

-						%	PB
							14
							1
100m	,	, 24.03.2011	56.	1:20.49	265	1:19.00	96%
800m			66.	13:17.51	224	12:30.00	88%
200m			78.	3:27.61	224	3:30.00	102%
							1
800m	,	, 01.08.2011	105.	13:32.62	172	12:40.00	87%
100m			22.	1:38.66	191	1:38.00	99%
200m			100.	3:17.18	193	3:26.00	109%
							3
100m	,	, 16.07.2012	18.	1:13.62	346	1:14.00	101%
800m			36.	12:21.32	279	11:08.00	81%
100m			11.	1:35.33	197	1:37.00	104%
200m			38.	3:07.89	302	3:14.00	107%
							-
800m	,	, 28.06.2011	98.	12:28.74	220	11:23.00	83%
100m			10.	1:27.01	279	1:21.00	87%
200m			89.	3:00.16	253	2:59.00	99%
							1
100m	,	, 30.01.2012	32.	1:11.05	286	1:12.00	103%
800m			70.	12:10.10	237	11:20.00	87%
200m			59.	3:02.42	244	2:58.00	95%
							2
100m	,	, 31.01.2012	54.	1:15.70	237	1:16.00	101%
800m			77.	12:47.31	204	11:38.00	83%
200m			76.	3:13.45	204	3:20.00	107%
							2
800m	,	, 08.02.2011	73.	13:55.55	195	12:55.00	86%
100m			15.	1:39.97	263	1:44.00	108%
200m			79.	3:31.10	213	3:40.00	109%
							1
800m	,	, 23.04.2011	100.	12:59.72	194	12:30.00	93%
100m			28.	1:27.81	202	1:27.00	98%
200m			93.	3:07.33	225	3:25.00	120%
							1
800m	,	, 16.03.2012	74.	12:22.95	225	12:17.00	98%
100m			15.	1:32.10	235	1:32.00	100%
200m			75.	3:11.90	209	3:18.00	106%
							2
100m	,	, 08.06.2011	52.	1:15.88	316	1:18.00	106%
800m			70.	13:23.74	219	12:54.00	93%
200m			76.	3:22.30	242	3:28.00	106%
							2
							-
100m	,	, 01.06.2011	WDR		-	1:08.00	-
800m			35.	10:58.51	399	10:45.00	96%
200m			38.	2:52.53	390	2:50.00	97%
							-
100m	,	, 28.03.2011	11.	1:05.48	492	1:05.00	99%
800m			29.	10:48.50	417	10:00.00	86%
100m			3.	1:14.20	464	1:12.00	94%
200m			6.	2:37.69	511	2:33.00	94%
							-
100m	,	, 24.01.2011	WDR		-	1:10.00	-
							-
100m	,	, 01.09.2011	WDR		-	1:07.00	-
800m			WDR		-	11:18.00	-
100m			WDR		-	1:18.00	-
200m			WDR		-	2:44.00	-
							2
100m	,	, 14.01.2011	7.	1:04.85	506	1:05.10	101%
800m			30.	10:48.90	416	10:31.00	95%
100m			9.	1:18.44	353	1:18.00	99%
200m			34.	2:48.45	419	2:56.00	109%

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	, 22.04.2011								3
800m		101.	13:07.76	189	13:20.00			103%	
100m		26.	1:24.78	225	1:28.00			108%	
100m		21.	1:38.16	194	1:38.00			100%	
200m		95.	3:08.91	219	3:17.00			109%	
	, 15.03.2012								2
100m		24.	1:17.42	297	1:17.00			99%	
800m		49.	13:14.11	227	14:11.00			115%	
100m		15.	1:40.89	256	1:39.00			96%	
200m		36.	3:06.53	309	3:12.00			106%	
	, 15.02.2011								3
800m		104.	13:28.01	175	13:40.00			103%	
100m		23.	1:23.37	237	1:24.00			102%	
200m		94.	3:07.34	225	3:13.00			106%	
	, 25.02.2011								2
100m		51.	1:15.87	316	1:16.00			100%	
800m		68.	13:20.88	221	13:12.00			98%	
100m		20.	1:29.02	268	1:26.00			93%	
200m		65.	3:08.53	299	3:11.00			103%	
	, 23.11.2011								2
800m		72.	13:31.96	212	13:35.00			101%	
100m		25.	1:31.93	244	1:28.00			92%	
100m		14.	1:27.55	254	1:30.43			107%	
200m		68.	3:14.22	273	3:12.00			98%	
	, 20.04.2011								2
100m		57.	1:20.81	262	1:21.00			100%	
800m		69.	13:21.83	221	13:13.00			98%	
100m		24.	1:30.79	253	1:32.00			103%	
200m		69.	3:14.98	270	3:09.00			94%	
	, 27.10.2011								2
100m		58.	1:22.48	246	1:19.00			92%	
800m		71.	13:28.38	215	14:00.00			108%	
100m		23.	1:30.35	257	1:30.00			99%	
200m		70.	3:18.12	257	3:25.00			107%	
	, 14.07.2011								57
100m		47.	1:09.07	312	1:10.00			103%	3
800m		75.	11:11.25	305	11:18.00			102%	
100m		16.	1:29.36	257	1:31.00			104%	
200m		91.	3:01.70	246	3:00.00			98%	
	, 12.11.2011								-
100m		50.	1:09.38	308	1:06.00			90%	
800m		46.	10:35.54	360	10:29.00			98%	
200m		72.	2:54.02	281	2:50.00			95%	
	, 21.06.2012								3
100m		41.	1:12.68	268	1:11.36			96%	
800m		16.	10:36.00	359	10:39.48			101%	
100m		7.	1:19.43	241	1:20.60			103%	
200m		32.	2:52.96	286	2:53.69			101%	
	, 02.02.2011								1
100m		59.	1:11.17	285	1:10.00			97%	
800m		54.	10:41.05	350	10:51.00			103%	
100m		22.	1:22.21	217	1:19.00			92%	
200m		78.	2:56.08	271	2:56.00			100%	
	, 27.09.2012								3
100m		48.	1:14.27	251	1:16.97			107%	
800m		23.	10:47.76	340	10:50.00			101%	
100m		14.	1:26.25	214	1:23.59			94%	
200m		57.	2:59.83	254	3:01.70			102%	
	, 26.03.2012								2
100m		17.	1:09.55	305	1:09.36			99%	
800m		7.	10:22.30	383	10:08.00			95%	
100m		1.	1:13.68	302	1:14.66			103%	
200m		8.	2:44.14	335	2:49.01			106%	
	, 10.05.2012								2
100m		25.	1:10.38	295	1:09.28			97%	
800m		10.	10:27.25	374	10:23.66			99%	
100m		16.	1:27.39	205	1:28.00			101%	
200m		49.	2:57.21	266	2:57.23			100%	

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	, 15.10.2011								2
100m		42.	1:07.62	332	1:08.11			101%	
800m		52.	10:40.63	351	10:16.22			93%	
100m		13.	1:17.74	292	1:17.00			98%	
200m		39.	2:44.83	330	2:50.08			106%	
	, 09.06.2013								3
100m		17.	1:15.27	241	1:16.50			103%	
800m		11.	11:00.53	320	11:16.77			105%	
100m		6.	1:36.16	206	1:35.00			98%	
200m		16.	2:57.61	264	2:58.00			100%	
	, 22.04.2012								3
100m		14.	1:12.85	357	1:12.00			98%	
800m		8.	10:37.00	440	10:50.00			104%	
100m		6.	1:22.79	300	1:23.64			102%	
200m		14.	2:52.59	390	2:58.00			106%	
	, 30.05.2011								-
100m		36.	1:06.90	343	1:04.00			92%	
800m		26.	10:06.70	413	9:59.00			97%	
100m		12.	1:14.42	293	1:11.00			91%	
200m		46.	2:45.75	325	2:41.00			94%	
	, 15.11.2011								1
100m		51.	1:09.48	306	1:09.52			100%	
800m		60.	10:49.74	336	10:33.50			95%	
100m		24.	1:24.31	229	1:20.00			90%	
200m		79.	2:56.63	268	2:56.35			100%	
	, 03.08.2012								3
100m		12.	1:08.98	313	1:08.99			100%	
800m		1.	10:03.78	419	9:59.53			99%	
100m		8.	1:29.59	255	1:30.98			103%	
200m		7.	2:44.10	335	2:44.61			101%	
	, 10.10.2011								-
100m		44.	1:08.06	326	1:04.00			88%	
800m		27.	10:07.45	412	10:00.00			98%	
100m		17.	1:17.54	259	1:13.00			89%	
200m		68.	2:52.59	288	2:49.00			96%	
	, 05.03.2012								4
100m		31.	1:11.00	287	1:11.32			101%	
800m		21.	10:44.07	345	10:45.50			100%	
100m		4.	1:15.58	280	1:18.05			107%	
200m		21.	2:48.46	309	2:51.81			104%	
	, 31.01.2012								1
100m		12.	1:11.38	380	1:11.14			99%	
800m		15.	10:58.65	398	10:54.00			99%	
100m		3.	1:20.26	366	1:22.00			104%	
200m		15.	2:55.35	372	2:55.00			100%	
	, 09.02.2013								2
800m		28.	12:52.44	247	12:46.30			98%	
100m		11.	1:39.65	266	1:40.78			102%	
200m		35.	3:16.26	265	3:20.10			104%	
	, 20.03.2013								27
100m		27.	1:19.13	207	1:16.00			92%	
800m		36.	12:03.28	244	11:40.00			94%	
200m		42.	3:12.24	208	3:06.00			94%	
	, 17.01.2011								1
100m		46.	1:08.40	321	1:05.50			92%	
800m		71.	11:05.36	313	10:40.00			93%	
200m		48.	2:45.88	324	2:46.00			100%	
	, 28.05.2013								-
800m		52.	12:48.50	203	12:30.00			95%	
100m		11.	1:25.31	221	1:22.00			92%	
200m		33.	3:06.28	229	3:06.00			100%	
	, 23.05.2013								1
100m		26.	1:18.31	214	1:17.00			97%	
800m		43.	12:24.09	224	12:22.00			99%	
200m		39.	3:09.99	216	3:10.00			100%	

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	, 03.09.2011								1
100m		45.	1:08.36	322	1:08.00			99%	
800m		56.	10:42.05	349	10:58.00			105%	
200m		65.	2:51.58	293	2:50.00			98%	
	, 05.10.2012								2
100m		49.	1:14.35	250	1:13.00			96%	
800m		47.	11:22.04	291	12:30.00			121%	
200m		51.	2:58.57	260	3:05.00			107%	
	, 12.02.2012								-
800m		72.	12:20.95	227	12:20.00			100%	
100m		4.	1:26.97	279	1:25.00			96%	
200m		61.	3:02.95	241	2:58.00			95%	
	, 03.02.2013								2
100m		14.	1:17.22	300	1:20.00			107%	
800m		18.	12:09.64	293	12:08.00			100%	
200m		21.	3:05.83	312	3:10.00			105%	
	, 30.07.2013								2
100m		14.	1:15.19	242	1:15.00			99%	
800m		25.	11:42.09	267	11:58.00			105%	
200m		24.	3:02.31	244	3:06.00			104%	
	, 14.04.2013								-
800m		20.	12:11.83	290	11:48.00			94%	
200m		13.	3:00.72	339	2:57.20			96%	
	, 04.03.2013								1
100m		6.	1:09.90	301	1:10.00			100%	
800m		7.	10:50.92	335	10:25.00			92%	
200m		6.	2:49.83	302	2:45.00			94%	
	, 12.02.2013								1
100m		4.	1:08.56	319	1:10.00			104%	
800m		6.	10:46.83	341	10:41.00			98%	
100m		3.	1:32.27	234	1:25.00			85%	
200m		5.	2:48.94	307	2:46.50			97%	
	, 01.01.2013								2
100m		9.	1:14.40	335	1:14.00			99%	
800m		6.	11:24.33	355	11:40.00			105%	
200m		5.	2:54.61	376	2:57.00			103%	
	, 02.06.2011								3
800m		12.	9:57.17	433	10:15.80			106%	
100m		4.	1:08.76	371	1:10.75			106%	
200m		26.	2:39.93	362	2:40.45			101%	
	, 29.07.2013								2
800m		45.	12:25.44	223	12:30.00			101%	
100m		9.	1:38.30	193	1:35.00			93%	
200m		47.	3:15.90	197	3:16.00			100%	
	, 08.02.2013								-
800m		40.	12:20.47	227	11:30.00			87%	
200m		40.	3:11.12	212	3:04.00			93%	
	, 30.11.2013								-
800m		49.	12:32.28	217	11:55.00			90%	
100m		13.	1:35.69	156	1:28.00			85%	
	, 25.07.2013								-
100m		28.	1:19.24	206	1:17.00			94%	
200m		48.	3:17.51	192	3:14.00			96%	
	, 21.01.2013								-
100m		30.	1:20.37	198	1:18.00			94%	
800m		53.	12:53.57	199	12:24.00			93%	
200m		53.	3:27.12	166	3:12.00			86%	
	, 27.03.2013								2
100m		32.	1:27.07	155	1:33.00			114%	
800m		54.	14:49.28	131	14:30.00			96%	
200m		51.	3:19.31	187	3:35.00			116%	
	, 04.04.2013								-
800m		17.	11:21.83	291	10:50.00			91%	
100m		6.	1:21.20	256	1:18.00			92%	
200m		37.	3:07.35	225	2:53.00			85%	
	, 03.01.2013								3
100m		22.	1:16.21	232	1:20.40			111%	
800m		48.	12:30.23	218	13:15.00			112%	
200m		32.	3:05.70	231	3:20.00			116%	

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	, 08.04.2012									
100m		33.	1:11.34	283	1:09.00		94%			
800m		33.	11:06.03	312	11:02.00		99%			
200m		55.	2:59.14	257	2:58.00		99%			
	, 12.02.2011									1
800m		65.	10:56.87	326	10:45.00		96%			
100m		12.	1:27.92	270	1:27.00		98%			
200m		54.	2:47.82	313	2:48.00		100%			
	, 01.11.2013									1
800m		32.	11:58.56	249	11:59.00		100%			
100m		7.	1:21.18	226	1:18.00		92%			
200m		18.	2:58.83	259	2:55.00		96%			
	, 16.02.2013									3
800m		16.	11:17.72	296	12:00.00		113%			
100m		5.	1:19.65	271	1:20.00		101%			
200m		8.	2:51.37	294	2:52.00		101%			
	, 22.10.2012									3
800m		27.	11:29.06	348	11:50.00		106%			
100m		7.	1:23.13	297	1:25.00		105%			
200m		21.	2:57.84	356	3:05.00		108%			
	, 16.01.2012									-
800m		76.	12:29.73	219	11:18.00		82%			
100m		14.	1:32.00	236	1:29.00		94%			
200m		44.	2:55.70	273	2:54.00		98%			
	, 07.06.2013									3
100m		24.	1:17.47	221	1:19.00		104%			
800m		19.	11:31.85	279	11:45.00		104%			
200m		28.	3:04.44	236	3:05.00		101%			
	, 20.07.2013									2
800m		31.	11:54.15	253	12:00.00		102%			
100m		10.	1:29.40	169	1:31.00		104%			
200m		21.	3:01.18	249	3:00.00		99%			
	, 16.05.2013									2
800m		33.	12:58.19	241	12:00.00		86%			
100m		8.	1:27.71	281	1:30.00		105%			
200m		23.	3:08.51	299	3:13.00		105%			
	, 05.08.2013									1
100m		9.	1:11.94	276	1:09.00		92%			
800m		12.	11:05.11	314	11:17.00		104%			
100m		6.	1:21.10	226	1:21.00		100%			
200m		12.	2:55.34	274	2:53.00		97%			
	, 20.03.2012									-
800m		WDR		-	11:50.00		-			
100m		WDR		-	1:25.00		-			
200m		WDR		-	3:10.00		-			
	, 03.02.2011									-
100m		37.	1:06.91	343	1:04.00		91%			
800m		62.	10:53.28	331	10:30.00		93%			
200m		42.	2:45.19	328	2:45.00		100%			
	, 20.02.2013									3
800m		22.	12:16.74	284	12:24.00		102%			
100m		7.	1:27.07	287	1:29.00		104%			
200m		19.	3:04.78	317	3:06.00		101%			
	, 12.07.2012									-
100m		30.	1:10.76	290	1:10.00		98%			
800m		35.	11:08.09	309	11:00.00		98%			
200m		46.	2:56.21	270	2:55.00		99%			
	, 23.01.2012									-
800m		39.	11:16.64	298	11:15.00		100%			
100m		8.	1:20.66	261	1:19.00		96%			
200m		41.	2:54.91	276	2:50.00		94%			
	, 08.10.2011									-
100m		54.	1:10.26	296	1:06.00		88%			
800m		69.	11:04.24	315	10:25.00		89%			
200m		60.	2:50.65	298	2:45.00		93%			
	, 19.04.2011									1
100m		46.	1:13.91	342	1:11.00		92%			
800m		58.	11:52.22	315	11:05.00		87%			
200m		51.	2:58.14	354	2:59.00		101%			

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	, 05.07.2012								1
800m		24.	11:17.03	367	11:10.00		98%		
100m		9.	1:23.75	290	1:23.00		98%		
200m		25.	2:59.57	346	3:05.00		106%		
									46
	, 21.09.2012								3
100m		46.	1:13.43	259	1:15.00		104%		
800m		52.	11:27.91	283	11:37.00		103%		
200m		70.	3:08.37	221	3:15.00		107%		
	, 12.07.2012								4
100m		52.	1:14.81	245	1:15.00		101%		
800m		67.	12:05.88	241	12:07.00		100%		
100m		24.	1:39.97	184	1:50.00		121%		
200m		65.	3:04.44	236	3:10.00		106%		
	, 26.10.2013								1
100m		11.	1:15.57	320	1:16.00		101%		
200m		41.	3:19.05	254	3:15.00		96%		
	, 10.04.2012								4
100m		59.	1:16.69	228	1:25.00		123%		
800m		51.	11:25.92	286	11:37.00		103%		
100m		22.	1:36.86	202	1:40.00		107%		
200m		63.	3:03.87	238	3:10.00		107%		
	, 16.11.2012								4
800m		62.	11:52.74	255	12:00.00		102%		
100m		25.	1:41.57	175	1:45.00		107%		
100m		12.	1:24.32	201	1:25.00		102%		
200m		50.	2:58.40	260	3:10.00		113%		
	, 26.03.2013								2
100m		12.	1:16.82	305	1:18.00		103%		
800m		27.	12:40.33	259	12:45.00		101%		
	, 31.03.2013								-
100m		13.	1:14.89	244	1:14.00		98%		
800m		20.	11:31.87	279	11:31.00		100%		
200m		35.	3:06.93	226	3:00.00		93%		
	, 24.02.2011								-
100m		WDR		-	1:05.00		-		
800m		WDR		-	10:30.00		-		
100m		WDR		-	1:25.00		-		
200m		WDR		-	2:42.00		-		
	, 05.05.2013								-
100m		WDR		-	1:25.00		-		
800m		WDR		-	11:44.00		-		
100m		WDR		-	1:41.00		-		
200m		WDR		-	3:20.00		-		
	, 10.09.2012								2
100m		58.	1:16.33	231	1:18.00		104%		
800m		65.	12:00.55	247	11:30.00		92%		
200m		69.	3:07.52	224	3:10.00		103%		
	, 08.10.2012								-
800m		WDR		-	10:45.00		-		
	, 08.05.2011								1
100m		17.	1:24.62	312	1:20.00		89%		
100m		12.	1:35.74	300	1:32.00		92%		
200m		62.	3:03.96	322	3:15.00		112%		
	, 16.11.2012								2
800m		49.	11:24.30	288	11:35.00		103%		
100m		11.	1:23.67	234	1:20.00		91%		
100m		23.	1:39.30	187	1:40.00		101%		
	, 08.05.2013								1
100m		31.	1:20.67	196	1:26.00		114%		
800m		47.	12:30.09	218	12:00.00		92%		
100m		10.	1:55.57	119	1:50.00		91%		
200m		52.	3:26.78	167	3:20.00		94%		
	, 10.12.2012								4
100m		56.	1:15.94	234	1:30.00		140%		
800m		58.	11:42.51	266	12:00.00		105%		
100m		20.	1:35.85	208	1:40.00		109%		
200m		68.	3:07.10	226	3:15.00		109%		

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	, 28.01.2011								1
100m		15.	1:03.53	401	1:03.00			98%	
800m		39.	10:22.20	383	10:19.00			99%	
100m		19.	1:19.95	268	1:17.00			93%	
200m		43.	2:45.20	328	2:53.00			110%	
	, 14.05.2011								3
100m		4.	1:01.03	452	1:03.80			109%	
800m		2.	9:35.76	484	9:42.00			102%	
200m		6.	2:30.44	435	2:32.00			102%	
	, 13.04.2011								1
100m		34.	1:06.65	347	1:04.00			92%	
800m		32.	10:10.26	406	10:00.00			97%	
100m		5.	1:22.36	329	1:22.00			99%	
200m		16.	2:36.09	389	2:39.00			104%	
	, 24.04.2012								3
100m		5.	1:06.75	464	1:07.50			102%	
800m		5.	10:07.12	509	10:10.00			101%	
100m		1.	1:22.75	465	1:25.35			106%	
200m		5.	2:42.81	464	2:42.00			99%	
	, 14.11.2011								3
800m		20.	10:33.76	447	10:52.00			106%	
100m		4.	1:19.94	516	1:21.00			103%	
200m		15.	2:41.00	480	2:44.00			104%	
	, 21.05.2012								2
100m		1.	1:01.86	584	1:02.37			102%	
800m		2.	9:31.53	610	9:35.00			101%	
100m		2.	1:16.19	428	1:15.00			97%	
200m		2.	2:38.23	506	2:38.00			100%	
	, 27.05.2012								-
100m		4.	1:04.60	512	1:04.00			98%	
800m		3.	9:39.12	586	9:35.00			99%	
100m		1.	1:13.64	427	1:12.50			97%	
200m		4.	2:39.61	493	2:38.00			98%	
	, 11.10.2011								-
100m		27.	1:05.45	367	1:03.00			93%	
800m		23.	10:04.92	417	9:50.00			95%	
100m		5.	1:14.77	328	1:14.00			98%	
200m		27.	2:40.00	361	2:37.00			96%	
	, 06.11.2011								2
100m		15.	1:06.22	476	1:06.00			99%	
800m		8.	10:09.50	503	10:04.00			98%	
100m		3.	1:11.57	465	1:13.20			105%	
200m		8.	2:38.25	506	2:38.80			101%	
	, 16.06.2011								-
100m		35.	1:06.89	343	1:04.40			93%	
800m		20.	10:03.97	419	9:50.00			95%	
100m		10.	1:17.22	298	1:14.00			92%	
200m		34.	2:42.86	342	2:36.00			92%	
	, 28.01.2011								1
100m		24.	1:08.75	425	1:07.00			95%	
800m		28.	10:48.30	418	10:51.00			101%	
100m		12.	1:18.42	393	1:15.20			92%	
200m		19.	2:42.50	467	2:38.70			95%	
	, 23.11.2011								-
800m		57.	10:42.42	348	10:15.00			92%	
100m		9.	1:16.91	301	1:12.00			88%	
100m		10.	1:13.21	308	1:12.00			97%	
200m		50.	2:46.07	323	2:40.00			93%	
2-1									31
	, 23.10.2012								3
100m		2.	1:02.94	554	1:02.50			99%	
800m		1.	9:26.63	626	9:30.00			101%	
100m		1.	1:11.85	511	1:12.50			102%	
200m		1.	2:32.66	563	2:35.50			104%	
	, 25.03.2011								3
100m		10.	1:02.26	426	1:03.00			102%	
800m		3.	9:38.53	477	9:38.00			100%	
100m		1.	1:05.55	429	1:08.00			108%	
200m		10.	2:31.83	423	2:38.00			108%	

	, 05.12.2012								1
100m		25.	1:17.48	297	1:15.00		94%		
800m		30.	11:59.94	305	11:48.00		97%		
200m		34.	3:03.36	325	3:09.00		106%		
	, 23.10.2011								2
100m		62.	1:11.50	281	1:10.00		96%		
800m		64.	10:55.94	327	11:10.00		104%		
200m		73.	2:54.60	278	3:00.00		106%		
	, 25.11.2013								2
100m		17.	1:18.29	288	1:17.00		97%		
800m		17.	12:08.15	295	12:22.00		104%		
200m		29.	3:14.10	274	3:20.00		106%		
	, 09.06.2012								2
100m		35.	1:11.40	282	1:10.00		96%		
800m		55.	11:33.90	276	11:15.00		95%		
100m		9.	1:21.89	250	1:30.00		121%		
200m		40.	2:54.58	278	3:00.00		106%		
	, 10.01.2013								2
100m		7.	1:13.03	354	1:17.00		111%		
800m		13.	11:52.16	315	11:37.00		96%		
100m		5.	1:24.06	319	1:23.00		97%		
200m		9.	2:59.03	349	3:20.00		125%		
	, 24.02.2012								3
800m		40.	12:38.82	260	12:45.00		102%		
100m		19.	1:45.59	224	1:50.00		109%		
200m		52.	3:22.00	243	3:25.00		103%		
	, 20.08.2013								1
800m		7.	11:28.14	349	11:30.00		101%		
100m		4.	1:23.03	331	1:20.00		93%		
200m		15.	3:03.56	324	2:55.00		91%		
	, 24.04.2013								1
100m		15.	1:17.71	294	1:17.00		98%		
800m		31.	12:57.28	242	12:50.00		98%		
200m		43.	3:19.80	251	3:30.00		110%		
	, 28.08.2012								2
100m		28.	1:10.71	291	1:10.00		98%		
800m		50.	11:25.16	287	11:10.00		96%		
100m		17.	1:33.99	221	1:40.00		113%		
200m		35.	2:54.04	281	2:55.00		101%		
	, 13.11.2012								3
100m		22.	1:15.58	320	1:17.00		104%		
800m		33.	12:04.78	299	12:00.00		99%		
100m		10.	1:27.53	282	1:30.00		106%		
200m		35.	3:04.49	319	3:05.00		101%		
	, 18.01.2011								3
800m		67.	10:59.71	321	10:55.00		99%		
100m		9.	1:25.55	293	1:28.00		106%		
100m		7.	1:11.95	324	1:12.00		100%		
200m		33.	2:42.76	343	2:47.00		105%		
	, 30.03.2012								1
800m		56.	11:35.54	274	11:15.00		94%		
100m		12.	1:24.60	226	1:25.00		101%		
100m		13.	1:27.80	178	1:25.00		94%		
200m		62.	3:03.76	238	3:03.00		99%		
	, 18.01.2011								2
100m		49.	1:09.33	308	1:09.00		99%		
800m		63.	10:55.13	328	11:10.00		105%		
100m		7.	1:23.49	316	1:20.00		92%		
200m		38.	2:44.80	331	2:46.00		101%		
	, 07.09.2012								-
100m		16.	1:09.41	307	1:09.00		99%		
800m		48.	11:22.19	291	11:15.00		98%		
100m		9.	1:21.04	227	1:18.00		93%		
200m		16.	2:47.55	314	2:47.00		99%		
	, 07.01.2012								4
100m		20.	1:13.86	343	1:15.00		103%		
800m		32.	12:01.31	303	12:10.00		102%		
100m		7.	1:23.18	329	1:30.00		117%		
200m		27.	2:59.94	344	3:15.00		117%		

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200m	8.	2:57.32	359	3:05.00	109%	
4						23
		, 01.11.2011				2
800m	91.	11:47.37	261	12:00.00	104%	
100m	9.	1:13.00	310	1:10.00	92%	
200m	61.	2:51.10	295	3:00.00	111%	3
		, 13.10.2012				
100m	27.	1:18.72	283	1:21.00	106%	
800m	41.	12:40.94	258	13:01.00	105%	
200m	39.	3:09.80	293	3:19.00	110%	3
		, 13.04.2012				
100m	1.	1:05.75	362	1:10.00	113%	
800m	20.	10:43.84	346	11:20.00	112%	
200m	9.	2:44.40	333	2:50.00	107%	1
		, 24.04.2013				
800m	25.	12:33.82	265	13:30.00	115%	
100m	3.	1:22.25	340	1:22.00	99%	
200m	31.	3:15.10	270	3:12.00	97%	3
		, 03.11.2011				
800m	53.	11:38.24	334	12:20.00	112%	
100m	13.	1:21.37	351	1:26.00	112%	
200m	54.	2:59.80	345	3:12.00	114%	2
		, 09.06.2012				
100m	22.	1:10.15	298	1:11.00	102%	
800m	40.	11:16.81	298	11:20.00	101%	
200m	30.	2:51.67	292	2:50.00	98%	3
		, 23.03.2011				
100m	18.	1:04.03	391	1:05.00	103%	
800m	34.	10:13.88	399	10:30.00	105%	
200m	19.	2:37.32	380	2:42.00	106%	2
		, 11.04.2012				
100m	50.	1:14.40	249	1:15.00	102%	
800m	75.	12:28.25	220	12:40.00	103%	
200m	71.	3:09.75	216	3:08.00	98%	-
		, 23.05.2011				
100m	8.	1:01.89	434	1:01.00	97%	
800m	14.	9:59.62	428	9:50.00	97%	
200m	8.	2:31.60	425	2:30.00	98%	-
		, 06.06.2011				
100m	42.	1:13.09	354	1:13.00	100%	
800m	56.	11:46.16	323	11:46.00	100%	
200m	52.	2:58.31	353	2:55.00	96%	2
		, 30.01.2011				
100m	29.	1:05.95	358	1:06.00	100%	
800m	102.	13:09.86	187	12:00.00	83%	
200m	57.	2:49.06	306	3:05.00	120%	1
		, 27.05.2012				
100m	45.	1:13.28	261	1:12.00	97%	
800m	44.	11:20.41	293	12:00.00	112%	
200m	38.	2:54.49	278	2:53.00	98%	1
		, 03.09.2013				
800m	34.	13:00.47	239	14:20.00	121%	
100m	9.	1:27.87	279	1:23.00	89%	
200m	49.	3:28.71	220	3:20.00	92%	
5						2
		, 16.05.2013				2
100m	2.	1:09.16	417	1:08.50	98%	
800m	5.	11:24.13	355	11:40.00	105%	
100m	1.	1:24.83	432	1:24.50	99%	
200m	4.	2:53.09	386	2:53.50	100%	
6						3
		, 05.03.2012				1
100m	37.	1:11.61	280	1:11.00	98%	
800m	41.	11:17.32	297	11:11.00	98%	
200m	60.	3:02.57	243	3:11.00	109%	

	,	, 30.05.2011								2
800m			10.	10:16.68	485	10:30.00		104%		
100m			1.	1:11.97	508	1:10.00		95%		
200m			11.	2:39.47	494	2:40.00		101%		
										14
	,	, 26.12.2011								3
100m			49.	1:15.22	324	1:20.10		113%		
800m			65.	13:08.57	232	13:56.00		112%		
200m			75.	3:22.10	243	3:22.29		100%		
	,	, 16.07.2011								-
800m			76.	14:14.82	182	14:02.00		97%		
100m			14.	1:38.34	277	1:33.00		89%		
200m			72.	3:21.05	246	3:08.89		88%		
	,	, 15.07.2013								2
800m			41.	13:19.24	223	13:30.00		103%		
100m			12.	1:35.20	219	1:31.00		91%		
200m			45.	3:25.02	232	3:29.90		105%		
	,	, 07.11.2013								2
100m			13.	1:16.96	303	1:21.00		111%		
800m			46.	13:48.34	200	14:03.00		104%		
200m			36.	3:16.75	263	3:15.52		99%		
	,	, 27.06.2012								2
100m			31.	1:20.94	260	1:20.00		98%		
800m			51.	13:30.80	213	13:53.00		106%		
200m			49.	3:17.88	258	3:20.15		102%		
	,	, 10.10.2012								1
800m			47.	13:04.84	235	13:41.00		109%		
100m			11.	1:27.67	281	1:25.00		94%		
200m			44.	3:12.71	280	3:09.14		96%		
	,	, 02.08.2013								2
800m			49.	14:08.14	186	14:09.00		100%		
100m			10.	1:30.79	253	1:31.39		101%		
200m			48.	3:27.39	224	3:25.67		98%		
	,	, 03.06.2011								2
100m			40.	1:12.97	355	1:12.60		99%		
800m			48.	11:27.92	349	11:42.00		104%		
100m			10.	1:34.14	316	1:31.00		93%		
200m			53.	2:58.85	350	3:05.40		107%		
	,	, 05.03.2012								2
100m			38.	1:11.81	277	1:08.00		90%		1
200m			47.	2:56.88	267	3:00.00		104%		
	,	, 19.09.2013								1
100m			4.	1:28.21	248	1:24.00		91%		
200m			22.	3:07.58	303	3:15.00		108%		
	,	, 25.07.2012								10
800m			12.	10:54.69	406	11:57.70		120%		2
100m			2.	1:17.45	367	1:20.90		109%		
200m			10.	2:46.91	431	2:46.20		99%		
	,	, 10.08.2011								2
800m			92.	11:48.16	260	11:49.00		100%		
100m			21.	1:21.99	249	1:19.00		93%		
200m			71.	2:53.99	281	2:56.60		103%		
	,	, 10.01.2011								-
100m			65.	1:11.95	276	1:10.10		95%		
800m			94.	11:59.30	248	11:55.50		99%		
	,	, 18.08.2012								3
800m			31.	12:00.54	304	12:54.40		116%		
100m			7.	1:30.32	357	1:31.10		102%		
200m			31.	3:00.94	338	3:10.00		110%		
	,	, 28.06.2012								3
800m			39.	12:34.88	264	13:18.10		112%		
100m			9.	1:27.34	284	1:29.00		104%		
200m			37.	3:06.96	306	3:14.40		108%		
										15

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200m		56.	2:59.48	256	3:00.00	101%	
100m	, , 08.07.2011	28.	1:10.10	401	1:07.00	91%	-
800m		38.	11:08.66	381	10:45.00	93%	
100m		8.	1:29.81	364	1:23.00	85%	
200m		32.	2:48.10	422	2:43.00	94%	
100m	, , 30.11.2011	44.	1:13.53	347	1:10.00	91%	-
800m		47.	11:27.58	350	10:50.00	89%	
100m		15.	1:21.53	349	1:18.00	92%	
200m		48.	2:55.87	368	2:50.00	93%	
100m	, , 13.06.2012	16.	1:12.93	356	1:12.00	97%	2
800m		19.	11:06.21	385	11:10.00	101%	
100m		3.	1:18.24	356	1:17.00	97%	
200m		12.	2:50.03	408	2:52.00	102%	
100m	, , 02.03.2012	8.	1:09.97	403	1:07.00	92%	-
800m		13.	10:58.18	399	10:28.00	91%	
200m		20.	2:57.74	357	2:50.00	91%	
2-3							11
800m	, , 10.08.2013	32.	12:57.55	242	12:30.00	93%	-
100m		11.	1:33.36	233	1:24.00	81%	
200m		47.	3:25.66	230	3:20.00	95%	
100m	, , 03.08.2011	72.	1:14.68	247	1:10.00	88%	-
800m		66.	10:56.97	325	10:45.00	96%	
200m		97.	3:10.19	215	3:09.00	99%	
800m	, , 05.11.2013	26.	12:34.57	265	11:55.00	90%	-
100m		10.	1:38.59	275	1:35.00	93%	
200m		16.	3:03.66	323	3:00.00	96%	
100m	, , 30.01.2013	10.	1:13.20	262	1:12.00	97%	2
800m		24.	11:41.48	267	12:10.00	108%	
200m		23.	3:01.48	247	3:06.00	105%	
800m	, , 28.08.2013	36.	13:04.46	236	12:15.00	88%	2
100m		7.	1:35.80	299	1:36.00	100%	
200m		25.	3:12.19	282	3:13.00	101%	
800m	, , 28.02.2013	28.	11:45.45	263	11:25.00	94%	-
100m		2.	1:17.53	294	1:17.50	100%	
200m		15.	2:57.18	266	2:50.00	92%	
100m	, , 28.02.2012	40.	1:12.09	274	1:10.00	94%	-
800m		53.	11:30.78	280	11:00.00	91%	
100m		7.	1:19.32	275	1:18.00	97%	
200m		48.	2:56.96	267	2:50.00	92%	
100m	, , 01.03.2013	7.	1:10.75	290	1:09.00	95%	1
800m		27.	11:42.47	266	11:30.00	96%	
200m		31.	3:04.75	234	3:05.00	100%	
800m	, , 26.09.2013	30.	12:52.66	246	12:39.00	96%	-
100m		8.	1:37.05	288	1:37.00	100%	
200m		32.	3:15.59	268	3:15.00	99%	
100m	, , 22.11.2013	11.	1:14.23	251	1:13.00	97%	1
800m		22.	11:34.16	276	12:13.00	112%	
100m	, , 04.03.2011	56.	1:10.34	295	1:09.00	96%	2
800m		76.	11:15.95	299	11:17.00	100%	
200m		63.	2:51.43	294	2:53.00	102%	
100m	, , 06.09.2012	34.	1:22.70	244	1:15.00	82%	1
800m		37.	12:21.88	279	12:05.00	96%	
100m		10.	1:34.53	312	1:35.00	101%	
200m		40.	3:10.25	291	3:05.00	95%	

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	, 08.02.2013						2
100m		5.	1:12.37	364	1:09.90	93%	
800m		3.	10:56.26	403	11:05.00	103%	
200m		3.	2:51.10	400	2:52.00	101%	