

30  
23.01.2014 - 12:54

, 800m

2001

8:31.26  
8:38.1930.06.2001  
01.01.2009

2001

1.			97		"	-1"		<b>8:53.86</b>		607		
	100m:	1:04.16	1:04.16	300m:	3:17.95	1:07.06	500m:	5:33.60	1:07.93	700m:	7:50.04	1:07.97
	200m:	2:10.89	1:06.73	400m:	4:25.67	1:07.72	600m:	6:42.07	1:08.47	800m:	8:53.86	1:03.82
2.			95		"	-1"		<b>9:09.55</b>				
	100m:	1:04.84	1:04.84	300m:	3:24.85	1:09.58	500m:	5:45.43	1:10.28	700m:	8:04.66	1:08.92
	200m:	2:15.27	1:10.43	400m:	4:35.15	1:10.30	600m:	6:55.74	1:10.31	800m:	9:09.55	1:04.89
3.			97		"	-1"		<b>9:19.52</b>				
	100m:	1:03.50	1:03.50	300m:	3:26.02	1:11.17	500m:	5:47.53	1:10.60	700m:	8:10.38	1:11.42
	200m:	2:14.85	1:11.35	400m:	4:36.93	1:10.91	600m:	6:58.96	1:11.43	800m:	9:19.52	1:09.14
4.			97		"	-1"		<b>9:35.08</b>				
	100m:	1:04.37	1:04.37	300m:	3:27.18	1:13.05	500m:	5:57.18	1:16.15	700m:	8:27.10	1:13.84
	200m:	2:14.13	1:09.76	400m:	4:41.03	1:13.85	600m:	7:13.26	1:16.08	800m:	9:35.08	1:07.98
5.			00 1		"	-1"		<b>9:36.04</b>				
	100m:	1:07.86	1:07.86	300m:	3:34.86	1:13.73	500m:	6:01.95	1:13.31	700m:	8:27.95	1:13.13
	200m:	2:21.13	1:13.27	400m:	4:48.64	1:13.78	600m:	7:14.82	1:12.87	800m:	9:36.04	1:08.09
6.			98 1		"	"		<b>9:43.70</b>		464		
	100m:	1:07.70	1:07.70	300m:	3:34.80	1:14.40	500m:	6:03.80	1:15.49	700m:	8:32.12	1:14.58
	200m:	2:20.40	1:12.70	400m:	4:48.31	1:13.51	600m:	7:17.54	1:13.74	800m:	9:43.70	1:11.58
7.			98 1		-2			<b>9:45.58</b>		460		
	100m:	1:05.32	1:05.32	300m:	3:30.97	1:13.02	500m:	6:02.00	1:15.28	700m:	8:35.69	1:18.95
	200m:	2:17.95	1:12.63	400m:	4:46.72	1:15.75	600m:	7:16.74	1:14.74	800m:	9:45.58	1:09.89
8.			99 1		"	-2"		<b>9:50.11</b>		449		
	100m:	1:07.48	1:07.48	300m:	3:35.63	1:14.49	500m:	6:06.26	1:15.77	700m:	8:37.94	1:16.29
	200m:	2:21.14	1:13.66	400m:	4:50.49	1:14.86	600m:	7:21.65	1:15.39	800m:	9:50.11	1:12.17
9.			00 1		"	-2"		<b>9:53.81</b>		441		
	100m:	1:10.25	1:10.25	300m:	3:41.03	1:15.38	500m:	6:10.26	1:14.61	700m:	8:41.34	1:15.72
	200m:	2:25.65	1:15.40	400m:	4:55.65	1:14.62	600m:	7:25.62	1:15.36	800m:	9:53.81	1:12.47
10.			00 1		"			<b>9:54.19</b>				
	100m:	1:10.20	1:10.20	300m:	3:41.82	1:16.18	500m:	6:11.20	1:14.56	700m:	8:41.95	1:15.41
	200m:	2:25.64	1:15.44	400m:	4:56.64	1:14.82	600m:	7:26.54	1:15.34	800m:	9:54.19	1:12.24
11.			00 2		"	-2"		<b>10:10.20</b>		406		
	100m:	1:09.67	1:09.67	300m:	3:41.82	1:16.83	500m:	6:17.64	1:18.60	700m:	8:54.76	1:18.62
	200m:	2:24.99	1:15.32	400m:	4:59.04	1:17.22	600m:	7:36.14	1:18.50	800m:	10:10.20	1:15.44
12.			98 2		"	"		<b>10:10.45</b>				
	100m:	1:09.72	1:09.72	300m:	3:40.92	1:15.60	500m:	6:19.36	1:21.28	700m:	8:58.93	1:19.65
	200m:	2:25.32	1:15.60	400m:	4:58.08	1:17.16	600m:	7:39.28	1:19.92	800m:	10:10.45	1:11.52
13.			01 1		"	-2"		<b>10:10.81</b>				
	100m:	1:16.68	1:16.68	300m:	3:55.80	1:20.06	500m:	6:29.31	1:16.52	700m:	9:02.18	1:16.73
	200m:	2:35.74	1:19.06	400m:	5:12.79	1:16.99	600m:	7:45.45	1:16.14	800m:	10:10.81	1:08.63
14.			98 2		"	-2"		<b>10:11.00</b>		405		
	100m:	1:09.36	1:09.36	300m:	3:42.50	1:16.95	500m:	6:18.99	1:18.99	700m:	8:56.54	1:18.54
	200m:	2:25.55	1:16.19	400m:	5:00.00	1:17.50	600m:	7:38.00	1:19.01	800m:	10:11.00	1:14.46



	30,	, 800m	, 2001									
15.			99 2	-2						<b>10:12.69</b>		401
	100m:	1:09.73 1:09.73	300m:	3:44.15 1:17.97	500m:	6:21.45 1:18.22	700m:	8:56.15 1:16.67				
	200m:	2:26.18 1:16.45	400m:	5:03.23 1:19.08	600m:	7:39.48 1:18.03	800m:	10:12.69 1:16.54				
16.			01 2	.						<b>10:24.16</b>		380
	100m:	1:12.38 1:12.38	300m:	3:49.22 1:17.52	500m:	6:30.42 1:19.88	700m:	9:08.95 1:18.28				
	200m:	2:31.70 1:19.32	400m:	5:10.54 1:21.32	600m:	7:50.67 1:20.25	800m:	10:24.16 1:15.21				
17.			00 2	"	-2"	.				<b>10:25.51</b>		377
	100m:	1:10.41 1:10.41	300m:	3:50.39 1:21.16	500m:	6:29.66 1:17.09	700m:	9:14.80 1:21.67				
	200m:	2:29.23 1:18.82	400m:	5:12.57 1:22.18	600m:	7:53.13 1:23.47	800m:	10:25.51 1:10.71				
18.			98	"	"	.				<b>10:29.90</b>		
	100m:	1:14.05 1:14.05	300m:	3:37.16 1:16.73	500m:	6:11.75 1:17.53	700m:	8:46.55 1:26.21				
	200m:	2:20.43 1:06.38	400m:	4:54.22 1:17.06	600m:	7:20.34 1:08.59	800m:	10:29.90 1:43.35				
19.			00 2	"	-2"	.				<b>10:33.48</b>		
	100m:	1:11.24 1:11.24	300m:	3:51.55 1:20.79	500m:	6:34.37 1:21.39	700m:	9:10.16 1:14.93				
	200m:	2:30.76 1:19.52	400m:	5:12.98 1:21.43	600m:	7:55.23 1:20.86	800m:	10:33.48 1:23.32				
20.			99 2	"	"	.				<b>10:37.30</b>		
	100m:	1:11.99 1:11.99	300m:	3:53.58 1:21.31	500m:	6:37.78 1:23.60	700m:	9:20.19 1:22.77				
	200m:	2:32.27 1:20.28	400m:	5:14.18 1:20.60	600m:	7:57.42 1:19.64	800m:	10:37.30 1:17.11				
21.			01 2	"	"	.				<b>10:40.48</b>		
	100m:	1:14.08 1:14.08	300m:	3:55.27 1:20.26	500m:	6:38.58 1:21.69	700m:	9:23.11 1:21.28				
	200m:	2:35.01 1:20.93	400m:	5:16.89 1:21.62	600m:	8:01.83 1:23.25	800m:	10:40.48 1:17.37				
22.			01 2	"	"	.				<b>10:40.92</b>		
	100m:	1:14.23 1:14.23	300m:	3:56.39 1:21.07	500m:	6:41.10 1:22.90	700m:	9:26.10 1:22.28				
	200m:	2:35.32 1:21.09	400m:	5:18.20 1:21.81	600m:	8:03.82 1:22.72	800m:	10:40.92 1:14.82				
23.			00 2	"	"	.				<b>10:41.32</b>		
	100m:	1:12.00 1:12.00	300m:	3:57.00 1:21.00	500m:	6:40.23 1:21.38	700m:	9:22.30 1:18.89				
	200m:	2:36.00 1:24.00	400m:	5:18.85 1:21.85	600m:	8:03.41 1:23.18	800m:	10:41.32 1:19.02				
24.			01 2	"	"	.				<b>10:47.69</b>		
	100m:	1:11.00 1:11.00	300m:	3:55.00 1:21.00	500m:	6:42.18 1:24.15	700m:	9:21.17 1:15.43				
	200m:	2:34.00 1:23.00	400m:	5:18.03 1:23.03	600m:	8:05.74 1:23.56	800m:	10:47.69 1:26.52				
25.			94 1	"	"	.				<b>10:55.48</b>		
	100m:	1:14.32 1:14.32	300m:	3:57.82 1:21.97	500m:	6:46.14 1:24.19	700m:	9:34.85 1:24.91				
	200m:	2:35.85 1:21.53	400m:	5:21.95 1:24.13	600m:	8:09.94 1:23.80	800m:	10:55.48 1:20.63				
26.			00 2	"	-2"	.				<b>11:07.00</b>		311
	100m:	1:12.89 1:12.89	300m:	3:58.53 1:24.79	500m:	6:50.26 1:26.90	700m:	9:44.94 1:27.15				
	200m:	2:33.74 1:20.85	400m:	5:23.36 1:24.83	600m:	8:17.79 1:27.53	800m:	11:07.00 1:22.06				
27.			00 2	"	"	.				<b>11:07.27</b>		
	100m:	1:13.80 1:13.80	300m:	4:03.78 1:25.54	500m:	6:52.92 1:25.82	700m:	9:44.24 1:25.54				
	200m:	2:38.24 1:24.44	400m:	5:27.10 1:23.32	600m:	8:18.70 1:25.78	800m:	11:07.27 1:23.03				
28.			98 2	"	"	.				<b>11:12.80</b>		
	100m:	1:14.72 1:14.72	300m:	4:02.51 1:24.88	500m:	6:54.69 1:26.16	700m:	9:47.50 1:26.36				
	200m:	2:37.63 1:22.91	400m:	5:28.53 1:26.02	600m:	8:21.14 1:26.45	800m:	11:12.80 1:25.30				
29.			00 2	"	"	.				<b>11:15.23</b>		
	100m:	1:12.36 1:12.36	300m:	3:59.64 1:24.78	500m:	6:53.89 1:28.16	700m:	9:52.04 1:29.72				
	200m:	2:34.86 1:22.50	400m:	5:25.73 1:26.09	600m:	8:22.32 1:28.43	800m:	11:15.23 1:23.19				
30.			00 2	"	"	.				<b>11:16.00</b>		
	100m:	1:17.68 1:17.68	300m:	4:05.84 1:24.50	500m:	6:58.20 1:25.72	700m:	9:50.39 1:25.94				
	200m:	2:41.34 1:23.66	400m:	5:32.48 1:26.64	600m:	8:24.45 1:26.25	800m:	11:16.00 1:25.61				



	30,	, 800m	, 2001							
30.			00 2	"	-2"		<b>11:16.00</b>			
	100m:	1:20.60 1:20.60	300m: 4:11.78 1:25.67	500m: 7:04.43 1:25.78	700m: 10:01.14 1:29.75					
	200m:	2:46.11 1:25.51	400m: 5:38.65 1:26.87	600m: 8:31.39 1:26.96	800m: 11:16.00 1:14.86					
32.			01 2	"	"		<b>11:25.11</b>			
	100m:	1:20.54 1:20.54	300m: 4:15.52 1:28.08	500m: 7:08.11 1:26.27	700m: 10:01.32 1:26.83					
	200m:	2:47.44 1:26.90	400m: 5:41.84 1:26.32	600m: 8:34.49 1:26.38	800m: 11:25.11 1:23.79					
33.			00 2	"	"		<b>11:27.23</b>			
	100m:	1:15.95 1:15.95	300m: 4:05.23 1:26.21	500m: 7:01.29 1:28.16	700m: 10:01.64 1:30.38					
	200m:	2:39.02 1:23.07	400m: 5:33.13 1:27.90	600m: 8:31.26 1:29.97	800m: 11:27.23 1:25.59					
34.			01 2	"	"		<b>11:30.93</b>			
	100m:	1:19.18 1:19.18	300m: 4:10.51 1:26.33	500m: 7:09.38 1:30.22	700m: 10:04.49 1:28.53					
	200m:	2:44.18 1:25.00	400m: 5:39.16 1:28.65	600m: 8:35.96 1:26.58	800m: 11:30.93 1:26.44					
35.			99 2	-2			<b>11:32.92</b>			277
	100m:	1:13.90 1:13.90	300m: 4:06.50 1:28.77	500m: 7:08.11 1:31.27	700m: 10:09.04 1:30.55					
	200m:	2:37.73 1:23.83	400m: 5:36.84 1:30.34	600m: 8:38.49 1:30.38	800m: 11:32.92 1:23.88					
36.			99 2	-2			<b>11:33.75</b>			276
	100m:	1:17.25 1:17.25	300m: 4:08.44 1:26.63	500m: 7:06.50 1:29.69	700m: 10:08.25 1:30.69					
	200m:	2:41.81 1:24.56	400m: 5:36.81 1:28.37	600m: 8:37.56 1:31.06	800m: 11:33.75 1:25.50					
37.			01 2	"	"		<b>11:35.06</b>			
	100m:	1:19.39 1:19.39	300m: 4:16.76 1:29.84	500m: 7:15.54 1:28.94	700m: 10:10.93 1:27.61					
	200m:	2:46.92 1:27.53	400m: 5:46.60 1:29.84	600m: 8:43.32 1:27.78	800m: 11:35.06 1:24.13					
38.			00 2	"	"		<b>11:44.12</b>			
	100m:	1:20.60 1:20.60	300m: 4:16.90 1:28.99	500m: 7:21.19 1:32.18	700m: 10:21.47 1:28.90					
	200m:	2:47.91 1:27.31	400m: 5:49.01 1:32.11	600m: 8:52.57 1:31.38	800m: 11:44.12 1:22.65					
39.			01 2	-2			<b>11:49.90</b>			258
	100m:	1:18.55 1:18.55	300m: 4:16.75 1:30.05	500m: 7:18.68 1:31.52	700m: 10:20.11 1:31.31					
	200m:	2:46.70 1:28.15	400m: 5:47.16 1:30.41	600m: 8:48.80 1:30.12	800m: 11:49.90 1:29.79					
40.			00 2	"	"		<b>12:04.45</b>			
	100m:	1:20.20 1:20.20	300m: 4:22.70 1:32.62	500m: 7:30.51 1:33.40	700m: 10:38.33 1:34.31					
	200m:	2:50.08 1:29.88	400m: 5:57.11 1:34.41	600m: 9:04.02 1:33.51	800m: 12:04.45 1:26.12					
DNS			00 2	"	"					
DNS			99 2	"	"					
1996 - 1997										
1.			97	"	-1"		<b>8:53.86</b>			607
	100m:	1:04.16 1:04.16	300m: 3:17.95 1:07.06	500m: 5:33.60 1:07.93	700m: 7:50.04 1:07.97					
	200m:	2:10.89 1:06.73	400m: 4:25.67 1:07.72	600m: 6:42.07 1:08.47	800m: 8:53.86 1:03.82					
2.			97	"	-1"		<b>9:19.52</b>			
	100m:	1:03.50 1:03.50	300m: 3:26.02 1:11.17	500m: 5:47.53 1:10.60	700m: 8:10.38 1:11.42					
	200m:	2:14.85 1:11.35	400m: 4:36.93 1:10.91	600m: 6:58.96 1:11.43	800m: 9:19.52 1:09.14					
3.			97	"	-1"		<b>9:35.08</b>			
	100m:	1:04.37 1:04.37	300m: 3:27.18 1:13.05	500m: 5:57.18 1:16.15	700m: 8:27.10 1:13.84					
	200m:	2:14.13 1:09.76	400m: 4:41.03 1:13.85	600m: 7:13.26 1:16.08	800m: 9:35.08 1:07.98					

