

" "

								%	PB
		1							6
100m	, , 12.12.2010	11.	<b>1:32.40</b>	233	1:33.00			101%	2
200m		74.	<b>3:01.48</b>	247	3:08.00			107%	
		, 12.05.2010							-
100m		30.	1:12.42	271	1:08.00			88%	
200m		86.	3:08.43	221	2:46.00			78%	
		, 14.05.2010							-
100m		23.	1:25.21	225	1:23.00			95%	
200m		80.	3:03.14	241	3:00.00			97%	
		, 13.08.2010							2
100m		8.	<b>1:21.41</b>	353	1:23.00			104%	
200m		57.	<b>3:06.11</b>	311	3:15.00			110%	
		, 21.05.2010							1
100m		28.	1:13.66	345	1:13.00			98%	
200m		59.	<b>3:06.90</b>	307	3:10.00			103%	
		, 02.04.2010							1
100m		6.	<b>1:08.60</b>	428	1:10.00			104%	
200m		49.	3:00.94	338	2:59.00			98%	
		, 20.11.2010							-
100m		14.	1:33.91	222	1:30.00			92%	
200m		85.	3:06.53	228	2:59.00			92%	
		2							6
		, 14.03.2011							1
100m		6.	1:10.54	294	1:10.00			98%	
200m		38.	<b>3:04.16</b>	237	3:08.00			104%	
		, 11.11.2011							1
100m		26.	1:56.18	168	1:00.50			27%	
200m		69.	<b>3:25.45</b>	231	3:40.00			115%	
		, 20.10.2011							1
100m		27.	1:26.91	210	1:21.00			87%	
200m		82.	<b>3:37.08</b>	196	3:38.00			101%	
		, 23.02.2011							2
100m		19.	<b>1:18.78</b>	282	1:20.00			103%	
200m		55.	<b>3:17.16</b>	261	3:30.00			113%	
		, 16.02.2011							1
100m		17.	<b>1:29.17</b>	196	1:30.00			102%	
		, 04.03.2010							3
200m		108.	3:38.10	142	3:20.00			84%	-
		, 28.01.2011							-
100m		10.	1:26.34	296	1:24.00			95%	
200m		44.	3:14.31	273	3:10.00			96%	
		, 24.02.2011							-
100m		19.	1:46.27	219	1:40.00			89%	
		, 12.08.2010							-
100m		21.	1:46.31	153	1:35.00			80%	
200m		107.	3:33.79	151	3:24.00			91%	
		, 20.02.2011							-
100m		59.	1:26.15	161	1:20.00			86%	
200m		106.	3:34.47	150	3:20.00			87%	
		, 11.11.2010							-
100m		14.	1:36.87	290	1:35.00			96%	
200m		70.	3:17.61	259	3:15.00			97%	
		, 12.07.2010							-
200m		75.	3:20.23	249	3:20.00			100%	
		, 24.05.2010							-
100m		31.	1:12.46	271	1:12.00			99%	
		, 02.11.2010							-
100m		45.	1:20.02	201	1:12.00			81%	
200m		89.	3:10.46	214	3:10.00			100%	



''

100m	,	, 30.05.2011	46.	1:20.34	199	1:18.00	94%	-
100m	,	, 30.12.2011	53.	1:23.01	180	1:16.00	84%	-
200m			82.	3:16.91	194	3:10.00	93%	-
100m	,	, 25.05.2011	10.	1:12.05	275	1:12.00	100%	1
200m			17.	<b>2:58.56</b>	260	3:03.00	105%	-
100m	,	, 25.02.2011	66.	1:36.09	116	1:14.00	59%	-
200m			108.	3:37.21	144	3:18.00	83%	-
100m	,	, 05.02.2011	26.	1:35.64	159	1:26.00	81%	-
200m			83.	3:17.36	192	3:09.00	92%	-
100m	,	, 08.08.2011	44.	1:19.62	204	1:14.00	86%	-
200m			77.	3:14.56	201	3:11.00	96%	-
100m	,	, 23.10.2011	62.	1:30.53	139	1:20.00	78%	-
200m			94.	3:22.47	178	3:20.00	98%	-
100m	,	, 17.03.2011	15.	1:43.12	167	1:37.00	88%	-
200m			89.	3:19.09	187	3:08.00	89%	-
100m	,	, 15.07.2011	11.	1:37.10	186	1:32.00	90%	-
200m			70.	3:26.38	228	3:15.00	89%	-
100m	,	, 18.11.2011	11.	1:40.89	256	1:40.00	98%	-
200m			57.	3:17.50	260	3:10.00	93%	-
100m	,	, 19.04.2011	18.	1:13.50	259	1:12.00	96%	-
200m			68.	3:12.16	208	3:11.00	99%	-
100m	,	, 12.04.2011	49.	1:21.15	193	1:18.00	92%	1
200m			47.	<b>3:06.70</b>	227	3:10.00	104%	-
100m	,	, 28.02.2011	45.	1:20.33	199	1:18.00	94%	1
200m			60.	<b>3:10.33</b>	214	3:12.00	102%	-
100m	,	, 12.12.2011	57.	1:24.35	172	1:20.00	90%	-
200m			100.	3:27.74	165	3:18.00	91%	-
100m	,	, 01.05.2011	26.	1:16.06	234	1:15.00	97%	1
200m			34.	<b>3:03.05</b>	241	3:05.00	102%	-
100m	,	, 16.01.2011	37.	1:18.06	217	1:18.00	100%	-
200m			78.	3:14.60	201	3:12.00	97%	-
100m	,	, 04.03.2011	13.	1:44.17	107	1:25.00	67%	-
200m			102.	3:30.49	158	3:15.00	86%	-
100m	,	, 05.01.2011	41.	1:18.79	211	1:15.00	91%	-
200m			61.	3:10.65	213	3:07.00	96%	-
100m	,	, 03.02.2011	41.	1:18.79	211	1:17.00	96%	-
200m			67.	3:12.12	208	3:12.00	100%	-
100m	,	, 08.10.2011	21.	1:13.90	255	1:13.00	98%	-
200m			73.	3:13.92	203	3:08.00	94%	-
100m	,	, 24.01.2011	9.	<b>1:24.67</b>	229	1:26.86	105%	9
200m			62.	<b>3:10.78</b>	213	3:10.85	100%	2
100m	,	, 16.02.2010	14.	<b>1:20.68</b>	230	1:24.56	110%	2
200m			65.	<b>2:59.10</b>	257	3:04.63	106%	-













"	"								1
		, 10.07.2011							-
100m			25.	1:34.14	167	1:31.00		93%	-
		, 02.01.2011							-
100m			5.	1:36.53	204	1:28.00		83%	-
200m			46.	3:06.07	229	3:06.00		100%	1
		, 29.03.2011							1
100m			2.	1:31.57	239	1:26.00		88%	-
200m			63.	<b>3:11.09</b>	212	3:13.00		102%	-
"	"								6
		, 18.07.2010							2
100m			19.	<b>1:09.83</b>	303	1:15.00		115%	-
200m			53.	<b>2:54.65</b>	278	2:58.00		104%	-
		, 16.03.2010							1
100m			1.	1:23.22	319	1:22.00		97%	-
200m			22.	<b>2:46.40</b>	321	2:52.00		107%	-
		, 06.08.2010							-
100m			26.	1:29.60	193	1:27.00		94%	-
		, 17.08.2010							-
100m			40.	1:16.20	233	1:15.00		97%	-
		, 25.08.2010							-
100m			10.	1:30.54	247	1:29.00		97%	-
200m			49.	2:54.24	280	2:54.00		100%	-
		, 27.12.2010							1
100m			17.	1:41.68	250	1:40.00		97%	-
200m			71.	<b>3:18.23</b>	257	3:19.00		101%	-
		, 01.04.2010							1
100m			42.	1:23.22	239	1:20.00		92%	-
200m			81.	<b>3:29.00</b>	219	3:35.00		106%	-
		, 07.09.2010							-
100m			33.	1:15.94	315	1:12.00		90%	-
		, 25.08.2010							1
100m			8.	1:32.72	330	1:30.00		94%	-
200m			52.	<b>3:02.69</b>	329	3:05.00		103%	-
"	"								3
		, 27.07.2011							1
100m			58.	<b>1:26.01</b>	162	1:27.00		102%	-
200m			107.	3:34.98	149	3:30.00		95%	-
		, 29.03.2011							-
100m			23.	1:50.81	193	1:37.00		77%	-
200m			90.	3:46.15	173	3:39.00		94%	-
		, 01.11.2011							-
100m			30.	1:30.72	185	1:22.00		82%	-
200m			94.	3:59.12	146	3:42.00		86%	-
		, 25.04.2011							-
100m			29.	1:29.44	193	1:20.00		80%	-
200m			88.	3:42.57	181	3:40.00		98%	-
		, 02.02.2011							2
100m			14.	<b>1:28.18</b>	203	1:30.00		104%	-
200m			31.	<b>3:02.25</b>	244	3:08.00		106%	-
		, 02.11.2011							-
100m			29.	1:52.76	133	1:37.00		74%	-
200m			97.	4:10.36	127	3:44.00		80%	-
.	.								8
		, 17.04.2010							2
100m			33.	<b>1:12.94</b>	266	1:14.00		103%	-
200m			84.	<b>3:06.05</b>	230	3:17.00		112%	-
		, 27.08.2010							1
100m			10.	1:34.38	313	1:30.00		91%	-
200m			46.	<b>3:00.40</b>	341	3:02.00		102%	-
		, 22.09.2011							1
100m			64.	<b>1:34.61</b>	121	1:46.00		126%	-
		, 21.03.2010							1
100m			53.	<b>1:45.27</b>	88	1:46.00		101%	-





" "

100m	,	, 01.09.2010	37.	1:14.29	251	1:11.70	93%		-
200m			59.	2:57.50	264	2:57.00	99%		
100m	,	, 03.03.2010	38.	1:18.37	287	1:18.00	99%		1
200m			73.	<b>3:18.96</b>	254	3:21.10	102%		
100m	,	, 11.03.2010	25.	1:11.04	287	1:08.95	94%		1
200m			51.	<b>2:54.45</b>	279	2:58.10	104%		
100m	,	, 06.06.2010	42.	1:17.77	219	1:16.00	95%		-
200m			87.	3:10.19	215	3:02.90	92%		
100m	,	, 02.09.2010	20.	1:22.24	250	1:22.00	99%		1
200m			42.	<b>2:52.55</b>	288	2:56.10	104%		
"	"	2-1							11
100m	,	, 01.03.2011	32.	1:17.16	224	1:15.00	94%		1
200m			53.	<b>3:08.94</b>	219	3:12.30	104%		
100m	,	, 01.02.2011	20.	<b>1:13.63</b>	258	1:18.00	112%		2
200m			23.	<b>2:59.65</b>	255	3:10.30	112%		
100m	,	, 17.01.2011	3.	1:17.56	259	1:13.00	89%		1
200m			2.	<b>2:49.66</b>	303	2:49.70	100%		
100m	,	, 08.05.2011	4.	<b>1:32.92</b>	328	1:33.00	100%		2
200m			23.	<b>3:05.39</b>	314	3:06.20	101%		
100m	,	, 10.11.2011	11.	1:16.68	306	1:15.00	96%		1
200m			21.	<b>3:04.93</b>	317	3:06.00	101%		
100m	,	, 21.07.2011	7.	1:23.32	240	1:20.00	92%		1
200m			18.	<b>2:59.33</b>	256	3:02.20	103%		
100m	,	, 16.08.2011	6.	1:23.91	322	1:23.50	99%		1
200m			14.	<b>3:00.77</b>	339	3:06.60	107%		
100m	,	, 01.01.2011	5.	<b>1:14.71</b>	331	1:16.00	103%		2
200m			15.	<b>3:01.53</b>	335	3:08.50	108%		
100m	,	, 18.01.2011	10.	1:39.46	187	1:36.90	95%		-
200m			48.	3:06.82	227	3:06.30	99%		
100m	,	, 29.06.2011	14.	1:29.54	265	1:24.90	90%		-
200m			36.	3:09.24	296	3:07.00	98%		
"	"	2-2							11
100m	,	, 24.12.2011	28.	1:29.27	194	1:22.00	84%		1
200m			67.	<b>3:23.59</b>	237	3:31.50	108%		
100m	,	, 05.05.2011	12.	1:40.32	182	1:38.00	95%		1
200m			59.	<b>3:10.09</b>	215	3:11.60	102%		
100m	,	, 26.11.2011	7.	1:38.35	193	1:35.20	94%		1
200m			43.	<b>3:05.55</b>	231	3:11.30	106%		
100m	,	, 08.01.2011	35.	<b>1:17.65</b>	220	1:20.00	106%		2
200m			52.	<b>3:08.39</b>	221	3:10.40	102%		
100m	,	, 04.04.2011	16.	1:44.51	231	1:40.00	92%		1
200m			65.	<b>3:22.77</b>	240	3:26.60	104%		
100m	,	, 01.04.2011	20.	1:46.87	216	1:44.00	95%		1
200m			52.	<b>3:16.96</b>	262	3:20.00	103%		















