	1:20.00	102%	
800m		55.	<b>12:15.15</b>	286	12:30.00	104%	
200m		51.	<b>3:09.76</b>	293	3:15.00	106%	
	, 04.04.2010						-
800m		36.	11:38.34	334	11:30.00	98%	
100m		4.	1:18.53	393	1:18.00	99%	
200m		13.	2:49.20	414	2:47.00	97%	

17-19

2022

13-14

11-12

	, , 29.01.2008								1
100m		26.	1:03.50	403	1:02.00		95%		
800m		50.	10:22.22	383	10:15.00		98%		
200m		34.	<b>2:35.84</b>	391	2:38.00		103%		
	, , 01.04.2010								-
800m		34.	11:37.92	335	11:29.00		97%		
100m		15.	1:26.82	291	1:26.00		98%		
200m		32.	3:02.18	331	2:58.00		95%		
	, , 07.04.2008								1
100m		54.	1:06.36	353	1:06.00		99%		
800m		76.	10:38.70	354	10:20.00		94%		
100m		14.	1:16.34	313	1:14.00		94%		
200m		82.	<b>2:45.67</b>	325	2:48.00		103%		
	, , 03.03.2008								2
100m		35.	<b>1:04.60</b>	382	1:08.00		111%		
800m		38.	10:12.60	402	10:00.00		96%		
100m		23.	1:18.57	287	1:18.00		99%		
200m		60.	<b>2:41.90</b>	349	2:48.00		108%		
	, , 05.05.2010								1
100m		27.	1:17.36	298	1:15.00		94%		
800m		46.	<b>11:56.65</b>	309	12:19.00		106%		
200m		49.	3:08.99	297	3:00.00		91%		
	, , 24.07.2008								3
100m		84.	<b>1:09.75</b>	304	1:10.00		101%		
800m		93.	<b>10:52.71</b>	332	11:00.00		102%		
100m		15.	1:13.73	302	1:13.00		98%		
200m		88.	<b>2:46.71</b>	319	2:48.00		102%		
	, , 06.06.2008								-
100m		36.	1:04.80	379	1:03.00		95%		
800m		103.	11:02.89	317	10:50.00		96%		
100m		18.	1:24.43	305	1:19.00		88%		
200m		56.	2:41.51	351	2:40.00		98%		
	, , 05.01.2008								3
100m		5.	<b>59.71</b>	484	1:00.00		101%		
800m		4.	<b>9:24.68</b>	513	9:40.00		105%		
100m		13.	1:13.59	304	1:08.00		85%		
200m		8.	<b>2:28.17</b>	455	2:30.00		102%		
	, , 12.11.2010								2
800m		27.	<b>11:30.54</b>	346	11:40.00		103%		
100m		10.	1:32.53	332	1:30.00		95%		
200m		17.	<b>2:54.13</b>	379	2:56.00		102%		
	, , 12.01.2011								3
100m		2.	1:07.22	455	1:05.00		94%		
800m		4.	<b>10:29.38</b>	457	10:35.00		102%		
100m		3.	<b>1:23.84</b>	447	1:24.00		100%		
200m		5.	<b>2:43.73</b>	457	2:44.00		100%		
	, , 06.06.2010								3
100m		14.	<b>1:13.12</b>	353	1:16.00		108%		
800m		25.	<b>11:29.66</b>	347	12:12.00		113%		
200m		25.	<b>2:59.61</b>	346	3:00.00		100%		
	1-2								24
	, , 28.05.2009								3
100m		44.	<b>1:05.39</b>	369	1:06.00		102%		
800m		68.	<b>10:33.66</b>	363	10:35.00		100%		
100m		15.	<b>1:16.35</b>	313	1:17.00		102%		
	, , 11.10.2011								-
800m		68.	12:37.27	262	12:30.00		98%		
100m		25.	1:42.46	245	1:39.83		95%		
	, , 19.08.2009								1
100m		107.	1:16.86	227	1:15.00		95%		
800m		114.	11:14.75	300	11:05.00		97%		
100m		38.	1:28.28	202	1:22.00		86%		
200m		110.	<b>2:52.28</b>	289	3:00.00		109%		
	, , 05.10.2009								2
100m		56.	<b>1:06.55</b>	350	1:08.00		104%		
800m		78.	10:40.56	351	10:30.00		97%		
100m		11.	<b>1:11.96</b>	325	1:13.00		103%		
200m		47.	2:39.43	365	2:38.00		98%		

	,	, 22.07.2011									1
800m			54.	<b>12:14.23</b>	287	12:25.00			103%		
100m			36.	1:46.98	215	1:42.14			91%		
200m			79.	3:19.54	252	3:16.72			97%		
	,	, 23.06.2011									1
100m			52.	1:23.95	233	1:21.00			93%		
800m			61.	<b>12:32.04</b>	267	12:46.00			104%		
200m			71.	3:16.15	265	3:13.57			97%		
	,	, 21.04.2009									1
100m			92.	1:11.26	285	1:11.00			99%		
800m			118.	11:18.60	295	11:10.00			97%		
200m			91.	<b>2:47.73</b>	313	2:51.00			104%		
	,	, 25.01.2011									-
800m			92.	13:15.46	226	12:46.00			93%		
100m			28.	1:35.83	216	1:32.00			92%		
200m			92.	3:26.13	229	3:20.25			94%		
	,	, 24.08.2011									3
100m			30.	<b>1:17.65</b>	295	1:19.00			104%		
800m			79.	<b>12:52.09</b>	247	13:15.84			106%		
200m			65.	<b>3:14.66</b>	271	3:19.63			105%		
	,	, 02.03.2011									-
100m			25.	1:33.61	232	1:30.00			92%		
200m			78.	3:19.39	253	3:14.37			95%		
	,	, 26.10.2009									2
100m			83.	1:09.63	305	1:09.00			98%		
800m			96.	<b>10:56.48</b>	326	11:00.00			101%		
100m			24.	1:27.83	271	1:25.00			94%		
200m			84.	<b>2:45.88</b>	324	2:46.00			100%		
	,	, 05.06.2011									1
800m			87.	13:11.91	229	13:11.11			100%		
100m			34.	1:46.63	217	1:45.00			97%		
200m			98.	<b>3:27.72</b>	223	3:30.09			102%		
	,	, 25.10.2009									3
100m			53.	<b>1:06.34</b>	353	1:10.00			111%		
800m			54.	<b>10:22.91</b>	382	10:40.00			106%		
100m			19.	1:16.20	274	1:15.00			97%		
200m			53.	<b>2:40.81</b>	356	2:43.00			103%		
	,	, 25.11.2009									3
100m			96.	<b>1:12.73</b>	268	1:14.00			104%		
800m			126.	<b>11:33.94</b>	276	11:36.00			101%		
200m			109.	<b>2:52.25</b>	289	2:54.00			102%		
	,	, 09.01.2009									1
800m			139.	<b>11:56.06</b>	251	12:30.00			110%		
100m			20.	1:25.15	298	1:20.00			88%		
	,	, 06.06.2011									2
800m			69.	<b>12:39.90</b>	259	13:35.00			115%		
100m			26.	1:33.92	230	1:32.00			96%		
200m			64.	<b>3:14.48</b>	272	3:24.30			110%		
	.										2
	,	, 01.01.2008									7
800m			97.	10:56.82	326	10:45.00			96%		
100m			21.	1:25.31	296	1:18.00			84%		
200m			105.	2:50.89	296	2:47.00			95%		
	,	, 01.01.2010									-
100m			24.	1:16.31	311	1:14.00			94%		
800m			49.	12:03.42	300	11:40.00			94%		
100m			28.	1:45.11	227	1:35.00			82%		
200m			67.	3:14.75	271	3:05.00			90%		
	,	, 26.03.2009									1
800m			131.	11:44.07	264	11:41.47			99%		
100m			34.	1:23.43	240	1:20.69			94%		
200m			131.	<b>3:03.72</b>	238	3:04.58			101%		
	,	, 01.01.2008									2
800m			79.	<b>10:42.11</b>	349	10:45.34			101%		
100m			22.	1:18.42	289	1:17.92			99%		
100m			18.	1:16.14	274	1:15.17			97%		
200m			68.	<b>2:43.21</b>	340	2:43.64			101%		
	,	, 23.05.2010									-
100m			48.	1:22.47	246	1:21.93			99%		
800m			85.	13:05.99	234	12:32.40			92%		
200m			83.	3:20.72	248	3:18.65			98%		



17 -19

2022

13-14

11-12

	, ,21.08.2010							-
100m		22.	1:15.95	315	1:13.70		94%	
800m		39.	11:42.64	328	11:32.20		97%	
200m		40.	3:05.78	312	3:02.67		97%	
	, ,01.01.2011							-
800m		41.	11:43.05	327	11:20.00		94%	
100m		6.	1:18.38	354	1:16.00		94%	
200m		31.	3:01.65	334	2:55.00		93%	
	, ,19.02.2010							-
800m		31.	11:35.28	338	11:21.22		96%	
100m		4.	1:26.04	414	1:24.90		97%	
200m		20.	2:56.49	364	2:54.49		98%	
	, ,01.01.2008							-
100m		79.	1:09.06	313	1:07.00		94%	
800m		82.	10:43.52	346	10:29.00		96%	
	, ,27.01.2009							-
100m		87.	1:10.15	299	1:08.61		96%	
800m		124.	11:29.65	281	11:13.73		95%	
	, ,03.06.2009							1
100m		49.	1:05.88	361	1:05.22		98%	
800m		84.	<b>10:43.94</b>	346	10:48.68		101%	
200m		115.	2:53.29	284	2:49.53		96%	
	, ,07.02.2010							1
800m		6.	10:32.66	449	10:31.36		100%	
100m		1.	1:14.29	465	1:14.15		100%	
200m		2.	<b>2:38.23</b>	506	2:41.08		104%	
	, ,01.01.2009							-
800m		148.	12:17.78	230	11:50.00		93%	
100m		33.	1:32.66	231	1:30.00		94%	
200m		126.	2:59.47	256	2:55.00		95%	
	, ,01.01.2011							1
800m		10.	<b>10:57.76</b>	400	11:00.00		101%	
100m		8.	1:32.06	338	1:24.00		83%	
200m		16.	2:52.76	389	2:50.00		97%	
	, ,08.07.2009							1
100m		109.	1:17.27	223	1:11.13		85%	
800m		128.	<b>11:38.18</b>	271	11:58.35		106%	
200m		118.	2:56.29	270	2:55.86		100%	
	, ,01.01.2010							-
100m		31.	1:18.06	290	1:16.00		95%	
800m		57.	12:21.07	279	11:50.00		92%	
100m		18.	1:27.71	282	1:24.00		92%	
200m		57.	3:11.45	285	3:05.00		93%	
3								6
	, ,28.01.2011							2
800m		75.	<b>12:49.41</b>	250	13:00.00		103%	
100m		11.	<b>1:25.97</b>	300	1:26.00		100%	
200m		80.	3:19.74	251	3:18.00		98%	
	, ,11.11.2010							-
800m		108.	14:13.97	182	14:00.00		97%	
100m		18.	1:37.52	284	1:36.00		97%	
200m		95.	3:26.34	228	3:25.00		99%	
	, ,12.07.2010							2
800m		97.	<b>13:28.90</b>	215	13:30.00		100%	
100m		13.	<b>1:26.64</b>	293	1:28.00		103%	
	, ,30.12.2010							1
800m		62.	<b>12:32.68</b>	267	13:00.00		107%	
100m		7.	1:31.85	340	1:30.00		96%	
200m		58.	3:11.62	285	3:10.00		98%	
	, ,03.03.2011							1
100m		5.	<b>1:27.08</b>	399	1:30.00		107%	
	, ,12.11.2008							-
800m		141.	12:01.33	246	11:30.00		92%	
100m		16.	1:22.05	333	1:22.00		100%	
200m		94.	2:49.07	306	2:45.00		95%	

3

	, 30.07.2008								-
100m		14.	1:02.21	428	1:00.00			93%	
800m		47.	10:19.21	389	9:55.00			92%	
100m		5.	1:08.00	385	1:07.00			97%	
200m		11.	2:29.28	445	2:27.00			97%	
	, 28.08.2011								3
100m		36.	<b>1:19.61</b>	274	1:20.00			101%	
800m		59.	12:27.96	272	12:20.00			98%	
100m		17.	<b>1:27.62</b>	283	1:28.00			101%	
200m		61.	<b>3:12.52</b>	281	3:15.00			103%	
	, 04.02.2008								-
100m		65.	1:07.81	331	1:05.00			92%	
800m		99.	10:59.61	322	10:50.00			97%	
100m		31.	1:21.63	256	1:17.00			89%	
200m		125.	2:58.25	261	2:50.00			91%	
	, 17.10.2011								-
100m		49.	1:23.25	239	1:22.00			97%	
800m		70.	12:40.58	258	12:30.00			97%	
100m		23.	1:33.07	236	1:30.00			94%	
200m		88.	3:22.44	241	3:20.00			98%	
	, 21.06.2010								3
100m		1.	<b>1:07.07</b>	458	1:07.30			101%	2
800m		33.	11:36.17	337	11:30.20			98%	
200m		12.	<b>2:48.43</b>	419	2:50.00			102%	
	, 16.01.2009								-
100m		60.	1:07.07	342	1:04.50			92%	
800m		150.	12:22.53	225	12:19.00			99%	
	, 17.08.2009								1
100m		103.	1:14.24	252	1:11.00			91%	
800m		147.	<b>12:09.85</b>	237	12:20.00			103%	
200m		130.	3:01.85	246	2:59.00			97%	
	, 26.12.2008								2
100m		102.	1:14.19	252	1:09.00			86%	-
800m		159.	12:45.88	205	11:45.20			85%	
100m		25.	1:21.79	221	1:20.45			97%	
200m		150.	3:09.48	217	2:52.10			82%	
	, 17.10.2011								1
800m		45.	<b>11:55.98</b>	310	12:35.28			111%	
100m		11.	1:33.56	322	1:31.00			95%	
200m		46.	3:07.40	304	3:03.25			96%	
	, 17.03.2009								-
100m		13.	1:02.17	429	59.75			92%	
800m		71.	10:35.50	360	10:04.25			90%	
100m		3.	1:08.62	431	1:06.00			93%	
200m		24.	2:33.01	413	2:31.00			97%	
	, 05.06.2009								1
100m		15.	1:02.32	426	1:00.25			93%	
800m		37.	10:12.27	402	10:06.35			98%	
200m		48.	<b>2:39.92</b>	362	2:48.35			111%	
	, 17.07.2011								-
100m		18.	1:14.79	330	1:11.85			92%	
800m		35.	11:38.29	334	11:24.40			96%	
100m		8.	1:23.46	293	1:18.30			88%	