

							%	PB
" " 12								-
, , 01.03.2012								-
400m		47.	6:06.28	268	5:45.00	89%		
100m		15.	1:36.44	294	1:34.00	95%		
, , 23.05.2012								-
400m		64.	7:22.45	152	6:00.00	66%		
100m		14.	1:35.94	298	1:33.00	94%		
, - , 26.08.2012								-
400m		66.	5:43.44	263	5:29.00	92%		
100m		4.	1:25.60	293	1:22.00	92%		
, , 20.12.2012								-
400m		31.	5:22.24	318	5:18.00	97%		
100m		1.	1:24.53	304	1:22.00	94%		
, , 22.02.2012								-
100m		22.	1:10.35	295	1:09.00	96%		
400m		70.	5:45.40	258	5:35.00	94%		
" " 13								2
, , 29.04.2013								-
200m		48.	3:02.30	238	3:00.00	97%		
100m		7.	1:33.57	208	1:30.00	93%		
, , 08.04.2013								-
100m		45.	1:23.26	178	1:18.00	88%		
200m		86.	3:07.69	160	3:00.00	92%		
, , 22.07.2013								-
200m		73.	3:22.11	174	3:13.00	91%		
100m		24.	2:00.37	151	1:58.00	96%		
, , 16.05.2013								2
200m		39.	2:56.95	260	3:00.00	103%		
100m		10.	1:41.34	253	1:42.00	101%		
, , 22.02.2013								-
100m		38.	1:20.96	193	1:18.00	93%		
200m		84.	3:05.56	166	3:05.00	99%		
12								2
, , 10.12.2012								1
400m		65.	5:42.33	265	5:55.55	108%		
100m		11.	1:25.81	191	1:23.81	95%		
, , 14.06.2012								1
400m		45.	5:30.15	296	5:39.69	106%		
12								3
, , 05.04.2012								2
100m		16.	1:17.12	301	1:20.01	108%	30.03.2024	
400m		50.	6:10.77	259	6:30.11	111%	29.03.2024	
, , 07.02.2012								1
400m		60.	6:45.45	198	6:39.18	97%	29.03.2024	
100m		20.	1:48.73	205	1:51.02	104%	30.03.2024	
" " " 12								5
, , 10.04.2012								2
400m		23.	5:19.36	327	5:20.00	100%		
100m		3.	1:25.23	297	1:28.00	107%		
, , 07.04.2012								-
100m		4.	1:06.56	348	1:05.00	95%		
400m		15.	5:12.60	348	5:05.00	95%		
, , 15.02.2012								-
400m		63.	6:58.20	180	6:26.00	85%		
100m		17.	1:31.62	246	1:30.00	96%		
, , 15.09.2012								1
400m		24.	5:19.42	327	5:20.00	100%		
100m		5.	1:19.53	240	1:19.00	99%		

		12						10
		, 31.01.2012						2
400m			17.	5:25.12	384	5:40.00	109%	
100m			3.	1:17.71	404	1:18.23	101%	
		, 05.03.2012						1
400m			19.	5:15.40	339	5:15.00	100%	
100m			2.	1:13.79	300	1:18.66	114%	
		, 03.06.2012						1
100m			13.	1:09.01	313	1:08.43	98%	
400m			13.	5:10.58	355	5:15.00	103%	
		, 15.01.2012						1
100m			10.	1:12.92	356	1:15.43	107%	
400m			38.	5:58.87	285	5:58.00	100%	
		, 24.04.2012						2
100m			27.	1:11.65	279	1:12.65	103%	
400m			34.	5:23.24	315	5:25.00	101%	
		, 26.04.2012						1
100m			9.	1:11.99	370	1:11.69	99%	
400m			24.	5:39.95	336	5:40.00	100%	
		, 27.02.2012						-
400m			12.	5:22.46	394	5:15.00	95%	
100m			6.	1:29.90	362	1:25.71	91%	
		, 11.01.2012						1
100m			11.	1:08.60	318	1:08.26	99%	
400m			11.	5:10.15	357	5:15.00	103%	
		, 03.09.2012						-
100m			11.	1:13.63	346	1:13.22	99%	
400m			30.	5:49.90	308	5:45.00	97%	
		, 04.09.2012						1
100m			35.	1:13.83	255	1:13.52	99%	
400m			37.	5:25.25	309	5:30.00	103%	
								4
		13						-
		, 28.06.2013						-
200m			33.	2:53.06	278	2:52.00	99%	
100m			16.	1:32.18	242	1:32.00	100%	
		, 13.07.2013						-
100m			31.	1:17.53	220	1:12.00	86%	
200m			35.	2:44.72	237	2:42.00	97%	
		, 07.02.2013						-
200m			43.	2:58.47	253	2:58.00	99%	
100m			12.	1:27.17	286	1:26.00	97%	
		, 11.06.2013						-
200m			88.	3:10.09	154	3:10.00	100%	
100m			12.	1:36.42	205	1:35.00	97%	
		, 30.08.2013						1
100m			13.	1:14.35	250	1:12.00	94%	
200m			20.	2:39.47	261	2:40.00	101%	
		, 03.07.2013						1
200m			3.	2:25.69	343	2:25.00	99%	
100m			1.	1:12.75	356	1:13.83	103%	
		, 13.12.2013						1
100m			24.	1:16.02	234	1:15.06	97%	
200m			54.	2:49.94	216	2:55.00	106%	
		, 09.11.2013						-
200m			31.	2:52.09	282	2:48.00	95%	
100m			5.	1:22.95	332	1:22.00	98%	
		, 26.09.2013						-
200m			24.	2:46.51	312	2:42.00	95%	
100m			8.	1:23.68	323	1:22.00	96%	
		, 17.03.2013						1
200m			13.	2:43.99	327	2:44.00	100%	
100m			4.	1:22.80	334	1:22.00	98%	
								11

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		29	30	2024				
29 13								1
, 02.03.2013								1
200m		2.	2:23.71	357	2:20.00		95%	
100m		2.	1:13.70	343	1:15.00		104%	
12								8
, 11.03.2012								2
400m		11.	5:22.22	394	5:35.00		108%	
100m		2.	1:24.71	433	1:25.40	06.03.2024	102%	
, 22.10.2012								1
100m		5.	1:06.65	347	1:07.99	06.03.2024	104%	
400m		32.	5:22.81	316	5:20.00		98%	
, 07.11.2012								-
400m		44.	6:02.44	277	5:50.00		93%	
100m		14.	1:26.78	290	1:25.00		96%	
, 12.06.2012								-
400m		59.	5:38.33	275	5:30.00		95%	
100m		6.	1:26.17	287	1:25.00		97%	
, 15.02.2012								-
100m		32.	1:13.38	260	1:11.00		94%	
400m		43.	5:29.78	297	5:20.00		94%	
, 30.11.2012								2
100m		31.	1:13.14	262	1:13.69	06.03.2024	102%	
400m		28.	5:21.95	319	5:25.00		102%	
, 18.08.2012								-
400m		42.	6:01.68	279	5:55.00		96%	
100m		11.	1:24.72	311	1:22.00		94%	
, 18.12.2012								1
400m		33.	5:52.25	302	5:50.00		99%	
100m		16.	1:38.09	279	1:38.50		101%	
, 13.01.2012								2
100m		7.	1:09.98	403	1:11.25	06.03.2024	104%	
400m		8.	5:16.81	415	5:35.00		112%	
, 25.06.2012								-
400m		50.	5:32.97	288	5:02.00		82%	
100m		8.	1:21.43	223	1:18.00		92%	
13								2
, 24.11.2013								-
200m		51.	3:06.75	221	2:50.00		83%	
100m		20.	1:35.36	218	1:31.00		91%	
, 06.05.2013								-
200m		53.	2:49.24	218	2:42.00		92%	
100m		8.	1:33.97	221	1:31.00		94%	
, 05.04.2013								1
200m		4.	2:36.58	375	2:38.00		102%	
100m		1.	1:19.57	376	1:19.02	06.03.2024	99%	
, 16.01.2013								-
100m		14.	1:14.48	249	1:12.00		93%	
200m		42.	2:46.23	231	2:40.00		93%	
, 19.03.2013								1
100m		32.	1:18.50	212	1:20.00		104%	
200m		66.	2:56.08	194	2:45.00		88%	
, 13.07.2013								-
200m		36.	2:54.71	270	2:45.00		89%	
100m		10.	1:25.12	307	1:24.89	06.03.2024	99%	
, 09.02.2013								-
200m		32.	2:52.41	281	2:45.00		92%	
100m		14.	1:43.15	240	1:40.00		94%	
, 08.09.2013								-
200m		60.	3:12.34	202	2:50.00		78%	
100m		15.	1:31.73	245	1:31.00		98%	
, 11.02.2013								-
100m		40.	1:21.90	187	1:21.00		98%	
200m		70.	2:57.74	188	2:45.00		86%	

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