

11			, 800m			2011						
21.01.2025 - 12:25												
: FINA 2024												
1.			2009			"	"	8:57.98				
	50m:	27.99	27.99	250m:	2:42.97	33.95	450m:	4:59.07	33.59	650m:	7:16.52	34.62
	100m:	1:00.94	32.95	300m:	3:16.81	33.84	500m:	5:33.44	34.37	700m:	7:50.67	34.15
	150m:	1:35.16	34.22	350m:	3:51.33	34.52	550m:	6:07.76	34.32	750m:	8:57.98	1:07.31
	200m:	2:09.02	33.86	400m:	4:25.48	34.15	600m:	6:41.90	34.14	800m:	8:57.98	
2.			2009			"	"	9:03.14				
	50m:	30.34	30.34	250m:	2:39.16	32.48	450m:	4:53.41	33.96	650m:	7:16.39	36.47
	100m:	1:02.12	31.78	300m:	3:12.00	32.84	500m:	5:28.50	35.09	700m:	7:52.32	35.93
	150m:	1:34.38	32.26	350m:	3:45.45	33.45	550m:	6:03.91	35.41	750m:	8:28.62	36.30
	200m:	2:06.68	32.30	400m:	4:19.45	34.00	600m:	6:39.92	36.01	800m:	9:03.14	34.52
3.			2008			"	"	9:04.59				
	50m:	29.84	29.84	250m:	2:43.43	34.02	450m:	5:02.58	35.17	650m:	7:22.17	34.72
	100m:	1:02.01	32.17	300m:	3:18.36	34.93	500m:	5:37.62	35.04	700m:	7:56.77	34.60
	150m:	1:35.42	33.41	350m:	3:53.10	34.74	550m:	6:12.64	35.02	750m:	8:31.20	34.43
	200m:	2:09.41	33.99	400m:	4:27.41	34.31	600m:	6:47.45	34.81	800m:	9:04.59	33.39
4.			2009			"	"	9:05.29				
	50m:	29.65	29.65	250m:	2:42.64	33.48	450m:	4:59.26	34.47	650m:	7:19.45	35.48
	100m:	1:02.54	32.89	300m:	3:16.33	33.69	500m:	5:34.06	34.80	700m:	7:54.98	35.53
	150m:	1:35.69	33.15	350m:	3:50.38	34.05	550m:	6:08.99	34.93	750m:	8:30.58	35.60
	200m:	2:09.16	33.47	400m:	4:24.79	34.41	600m:	6:43.97	34.98	800m:	9:05.29	34.71
5.			2009			"	"	9:07.11				
	50m:	31.86	31.86	250m:	2:48.61	34.49	450m:	5:06.68	34.92	650m:	7:23.85	33.94
	100m:	1:06.07	34.21	300m:	3:22.88	34.27	500m:	5:41.47	34.79	700m:	7:58.69	34.84
	150m:	1:40.80	34.73	350m:	3:57.33	34.45	550m:	6:15.23	33.76	750m:	9:07.19	1:08.50
	200m:	2:14.12	33.32	400m:	4:31.76	34.43	600m:	6:49.91	34.68	800m:	9:07.11	
6.			2009			"	"	9:07.14				
	50m:	30.39	30.39	250m:	2:46.52	34.28	450m:	5:05.57	34.95	650m:	7:25.09	35.17
	100m:	1:03.77	33.38	300m:	3:21.53	35.01	500m:	5:40.72	35.15	700m:	7:59.73	34.64
	150m:	1:37.67	33.90	350m:	3:56.13	34.60	550m:	6:15.45	34.73	750m:	8:38.01	38.28
	200m:	2:12.24	34.57	400m:	4:30.62	34.49	600m:	6:49.92	34.47	800m:	9:07.14	29.13
7.			2009			"	"	9:08.30				
	100m:	1:03.46	1:03.46	300m:	3:21.61	1:09.40	500m:	5:40.72	1:09.39	700m:	8:00.21	1:09.29
	200m:	2:12.21	1:08.75	400m:	4:31.33	1:09.72	600m:	6:50.92	1:10.20	800m:	9:08.30	1:08.09
8.			2011			"	"	9:09.96				
	50m:	30.55	30.55	250m:	2:48.07	34.94	450m:	5:07.29	35.07	650m:	7:27.28	34.72
	100m:	1:03.83	33.28	300m:	3:22.90	34.83	500m:	5:42.40	35.11	700m:	8:02.09	34.81
	150m:	1:38.47	34.64	350m:	3:57.51	34.61	550m:	6:17.59	35.19	750m:	8:37.23	35.14
	200m:	2:13.13	34.66	400m:	4:32.22	34.71	600m:	6:52.56	34.97	800m:	9:09.96	32.73
9.			2009			"	"	9:14.68				
	50m:	29.73	29.73	250m:	2:44.99	34.49	450m:	5:07.21	35.79	650m:	7:30.49	36.03
	100m:	1:02.86	33.13	300m:	3:20.06	35.07	500m:	5:42.60	35.39	700m:	8:06.26	35.77
	150m:	1:36.66	33.80	350m:	3:55.48	35.42	550m:	6:18.51	35.91	750m:	8:41.29	35.03
	200m:	2:10.50	33.84	400m:	4:31.42	35.94	600m:	6:54.46	35.95	800m:	9:14.68	33.39
10.			2007			"	"	9:15.61				
	100m:	1:06.11	1:06.11	300m:	3:27.17	1:11.46	500m:	5:48.24	1:09.73	700m:	8:08.39	1:09.74
	200m:	2:15.71	1:09.60	400m:	4:38.51	1:11.34	600m:	6:58.65	1:10.41	800m:	9:15.61	1:07.22
11.			2010			"	"	9:15.63				
	50m:	30.89	30.89	250m:	2:48.59	35.12	450m:	5:08.51	34.99	650m:	7:30.12	35.81
	100m:	1:04.09	33.20	300m:	3:23.83	35.24	500m:	5:43.66	35.15	700m:	8:05.76	35.64
	150m:	1:38.69	34.60	350m:	3:58.57	34.74	550m:	6:18.76	35.10	750m:	8:41.43	35.67
	200m:	2:13.47	34.78	400m:	4:33.52	34.95	600m:	6:54.31	35.55	800m:	9:15.63	34.20

, 21.01-23.01.2025 .

11,		, 800m		, 2011								
12.				2011	I		"	"		9:15.83	I	
	50m:	31.89	31.89	250m:	2:51.63	35.50	450m:	5:12.87	35.40	650m:	7:33.02	35.02
	100m:	1:05.95	34.06	300m:	3:26.75	35.12	500m:	5:48.08	35.21	700m:	8:07.79	34.77
	150m:	1:41.07	35.12	350m:	4:02.40	35.65	550m:	6:23.00	34.92	750m:	8:42.79	35.00
	200m:	2:16.13	35.06	400m:	4:37.47	35.07	600m:	6:58.00	35.00	800m:	9:15.83	33.04
13.				2010	II		"	"		9:16.61	I	
	50m:	31.75	31.75	250m:	2:49.75	34.81	450m:	5:11.28	34.95	650m:	7:32.77	35.19
	100m:	1:05.50	33.75	300m:	3:24.83	35.08	500m:	5:46.53	35.25	700m:	8:08.47	35.70
	150m:	1:40.05	34.55	350m:	4:00.48	35.65	550m:	6:22.22	35.69	750m:	8:43.68	35.21
	200m:	2:14.94	34.89	400m:	4:36.33	35.85	600m:	6:57.58	35.36	800m:	9:16.61	32.93
14.				2008	I		"	"		9:16.67	I	
	50m:	30.13	30.13	250m:	2:44.07	34.40	450m:	5:04.96	35.51	650m:	7:29.54	36.49
	100m:	1:02.72	32.59	300m:	3:18.96	34.89	500m:	5:41.02	36.06	700m:	8:05.89	36.35
	150m:	1:36.03	33.31	350m:	3:54.04	35.08	550m:	6:16.77	35.75	750m:	8:42.12	36.23
	200m:	2:09.67	33.64	400m:	4:29.45	35.41	600m:	6:53.05	36.28	800m:	9:16.67	34.55
15.				2008	I		"	"		9:16.69	I	
	50m:	30.60	30.60	250m:	2:47.24	34.79	450m:	5:09.68	35.49	650m:	7:32.18	35.56
	100m:	1:03.65	33.05	300m:	3:22.77	35.53	500m:	5:45.16	35.48	700m:	8:07.88	35.70
	150m:	1:37.80	34.15	350m:	3:58.48	35.71	550m:	6:20.77	35.61	750m:	8:43.60	35.72
	200m:	2:12.45	34.65	400m:	4:34.19	35.71	600m:	6:56.62	35.85	800m:	9:16.69	33.09
16.				2007	I		,			9:18.39	I	
	100m:	1:03.28	1:03.28	300m:	3:23.44	1:10.76	500m:	5:45.25	1:11.10	700m:	8:07.00	1:11.19
	200m:	2:12.68	1:09.40	400m:	4:34.15	1:10.71	600m:	6:55.81	1:10.56	800m:	9:18.39	1:11.39
17.				2010	II		"	"		9:18.50	I	
	50m:	31.80	31.80	250m:	2:51.27	35.22	450m:	5:13.11	35.34	650m:	7:35.01	35.78
	100m:	1:05.92	34.12	300m:	3:27.25	35.98	500m:	5:48.50	35.39	700m:	8:10.85	35.84
	150m:	1:41.12	35.20	350m:	4:02.18	34.93	550m:	6:23.59	35.09	750m:	8:46.55	35.70
	200m:	2:16.05	34.93	400m:	4:37.77	35.59	600m:	6:59.23	35.64	800m:	9:18.50	31.95
18.				2010	II		,			9:20.11	I	
	50m:	31.47	31.47	250m:	2:46.47	34.98	450m:	5:08.15	35.41	650m:	7:33.33	36.70
	100m:	1:03.82	32.35	300m:	3:21.92	35.45	500m:	5:44.19	36.04	700m:	8:09.24	35.91
	150m:	1:37.23	33.41	350m:	3:57.34	35.42	550m:	6:20.01	35.82	750m:	8:46.83	36.59
	200m:	2:11.49	34.26	400m:	4:32.74	35.40	600m:	6:56.63	36.62	800m:	9:20.11	34.28
19.				2011	I		"	"		9:20.52	I	
	100m:	1:30.29	1:30.29	300m:	3:22.74	1:10.71	500m:	5:46.69	1:12.37	700m:	8:11.22	1:12.30
	200m:	2:12.03	41.74	400m:	4:34.32	1:11.58	600m:	6:58.92	1:12.23	800m:	9:20.52	1:09.30
20.				2010	II		,			9:21.11	I	
	100m:	1:08.25	1:08.25	300m:	3:32.01	1:11.61	500m:	5:55.12	1:10.75	700m:	8:14.00	1:08.99
	200m:	2:20.40	1:12.15	400m:	4:44.37	1:12.36	600m:	7:05.01	1:09.89	800m:	9:21.11	1:07.11
21.				2010	II		-	,		9:21.19	I	
	100m:	1:05.95	1:05.95	300m:	3:28.46	1:12.46	500m:	5:49.95	1:11.25	700m:	8:12.81	1:11.46
	200m:	2:16.00	1:10.05	400m:	4:38.70	1:10.24	600m:	7:01.35	1:11.40	800m:	9:21.19	1:08.38
22.				2011	I		,			9:22.21	I	
	100m:	1:07.16	1:07.16	300m:	3:31.42	1:12.19	500m:	5:54.27	1:10.46	700m:	8:15.59	1:10.39
	200m:	2:19.23	1:12.07	400m:	4:43.81	1:12.39	600m:	7:05.20	1:10.93	800m:	9:22.21	1:06.62
23.				2008	I		"	"		9:23.24	I	
	50m:	32.13	32.13	250m:	2:52.54	35.80	450m:	5:15.69	35.78	650m:	7:38.32	35.11
	100m:	1:06.17	34.04	300m:	3:28.47	35.93	500m:	5:51.81	36.12	700m:	8:14.25	35.93
	150m:	1:41.37	35.20	350m:	4:04.09	35.62	550m:	6:27.50	35.69	750m:	8:51.10	36.85
	200m:	2:16.74	35.37	400m:	4:39.91	35.82	600m:	7:03.21	35.71	800m:	9:23.24	32.14

11,	, 800m	, 2011									
24.			2011	I			"	"		9:25.40	II
	100m: 1:07.30	1:07.30	300m: 3:30.31	1:11.63	500m: 5:53.17	1:11.45	700m: 8:16.12	1:11.38			
	200m: 2:18.68	1:11.38	400m: 4:41.72	1:11.41	600m: 7:04.74	1:11.57	800m: 9:25.40	1:09.28			
25.			2007	I						9:25.50	II
	100m: 59.29	59.29	300m: 3:19.41	1:11.74	500m: 5:46.16	1:13.56	700m: 8:14.51	1:13.59			
	200m: 2:07.67	1:08.38	400m: 4:32.60	1:13.19	600m: 7:00.92	1:14.76	800m: 9:25.50	1:10.99			
26.			2009	I			"	"		9:25.58	II
	100m: 1:04.00	1:04.00	300m: 3:26.64	1:12.31	500m: 5:50.14	1:11.50	700m: 8:16.21	1:13.38			
	200m: 2:14.33	1:10.33	400m: 4:38.64	1:12.00	600m: 7:02.83	1:12.69	800m: 9:25.58	1:09.37			
27.			2011	II						9:26.80	II
	100m: 1:03.65	1:03.65	300m: 3:23.77	1:10.19	500m: 5:47.30	1:11.78	700m: 8:13.46	1:13.69			
	200m: 2:13.58	1:09.93	400m: 4:35.52	1:11.75	600m: 6:59.77	1:12.47	800m: 9:26.80	1:13.34			
28.			2010	II						9:27.73	II
	100m: 1:06.57	1:06.57	300m: 3:31.60	1:12.76	500m: 5:54.86	1:10.79	700m: 8:18.14	1:12.73			
	200m: 2:18.84	1:12.27	400m: 4:44.07	1:12.47	600m: 7:05.41	1:10.55	800m: 9:27.73	1:09.59			
29.			2010	II			"	"		9:28.32	II
	50m: 31.38	31.38	250m: 2:51.60	35.20	450m: 5:16.41	36.14	650m: 7:42.38	36.77			
	100m: 1:05.22	33.84	300m: 3:27.76	36.16	500m: 5:52.48	36.07	700m: 8:18.34	35.96			
	150m: 1:40.76	35.54	350m: 4:04.50	36.74	550m: 6:29.44	36.96	750m: 8:56.35	38.01			
	200m: 2:16.40	35.64	400m: 4:40.27	35.77	600m: 7:05.61	36.17	800m: 9:28.32	31.97			
30.			2009	I						9:29.67	II
	50m: 31.23	31.23	250m: 2:54.48	36.33	450m: 5:18.17	35.92	650m: 7:42.79	36.27			
	100m: 1:06.11	34.88	300m: 3:30.21	35.73	500m: 5:53.86	35.69	700m: 8:19.30	36.51			
	150m: 1:41.67	35.56	350m: 4:05.84	35.63	550m: 6:29.93	36.07	750m: 8:55.48	36.18			
	200m: 2:18.15	36.48	400m: 4:42.25	36.41	600m: 7:06.52	36.59	800m: 9:29.67	34.19			
31.			2009	I						9:30.02	II
	100m: 1:08.39	1:08.39	300m: 3:32.30	1:11.72	500m: 5:55.73	1:11.53	700m: 8:19.01	1:11.87			
	200m: 2:20.58	1:12.19	400m: 4:44.20	1:11.90	600m: 7:07.14	1:11.41	800m: 9:30.02	1:11.01			
32.			2009	I						9:31.69	II
	50m: 33.98	33.98	250m: 3:01.02	36.79	450m: 5:26.68	36.32	650m: 7:48.45	35.37			
	100m: 1:10.70	36.72	300m: 3:37.17	36.15	500m: 6:02.33	35.65	700m: 8:23.48	35.03			
	150m: 1:47.97	37.27	350m: 4:13.96	36.79	550m: 6:38.16	35.83	750m: 8:35.35	11.87			
	200m: 2:24.23	36.26	400m: 4:50.36	36.40	600m: 7:13.08	34.92	800m: 9:31.69	56.34			
33.			2010	I						9:32.39	II
	50m: 32.02	32.02	250m: 2:50.48	35.35	450m: 5:16.29	36.61	650m: 7:43.30	36.07			
	100m: 1:05.51	33.49	300m: 3:26.21	35.73	500m: 5:54.18	37.89	700m: 8:20.04	36.74			
	150m: 1:40.27	34.76	350m: 4:02.90	36.69	550m: 6:30.15	35.97	750m: 8:57.56	37.52			
	200m: 2:15.13	34.86	400m: 4:39.68	36.78	600m: 7:07.23	37.08	800m: 9:32.39	34.83			
34.			2010	II						9:33.51	II
	100m: 1:07.07	1:07.07	300m: 3:31.70	1:13.17	500m: 5:57.91	1:13.06	700m: 8:24.57	1:13.06			
	200m: 2:18.53	1:11.46	400m: 4:44.85	1:13.15	600m: 7:11.51	1:13.60	800m: 9:33.51	1:08.94			
35.			2010	II						9:33.52	II
	100m: 1:08.01	1:08.01	300m: 3:32.74	1:12.14	500m: 5:58.58	1:12.56	700m: 8:23.79	1:12.40			
	200m: 2:20.60	1:12.59	400m: 4:46.02	1:13.28	600m: 7:11.39	1:12.81	800m: 9:33.52	1:09.73			
36.			2007	II						9:38.03	II
	50m: 32.77	32.77	250m: 2:52.25	35.91	450m: 5:18.31	37.08	650m: 7:47.60	37.77			
	100m: 1:06.59	33.82	300m: 3:28.41	36.16	500m: 5:55.56	37.25	700m: 8:25.08	37.48			
	150m: 1:41.23	34.64	350m: 4:04.55	36.14	550m: 6:32.70	37.14	750m: 9:02.47	37.39			
	200m: 2:16.34	35.11	400m: 4:41.23	36.68	600m: 7:09.83	37.13	800m: 9:38.03	35.56			

11,		, 800m		, 2011							
37.				2010	I			"	"	9:38.32	II
	50m:	31.73	31.73	250m:	2:56.18	36.77	450m:	5:22.32	36.77	650m:	7:50.59 37.07
	100m:	1:07.12	35.39	300m:	3:32.16	35.98	500m:	5:59.72	37.40	700m:	8:27.45 36.86
	150m:	1:43.43	36.31	350m:	4:08.75	36.59	550m:	6:36.74	37.02	750m:	9:04.05 36.60
	200m:	2:19.41	35.98	400m:	4:45.55	36.80	600m:	7:13.52	36.78	800m:	9:38.32 34.27
38.				2010	II			"	"	9:39.12	II
	50m:	31.89	31.89	250m:	2:53.81	35.54	450m:	5:21.46	36.98	650m:	7:50.59 37.77
	100m:	1:07.07	35.18	300m:	3:30.16	36.35	500m:	5:58.71	37.25	700m:	8:28.00 37.41
	150m:	1:42.26	35.19	350m:	4:07.26	37.10	550m:	6:35.48	36.77	750m:	9:05.80 37.80
	200m:	2:18.27	36.01	400m:	4:44.48	37.22	600m:	7:12.82	37.34	800m:	9:39.12 33.32
39.				2010	II					9:40.45	II
	50m:	32.55	32.55	250m:	2:55.25	36.98	450m:	5:21.17	35.77	650m:	7:48.70 36.99
	100m:	1:06.81	34.26	300m:	3:31.86	36.61	500m:	5:58.12	36.95	700m:	8:25.50 36.80
	150m:	1:43.11	36.30	350m:	4:08.46	36.60	550m:	6:35.53	37.41	750m:	9:02.82 37.32
	200m:	2:18.27	35.16	400m:	4:45.40	36.94	600m:	7:11.71	36.18	800m:	9:40.45 37.63
40.				2010	II					9:41.24	II
	100m:	1:10.00	1:10.00	300m:	3:35.50	1:12.91	500m:	6:02.28	1:13.27	700m:	8:28.94 1:12.69
	200m:	2:22.59	1:12.59	400m:	4:49.01	1:13.51	600m:	7:16.25	1:13.97	800m:	9:41.24 1:12.30
41.				2011	II			"	"	9:41.62	II
	100m:	1:06.00	1:06.00	300m:	3:30.04	1:12.01	500m:	5:57.26	1:13.89	700m:	8:27.91 1:16.00
	200m:	2:18.03	1:12.03	400m:	4:43.37	1:13.33	600m:	7:11.91	1:14.65	800m:	9:41.62 1:13.71
42.				2010	II					9:41.64	II
	50m:	33.05	33.05	250m:	2:55.63	36.47	450m:	5:23.24	37.09	650m:	7:52.91 37.69
	100m:	1:07.58	34.53	300m:	3:32.42	36.79	500m:	6:00.98	37.74	700m:	8:30.33 37.42
	150m:	1:43.16	35.58	350m:	4:09.18	36.76	550m:	6:38.21	37.23	750m:	9:07.30 36.97
	200m:	2:19.16	36.00	400m:	4:46.15	36.97	600m:	7:15.22	37.01	800m:	9:41.64 34.34
43.				2011	II					9:41.78	II
	100m:	1:07.87	1:07.87	300m:	3:34.24	1:13.40	500m:	6:02.46	1:14.00	700m:	8:30.90 1:13.50
	200m:	2:20.84	1:12.97	400m:	4:48.46	1:14.22	600m:	7:17.40	1:14.94	800m:	9:41.78 1:10.88
44.				2010	II					9:41.90	II
	50m:	32.16	32.16	250m:	2:57.52	36.80	450m:	5:25.57	37.18	650m:	7:54.16 36.81
	100m:	1:07.85	35.69	300m:	3:34.13	36.61	500m:	6:02.54	36.97	700m:	8:30.80 36.64
	150m:	1:44.22	36.37	350m:	4:10.96	36.83	550m:	6:39.70	37.16	750m:	9:07.74 36.94
	200m:	2:20.72	36.50	400m:	4:48.39	37.43	600m:	7:17.35	37.65	800m:	9:41.90 34.16
45.				2010	II			"	"	9:42.04	II
	50m:	31.58	31.58	250m:	2:55.61	36.76	450m:	5:24.52	37.49	650m:	7:53.19 37.12
	100m:	1:06.29	34.71	300m:	3:32.83	37.22	500m:	6:01.82	37.30	700m:	8:30.33 37.14
	150m:	1:42.21	35.92	350m:	4:10.10	37.27	550m:	6:39.01	37.19	750m:	9:07.17 36.84
	200m:	2:18.85	36.64	400m:	4:47.03	36.93	600m:	7:16.07	37.06	800m:	9:42.04 34.87
46.				2010	II			"	"	9:43.08	II
	50m:	32.65	32.65	250m:	2:57.78	37.17	450m:	5:26.00	36.82	650m:	7:54.63 36.90
	100m:	1:07.98	35.33	300m:	3:34.83	37.05	500m:	6:03.43	37.43	700m:	8:31.56 36.93
	150m:	1:44.39	36.41	350m:	4:12.24	37.41	550m:	6:40.44	37.01	750m:	9:08.45 36.89
	200m:	2:20.61	36.22	400m:	4:49.18	36.94	600m:	7:17.73	37.29	800m:	9:43.08 34.63
47.				2009	II				4	9:43.36	II
	50m:	31.22	31.22	250m:	2:49.37	35.47	450m:	5:18.51	37.99	650m:	7:52.39 38.36
	100m:	1:04.54	33.32	300m:	3:25.83	36.46	500m:	5:57.49	38.98	700m:	8:30.60 38.21
	150m:	1:38.74	34.20	350m:	4:02.55	36.72	550m:	6:35.60	38.11	750m:	9:08.21 37.61
	200m:	2:13.90	35.16	400m:	4:40.52	37.97	600m:	7:14.03	38.43	800m:	9:43.36 35.15
48.				2011	II			"	"	9:43.52	II
	100m:	1:07.09	1:07.09	300m:	3:33.64	1:13.87	500m:	6:02.39	1:14.12	700m:	1:21.20
	200m:	2:19.77	1:12.68	400m:	4:48.27	1:14.63	600m:	7:16.58	1:14.19	800m:	9:43.52 8:22.32

, 21.01-23.01.2025 .

11,	, 800m	, 2011													
49.			2009											9:43.78	
	50m: 33.01	33.01	250m: 2:59.59	36.95	450m: 5:28.46	37.40	650m: 7:56.20	36.38							
	100m: 1:08.93	35.92	300m: 3:36.45	36.86	500m: 6:05.66	37.20	700m: 8:32.59	36.39							
	150m: 1:45.22	36.29	350m: 4:13.93	37.48	550m: 6:42.87	37.21	750m: 9:09.32	36.73							
	200m: 2:22.64	37.42	400m: 4:51.06	37.13	600m: 7:19.82	36.95	800m: 9:43.78	34.46							
50.			2011		-									9:44.54	
	50m: 32.31	32.31	250m: 2:56.78	36.61	450m: 5:25.66	37.24	650m: 7:56.40	37.38							
	100m: 1:07.91	35.60	300m: 3:33.71	36.93	500m: 6:03.64	37.98	700m: 8:33.01	36.61							
	150m: 1:43.80	35.89	350m: 4:10.90	37.19	550m: 6:41.16	37.52	750m: 9:10.26	37.25							
	200m: 2:20.17	36.37	400m: 4:48.42	37.52	600m: 7:19.02	37.86	800m: 9:44.54	34.28							
51.			2010											9:44.83	
	50m: 30.16	30.16	250m: 2:50.12	36.29	450m: 5:18.91	37.71	650m: 7:51.99	38.36							
	100m: 1:03.12	32.96	300m: 3:26.80	36.68	500m: 5:57.15	38.24	700m: 8:30.51	38.52							
	150m: 1:38.20	35.08	350m: 4:03.55	36.75	550m: 6:35.39	38.24	750m: 9:09.00	38.49							
	200m: 2:13.83	35.63	400m: 4:41.20	37.65	600m: 7:13.63	38.24	800m: 9:44.83	35.83							
52.			2009											9:45.13	
	100m: 1:10.85	1:10.85	300m: 3:39.13	1:14.12	500m: 6:06.91	1:13.38	700m: 8:35.08	1:14.00							
	200m: 2:25.01	1:14.16	400m: 4:53.53	1:14.40	600m: 7:21.08	1:14.17	800m: 9:45.13	1:10.05							
53.			2011											9:45.47	
	100m: 1:09.50	1:09.50	300m: 3:35.16	1:12.97	500m: 6:03.85	1:14.54	700m: 8:33.50	1:14.69							
	200m: 2:22.19	1:12.69	400m: 4:49.31	1:14.15	600m: 7:18.81	1:14.96	800m: 9:45.47	1:11.97							
54.			2010											9:46.00	
	100m: 1:06.84	1:06.84	300m: 3:33.47	1:14.07	500m: 6:04.00	1:15.38	700m: 8:35.18	1:14.90							
	200m: 2:19.40	1:12.56	400m: 4:48.62	1:15.15	600m: 7:20.28	1:16.28	800m: 9:46.00	1:10.82							
55.			2010			-19								9:47.33	
	100m: 1:09.94	1:09.94	300m: 3:36.87	1:13.62	500m: 6:05.97	1:14.97	700m: 8:34.91	1:14.50							
	200m: 2:23.25	1:13.31	400m: 4:51.00	1:14.13	600m: 7:20.41	1:14.44	800m: 9:47.33	1:12.42							
56.			2007											9:49.89	
	100m: 1:04.17	1:04.17	300m: 3:27.76	1:13.69	500m: 5:58.89	1:15.97	700m: 8:33.79	1:17.89							
	200m: 2:14.07	1:09.90	400m: 4:42.92	1:15.16	600m: 7:15.90	1:17.01	800m: 9:49.89	1:16.10							
57.			2011		-									9:52.17	
	100m: 1:09.07	1:09.07	300m: 3:37.76	1:15.29	500m: 6:09.04	1:15.68	700m: 8:39.64	1:15.22							
	200m: 2:22.47	1:13.40	400m: 4:53.36	1:15.60	600m: 7:24.42	1:15.38	800m: 9:52.17	1:12.53							
58.			2011											9:52.20	
	50m: 33.03	33.03	250m: 2:57.86	36.32	450m: 5:27.35	37.94	650m: 7:58.68	38.16							
	100m: 1:08.51	35.48	300m: 3:35.07	37.21	500m: 6:04.93	37.58	700m: 8:36.91	38.23							
	150m: 1:44.66	36.15	350m: 4:11.99	36.92	550m: 6:43.03	38.10	750m: 9:15.17	38.26							
	200m: 2:21.54	36.88	400m: 4:49.41	37.42	600m: 7:20.52	37.49	800m: 9:52.20	37.03							
59.			2011			-19								9:52.60	
	50m: 32.83	32.83	250m: 3:00.02	37.35	450m: 5:30.75	37.77	650m: 8:03.49	38.17							
	100m: 1:08.42	35.59	300m: 3:37.40	37.38	500m: 6:09.06	38.31	700m: 8:42.14	38.65							
	150m: 1:45.38	36.96	350m: 4:15.15	37.75	550m: 6:47.02	37.96	750m: 9:19.54	37.40							
	200m: 2:22.67	37.29	400m: 4:52.98	37.83	600m: 7:25.32	38.30	800m: 9:52.60	33.06							
60.			2009		-									9:52.67	
	100m: 1:09.89	1:09.89	300m: 3:25.72	1:11.70	500m: 5:56.03	1:16.18	700m: 8:34.47	1:20.37							
	200m: 2:14.02	1:04.13	400m: 4:39.85	1:14.13	600m: 7:14.10	1:18.07	800m: 9:52.67	1:18.20							
61.			2011											9:54.27	
	100m: 1:11.57	1:11.57	300m: 3:40.87	1:15.43	500m: 6:11.44	1:14.76	700m: 8:41.90	1:14.89							
	200m: 2:25.44	1:13.87	400m: 4:56.68	1:15.81	600m: 7:27.01	1:15.57	800m: 9:54.27	1:12.37							

, 21.01-23.01.2025 .

11,	, 800m	, 2011									
62.			2009								9:55.66
	100m: 1:05.82	1:05.82	300m: 3:34.11	1:15.61	500m: 6:09.57	1:18.17	700m: 8:43.68	1:16.98			
	200m: 2:18.50	1:12.68	400m: 4:51.40	1:17.29	600m: 7:26.70	1:17.13	800m: 9:55.66	1:11.98			
63.			2009								9:56.57
	100m: 1:08.22	1:08.22	300m: 3:36.44	1:14.65	500m: 6:09.79	1:16.57	700m: 8:42.44	1:16.34			
	200m: 2:21.79	1:13.57	400m: 4:53.22	1:16.78	600m: 7:26.10	1:16.31	800m: 9:56.57	1:14.13			
64.			2010								9:57.37
	50m: 33.23	33.23	250m: 3:03.42	37.73	450m: 5:37.37	37.96	650m: 8:09.79	37.96			
	100m: 1:10.12	36.89	300m: 3:41.06	37.64	500m: 6:16.21	38.84	700m: 8:47.29	37.50			
	150m: 1:47.73	37.61	350m: 4:19.97	38.91	550m: 6:53.84	37.63	750m: 9:24.48	37.19			
	200m: 2:25.69	37.96	400m: 4:59.41	39.44	600m: 7:31.83	37.99	800m: 9:57.37	32.89			
65.			2010								9:57.69
	100m: 1:09.54	1:09.54	300m: 3:41.14	1:16.19	500m: 6:15.67	1:16.23	700m: 8:47.48	1:15.52			
	200m: 2:24.95	1:15.41	400m: 4:59.44	1:18.30	600m: 7:31.96	1:16.29	800m: 9:57.69	1:10.21			
66.			2011								10:01.21
	100m: 1:10.00	1:10.00	300m: 3:38.47	1:14.47	500m: 6:13.10	1:17.40	700m: 8:48.30	1:17.29			
	200m: 2:24.00	1:14.00	400m: 4:55.70	1:17.23	600m: 7:31.01	1:17.91	800m: 10:01.21	1:12.91			
			2010								10:01.21
	50m: 33.35	33.35	250m: 2:59.84	37.78	450m: 5:35.26	38.59	650m: 8:10.11	38.86			
	100m: 1:08.04	34.69	300m: 3:38.67	38.83	500m: 6:13.39	38.13	700m: 8:48.39	38.28			
	150m: 1:44.42	36.38	350m: 4:17.22	38.55	550m: 6:52.46	39.07	750m: 9:26.27	37.88			
	200m: 2:22.06	37.64	400m: 4:56.67	39.45	600m: 7:31.25	38.79	800m: 10:01.21	34.94			
68.			2010								10:02.99
	50m: 32.53	32.53	250m: 2:58.55	37.88	450m: 5:32.31	38.70	650m: 8:07.15	38.77			
	100m: 1:07.75	35.22	300m: 3:36.46	37.91	500m: 6:11.02	38.71	700m: 8:45.74	38.59			
	150m: 1:43.80	36.05	350m: 4:15.05	38.59	550m: 6:49.78	38.76	750m: 9:24.44	38.70			
	200m: 2:20.67	36.87	400m: 4:53.61	38.56	600m: 7:28.38	38.60	800m: 10:02.99	38.55			
69.			2009								10:03.77
	100m: 1:07.71	1:07.71	300m: 3:39.21	1:16.50	500m: 6:14.14	1:18.04	700m: 8:49.33	1:17.06			
	200m: 2:22.71	1:15.00	400m: 4:56.10	1:16.89	600m: 7:32.27	1:18.13	800m: 10:03.77	1:14.44			
			2011								10:03.77
	100m: 1:09.27	1:09.27	300m: 3:40.96	1:16.00	500m: 6:14.74	1:17.28	700m: 8:49.96	1:17.75			
	200m: 2:24.96	1:15.69	400m: 4:57.46	1:16.50	600m: 7:32.21	1:17.47	800m: 10:03.77	1:13.81			
71.			2010								10:06.69
	100m: 1:09.54	1:09.54	300m: 3:44.05	1:17.23	500m: 6:18.34	1:17.77	700m: 8:53.38	1:17.19			
	200m: 2:26.82	1:17.28	400m: 5:00.57	1:16.52	600m: 7:36.19	1:17.85	800m: 10:06.69	1:13.31			
72.			2011								10:06.82
	100m: 1:10.21	1:10.21	300m: 3:41.44	1:15.73	500m: 6:15.22	1:17.45	700m: 8:51.45	1:18.72			
	200m: 2:25.71	1:15.50	400m: 4:57.77	1:16.33	600m: 7:32.73	1:17.51	800m: 10:06.82	1:15.37			
73.			2011								10:12.98
	100m: 1:09.09	1:09.09	300m: 3:42.56	1:18.21	500m: 6:19.94	1:19.03	700m: 8:57.82	1:19.00			
	200m: 2:24.35	1:15.26	400m: 5:00.91	1:18.35	600m: 7:38.82	1:18.88	800m: 10:12.98	1:15.16			
74.			2010								10:14.17
	100m: 1:10.52	1:10.52	300m: 3:44.84	1:17.92	500m: 6:22.10	1:18.25	700m: 8:58.26	1:18.23			
	200m: 2:26.92	1:16.40	400m: 5:03.85	1:19.01	600m: 7:40.03	1:17.93	800m: 10:14.17	1:15.91			
75.			2011								10:14.27
	100m: 1:09.91	1:09.91	300m: 3:45.54	1:17.77	500m: 6:23.10	1:18.56	700m: 8:59.54	1:17.15			
	200m: 2:27.77	1:17.86	400m: 5:04.54	1:19.00	600m: 7:42.39	1:19.29	800m: 10:14.27	1:14.73			

, 21.01-23.01.2025 .

11,	, 800m	, 2011											
76.			2010				"	"				10:14.31	
	50m: 34.38	34.38	250m: 3:07.92	39.11	450m: 5:43.89	38.43	650m: 8:19.93	38.77					
	100m: 1:11.97	37.59	300m: 3:47.30	39.38	500m: 6:23.62	39.73	700m: 8:58.36	38.43					
	150m: 1:50.72	38.75	350m: 4:26.40	39.10	550m: 7:02.56	38.94	750m: 9:39.60	41.24					
	200m: 2:28.81	38.09	400m: 5:05.46	39.06	600m: 7:41.16	38.60	800m: 10:14.31	34.71					
77.			2011				"	"				10:14.65	
	50m: 34.39	34.39	250m: 3:08.64	38.78	450m: 5:44.28	39.00	650m: 8:19.87	39.28					
	100m: 1:12.26	37.87	300m: 3:47.89	39.25	500m: 6:23.64	39.36	700m: 8:58.50	38.63					
	150m: 1:51.26	39.00	350m: 4:26.73	38.84	550m: 7:02.16	38.52	750m: 9:37.22	38.72					
	200m: 2:29.86	38.60	400m: 5:05.28	38.55	600m: 7:40.59	38.43	800m: 10:14.65	37.43					
78.			2009				"	"				10:15.43	
	100m: 1:09.39	1:09.39	300m: 3:42.64	1:17.71	500m: 6:19.61	1:18.90	700m: 8:58.21	1:19.39					
	200m: 2:24.93	1:15.54	400m: 5:00.71	1:18.07	600m: 7:38.82	1:19.21	800m: 10:15.43	1:17.22					
79.			2011				"	"				10:19.54	
	100m: 1:09.46	1:09.46	300m: 3:43.79	1:18.03	500m: 6:22.98	1:20.29	700m: 9:01.70	1:18.92					
	200m: 2:25.76	1:16.30	400m: 5:02.69	1:18.90	600m: 7:42.78	1:19.80	800m: 10:19.54	1:17.84					
80.			2011				"	"				10:22.44	
	50m: 35.29	35.29	250m: 3:09.79	38.90	450m: 5:47.32	39.14	650m: 8:26.43	39.65					
	100m: 1:13.08	37.79	300m: 3:49.36	39.57	500m: 6:27.00	39.68	700m: 9:05.97	39.54					
	150m: 1:51.86	38.78	350m: 4:28.66	39.30	550m: 7:06.24	39.24	750m: 9:45.16	39.19					
	200m: 2:30.89	39.03	400m: 5:08.18	39.52	600m: 7:46.78	40.54	800m: 10:22.44	37.28					
81.			2011				"	"				10:23.85	
	100m: 1:11.95	1:11.95	300m: 3:50.64	1:19.91	500m: 6:30.38	1:18.89	700m: 9:09.19	1:18.95					
	200m: 2:30.73	1:18.78	400m: 5:11.49	1:20.85	600m: 7:50.24	1:19.86	800m: 10:23.85	1:14.66					
82.			2011				"	"				10:23.99	
	100m: 1:09.54	1:09.54	300m: 3:48.23	1:20.28	500m: 6:29.03	1:19.97	700m: 9:10.49	1:20.79					
	200m: 2:27.95	1:18.41	400m: 5:09.06	1:20.83	600m: 7:49.70	1:20.67	800m: 10:23.99	1:13.50					
83.			2011				"	"				10:24.66	
	50m: 34.55	34.55	250m: 3:05.25	38.73	450m: 5:46.01	40.25	650m: 8:27.48	40.83					
	100m: 1:10.85	36.30	300m: 3:44.00	38.75	500m: 6:26.25	40.24	700m: 9:06.63	39.15					
	150m: 1:48.09	37.24	350m: 4:24.88	40.88	550m: 7:06.35	40.10	750m: 9:46.54	39.91					
	200m: 2:26.52	38.43	400m: 5:05.76	40.88	600m: 7:46.65	40.30	800m: 10:24.66	38.12					
84.			2008				"	"				10:24.68	
	50m: 33.62	33.62	250m: 3:08.82	38.77	450m: 5:49.40	39.74	650m: 8:30.46	39.41					
	100m: 1:10.27	36.65	300m: 3:49.42	40.60	500m: 6:29.97	40.57	700m: 9:09.41	38.95					
	150m: 1:49.58	39.31	350m: 4:29.58	40.16	550m: 7:11.13	41.16	750m: 9:48.42	39.01					
	200m: 2:30.05	40.47	400m: 5:09.66	40.08	600m: 7:51.05	39.92	800m: 10:24.68	36.26					
85.			2011				"	"				10:25.45	
	100m: 1:08.78	1:08.78	300m: 3:43.40	1:18.41	500m: 6:25.00	1:20.50	700m: 9:07.12	1:19.92					
	200m: 2:24.99	1:16.21	400m: 5:04.50	1:21.10	600m: 7:47.20	1:22.20	800m: 10:25.45	1:18.33					
86.			2011				"	"				10:28.56	
	50m: 35.50	35.50	250m: 3:11.18	39.39	450m: 5:48.72	40.28	650m: 8:30.13	40.38					
	100m: 1:13.57	38.07	300m: 3:50.08	38.90	500m: 6:28.94	40.22	700m: 9:09.75	39.62					
	150m: 1:52.66	39.09	350m: 4:28.96	38.88	550m: 7:09.70	40.76	750m: 9:47.74	37.99					
	200m: 2:31.79	39.13	400m: 5:08.44	39.48	600m: 7:49.75	40.05	800m: 10:28.56	40.82					
87.			2011				"	"				10:29.21	
	100m: 1:09.10	1:09.10	300m: 3:44.76	1:18.77	500m: 6:26.32	1:20.75	700m: 9:09.94	1:21.17					
	200m: 2:25.99	1:16.89	400m: 5:05.57	1:20.81	600m: 7:48.77	1:22.45	800m: 10:29.21	1:19.27					

, 21.01-23.01.2025 .

11,	, 800m	, 2011											
88.			2011				"	"			10:31.81		
	50m: 34.47	34.47	250m: 3:12.25	39.29	450m: 5:51.79	40.11	650m: 8:33.99	40.65					
	100m: 1:13.92	39.45	300m: 3:51.76	39.51	500m: 6:31.96	40.17	700m: 9:14.80	40.81					
	150m: 1:53.19	39.27	350m: 4:31.59	39.83	550m: 7:12.48	40.52	750m: 9:54.82	40.02					
	200m: 2:32.96	39.77	400m: 5:11.68	40.09	600m: 7:53.34	40.86	800m: 10:31.81	36.99					
89.			2011				"	"			10:34.93		
	50m: 34.47	34.47	250m: 3:15.89	41.32	450m: 5:56.55	39.89	650m: 8:39.02	41.40					
	100m: 1:13.40	38.93	300m: 3:57.40	41.51	500m: 6:36.17	39.62	700m: 9:19.83	40.81					
	150m: 1:53.26	39.86	350m: 4:37.20	39.80	550m: 7:16.82	40.65	750m: 10:00.35	40.52					
	200m: 2:34.57	41.31	400m: 5:16.66	39.46	600m: 7:57.62	40.80	800m: 10:34.93	34.58					
90.			2010				"	"			10:36.58		
	100m: 1:11.46	1:11.46	300m: 3:54.06	1:22.16	500m: 6:37.12	1:21.51	700m: 9:20.10	1:22.10					
	200m: 2:31.90	1:20.44	400m: 5:15.61	1:21.55	600m: 7:58.00	1:20.88	800m: 10:36.58	1:16.48					
			2011								10:36.58		
	50m: 33.25	33.25	250m: 3:13.00	40.92	450m: 5:56.86	41.13	650m: 8:39.53	40.38					
	100m: 1:11.64	38.39	300m: 3:54.26	41.26	500m: 6:37.31	40.45	700m: 9:20.66	41.13					
	150m: 1:51.64	40.00	350m: 4:34.95	40.69	550m: 7:18.05	40.74	750m: 10:01.15	40.49					
	200m: 2:32.08	40.44	400m: 5:15.73	40.78	600m: 7:59.15	41.10	800m: 10:36.58	35.43					
92.			2009								10:37.05		
	100m: 1:09.94	1:09.94	300m: 3:47.94	1:20.13	500m: 6:30.50	1:22.00	700m: 9:35.19	1:41.38					
	200m: 2:27.81	1:17.87	400m: 5:08.50	1:20.56	600m: 7:53.81	1:23.31	800m: 10:37.05	1:01.86					
93.			2011								10:37.49		
	50m: 34.89	34.89	250m: 3:15.15	40.11	450m: 5:59.58	40.85	650m: 8:42.40	40.77					
	100m: 1:13.16	38.27	300m: 3:56.04	40.89	500m: 6:40.68	41.10	700m: 9:22.93	40.53					
	150m: 1:53.77	40.61	350m: 4:37.72	41.68	550m: 7:21.70	41.02	750m: 10:02.63	39.70					
	200m: 2:35.04	41.27	400m: 5:18.73	41.01	600m: 8:01.63	39.93	800m: 10:37.49	34.86					
94.			2011								10:38.00		
	100m: 1:13.28	1:13.28	300m: 3:54.01	1:20.63	500m: 6:39.22	1:22.40	700m: 9:22.47	1:22.00					
	200m: 2:33.38	1:20.10	400m: 5:16.82	1:22.81	600m: 8:00.47	1:21.25	800m: 10:38.00	1:15.53					
95.			2010				"	"			10:38.52		
	100m: 1:15.03	1:15.03	300m: 3:57.69	1:20.77	500m: 6:40.46	1:20.82	700m: 9:20.98	1:19.66					
	200m: 2:36.92	1:21.89	400m: 5:19.64	1:21.95	600m: 8:01.32	1:20.86	800m: 10:38.52	1:17.54					
96.			2010				"	"			10:40.23		
	50m: 36.03	36.03	250m: 3:15.69	40.29	450m: 5:58.24	40.64	650m: 8:40.80	40.90					
	100m: 1:14.89	38.86	300m: 3:56.09	40.40	500m: 6:38.81	40.57	700m: 9:20.95	40.15					
	150m: 1:55.24	40.35	350m: 4:36.72	40.63	550m: 7:19.21	40.40	750m: 10:01.87	40.92					
	200m: 2:35.40	40.16	400m: 5:17.60	40.88	600m: 7:59.90	40.69	800m: 10:40.23	38.36					
97.			2011								10:42.46		
	100m: 1:13.08	1:13.08	300m: 3:55.06	1:21.88	500m: 6:40.84	1:23.42	700m: 9:23.83	1:21.29					
	200m: 2:33.18	1:20.10	400m: 5:17.42	1:22.36	600m: 8:02.54	1:21.70	800m: 10:42.46	1:18.63					
98.			2010				"	"			10:45.69		
	100m: 1:14.72	1:14.72	300m: 3:55.63	1:21.09	500m: 6:39.51	1:21.85	700m: 9:24.63	1:22.41					
	200m: 2:34.54	1:19.82	400m: 5:17.66	1:22.03	600m: 8:02.22	1:22.71	800m: 10:45.69	1:21.06					
99.			2011				"	"			10:54.37		
	100m: 1:13.60	1:13.60	300m: 4:00.02	1:24.59	500m: 6:49.57	1:25.33	700m: 9:36.94	1:23.40					
	200m: 2:35.43	1:21.83	400m: 5:24.24	1:24.22	600m: 8:13.54	1:23.97	800m: 10:54.37	1:17.43					
100.			2011				"	"			10:54.42		
	50m: 34.52	34.52	250m: 3:12.94	40.90	450m: 6:00.26	41.70	650m: 8:50.23	43.41					
	100m: 1:12.22	37.70	300m: 3:55.20	42.26	500m: 6:42.69	42.43	700m: 9:33.50	43.27					
	150m: 1:52.06	39.84	350m: 4:36.88	41.68	550m: 7:24.88	42.19	750m: 10:15.03	41.53					
	200m: 2:32.04	39.98	400m: 5:18.56	41.68	600m: 8:06.82	41.94	800m: 10:54.42	39.39					

11, , 800m , 2011

101.			2011	II		,	"	"	10:56.82	II		
	100m:	1:12.29	1:12.29	300m:	3:55.51	1:23.03	500m:	6:43.88	1:24.31	700m:	9:34.76	1:25.41
	200m:	2:32.48	1:20.19	400m:	5:19.57	1:24.06	600m:	8:09.35	1:25.47	800m:	10:56.82	1:22.06
102.			2011	II		,	"	"	11:05.81	III		
	100m:	1:16.38	1:16.38	300m:	4:40.78	2:00.98	500m:	6:56.60	1:26.09	700m:	9:45.29	1:22.60
	200m:	2:39.80	1:23.42	400m:	5:30.51	49.73	600m:	8:22.69	1:26.09	800m:	11:05.81	1:20.52

11, , 800m

EXH			2007				-19		8:22.41			
	50m:	29.46	29.46	250m:	2:34.93	31.70	450m:	4:41.20	31.62	650m:	6:48.70	31.86
	100m:	1:00.55	31.09	300m:	3:06.34	31.41	500m:	5:13.07	31.87	700m:	7:20.57	31.87
	150m:	1:31.75	31.20	350m:	3:37.86	31.52	550m:	5:44.85	31.78	750m:	7:52.49	31.92
	200m:	2:03.23	31.48	400m:	4:09.58	31.72	600m:	6:16.84	31.99	800m:	8:22.41	29.92
EXH			2008				4		8:29.18			
	50m:	29.49	29.49	250m:	2:36.55	31.83	450m:	4:44.86	32.24	650m:	6:54.69	32.66
	100m:	1:01.14	31.65	300m:	3:08.43	31.88	500m:	5:17.19	32.33	700m:	7:27.44	32.75
	150m:	1:32.92	31.78	350m:	3:40.40	31.97	550m:	5:49.45	32.26	750m:	7:59.67	32.23
	200m:	2:04.72	31.80	400m:	4:12.62	32.22	600m:	6:22.03	32.58	800m:	8:29.18	29.51
EXH			2003				"	"	8:29.57			
	50m:	30.21	30.21	250m:	2:37.18	31.91	450m:	4:45.48	32.07	650m:	6:55.53	32.52
	100m:	1:01.67	31.46	300m:	3:09.23	32.05	500m:	5:17.72	32.24	700m:	7:27.90	32.37
	150m:	1:33.34	31.67	350m:	3:41.28	32.05	550m:	5:50.23	32.51	750m:	8:00.10	32.20
	200m:	2:05.27	31.93	400m:	4:13.41	32.13	600m:	6:23.01	32.78	800m:	8:29.57	29.47
EXH			2009				-19		8:38.13			
	50m:	30.27	30.27	250m:	2:38.21	32.25	450m:	4:47.83	32.26	650m:	7:00.25	33.24
	100m:	1:02.52	32.25	300m:	3:10.46	32.25	500m:	5:20.87	33.04	700m:	7:33.18	32.93
	150m:	1:34.24	31.72	350m:	3:42.69	32.23	550m:	5:53.65	32.78	750m:	8:05.27	32.09
	200m:	2:05.96	31.72	400m:	4:15.57	32.88	600m:	6:27.01	33.36	800m:	8:38.13	32.86
EXH			2005				"	"	8:41.07			
	50m:	30.97	30.97	250m:	2:41.90	33.04	450m:	4:53.35	32.12	650m:	7:04.87	33.24
	100m:	1:03.56	32.59	300m:	3:14.93	33.03	500m:	5:25.78	32.43	700m:	7:36.65	31.78
	150m:	1:36.05	32.49	350m:	3:48.02	33.09	550m:	5:58.47	32.69	750m:	8:10.69	34.04
	200m:	2:08.86	32.81	400m:	4:21.23	33.21	600m:	6:31.63	33.16	800m:	8:41.07	30.38
EXH			2008				"	"	8:46.97			
	50m:	29.73	29.73	250m:	2:38.02	32.69	450m:	4:50.67	33.43	650m:	7:05.62	34.00
	100m:	1:00.99	31.26	300m:	3:10.82	32.80	500m:	5:23.92	33.25	700m:	7:39.69	34.07
	150m:	1:32.94	31.95	350m:	3:43.78	32.96	550m:	5:57.78	33.86	750m:	8:14.18	34.49
	200m:	2:05.33	32.39	400m:	4:17.24	33.46	600m:	6:31.62	33.84	800m:	8:46.97	32.79
EXH			2009				,		8:51.19			
	50m:	28.49	28.49	250m:	2:43.25	34.02	450m:	4:57.01	33.68	650m:	7:10.91	32.88
	100m:	1:01.91	33.42	300m:	3:16.73	33.48	500m:	5:30.70	33.69	700m:	7:45.31	34.40
	150m:	1:35.27	33.36	350m:	3:49.62	32.89	550m:	6:04.49	33.79	750m:	8:18.66	33.35
	200m:	2:09.23	33.96	400m:	4:23.33	33.71	600m:	6:38.03	33.54	800m:	8:51.19	32.53
EXH			2008				"	"	8:53.59			
	50m:	29.66	29.66	250m:	2:40.23	33.20	450m:	4:55.86	33.96	650m:	7:13.07	34.07
	100m:	1:01.95	32.29	300m:	3:14.18	33.95	500m:	5:30.22	34.36	700m:	7:47.25	34.18
	150m:	1:34.38	32.43	350m:	3:47.83	33.65	550m:	6:04.73	34.51	750m:	8:21.46	34.21
	200m:	2:07.03	32.65	400m:	4:21.90	34.07	600m:	6:39.00	34.27	800m:	8:53.59	32.13
EXH			2008				"	"	9:00.36			
	50m:	29.95	29.95	250m:	2:43.41	33.91	450m:	5:00.45	33.94	650m:	7:17.85	34.53
	100m:	1:02.52	32.57	300m:	3:17.42	34.01	500m:	5:34.60	34.15	700m:	7:52.93	35.08
	150m:	1:35.65	33.13	350m:	3:51.84	34.42	550m:	6:08.89	34.29	750m:	8:28.61	35.68
	200m:	2:09.50	33.85	400m:	4:26.51	34.67	600m:	6:43.32	34.43	800m:	9:00.36	31.75