

11  
22.01.2014 - 11:55

, 800m

2003

8:54.59  
9:40.51

07.05.2010  
01.01.2008

: 9:16.18 /

15 - 16: 9:34.34

2003

1.			89			"	-1"		<b>9:25.17</b>			
	100m:	1:06.28	1:06.28	300m:	3:27.13	1:11.07	500m:	5:51.46	1:12.35	700m:	8:15.59	1:11.81
	200m:	2:16.06	1:09.78	400m:	4:39.11	1:11.98	600m:	7:03.78	1:12.32	800m:	9:25.17	1:09.58
2.			98			"	-1"		<b>10:13.17</b>	523		
	100m:	1:11.73	1:11.73	300m:	3:43.51	1:16.48	500m:	6:19.03	1:18.08	700m:	8:56.60	1:18.88
	200m:	2:27.03	1:15.30	400m:	5:00.95	1:17.44	600m:	7:37.72	1:18.69	800m:	10:13.17	1:16.57
3.			99	1		"	"		<b>10:19.84</b>	506		
	100m:	1:11.11	1:11.11	300m:	3:46.65	1:18.57	500m:	6:24.63	1:18.97	700m:	9:03.62	1:19.29
	200m:	2:28.08	1:16.97	400m:	5:05.66	1:19.01	600m:	7:44.33	1:19.70	800m:	10:19.84	1:16.22
4.			95			"	"		<b>10:33.54</b>			
	100m:	1:14.21	1:14.21	300m:	3:53.41	1:20.03	500m:	6:35.49	1:21.33	700m:	9:16.80	1:20.43
	200m:	2:33.38	1:19.17	400m:	5:14.16	1:20.75	600m:	7:56.37	1:20.88	800m:	10:33.54	1:16.74
5.			98	1		"	"		<b>10:35.54</b>	469		
	100m:	1:14.25	1:14.25	300m:	3:54.78	1:19.97	500m:	6:36.23	1:20.64	700m:	9:18.17	1:20.97
	200m:	2:34.81	1:20.56	400m:	5:15.59	1:20.81	600m:	7:57.20	1:20.97	800m:	10:35.54	1:17.37
6.			99			"	-1"		<b>10:38.17</b>			
	100m:	1:13.52	1:13.52	300m:	3:54.32	1:20.57	500m:	6:36.76	1:20.99	700m:	9:19.11	1:21.16
	200m:	2:33.75	1:20.23	400m:	5:15.77	1:21.45	600m:	7:57.95	1:21.19	800m:	10:38.17	1:19.06
7.			98	1		"	-2"		<b>10:52.32</b>	434		
	100m:	1:13.57	1:13.57	300m:	3:55.98	1:22.10	500m:	6:43.14	1:23.80	700m:	9:31.60	1:24.03
	200m:	2:33.88	1:20.31	400m:	5:19.34	1:23.36	600m:	8:07.57	1:24.43	800m:	10:52.32	1:20.72
8.			02	2		-1			<b>10:57.02</b>	425		
	100m:	1:15.00	1:15.00	300m:	4:02.55	1:24.78	500m:	6:50.87	1:24.86	700m:	9:39.61	1:24.31
	200m:	2:37.77	1:22.77	400m:	5:26.01	1:23.46	600m:	8:15.30	1:24.43	800m:	10:57.02	1:17.41
9.			00	1		"	-2"		<b>10:57.75</b>	423		
	100m:	1:14.00	1:14.00	300m:	3:59.31	1:23.43	500m:	6:49.94	1:24.66	700m:	9:38.32	1:23.53
	200m:	2:35.88	1:21.88	400m:	5:25.28	1:25.97	600m:	8:14.79	1:24.85	800m:	10:57.75	1:19.43
10.			02	2		"	"		<b>11:09.13</b>			
	100m:	1:14.95	1:14.95	300m:	4:01.64	1:24.07	500m:	6:51.70	1:25.34	700m:	9:43.45	1:26.69
	200m:	2:37.57	1:22.62	400m:	5:26.36	1:24.72	600m:	8:16.76	1:25.06	800m:	11:09.13	1:25.68
11.			00	1		"	-2"		<b>11:09.14</b>			
	100m:	1:16.06	1:16.06	300m:	4:06.28	1:24.94	500m:	6:56.93	1:25.85	700m:	9:47.34	1:26.73
	200m:	2:41.34	1:25.28	400m:	5:31.08	1:24.80	600m:	8:20.61	1:23.68	800m:	11:09.14	1:21.80
12.			01	2					<b>11:15.91</b>	390		
	100m:	1:16.92	1:16.92	300m:	4:06.00	1:25.12	500m:	6:57.76	1:26.93	700m:	9:52.26	1:27.16
	200m:	2:40.88	1:23.96	400m:	5:30.83	1:24.83	600m:	8:25.10	1:27.34	800m:	11:15.91	1:23.65
13.			02	2		"	"		<b>11:28.30</b>			
	100m:	1:17.29	1:17.29	300m:	4:13.21	1:26.30	500m:	7:14.91	1:31.75	700m:	10:02.12	1:22.91
	200m:	2:46.91	1:29.62	400m:	5:43.16	1:29.95	600m:	8:39.21	1:24.30	800m:	11:28.30	1:26.18
14.			02	2		"	"		<b>11:32.64</b>			
	100m:	1:20.64	1:20.64	300m:	4:16.29	1:27.49	500m:	7:13.51	1:29.12	700m:	10:08.92	1:28.06
	200m:	2:48.80	1:28.16	400m:	5:44.39	1:28.10	600m:	8:40.86	1:27.35	800m:	11:32.64	1:23.72



11, , 800m , 2003											
15.			01 2 -2					<b>11:35.00</b>		359	
	100m: 1:17.10 1:17.10	300m: 4:14.90 1:29.70	500m: 7:13.00 1:28.11	700m: 10:11.00 1:27.90							
	200m: 2:45.20 1:28.10	400m: 5:44.89 1:29.99	600m: 8:43.10 1:30.10	800m: 11:35.00 1:24.00							
16.			00 2 " -2"					<b>11:38.67</b>			
	100m: 1:19.45 1:19.45	300m: 4:17.02 1:29.51	500m: 7:15.80 1:28.54	700m: 10:14.39 1:29.16							
	200m: 2:47.51 1:28.06	400m: 5:47.26 1:30.24	600m: 8:45.23 1:29.43	800m: 11:38.67 1:24.28							
17.			99 1 " "					<b>11:39.42</b>			
	100m: 1:21.10 1:21.10	300m: 4:17.30 1:28.50	500m: 7:19.15 1:33.70	700m: 10:11.10 1:29.00							
	200m: 2:48.80 1:27.70	400m: 5:45.45 1:28.15	600m: 8:42.10 1:22.95	800m: 11:39.42 1:28.32							
18.			01 2 " -2"					<b>11:41.43</b>			
	100m: 1:20.72 1:20.72	300m: 4:21.17 1:30.08	500m: 7:20.49 1:29.45	700m: 10:20.80 1:30.22							
	200m: 2:51.09 1:30.37	400m: 5:51.04 1:29.87	600m: 8:50.58 1:30.09	800m: 11:41.43 1:20.63							
19.			02 2 " "					<b>11:43.46</b>			
	100m: 1:20.72 1:20.72	300m: 4:21.17 1:28.87	500m: 7:20.49 1:29.45	700m: 10:20.80 1:29.20							
	200m: 2:52.30 1:31.58	400m: 5:51.04 1:29.87	600m: 8:51.60 1:31.11	800m: 11:43.46 1:22.66							
20.			01 2 -1					<b>11:44.82</b>		344	
	100m: 1:21.00 1:21.00	300m: 4:20.00 1:30.00	500m: 7:20.00 1:29.00	700m: 10:17.00 1:28.00							
	200m: 2:50.00 1:29.00	400m: 5:51.00 1:31.00	600m: 8:49.00 1:29.00	800m: 11:44.82 1:27.82							
21.			02 1 " "					<b>11:45.50</b>			
	100m: 1:19.00 1:19.00	300m: 4:21.00 1:31.00	500m: 7:21.00 1:28.00	700m: 10:20.00 1:29.00							
	200m: 2:50.00 1:31.00	400m: 5:53.00 1:32.00	600m: 8:51.00 1:30.00	800m: 11:45.50 1:25.50							
22.			01 2 -2					<b>11:46.39</b>		342	
	100m: 1:17.28 1:17.28	300m: 4:14.14 1:28.98	500m: 7:21.42 1:30.15	700m: 10:12.41 1:19.68							
	200m: 2:45.16 1:27.88	400m: 5:51.27 1:37.13	600m: 8:52.73 1:31.31	800m: 11:46.39 1:33.98							
23.			02 2 " "					<b>11:54.60</b>			
	100m: 1:21.07 1:21.07	300m: 4:21.92 1:30.66	500m: 7:24.67 1:31.65	700m: 10:27.67 1:30.91							
	200m: 2:51.26 1:30.19	400m: 5:53.02 1:31.10	600m: 8:56.76 1:32.09	800m: 11:54.60 1:26.93							
24.			02 2 " "					<b>12:07.40</b>			
	100m: 1:24.00 1:24.00	300m: 4:27.00 1:32.00	500m: 7:29.00 1:31.00	700m: 10:34.00 1:32.00							
	200m: 2:55.00 1:31.00	400m: 5:58.00 1:31.00	600m: 9:02.00 1:33.00	800m: 12:07.40 1:33.40							
25.			02 2 " "					<b>12:14.00</b>			
	100m: 1:26.00 1:26.00	300m: 4:33.00 1:34.00	500m: 7:40.00 1:33.00	700m: 10:45.00 1:31.00							
	200m: 2:59.00 1:33.00	400m: 6:07.00 1:34.00	600m: 9:14.00 1:34.00	800m: 12:14.00 1:29.00							
26.			99 " "					<b>12:23.94</b>			
	100m: 1:23.19 1:23.19	300m: 4:24.17 1:33.08	500m: 7:35.58 1:36.58	700m: 10:48.64 1:37.38							
	200m: 2:51.09 1:27.90	400m: 5:59.00 1:34.83	600m: 9:11.26 1:35.68	800m: 12:23.94 1:35.30							
27.			03 2 " "					<b>12:32.68</b>			
	100m: 1:23.14 1:23.14	300m: 4:33.41 1:35.11	500m: 7:45.80 1:37.46	700m: 10:56.27 1:34.59							
	200m: 2:58.30 1:35.16	400m: 6:08.34 1:34.93	600m: 9:21.68 1:35.88	800m: 12:32.68 1:36.41							
28.			02 2 -2					<b>12:41.66</b>		272	
	100m: 1:21.32 1:21.32	300m: 4:33.41 1:38.19	500m: 7:49.75 1:38.90	700m: 11:08.53 1:40.78							
	200m: 2:55.22 1:33.90	400m: 6:10.85 1:37.44	600m: 9:27.75 1:38.00	800m: 12:41.66 1:33.13							
29.			02 2 " "					<b>12:42.29</b>			
	100m: 1:23.73 1:23.73	300m: 4:38.80 1:38.26	500m: 7:53.54 1:37.65	700m: 11:10.92 1:38.90							
	200m: 3:00.54 1:36.81	400m: 6:15.89 1:37.09	600m: 9:32.02 1:38.48	800m: 12:42.29 1:31.37							
30.			03 2 " "					<b>12:55.17</b>			
	100m: 1:33.40 1:33.40	300m: 4:38.12 1:27.75	500m: 7:56.77 1:38.87	700m: 11:15.36 1:38.15							
	200m: 3:10.37 1:36.97	400m: 6:17.90 1:39.78	600m: 9:37.21 1:40.44	800m: 12:55.17 1:39.81							



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31.			03 2	" "	<b>13:18.24</b>	
100m:	1:34.68	1:34.68	300m: 4:58.27	1:38.97	500m: 8:22.15	1:40.98
200m:	3:19.30	1:44.62	400m: 6:41.17	1:42.90	600m: 9:45.21	1:23.06
					700m: 10:40.26	55.05
					800m: 13:18.24	2:37.98
32.			02 2	" "	<b>13:25.04</b>	
100m:	1:35.60	1:35.60	300m: 5:01.26	1:43.71	500m: 8:22.68	1:41.87
200m:	3:17.55	1:41.95	400m: 6:40.81	1:39.55	600m: 10:03.33	1:40.65
					700m: 11:46.40	1:43.07
					800m: 13:25.04	1:38.64
33.			03 2	" "	<b>13:40.36</b>	
100m:	1:32.10	1:32.10	300m: 5:00.00	1:45.70	500m: 8:30.90	1:45.50
200m:	3:14.30	1:42.20	400m: 6:45.40	1:45.40	600m: 10:16.30	1:45.40
					700m: 12:00.00	1:43.70
					800m: 13:40.36	1:40.36
34.			03 2	" "	<b>14:38.40</b>	
100m:	1:37.32	1:37.32	300m: 5:20.08	1:52.90	500m: 9:06.21	1:53.80
200m:	3:27.18	1:49.86	400m: 7:12.41	1:52.33	600m: 10:54.88	1:48.67
					700m: 12:34.91	1:40.03
					800m: 14:38.40	2:03.49
DSQ			02 2	" "		
DSQ			02 2	" "		

1998 - 1999

1.			98	" -1"	<b>10:13.17</b>	523
100m:	1:11.73	1:11.73	300m: 3:43.51	1:16.48	500m: 6:19.03	1:18.08
200m:	2:27.03	1:15.30	400m: 5:00.95	1:17.44	600m: 7:37.72	1:18.69
					700m: 8:56.60	1:18.88
					800m: 10:13.17	1:16.57
2.			99 1	" "	<b>10:19.84</b>	506
100m:	1:11.11	1:11.11	300m: 3:46.65	1:18.57	500m: 6:24.63	1:18.97
200m:	2:28.08	1:16.97	400m: 5:05.66	1:19.01	600m: 7:44.33	1:19.70
					700m: 9:03.62	1:19.29
					800m: 10:19.84	1:16.22
3.			98 1	" "	<b>10:35.54</b>	469
100m:	1:14.25	1:14.25	300m: 3:54.78	1:19.97	500m: 6:36.23	1:20.64
200m:	2:34.81	1:20.56	400m: 5:15.59	1:20.81	600m: 7:57.20	1:20.97
					700m: 9:18.17	1:20.97
					800m: 10:35.54	1:17.37
4.			99	" -1"	<b>10:38.17</b>	
100m:	1:13.52	1:13.52	300m: 3:54.32	1:20.57	500m: 6:36.76	1:20.99
200m:	2:33.75	1:20.23	400m: 5:15.77	1:21.45	600m: 7:57.95	1:21.19
					700m: 9:19.11	1:21.16
					800m: 10:38.17	1:19.06
5.			98 1	" -2"	<b>10:52.32</b>	434
100m:	1:13.57	1:13.57	300m: 3:55.98	1:22.10	500m: 6:43.14	1:23.80
200m:	2:33.88	1:20.31	400m: 5:19.34	1:23.36	600m: 8:07.57	1:24.43
					700m: 9:31.60	1:24.03
					800m: 10:52.32	1:20.72
6.			99 1	" "	<b>11:39.42</b>	
100m:	1:21.10	1:21.10	300m: 4:17.30	1:28.50	500m: 7:19.15	1:33.70
200m:	2:48.80	1:27.70	400m: 5:45.45	1:28.15	600m: 8:42.10	1:22.95
					700m: 10:11.10	1:29.00
					800m: 11:39.42	1:28.32
7.			99	" "	<b>12:23.94</b>	
100m:	1:23.19	1:23.19	300m: 4:24.17	1:33.08	500m: 7:35.58	1:36.58
200m:	2:51.09	1:27.90	400m: 5:59.00	1:34.83	600m: 9:11.26	1:35.68
					700m: 10:48.64	1:37.38
					800m: 12:23.94	1:35.30

