

					%	PB
						90
, 2008 (16),						1
200m	9.	2:05.23	540	2:02.00	95%	
400m	1.	4:18.41	617	4:15.00	97%	
800m	1.	8:50.64	618	8:47.00	99%	
1500m	1.	16:52.51	636	17:00.00	101%	
, 2009 (15),						1
50m	23.	27.77	426	28.00	102%	
50m	21.	36.54	358	36.00	97%	
, 2010 (14),						1
400m	28.	5:09.27	360	5:10.00	100%	
800m	29.	10:44.41	345	10:30.00	96%	
1500m	13.	20:37.17	348	20:00.00	94%	
, 2009 (15),						-
200m	2.	2:36.06	519	2:29.00	91%	
, 2008 (16),						-
100m	40.	57.96	528	57.50	98%	
400m	7.	4:26.02	566	4:20.00	96%	
800m	9.	9:33.07	491	9:10.00	92%	
, 2010 (14),						-
50m	70.	30.11	334	NT	-	
50m	19.	32.00	337	NT	-	
, 2007 (17),						-
50m	8.	32.23	578	31.90	98%	
100m	2.	1:07.57	610	1:07.00	98%	
200m	4.	2:28.71	567	2:26.00	96%	
, 2008 (16),						3
50m	29.	26.16	510	26.70	104%	
100m	29.	56.96	556	57.00	100%	
200m	5.	2:02.24	580	2:06.00	106%	
200m	8.	2:19.04	551	2:19.00	100%	
, 2009 (15),						3
50m	2.	25.79	532	26.60	106%	
400m	3.	4:30.34	539	4:34.00	103%	
800m	4.	9:26.98	507	9:20.00	98%	
1500m	3.	17:59.80	524	17:46.00	97%	
50m	5.	29.85	491	30.00	101%	
, 2007 (17),						-
50m	52.	28.37	400	27.50	94%	
800m	19.	10:41.57	349	10:00.00	87%	
, 2009 (15),						4
400m	9.	5:01.99	473	5:06.00	103%	
800m	7.	10:33.51	448	10:25.00	97%	
1500m	6.	20:00.84	450	20:30.00	105%	
50m	14.	35.76	423	35.80	100%	
100m	12.	1:15.90	430	1:16.00	100%	
, 2010 (14),						4
50m	1.	35.64	547	36.00	102%	
100m	1.	1:18.76	539	1:20.00	103%	
200m	1.	2:50.64	523	2:56.00	106%	
200m	6.	2:37.31	515	2:37.00	100%	
400m	1.	5:37.84	487	5:50.00	107%	
, 2007 (17),						1
1500m	4.	19:46.70	466	19:10.00	94%	
50m	3.	34.70	593	34.83	101%	
100m	3.	1:16.70	584	1:16.33	99%	
, 2007 (17),						1
50m	8.	29.02	538	28.60	97%	
100m	8.	1:02.26	572	1:02.60	101%	
100m	5.	1:09.26	567	1:08.50	98%	
200m	3.	2:28.64	568	2:28.00	99%	
, 2010 (14),						3
50m	26.	27.98	417	28.00	100%	
100m	39.	1:01.82	435	1:04.00	107%	
200m	21.	2:17.53	407	2:12.00	92%	
50m	18.	31.26	361	31.00	98%	
100m	13.	1:11.22	334	1:15.00	111%	
, 2009 (15),						2
200m	8.	2:18.64	539	2:14.50	94%	
400m	6.	4:55.61	504	4:49.00	96%	
50m	3.	31.32	474	30.70	96%	
100m	2.	1:08.62	528	1:08.80	101%	
200m	2.	2:41.02	432	2:42.00	101%	

	, 2009 (15),										
50m		6.	29.40	517	28.50		94%				-
200m		5.	2:16.73	562	2:15.00		97%				
	, 2010 (14),										-
50m		32.	28.12	411	28.00		99%				
100m		73.	1:04.55	382	1:04.00		98%				
200m		28.	2:20.98	378	2:16.00		93%				
400m		22.	5:03.46	381	5:00.00		98%				
	, 2009 (15),										-
100m		17.	58.52	513	55.30		89%				
200m		10.	2:12.69	454	2:01.40		84%				
	, 2008 (16),										2
1500m		5.	20:19.32	430	20:30.00		102%				
200m		11.	2:43.53	458	2:40.50		96%				
400m		3.	5:48.97	442	5:50.00		101%				
	, 2010 (14),										1
50m		78.	30.52	321	30.00		97%				
100m		107.	1:07.91	328	1:08.00		100%				
200m		44.	2:30.66	310	2:30.00		99%				
400m		34.	5:29.19	298	5:23.00		96%				
800m		55.	11:32.79	277	11:18.00		96%				
	, 2007 (17),										1
100m		56.	59.17	496	58.00		96%				
50m		13.	29.01	534	28.50		97%				
100m		7.	1:00.83	610	1:01.00		101%				
200m		8.	2:12.77	598	2:12.00		99%				
	, 2009 (15),										2
50m		47.	28.90	378	28.00		94%				
200m		14.	2:13.74	443	2:16.00		103%				
400m		10.	4:43.29	468	4:45.00		101%				
800m		5.	9:53.93	441	9:45.00		97%				
1500m		8.	19:20.70	422	18:39.00		93%				
	, 2008 (16),										-
50m		38.	26.70	480	25.84		94%				
100m		54.	59.01	500	57.00		93%				
200m		19.	2:11.12	470	2:06.00		92%				
50m		25.	31.60	413	29.50		87%				
200m		16.	2:24.70	489	2:22.00		96%				
	, 2008 (16),										-
50m		15.	30.96	443	30.00		94%				
100m		22.	1:07.75	444	1:05.00		92%				
	, 2009 (15),										-
50m		4.	29.24	526	28.40		94%				
100m		4.	1:11.41	468	1:11.00		99%				
	, 2010 (14),										2
200m		32.	2:41.12	354	2:43.00		102%				
400m		7.	5:41.68	357	6:10.00		117%				
	, 2007 (17),										-
50m		25.	26.00	520	25.40		95%				
100m		28.	56.68	565	56.00		98%				
200m		15.	2:08.55	499	2:05.00		95%				
50m		30.	29.31	438	28.00		91%				
	, 2007 (17),										-
50m		41.	26.94	467	26.50		97%				
	, 2005 (19),										-
50m		5.	25.24	568	24.30		93%				
50m		1.	28.58	559	27.60		93%				
	, 2010 (14),										3
50m		19.	30.74	453	30.00		95%				
200m		14.	2:21.31	509	2:16.00		93%				
400m		4.	4:49.80	535	4:50.00		100%				
800m		1.	9:53.57	544	10:00.00		102%				
1500m		1.	18:42.90	550	19:00.00		103%				
	, 2008 (16),										-
200m		17.	2:10.09	482	2:07.00		95%				
400m		8.	4:35.32	510	4:30.00		96%				
800m		8.	9:24.91	512	9:20.00		98%				
1500m		5.	18:09.30	511	17:45.00		96%				
	, 2009 (15),										3
100m		46.	1:02.75	416	1:05.00		107%				
200m		24.	2:18.74	397	2:18.00		99%				
400m		20.	4:58.91	399	5:08.00		106%				
100m		15.	1:11.32	378	1:13.00		105%				
	, 2010 (14),										1
200m		9.	2:19.59	528	2:20.00		101%				
400m		5.	4:52.36	521	4:52.00		100%				
800m		3.	9:59.96	527	9:53.00		98%				

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, 23. - 25.4.2024

1500m		2.	19:09.21	513	18:56.00	98%	3
50m	, , 2010 (14),	38.	28.36	400	28.40	100%	
100m		45.	1:02.70	417	1:02.80	100%	
50m		12.	31.99	398	32.00	100%	
100m		11.	1:10.67	389	1:08.00	93%	
100m		12.	1:10.85	340	1:10.00	98%	
50m	, , 2010 (14),	8.	26.08	515	26.50	103%	1
100m		12.	58.09	524	57.90	99%	
100m		5.	1:03.44	473	1:03.00	99%	
50m	, , 2010 (14),	68.	30.04	337	35.20	137%	3
100m		102.	1:07.13	340	1:08.00	103%	
400m		31.	5:18.05	331	5:12.00	96%	
200m		19.	2:47.26	299	10:40.00	1464%	
50m	, , 2010 (14),	63.	29.81	345	29.50	98%	1
50m		23.	33.58	344	33.00	97%	
100m		12.	1:10.97	384	1:11.00	100%	
200m		15.	2:37.76	357	2:36.00	98%	
50m	, , 2010 (14),	82.	30.68	316	30.00	96%	4
100m		110.	1:08.04	326	1:09.00	103%	
200m		40.	2:26.45	337	2:30.00	105%	
400m		27.	5:09.04	361	5:20.00	107%	
800m		37.	10:59.05	322	11:18.00	106%	
100m	, , 2009 (15),	14.	1:05.09	501	1:04.40	98%	1
200m		12.	2:20.56	517	2:19.00	98%	
200m		8.	2:38.92	499	2:39.00	100%	
50m	, , 2010 (14),	69.	30.07	336	30.00	100%	2
100m		85.	1:05.65	363	1:06.00	101%	
800m		35.	10:54.56	329	11:05.00	103%	
200m		52.	2:49.99	301	2:44.00	93%	
50m	, , 2010 (14),	21.	31.00	441	30.00	94%	1
100m		30.	1:08.73	425	1:08.00	98%	
200m		24.	2:27.62	446	2:30.00	103%	
1500m		9.	20:19.86	429	19:28.00	92%	
100m	, , 2009 (15),	31.	1:09.28	415	1:09.00	99%	2
200m		31.	2:33.34	398	2:35.00	102%	
400m		16.	5:28.56	367	5:30.00	101%	
50m	, , 2010 (14),	85.	30.90	309	30.00	94%	4
100m		105.	1:07.82	329	1:09.00	104%	
800m		30.	10:46.51	342	11:10.00	107%	
1500m		14.	20:39.49	347	21:30.00	108%	
200m		60.	2:53.49	283	2:58.00	105%	
100m	, , 2008 (16),	47.	58.55	512	58.00	98%	-
50m		21.	34.12	439	33.10	94%	
50m		29.	29.19	444	29.00	99%	
200m		14.	2:22.80	508	2:20.00	96%	
100m	, , 2008 (16),	24.	56.28	577	56.00	99%	-
50m		8.	32.46	510	31.00	91%	
200m		1.	2:29.97	585	2:25.00	93%	
200m		2.	2:15.65	593	2:13.00	96%	
200m	, , 2008 (16),	11.	2:20.23	521	2:17.00	95%	-
400m		7.	4:54.83	508	4:50.00	97%	
800m		5.	10:16.52	486	10:00.00	95%	
200m		4.	2:37.96	458	2:30.00	90%	
"	"						114
100m	, , 2010 (14),	36.	1:10.18	400	1:10.00	99%	-
100m		21.	1:20.56	360	1:15.00	87%	
50m	, , 2008 (16),	45.	27.29	449	26.60	95%	-
50m		7.	32.38	514	31.40	94%	
100m		13.	1:14.38	447	1:09.50	87%	

50m	, 2006 (18),	17.	25.56	547	25.00	96%	-
50m	, 2007 (17),	10.	29.22	527	28.50	95%	-
50m		6.	35.94	534	35.30	96%	
200m		8.	2:39.40	495	2:36.00	96%	
100m	, 2009 (15),	131.	1:11.63	279	1:10.00	96%	-
200m		71.	3:07.00	226	3:06.00	99%	
50m	, 2009 (15),	58.	29.43	358	27.00	84%	-
100m		82.	1:05.44	367	1:05.00	99%	
50m		20.	32.15	332	30.00	87%	
50m	, 2008 (16),	61.	30.74	314	28.00	83%	-
800m		24.	12:42.32	208	11:34.00	83%	
50m		36.	34.17	276	32.00	88%	
50m	, 2009 (15),	72.	30.25	330	28.50	89%	-
50m		29.	34.20	326	33.00	93%	
100m		28.	1:16.64	305	1:14.50	94%	
100m	, 2010 (14),	75.	1:04.66	380	1:05.00	101%	2
800m		51.	11:29.84	281	11:15.00	96%	
200m		49.	2:49.30	305	2:51.00	102%	
50m	, 2008 (16),	59.	29.18	367	28.00	92%	1
800m		16.	10:08.38	410	9:55.00	96%	
1500m		9.	19:23.18	419	18:40.00	93%	
200m		23.	2:36.36	387	2:40.00	105%	
50m	, 2006 (18),	1.	30.30	628	30.40	101%	2
100m		1.	1:07.23	605	1:07.40	101%	
200m		2.	2:33.02	551	2:31.50	98%	
50m	, 2009 (15),	7.	26.04	517	26.04	100%	-
100m		5.	56.48	571	56.07	99%	
1500m		1.	17:45.82	545	17:39.00	99%	
200m		2.	2:20.41	535	2:20.00	99%	
100m	, 2009 (15),	134.	1:12.37	271	1:11.00	96%	-
200m		70.	3:02.59	243	3:00.00	97%	
50m	, 2010 (14),	66.	29.99	338	30.50	103%	4
100m		77.	1:04.92	376	1:05.00	100%	
200m		33.	2:22.69	365	2:25.00	103%	
200m		33.	2:41.68	350	2:45.00	104%	
50m	, 2004 (20),	1.	24.22	643	23.70	96%	-
100m		1.	53.10	687	52.50	98%	
50m		2.	30.42	463	28.00	85%	
50m		1.	25.55	662	25.00	96%	
100m		1.	56.68	664	56.00	98%	
200m	, 2010 (14),	7.	2:39.11	463	NT	-	-
50m		6.	37.42	473	36.30	94%	
200m		3.	2:55.33	482	2:50.00	94%	
100m	, 2007 (17),	13.	1:01.93	509	1:02.00	100%	1
200m		3.	2:19.36	496	2:16.00	95%	
50m	, 2006 (18),	18.	31.64	415	30.00	90%	-
200m		16.	2:26.80	454	2:23.00	95%	
400m		8.	5:14.26	420	5:05.00	94%	
200m		11.	2:42.52	434	2:37.00	93%	
100m	, 2008 (16),	19.	1:05.02	503	1:03.70	96%	-
100m		14.	1:16.20	425	1:12.40	90%	
200m		12.	2:45.65	410	2:36.70	89%	
50m		4.	31.05	487	30.83	99%	
50m	, 2010 (14),	76.	30.46	323	28.00	84%	1
100m		99.	1:06.94	343	1:06.00	97%	
800m		40.	11:05.97	312	11:07.00	100%	
100m		30.	1:19.98	268	1:18.00	95%	

	, 2010 (14),								2
50m		61.	29.56	353	30.00			103%	
100m		81.	1:05.32	369	1:06.00			102%	
800m		49.	11:28.31	283	11:23.00			98%	
	, 2010 (14),								1
50m		31.	32.42	386	31.68			95%	
100m		45.	1:12.97	355	1:12.54			99%	
50m		24.	37.16	377	37.54			102%	
100m		25.	1:23.31	325	1:23.13			100%	
	, 2010 (14),								2
50m		79.	30.53	321	30.00			97%	
100m		83.	1:05.56	365	1:07.00			104%	
200m		36.	2:23.93	355	2:35.00			116%	
50m		27.	33.65	289	32.00			90%	
200m		41.	2:45.58	326	2:44.00			98%	
	, 2008 (16),								-
50m		28.	26.07	515	25.50			96%	
100m		38.	57.66	536	56.50			96%	
50m		20.	30.04	481	29.50			96%	
100m		16.	1:04.89	502	1:03.50			96%	
200m		19.	2:22.87	480	2:18.00			93%	
	, 2008 (16),								3
50m		14.	30.39	468	30.50			101%	
50m		14.	33.44	518	33.00			97%	
100m		9.	1:10.47	538	1:10.50			100%	
50m		11.	38.81	424	39.50			104%	
100m		1.	1:13.17	435	1:11.00			94%	
	, 2010 (14),								-
50m		26.	31.71	412	31.00			96%	
100m		41.	1:11.92	371	1:11.00			97%	
50m		17.	36.21	408	36.00			99%	
100m		22.	1:20.90	355	1:17.00			91%	
	, 2009 (15),								2
100m		58.	1:03.35	404	1:07.00			112%	
800m		32.	10:47.74	340	11:15.00			109%	
50m		14.	31.07	368	31.00			100%	
	, 2010 (14),								-
800m		11.	10:06.06	415	10:00.00			98%	
50m		3.	33.32	472	33.00			98%	
100m		2.	1:15.37	429	1:14.50			98%	
200m		5.	2:44.99	439	2:44.50			99%	
	, 2010 (14),								4
50m		30.	32.37	388	32.50			101%	
100m		37.	1:10.52	394	1:11.00			101%	
100m		7.	1:18.11	358	1:21.00			108%	
200m		21.	2:57.24	360	2:59.00			102%	
	, 2009 (15),								-
50m		37.	28.26	405	27.00			91%	
800m		17.	10:15.42	396	9:45.00			90%	
50m		22.	33.47	348	32.00			91%	
100m		18.	1:12.25	364	1:09.50			93%	
	, 2006 (18),								-
100m		9.	1:00.88	535	1:00.00			97%	
200m		7.	2:19.00	551	2:17.00			97%	
	, 2008 (16),								-
100m		5.	1:01.62	590	1:01.00			98%	
200m		5.	2:15.44	578	2:12.00			95%	
200m		4.	2:33.03	559	2:31.53			98%	
	, 2010 (14),								4
200m		10.	2:19.93	524	2:20.00			100%	
400m		8.	5:01.42	476	4:55.00			96%	
50m		2.	31.00	489	31.30			102%	
100m		1.	1:08.46	532	1:08.50			100%	
200m		1.	2:33.63	498	2:34.00			100%	
	, 2009 (15),								1
50m		18.	27.36	446	27.50			101%	
50m		7.	34.33	431	34.00			98%	
100m		7.	1:17.09	401	1:16.00			97%	
200m		6.	2:47.46	420	2:44.00			96%	
	, 2010 (14),								-
50m		38.	36.07	280	34.00			89%	
	, 2008 (16),								-
50m		11.	29.27	524	29.00			98%	
100m		13.	1:03.37	543	1:03.00			99%	
200m		13.	2:22.46	497	2:18.00			94%	

	, 2008 (16),						2
100m		15.	1:04.34	519	1:05.00	102%	
50m		7.	36.35	516	35.40	95%	
50m		5.	31.44	469	31.00	97%	
200m		6.	2:36.96	518	2:37.00	100%	
	, 2007 (17),						1
100m		30.	56.97	556	56.80	99%	
200m		10.	2:15.49	563	2:15.00	99%	
100m		17.	1:18.16	385	1:18.00	100%	
50m		11.	27.35	539	27.50	101%	
	, 2008 (16),						-
50m		34.	26.44	494	26.00	97%	
100m		59.	59.34	492	58.00	96%	
50m		15.	33.16	479	32.00	93%	
	, 2006 (18),						-
50m		10.	25.36	560	24.50	93%	
100m		19.	55.92	588	54.50	95%	
	, 2010 (14),						2
100m		120.	1:09.79	302	1:10.00	101%	
200m		48.	2:49.24	305	2:53.00	104%	
	, 2009 (15),						-
50m		14.	41.62	343	38.50	86%	
200m		13.	3:14.08	355	3:07.00	93%	
100m		6.	1:17.08	372	1:15.60	96%	
200m		14.	2:51.95	394	2:45.00	92%	
	, 2010 (14),						3
100m		52.	1:03.08	409	1:03.50	101%	
200m		12.	2:32.78	415	2:33.00	100%	
400m		6.	5:26.30	410	5:50.00	115%	
	, 2006 (18),						-
50m		1.	24.22	643	23.97	98%	
100m		2.	53.29	679	53.04	99%	
50m		14.	29.30	519	28.00	91%	
	, 2008 (16),						-
200m		10.	2:18.45	541	2:16.00	96%	
50m		15.	33.85	499	33.20	96%	
100m		12.	1:12.11	502	1:11.00	97%	
	, 2008 (16),						-
50m		60.	29.72	348	28.00	89%	
100m		86.	1:06.08	356	1:04.00	94%	
200m		26.	2:41.07	354	2:40.00	99%	
	, 2007 (17),						1
50m		8.	25.15	574	24.70	96%	
50m		7.	28.35	573	28.35	100%	
100m		10.	1:02.08	574	1:02.40	101%	
	, 2007 (17),						-
100m		90.	1:09.16	311	1:06.34	92%	
50m		35.	32.66	317	30.02	84%	
	, 2008 (16),						1
50m		9.	29.12	532	29.50	103%	
100m		10.	1:02.53	565	1:01.80	98%	
200m		8.	2:16.12	569	2:15.00	98%	
	, 2006 (18),						1
100m		39.	57.84	531	56.00	94%	
50m		12.	28.95	538	29.00	100%	
100m		18.	1:05.91	479	1:04.50	96%	
	, 2008 (16),						4
50m		32.	26.38	498	26.50	101%	
100m		42.	58.10	524	58.50	101%	
200m		14.	2:08.40	501	2:09.00	101%	
50m		18.	33.40	468	33.00	98%	
200m		10.	2:20.79	530	2:24.00	105%	
	, 2010 (14),						1
50m		27.	32.06	399	31.50	97%	
100m		48.	1:13.79	344	1:15.00	103%	
50m		26.	37.95	354	37.00	95%	
50m		18.	42.35	326	41.00	94%	
	, 2010 (14),						1
50m		92.	31.36	296	31.00	98%	
100m		130.	1:11.10	286	1:10.00	97%	
200m		58.	2:52.66	287	3:00.00	109%	
	, 2009 (15),						-
50m		27.	37.41	333	35.00	88%	
	, 2008 (16),						1
100m		67.	1:00.43	466	1:00.00	99%	
200m		21.	2:27.50	461	2:28.00	101%	

	, 2009 (15),										
50m		39.	28.37	400	27.60			95%			
100m		33.	1:01.47	443	1:00.00			95%			
200m		18.	2:16.49	417	2:10.00			91%			
200m		31.	2:40.89	355	2:35.00			93%			
	, 2008 (16),										
400m		5.	4:25.41	570	4:20.00			96%			
800m		4.	9:07.79	562	9:00.00			97%			
1500m		3.	17:36.19	560	17:20.00			97%			
	, 2006 (18),										
50m		22.	25.86	528	25.00			93%			
	, 2010 (14),										
50m		97.	32.84	258	30.00			83%			
100m		138.	1:15.22	241	1:13.00			94%			
800m		62.	12:35.21	214	11:30.00			83%			
	, 2010 (14),										3
50m		57.	29.36	361	29.90			104%			
100m		70.	1:04.33	386	1:05.00			102%			
200m		38.	2:26.32	338	2:29.00			104%			
	, 2008 (16),										1
100m		70.	1:00.88	456	1:01.00			100%			
800m		20.	10:41.78	349	9:30.00			79%			
100m		25.	1:08.40	429	1:08.00			99%			
	, 2007 (17),										
50m		6.	25.07	580	24.76			98%			
100m		15.	55.54	600	54.76			97%			
100m		11.	1:02.17	571	1:01.70			98%			
200m		11.	2:16.91	546	2:15.00			97%			
	, 2008 (16),										1
100m		14.	1:04.22	522	1:02.50			95%			
50m		9.	32.55	561	33.00			103%			
100m		8.	1:10.14	546	1:10.08			100%			
200m		10.	2:35.78	493	2:31.20			94%			
	, 2008 (16),										1
100m		30.	1:14.78	328	1:16.00			103%			
50m		23.	34.90	411	33.00			89%			
100m		14.	1:16.20	415	1:14.00			94%			
200m		10.	2:48.58	412	2:48.00			99%			
	, 2007 (17),										3
50m		14.	25.47	553	25.61			101%			
100m		44.	58.13	523	57.82			99%			
50m		3.	27.80	607	27.85			100%			
100m		5.	1:00.27	627	1:01.02			103%			
	, 2009 (15),										
100m		105.	1:07.82	329	1:06.00			95%			
200m		51.	2:40.33	257	2:30.00			88%			
50m		25.	33.22	301	33.00			99%			
	, 2007 (17),										1
50m		9.	32.52	508	32.49			100%			
100m		3.	1:10.18	532	1:10.00			99%			
200m		3.	2:33.28	548	2:34.00			101%			
	, 2009 (15),										
50m		30.	28.10	412	27.00			92%			
100m		47.	1:02.89	413	1:00.00			91%			
200m		37.	2:25.83	342	2:15.00			86%			
50m		11.	35.20	400	35.00			99%			
100m		19.	1:21.97	334	1:18.00			91%			
	, 2010 (14),										2
50m		93.	31.54	291	31.07			97%			
100m		114.	1:08.82	315	1:11.49			108%			
800m		54.	11:32.18	278	11:24.00			98%			
50m		29.	33.90	283	34.47			103%			
	, 2009 (15),										1
50m		5.	25.94	523	26.11			101%			
100m		4.	55.93	588	55.80			100%			
200m		1.	2:04.55	549	2:03.28			98%			
	, 2007 (17),										2
200m		4.	2:14.40	591	2:15.19			101%			
200m		1.	2:29.31	542	2:28.74			99%			
200m		3.	2:29.98	594	2:30.74			101%			
	, 2007 (17),										
50m		57.	28.62	389	27.57			93%			
100m		78.	1:02.78	415	1:00.00			91%			
200m		32.	2:18.30	401	2:10.00			88%			
	, 2009 (15),										
50m		40.	28.45	397	26.30			85%			
100m		22.	1:00.14	473	58.70			95%			

100m	, , 2006 (18) ,	19.	1:03.94	462	1:02.00	94%	-
50m	, , 2010 (14) ,	16.	41.94	336	43.00	105%	2
100m	, , 2008 (16) ,	14.	1:31.85	340	1:33.00	103%	-
50m	, , 2010 (14) ,	16.	36.88	386	35.00	90%	-
100m	, , 2010 (14) ,	15.	1:20.28	364	1:15.00	87%	-
50m	, , 2010 (14) ,	12.	37.15	284	35.00	89%	2
50m	, , 2009 (15) ,	14.	26.79	475	26.80	100%	-
50m	, , 2009 (15) ,	6.	29.98	484	30.50	103%	-
50m	, , 2009 (15) ,	4.	34.00	444	34.00	100%	-
50m	, , 2009 (15) ,	3.	28.64	470	28.40	98%	2
50m	, , 2010 (14) ,	32.	32.52	382	31.00	91%	-
100m	, , 2010 (14) ,	51.	1:16.24	312	1:14.00	94%	-
50m	, , 2010 (14) ,	21.	36.83	387	37.00	101%	-
100m	, , 2010 (14) ,	24.	1:22.95	330	1:24.00	103%	2
100m	, , 2010 (14) ,	72.	1:04.40	385	1:05.00	102%	-
800m	, , 2010 (14) ,	48.	11:28.04	283	11:15.00	96%	-
200m	, , 2010 (14) ,	35.	2:42.17	347	2:45.00	104%	-
100m	, , 2010 (14) ,	98.	1:06.92	343	1:03.50	90%	-
200m	, , 2010 (14) ,	39.	2:26.33	338	2:20.00	92%	-
50m	, , 2010 (14) ,	28.	33.74	287	32.00	90%	-
200m	, , 2010 (14) ,	39.	2:43.35	339	2:40.00	96%	-
50m	, , 2010 (14) ,	21.	27.64	432	27.00	95%	-
100m	, , 2010 (14) ,	21.	59.48	488	58.00	95%	-
200m	, , 2010 (14) ,	13.	2:13.51	445	2:10.00	95%	-
50m	, , 2010 (14) ,	15.	31.20	363	30.00	92%	-
50m	, , 2010 (14) ,	27.	39.02	326	37.00	90%	-
100m	, , 2010 (14) ,	27.	1:28.55	271	1:24.00	90%	-
50m	, , 2010 (14) ,	20.	44.44	282	41.00	85%	-
50m	, , 2010 (14) ,	10.	38.11	263	38.00	99%	-
50m	, , 2008 (16) ,	12.	29.54	510	28.90	96%	-
100m	, , 2008 (16) ,	18.	1:04.75	509	1:04.00	98%	-
200m	, , 2008 (16) ,	9.	2:39.85	491	2:38.00	98%	-
50m	, , 2009 (15) ,	49.	28.96	376	30.00	107%	2
100m	, , 2009 (15) ,	103.	1:07.48	334	1:06.00	96%	-
200m	, , 2009 (15) ,	40.	2:43.85	336	2:47.00	104%	-
100m	, , 2010 (14) ,	136.	1:14.67	247	1:12.50	94%	-
50m	, , 2010 (14) ,	31.	39.56	282	39.50	100%	-
50m	, , 2008 (16) ,	16.	31.39	425	29.20	87%	2
100m	, , 2008 (16) ,	21.	1:06.10	478	1:06.50	101%	-
50m	, , 2008 (16) ,	6.	31.47	467	31.50	100%	-
100m	, , 2008 (16) ,	3.	1:15.85	391	1:12.00	90%	-
100m	, , 2007 (17) ,	7.	54.55	633	54.00	98%	-
100m	, , 2010 (14) ,	140.	1:18.15	215	1:15.00	92%	-
50m	, , 2007 (17) ,	4.	35.80	540	36.20	102%	3
100m	, , 2007 (17) ,	4.	1:18.64	542	1:19.00	101%	-
200m	, , 2007 (17) ,	2.	2:50.73	522	2:52.00	101%	-
50m	, , 2008 (16) ,	12.	25.39	558	25.50	101%	2
100m	, , 2008 (16) ,	34.	57.36	545	58.50	104%	-
50m	, , 2008 (16) ,	15.	33.16	479	32.50	96%	-
100m	, , 2008 (16) ,	18.	1:18.82	375	1:16.00	93%	-
200m	, , 2006 (18) ,	17.	2:21.24	497	2:20.00	98%	-
200m	, , 2006 (18) ,	7.	2:42.41	461	2:35.00	91%	-
200m	, , 2006 (18) ,	18.	2:25.29	483	2:20.00	93%	-
400m	, , 2006 (18) ,	9.	5:25.31	378	5:15.00	94%	-
800m	, , 2006 (18) ,	6.	11:09.88	379	10:45.00	93%	-
1500m	, , 2006 (18) ,	6.	21:16.06	375	20:36.50	94%	-
400m	, , 2006 (18) ,	4.	6:05.30	385	5:56.00	95%	-

	, , 2010 (14) ,								2
50m		14.	30.17	479	30.20			100%	
100m		23.	1:07.61	447	1:05.93			95%	
50m		16.	35.86	420	35.87			100%	
100m		17.	1:18.89	383	1:17.40			96%	
200m		16.	2:52.82	388	2:46.36			93%	
	, , 2010 (14) ,								1
50m		72.	30.25	330	30.00			98%	
100m		96.	1:06.46	350	1:05.00			96%	
200m		45.	2:47.27	316	2:51.00			105%	
	, , 2003 (21) ,								-
100m		3.	54.66	630	53.00			94%	
100m		1.	1:04.17	519	59.90			87%	
	, , 2008 (16) ,								3
50m		22.	30.72	450	31.00			102%	
100m		15.	1:04.58	510	1:06.60			106%	
200m		16.	2:21.09	499	2:23.50			103%	
	, , 2008 (16) ,								2
50m		10.	32.60	559	31.90			96%	
200m		2.	2:29.46	600	2:32.00			103%	
400m		2.	5:23.95	552	5:25.00			101%	
	, , 2008 (16) ,								3
50m		3.	31.42	624	31.80			102%	
100m		1.	1:06.62	637	1:07.44			102%	
200m		2.	2:24.58	617	2:26.40			103%	
	, , 2009 (15) ,								2
50m		13.	26.62	484	26.71			101%	
100m		20.	59.04	499	58.00			97%	
50m		8.	29.35	436	28.00			91%	
100m		6.	1:04.75	445	1:06.00			104%	
	, , 2005 (19) ,								-
50m		6.	25.50	551	24.50			92%	
50m		5.	28.01	502	28.00			100%	
	, , 2009 (15) ,								1
100m		112.	1:08.28	323	1:05.00			91%	
50m		10.	35.16	402	36.00			105%	
100m		23.	1:23.70	313	1:22.00			96%	
	, , 2010 (14) ,								3
100m		78.	1:05.03	374	1:04.00			97%	
200m		31.	2:22.24	368	2:21.00			98%	
50m		21.	33.27	354	34.00			104%	
100m		17.	1:11.52	375	1:13.00			104%	
50m		21.	32.20	330	33.00			105%	
	, , 2009 (15) ,								-
50m		9.	26.27	504	25.50			94%	
800m		3.	9:22.14	520	9:15.00			97%	
1500m		5.	18:33.16	479	17:45.00			92%	
50m		5.	28.89	458	28.30			96%	
	, , 2008 (16) ,								2
200m		22.	2:11.87	462	2:10.00			97%	
50m		5.	31.74	546	31.80			100%	
100m		5.	1:10.82	518	1:10.00			98%	
200m		4.	2:33.70	544	2:34.00			100%	
	, , 2009 (15) ,								-
100m		13.	58.38	517	58.30			100%	
200m		5.	2:07.84	507	2:07.00			99%	
100m		6.	1:05.44	490	1:04.50			97%	
	, , 2007 (17) ,								-
50m		36.	26.62	484	25.50			92%	
100m		64.	59.98	476	56.50			89%	
50m		26.	28.78	463	26.90			87%	
	, , 2008 (16) ,								-
50m		22.	34.34	431	33.00			92%	
200m		11.	2:50.93	395	2:44.00			92%	
	, , 2008 (16) ,								3
50m		18.	29.94	486	30.85			106%	
100m		20.	1:06.21	473	1:08.00			105%	
200m		20.	2:25.72	453	2:26.50			101%	
	, , 2009 (15) ,								-
50m		34.	32.72	375	30.00			84%	
100m		53.	1:18.58	284	1:14.00			89%	
	, , 2010 (14) ,								3
100m		79.	1:05.13	372	1:07.00			106%	
50m		12.	30.51	388	31.00			103%	
100m		15.	1:12.33	319	1:14.00			105%	

	, , 2009 (15) ,										
50m		89.	31.23	300	29.00		86%				
100m		118.	1:09.41	307	1:07.00		93%				
50m	, , 2008 (16) ,	51.	28.21	407	28.30		101%				1
100m		76.	1:02.24	426	1:00.80		95%				
50m	, , 2009 (15) ,	35.	32.77	373	35.00		114%				2
100m		49.	1:14.72	331	1:20.00		115%				
50m		29.	43.52	235	40.00		84%				
50m	, , 2010 (14) ,	93.	31.54	291	30.00		90%				-
100m		129.	1:10.71	291	1:08.00		92%				
800m		57.	11:39.57	269	11:03.00		90%				
50m		32.	36.40	229	34.89		92%				
100m	, , 2010 (14) ,	25.	1:08.11	437	1:06.00		94%				-
200m		26.	2:29.04	434	2:28.00		99%				
200m		19.	2:54.76	375	2:28.00		72%				
100m	, , 2009 (15) ,	22.	1:06.67	466	1:07.00		101%				1
200m		11.	2:41.09	479	2:41.00		100%				
400m		2.	5:44.13	461	5:40.00		98%				
50m	, , 2009 (15) ,	28.	28.07	413	28.00		100%				1
200m		14.	2:33.58	408	2:37.00		105%				
50m	, , 2009 (15) ,	80.	30.65	317	29.00		90%				1
100m		116.	1:09.29	309	1:09.00		99%				
800m		59.	12:03.52	244	11:20.00		88%				
50m		18.	36.16	369	38.00		110%				
100m	, , 2010 (14) ,	30.	1:01.19	449	1:01.00		99%				1
50m		2.	28.00	503	28.50		104%				
100m		7.	1:04.99	440	1:04.00		97%				
100m	, , 2007 (17) ,	87.	1:06.29	353	1:03.00		90%				-
100m	, , 2008 (16) ,	71.	1:00.99	453	1:02.00		103%				1
800m		17.	10:18.62	390	10:00.00		94%				
100m		16.	1:18.02	387	1:16.00		95%				
50m	, , 2009 (15) ,	17.	30.30	473	30.00		98%				1
100m		19.	1:06.04	480	1:06.00		100%				
200m		17.	2:22.95	491	2:23.00		100%				
200m		12.	2:44.23	452	2:40.00		95%				
"	"										85
50m	, , 2010 (14) ,	12.	30.05	485	30.00		100%				2
100m		13.	1:04.94	504	1:06.00		103%				
200m		21.	2:24.73	474	2:27.00		103%				
50m		8.	38.55	432	38.00		97%				
100m		8.	1:28.00	387	1:27.00		98%				
50m	, , 2007 (17) ,	19.	25.63	543	25.19		97%				-
100m		26.	56.64	566	55.30		95%				
200m		25.	2:13.42	446	2:02.98		85%				
50m		28.	29.12	447	28.00		92%				
50m	, , 2009 (15) ,	16.	30.25	475	30.10		99%				1
100m		12.	1:04.92	505	1:05.50		102%				
200m		25.	2:28.04	442	2:26.00		97%				
50m	, , 2010 (14) ,	24.	27.81	425	28.50		105%				3
100m		59.	1:03.40	403	1:03.00		99%				
50m		9.	34.66	419	35.00		102%				
200m		26.	2:39.07	368	2:40.12		101%				
100m	, , 2010 (14) ,	47.	1:13.72	345	1:14.28		102%				2
200m		34.	2:38.15	363	2:39.19		101%				
50m	, , 2008 (16) ,	20.	25.67	540	25.50		99%				-
100m		18.	55.83	591	55.00		97%				
200m		10.	2:05.95	531	2:04.00		97%				

	, 2009 (15),								1
50m		5.	34.13	439	34.00			99%	
100m		6.	1:16.19	416	1:18.00			105%	
200m		15.	2:59.05	344	2:47.00			87%	
	, 2010 (14),								1
50m		5.	29.30	523	29.00			98%	
100m		8.	1:04.02	526	1:04.50			102%	
200m		11.	2:20.35	519	2:19.50			99%	
	, 2007 (17),								-
50m		26.	26.03	518	24.90			92%	
100m		33.	57.08	553	54.50			91%	
100m		18.	1:03.68	468	59.90			88%	
	, 2008 (16),								1
50m		48.	27.89	421	28.00			101%	
200m		30.	2:16.46	417	2:12.00			94%	
1500m		10.	19:45.07	397	18:50.89			91%	
50m		33.	31.34	358	31.00			98%	
	, 2010 (14),								-
50m		26.	27.98	417	27.00			93%	
100m		32.	1:01.21	448	1:00.50			98%	
200m		17.	2:16.39	418	2:16.00			99%	
	, 2010 (14),								1
50m		28.	37.91	320	41.00			117%	
100m		25.	1:28.10	269	1:26.00			95%	
200m		21.	3:13.26	273	3:08.00			95%	
	, 2010 (14),								-
100m		104.	1:07.69	331	1:06.00			95%	
400m		33.	5:25.42	309	5:10.00			91%	
800m		39.	11:05.47	313	10:30.00			90%	
	, 2010 (14),								2
100m		31.	1:09.28	415	1:11.00			105%	
800m		11.	11:16.09	368	11:35.00			106%	
200m		23.	3:00.36	341	3:00.00			100%	
	, 2010 (14),								2
50m		99.	35.05	212	36.08			106%	
200m		53.	2:56.17	194	2:56.74			101%	
50m		38.	45.09	142	44.34			97%	
	, 2007 (17),								-
50m		31.	26.25	505	25.50			94%	
100m		23.	56.14	581	55.50			98%	
50m		10.	32.55	506	31.50			94%	
100m		8.	1:12.07	491	1:10.00			94%	
	, 2010 (14),								2
50m		28.	32.09	398	31.50			96%	
100m		29.	1:08.59	428	1:11.00			107%	
200m		32.	2:33.39	398	2:40.00			109%	
	, 2006 (18),								2
100m		12.	55.33	607	54.20			96%	
50m		6.	26.47	595	26.70			102%	
100m		2.	58.01	619	58.10			100%	
	, 2007 (17),								-
50m		33.	26.39	497	26.00			97%	
100m		42.	58.10	524	58.00			100%	
200m		16.	2:09.10	493	2:08.00			98%	
	, 2010 (14),								1
50m		14.	26.79	475	26.70			99%	
100m		16.	58.49	514	58.00			98%	
200m		3.	2:06.52	523	2:09.40			105%	
200m		6.	2:27.60	460	2:25.46			97%	
	, 2010 (14),								2
50m		75.	30.37	326	32.00			111%	
100m		125.	1:10.25	296	1:10.00			99%	
50m		36.	42.20	232	42.00			99%	
200m		67.	2:59.83	254	3:00.00			100%	
	, 2009 (15),								-
50m		4.	32.96	541	32.40			97%	
100m		9.	1:14.37	458	1:11.70			93%	
	, 2008 (16),								1
100m		60.	59.38	491	58.60			97%	
50m		17.	27.82	512	27.00			94%	
100m		17.	1:03.05	482	1:04.00			103%	
	, 2008 (16),								2
100m		89.	1:08.48	320	1:08.66			101%	
400m		18.	5:24.70	311	5:18.78			96%	
800m		22.	11:11.61	305	11:15.80			101%	
50m		37.	35.04	256	34.55			97%	

							4
100m		16.	1:05.47	492	1:05.50	100%	
200m		4.	2:16.36	566	2:18.70	103%	
800m		2.	9:56.82	535	10:06.40	103%	
200m		3.	2:52.36	352	2:40.00	86%	
200m		4.	2:35.76	530	2:38.30	103%	
							1
800m		19.	10:20.98	385	9:59.00	93%	
50m		12.	35.49	390	35.21	98%	
100m		8.	1:17.16	400	1:18.50	104%	
200m		13.	2:55.47	365	2:54.00	98%	
200m		24.	2:38.97	368	2:34.11	94%	
							-
50m		88.	31.15	302	30.00	93%	
50m		17.	36.14	370	35.50	96%	
100m		14.	1:20.06	358	1:18.00	95%	
200m		11.	2:53.95	375	2:49.50	95%	
							-
100m		16.	1:04.35	518	1:03.80	98%	
200m		14.	2:24.34	477	2:20.00	94%	
100m		13.	1:12.79	488	1:12.00	98%	
							2
50m		50.	29.03	373	29.00	100%	
100m		49.	1:02.98	411	1:04.00	103%	
800m		36.	10:57.66	324	10:35.00	93%	
200m		34.	2:42.08	347	2:46.00	105%	
							-
50m		19.	33.12	359	32.50	96%	
50m		25.	36.99	345	36.00	95%	
100m		20.	1:22.12	332	1:21.00	97%	
200m		14.	2:56.53	359	2:50.00	93%	
200m		25.	2:39.02	368	2:36.00	96%	
							-
100m		59.	1:03.40	403	1:02.40	97%	
200m		43.	2:29.69	316	2:17.00	84%	
							3
50m		45.	28.77	383	29.00	102%	
100m		54.	1:03.19	407	1:04.00	103%	
200m		34.	2:23.03	362	2:23.00	100%	
100m		19.	1:12.38	362	1:13.00	102%	
							-
50m		35.	26.58	486	25.10	89%	
100m		37.	57.63	537	55.40	92%	
50m		22.	28.23	490	26.60	89%	
							4
50m		62.	29.58	353	30.30	105%	
50m		19.	36.18	368	37.90	110%	
200m		2.	2:35.49	357	2:32.00	96%	
200m		10.	2:30.70	432	2:31.00	100%	
400m		5.	5:21.50	429	5:22.16	100%	
							-
100m		49.	58.63	510	57.80	97%	
200m		21.	2:11.75	464	2:07.60	94%	
100m		24.	1:07.47	447	1:03.20	88%	
							1
100m		137.	1:14.73	246	1:13.49	97%	
400m		37.	5:52.47	243	5:38.00	92%	
800m		60.	12:13.21	234	12:06.29	98%	
1500m		18.	22:40.31	262	23:40.00	109%	
50m		31.	35.34	250	35.00	98%	
							-
50m		1.	24.62	740	24.60	100%	
100m		1.	57.33	641	55.90	95%	
							-
50m		11.	25.37	559	25.25	99%	
100m		16.	55.55	600	54.95	98%	
50m		5.	26.35	603	26.20	99%	
100m		4.	58.71	597	57.90	97%	
							-
50m		43.	27.13	457	26.50	95%	
100m		52.	58.85	504	58.10	97%	
200m		26.	2:14.23	438	2:07.00	90%	
							-
50m		1.	27.66	621	27.53	99%	
200m		2.	2:15.32	579	2:09.00	91%	
100m		2.	1:11.99	505	1:08.00	89%	
50m		1.	29.47	569	28.80	96%	

										4
50m		67.	30.01	338	30.10				101%	
100m		69.	1:04.11	390	1:05.00				103%	
800m		23.	10:29.19	371	10:35.00				102%	
200m		22.	2:38.73	370	2:42.00				104%	
										1
50m		9.	38.19	445	40.38				112%	
100m		6.	1:26.07	413	1:24.96				97%	
200m		4.	3:02.19	430	2:58.50				96%	
										1
50m		20.	33.78	453	33.70				100%	
50m		16.	27.75	516	28.10				103%	
100m		8.	1:00.58	543	1:00.50				100%	
200m		1.	2:15.18	543	2:15.00				100%	
										-
100m		121.	1:09.87	301	1:04.00				84%	
200m		19.	3:10.33	286	2:55.00				85%	
										-
100m		43.	1:02.60	419	1:02.50				100%	
400m		21.	5:00.70	391	4:56.00				97%	
800m		20.	10:21.31	385	10:20.00				100%	
										1
200m		49.	2:37.00	274	2:38.00				101%	
50m		16.	36.09	371	36.00				100%	
100m		11.	1:18.63	378	1:18.00				98%	
200m		10.	2:51.36	392	2:45.00				93%	
200m		50.	2:49.40	304	2:45.00				95%	
										3
100m		7.	1:03.41	542	1:03.50				100%	
200m		7.	2:17.18	556	2:16.20				99%	
1500m		3.	19:20.96	498	19:30.00				102%	
200m		5.	2:36.82	520	2:38.50				102%	
										1
400m		14.	4:54.38	417	4:48.21				96%	
800m		8.	10:01.89	423	9:50.30				96%	
1500m		6.	18:49.29	458	18:50.01				100%	
50m		34.	36.49	227	33.00				82%	
										3
100m		70.	1:04.33	386	1:06.00				105%	
800m		21.	10:21.85	384	10:35.00				104%	
50m		26.	37.30	336	37.00				98%	
200m		36.	2:42.30	346	2:44.00				102%	
										1
50m		19.	33.52	463	34.00				103%	
100m		12.	1:14.09	452	1:14.00				100%	
200m		8.	2:42.57	459	2:41.00				98%	
200m		19.	2:25.32	482	2:25.00				100%	
400m		3.	5:07.14	492	5:03.07				97%	
										-
100m		45.	58.18	522	57.50				98%	
50m		10.	27.27	544	27.10				99%	
100m		15.	1:02.86	486	1:00.10				91%	
										-
100m		3.	1:01.51	519	1:00.00				95%	
										-
50m		4.	27.95	602	27.20				95%	
50m		4.	31.84	600	30.20				90%	
										4
50m		2.	24.89	592	25.30				103%	
100m		2.	54.45	637	54.50				100%	
200m		1.	1:59.28	625	2:01.40				104%	
50m		3.	26.45	596	26.70				102%	
										2
50m		4.	25.84	529	26.00				101%	
100m		8.	56.78	562	56.50				99%	
200m		4.	2:07.17	515	2:06.50				99%	
400m		5.	4:35.23	511	4:36.20				101%	
										1
50m		19.	27.40	444	27.00				97%	
100m		26.	1:00.80	457	1:00.00				97%	
800m		9.	10:03.34	420	9:50.00				96%	
200m		9.	2:30.52	434	2:40.00				113%	
										-
200m		10.	2:42.07	471	2:31.60				87%	
										1
50m		13.	29.80	497	28.80				93%	
100m		17.	1:04.50	515	1:04.80				101%	

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50m		8.	32.04	443	31.00	94%	
50m	, 2009 (15),	17.	27.30	449	26.70	96%	-
100m		25.	1:00.72	459	1:00.00	98%	
50m		20.	33.15	358	32.00	93%	
100m		20.	1:12.46	361	1:11.00	96%	
200m		11.	2:35.87	370	2:34.00	98%	
50m	, 2007 (17),	23.	25.94	523	26.15	102%	3
100m		27.	56.67	565	57.80	104%	
200m		13.	2:08.11	504	2:09.17	102%	
200m		20.	2:27.32	463	2:22.30	93%	
100m	, 2007 (17),	11.	1:02.77	559	1:02.30	99%	1
200m		6.	2:15.73	574	2:15.10	99%	
200m		5.	2:34.07	548	2:35.00	101%	
800m	, 2009 (15),	14.	12:25.48	275	11:20.12	83%	-
50m		11.	40.94	361	36.30	79%	
100m		11.	1:29.17	371	1:23.00	87%	
200m		14.	3:19.72	326	3:07.00	88%	
200m		25.	3:02.19	331	2:49.00	86%	
50m	, 2010 (14),	46.	28.83	381	28.00	94%	-
100m		56.	1:03.22	407	1:01.00	93%	
200m		26.	2:20.41	383	2:14.50	92%	
800m		14.	10:10.29	406	9:50.00	93%	
50m	, 2010 (14),	36.	36.45	269	37.00	103%	1
200m		20.	2:47.57	297	2:44.00	96%	
50m		32.	39.75	278	39.00	96%	
200m		57.	2:51.63	293	2:50.00	98%	
50m	, 2009 (15),	15.	41.67	342	41.00	97%	1
100m		12.	1:31.27	346	1:31.00	99%	
200m		15.	3:21.92	316	3:22.00	100%	
200m	, 2009 (15),	22.	2:18.06	403	2:35.00	126%	2
400m		15.	4:55.11	414	5:20.00	118%	
100m	, 2008 (16),	75.	1:01.88	434	1:00.16	95%	1
400m		19.	5:34.08	285	4:45.18	73%	
50m		18.	27.94	506	28.00	100%	
100m		21.	1:09.07	366	1:08.00	97%	
50m	, 2009 (15),	20.	36.46	360	36.00	97%	-
100m		9.	1:17.76	391	1:16.00	96%	
200m		9.	2:50.48	398	2:44.00	93%	
100m	, 2007 (17),	20.	55.98	586	54.90	96%	-
100m		12.	1:01.76	513	1:00.70	97%	
200m		6.	2:18.81	553	2:16.70	97%	
100m	, 2009 (15),	52.	1:03.08	409	1:02.50	98%	-
800m		26.	10:32.54	365	10:29.00	99%	
50m	, 2009 (15),	52.	29.08	371	27.90	92%	2
100m		48.	1:02.97	412	1:03.00	100%	
200m		32.	2:22.58	366	2:14.00	88%	
200m		16.	2:34.45	402	2:35.00	101%	
100m	, 2007 (17),	58.	59.29	493	58.70	98%	-
400m		9.	4:41.83	476	4:34.00	95%	
800m		11.	9:43.04	466	9:20.00	92%	
1500m		7.	18:37.27	473	18:20.00	97%	
50m	, 2007 (17),	11.	32.84	547	32.60	99%	-
100m		11.	1:12.06	503	1:11.00	97%	
50m	, 2007 (17),	4.	24.84	596	24.50	97%	-
100m		6.	54.41	638	54.00	98%	
50m		9.	27.21	548	26.10	92%	
50m	, 2010 (14),	28.	40.05	301	40.00	100%	-
100m		26.	1:25.60	300	1:21.00	90%	
200m		20.	3:03.62	301	2:56.00	92%	

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	, 2009 (15),											
100m		24.	1:00.22	471	59.00			96%				
200m		11.	2:13.31	447	2:10.00			95%				
400m		13.	4:53.53	421	4:38.00			90%				
	, 2008 (16),											2
50m		37.	26.65	483	27.00			103%				
50m		12.	32.97	487	33.00			100%				
100m		11.	1:13.23	468	1:13.00			99%				
200m		9.	2:42.63	459	2:41.00			98%				
	, 2007 (17),											2
100m		10.	55.29	608	56.20			103%				
50m		2.	25.83	640	26.10			102%				
100m		3.	58.45	605	57.90			98%				
	, 2010 (14),											1
50m		71.	30.20	331	30.50			102%				
100m		99.	1:06.94	343	1:03.50			90%				
400m		24.	5:05.00	375	4:58.00			95%				
800m		25.	10:30.76	368	10:15.00			95%				
	, 2010 (14),											-
50m		52.	29.08	371	27.90			92%				
100m		61.	1:03.43	403	1:01.00			92%				
50m		17.	32.75	371	31.20			91%				
200m		8.	2:35.16	375	2:35.00			100%				
200m		20.	2:37.71	377	2:32.00			93%				
	, 2009 (15),											1
50m		86.	30.99	307	31.00			100%				
100m		89.	1:05.90	359	1:05.00			97%				
400m		16.	4:56.01	410	4:54.00			99%				
800m		13.	10:10.13	406	9:55.00			95%				
1500m		10.	19:22.93	420	18:50.00			94%				
	, 2008 (16),											-
50m		53.	28.53	393	28.00			96%				
100m		80.	1:03.09	409	1:02.00			97%				
200m		33.	2:20.49	382	2:15.00			92%				
50m		26.	32.34	386	31.00			92%				
100m		26.	1:09.72	405	1:06.50			91%				
	, 2010 (14),											1
50m		14.	30.17	479	30.00			99%				
50m		2.	32.48	565	33.00			103%				
100m		5.	1:13.09	482	1:12.00			97%				
200m		12.	2:44.04	423	2:40.00			95%				
	, 2008 (16),											-
50m		13.	33.00	486	33.00			100%				
100m		6.	1:11.25	508	1:09.00			94%				
200m		5.	2:40.09	481	2:35.00			94%				
200m		17.	2:25.25	483	2:20.00			93%				
	, 2010 (14),											-
50m		43.	28.71	386	28.00			95%				
100m		66.	1:04.00	392	1:03.00			97%				
50m		30.	34.34	322	32.02			87%				
100m		22.	1:13.25	349	1:11.03			94%				
200m		16.	2:38.50	352	2:35.00			96%				
	, 2007 (17),											-
50m		40.	26.88	470	26.00			94%				
100m		57.	59.20	495	57.00			93%				
200m		28.	2:15.77	424	2:10.00			92%				
100m		27.	1:11.15	381	1:07.00			89%				
	, 2009 (15),											2
50m		27.	33.90	335	34.00			101%				
200m		13.	2:36.90	362	2:36.50			99%				
200m		15.	2:33.62	408	2:35.00			102%				
	, 2010 (14),											1
50m		20.	30.87	447	29.90			94%				
100m		17.	1:05.77	486	1:05.10			98%				
200m		19.	2:24.03	481	2:27.00			104%				
"	"											108
	, 2008 (16),											1
100m		69.	1:00.52	464	1:00.50			100%				
400m		11.	4:44.69	461	4:45.00			100%				
800m		12.	9:52.33	444	9:47.00			98%				
	, 2010 (14),											-
400m		9.	4:42.47	472	4:40.00			98%				
400m		2.	5:11.83	470	5:10.00			99%				
	, 2010 (14),											3
50m		16.	26.90	469	27.50			105%				
100m		22.	1:00.14	473	1:01.50			105%				
200m		27.	2:20.52	382	2:19.00			98%				

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50m		7.	29.34	437	29.90	104%	
100m	, , 2010 (14),	6.	1:03.11	550	1:03.00	100%	-
200m		15.	2:22.76	493	2:18.00	93%	
200m		3.	2:35.52	533	2:32.00	96%	
50m	, , 2009 (15),	65.	29.95	340	30.80	106%	1
100m		109.	1:08.03	326	1:06.00	94%	
50m	, , 2009 (15),	59.	29.51	355	29.00	97%	2
100m		101.	1:06.99	342	1:06.00	97%	
800m		41.	11:06.41	312	10:50.00	95%	
50m		30.	38.03	317	39.00	105%	
100m		21.	1:22.41	328	1:25.00	106%	
100m	, , 2008 (16),	7.	1:02.12	576	1:01.00	96%	-
200m		1.	2:18.42	704	NT	-	
50m	, , 2010 (14),	48.	28.94	377	28.50	97%	-
100m		44.	1:02.67	418	1:01.00	95%	
800m		12.	10:06.76	413	9:55.00	96%	
50m		23.	32.58	319	31.00	91%	
100m	, , 2010 (14),	20.	1:06.16	477	1:04.00	94%	-
400m		12.	5:05.75	456	4:57.00	94%	
200m		9.	2:40.92	448	2:37.00	95%	
50m	, , 2009 (15),	23.	31.06	439	30.00	93%	-
100m		26.	1:08.38	432	1:07.00	96%	
50m		7.	35.21	334	33.00	88%	
50m	, , 2010 (14),	29.	32.14	396	31.80	98%	1
100m		38.	1:10.85	388	1:12.00	103%	
50m		19.	43.08	310	42.00	95%	
200m		17.	2:53.39	384	2:50.00	96%	
100m	, , 2010 (14),	54.	1:03.19	407	59.80	90%	-
200m		23.	2:18.07	403	2:15.00	96%	
50m		18.	32.90	366	30.50	86%	
100m	, , 2010 (14),	88.	1:05.84	360	1:07.50	105%	3
100m		14.	1:11.16	381	1:13.00	105%	
200m		9.	2:35.37	373	2:39.00	105%	
50m	, , 2008 (16),	44.	27.20	454	27.00	99%	2
100m		63.	59.96	477	1:20.00	178%	
800m		10.	9:42.72	467	9:30.00	96%	
50m		16.	29.88	489	31.00	108%	
100m		23.	1:07.29	450	1:07.00	99%	
50m	, , 2007 (17),	26.	26.03	518	27.00	108%	3
100m		32.	57.01	555	57.50	102%	
800m		14.	9:55.85	436	9:30.00	92%	
50m		25.	28.73	465	30.00	109%	
100m	, , 2010 (14),	67.	1:04.02	392	1:06.00	106%	3
400m		26.	5:08.71	362	5:20.00	107%	
800m		33.	10:49.53	337	11:15.00	108%	
200m	, , 2006 (18),	20.	2:11.17	470	2:04.00	89%	-
100m		9.	1:12.17	489	1:10.00	94%	
50m	, , 2009 (15),	34.	28.16	409	27.00	92%	1
100m		35.	1:01.67	438	1:03.00	104%	
800m		31.	10:47.37	340	10:15.00	90%	
100m	, , 2008 (16),	66.	1:00.07	474	1:00.00	100%	1
200m		24.	2:13.15	449	2:18.00	107%	
400m		14.	4:52.22	427	4:50.00	98%	
1500m	, , 2005 (19),	1.	18:51.86	537	18:40.00	98%	1
100m		1.	1:08.07	597	1:07.00	97%	
200m		1.	2:24.92	613	2:25.00	100%	
50m	, , 2010 (14),	37.	38.02	237	36.00	90%	-
100m		32.	1:22.71	242	1:22.50	99%	

	, 2010 (14),						3
50m		24.	36.95	346	39.50	114%	
100m		18.	1:21.30	342	1:24.00	107%	
200m		17.	3:00.91	333	3:06.00	106%	
	, 2009 (15),						1
100m		62.	1:03.45	402	1:00.00	89%	
50m		9.	29.46	431	29.90	103%	
100m		9.	1:07.47	393	1:07.00	99%	
200m		28.	2:40.27	359	2:34.00	92%	
	, 2006 (18),						-
1500m		6.	18:31.26	481	17:50.00	93%	
100m		19.	1:06.06	476	1:04.00	94%	
200m		15.	2:19.69	514	2:15.00	93%	
	, 2008 (16),						-
100m		11.	55.30	608	54.00	95%	
200m		5.	2:18.24	560	2:11.00	90%	
400m		1.	4:53.23	565	4:41.00	92%	
	, 2008 (16),						1
100m		36.	57.50	541	58.00	102%	
200m		21.	2:25.92	451	2:19.00	91%	
	, 2008 (16),						-
100m		65.	1:00.06	474	1:00.00	100%	
200m		29.	2:15.81	423	2:11.00	93%	
400m		16.	5:01.19	390	4:50.00	93%	
	, 2010 (14),						-
50m		15.	35.97	375	35.00	95%	
100m		10.	1:18.61	378	1:17.00	96%	
	, 2010 (14),						1
100m		35.	1:01.67	438	1:02.50	103%	
100m		21.	1:12.75	356	1:10.00	93%	
200m		10.	2:35.61	372	2:31.00	94%	
200m		19.	2:37.60	378	2:35.00	97%	
	, 2006 (18),						1
50m		42.	26.96	466	27.50	104%	
	, 2006 (18),						1
50m		14.	27.61	524	27.50	99%	
200m		4.	2:17.84	565	2:19.00	102%	
	, 2010 (14),						-
100m		124.	1:10.17	297	1:10.00	100%	
800m		53.	11:31.68	279	11:25.00	98%	
200m		65.	2:58.36	261	2:55.00	96%	
	, 2010 (14),						2
800m		34.	10:53.24	331	10:45.00	97%	
50m		22.	36.63	355	36.00	97%	
100m		17.	1:21.14	344	1:20.00	97%	
200m		12.	2:55.15	367	2:57.00	102%	
200m		27.	2:40.17	360	2:49.00	111%	
	, 2007 (17),						4
50m		13.	25.44	555	25.70	102%	
100m		4.	53.85	658	54.50	102%	
50m		7.	27.11	554	35.00	167%	
100m		6.	59.34	578	59.70	101%	
	, 2008 (16),						2
100m		77.	1:02.47	422	1:20.00	164%	
800m		18.	10:38.88	354	10:05.00	90%	
50m		28.	33.43	349	32.00	92%	
100m		29.	1:14.55	331	1:13.00	96%	
50m		32.	30.83	376	31.00	101%	
	, 2010 (14),						3
50m		25.	33.68	341	34.50	105%	
100m		26.	1:15.28	322	1:19.00	110%	
200m		18.	2:45.74	307	2:40.00	93%	
200m		44.	2:46.98	318	2:59.00	115%	
	, 2010 (14),						1
50m		33.	28.14	410	28.50	103%	
100m		51.	1:03.04	410	1:03.00	100%	
200m		29.	2:21.14	377	2:21.00	100%	
400m		29.	5:12.01	350	5:10.00	99%	
	, 2005 (19),						1
50m		4.	25.06	580	25.00	100%	
50m		4.	27.38	538	35.00	163%	
	, 2010 (14),						2
50m		95.	31.68	287	32.00	102%	
100m		123.	1:10.15	298	1:10.00	100%	
800m		43.	11:11.06	305	11:17.00	102%	
200m		54.	2:50.93	296	2:50.00	99%	

	, 2009 (15),								1
50m		40.	28.45	397	28.50			100%	
100m		64.	1:03.77	396	1:03.00			98%	
100m		13.	1:19.58	365	1:18.00			96%	
	, 2010 (14),								1
400m		3.	4:49.32	538	4:51.00			101%	
800m		4.	10:01.78	522	10:00.00			99%	
200m		4.	2:55.74	479	2:54.00			98%	
	, 2009 (15),								1
50m		1.	25.21	570	25.20			100%	
100m		3.	55.67	596	55.90			101%	
100m		3.	1:01.98	507	1:01.50			98%	
200m		3.	2:21.96	517	2:20.00			97%	
	, 2009 (15),								1
100m		41.	1:02.53	420	1:07.00			115%	
50m		14.	35.65	385	34.00			91%	
100m		16.	1:21.01	346	1:17.00			90%	
	, 2009 (15),								1
100m		34.	1:01.56	441	1:02.00			101%	
200m		35.	2:23.04	362	2:21.00			97%	
400m		30.	5:13.93	344	5:03.00			93%	
	, 2010 (14),								4
50m		34.	28.16	409	30.00			113%	
100m		68.	1:04.08	391	1:08.00			113%	
800m		52.	11:31.29	279	11:40.00			103%	
200m		47.	2:47.90	313	3:00.00			115%	
	, 2010 (14),								1
100m		42.	1:12.24	366	1:07.00			86%	
200m		36.	2:41.37	342	2:30.00			86%	
100m		15.	1:34.52	312	1:35.00			101%	
200m		26.	3:08.45	299	3:00.00			91%	
	, 2010 (14),								3
100m		95.	1:06.31	352	1:07.50			104%	
50m		16.	31.22	362	32.00			105%	
100m		10.	1:10.16	350	1:12.00			105%	
	, 2007 (17),								-
50m		2.	31.33	568	31.00			98%	
100m		4.	1:10.79	518	1:09.00			95%	
200m		6.	2:40.32	479	2:32.00			90%	
	, 2008 (16),								1
50m		39.	26.77	476	26.50			98%	
100m		61.	59.60	486	59.00			98%	
200m		27.	2:14.91	432	2:15.00			100%	
	, 2010 (14),								3
50m		83.	30.72	315	31.00			102%	
100m		97.	1:06.58	348	1:07.00			101%	
200m		61.	2:53.59	283	2:59.00			106%	
	, 2008 (16),								-
50m		58.	28.67	387	28.00			95%	
100m		79.	1:02.84	414	59.90			91%	
400m		12.	4:50.34	435	4:50.00			100%	
800m		13.	9:55.09	438	9:50.00			98%	
	, 2010 (14),								3
100m		93.	1:06.27	353	1:07.00			102%	
400m		25.	5:05.89	372	5:11.00			103%	
800m		28.	10:43.72	346	11:15.00			110%	
	, 2010 (14),								3
400m		6.	4:38.57	493	4:40.00			101%	
100m		4.	1:03.73	530	1:06.00			107%	
100m		2.	1:01.76	513	1:03.50			106%	
	, 2008 (16),								1
100m		55.	59.11	498	59.00			100%	
50m		15.	27.68	520	28.80			108%	
100m		14.	1:02.71	490	1:02.00			98%	
200m		15.	2:23.23	504	2:21.00			97%	
	, 2007 (17),								1
200m		18.	2:11.09	471	2:07.00			94%	
1500m		8.	18:48.79	459	17:55.00			91%	
50m		24.	31.29	426	30.00			92%	
100m		22.	1:06.80	460	1:07.00			101%	
	, 2010 (14),								1
50m		11.	29.87	493	30.00			101%	
100m		21.	1:06.48	470	1:06.00			99%	
200m		11.	2:43.79	424	2:36.00			91%	
	, 2010 (14),								1
50m		3.	28.89	545	29.35			103%	
100m		15.	1:05.37	494	1:05.00			99%	

									2
100m		31.	56.98	556	56.70			99%	
50m		9.	28.73	550	28.50			98%	
100m		9.	1:01.95	577	1:02.00			100%	
200m		9.	2:13.62	587	2:14.00			101%	
50m		20.	28.03	501	28.00			100%	
50m		9.	34.72	462	34.30			98%	-
100m		16.	1:18.38	391	1:15.00			92%	
200m		13.	2:44.68	418	2:42.00			97%	
100m		76.	1:04.74	379	1:05.00			101%	4
50m		16.	32.70	373	33.00			102%	
100m		13.	1:11.03	383	1:12.00			103%	
200m		6.	2:33.81	385	2:35.00			102%	
50m		55.	28.61	390	29.00			103%	1
100m		83.	1:04.53	382	1:04.00			98%	
800m		23.	11:48.54	259	10:20.00			77%	
50m		74.	30.28	329	28.90			91%	-
100m		90.	1:05.92	359	1:03.00			91%	
800m		18.	10:16.41	394	9:51.00			92%	
100m		51.	58.76	507	56.50			92%	-
400m		10.	4:42.62	472	4:35.00			95%	
50m		11.	27.35	539	27.00			97%	
100m		16.	1:02.91	485	1:00.00			91%	
50m		7.	29.42	516	29.00			97%	-
100m		5.	1:02.86	556	1:02.00			97%	
200m		3.	2:16.14	569	2:16.00			100%	
100m		3.	1:10.08	496	1:10.00			100%	
200m		10.	2:40.29	487	2:36.50			95%	
50m		20.	36.65	393	34.50			89%	-
100m		19.	1:19.41	376	1:14.00			87%	
200m		18.	2:55.08	347	2:44.00			88%	
100m		1.	1:00.78	615	1:00.00			97%	-
200m		2.	2:14.39	592	2:13.00			98%	
100m		2.	1:09.88	552	1:08.00			95%	
100m		50.	58.74	507	59.00			101%	2
400m		3.	4:23.97	579	4:30.00			105%	
800m		5.	9:08.13	561	9:05.00			99%	
50m		22.	31.03	440	31.00			100%	-
100m		27.	1:08.54	429	1:07.00			96%	
400m		14.	5:23.04	386	5:10.00			92%	
800m		10.	11:08.13	382	10:40.00			92%	
50m		5.	37.24	480	38.20			105%	3
100m		2.	1:21.95	479	1:23.00			103%	
200m		5.	2:57.19	467	2:59.00			102%	
50m		33.	40.30	266	41.50			106%	2
100m		26.	1:31.48	240	1:31.00			99%	
200m		22.	3:14.92	266	3:15.00			100%	
200m		72.	3:12.73	206	3:08.00			95%	
50m		4.	37.21	481	37.90			104%	2
100m		4.	1:22.36	472	1:22.50			100%	
200m		9.	3:02.31	429	3:00.00			97%	
50m		6.	28.14	590	28.00			99%	-
100m		6.	1:01.89	583	1:01.00			97%	
200m		9.	2:17.42	553	2:13.00			94%	
50m		3.	30.76	500	30.00			95%	
50m		6.	25.96	522	28.00			116%	1
200m		8.	2:10.07	482	2:04.00			91%	
50m		9.	30.14	477	27.50			83%	
100m		88.	1:08.33	322	1:08.00			99%	1
200m		31.	2:17.34	409	2:28.00			116%	

50m	, , 2010 (14) ,	10.	26.29	503	26.50	102%	1
100m		10.	57.69	535	57.00	98%	
50m	, , 2008 (16) ,	2.	24.40	629	24.80	103%	1
200m		3.	2:11.06	622	2:10.00	98%	
100m	, , 2010 (14) ,	79.	1:05.13	372	1:05.00	100%	-
200m		41.	2:27.41	331	2:27.00	99%	
50m		30.	34.38	271	34.00	98%	
200m		56.	2:51.28	294	2:45.00	93%	
200m	, , 2009 (15) ,	1.	2:35.15	529	2:34.00	99%	1
400m		1.	4:50.67	580	4:56.00	104%	
800m	, , 2010 (14) ,	12.	11:21.94	359	11:00.00	94%	1
50m		9.	38.86	422	38.00	96%	
100m		5.	1:23.73	449	1:25.00	103%	
200m		8.	3:02.14	430	3:00.00	98%	
50m	, , 2009 (15) ,	29.	28.08	412	28.00	99%	3
100m		35.	1:01.67	438	1:03.00	104%	
200m		19.	2:16.78	414	2:18.00	102%	
200m		13.	2:33.19	412	2:35.00	102%	
50m	, , 2008 (16) ,	2.	27.52	626	27.00	96%	-
100m		4.	1:00.14	631	59.00	96%	
200m		5.	2:11.84	611	2:10.00	97%	
50m	, , 2006 (18) ,	3.	27.90	606	27.90	100%	-
100m		3.	1:01.05	607	1:01.00	100%	
200m		2.	2:13.68	601	2:13.00	99%	
50m	, , 2010 (14) ,	24.	31.43	423	31.00	97%	-
100m		33.	1:09.32	415	1:06.00	91%	
50m		22.	37.03	381	36.00	95%	
50m		12.	41.02	359	41.00	100%	
200m		18.	2:53.63	383	2:50.00	96%	
50m	, , 2010 (14) ,	23.	36.78	351	40.50	121%	3
100m		22.	1:22.68	325	1:25.00	106%	
200m		16.	3:00.78	334	3:10.00	110%	
50m	, , 2009 (15) ,	22.	27.74	428	27.50	98%	2
100m		27.	1:00.86	456	1:02.00	104%	
200m		20.	2:16.92	413	2:20.00	105%	
50m		10.	30.24	399	30.00	98%	
100m	, , 2010 (14) ,	119.	1:09.42	307	1:11.00	105%	2
800m		50.	11:28.82	282	11:45.00	105%	
50m		33.	36.41	228	36.00	98%	
200m		68.	3:01.40	248	3:00.00	98%	
100m	, , 2009 (15) ,	92.	1:06.17	355	1:07.00	103%	3
200m		38.	2:42.49	345	2:43.00	101%	
400m		9.	5:46.22	343	5:50.00	102%	
50m	, , 2008 (16) ,	5.	28.28	577	28.50	102%	1
100m		8.	1:01.22	598	1:01.00	99%	
200m		12.	2:17.17	543	2:14.00	95%	
"	"						41
100m	, , 2008 (16) ,	3.	53.81	660	55.00	104%	2
200m		1.	1:56.90	664	1:57.00	100%	
100m		6.	1:00.39	623	58.00	92%	
800m	, , 2010 (14) ,	42.	11:08.98	308	10:40.00	92%	-
50m	, , 2010 (14) ,	36.	28.25	405	28.60	102%	3
100m		41.	1:02.53	420	1:12.00	133%	
200m		30.	2:21.33	375	2:30.00	113%	
50m		32.	35.20	299	32.50	85%	
50m	, , 2009 (15) ,	7.	34.25	482	33.00	93%	1
200m		2.	2:34.13	509	2:38.00	105%	
50m		13.	41.15	355	37.90	85%	

	, 2010 (14),								-
200m		46.	2:32.87	297	2:24.00		89%		
400m		32.	5:19.08	328	5:09.00		94%		
1500m		15.	21:02.49	328	20:50.00		98%		
	, 2008 (16),								1
100m		82.	1:03.95	393	1:05.00		103%		
50m		29.	36.05	278	33.00		84%		
	, 2007 (17),								-
100m		21.	56.03	584	53.80		92%		
50m		4.	27.93	599	27.46		97%		
100m		2.	59.60	648	58.31		96%		
200m		7.	2:12.72	599	2:11.04		97%		
50m		13.	27.37	538	NT		-		
	, 2009 (15),								1
50m		11.	26.30	502	26.57		102%		
100m		18.	58.84	505	57.78		96%		
100m		8.	1:06.95	402	1:05.00		94%		
	, 2010 (14),								-
50m		44.	28.73	385	28.00		95%		
100m		74.	1:04.62	381	1:01.00		89%		
200m		42.	2:27.99	327	2:15.00		83%		
400m		23.	5:04.70	376	4:40.00		84%		
	, 2010 (14),								-
50m		63.	29.81	345	28.00		88%		
400m		17.	4:56.11	410	4:39.00		89%		
800m		16.	10:12.30	402	9:45.00		91%		
1500m		11.	19:38.59	403	18:39.00		90%		
	, 2009 (15),								-
800m		8.	11:03.38	390	10:40.00		93%		
200m		10.	3:03.73	419	3:00.00		96%		
	, 2007 (17),								-
50m		1.	33.92	635	33.56		98%		
100m		1.	1:16.28	594	1:16.06		99%		
	, 2010 (14),								3
50m		1.	28.18	588	28.30		101%		
100m		4.	1:02.37	569	1:02.00		99%		
200m		6.	2:16.80	561	2:18.00		102%		
200m		1.	2:33.70	552	2:36.00		103%		
	, 2008 (16),								-
50m		2.	34.01	630	34.00		100%		
100m		2.	1:16.36	592	1:14.00		94%		
200m		1.	2:42.18	610	2:39.00		96%		
	, 2008 (16),								1
400m		2.	4:38.31	604	4:38.00		100%		
800m		2.	9:31.55	610	9:28.00		99%		
1500m		1.	18:02.62	614	18:15.00		102%		
	, 2009 (15),								-
200m		22.	2:25.36	467	2:21.92		95%		
1500m		8.	20:15.52	434	19:09.00		89%		
	, 2010 (14),								-
1500m		4.	18:23.30	492	18:00.00		96%		
	, 2005 (19),								-
50m		8.	25.99	520	25.40		96%		
100m		4.	58.99	501	58.70		99%		
50m		3.	32.91	490	32.60		98%		
	, 2009 (15),								4
50m		8.	34.52	424	36.59		112%		
100m		3.	1:15.40	429	1:17.28		105%		
200m		7.	2:48.22	415	2:55.48		109%		
400m		8.	5:43.54	351	5:55.17		107%		
	, 2007 (17),								1
400m		5.	4:42.27	579	4:40.00		98%		
800m		1.	9:26.50	626	9:35.00		103%		
1500m		2.	18:17.29	590	18:10.00		99%		
	, 2010 (14),								2
200m		23.	2:26.77	454	2:22.17		94%		
400m		7.	4:59.26	486	5:07.17		105%		
1500m		4.	19:47.89	465	19:55.17		101%		
	, 2009 (15),								-
50m		13.	30.15	480	29.00		93%		
50m		5.	33.47	516	32.50		94%		
200m		5.	2:36.94	483	2:34.43		97%		
200m		2.	2:35.34	535	2:32.23		96%		
	, 2008 (16),								1
100m		46.	58.32	518	58.00		99%		
200m		12.	2:07.17	515	2:00.08		89%		
50m		19.	27.95	505	28.28		102%		

50m	, 2010 (14),	35.	36.36	271	36.00			98%	-
50m		13.	35.63	386	35.00			96%	
50m	, 2006 (18),	18.	25.59	545	25.80			102%	1
100m		8.	55.09	615	55.00			100%	
200m		6.	2:04.28	552	2:04.00			100%	
200m		13.	2:22.34	513	2:20.00			97%	
50m	, 2010 (14),	10.	34.99	452	34.78			99%	1
100m		8.	1:14.30	459	1:14.61			101%	
200m		10.	2:41.31	444	2:39.88			98%	
50m	, 2008 (16),	1.	27.51	632	27.87			103%	2
100m		1.	1:00.13	635	59.79			99%	
200m		1.	2:08.64	675	2:10.30			103%	
400m		1.	4:32.95	641	4:31.82			99%	
200m	, 2006 (18),	3.	2:15.96	589	2:14.04			97%	-
400m		2.	4:53.34	564	4:48.83			97%	
50m	, 2009 (15),	8.	34.38	476	34.61			101%	3
100m		6.	1:13.39	476	1:14.57			103%	
200m		4.	2:36.43	487	2:38.00			102%	
100m	, 2007 (17),	25.	56.42	572	55.57			97%	3
200m		2.	1:59.41	623	2:04.10			108%	
50m		6.	28.34	573	28.42			101%	
200m		2.	2:08.77	656	2:07.35			98%	
50m		4.	26.15	617	26.33			101%	
50m	, 2010 (14),	10.	29.75	499	30.00			102%	2
800m		5.	10:07.18	508	10:15.00			103%	
200m		2.	2:54.66	488	2:54.00			99%	
200m		7.	2:38.80	500	2:37.00			98%	
100m	, 2010 (14),	63.	1:03.61	399	1:03.00			98%	-
400m		18.	4:57.26	405	4:48.00			94%	
800m		22.	10:23.22	381	9:50.00			90%	
1500m		12.	19:55.56	386	19:00.00			91%	
50m	, 2007 (17),	15.	29.77	495	29.00			95%	-
100m		17.	1:05.00	500	1:02.35			92%	
200m		18.	2:22.86	480	2:19.91			96%	
100m	, 2006 (18),	1.	53.10	687	53.25			101%	1
200m		3.	1:59.54	621	1:59.04			99%	
100m		3.	1:00.00	636	59.50			98%	
50m	, 2010 (14),	11.	35.25	442	33.50			90%	1
100m		10.	1:14.46	456	1:14.90			101%	
200m		6.	2:38.17	471	2:38.00			100%	
400m	, 2008 (16),	6.	4:50.87	529	4:40.00			93%	-
800m		4.	9:51.14	551	9:40.00			96%	
1500m		3.	19:15.91	504	18:40.00			94%	
400m	, 2009 (15),	7.	4:39.44	488	4:35.00			97%	2
800m		2.	9:20.36	525	9:28.00			103%	
1500m		2.	17:47.19	543	18:00.00			102%	
200m		8.	2:30.39	435	2:27.00			96%	
50m	, 2007 (17),	1.	27.37	637	26.42			93%	-
100m		1.	58.80	675	57.02			94%	
200m		6.	2:12.57	601	2:06.72			91%	
400m	, 2008 (16),	4.	4:41.88	582	4:30.00			92%	-
50m		13.	33.14	532	31.00			88%	
200m		5.	2:28.83	566	2:25.00			95%	
50m	, 2008 (16),	9.	25.30	564	25.00			98%	-
100m		9.	55.25	610	53.00			92%	
50m		11.	32.58	505	31.00			91%	
200m		12.	2:21.23	525	2:15.00			91%	
400m	, 2010 (14),	11.	5:02.65	470	4:55.00			95%	-
1500m		11.	20:41.59	407	19:40.00			90%	

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400m		3.	5:50.56	436	5:40.00	94%	2
50m	, , 2010 (14),	50.	29.03	373	29.00	100%	
100m		86.	1:05.69	363	1:07.00	104%	
50m		26.	33.77	339	33.00	95%	
200m		37.	2:42.42	345	2:50.00	110%	1
50m	, , 2008 (16),	54.	28.60	390	28.00	96%	
100m		74.	1:01.85	434	1:02.00	100%	
50m		34.	32.16	332	32.00	99%	
100m		22.	1:13.21	308	1:13.00	99%	1
800m	, , 2006 (18),	2.	8:59.00	590	8:50.44	97%	
200m		1.	2:07.80	671	2:08.58	101%	
50m	, , 2009 (15),	3.	29.62	502	30.00	103%	1
50m	, , 2008 (16),	7.	28.86	547	28.00	94%	-
100m		20.	1:05.17	499	1:04.00	96%	
200m		15.	2:25.09	470	2:24.25	99%	
100m	, , 2009 (15),	19.	58.93	502	57.00	94%	-
400m		4.	4:32.98	523	4:30.00	98%	
800m		6.	9:56.20	436	9:30.00	91%	-
100m	, , 2008 (16),	35.	57.37	544	56.50	97%	
400m		2.	4:20.84	600	4:16.00	96%	
800m		7.	9:16.12	537	8:45.00	89%	
"	"						110
100m	, , 2009 (15),	34.	1:09.84	405	1:08.97	98%	2
50m		12.	35.30	440	35.51	101%	
100m		14.	1:16.48	421	1:17.96	104%	
200m		14.	2:47.09	400	2:34.50	85%	
100m	, , 2009 (15),	2.	1:00.83	614	1:00.80	100%	-
400m		2.	4:45.76	558	4:43.90	99%	
100m	, , 2010 (14),	28.	1:08.56	429	1:10.00	104%	2
200m		27.	2:29.39	431	2:28.00	98%	
100m		20.	1:19.96	368	1:23.00	108%	
50m	, , 2006 (18),	10.	28.77	548	28.10	95%	-
50m	, , 2009 (15),	33.	35.71	286	34.90	96%	-
100m		29.	1:19.84	269	1:19.00	98%	
200m		21.	2:55.54	259	2:53.00	97%	
50m	, , 2009 (15),	29.	37.93	320	38.68	104%	2
100m		15.	1:20.69	350	1:23.30	107%	
100m	, , 2010 (14),	112.	1:08.28	323	1:07.00	96%	1
800m		45.	11:18.34	296	11:30.00	103%	
200m		62.	2:54.00	281	2:44.00	89%	
50m	, , 2010 (14),	100.	36.22	192	33.50	86%	-
100m		141.	1:21.52	189	1:17.00	89%	
50m		38.	46.49	173	39.00	70%	
50m	, , 2010 (14),	91.	31.31	297	31.08	99%	2
100m		122.	1:10.14	298	1:09.00	97%	
200m		48.	2:36.62	276	2:36.00	99%	
800m		44.	11:18.05	296	12:00.00	113%	
200m		53.	2:50.24	300	2:55.35	106%	
50m	, , 2008 (16),	15.	25.49	552	26.00	104%	2
100m		13.	55.37	606	56.00	102%	
200m		8.	2:04.82	545	2:04.00	99%	
400m	, , 2009 (15),	19.	4:57.59	404	5:00.00	102%	3
800m		15.	10:12.08	403	10:20.00	103%	
1500m		7.	18:51.48	456	20:00.00	112%	
50m		26.	33.62	290	32.00	91%	

100m	, , 2009 (15) ,	117.	1:09.36	308	1:05.50	89%	-
200m		47.	2:34.36	288	2:29.00	93%	
50m	, , 2007 (17) ,	46.	27.75	427	27.00	95%	1
100m		73.	1:01.54	441	59.00	92%	
50m		27.	28.88	458	28.90	100%	
100m		20.	1:05.95	421	1:05.00	97%	
50m	, , 2009 (15) ,	1.	32.85	492	33.34	103%	2
100m		1.	1:12.56	481	1:12.28	99%	
200m		3.	2:36.64	514	2:40.65	105%	
50m	, , 2008 (16) ,	17.	31.57	418	29.70	89%	-
50m		9.	32.89	409	32.83	100%	
50m	, , 2010 (14) ,	102.	37.97	167	33.00	76%	-
100m		143.	1:27.94	151	1:13.00	69%	
50m	, , 2008 (16) ,	15.	25.49	552	26.50	108%	2
100m		17.	55.80	592	55.20	98%	
200m		7.	2:04.33	552	2:04.40	100%	
100m	, , 2008 (16) ,	24.	1:08.25	434	1:06.00	94%	-
50m		7.	32.00	444	30.00	88%	
100m		2.	1:15.84	391	1:12.00	90%	
200m		12.	2:54.19	379	2:42.00	86%	
800m	, , 2010 (14) ,	61.	12:31.71	217	13:10.35	111%	3
100m		27.	1:32.01	236	1:34.12	105%	
200m		23.	3:20.17	246	3:24.37	104%	
50m	, , 2009 (15) ,	34.	41.48	244	38.00	84%	-
200m		20.	3:11.24	282	3:00.00	89%	
200m		43.	2:46.56	320	2:44.00	97%	
50m	, , 2008 (16) ,	21.	28.10	497	27.90	99%	2
100m		7.	59.39	577	59.46	100%	
200m		2.	2:15.68	537	2:20.00	106%	
200m		9.	2:20.09	538	2:19.00	98%	
50m	, , 2008 (16) ,	47.	27.84	423	27.00	94%	-
100m		62.	59.93	478	59.00	97%	
200m		23.	2:13.05	450	2:10.00	95%	
400m		13.	4:51.15	431	4:41.50	93%	
50m	, , 2010 (14) ,	37.	42.31	230	41.00	94%	-
100m		28.	1:34.01	221	1:30.00	92%	
200m		24.	3:21.78	240	3:20.00	98%	
100m	, , 2009 (15) ,	1.	55.27	609	55.84	102%	2
400m		1.	4:17.94	621	4:17.99	100%	
100m	, , 2010 (14) ,	9.	57.21	549	58.90	106%	2
200m		2.	2:04.71	547	2:09.00	107%	
400m		2.	4:29.33	545	4:28.00	99%	
100m	, , 2004 (20) ,	2.	57.30	642	55.90	95%	-
50m	, , 2010 (14) ,	19.	36.41	401	36.00	98%	3
50m		2.	36.14	525	37.32	107%	
100m		3.	1:22.31	472	1:22.48	100%	
200m		6.	2:58.53	457	3:00.08	102%	
400m	, , 2010 (14) ,	8.	4:41.57	477	4:34.00	95%	-
800m		9.	10:03.34	420	9:45.00	94%	
1500m		9.	19:20.92	422	18:45.00	94%	
100m	, , 2007 (17) ,	41.	57.98	527	57.00	97%	1
50m		17.	33.20	477	33.21	100%	
100m		10.	1:12.45	483	1:11.00	96%	
50m	, , 2004 (20) ,	1.	31.56	555	31.00	96%	-
100m		1.	1:12.77	477	1:09.00	90%	
200m		1.	2:43.45	452	2:30.00	84%	

	, 2010 (14),						4
100m		15.	58.41	516	59.00	102%	
200m		9.	2:10.97	472	2:11.00	100%	
50m		2.	33.21	477	32.50	96%	
100m		4.	1:15.56	426	1:17.00	104%	
200m		4.	2:26.37	472	2:30.00	105%	
	, 2008 (16),						-
100m		81.	1:03.46	402	58.70	86%	
50m		24.	28.60	472	28.00	96%	
200m		22.	2:34.82	399	2:30.00	94%	
	, 2008 (16),						2
50m		7.	25.14	575	24.70	97%	
50m		8.	28.63	556	29.00	103%	
50m		14.	33.05	484	32.00	94%	
50m		3.	26.04	625	27.70	113%	
	, 2008 (16),						-
100m		48.	58.57	512	57.00	95%	
50m		3.	31.62	552	31.10	97%	
100m		7.	1:11.92	494	1:10.00	95%	
	, 2008 (16),						-
50m		5.	31.86	599	30.50	92%	
100m		3.	1:07.59	610	1:07.20	99%	
200m		6.	2:28.96	564	2:25.70	96%	
	, 2009 (15),						1
50m		8.	30.12	477	30.50	103%	
100m		8.	1:07.04	455	1:06.00	97%	
	, 2010 (14),						-
100m		139.	1:15.37	240	1:07.00	79%	
400m		36.	5:42.35	265	5:09.00	81%	
800m		58.	11:41.20	268	11:18.00	93%	
50m		35.	36.85	220	34.00	85%	
	, 2008 (16),						1
50m		30.	26.24	506	27.70	111%	
50m		23.	31.13	432	29.83	92%	
	, 2010 (14),						1
100m		44.	1:12.70	359	1:11.11	96%	
800m		13.	11:47.60	321	11:43.21	99%	
100m		16.	1:36.53	293	1:33.27	93%	
200m		24.	3:01.61	334	3:03.70	102%	
	, 2009 (15),						1
100m		46.	1:13.06	354	1:07.15	84%	
50m		25.	37.88	356	37.90	100%	
100m		23.	1:21.37	349	1:13.50	82%	
200m		17.	2:53.70	356	2:35.00	80%	
	, 2010 (14),						-
100m		135.	1:13.19	262	1:06.00	81%	
200m		50.	2:39.01	263	2:24.00	82%	
100m		31.	1:20.74	261	1:14.50	85%	
	, 2010 (14),						3
200m		35.	2:38.87	358	2:50.00	115%	
100m		9.	1:28.02	386	1:26.00	95%	
200m		11.	3:12.83	362	3:15.00	102%	
50m		8.	36.51	299	37.00	103%	
	, 2010 (14),						4
100m		29.	1:01.03	452	1:02.75	106%	
200m		15.	2:14.38	437	2:14.75	101%	
400m		12.	4:49.62	438	4:54.70	104%	
50m		11.	30.41	392	31.50	107%	
	, 2010 (14),						-
100m		108.	1:07.96	327	1:04.50	90%	
200m		45.	2:30.79	309	2:24.30	92%	
400m		35.	5:34.10	285	5:05.00	83%	
100m		24.	1:14.78	328	1:14.20	98%	
	, 2007 (17),						1
800m		3.	9:50.11	554	9:48.50	99%	
50m		7.	32.15	583	32.10	100%	
200m		3.	2:33.91	495	2:37.60	105%	
	, 2009 (15),						-
50m		6.	34.00	493	32.50	91%	
100m		7.	1:13.93	466	1:12.00	95%	
50m		5.	32.47	425	31.90	97%	
100m		5.	1:15.17	402	1:10.75	89%	
	, 2009 (15),						2
100m		8.	1:04.02	526	1:04.68	102%	
200m		20.	2:24.62	475	2:23.28	98%	
200m		9.	2:39.99	489	2:40.35	100%	

400m		17.	5:17.12	334	4:52.50		85%		
800m		21.	11:10.53	306	10:30.50		88%		
100m		87.	1:05.79	361	1:06.28		101%		2
800m		47.	11:26.04	286	11:10.20		95%		
100m		25.	1:15.02	325	1:18.65		110%		
50m		8.	29.44	515	28.50		94%		
100m		10.	1:04.34	519	1:03.90		99%		
200m		16.	2:22.83	493	2:19.00		95%		
50m		6.	32.94	407	31.20		90%		
100m		23.	1:08.06	438	1:06.50		95%		
50m		25.	27.83	424	26.50		91%		
100m		40.	1:02.15	428	58.50		89%		
800m		27.	10:33.95	362	9:40.00		84%		
200m		30.	2:40.50	358	2:25.00		82%		
50m		3.	24.91	591	24.90		100%		1
50m		2.	25.59	659	25.60		100%		
50m		49.	27.96	418	27.50		97%		
100m		72.	1:01.18	449	1:00.00		96%		
400m		15.	4:53.34	422	4:47.84		96%		
800m		15.	10:04.16	419	9:50.00		95%		
50m		30.	28.10	412	27.00		92%		
100m		35.	1:01.67	438	1:01.00		98%		
200m		18.	2:37.03	382	2:30.00		91%		
50m		59.	29.51	355	27.00		84%		
100m		94.	1:06.29	353	1:01.00		85%		
200m		55.	2:51.15	295	2:30.00		77%		
50m		24.	35.33	396	32.60		85%		
100m		19.	1:23.29	318	1:13.40		78%		
200m		12.	3:06.16	306	2:45.00		79%		
50m		25.	35.48	391	35.72		101%		1
100m		20.	1:23.85	312	1:19.49		90%		
50m		31.	30.08	405	28.52		90%		
100m		23.	1:15.53	280	1:11.84		90%		
100m		2.	55.39	605	55.98		102%		3
800m		1.	9:00.44	585	9:12.00		104%		
50m		4.	29.75	496	29.67		99%		
100m		3.	1:03.12	546	1:04.43		104%		
50m		7.	30.00	483	30.17		101%		
100m		5.	1:04.63	508	1:05.26		102%		
200m		2.	2:17.55	538	2:22.99		108%		
100m		2.	1:00.92	611	1:00.30		98%		1
200m		3.	2:14.22	594	2:11.50		96%		
200m		1.	2:28.43	613	2:28.50		100%		
50m		3.	37.09	485	37.99		105%		1
100m		7.	1:24.90	430	1:24.60		99%		
50m		4.	32.40	428	31.90		97%		
100m		8.	1:20.50	327	1:13.50		83%		
50m		17.	29.90	488	30.32		103%		3
100m		13.	1:03.14	545	1:05.88		109%		
200m		13.	2:17.47	539	2:21.54		106%		
50m		9.	29.65	504	29.70		100%		1
100m		11.	1:04.64	511	1:04.50		100%		
50m		1.	30.94	492	30.90		100%		
200m		18.	2:22.96	491	2:24.50		102%		2
400m		10.	5:02.21	472	5:02.00		100%		
1500m		7.	20:14.05	435	20:40.00		104%		
50m		50.	27.98	417	28.00		100%		2
100m		68.	1:00.46	465	1:01.00		102%		

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50m		27.	33.07	361	31.70	92%	
100m		28.	1:11.34	378	1:10.96	99%	
	, 2008 (16),						-
50m		5.	28.11	592	28.10	100%	
100m		4.	1:01.13	605	1:00.60	98%	
200m		7.	2:15.82	573	2:13.50	97%	
200m		7.	2:37.70	511	2:35.60	97%	
	, 2010 (14),						-
50m		84.	30.74	314	29.00	89%	
100m		91.	1:06.10	356	1:05.00	97%	
800m		24.	10:29.86	369	9:55.00	89%	
200m		46.	2:47.71	314	2:42.00	93%	
	, 2008 (16),						-
100m		85.	1:05.59	364	1:05.00	98%	
200m		25.	2:40.92	355	2:40.00	99%	
	, 2010 (14),						-
50m		101.	36.66	185	33.00	81%	
100m		142.	1:26.04	161	1:16.00	78%	
	, 2010 (14),						-
50m		80.	30.65	317	29.50	93%	
100m		111.	1:08.17	324	1:05.00	91%	
800m		56.	11:35.64	274	11:18.00	95%	
200m		64.	2:56.46	269	2:42.00	84%	
	, 2008 (16),						1
100m		9.	1:02.40	569	1:00.70	95%	
400m		3.	4:39.43	597	4:40.60	101%	
50m		2.	30.44	516	29.60	95%	
200m		2.	2:32.75	507	2:25.70	91%	
400m		1.	5:16.04	595	5:15.10	99%	
	, 2008 (16),						-
200m		4.	2:11.40	617	2:09.50	97%	
	, 2006 (18),						-
50m		2.	31.10	644	30.54	96%	
100m		6.	1:09.56	559	1:07.11	93%	
200m		7.	2:32.32	528	2:29.50	96%	
	, 2008 (16),						-
50m		8.	37.58	467	35.20	88%	
100m		7.	1:27.50	393	1:20.00	84%	
200m		5.	3:08.62	387	2:54.00	85%	
	, 2010 (14),						-
50m		20.	27.63	433	27.10	96%	
200m		12.	2:13.39	447	2:12.00	98%	
50m		9.	30.14	477	30.10	100%	
100m		7.	1:06.56	465	1:06.10	99%	
	, 2009 (15),						-
100m		128.	1:10.46	294	1:08.00	93%	
800m		46.	11:25.34	287	11:00.00	93%	
200m		51.	2:49.83	302	2:40.00	89%	
	, 2007 (17),						-
50m		19.	30.02	482	29.00	93%	
100m		21.	1:06.68	463	1:04.00	92%	
200m		24.	2:39.05	368	2:23.00	81%	
400m		4.	5:23.90	419	5:00.00	86%	
	, 2008 (16),						-
50m		11.	34.40	358	33.95	97%	
	, 2008 (16),						-
100m		15.	1:17.79	390	1:13.40	89%	
	, 2009 (15),						-
100m		28.	1:00.98	453	58.70	93%	
50m		13.	31.02	370	29.00	87%	
100m		11.	1:10.78	341	1:03.00	79%	
200m		11.	2:31.02	430	2:25.75	93%	
	, 2010 (14),						-
50m		35.	41.67	241	38.00	83%	
100m		24.	1:27.28	276	1:24.00	93%	
200m		18.	3:06.46	304	2:59.50	93%	
200m		66.	2:59.20	257	2:50.00	90%	
	, 2008 (16),						1
100m		12.	1:02.95	554	1:03.37	101%	
200m		12.	2:20.72	515	2:18.35	97%	
	, 2010 (14),						2
100m		40.	1:11.86	372	1:11.00	98%	
50m		13.	35.62	428	36.00	102%	
100m		13.	1:16.35	423	1:16.40	100%	
200m		19.	2:55.36	346	2:45.67	89%	

	, 2007 (17),										
50m		1.	30.31	695	28.80			90%			
50m		5.	35.82	539	34.80			94%			
50m		1.	28.89	604	28.20			95%			
	, 2008 (16),										
50m		19.	31.69	413	30.82			95%			
	, 2010 (14),										
50m		77.	30.47	323	28.50			87%			
100m		127.	1:10.37	295	1:08.00			93%			
	, 2010 (14),										4
200m		16.	2:16.33	418	2:17.00			101%			
50m		13.	32.28	388	33.76			109%			
100m		10.	1:10.05	399	1:14.93			114%			
200m		5.	2:30.82	408	2:38.27			110%			
	, 2009 (15),										
200m		33.	2:36.45	375	NT			-			
400m		17.	5:31.12	359	NT			-			
50m		9.	36.66	295	NT			-			
	, 2010 (14),										3
50m		14.	32.30	387	33.50			108%			
100m		9.	1:08.39	429	1:11.00			108%			
200m		4.	2:29.48	419	2:38.00			112%			
200m		29.	2:40.30	359	2:40.00			100%			
	, 2010 (14),										
50m		90.	31.25	299	31.00			98%			
50m		6.	34.29	433	34.00			98%			
100m		12.	1:19.45	366	1:16.00			92%			
200m		8.	2:49.27	407	2:44.00			94%			
	, 2010 (14),										2
50m		7.	38.20	444	38.53			102%			
100m		6.	1:23.99	445	1:24.79			102%			
200m		7.	3:01.43	435	2:59.86			98%			
200m		20.	2:54.81	375	2:44.10			88%			
	, 2010 (14),										1
200m		28.	2:31.09	416	2:28.50			97%			
400m		13.	5:19.50	399	5:12.70			96%			
50m		15.	35.83	421	36.50			104%			
100m		15.	1:18.11	395	1:16.30			95%			
200m		16.	2:53.21	359	2:42.00			87%			
	, 2008 (16),										1
50m		10.	38.66	429	37.15			92%			
100m		5.	1:24.87	431	1:19.70			88%			
200m		3.	2:55.17	484	2:50.00			94%			
50m		10.	33.02	404	33.10			100%			
	, 2009 (15),										
50m		17.	42.08	332	41.50			97%			
100m		13.	1:31.37	345	1:28.80			94%			
200m		12.	3:13.15	361	3:08.10			95%			
200m		15.	2:52.73	389	2:48.90			96%			
	, 2010 (14),										5
100m		84.	1:05.59	364	1:06.00			101%			
50m		27.	33.90	335	34.00			101%			
100m		27.	1:15.45	319	1:17.00			104%			
50m		17.	31.23	362	31.50			102%			
100m		14.	1:12.22	321	1:14.00			105%			
	, 2010 (14),										1
100m		57.	1:03.23	407	1:05.00			106%			
50m		24.	32.79	313	32.00			95%			
100m		16.	1:18.83	246	1:12.00			83%			
200m		42.	2:46.52	320	2:44.00			97%			
	, 2010 (14),										
50m		96.	32.19	274	30.00			87%			
100m		133.	1:12.22	273	1:10.00			94%			
	, 2008 (16),										1
50m		55.	28.61	390	27.50			92%			
100m		84.	1:04.89	376	1:05.00			100%			
200m		27.	2:49.61	303	2:42.00			91%			
	, 2005 (19),										
50m		7.	25.60	544	24.80			94%			
50m		2.	31.69	549	30.10			90%			
100m		2.	1:15.51	427	1:09.70			85%			
	, 2009 (15),										1
50m		56.	29.27	364	28.83			97%			
50m		22.	32.45	323	32.60			101%			
	, 2008 (16),										1
400m		6.	4:25.56	569	4:22.00			97%			
800m		3.	9:06.97	564	9:05.00			99%			

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1500m		2.	17:31.77	567	18:00.09	105%	2
50m	, , 2010 (14) ,	1.	32.44	567	32.12	98%	
100m		1.	1:09.41	563	1:10.54	103%	
200m		1.	2:31.49	537	2:32.43	101%	
100m	, , 2009 (15) ,	7.	56.55	568	57.00	102%	2
50m		1.	27.60	525	27.00	96%	
100m		1.	1:00.01	559	1:00.90	103%	
200m		1.	2:18.24	560	2:18.00	100%	
200m	, , 2005 (19) ,	1.	2:13.02	610	2:11.20	97%	-
100m		1.	1:03.33	672	1:02.80	98%	
50m	, , 2010 (14) ,	86.	30.99	307	31.90	106%	2
100m		132.	1:12.17	273	1:12.50	101%	
50m	, , 2008 (16) ,	5.	24.89	592	25.20	103%	2
100m		14.	55.52	601	54.70	97%	
200m		11.	2:06.27	527	2:03.30	95%	
50m		8.	27.12	553	27.20	101%	
100m		10.	1:01.47	520	1:01.10	99%	
50m	, , 2010 (14) ,	36.	33.18	360	31.90	92%	1
100m		43.	1:12.27	366	1:13.40	103%	
200m		37.	2:43.77	327	2:38.93	94%	
100m	, , 2010 (14) ,	126.	1:10.33	295	1:06.00	88%	-
200m		63.	2:54.29	279	2:44.00	89%	
100m	, , 2010 (14) ,	31.	1:01.20	448	1:02.27	104%	4
50m		11.	31.96	400	32.00	100%	
200m		14.	2:37.34	359	2:30.00	91%	
200m		7.	2:28.80	449	2:30.00	102%	
400m		4.	5:21.14	430	5:52.00	120%	
100m	, , 2010 (14) ,	115.	1:09.05	312	1:06.00	91%	-
200m		59.	2:53.39	284	2:44.00	89%	
50m	, , 2007 (17) ,	11.	28.80	546	27.50	91%	-
100m		12.	1:03.10	546	1:00.00	90%	
100m		11.	1:01.67	515	1:00.00	95%	
50m	, , 2010 (14) ,	22.	37.03	381	36.36	96%	-
100m		18.	1:19.11	380	1:17.25	95%	
200m		15.	2:50.97	373	2:45.79	94%	
50m	, , 2010 (14) ,	18.	30.34	471	30.50	101%	1
100m		24.	1:07.64	446	1:07.00	98%	
50m		10.	39.73	395	37.30	88%	
100m		10.	1:29.09	372	1:25.00	91%	
50m	, , 2009 (15) ,	42.	28.64	389	26.50	86%	-
100m		50.	1:03.00	411	59.00	88%	
800m		7.	9:58.23	431	9:40.00	94%	
200m		17.	2:36.57	386	2:25.75	87%	
-							17
50m	, , 2007 (17) ,	21.	25.73	536	25.00	94%	-
100m		53.	58.97	501	57.00	93%	
50m		23.	28.56	474	27.00	89%	
50m	, , 2010 (14) ,	3.	32.73	552	32.10	96%	1
100m		3.	1:10.63	534	1:10.85	101%	
200m		3.	2:34.86	502	2:30.46	94%	
50m	, , 2009 (15) ,	3.	25.82	531	25.15	95%	-
100m		6.	56.53	569	55.68	97%	
200m		6.	2:08.75	497	2:06.50	97%	
400m		11.	4:46.10	455	4:33.15	91%	
100m	, , 2009 (15) ,	18.	1:05.92	482	1:04.48	96%	-
200m		13.	2:20.80	514	2:19.65	98%	

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	, , 2010 (14),							3
1500m		16.	21:28.14	309	21:03.62		96%	
50m		31.	34.70	312	35.16		103%	
100m		23.	1:13.77	342	1:14.24		101%	
200m		12.	2:36.36	366	2:40.25		105%	
	, , 2007 (17),							-
100m		10.	1:10.95	527	1:09.18		95%	
200m		8.	2:33.53	515	2:29.18		94%	
	, , 2007 (17),							3
100m		5.	54.35	640	56.00		106%	
100m		5.	59.26	581	1:00.90		106%	
200m		1.	2:14.27	612	2:18.71		107%	
	, , 2008 (16),							1
50m		2.	27.58	627	27.97		103%	
50m		5.	31.86	599	30.60		92%	
100m		4.	1:08.96	574	1:08.65		99%	
	, , 2010 (14),							2
100m		13.	58.38	517	58.17		99%	
200m		7.	2:09.41	489	2:09.61		100%	
50m		6.	29.19	444	29.12		100%	
200m		5.	2:27.53	461	2:28.65		102%	
	, , 2009 (15),							3
50m		2.	29.09	530	29.50		103%	
100m		1.	1:02.20	570	1:02.50		101%	
200m		1.	2:15.52	563	2:17.00		102%	
	, , 2007 (17),							-
50m		21.	30.13	477	29.20		94%	
100m		14.	1:04.35	515	1:03.00		96%	
200m		14.	2:19.41	517	2:17.00		97%	
	, , 2006 (18),							2
50m		3.	24.74	603	24.90		101%	
50m		6.	31.88	539	32.50		104%	
	, , 2008 (16),							2
400m		4.	4:25.15	571	4:25.65		100%	
800m		6.	9:15.82	538	9:09.48		98%	
1500m		4.	17:38.16	557	17:44.26		101%	
	, , 2006 (18),							-
50m		4.	31.64	551	31.00		96%	
100m		2.	1:09.98	536	1:08.71		96%	
200m		11.	2:20.96	528	2:19.00		97%	