

	10,	, 1500m											
			/						R.T.				
13.			2005						+0,85	19:26.54	491		
	100m:	1:11.77	1:11.77	500m:	6:27.84	1:19.89	900m:	11:41.22	1:18.90	1300m:	16:56.76	1:19.15	
	200m:	2:29.67	1:17.90	600m:	7:46.02	1:18.18	1000m:	13:00.29	1:19.07	1400m:	18:14.48	1:17.72	
	300m:	3:48.76	1:19.09	700m:	9:03.74	1:17.72	1100m:	14:19.31	1:19.02	1500m:	19:26.54	1:12.06	
	400m:	5:07.95	1:19.19	800m:	10:22.32	1:18.58	1200m:	15:37.61	1:18.30				
14.			2007						+0,59	19:27.84	489		
	100m:	1:14.68	1:14.68	500m:	6:29.14	1:17.82	900m:	11:41.18	1:18.68	1300m:	16:53.90	1:17.85	
	200m:	2:33.77	1:19.09	600m:	7:46.45	1:17.31	1000m:	12:59.28	1:18.10	1400m:	18:11.94	1:18.04	
	300m:	3:52.61	1:18.84	700m:	9:04.80	1:18.35	1100m:	14:18.11	1:18.83	1500m:	19:27.84	1:15.90	
	400m:	5:11.32	1:18.71	800m:	10:22.50	1:17.70	1200m:	15:36.05	1:17.94				
15.			2005						+0,69	19:28.37	488		
	100m:	1:15.08	1:15.08	500m:	6:34.46	1:19.18	900m:	11:45.22	1:17.93	1300m:	16:54.72	1:17.39	
	200m:	2:35.68	1:20.60	600m:	7:51.90	1:17.44	1000m:	13:02.99	1:17.77	1400m:	18:11.97	1:17.25	
	300m:	3:55.63	1:19.95	700m:	9:09.62	1:17.72	1100m:	14:19.73	1:16.74	1500m:	19:28.37	1:16.40	
	400m:	5:15.28	1:19.65	800m:	10:27.29	1:17.67	1200m:	15:37.33	1:17.60				
16.			2004						+0,95	19:35.45	480		
	100m:	1:14.03	1:14.03	500m:	7:49.06	1:19.61	900m:			1300m:	17:02.74	1:18.92	
	200m:	2:33.71	1:19.68	600m:	9:07.58	1:18.52	1000m:			1400m:	18:21.50	1:18.76	
	300m:	5:10.26	2:36.55	700m:			1100m:			1500m:	19:35.45	1:13.95	
	400m:	6:29.45	1:19.19	800m:			1200m:	15:43.82					
17.			2004	1					+0,91	19:37.22	478		
	100m:	1:13.05	1:13.05	500m:	6:26.86	1:18.70	900m:	11:43.66	1:19.63	1300m:	17:01.67	1:19.26	
	200m:	2:31.16	1:18.11	600m:	7:45.76	1:18.90	1000m:	13:03.37	1:19.71	1400m:	18:21.07	1:19.40	
	300m:	3:49.72	1:18.56	700m:	9:04.69	1:18.93	1100m:	14:22.70	1:19.33	1500m:	19:37.22	1:16.15	
	400m:	5:08.16	1:18.44	800m:	10:24.03	1:19.34	1200m:	15:42.41	1:19.71				
18.			2005	1					+0,60	19:40.72	473		
	100m:	1:12.55	1:12.55	500m:	6:28.61	1:19.55	900m:	11:47.37	1:20.61	1300m:	17:06.75	1:19.42	
	200m:	2:31.15	1:18.60	600m:	7:47.79	1:19.18	1000m:	13:06.38	1:19.01	1400m:	18:25.94	1:19.19	
	300m:	3:49.54	1:18.39	700m:	9:07.90	1:20.11	1100m:	14:27.38	1:21.00	1500m:	19:40.72	1:14.78	
	400m:	5:09.06	1:19.52	800m:	10:26.76	1:18.86	1200m:	15:47.33	1:19.95				
19.			2007						+0,75	19:59.46	451		
	100m:	1:14.02	1:14.02	500m:	6:33.14	1:19.49	900m:	11:55.11	1:20.86	1300m:	17:20.79	1:21.31	
	200m:	2:32.91	1:18.89	600m:	7:53.09	1:19.95	1000m:	13:16.78	1:21.67	1400m:	18:42.11	1:21.32	
	300m:	3:52.91	1:20.00	700m:	9:13.27	1:20.18	1100m:	14:38.50	1:21.72	1500m:	19:59.46	1:17.35	
	400m:	5:13.65	1:20.74	800m:	10:34.25	1:20.98	1200m:	15:59.48	1:20.98				