

17-19

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						%	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.	1:13.48	348	1:14.00	101%
800m			18.	11:14.58	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.	1:22.47	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.	1:04.90	443	1:08.00	110%
200m			15.	2:30.10	438	2:32.00	103%
							2
800m	,	, 21.01.2010	2.	10:14.74	490	10:25.00	103%
100m			1.	1:09.15	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.	2:50.89	401	2:52.00	101%
							1
100m	,	, 10.12.2009	89.	1:10.53	294	1:10.00	99%
800m			104.	11:03.24	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.	10:46.78	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.	1:04.97	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.	10:50.24	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.	1:36.70	203	1:40.00	107%
200m			127.	3:00.12	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%

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, , 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.	12:33.67	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.	1:25.90	301	1:28.00	105%
200m	62.	3:12.59	280	3:19.00	107%
, , 21.05.2010					1
800m	78.	12:50.62	248	12:50.00	100%
100m	12.	1:28.74	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.	11:32.10	343	12:10.00	111%
100m	10.	1:26.23	266	1:25.00	97%
200m	21.	2:57.20	360	3:00.00	103%
, , 12.03.2009					2
800m	149.	12:18.61	229	12:39.00	106%
100m	36.	1:25.41	223	1:22.00	92%
200m	137.	3:05.37	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.	3:26.22	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.	1:08.42	322	1:10.00	105%
800m	154.	12:26.30	222	12:39.00	103%
200m	117.	2:54.88	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.	3:29.67	217	3:32.00	102%

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	,	, 27.04.2009									1
100m			84.	1:09.75	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.	10:21.11	385	10:28.00			102%		
	,	, 01.01.2008									3
100m			81.	1:09.29	310	1:07.00			93%		
800m			51.	10:22.35	383	10:30.00			102%		
100m			12.	1:13.31	307	1:16.00			107%		
200m			46.	2:39.25	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.	2:44.95	330	2:45.00			100%		
	,	, 23.12.2009									3
800m			130.	11:41.85	267	12:00.00			105%		
100m			28.	1:21.19	260	1:23.00			105%		
200m			135.	3:04.47	236	3:10.00			106%		
	,	, 27.07.2009									3
100m			68.	1:07.94	329	1:08.00			100%		
800m			59.	10:23.81	380	10:45.00			107%		
200m			70.	2:44.28	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.	1:08.98	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.	1:05.42	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%		

		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.	10:11.87	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.	10:02.34	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.	1:08.74	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.	10:17.38	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.	2:29.17	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.	1:21.96	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.	10:22.78	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.	1:16.53	410	1:17.00	101%
200m		13.	2:29.55	442	2:28.00	98%
	, , 01.05.2008					3
100m		1.	57.19	551	58.50	105%
800m		1.	8:55.08	603	9:00.00	102%
100m		1.	1:03.44	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.	1:14.00	341	1:16.30	106%
800m		22.	11:28.62	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.	9:01.30	582	9:06.00	102%	
200m		7.	2:27.46	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.	1:11.83	496	1:12.00	100%	
200m		12.	2:29.29	445	2:33.00	105%	
	, 22.05.2010						2
100m		10.	1:11.30	381	1:12.00	102%	
800m		9.	10:51.95	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.	1:02.53	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.	3:06.20	310	3:08.94	103%	
	, 25.12.2008						2
100m		12.	1:02.12	430	1:05.00	109%	
800m		19.	9:49.37	451	9:40.00	97%	
200m		21.	2:32.17	420	2:35.00	104%	
	, 19.08.2010						3
800m		11.	10:57.91	400	11:00.00	101%	
100m		3.	1:17.46	410	1:18.00	101%	
100m		3.	1:14.71	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.	1:39.81	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.	59.39	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.	11:41.81	329	11:50.00	102%	
200m		48.	3:08.54	299	3:10.00	102%	
	2-2						11
	, 20.02.2009						2
800m		119.	11:21.96	291	11:10.00	97%	
100m		19.	1:24.62	303	1:25.50	102%	
200m		96.	2:49.24	305	2:50.00	101%	
	, 13.11.2008						1
800m		20.	9:49.69	450	9:40.00	97%	
100m		9.	1:09.00	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%	

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	, 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.	10:14.72	397	10:20.00		102%			
100m		2.	1:05.71	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.	12:36.31	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%			

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2022

13-14

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	, , 30.07.2010								3
800m		84.	13:03.70	236	13:57.00		114%		
100m		14.	1:32.74	214	1:36.02		107%		
200m		90.	3:23.61	237	3:26.05		102%		
	, , 07.08.2009								-
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%		
	, , 30.07.2011								-
100m		29.	1:45.22	226	1:39.01		89%		
200m		104.	3:34.07	204	3:30.01		96%		
	, , 04.10.2010								1
100m		44.	1:21.06	259	1:19.00		95%		
800m		101.	13:36.78	209	13:50.15		103%		
200m		94.	3:26.30	228	3:25.00		99%		
	, , 08.03.2009								-
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%		
	, , 09.08.2010								4
100m		26.	1:17.18	300	1:16.00		97%		1
800m		56.	12:19.40	281	12:40.00		106%		
	, , 20.07.2008								-
800m		98.	10:57.06	325	10:40.00		95%		
200m		72.	2:44.53	332	2:37.00		91%		
	, , 27.09.2009								-
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%		
	, , 04.07.2009								2
800m		120.	11:24.79	287	11:35.00		103%		
100m		30.	1:21.56	256	1:21.50		100%		
200m		120.	2:56.99	267	3:00.50		104%		
	, , 05.10.2009								1
100m		110.	1:19.52	205	1:12.30		83%		
800m		121.	11:26.20	286	11:40.00		104%		
200m		146.	3:07.31	225	3:03.50		96%		
	, , 14.09.2010								-
800m		48.	11:58.89	306	11:20.00		89%		
200m		35.	3:03.28	325	2:59.00		95%		
	, , 10.09.2009								-
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%		
	, , 08.12.2011								-
800m		42.	11:45.04	325	11:20.00		93%		
200m		41.	3:05.80	312	2:55.00		89%		
	, , 23.08.2010								-
100m		58.	1:26.40	214	1:20.00		86%		
800m		107.	14:07.88	186	12:20.00		76%		
	, , 22.04.2011								-
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%		
	, , 30.09.2009								-
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%		
	, , 23.10.2009								-
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.	1:40.89	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.	3:01.58	247	3:02.33	07.01.2022	101%
							23
	, 27.08.2011						1
100m		53.	1:24.45	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.	11:56.84	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.	13:24.41	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.	12:58.74	241	13:03.49		101%
100m		20.	1:27.76	282	1:29.15		103%
200m		70.	3:15.96	266	3:15.53		100%
	, 01.01.2011						1
100m		38.	1:19.67	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.	1:13.57	259	1:14.18		102%
800m		140.	11:56.10	251	11:53.61		99%
200m		145.	3:06.99	226	3:07.92		101%
	, 28.10.2011						2
100m		62.	1:31.30	181	1:33.68		105%
800m		110.	14:17.08	180	13:50.01		94%
100m		26.	1:43.01	241	1:43.55		101%
200m		106.	3:36.04	198	3:25.00		90%
	, 22.06.2011						2
100m		56.	1:25.99	217	1:29.02		107%
800m		106.	14:03.41	189	13:51.05		97%
100m		12.	1:26.51	294	1:28.56		105%
200m		76.	3:19.05	254	3:15.76		97%
	, 14.02.2011						2
800m		77.	12:49.63	249	13:11.99		106%
100m		19.	1:39.78	265	1:45.94		113%
200m		89.	3:22.47	241	3:19.94		98%
	, 02.05.2011						2
100m		42.	1:21.00	260	1:25.21		111%
800m		58.	12:23.59	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.	1:16.49	308	1:18.22		105%
800m		60.	12:29.91	270	13:07.38		110%
200m		86.	3:21.28	246	3:14.59		93%

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2022

13-14

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	, 08.07.2011							2
100m		57.	1:26.03	217	1:26.35		101%	
800m		83.	13:03.12	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.	1:24.54	228	1:28.09		109%	
800m		94.	13:17.41	224	13:49.10		108%	
100m		21.	1:29.17	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.	1:15.22	242	1:17.20		105%	2
800m		136.	11:52.81	255	12:37.00		113%	
	, 19.05.2008							2
100m		51.	1:06.26	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.	2:39.99	361	2:45.00		106%	
	, 28.08.2008							1
100m		88.	1:10.48	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.	1:07.85	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.	13:11.00	230	13:31.77		105%	
100m		24.	1:33.10	236	1:31.17		96%	
200m		91.	3:24.96	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.	2:35.26	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.	2:43.44	339	2:44.00		101%	
	, 24.12.2010							2
800m		28.	11:31.37	344	12:17.00		114%	
100m		7.	1:19.54	339	1:20.00		101%	
200m		24.	2:59.43	347	2:58.00		98%	
	, 16.08.2010							3
100m		34.	1:19.04	280	1:20.00		102%	
800m		55.	12:15.15	286	12:30.00		104%	
200m		51.	3:09.76	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%	

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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.	2:35.84	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.	2:45.67	325	2:48.00			103%	
	, 03.03.2008								2
100m		35.	1:04.60	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.	2:41.90	349	2:48.00			108%	
	, 05.05.2010								1
100m		27.	1:17.36	298	1:15.00			94%	
800m		46.	11:56.65	309	12:19.00			106%	
200m		49.	3:08.99	297	3:00.00			91%	
	, 24.07.2008								3
100m		84.	1:09.75	304	1:10.00			101%	
800m		93.	10:52.71	332	11:00.00			102%	
100m		15.	1:13.73	302	1:13.00			98%	
200m		88.	2:46.71	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.	59.71	484	1:00.00			101%	
800m		4.	9:24.68	513	9:40.00			105%	
100m		13.	1:13.59	304	1:08.00			85%	
200m		8.	2:28.17	455	2:30.00			102%	
	, 12.11.2010								2
800m		27.	11:30.54	346	11:40.00			103%	
100m		10.	1:32.53	332	1:30.00			95%	
200m		17.	2:54.13	379	2:56.00			102%	
	, 12.01.2011								3
100m		2.	1:07.22	455	1:05.00			94%	
800m		4.	10:29.38	457	10:35.00			102%	
100m		3.	1:23.84	447	1:24.00			100%	
200m		5.	2:43.73	457	2:44.00			100%	
	, 06.06.2010								3
100m		14.	1:13.12	353	1:16.00			108%	
800m		25.	11:29.66	347	12:12.00			113%	
200m		25.	2:59.61	346	3:00.00			100%	
1-2									24
	, 28.05.2009								3
100m		44.	1:05.39	369	1:06.00			102%	
800m		68.	10:33.66	363	10:35.00			100%	
100m		15.	1:16.35	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.	2:52.28	289	3:00.00			109%	
	, 05.10.2009								2
100m		56.	1:06.55	350	1:08.00			104%	
800m		78.	10:40.56	351	10:30.00			97%	
100m		11.	1:11.96	325	1:13.00			103%	
200m		47.	2:39.43	365	2:38.00			98%	

	, 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.	1:19.61	274	1:20.00		101%					
800m		59.	12:27.96	272	12:20.00		98%					
100m		17.	1:27.62	283	1:28.00		101%					
200m		61.	3:12.52	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.	1:07.07	458	1:07.30		101%					2
800m		33.	11:36.17	337	11:30.20		98%					
200m		12.	2:48.43	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.	12:09.85	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.	11:55.98	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.	2:39.92	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%					