

						%	PB
							-
							-
100m	, , 2009 (16) ,	3.	1:01.75	461	1:01.00	98%	
100m		5.	1:04.81	439	1:04.00	98%	
"	"						121
400m	, , 2013 (12) ,	31.	5:55.07	213	5:30.00	86%	-
	, , 2012 (13) ,						-
50m		3.	28.33	523	28.30	100%	
100m		2.	1:02.70	514	1:02.10	98%	
200m		5.	2:20.46	484	2:18.00	97%	
	, , 2014 (11) ,						-
100m		49.	1:21.53	166	1:16.00	87%	
200m		42.	2:51.50	190	2:42.00	89%	
400m		36.	6:19.15	175	5:50.00	85%	
800m		74.	12:48.71	188	11:45.00	84%	
	, , 2012 (13) ,						-
100m		24.	1:09.50	268	1:07.00	93%	
200m		30.	2:34.83	258	2:30.00	94%	
800m		63.	12:07.58	221	10:40.00	77%	
200m		9.	2:49.99	239	2:40.00	89%	
	, , 2013 (12) ,						3
200m		26.	2:32.36	271	2:37.00	106%	
800m		36.	11:02.24	294	11:25.00	107%	
100m		20.	1:18.98	242	1:25.00	116%	
	, , 2012 (13) ,						1
100m		3.	1:02.77	513	1:03.00	101%	
200m		2.	2:16.95	522	2:15.00	97%	
50m		3.	36.14	483	35.50	96%	
100m		4.	1:18.82	495	1:17.50	97%	
	, , 2012 (13) ,						4
100m		9.	1:03.00	360	1:06.00	110%	
200m		8.	2:17.79	366	2:25.00	111%	
400m		6.	4:47.17	403	5:00.00	109%	
800m		8.	10:04.27	387	10:33.00	110%	
	, , 2014 (11) ,						-
800m		76.	13:17.10	168	12:15.00	85%	
100m		20.	1:27.83	166	1:22.00	87%	
200m		12.	3:07.80	177	2:57.00	89%	
200m		21.	3:20.38	160	3:10.00	90%	
	, , 2011 (14) ,						3
100m		17.	59.40	430	1:00.00	102%	
200m		11.	2:10.37	432	2:13.00	104%	
100m		12.	1:06.18	412	1:05.00	96%	
200m		10.	2:25.75	416	2:33.00	110%	
	, , 2010 (15) ,						-
50m		4.	31.41	442	30.40	94%	
	, , 2012 (13) ,						3
100m		2.	57.29	479	58.00	102%	
200m		1.	2:05.48	485	2:07.00	102%	
400m		1.	4:31.97	475	4:30.00	99%	
800m		1.	9:21.30	483	9:50.00	110%	
	, , 2013 (12) ,						1
50m		15.	35.86	170	35.00	95%	
100m		48.	1:21.06	169	1:15.00	86%	
200m		44.	2:54.21	181	2:55.00	101%	
800m		73.	12:46.66	189	12:20.00	93%	
	, , 2010 (15) ,						2
100m		7.	57.28	479	57.40	100%	
200m		8.	2:05.24	488	2:09.00	106%	
	, , 2013 (12) ,						2
50m		8.	30.80	269	31.00	101%	
100m		27.	1:10.16	261	1:10.00	100%	
200m		28.	2:34.38	260	2:38.00	105%	
800m		53.	11:41.76	247	11:35.00	98%	
	, , 2010 (15) ,						-
100m		24.	1:01.76	382	1:00.00	94%	
200m		20.	2:19.25	355	2:12.00	90%	

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400m		10.	4:54.80	373	4:42.00	92%
50m	, , 2012 (13),	1.	34.75	544	35.70	106%
100m		2.	1:15.55	562	1:17.30	105%
200m		2.	2:42.76	539	2:47.20	106%
100m		5.	1:12.32	442	1:12.50	100%
400m	, , 2014 (11),	16.	5:16.72	300	5:30.00	109%
800m		24.	10:48.18	313	11:20.00	110%
50m		13.	37.14	189	36.00	94%
200m		15.	2:54.53	242	3:02.00	109%
50m	, , 2006 (19),	3.	25.48	476	24.50	92%
100m		2.	56.60	497	53.00	88%
100m		1.	56.44	604	56.00	98%
200m		1.	2:12.36	526	2:10.00	96%
100m	, , 2011 (14),	5.	57.27	479	57.60	101%
200m		6.	2:03.84	504	2:06.00	104%
400m		4.	4:30.96	480	4:24.00	95%
100m	, , 2013 (12),	52.	1:22.12	162	1:20.00	95%
800m		70.	12:38.80	195	12:20.00	95%
100m		10.	1:34.89	197	1:32.00	94%
200m		8.	3:21.00	213	3:20.00	99%
100m	, , 2010 (15),	21.	1:00.32	410	56.80	89%
50m		6.	28.16	433	26.60	89%
100m		16.	1:08.62	370	1:06.00	93%
200m	, , 2014 (11),	37.	2:43.05	221	2:38.00	94%
400m		32.	5:58.85	206	5:40.00	90%
800m		58.	11:51.38	237	11:40.00	97%
1500m		19.	23:21.89	220	20:22.30	76%
50m	, , 2010 (15),	1.	24.43	540	25.00	105%
100m		1.	53.13	601	53.50	101%
50m		2.	30.84	529	33.00	114%
200m	, , 2013 (12),	4.	2:20.19	487	2:16.00	94%
400m		2.	4:54.61	477	4:45.00	94%
800m		1.	10:03.34	495	9:50.00	96%
1500m		1.	18:54.35	513	19:00.00	101%
200m	, , 2010 (15),	5.	2:13.26	567	2:11.00	97%
400m		4.	4:41.57	546	4:50.50	106%
50m		7.	32.57	397	34.00	109%
100m		6.	1:11.44	459	1:12.90	104%
50m	, , 2012 (13),	2.	29.59	374	30.00	103%
100m		2.	1:08.03	344	1:09.00	103%
200m		2.	2:33.77	335	2:48.00	119%
100m		4.	1:10.40	342	1:15.00	113%
200m	, , 2012 (13),	27.	2:33.30	266	2:25.00	89%
400m		23.	5:29.66	266	5:10.00	88%
800m		28.	10:53.78	305	10:40.00	96%
1500m		16.	21:58.47	265	20:50.00	90%
100m	, , 2014 (11),	14.	1:06.12	311	1:07.50	104%
200m		11.	2:23.97	321	2:25.00	101%
400m		14.	5:08.41	325	5:10.00	101%
800m		22.	10:38.21	328	10:40.00	101%
100m	, , 2013 (12),	25.	1:09.55	267	1:10.00	101%
800m		44.	11:24.18	266	11:30.00	102%
100m		5.	1:15.30	264	1:16.00	102%
200m		6.	2:44.66	263	2:45.00	100%
50m	, , 2012 (13),	1.	28.18	531	28.90	105%
50m		1.	29.38	541	29.00	97%
100m		2.	1:08.97	510	1:09.00	100%
200m		2.	2:31.62	516	2:28.00	95%

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100m		37.	1:29.22	168	1:30.00	102%	
100m	, , 2010 (15),	2.	54.48	557	56.00	106%	3
100m		5.	1:01.00	497	1:01.00	100%	
50m		4.	26.90	497	27.50	105%	
100m		2.	1:02.28	495	1:04.00	106%	
100m	, , 2013 (12),	22.	1:09.41	269	1:09.00	99%	3
200m		18.	2:29.08	289	2:30.00	101%	
800m		35.	11:01.96	294	11:15.50	104%	
100m		23.	1:19.84	235	1:23.00	108%	
100m	, , 2014 (11),	31.	1:12.16	239	1:10.00	94%	2
800m		52.	11:39.64	249	11:25.50	96%	
50m		10.	35.04	225	36.00	106%	
100m		24.	1:19.95	234	1:24.00	110%	
50m	, , 2014 (11),	9.	38.93	263	38.00	95%	-
100m		6.	1:25.93	266	1:21.00	89%	
200m		5.	3:01.68	289	2:57.00	95%	
100m		27.	1:21.58	220	1:18.50	93%	
200m	, , 2014 (11),	32.	2:37.65	244	2:40.00	103%	3
800m		42.	11:16.63	275	11:45.00	109%	
100m		28.	1:21.81	218	1:23.00	103%	
200m		18.	2:59.26	224	2:59.00	100%	
50m	, , 2013 (12),	2.	28.17	352	28.50	102%	1
200m		5.	2:15.00	389	2:14.00	99%	
400m		2.	4:41.88	426	4:40.00	99%	
1500m		4.	18:42.70	429	18:01.00	93%	
50m	, , 2013 (12),	5.	29.91	444	28.80	93%	1
100m		5.	1:04.39	475	1:02.00	93%	
200m		10.	2:23.80	451	2:25.00	102%	
400m		10.	5:12.87	398	5:05.00	95%	
50m	, , 2011 (14),	2.	27.86	550	28.40	104%	1
200m		7.	2:16.47	528	2:11.00	92%	
100m	, , 2007 (18),	4.	54.35	561	53.00	95%	-
100m	, , 2014 (11),	35.	1:13.48	227	1:14.00	101%	3
800m		45.	11:25.75	264	12:10.00	113%	
100m		9.	1:18.49	233	1:18.00	99%	
100m		30.	1:23.00	209	1:24.00	102%	
50m	, , 2013 (12),	9.	32.44	230	34.00	110%	3
100m		37.	1:13.83	224	1:18.00	112%	
50m		12.	36.29	202	38.00	110%	
100m	, , 2009 (16),	3.	53.69	582	53.60	100%	-
200m		3.	2:01.35	536	1:59.00	96%	
100m		3.	1:02.49	490	1:02.00	98%	
400m	, , 2013 (12),	9.	5:11.26	404	5:25.00	109%	3
50m		4.	33.02	381	32.40	96%	
100m		15.	1:16.87	368	1:18.00	103%	
200m		8.	2:44.98	400	2:45.00	100%	
400m	, , 2014 (11),	18.	5:19.22	293	5:25.00	104%	2
200m		12.	2:53.99	245	2:49.00	94%	
400m		9.	6:02.02	272	6:04.00	101%	
50m	, , 2010 (15),	10.	27.12	395	27.00	99%	2
100m		20.	59.94	418	59.50	99%	
50m		11.	35.01	361	38.00	118%	
50m		7.	29.94	361	32.00	114%	
50m	, , 2012 (13),	2.	28.21	530	28.00	99%	-
100m		4.	1:03.24	501	1:01.00	93%	
200m		3.	2:18.75	502	2:16.00	96%	
400m		5.	4:58.83	457	4:50.00	94%	

	, 2010 (15),						-
50m		2.	25.40	480	24.50	93%	
100m		3.	56.58	497	54.70	93%	
100m		10.	1:05.17	407	1:04.00	96%	
100m		3.	1:03.29	472	1:00.00	90%	
	, 2012 (13),						-
100m		19.	1:08.47	280	1:08.00	99%	
200m		22.	2:30.59	280	2:26.00	94%	
400m		17.	5:18.76	295	5:15.00	98%	
800m		39.	11:08.75	285	10:50.00	94%	
	, 2011 (14),						-
100m		13.	58.72	445	58.00	98%	
50m		5.	30.08	397	29.20	94%	
100m		11.	1:05.52	401	1:03.00	92%	
200m		7.	2:20.70	423	2:16.00	93%	
	, 2009 (16),						1
100m		10.	59.01	438	58.50	98%	
200m		6.	2:08.44	452	2:10.00	102%	
800m		3.	9:21.94	481	9:10.00	96%	
200m		3.	2:20.87	421	2:20.00	99%	
	, 2014 (11),						-
50m		10.	39.20	257	39.00	99%	
50m		11.	35.18	222	34.50	96%	
100m		21.	1:19.14	241	1:19.00	100%	
200m		11.	2:52.21	252	2:51.00	99%	
	, 2011 (14),						1
100m		5.	1:03.74	489	1:04.00	101%	
200m		8.	2:18.94	500	2:18.00	99%	
400m		6.	4:58.87	457	4:55.00	97%	
	, 2011 (14),						-
400m		9.	4:52.98	380	4:45.00	95%	
800m		13.	10:17.70	362	9:50.00	91%	
1500m		6.	19:40.28	369	19:00.00	93%	
100m		18.	1:13.93	279	1:10.00	90%	
	, 2013 (12),						-
100m		46.	1:19.85	177	1:15.00	88%	
800m		69.	12:32.06	200	12:30.00	99%	
100m		23.	1:33.02	140	1:26.00	85%	
	, 2014 (11),						1
800m		50.	11:35.31	254	11:49.00	104%	
100m		8.	1:17.69	240	1:16.00	96%	
200m		8.	2:46.65	254	2:40.00	92%	
200m		19.	3:00.46	219	2:55.00	94%	
	, 2010 (15),						1
50m		6.	26.52	422	27.00	104%	
100m		12.	58.26	455	58.00	99%	
100m		13.	1:08.09	357	1:06.00	94%	
100m		17.	1:09.45	357	1:09.00	99%	
	, 2014 (11),						1
50m		5.	35.69	353	36.50	105%	
100m		13.	1:21.73	288	1:20.50	97%	
200m		15.	2:59.42	284	2:48.00	88%	
100m		30.	1:25.16	271	1:25.00	100%	
	, 2011 (14),						-
200m		2.	2:00.84	543	1:59.00	97%	
400m		1.	4:16.07	569	4:10.00	95%	
800m		1.	8:48.36	579	8:30.00	93%	
1500m		3.	17:01.77	569	17:00.00	100%	
	, 2013 (12),						-
200m		8.	2:22.47	464	2:16.00	91%	
400m		1.	4:53.29	483	4:45.00	94%	
800m		2.	10:07.96	484	10:00.00	97%	
1500m		5.	19:39.51	456	19:10.00	95%	
	, 2014 (11),						-
100m		47.	1:20.28	174	1:17.60	93%	
400m		33.	6:00.93	203	5:45.00	91%	
800m		64.	12:09.75	219	12:02.00	98%	
100m		17.	1:26.03	177	1:25.00	98%	
	, 2011 (14),						1
100m		7.	1:06.66	428	1:04.00	92%	
200m		9.	2:22.29	465	2:20.00	97%	
400m		7.	5:03.87	435	5:10.00	104%	

						-
						-
						-
100m	, 2013 (12),	1.	1:04.29	593	1:02.50	95%
100m		1.	1:08.50	520	1:04.00	87%
200m		1.	2:27.86	556	2:24.00	95%
						2
50m	, 2014 (11),	5.	37.31	439	36.50	96%
100m		5.	1:19.63	480	1:20.00	101%
200m		4.	2:50.06	472	2:50.00	100%
100m		4.	1:12.07	447	1:13.00	103%
						-
50m	, 2012 (13),	1.	32.22	480	32.00	99%
100m		4.	1:10.94	441	1:10.00	97%
200m		3.	2:33.83	451	2:32.00	98%
100m		9.	1:13.27	425	1:11.00	94%
						-
50m	, 2011 (14),	9.	27.05	398	26.50	96%
100m		14.	59.06	437	58.00	96%
200m		19.	2:18.23	363	2:11.00	90%
						193
						1
100m	, 2008 (17),	9.	57.43	475	58.00	102%
400m		3.	4:28.98	491	4:20.00	93%
800m		2.	9:20.59	485	9:15.00	98%
200m		2.	2:40.51	419	2:34.00	92%
						2
800m	, 2012 (13),	38.	11:04.40	291	11:00.00	99%
50m		9.	34.24	241	34.00	99%
100m		15.	1:16.50	267	1:18.00	104%
200m		8.	2:49.27	266	2:55.00	107%
						2
100m	, 2014 (11),	43.	1:18.98	182	1:21.00	105%
200m		41.	2:49.65	196	3:00.00	113%
800m		72.	12:45.83	190	12:30.00	96%
100m		12.	1:39.21	172	1:35.00	92%
						1
100m	, 2013 (12),	36.	1:13.58	226	1:14.00	101%
200m		40.	2:48.55	200	2:38.00	88%
800m		71.	12:44.84	190	12:24.00	95%
100m		38.	1:29.54	166	1:23.00	86%
						2
50m	, 2014 (11),	6.	30.34	426	30.90	104%
100m		8.	1:08.68	391	1:09.00	101%
200m		13.	2:30.26	395	2:29.00	98%
50m		6.	34.97	320	33.50	92%
						3
100m	, 2013 (12),	30.	1:12.14	240	1:15.00	108%
800m		48.	11:33.11	256	12:15.00	112%
50m		14.	37.37	185	36.00	93%
100m		32.	1:25.66	190	1:33.00	118%
						4
100m	, 2014 (11),	12.	1:05.88	315	1:09.00	110%
50m		4.	34.83	255	37.00	113%
100m		6.	1:16.36	253	1:20.00	110%
100m		14.	1:16.44	267	1:21.00	112%
						2
100m	, 2014 (11),	11.	1:11.53	346	1:10.00	96%
100m		10.	1:18.91	320	1:18.00	98%
200m		13.	2:55.29	305	2:56.00	101%
200m		20.	3:01.38	301	3:07.00	106%
						4
50m	, 2011 (14),	3.	28.53	512	28.60	100%
100m		2.	1:00.68	567	1:02.00	104%
200m		6.	2:16.16	531	2:18.00	103%
200m		2.	2:53.84	442	2:55.00	101%
						1
400m	, 2012 (13),	11.	5:14.79	391	5:10.00	97%
100m		18.	1:19.50	333	1:15.00	89%
200m		15.	2:52.86	348	2:45.00	91%
400m		4.	5:57.90	363	6:00.00	101%
						1
100m	, 2013 (12),	5.	1:14.98	257	1:13.00	95%
200m		3.	2:45.55	268	2:40.00	93%
100m		18.	1:17.07	261	1:21.00	110%
400m		8.	5:55.06	289	5:43.00	93%

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2025 .

	, , 2012 (13),						2
100m		15.	1:06.20	310	1:04.00	93%	
200m		21.	2:30.26	282	2:34.00	105%	
800m		62.	12:05.08	224	11:45.00	95%	
100m		9.	1:15.41	279	1:20.00	113%	
	, , 2011 (14),						-
50m		5.	29.49	463	29.00	97%	
800m		3.	10:05.07	491	10:00.00	98%	
50m		6.	32.49	400	31.00	91%	
100m		7.	1:13.50	421	1:13.00	99%	
	, , 2010 (15),						1
200m		14.	2:13.00	407	2:07.00	91%	
800m		7.	9:41.61	434	9:15.00	91%	
100m		9.	1:11.16	301	1:06.00	86%	
100m		14.	1:07.33	392	1:08.00	102%	
	, , 2013 (12),						1
100m		33.	1:12.96	232	1:10.16	92%	
400m		29.	5:42.03	238	5:03.00	78%	
800m		59.	12:00.36	228	12:36.00	110%	
100m		14.	1:24.21	189	1:15.18	80%	
	, , 2014 (11),						2
100m		16.	1:16.81	279	1:22.00	114%	
200m		21.	2:47.77	284	2:59.00	114%	
50m		8.	40.13	212	39.00	94%	
100m		34.	1:30.39	226	1:25.00	88%	
	, , 2014 (11),						1
100m		14.	1:12.87	327	1:20.00	121%	
400m		19.	5:40.68	308	5:25.00	91%	
200m		12.	3:22.81	278	3:11.00	89%	
200m		24.	3:04.68	285	3:00.00	95%	
	, , 2014 (11),						2
800m		26.	10:50.57	310	11:22.00	110%	
1500m		12.	20:22.92	332	20:47.00	104%	
100m		13.	1:16.16	270	1:16.00	100%	
400m		6.	5:49.73	302	5:45.00	97%	
	, , 2010 (15),						2
50m		10.	31.75	337	30.50	92%	
100m		12.	1:06.83	378	1:08.50	105%	
200m		11.	2:30.52	345	2:30.00	99%	
200m		14.	2:34.22	351	2:41.00	109%	
	, , 2013 (12),						-
200m		33.	2:38.40	241	2:36.33	97%	
400m		24.	5:30.13	265	5:23.90	96%	
	, , 2010 (15),						2
100m		8.	57.52	473	57.00	98%	
200m		9.	2:07.91	458	2:08.00	100%	
100m		5.	1:04.18	452	1:04.00	99%	
200m		7.	2:21.89	451	2:31.00	113%	
	, , 2008 (17),						2
200m		1.	2:27.62	511	2:25.90	98%	
200m		1.	2:52.67	451	2:56.40	104%	
200m		1.	2:30.19	501	2:33.62	105%	
100m		2.	1:11.87	450	1:11.50	99%	
	, , 2012 (13),						1
100m		7.	1:02.81	363	1:05.00	107%	
800m		34.	11:01.78	294	11:00.00	99%	
50m		3.	31.56	308	31.00	96%	
100m		5.	1:10.93	335	1:10.00	97%	
	, , 2009 (16),						1
100m		8.	57.19	481	56.00	96%	
200m		5.	2:03.76	505	2:02.00	97%	
800m		DNF		-	10:11.00	-	
100m		6.	1:05.72	421	1:10.00	113%	
	, , 2010 (15),						1
100m		28.	1:03.23	356	1:01.00	93%	
50m		6.	31.70	487	35.00	122%	
100m		6.	1:12.84	437	1:12.00	98%	
200m		5.	2:45.05	385	2:41.00	95%	
	, , 2014 (11),						1
100m		15.	1:35.26	280	1:34.00	97%	
200m		13.	3:26.37	264	3:19.00	93%	
100m		24.	1:23.15	291	1:28.00	112%	
200m		22.	3:02.17	297	2:59.00	97%	

						1
100m	31.	1:05.10	326	1:02.00	91%	
50m	9.	31.06	360	30.00	93%	
100m	16.	1:09.06	342	1:08.00	97%	
200m	10.	2:29.47	352	2:30.00	101%	
						-
100m	42.	1:18.35	187	1:14.00	89%	
800m	61.	12:04.60	224	11:55.00	97%	
100m	19.	1:27.35	169	1:20.00	84%	
100m	36.	1:28.37	173	1:22.00	86%	
						1
50m	3.	25.47	476	25.00	96%	
100m	4.	56.88	489	56.50	99%	
200m	13.	2:12.82	409	2:07.00	91%	
200m	13.	2:33.52	356	2:40.00	109%	
						1
200m	20.	2:43.54	306	2:50.00	108%	
400m	21.	5:46.43	293	5:25.00	88%	
100m	4.	1:24.97	238	1:20.00	89%	
						2
100m	23.	1:01.56	386	1:02.00	101%	
800m	11.	10:11.72	373	10:05.00	98%	
100m	14.	1:08.63	349	1:10.00	104%	
100m	20.	1:10.90	335	1:10.00	97%	
						3
50m	12.	34.03	199	35.07	106%	
100m	41.	1:17.61	192	1:20.73	108%	
50m	8.	43.78	128	44.00	101%	
						1
100m	1.	1:00.87	562	1:01.50	102%	
100m	3.	1:08.68	486	1:08.44	99%	
200m	2.	2:30.42	483	2:30.00	99%	
200m	3.	2:33.64	496	2:32.00	98%	
						2
100m	40.	1:16.40	202	1:15.00	96%	
800m	51.	11:38.20	251	12:15.00	111%	
100m	18.	1:26.21	176	1:23.00	93%	
100m	33.	1:25.73	189	1:33.00	118%	
						2
800m	16.	12:55.42	233	13:15.00	105%	
200m	16.	3:04.23	263	3:06.00	102%	
100m	35.	1:30.75	223	1:29.00	96%	
						-
50m	1.	23.80	584	23.00	93%	
200m	2.	2:00.29	550	1:54.00	90%	
100m	2.	59.12	525	56.00	90%	
200m	3.	2:24.72	425	2:15.00	87%	
						3
50m	4.	29.18	435	29.50	102%	
50m	2.	31.12	515	31.00	99%	
100m	2.	1:09.61	500	1:10.00	101%	
200m	1.	2:35.70	459	2:43.00	110%	
						1
50m	4.	37.28	299	36.00	93%	
100m	4.	1:22.19	304	1:19.00	92%	
200m	2.	2:54.85	324	2:53.00	98%	
200m	10.	2:50.29	261	2:57.00	108%	
						4
100m	12.	1:34.21	290	1:40.00	113%	
200m	10.	3:17.56	301	3:40.00	124%	
100m	28.	1:24.54	277	1:29.30	112%	
200m	26.	3:06.79	276	3:15.00	109%	
						-
50m	4.	25.58	470	25.40	99%	
100m	9.	57.59	472	56.80	97%	
50m	8.	32.36	285	28.50	78%	
						-
50m	7.	26.54	421	26.00	96%	
100m	18.	59.46	428	57.50	94%	
						2
200m	14.	2:25.82	309	2:23.00	96%	
400m	9.	4:58.48	359	4:55.00	98%	
800m	10.	10:08.29	379	10:10.00	101%	
1500m	6.	19:12.54	396	19:20.00	101%	

	, 2012 (13),						3
50m		1.	27.59	375	27.50	99%	
100m		5.	1:00.88	399	1:02.00	104%	
50m		3.	36.37	322	40.00	121%	
50m		1.	29.32	384	29.70	103%	
	, 2012 (13),						1
100m		11.	1:05.59	319	1:04.00	95%	
800m		21.	10:34.96	333	10:45.00	103%	
100m		8.	1:14.43	290	1:14.00	99%	
400m		7.	5:55.03	289	5:45.00	94%	
	, 2011 (14),						2
100m		25.	1:01.89	380	1:07.00	117%	
50m		10.	32.40	456	34.00	110%	
100m		7.	1:13.58	424	1:13.00	98%	
	, 2008 (17),						1
50m		2.	26.79	562	26.57	98%	
200m		1.	2:07.38	570	2:04.30	95%	
50m		1.	25.68	572	28.00	119%	
	, 2014 (11),						3
100m		32.	1:12.18	239	1:10.00	94%	
50m		5.	34.84	255	37.50	116%	
100m		10.	1:18.96	229	1:20.00	103%	
200m		10.	2:51.31	234	2:55.00	104%	
	, 2010 (15),						-
50m		1.	32.92	450	31.50	92%	
100m		2.	1:11.91	423	1:09.30	93%	
	, 2013 (12),						-
200m		3.	2:42.10	276	2:34.80	91%	
100m		8.	1:20.24	210	1:13.80	85%	
	, 2012 (13),						2
400m		6.	5:04.06	434	4:59.00	97%	
800m		6.	10:36.18	422	10:45.00	103%	
100m		11.	1:13.87	415	1:14.00	100%	
200m		10.	2:45.26	398	2:38.00	91%	
	, 2009 (16),						1
50m		5.	29.80	408	29.00	95%	
100m		3.	1:01.94	475	1:02.50	102%	
200m		2.	2:14.55	483	2:13.00	98%	
	, 2012 (13),						3
100m		7.	1:14.64	379	1:16.00	104%	
200m		5.	2:39.57	404	2:45.00	107%	
100m		13.	1:16.33	376	1:16.00	99%	
200m		9.	2:45.21	399	2:48.00	103%	
	, 2012 (13),						1
800m		19.	10:25.65	348	10:30.00	101%	
50m		8.	34.18	242	33.00	93%	
100m		11.	1:15.98	272	1:12.00	90%	
200m		4.	2:43.01	297	2:42.00	99%	
	, 2011 (14),						1
50m		4.	30.06	397	29.35	95%	
100m		8.	1:06.48	369	1:05.00	96%	
200m		2.	2:37.30	313	2:30.00	91%	
100m		6.	1:04.34	449	1:05.50	104%	
	, 2013 (12),						4
200m		34.	2:38.65	240	2:39.05	101%	
400m		28.	5:33.85	256	5:55.59	113%	
800m		46.	11:26.68	263	12:19.67	116%	
100m		29.	1:22.89	210	1:26.15	108%	
	, 2013 (12),						2
800m		77.	13:21.33	166	13:12.00	98%	
200m		9.	3:23.90	204	3:18.00	94%	
100m		34.	1:26.20	186	1:28.28	105%	
200m		20.	3:13.70	177	3:17.00	103%	
	, 2013 (12),						3
200m		24.	2:31.30	276	2:42.00	115%	
100m		9.	1:20.62	207	1:20.00	98%	
200m		4.	3:01.14	205	3:20.00	122%	
100m		25.	1:19.97	234	1:27.00	118%	
	, 2010 (15),						1
100m		1.	59.29	608	59.00	99%	
200m		1.	2:08.42	633	2:06.00	96%	
400m		1.	4:34.96	587	4:30.00	96%	
50m		1.	29.25	548	29.50	102%	

100m		31.	1:26.89	255	1:25.00	96%	
800m	, , 2014 (11),	32.	10:59.84	297	11:10.00	103%	2
100m		11.	1:21.35	209	1:19.00	94%	
100m		25.	1:19.97	234	1:22.00	105%	
50m	, , 2010 (15),	12.	35.56	345	36.50	105%	2
100m		18.	1:09.85	351	1:14.00	112%	
50m	, , 2011 (14),	3.	29.44	423	29.00	97%	1
100m		7.	1:03.45	441	1:03.00	99%	
200m		5.	2:16.60	462	2:17.00	101%	
200m		9.	2:25.30	420	2:21.50	95%	
200m	, , 2013 (12),	19.	2:29.78	285	2:31.00	102%	3
800m		29.	10:54.41	304	10:53.00	100%	
100m		19.	1:17.15	260	1:19.00	105%	
200m		5.	2:45.38	285	2:55.00	112%	
100m	, , 2012 (13),	6.	1:02.15	375	1:01.00	96%	3
200m		4.	2:14.87	390	2:15.00	100%	
400m		2.	4:41.88	426	4:43.00	101%	
800m		4.	9:40.81	436	10:00.00	107%	
800m	, , 2010 (15),	4.	11:07.18	366	11:30.00	107%	3
50m		1.	38.24	408	40.00	109%	
100m		2.	1:23.91	410	1:30.00	115%	
400m	, , 2014 (11),	34.	6:01.35	202	6:15.79	108%	3
800m		68.	12:27.40	204	12:54.00	107%	
100m		39.	1:37.29	129	1:31.00	87%	
400m		12.	7:03.86	170	7:12.00	104%	
50m	, , 2014 (11),	6.	35.73	352	37.95	113%	4
100m		9.	1:17.09	344	1:21.84	113%	
200m		8.	2:48.72	342	3:00.50	114%	
100m		23.	1:21.92	304	1:27.38	114%	
100m	, , 2014 (11),	17.	1:28.37	228	1:24.00	90%	-
100m		13.	1:35.06	282	1:29.00	88%	
100m		32.	1:27.80	247	1:23.00	89%	
200m		28.	3:11.06	257	3:06.00	95%	
200m	, , 2010 (15),	18.	2:17.71	367	2:20.00	103%	3
800m		12.	10:14.53	368	10:50.00	112%	
100m		19.	1:09.99	349	1:13.00	109%	
"	"						134
100m	, , 2012 (13),	7.	1:02.81	363	1:01.00	94%	2
200m		7.	2:17.52	368	2:18.00	101%	
800m		16.	10:16.55	364	10:35.00	106%	
100m		6.	1:13.18	305	1:12.00	97%	
800m	, , 2014 (11),	17.	10:23.46	352	10:50.00	109%	2
100m		16.	1:16.53	267	1:14.00	93%	
200m		3.	2:41.66	305	2:38.95	97%	
400m		3.	5:32.60	351	5:45.00	108%	
50m	, , 2011 (14),	11.	32.35	319	33.00	104%	1
100m		17.	1:09.90	330	1:09.00	97%	
200m		12.	2:32.02	335	2:25.00	91%	
800m	, , 2010 (15),	14.	10:24.09	351	10:00.00	92%	-
100m		15.	1:08.87	345	1:08.00	97%	
50m	, , 2010 (15),	5.	25.82	457	27.00	109%	2
50m		7.	30.47	382	31.00	104%	
50m	, , 2013 (12),	6.	30.69	272	29.00	89%	-
100m		18.	1:07.99	286	1:04.00	89%	
200m		20.	2:30.11	283	2:25.00	93%	

100m		3.	1:13.35	424	1:14.00	102%	2
800m	, , 2012 (13),	41.	11:10.20	283	10:50.00	94%	
100m		9.	1:30.41	228	1:28.00	95%	
200m		16.	2:56.70	233	3:01.64	106%	
400m		10.	6:07.50	260	6:15.00	104%	2
200m	, , 2013 (12),	9.	2:23.24	456	2:23.00	100%	
400m		8.	5:08.06	417	4:50.00	89%	
800m		3.	10:08.70	482	10:11.00	101%	
1500m		4.	19:27.98	470	19:40.00	102%	
100m	, , 2013 (12),	6.	1:13.32	399	1:11.50	95%	-
200m		4.	2:36.56	428	2:31.54	94%	
50m		2.	31.51	438	31.50	100%	
100m		1.	1:11.20	405	1:09.58	96%	
200m	, , 2010 (15),	4.	2:03.40	510	2:02.61	99%	1
400m		2.	4:20.20	542	4:21.75	101%	
800m		2.	8:55.03	557	8:40.35	95%	
1500m		2.	16:43.57	600	16:30.31	97%	
1500m	, - , 2013 (12),	12.	21:47.74	334	20:00.00	84%	-
100m		9.	1:26.67	372	1:21.50	88%	
200m		11.	2:47.14	385	2:38.90	90%	
400m		3.	5:55.22	372	5:37.00	90%	
50m	, , 2013 (12),	7.	38.25	277	35.00	84%	-
100m		5.	1:22.62	299	1:20.10	94%	
200m		3.	2:56.19	317	2:51.70	95%	
200m		2.	2:40.62	311	2:40.00	99%	
200m	, , 2014 (11),	11.	2:24.84	441	2:27.00	103%	2
400m		12.	5:14.96	390	5:00.00	91%	
800m		4.	10:28.57	438	10:45.00	105%	
1500m		7.	20:25.76	406	20:04.50	97%	
50m	, , 2014 (11),	10.	32.97	219	33.00	100%	4
100m		34.	1:13.30	228	1:15.00	105%	
50m		7.	39.53	174	40.00	102%	
100m		16.	1:25.59	180	1:30.00	111%	
200m	, , 2014 (11),	38.	2:43.47	219	2:42.53	99%	1
400m		30.	5:42.05	238	NT	-	
800m		54.	11:42.78	246	11:42.66	100%	
1500m		17.	22:02.98	262	23:27.50	113%	
50m	, , 2014 (11),	8.	48.73	197	44.05	82%	-
100m		19.	1:46.58	200	1:41.60	91%	
200m		14.	3:41.79	213	3:39.60	98%	
100m		37.	1:35.91	189	1:34.60	97%	
100m	, , 2014 (11),	17.	1:17.30	274	1:13.00	89%	-
200m		19.	2:43.40	307	2:42.00	98%	
400m		22.	5:51.35	281	5:50.00	99%	
100m		15.	1:25.82	249	1:25.00	98%	
50m	, , 2010 (15),	1.	27.62	512	27.00	96%	1
100m		3.	1:00.60	507	1:00.47	100%	
200m		3.	2:09.38	544	2:09.09	100%	
200m		3.	2:12.00	561	2:16.00	106%	
200m	, , 2008 (17),	1.	2:10.32	606	2:08.00	96%	1
400m		1.	4:30.36	617	4:27.00	98%	
800m		1.	9:12.13	646	9:15.00	101%	
100m		1.	1:07.31	480	1:07.00	99%	
800m	, , 2014 (11),	7.	10:01.36	392	10:30.00	110%	2
100m		4.	1:10.35	324	1:10.00	99%	
200m		2.	2:29.66	351	2:26.00	95%	
200m		6.	2:45.64	284	2:54.00	110%	
400m	, , 2009 (16),	2.	5:29.63	340	5:15.00	91%	-

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	, , 2013 (12),						2
400m		26.	5:30.99	263	5:35.00	102%	
800m		33.	11:00.46	296	11:08.00	102%	
1500m		15.	21:35.32	279	20:30.00	90%	
100m	, , 2009 (16),	1.	50.63	694	50.00	98%	-
400m	, , 2013 (12),	21.	5:26.96	273	5:20.00	96%	1
200m		5.	3:07.17	186	2:55.00	87%	
200m		13.	2:54.23	244	2:55.00	101%	
400m		11.	6:07.82	260	6:00.00	96%	
50m	, , 2010 (15),	2.	30.25	495	29.20	93%	-
100m		4.	1:10.50	477	1:07.20	91%	
200m	, , 2010 (15),	4.	2:12.62	575	2:16.00	105%	3
400m		3.	4:40.33	554	4:50.00	107%	
1500m		1.	18:33.44	542	19:00.00	105%	
50m		3.	30.77	470	30.00	95%	
50m	, , 2010 (15),	2.	27.96	494	27.90	100%	2
100m		4.	1:00.61	507	1:00.70	100%	
200m		6.	2:16.79	460	2:18.00	102%	
50m		8.	32.09	470	32.00	99%	
100m	, , 2010 (15),	1.	57.52	593	59.00	105%	4
200m		2.	2:09.04	548	2:11.00	103%	
50m		1.	30.00	575	32.00	114%	
200m		1.	2:07.62	620	2:17.00	115%	
100m	, , 2013 (12),	7.	1:22.65	429	1:23.41	102%	3
200m		7.	2:58.73	407	2:56.86	98%	
100m		12.	1:14.37	406	1:16.19	105%	
200m		7.	2:41.56	426	2:47.29	107%	
100m	, , 2011 (14),	1.	1:06.94	557	1:06.29	98%	1
200m		1.	2:24.37	597	2:23.13	98%	
400m		1.	5:01.29	609	5:03.26	101%	
200m	, , 2013 (12),	10.	2:21.78	336	2:25.00	105%	2
1500m		11.	19:58.44	352	20:00.00	100%	
50m		6.	38.07	281	37.00	94%	
100m	, , 2011 (14),	10.	57.76	467	58.00	101%	1
200m		12.	2:11.21	424	2:05.00	91%	
400m		6.	4:42.26	425	4:25.00	88%	
200m		8.	2:24.57	427	2:21.00	95%	
800m	, , 2014 (11),	60.	12:02.90	226	12:55.10	115%	1
200m	, , 2012 (13),	3.	2:13.13	406	2:15.00	103%	3
400m		4.	4:43.22	420	4:41.00	98%	
800m		2.	9:34.59	450	9:52.00	106%	
1500m		3.	18:40.30	431	18:50.00	102%	