

36,		, 1500m		, 2011							
7.				2009	I		,	"	"	17:16.93	I 544
	50m:	30.07	30.07	450m:	5:05.61	35.29	850m:	9:44.60	34.92	1250m:	14:25.17 35.79
	100m:	1:03.59	33.52	500m:	5:40.42	34.81	900m:	10:19.15	34.55	1300m:	14:59.84 34.67
	150m:	1:37.72	34.13	550m:	6:15.03	34.61	950m:	10:54.25	35.10	1350m:	15:34.07 34.23
	200m:	2:12.04	34.32	600m:	6:49.68	34.65	1000m:	11:29.60	35.35	1400m:	16:09.27 35.20
	250m:	2:46.27	34.23	650m:	7:25.18	35.50	1050m:	12:03.97	34.37	1450m:	16:43.78 34.51
	300m:	3:20.65	34.38	700m:	8:00.18	35.00	1100m:	12:39.35	35.38	1500m:	17:16.93 33.15
	350m:	3:55.35	34.70	750m:	8:34.54	34.36	1150m:	13:14.36	35.01		
	400m:	4:30.32	34.97	800m:	9:09.68	35.14	1200m:	13:49.38	35.02		
8.				2009	I		,	"	"	17:31.65	I 522
	50m:	31.23	31.23	450m:	5:09.18	35.04	850m:	9:51.70	35.65	1250m:	14:35.51 35.54
	100m:	1:05.00	33.77	500m:	5:44.15	34.97	900m:	10:27.20	35.50	1300m:	15:10.90 35.39
	150m:	1:39.57	34.57	550m:	6:19.40	35.25	950m:	11:02.88	35.68	1350m:	15:46.20 35.30
	200m:	2:14.29	34.72	600m:	6:54.82	35.42	1000m:	11:38.52	35.64	1400m:	16:21.64 35.44
	250m:	2:50.01	35.72	650m:	7:30.12	35.30	1050m:	12:13.81	35.29	1450m:	16:56.91 35.27
	300m:	3:23.78	33.77	700m:	8:05.68	35.56	1100m:	12:49.41	35.60	1500m:	17:31.65 34.74
	350m:	3:58.93	35.15	750m:	8:40.73	35.05	1150m:	13:24.59	35.18		
	400m:	4:34.14	35.21	800m:	9:16.05	35.32	1200m:	13:59.97	35.38		
9.				2011	II		,	-19		17:37.50	I 513
	100m:	1:05.20	1:05.20	500m:	5:48.83	1:10.93	900m:	10:35.30	1:12.14	1300m:	15:20.38 1:11.41
	200m:	2:13.58	1:08.38	600m:	7:00.36	1:11.53	1000m:	11:45.48	1:10.18	1400m:	16:30.95 1:10.57
	300m:	3:25.19	1:11.61	700m:	8:11.27	1:10.91	1100m:	12:57.95	1:12.47	1500m:	17:37.50 1:06.55
	400m:	4:37.90	1:12.71	800m:	9:23.16	1:11.89	1200m:	14:08.97	1:11.02		
10.				2009	I		,	"	"	17:42.37	I 506
	50m:	31.91	31.91	450m:	5:19.90	36.30	850m:	10:04.88	35.65	1250m:	14:49.12 35.41
	100m:	1:06.56	34.65	500m:	5:56.53	36.63	900m:	10:40.31	35.43	1300m:	15:24.92 35.80
	150m:	1:42.05	35.49	550m:	6:31.79	35.26	950m:	11:16.29	35.98	1350m:	16:00.00 35.08
	200m:	2:14.55	32.50	600m:	7:07.45	35.66	1000m:	11:51.65	35.36	1400m:	16:34.87 34.87
	250m:	2:53.92	39.37	650m:	7:43.10	35.65	1050m:	12:27.24	35.59	1450m:	17:08.94 34.07
	300m:	3:30.55	36.63	700m:	8:18.28	35.18	1100m:	13:03.07	35.83	1500m:	17:42.37 33.43
	350m:	4:07.15	36.60	750m:	8:53.69	35.41	1150m:	13:38.22	35.15		
	400m:	4:43.60	36.45	800m:	9:29.23	35.54	1200m:	14:13.71	35.49		
11.				2010	II		,	"	"	17:45.51	I 502
	100m:	1:05.01	1:05.01	500m:	5:46.35	1:10.97	900m:	10:36.01	1:12.35	1300m:	15:24.63 1:12.51
	200m:	2:14.31	1:09.30	600m:	6:58.50	1:12.15	1000m:	11:47.63	1:11.62	1400m:	16:36.31 1:11.68
	300m:	3:24.13	1:09.82	700m:	8:11.28	1:12.78	1100m:	13:00.01	1:12.38	1500m:	17:45.51 1:09.20
	400m:	4:35.38	1:11.25	800m:	9:23.66	1:12.38	1200m:	14:12.12	1:12.11		
12.				2010	II		,	"	"	17:49.28	I 496
	100m:	1:05.00	1:05.00	500m:	5:54.06	1:12.94	900m:	10:43.24	1:12.47	1300m:	15:28.82 1:10.25
	200m:	2:17.44	1:12.44	600m:	7:06.32	1:12.26	1000m:	11:55.25	1:12.01	1400m:	16:35.93 1:07.11
	300m:	3:29.46	1:12.02	700m:	8:18.23	1:11.91	1100m:	13:07.46	1:12.21	1500m:	17:49.28 1:13.35
	400m:	4:41.12	1:11.66	800m:	9:30.77	1:12.54	1200m:	14:18.57	1:11.11		
13.				2010	II		,	-		17:53.70	I 490
	100m:	1:06.60	1:06.60	500m:	5:55.47	1:12.26	900m:	10:46.03	1:12.12	1300m:	15:34.35 1:12.75
	200m:	2:18.16	1:11.56	600m:	7:08.72	1:13.25	1000m:	11:58.14	1:12.11	1400m:	16:45.98 1:11.63
	300m:	3:30.54	1:12.38	700m:	8:21.63	1:12.91	1100m:	13:09.38	1:11.24	1500m:	17:53.70 1:07.72
	400m:	4:43.21	1:12.67	800m:	9:33.91	1:12.28	1200m:	14:21.60	1:12.22		
14.				2007	I		,	"	"	17:54.95	I 488
	50m:	33.82	33.82	450m:	5:19.83	36.27	850m:	10:08.12	35.81	1250m:	14:56.60 34.71
	100m:	1:09.88	36.06	500m:	5:55.95	36.12	900m:	10:44.70	36.58	1300m:	15:32.62 36.02
	150m:	1:44.71	34.83	550m:	6:31.75	35.80	950m:	11:21.38	36.68	1350m:	16:08.75 36.13
	200m:	2:19.69	34.98	600m:	7:08.73	36.98	1000m:	11:58.04	36.66	1400m:	16:44.37 35.62
	250m:	2:55.00	35.31	650m:	7:44.89	36.16	1050m:	12:33.94	35.90	1450m:	17:19.96 35.59
	300m:	3:30.87	35.87	700m:	8:19.82	34.93	1100m:	13:08.94	35.00	1500m:	17:54.95 34.99
	350m:	4:07.47	36.60	750m:	8:55.86	36.04	1150m:	13:45.74	36.80		
	400m:	4:43.56	36.09	800m:	9:32.31	36.45	1200m:	14:21.89	36.15		

36,		, 1500m		, 2011					
15.				2010	II		4		17:55.21 488
	50m:	32.91	32.91	450m:	5:18.47	35.68	850m:	10:07.72	36.71
	100m:	1:10.02	37.11	500m:	5:54.30	35.83	900m:	10:43.48	35.76
	150m:	1:44.67	34.65	550m:	6:30.49	36.19	950m:	11:19.64	36.16
	200m:	2:20.11	35.44	600m:	7:06.57	36.08	1000m:	11:55.47	35.83
	250m:	2:55.87	35.76	650m:	7:42.68	36.11	1050m:	12:31.72	36.25
	300m:	3:31.47	35.60	700m:	8:18.46	35.78	1100m:	13:07.72	36.00
	350m:	4:07.65	36.18	750m:	8:54.84	36.38	1150m:	13:44.37	36.65
	400m:	4:42.79	35.14	800m:	9:31.01	36.17	1200m:	14:20.61	36.24
16.				2011	I				17:55.52 488
	100m:	1:09.40	1:09.40	500m:	6:00.33	1:13.20	900m:	10:48.66	1:12.08
	200m:	2:22.36	1:12.96	600m:	7:11.88	1:11.55	1000m:	12:00.17	1:11.51
	300m:	3:34.61	1:12.25	700m:	8:23.63	1:11.75	1100m:	13:10.99	1:10.82
	400m:	4:47.13	1:12.52	800m:	9:36.58	1:12.95	1200m:	14:23.33	1:12.34
17.				2009	I				17:55.65 488
	50m:	30.73	30.73	450m:	5:11.71	36.54	850m:	10:02.51	36.44
	100m:	1:03.71	32.98	500m:	5:47.82	36.11	900m:	10:38.30	35.79
	150m:	1:37.64	33.93	550m:	6:24.21	36.39	950m:	11:14.10	35.80
	200m:	2:12.20	34.56	600m:	7:00.95	36.74	1000m:	11:50.36	36.26
	250m:	2:47.35	35.15	650m:	7:37.51	36.56	1050m:	12:26.79	36.43
	300m:	3:22.60	35.25	700m:	8:13.91	36.40	1100m:	13:03.04	36.25
	350m:	3:58.58	35.98	750m:	8:49.98	36.07	1150m:	13:39.79	36.75
	400m:	4:35.17	36.59	800m:	9:26.07	36.09	1200m:	14:16.95	37.16
18.				2009	I		-19		18:03.62 477
	50m:	33.10	33.10	450m:	5:20.43	35.70	850m:	10:10.04	36.41
	100m:	1:09.27	36.17	500m:	5:56.58	36.15	900m:	10:46.20	36.16
	150m:	1:45.27	36.00	550m:	6:32.58	36.00	950m:	11:22.34	36.14
	200m:	2:21.43	36.16	600m:	7:08.94	36.36	1000m:	11:58.56	36.22
	250m:	2:56.78	35.35	650m:	7:45.29	36.35	1050m:	12:34.96	36.40
	300m:	3:32.88	36.10	700m:	8:21.14	35.85	1100m:	13:11.25	36.29
	350m:	4:08.84	35.96	750m:	8:57.68	36.54	1150m:	13:47.59	36.34
	400m:	4:44.73	35.89	800m:	9:33.63	35.95	1200m:	14:24.17	36.58
19.				2010	II				18:04.63 476
	100m:	1:06.58	1:06.58	500m:	5:50.31	1:12.70	900m:	10:45.78	1:14.30
	200m:	2:16.05	1:09.47	600m:	7:03.85	1:13.54	1000m:	11:59.44	1:13.66
	300m:	3:26.30	1:10.25	700m:	8:17.71	1:13.86	1100m:	13:13.34	1:13.90
	400m:	4:37.61	1:11.31	800m:	9:31.48	1:13.77	1200m:	14:27.17	1:13.83
20.				2010	II				18:04.89 475
	100m:	1:05.91	1:05.91	500m:	5:53.07	1:13.23	900m:	10:47.42	1:14.12
	200m:	2:16.04	1:10.13	600m:	7:06.10	1:13.03	1000m:	12:00.15	1:12.73
	300m:	3:27.50	1:11.46	700m:	8:19.75	1:13.65	1100m:	13:14.46	1:14.31
	400m:	4:39.84	1:12.34	800m:	9:33.30	1:13.55	1200m:	14:27.61	1:13.15
21.				2011	II				18:07.65 472
	100m:	1:08.46	1:08.46	500m:	5:58.96	1:13.50	900m:	10:51.34	1:12.94
	200m:	2:20.40	1:11.94	600m:	7:12.31	1:13.35	1000m:	12:04.31	1:12.97
	300m:	3:33.03	1:12.63	700m:	8:25.46	1:13.15	1100m:	13:17.24	1:12.93
	400m:	4:45.46	1:12.43	800m:	9:38.40	1:12.94	1200m:	14:30.34	1:13.10
22.				2008	I				18:10.06 468
	50m:	30.48	30.48	450m:	5:04.11	35.60	850m:	9:46.94	35.54
	100m:	1:03.51	33.03	500m:	5:39.41	35.30	900m:	10:22.31	35.37
	150m:	1:37.22	33.71	550m:	6:14.37	34.96	950m:	10:58.90	36.59
	200m:	2:11.21	33.99	600m:	6:49.16	34.79	1000m:	11:34.32	35.42
	250m:	2:45.10	33.89	650m:	7:24.70	35.54	1050m:	12:09.77	35.45
	300m:	3:19.38	34.28	700m:	8:00.00	35.30	1100m:	12:45.79	36.02
	350m:	3:54.36	34.98	750m:	8:35.65	35.65	1150m:	13:21.44	35.65
	400m:	4:28.51	34.15	800m:	9:11.40	35.75	1200m:	13:57.70	36.26

36,		, 1500m		, 2011								
23.				2010	II					18:14.60	II 463	
	50m:	31.67	31.67	450m:	5:17.62	36.49	850m:	10:11.84	36.98	1250m:	15:08.27	37.17
	100m:	1:05.94	34.27	500m:	5:54.53	36.91	900m:	10:48.76	36.92	1300m:	15:45.16	36.89
	150m:	1:41.19	35.25	550m:	6:31.06	36.53	950m:	11:25.70	36.94	1350m:	16:22.49	37.33
	200m:	2:16.71	35.52	600m:	7:07.51	36.45	1000m:	12:02.44	36.74	1400m:	17:00.06	37.57
	250m:	2:52.80	36.09	650m:	7:44.64	37.13	1050m:	12:39.37	36.93	1450m:	17:37.70	37.64
	300m:	3:28.99	36.19	700m:	8:21.00	36.36	1100m:	13:16.83	37.46	1500m:	18:14.60	36.90
	350m:	4:05.07	36.08	750m:	8:58.03	37.03	1150m:	13:53.89	37.06			
	400m:	4:41.13	36.06	800m:	9:34.86	36.83	1200m:	14:31.10	37.21			
24.				2010	I					18:21.82	II 454	
	50m:	30.52	30.52	450m:	5:12.06	35.39	850m:	10:07.53	37.48	1250m:	15:12.39	38.78
	100m:	1:03.89	33.37	500m:	5:48.35	36.29	900m:	10:44.95	37.42	1300m:	15:50.83	38.44
	150m:	1:38.86	34.97	550m:	6:24.30	35.95	950m:	11:24.23	39.28	1350m:	16:29.53	38.70
	200m:	2:13.71	34.85	600m:	7:01.05	36.75	1000m:	12:02.39	38.16	1400m:	17:06.79	37.26
	250m:	2:49.02	35.31	650m:	7:37.65	36.60	1050m:	12:39.94	37.55	1450m:	17:44.73	37.94
	300m:	3:24.39	35.37	700m:	8:14.90	37.25	1100m:	13:18.22	38.28	1500m:	18:21.82	37.09
	350m:	4:00.68	36.29	750m:	8:51.64	36.74	1150m:	13:56.04	37.82			
	400m:	4:36.67	35.99	800m:	9:30.05	38.41	1200m:	14:33.61	37.57			
25.				2010	II					18:33.48	II 439	
	50m:	33.48	33.48	450m:	5:33.91	37.29	850m:	10:29.88	37.16	1250m:	15:28.44	37.99
	100m:	1:11.20	37.72	500m:	6:11.11	37.20	900m:	11:07.40	37.52	1300m:	16:05.91	37.47
	150m:	1:48.74	37.54	550m:	6:48.10	36.99	950m:	11:44.71	37.31	1350m:	16:44.20	38.29
	200m:	2:26.19	37.45	600m:	7:25.48	37.38	1000m:	12:21.29	36.58	1400m:	17:21.19	36.99
	250m:	3:03.80	37.61	650m:	8:02.22	36.74	1050m:	12:58.42	37.13	1450m:	17:58.66	37.47
	300m:	3:41.35	37.55	700m:	8:39.46	37.24	1100m:	13:35.79	37.37	1500m:	18:33.48	34.82
	350m:	4:18.79	37.44	750m:	9:15.97	36.51	1150m:	14:13.12	37.33			
	400m:	4:56.62	37.83	800m:	9:52.72	36.75	1200m:	14:50.45	37.33			
26.				2009	II					18:41.81	II 430	
	50m:	32.97	32.97	450m:	5:31.78	37.79	850m:	10:35.72	38.44	1250m:	15:38.71	38.83
	100m:	1:09.52	36.55	500m:	6:09.66	37.88	900m:	11:13.68	37.96	1300m:	16:14.79	36.08
	150m:	1:46.73	37.21	550m:	6:47.47	37.81	950m:	11:51.45	37.77	1350m:	16:51.82	37.03
	200m:	2:24.06	37.33	600m:	7:25.75	38.28	1000m:	12:28.99	37.54	1400m:	17:29.04	37.22
	250m:	3:01.50	37.44	650m:	8:03.72	37.97	1050m:	13:06.97	37.98	1450m:	18:05.72	36.68
	300m:	3:38.99	37.49	700m:	8:42.14	38.42	1100m:	13:44.11	37.14	1500m:	18:41.81	36.09
	350m:	4:16.53	37.54	750m:	9:19.70	37.56	1150m:	14:22.07	37.96			
	400m:	4:53.99	37.46	800m:	9:57.28	37.58	1200m:	14:59.88	37.81			
27.				2009	II					18:42.85	II 429	
	50m:	33.65	33.65	450m:	5:38.04	38.87	850m:	10:42.07	37.66	1250m:	15:40.73	37.03
	100m:	1:10.17	36.52	500m:	6:16.99	38.95	900m:	11:19.58	37.51	1300m:	16:17.53	36.80
	150m:	1:47.88	37.71	550m:	6:55.17	38.18	950m:	11:57.07	37.49	1350m:	16:55.04	37.51
	200m:	2:25.59	37.71	600m:	7:34.09	38.92	1000m:	12:35.33	38.26	1400m:	17:32.03	36.99
	250m:	3:04.01	38.42	650m:	8:11.83	37.74	1050m:	13:11.92	36.59	1450m:	18:08.63	36.60
	300m:	3:42.33	38.32	700m:	8:49.69	37.86	1100m:	13:49.03	37.11	1500m:	18:42.85	34.22
	350m:	4:20.68	38.35	750m:	9:27.01	37.32	1150m:	14:26.20	37.17			
	400m:	4:59.17	38.49	800m:	10:04.41	37.40	1200m:	15:03.70	37.50			
28.				2009	II					18:43.56	II 428	
	100m:	1:09.49	1:09.49	500m:	6:09.11	1:15.69	900m:	11:13.92	1:16.54	1300m:	16:15.75	1:15.72
	200m:	2:24.41	1:14.92	600m:	7:25.17	1:16.06	1000m:	12:29.02	1:15.10	1400m:	17:30.96	1:15.21
	300m:	3:39.30	1:14.89	700m:	8:41.09	1:15.92	1100m:	13:45.09	1:16.07	1500m:	18:43.56	1:12.60
	400m:	4:53.42	1:14.12	800m:	9:57.38	1:16.29	1200m:	15:00.03	1:14.94			

36, , 1500m , 2011											
29.			2011							18:47.80	423
	50m:	33.74	33.74	450m:	5:35.60	38.27	850m:	10:35.22	37.71	1250m:	15:37.67 37.82
	100m:	1:10.45	36.71	500m:	6:13.54	37.94	900m:	11:12.64	37.42	1300m:	15:58.26 20.59
	150m:	1:48.30	37.85	550m:	6:50.69	37.15	950m:	11:50.61	37.97	1350m:	16:53.91 55.65
	200m:	2:25.44	37.14	600m:	7:27.96	37.27	1000m:	12:28.07	37.46	1400m:	17:32.62 38.71
	250m:	3:03.35	37.91	650m:	8:05.46	37.50	1050m:	13:06.48	38.41	1450m:	18:11.24 38.62
	300m:	3:41.52	38.17	700m:	8:42.83	37.37	1100m:	13:44.09	37.61	1500m:	18:47.80 36.56
	350m:	4:19.44	37.92	750m:	9:20.30	37.47	1150m:	14:21.98	37.89		
	400m:	4:57.33	37.89	800m:	9:57.51	37.21	1200m:	14:59.85	37.87		
30.			2009							18:49.69	421
	50m:	31.87	31.87	450m:	5:28.28	37.26	850m:	10:32.57	38.56	1250m:	15:41.89 38.57
	100m:	1:07.50	35.63	500m:	6:06.08	37.80	900m:	11:10.93	38.36	1300m:	16:20.19 38.30
	150m:	1:44.13	36.63	550m:	6:43.78	37.70	950m:	11:49.47	38.54	1350m:	16:58.48 38.29
	200m:	2:21.56	37.43	600m:	7:21.92	38.14	1000m:	12:28.46	38.99	1400m:	17:36.92 38.44
	250m:	2:58.76	37.20	650m:	7:59.59	37.67	1050m:	13:07.44	38.98	1450m:	18:14.57 37.65
	300m:	3:35.94	37.18	700m:	8:37.64	38.05	1100m:	13:45.98	38.54	1500m:	18:49.69 35.12
	350m:	4:13.33	37.39	750m:	9:15.72	38.08	1150m:	14:24.49	38.51		
	400m:	4:51.02	37.69	800m:	9:54.01	38.29	1200m:	15:03.32	38.83		
31.			2009							18:51.09	419
	50m:	34.62	34.62	450m:	5:31.74	37.78	850m:	10:36.98	38.59	1250m:	15:42.65 38.18
	100m:	1:11.02	36.40	500m:	6:09.94	38.20	900m:	11:14.81	37.83	1300m:	16:21.21 38.56
	150m:	1:47.79	36.77	550m:	6:47.99	38.05	950m:	11:53.13	38.32	1350m:	16:59.45 38.24
	200m:	2:24.76	36.97	600m:	7:26.10	38.11	1000m:	12:31.18	38.05	1400m:	17:37.55 38.10
	250m:	3:01.45	36.69	650m:	8:04.10	38.00	1050m:	13:09.46	38.28	1450m:	18:15.58 38.03
	300m:	3:38.85	37.40	700m:	8:42.14	38.04	1100m:	13:47.58	38.12	1500m:	18:51.09 35.51
	350m:	4:16.00	37.15	750m:	9:20.17	38.03	1150m:	14:25.91	38.33		
	400m:	4:53.96	37.96	800m:	9:58.39	38.22	1200m:	15:04.47	38.56		
32.			2010							18:53.26	417
	100m:	1:10.76	1:10.76	500m:	6:10.10	1:15.97	900m:	11:16.79	1:17.53	1300m:	16:22.19 1:16.34
	200m:	2:24.01	1:13.25	600m:	7:25.28	1:15.18	1000m:	12:33.41	1:16.62	1400m:	17:39.01 1:16.82
	300m:	3:38.69	1:14.68	700m:	8:42.51	1:17.23	1100m:	13:49.13	1:15.72	1500m:	18:53.26 1:14.25
	400m:	4:54.13	1:15.44	800m:	9:59.26	1:16.75	1200m:	15:05.85	1:16.72		
33.			2010							18:55.22	415
	100m:	1:09.08	1:09.08	500m:	6:13.08	1:17.33	900m:	11:17.16	1:16.03	1300m:	16:22.22 1:16.21
	200m:	2:23.16	1:14.08	600m:	7:29.31	1:16.23	1000m:	12:34.17	1:17.01	1400m:	17:37.47 1:15.25
	300m:	3:39.53	1:16.37	700m:	8:45.16	1:15.85	1100m:	13:49.70	1:15.53	1500m:	18:55.22 1:17.75
	400m:	4:55.75	1:16.22	800m:	10:01.13	1:15.97	1200m:	15:06.01	1:16.31		
34.			2011							18:59.16	410
	50m:	34.42	34.42	450m:	5:34.75	37.20	850m:	10:40.03	37.96	1250m:	15:46.53 38.05
	100m:	1:10.98	36.56	500m:	6:12.94	38.19	900m:	11:18.29	38.26	1300m:	16:25.23 38.70
	150m:	1:48.94	37.96	550m:	6:50.82	37.88	950m:	11:56.51	38.22	1350m:	17:03.84 38.61
	200m:	2:26.80	37.86	600m:	7:29.24	38.42	1000m:	12:35.10	38.59	1400m:	17:42.27 38.43
	250m:	3:04.68	37.88	650m:	8:07.61	38.37	1050m:	13:13.19	38.09	1450m:	18:20.86 38.59
	300m:	3:42.74	38.06	700m:	8:45.61	38.00	1100m:	13:51.20	38.01	1500m:	18:59.16 38.30
	350m:	4:19.75	37.01	750m:	9:23.71	38.10	1150m:	14:30.00	38.80		
	400m:	4:57.55	37.80	800m:	10:02.07	38.36	1200m:	15:08.48	38.48		
35.			2010							19:28.62	380
	100m:	1:11.56	1:11.56	500m:	6:22.65	1:18.44	900m:	11:37.94	1:18.63	1300m:	16:54.68 1:18.47
	200m:	2:28.00	1:16.44	600m:	7:41.44	1:18.79	1000m:	12:56.74	1:18.80	1500m:	19:28.62 2:33.94
	300m:	3:45.90	1:17.90	700m:	9:00.09	1:18.65	1100m:	14:16.21	1:19.47		
	400m:	5:04.21	1:18.31	800m:	10:19.31	1:19.22	1200m:	15:36.21	1:20.00		
36.			2011							19:33.66	375
	100m:	1:11.26	1:11.26	500m:	6:24.55	1:19.76	900m:	11:38.85	1:19.75	1300m:	16:58.95 1:20.71
	200m:	2:28.56	1:17.30	600m:	7:43.07	1:18.52	1000m:	12:58.05	1:19.20	1400m:	18:17.83 1:18.88
	300m:	3:46.78	1:18.22	700m:	9:00.31	1:17.24	1100m:	14:17.66	1:19.61	1500m:	19:33.66 1:15.83
	400m:	5:04.79	1:18.01	800m:	10:19.10	1:18.79	1200m:	15:38.24	1:20.58		

36, , 1500m , 2011

46.			2011	II					20:39.50	III	318	
	100m:	1:14.48	1:14.48	500m:	6:49.17	1:19.87	900m:	12:20.27	1:23.17	1300m:	17:53.05	1:22.76
	200m:	2:37.32	1:22.84	600m:	8:11.05	1:21.88	1000m:	13:44.03	1:23.76	1400m:	19:17.63	1:24.58
	300m:	4:01.07	1:23.75	700m:	9:34.94	1:23.89	1100m:	15:07.60	1:23.57	1500m:	20:39.50	1:21.87
	400m:	5:29.30	1:28.23	800m:	10:57.10	1:22.16	1200m:	16:30.29	1:22.69			
47.			2011	II						20:54.52	III	307
	100m:	1:13.65	1:13.65	500m:	6:47.37	1:24.75	900m:	12:34.21	1:33.84	1300m:	18:04.87	1:24.92
	200m:	2:34.68	1:21.03	600m:	8:11.68	1:24.31	1000m:	13:49.24	1:15.03	1400m:	19:30.02	1:25.15
	300m:	3:58.41	1:23.73	700m:	9:34.91	1:23.23	1100m:	15:13.94	1:24.70	1500m:	20:54.52	1:24.50
	400m:	5:22.62	1:24.21	800m:	11:00.37	1:25.46	1200m:	16:39.95	1:26.01			

36, , 1500m

EXH			2008			4		15:58.86	688
50m:	30.07	30.07	450m:	4:45.24	31.88	850m:	9:02.47	32.46	1250m: 13:20.78 32.32
100m:	1:01.92	31.85	500m:	5:17.30	32.06	900m:	9:34.83	32.36	1300m: 13:53.17 32.39
150m:	1:33.98	32.06	550m:	5:49.19	31.89	950m:	10:07.07	32.24	1350m: 14:25.56 32.39
200m:	2:05.94	31.96	600m:	6:21.07	31.88	1000m:	10:39.31	32.24	1400m: 14:57.43 31.87
250m:	2:38.00	32.06	650m:	6:53.15	32.08	1050m:	11:11.62	32.31	1450m: 15:29.26 31.83
300m:	3:09.74	31.74	700m:	7:25.42	32.27	1100m:	11:43.78	32.16	1500m: 15:58.86 29.60
350m:	3:41.51	31.77	750m:	7:57.59	32.17	1150m:	12:16.11	32.33	
400m:	4:13.36	31.85	800m:	8:30.01	32.42	1200m:	12:48.46	32.35	
EXH			2005			"		16:18.78	647
50m:	30.86	30.86	450m:	4:52.09	32.55	850m:	9:13.55	33.16	1250m: 13:35.62 32.04
100m:	1:03.29	32.43	500m:	5:25.01	32.92	900m:	9:46.61	33.06	1300m: 14:09.10 33.48
150m:	1:35.79	32.50	550m:	5:56.45	31.44	950m:	10:19.75	33.14	1350m: 14:42.05 32.95
200m:	2:08.17	32.38	600m:	6:28.43	31.98	1000m:	10:53.01	33.26	1400m: 15:15.57 33.52
250m:	2:40.78	32.61	650m:	7:01.71	33.28	1050m:	11:24.91	31.90	1450m: 15:48.62 33.05
300m:	3:13.65	32.87	700m:	7:34.48	32.77	1100m:	11:57.23	32.32	1500m: 16:18.78 30.16
350m:	3:46.76	33.11	750m:	8:07.41	32.93	1150m:	12:30.46	33.23	
400m:	4:19.54	32.78	800m:	8:40.39	32.98	1200m:	13:03.58	33.12	
EXH			2001			1		16:53.96	582
50m:	30.53	30.53	450m:	4:57.31	33.84	850m:	9:32.57	34.91	1250m: 14:07.46 33.85
100m:	1:02.69	32.16	500m:	5:31.36	34.05	900m:	10:07.03	34.46	1300m: 14:41.90 34.44
150m:	1:35.69	33.00	550m:	6:05.61	34.25	950m:	10:41.61	34.58	1350m: 15:16.22 34.32
200m:	2:08.82	33.13	600m:	6:40.02	34.41	1000m:	11:16.19	34.58	1400m: 15:50.57 34.35
250m:	2:42.24	33.42	650m:	7:14.37	34.35	1050m:	11:50.13	33.94	1450m: 16:29.99 39.42
300m:	3:15.68	33.44	700m:	7:48.74	34.37	1100m:	12:24.88	34.75	1500m: 16:53.96 23.97
350m:	3:49.36	33.68	750m:	8:23.14	34.40	1150m:	12:59.74	34.86	
400m:	4:23.47	34.11	800m:	8:57.66	34.52	1200m:	13:33.61	33.87	
EXH			2008			"		17:02.18	568
50m:	31.01	31.01	450m:	5:02.03	33.95	850m:	9:36.64	33.51	1250m: 14:12.21 35.07
100m:	1:04.10	33.09	500m:	5:36.30	34.27	900m:	10:10.85	34.21	1300m: 14:46.40 34.19
150m:	1:37.52	33.42	550m:	6:10.87	34.57	950m:	10:45.03	34.18	1350m: 15:20.95 34.55
200m:	2:11.30	33.78	600m:	6:44.85	33.98	1000m:	11:19.91	34.88	1400m: 15:56.10 35.15
250m:	2:45.84	34.54	650m:	7:19.16	34.31	1050m:	11:53.77	33.86	1450m: 16:31.16 35.06
300m:	3:19.76	33.92	700m:	7:53.61	34.45	1100m:	12:28.05	34.28	1500m: 17:02.18 31.02
350m:	3:54.06	34.30	750m:	8:28.23	34.62	1150m:	13:02.34	34.29	
400m:	4:28.08	34.02	800m:	9:03.13	34.90	1200m:	13:37.14	34.80	
EXH			2008			"		17:06.08	562
50m:	30.22	30.22	450m:	5:01.66	34.47	850m:	9:39.10	34.71	1250m: 14:16.63 35.12
100m:	1:02.36	32.14	500m:	5:35.92	34.26	900m:	10:13.61	34.51	1300m: 14:51.37 34.74
150m:	1:35.71	33.35	550m:	6:10.62	34.70	950m:	10:48.42	34.81	1350m: 15:26.12 34.75
200m:	2:09.46	33.75	600m:	6:45.69	35.07	1000m:	11:22.96	34.54	1400m: 15:59.82 33.70
250m:	2:43.33	33.87	650m:	7:20.22	34.53	1050m:	11:57.57	34.61	1450m: 16:33.63 33.81
300m:	3:17.36	34.03	700m:	7:54.67	34.45	1100m:	12:31.73	34.16	1500m: 17:06.08 32.45
350m:	3:51.95	34.59	750m:	8:29.35	34.68	1150m:	13:07.05	35.32	
400m:	4:27.19	35.24	800m:	9:04.39	35.04	1200m:	13:41.51	34.46	