

39
24.01.2014 - 10:58

, 400m

2003

4:17.88
4:39.44

10.05.2011
22.03.2013

: 4:28.77 /

15 - 16: 4:37.61

2003

1.			89		"	-1"		4:32.67		
100m:	1:04.42	1:04.42	200m:	2:13.31	1:08.89	300m:	3:23.37	1:10.06	400m:	4:32.67 1:09.30
2.			99		"	-1"		4:41.65		612
100m:	1:07.55	1:07.55	200m:	2:19.71	1:12.16	300m:	3:31.82	1:12.11	400m:	4:41.65 1:09.83
3.			99					4:52.62		
100m:	1:08.30	1:08.30	200m:	2:23.37	1:15.07	300m:	3:39.23	1:15.86	400m:	4:52.62 1:13.39
4.			99 1		"	"		5:02.01		496
100m:	1:09.08	1:09.08	200m:	2:26.31	1:17.23	300m:	3:44.72	1:18.41	400m:	5:02.01 1:17.29
5.			01 2		"	"		5:14.98		437
100m:	1:13.76	1:13.76	200m:	2:34.77	1:21.01	300m:	3:56.81	1:22.04	400m:	5:14.98 1:18.17
6.			00 1		"	-2"		5:15.00		437
100m:	1:12.23	1:12.23	200m:	2:32.93	1:20.70	300m:	3:55.01	1:22.08	400m:	5:15.00 1:19.99
7.			99		"	-1"		5:16.33		432
100m:	1:10.40	1:10.40	200m:	2:31.79	1:21.39	300m:	3:55.34	1:23.55	400m:	5:16.33 1:20.99
8.			97 1		"	-1"		5:16.83		
100m:	1:10.18	1:10.18	200m:	2:31.51	1:21.33	300m:	3:55.24	1:23.73	400m:	5:16.83 1:21.59
9.			98 1		"	-2"		5:17.77		426
100m:	1:14.10	1:14.10	200m:	2:35.27	1:21.17	300m:	3:57.53	1:22.26	400m:	5:17.77 1:20.24
10.			99 1		"	"		5:18.80		
100m:	1:12.74	1:12.74	200m:	2:34.76	1:22.02	300m:	3:58.51	1:23.75	400m:	5:18.80 1:20.29
11.			99 1		"	-2"		5:23.55		
100m:	1:13.58	1:13.58	200m:	2:35.50	1:21.92	300m:	3:59.64	1:24.14	400m:	5:23.55 1:23.91
12.			01 2					5:28.41		386
100m:	1:16.25	1:16.25	200m:	2:42.92	1:26.67	300m:	4:08.20	1:25.28	400m:	5:28.41 1:20.21
13.			01 2		"	-2"		5:30.95		
100m:	1:14.06	1:14.06	200m:	2:39.94	1:25.88	300m:	4:06.46	1:26.52	400m:	5:30.95 1:24.49
14.			02 1		"	"		5:31.70		
100m:	1:15.91	1:15.91	200m:	2:42.04	1:26.13	300m:	4:09.23	1:27.19	400m:	5:31.70 1:22.47
15.			01 2		-2			5:35.90		
100m:	1:17.07	1:17.07	200m:	2:43.58	1:26.51	300m:	4:11.25	1:27.67	400m:	5:35.90 1:24.65
16.			00 2					5:36.19		
100m:	1:14.32	1:14.32	200m:	2:41.10	1:26.78	300m:	4:09.81	1:28.71	400m:	5:36.19 1:26.38
17.			00 2		"	"		5:39.77		
100m:	1:19.71	1:19.71	200m:	2:46.92	1:27.21	300m:	4:14.21	1:27.29	400m:	5:39.77 1:25.56
18.			01 2		-2			5:43.34		
100m:	1:19.46	1:19.46	200m:	2:48.71	1:29.25	300m:	4:17.76	1:29.05	400m:	5:43.34 1:25.58
19.			02 2		"	"		5:43.43		
100m:	1:20.28	1:20.28	200m:	2:49.04	1:28.76	300m:	4:17.25	1:28.21	400m:	5:43.43 1:26.18



39, , 400m , 2003

20.			01 3	" "	5:45.22	332		
100m:	1:20.26	1:20.26	200m: 2:48.55	1:28.29	300m: 4:18.67	1:30.12	400m: 5:45.22	1:26.55
21.			01 2	" "	5:52.91	311		
100m:	1:23.12	1:23.12	200m: 2:53.70	1:30.58	300m: 4:25.42	1:31.72	400m: 5:52.91	1:27.49
22.			03 3	" "	5:57.12			
100m:	1:25.21	1:25.21	200m: 2:56.54	1:31.33	300m: 4:29.86	1:33.32	400m: 5:57.12	1:27.26
23.			00 3	" "	6:00.23			
100m:	1:23.22	1:23.22	200m: 2:56.92	1:33.70	300m: 4:30.21	1:33.29	400m: 6:00.23	1:30.02
24.			01 3	" "	6:21.47			
100m:	1:26.40	1:26.40	200m: 3:05.32	1:38.92	300m: 4:44.15	1:38.83	400m: 6:21.47	1:37.32
25.			02 2	" "	6:25.96			
100m:	1:30.51	1:30.51	200m: 3:12.06	1:41.55	300m: 4:51.33	1:39.27	400m: 6:25.96	1:34.63
DSQ			01 2	" "				
DNS			98	"	-1"			
DNS			02 2	" "				

1998 - 1999

1.			99	" -1"	4:41.65	612		
100m:	1:07.55	1:07.55	200m: 2:19.71	1:12.16	300m: 3:31.82	1:12.11	400m: 4:41.65	1:09.83
2.			99	"	4:52.62			
100m:	1:08.30	1:08.30	200m: 2:23.37	1:15.07	300m: 3:39.23	1:15.86	400m: 4:52.62	1:13.39
3.			99 1	" "	5:02.01	496		
100m:	1:09.08	1:09.08	200m: 2:26.31	1:17.23	300m: 3:44.72	1:18.41	400m: 5:02.01	1:17.29
4.			99	" -1"	5:16.33	432		
100m:	1:10.40	1:10.40	200m: 2:31.79	1:21.39	300m: 3:55.34	1:23.55	400m: 5:16.33	1:20.99
5.			98 1	" -2"	5:17.77	426		
100m:	1:14.10	1:14.10	200m: 2:35.27	1:21.17	300m: 3:57.53	1:22.26	400m: 5:17.77	1:20.24
6.			99 1	" "	5:18.80			
100m:	1:12.74	1:12.74	200m: 2:34.76	1:22.02	300m: 3:58.51	1:23.75	400m: 5:18.80	1:20.29
7.			99 1	" -2"	5:23.55			
100m:	1:13.58	1:13.58	200m: 2:35.50	1:21.92	300m: 3:59.64	1:24.14	400m: 5:23.55	1:23.91
DNS			98	" -1"				

