

										%	PB
"	"										-
											-
											6
100m		46.	1:14.05	253	1:12.00				95%		-
400m		108.	6:00.36	227	5:49.00				94%		2
											2
100m		60.	1:18.65	211	1:25.00				117%		-
400m		105.	5:58.21	231	6:00.00				101%		-
											2
400m		117.	6:16.96	198	6:40.00				113%		-
100m		17.	1:43.76	108	1:50.00				112%		-
											-
100m		66.	1:22.22	185	1:21.00				97%		-
400m		124.	6:44.66	160	6:20.00				88%		1
											1
100m		58.	1:17.89	217	1:18.00				100%		-
400m		115.	6:14.80	202	6:10.00				97%		-
											-
400m		119.	6:27.45	183	6:20.00				96%		-
100m		18.	1:42.66	170	1:41.00				97%		1
											1
400m		77.	6:56.68	182	7:00.00				102%		-
100m		21.	1:44.69	165	1:44.00				99%		4
											-
100m		38.	1:33.73	124	1:28.70				90%		-
200m		94.	3:34.51	107	3:34.00				100%		1
											1
200m		77.	3:06.78	162	3:08.00				101%		-
											1
200m		65.	3:37.46	140	4:09.00				131%		-
100m		14.	1:43.73	169	1:41.00				95%		-
											-
100m		39.	1:35.00	120	1:33.00				96%		-
200m		92.	3:24.43	124	3:20.40				96%		2
											-
200m		93.	3:31.01	112	3:40.00				109%		-
100m		13.	1:38.70	191	1:42.00				107%		-
											-
100m		20.	1:18.09	216	1:16.00	19.12.2022			95%		-
200m		50.	2:53.19	204	2:49.00	03.01.2023			95%		-
											-
100m		23.	1:27.26	208	1:17.40	22.02.2023			79%		-
200m		32.	2:57.56	257	2:57.00	03.01.2023			99%		11
											1
100m		5.	1:06.39	472	1:06.00				99%		1
400m		11.	5:09.36	446	5:15.00				104%		1
											1
400m		20.	5:15.75	419	5:20.00				103%		-
100m		5.	1:20.78	359	1:18.00				93%		2
											-
100m		7.	1:05.67	363	1:08.00				107%		-
400m		7.	5:01.05	390	5:09.00				105%		1
											-
400m		18.	5:07.97	364	5:20.00				108%		-
100m		5.	1:30.26	250	1:29.00				97%		-

" "

400m	,	, 11.11.2011	44.	5:19.70	326	5:15.00	97%			-
100m			4.	1:13.20	308	1:13.00	99%			
400m	,	, 11.11.2011	12.	5:12.53	432	5:20.00	105%			2
100m			3.	1:23.19	458	1:25.40	105%			
100m	,	, 01.11.2011	8.	1:05.82	360	1:07.00	104%			1
400m			9.	5:03.42	381	4:59.00	97%			
400m	,	, 11.12.2011	8.	5:02.52	477	5:04.00	101%			1
100m			2.	1:15.39	398	1:14.80	98%			
400m	,	, 11.11.2011	50.	5:45.82	319	5:40.00	97%			1
100m			14.	1:31.71	341	1:32.00	101%			
400m	,	, 01.11.2011	8.	5:02.83	383	5:05.00	101%			1
100m			8.	1:18.09	253	1:16.00	95%			
2										4
100m	,	, 01.11.2011	38.	1:11.95	276	1:10.00	95%			-
400m			69.	5:32.80	289	5:16.00	90%			
100m	,	, 01.11.2011	11.	1:06.99	342	1:07.00	100%			2
400m			43.	5:19.65	326	5:20.00	100%			
400m	,	, 01.11.2011	37.	5:16.82	335	5:30.00	108%			1
100m			5.	1:19.52	273	1:17.00	94%			
400m	,	, 01.11.2011	45.	5:20.47	323	5:20.00	100%			-
100m			10.	1:18.54	249	1:16.00	94%			
400m	,	, 01.11.2011	31.	5:16.01	337	5:25.00	106%			1
100m			2.	1:15.49	319	1:15.00	99%			
/										6
400m	,	, 01.11.2011	98.	5:53.02	242	5:50.00	98%			1
100m			9.	1:33.16	227	1:34.00	102%			
100m	,	, 01.11.2011	23.	1:09.65	304	1:11.00	104%			2
400m			26.	5:14.71	341	5:25.00	107%			
400m	,	, 01.11.2011	63.	5:28.98	299	5:28.00	99%			-
100m			14.	1:23.03	211	1:23.00	100%			
100m	,	, 01.11.2011	38.	1:11.95	276	1:10.00	95%			-
400m			53.	5:25.19	309	5:19.00	96%			
100m	,	, 01.11.2011	13.	1:07.70	331	1:09.00	104%			1
400m			42.	5:19.55	326	5:18.00	99%			
100m	,	, 01.11.2011	56.	1:16.70	228	1:16.00	98%			-
400m			90.	5:47.95	253	5:45.00	98%			
100m	,	, 01.11.2011	41.	1:12.64	268	1:14.00	104%			2
400m			48.	5:21.92	319	5:28.00	104%			
400m	,	, 01.11.2011	16.	5:07.42	366	5:04.00	98%			-
400m	,	, 01.11.2011	78.	5:36.82	278	5:30.00	96%			-
100m			18.	1:26.23	214	1:24.00	95%			
100m	,	, 22.02.2012	WDR		-	1:32.49	-			-
200m			WDR		-	2:59.27	-			-

" "

									4
									2
400m		, 20.10.2011	47.	5:44.99	321	6:12.80		117%	
100m			14.	1:24.59	313	1:27.50		107%	
									2
200m		, 31.08.2012	26.	2:54.36	272	2:59.00		105%	
100m			6.	1:28.56	272	1:29.90		103%	
	"	"							15
		, 05.10.2012							1
100m			22.	1:18.40	213	1:14.50		90%	
200m			37.	2:46.82	228	2:55.30		110%	
		, 13.10.2012							1
100m			13.	1:21.93	251	1:24.00		105%	
		, 07.06.2012							2
100m			14.	1:22.13	249	1:24.00		105%	
200m			48.	3:05.73	225	3:29.00		127%	
		, 13.04.2012							2
200m			7.	2:36.24	278	2:45.30		112%	
100m			2.	1:20.81	229	1:22.50		104%	
		, 09.06.2012							2
100m			6.	1:12.27	272	1:12.50		101%	
200m			20.	2:40.36	257	2:42.30		102%	
		, 17.09.2012							2
100m			15.	1:22.32	247	1:23.00		102%	
200m			36.	2:59.01	251	3:28.00		135%	
		, 15.02.2012							1
100m			17.	1:23.35	238	1:20.00		92%	
200m			45.	3:04.14	230	3:22.00		120%	
		, 11.04.2012							1
100m			16.	1:15.94	234	1:15.00		98%	
200m			48.	2:51.97	208	3:02.00		112%	
		, 13.01.2012							1
200m			73.	3:05.66	165	3:08.00		103%	
100m			9.	1:33.73	146	1:30.00		92%	
		, 04.01.2012							2
200m			25.	2:54.16	272	3:27.00		141%	
100m			4.	1:36.12	296	1:40.00		108%	
	"	"							9
		, 24.01.2011							1
100m			55.	1:16.27	231	1:16.30		100%	
400m			106.	5:58.61	231	5:50.00		95%	
		, 01.11.2011							-
400m			110.	6:01.51	225	5:20.00		78%	
100m			5.	1:13.21	308	1:12.00		97%	
		, 08.06.2011							-
400m			64.	6:11.80	257	5:50.30		89%	
100m			13.	1:31.46	344	1:28.30		93%	
		, 03.11.2011							2
100m			27.	1:20.73	262	1:21.30		101%	
400m			61.	6:04.24	273	6:14.30		106%	
		, 06.05.2011							2
400m			48.	5:45.07	321	5:46.00		101%	
100m			7.	1:21.78	346	1:27.20		114%	
		, 23.03.2011							-
400m			15.	5:07.07	368	5:05.00		99%	
100m			2.	1:12.10	322	1:12.00		100%	
		, 03.09.2011							1
400m			43.	5:41.71	331	5:30.30		93%	
100m			2.	1:18.42	393	1:20.20		105%	
		, 23.05.2011							1
100m			6.	1:05.04	373	1:06.40		104%	
400m			1.	4:51.04	432	4:50.00		99%	
		, 06.06.2011							2
400m			49.	5:45.48	320	5:46.00		100%	
100m			12.	1:23.55	325	1:27.20		109%	

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200m	,	, 10.02.2012	54.	2:54.12	201	2:55.00	101%	1
100m			17.	1:40.58	180	1:35.00	89%	
100m	,	, 07.04.2012	13.	1:14.97	244	1:10.00	87%	-
200m			16.	2:39.31	262	2:37.00	97%	
100m	,	, 31.05.2012	20.	1:26.23	215	1:29.00	107%	2
200m			57.	3:17.44	187	3:20.00	103%	
200m	,	, 15.02.2012	63.	3:34.08	146	3:29.00	95%	-
100m			20.	1:55.82	169	1:50.00	90%	
200m	,	, 15.09.2012	34.	2:46.60	229	2:45.00	98%	-
100m			6.	1:28.54	174	1:28.00	99%	
100m	,	, 01.03.2012	22.	1:27.22	208	1:27.00	99%	-
200m			56.	3:16.04	191	3:15.00	99%	
200m	,	, 05.01.2012	42.	2:50.18	215	2:57.00	108%	1
100m			13.	1:27.92	202	1:23.00	89%	
200m	,	, 02.10.2012	88.	3:14.24	144	3:06.00	92%	-
100m			14.	1:39.55	186	1:37.00	95%	
200m	,	, 19.04.2012	21.	2:53.29	277	2:58.00	106%	2
100m			17.	1:48.23	208	1:43.00	91%	
100m			6.	1:34.70	201	1:37.00	105%	
"	"	"						1
100m	,	, 14.03.2011	1.	1:02.91	413	1:03.00	100%	1
400m			30.	5:15.84	338	5:05.00	93%	
400m	,	, 22.06.2011	109.	6:00.63	227	5:40.00	89%	-
100m			9.	1:22.39	245	1:19.00	92%	
100m	,	, 11.11.2011	30.	1:24.62	228	1:19.00	87%	-
400m			74.	6:33.44	216	6:20.00	93%	
100m	,	, 20.10.2011	25.	1:19.07	279	1:15.00	90%	-
400m			67.	6:13.90	252	6:05.00	95%	
400m	,	, 01.05.2011	103.	5:56.84	234	5:49.00	96%	-
100m			17.	1:40.13	183	1:36.00	92%	
"	.	.	"	.				-
"	.	.	"	.				2
200m	,	, 28.03.2012	41.	3:01.22	242	3:15.00	116%	2
100m			4.	1:32.42	216	1:36.00	108%	
"	5 "	"						9
400m	,	, 19.01.2011	79.	6:59.10	179	6:48.00	95%	-
100m			23.	1:47.10	214	1:43.30	93%	
400m	,	, 30.05.2011	66.	5:30.94	294	5:35.00	102%	1
100m			16.	1:25.17	222	1:23.00	95%	
400m	,	, 26.04.2011	118.	6:20.82	192	6:20.87	100%	1
100m			15.	1:39.32	187	1:39.00	99%	
400m	,	, 21.11.2011	66.	6:13.58	253	6:22.00	105%	1
100m			18.	1:38.04	279	1:37.00	98%	

" "

100m	,	, 23.05.2012	34.	1:27.07	155	1:23.00	91%	-
200m	,	, 27.06.2012	85.	3:11.53	151	3:13.00	102%	1
100m			21.	1:43.51	165	1:39.00	91%	
200m	,	, 01.02.2012	83.	3:09.51	155	3:13.60	104%	1
200m	,	, 11.01.2012	40.	3:00.38	245	2:58.00	97%	-
100m			12.	1:40.46	260	1:38.00	95%	
100m	,	, 05.12.2012	37.	1:29.40	144	1:23.00	86%	-
200m			91.	3:20.18	132	3:10.60	91%	
"	"							9
100m	,	, 25.03.2011	14.	1:08.24	323	1:10.00	105%	2
400m			19.	5:08.50	363	5:18.00	106%	
100m	,	, 19.05.2011	25.	1:09.83	302	1:10.00	100%	1
400m			59.	5:27.48	303	5:20.00	95%	
100m	,	, 24.02.2011	16.	1:08.64	318	1:10.00	104%	2
400m			39.	5:17.26	333	5:20.00	102%	
400m	,	, 17.01.2011	6.	5:00.88	391	4:50.00	93%	1
100m			1.	1:10.96	338	1:13.20	106%	
100m	,	, 10.11.2011	6.	1:07.32	453	1:06.50	98%	-
400m			5.	4:59.09	493	4:58.50	100%	
400m	,	, 21.07.2011	68.	5:31.91	291	5:30.00	99%	-
100m			7.	1:19.93	269	1:19.00	98%	
100m	,	, 16.08.2011	4.	1:06.22	476	1:07.50	104%	1
400m			4.	4:57.69	500	4:57.00	100%	
400m	,	, 30.03.2011	14.	5:13.07	430	5:18.00	103%	1
100m			4.	1:16.50	381	1:15.00	96%	
100m	,	, 23.03.2011	17.	1:12.37	364	1:09.00	91%	1
400m			17.	5:14.57	424	5:15.00	100%	
400m	,	, 29.06.2011	34.	5:27.79	375	5:22.00	96%	-
100m			11.	1:23.37	327	1:21.00	94%	
"	" /							19
100m	,	, 23.10.2011	47.	1:14.08	253	1:16.00	105%	1
400m			91.	5:50.31	247	5:50.00	100%	
100m	,	, 21.09.2012	27.	1:20.28	198	1:22.00	104%	2
200m			56.	2:54.72	198	3:00.00	106%	
100m	,	, 24.09.2011	63.	1:19.84	202	1:16.00	91%	-
400m			102.	5:56.73	234	5:50.00	96%	
100m	,	, 12.07.2012	23.	1:18.64	211	1:22.00	109%	2
200m			47.	2:51.93	208	3:10.00	122%	
200m	,	, 16.11.2012	71.	3:04.38	169	3:00.00	95%	-
100m			5.	1:28.25	175	1:28.00	99%	
400m	,	, 12.12.2011	47.	5:21.42	320	5:30.00	105%	1
100m			8.	1:32.75	230	1:32.00	98%	
200m	,	, 19.09.2012	41.	2:49.89	216	2:50.00	100%	2
100m			12.	1:27.21	207	1:28.00	102%	

" "

	, 07.01.2012								2
100m		8.	1:18.61	284	1:21.00			106%	
200m		20.	2:53.06	278	3:00.00			108%	
	, 09.11.2011								4
400m		23.	5:17.91	411	5:17.00			99%	-
100m		6.	1:21.36	352	1:18.00			92%	
	, 15.05.2011								-
400m		38.	5:16.88	334	5:05.00			93%	
	, 14.03.2011								1
100m		12.	1:11.39	380	1:09.00			93%	
400m		19.	5:15.73	419	5:17.00			101%	
	, 20.01.2011								-
100m		35.	1:11.75	278	1:08.00			90%	
400m		20.	5:11.27	353	5:08.00			98%	
	, 27.04.2011								2
100m		18.	1:09.29	309	1:10.00			102%	
400m		40.	5:17.49	333	5:20.00			102%	
	, 24.07.2011								-
100m		12.	1:07.43	335	1:05.00			93%	
400m		4.	4:57.91	403	4:50.00			95%	
	, 24.07.2011								-
400m		1.	4:48.88	548	4:40.00			94%	
100m		6.	1:25.68	419	1:25.00			98%	
	, 01.03.2011								-
100m		7.	1:09.21	417	1:08.00			97%	
400m		16.	5:13.90	427	5:09.00			97%	
	, 03.11.2011								1
400m		36.	5:16.73	335	5:05.00			93%	
100m		3.	1:25.82	291	1:26.00			100%	
	, 28.03.2011								-
100m		1.	1:05.05	502	1:04.00			97%	
400m		2.	4:53.09	524	4:53.00			100%	
	, 04.01.2012								7
200m		51.	2:53.67	202	2:58.00			105%	1
100m		8.	1:25.61	218	1:17.00			81%	
	, 31.01.2012								1
200m		27.	2:54.73	270	3:04.97			112%	
100m		5.	1:33.21	210	1:32.00			97%	
	, 05.03.2012								2
100m		17.	1:17.74	219	1:18.00			101%	
200m		49.	2:53.13	204	2:58.00			106%	
	, 03.06.2012								-
200m		23.	2:41.60	251	2:37.00			94%	
	, 15.01.2012								1
100m		10.	1:20.58	264	1:19.00			96%	
200m		47.	3:05.49	225	3:10.64			106%	
	, 26.04.2012								-
200m		33.	2:57.62	257	2:56.36			99%	
100m		9.	1:32.28	241	1:30.00			95%	
	, 27.02.2012								1
100m		6.	1:16.06	314	1:16.00			100%	
200m		5.	2:37.59	368	2:53.28			121%	
	, 12.03.2012								-
200m		39.	2:48.92	220	2:37.00			86%	
100m		6.	1:23.73	234	1:18.00			87%	
	, 11.01.2012								-
200m		65.	2:58.38	186	2:52.00			93%	
	, 03.09.2012								1
100m		9.	1:20.39	266	1:19.00			97%	
200m		31.	2:56.32	263	2:57.36			101%	

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