

40
24.01.2014 - 11:26

, 400m

2001

4:05.96
4:05.96

14.04.2009
14.04.2009

: 4:02.92 /

17 - 18: 4:10.67

2001

1.			97	"	-1"		4:22.30		590
100m:	1:04.65	1:04.65	200m: 2:12.58	1:07.93	300m: 3:19.76	1:07.18	400m: 4:22.30	1:02.54	
2.			97	"	"		4:23.46		582
100m:	1:04.23	1:04.23	200m: 2:12.59	1:08.36	300m: 3:20.25	1:07.66	400m: 4:23.46	1:03.21	
3.			99	"	-1"		4:35.01		
100m:	1:06.22	1:06.22	200m: 2:16.96	1:10.74	300m: 3:27.72	1:10.76	400m: 4:35.01	1:07.29	
4.			98 1	"	"		4:41.65		477
100m:	1:06.40	1:06.40	200m: 2:18.91	1:12.51	300m: 3:31.12	1:12.21	400m: 4:41.65	1:10.53	
5.			99 1	"	-1"		4:45.74		456
100m:	1:08.13	1:08.13	200m: 2:21.19	1:13.06	300m: 3:35.47	1:14.28	400m: 4:45.74	1:10.27	
6.			99 1	"	-2"		4:48.03		446
100m:	1:07.35	1:07.35	200m: 2:20.75	1:13.40	300m: 3:35.50	1:14.75	400m: 4:48.03	1:12.53	
7.			98 2	"	"		4:55.96		
100m:	1:08.76	1:08.76	200m: 2:24.84	1:16.08	300m: 3:42.67	1:17.83	400m: 4:55.96	1:13.29	
8.			99 2	-2			4:58.09		
100m:	1:09.12	1:09.12	200m: 2:24.80	1:15.68	300m: 3:42.09	1:17.29	400m: 4:58.09	1:16.00	
9.			00 2	"	"		5:06.11		371
100m:	1:11.66	1:11.66	200m: 2:31.10	1:19.44	300m: 3:51.19	1:20.09	400m: 5:06.11	1:14.92	
10.			98 2	"	"		5:06.21		371
100m:	1:10.35	1:10.35	200m: 2:28.41	1:18.06	300m: 3:49.44	1:21.03	400m: 5:06.21	1:16.77	
11.			00 2	"	-2"		5:09.81		
100m:	1:13.67	1:13.67	200m: 2:32.23	1:18.56	300m: 3:52.08	1:19.85	400m: 5:09.81	1:17.73	
12.			96 2	"	"		5:10.90		
100m:	1:13.47	1:13.47	200m: 2:36.91	1:23.44	300m: 3:59.05	1:22.14	400m: 5:10.90	1:11.85	
13.			99 2	"	-2"		5:12.06		350
100m:	1:12.29	1:12.29	200m: 2:32.92	1:20.63	300m: 3:53.22	1:20.30	400m: 5:12.06	1:18.84	
14.			00 2	"	-2"		5:13.85		
100m:	1:15.88	1:15.88	200m: 2:35.61	1:19.73	300m: 3:57.10	1:21.49	400m: 5:13.85	1:16.75	
15.			00 2	"	"		5:18.02		331
100m:	1:15.88	1:15.88	200m: 2:37.86	1:21.98	300m: 3:59.75	1:21.89	400m: 5:18.02	1:18.27	
16.			97 1	"	"		5:21.22		
100m:	1:12.42	1:12.42	200m: 2:34.14	1:21.72	300m: 3:57.78	1:23.64	400m: 5:21.22	1:23.44	
17.			01 2	"	"		5:37.26		
100m:	1:16.50	1:16.50	200m: 2:42.56	1:26.06	300m: 4:11.15	1:28.59	400m: 5:37.26	1:26.11	
18.			99 3	"	"		5:40.11		270
100m:	1:17.86	1:17.86	200m: 2:44.40	1:26.54	300m: 4:14.28	1:29.88	400m: 5:40.11	1:25.83	
19.			01 3	"	"		5:44.84		259
100m:	1:19.59	1:19.59	200m: 2:49.86	1:30.27	300m: 4:18.12	1:28.26	400m: 5:44.84	1:26.72	



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20.			99 3	"	"			5:45.49		
	100m:	1:18.98 1:18.98	200m: 2:49.08 1:30.10	300m: 4:20.34 1:31.26	400m: 5:45.49 1:25.15					
21.			01 3	"	-2"			5:46.01		257
	100m:	1:21.88 1:21.88	200m: 2:50.43 1:28.55	300m: 4:20.44 1:30.01	400m: 5:46.01 1:25.57					
22.			01 3	"	"			5:48.55		251
	100m:	1:21.24 1:21.24	200m: 2:51.54 1:30.30	300m: 4:23.67 1:32.13	400m: 5:48.55 1:24.88					
23.			00 3	"	"			5:57.46		
	100m:	1:21.55 1:21.55	200m: 2:52.48 1:30.93	300m: 4:24.26 1:31.78	400m: 5:57.46 1:33.20					
24.			01 2	"	"			6:02.04		
	100m:	1:23.12 1:23.12	200m: 2:55.92 1:32.80	300m: 4:30.43 1:34.51	400m: 6:02.04 1:31.61					
25.			01 3	"	"			6:03.40		222
	100m:	1:24.11 1:24.11	200m: 2:58.16 1:34.05	300m: 4:32.25 1:34.09	400m: 6:03.40 1:31.15					
26.			01 3	"	"			6:24.19		187
	100m:	1:22.87 1:22.87	200m: 3:01.00 1:38.13	300m: 4:45.63 1:44.63	400m: 6:24.19 1:38.56					
DNS			00 2	"	"					
DNS			99 1	"	-2"					

1996 - 1997

1.			97	"	-1"			4:22.30		590
	100m:	1:04.65 1:04.65	200m: 2:12.58 1:07.93	300m: 3:19.76 1:07.18	400m: 4:22.30 1:02.54					
2.			97	"	"			4:23.46		582
	100m:	1:04.23 1:04.23	200m: 2:12.59 1:08.36	300m: 3:20.25 1:07.66	400m: 4:23.46 1:03.21					
3.			96 2	"	"			5:10.90		
	100m:	1:13.47 1:13.47	200m: 2:36.91 1:23.44	300m: 3:59.05 1:22.14	400m: 5:10.90 1:11.85					
4.			97 1	"	"			5:21.22		
	100m:	1:12.42 1:12.42	200m: 2:34.14 1:21.72	300m: 3:57.78 1:23.64	400m: 5:21.22 1:23.44					

