

29,		, 800m										
		/				R.T.						
13.			2008			+0,83	10:20.01		478			
	50m:	34.78	34.78	250m:	3:12.92	39.33	450m:	5:49.05	39.42	650m:	8:25.54	39.08
	100m:	1:14.30	39.52	300m:	3:51.78	38.86	500m:	6:27.93	38.88	700m:	9:04.49	38.95
	150m:	1:54.06	39.76	350m:	4:30.55	38.77	550m:	7:07.13	39.20	750m:	9:42.97	38.48
	200m:	2:33.59	39.53	400m:	5:09.63	39.08	600m:	7:46.46	39.33	800m:	10:20.01	37.04
14.			2008	1			+0,82	10:26.28		463		
	50m:	33.77	33.77	250m:	3:07.98	39.90	450m:	5:47.82	40.51	650m:	8:28.35	39.86
	100m:	1:10.57	36.80	300m:	3:47.47	39.49	500m:	6:28.21	40.39	700m:	9:08.11	39.76
	150m:	1:49.15	38.58	350m:	4:27.95	40.48	550m:	7:08.45	40.24	750m:	9:48.45	40.34
	200m:	2:28.08	38.93	400m:	5:07.31	39.36	600m:	7:48.49	40.04	800m:	10:26.28	37.83
15.			2007				+0,77	10:27.64		460		
	50m:	34.70	34.70	250m:	3:11.18	39.28	450m:	5:49.73	39.86	650m:	8:30.11	39.94
	100m:	1:13.02	38.32	300m:	3:50.73	39.55	500m:	6:29.56	39.83	700m:	9:10.02	39.91
	150m:	1:52.42	39.40	350m:	4:30.02	39.29	550m:	7:09.59	40.03	750m:	9:49.14	39.12
	200m:	2:31.90	39.48	400m:	5:09.87	39.85	600m:	7:50.17	40.58	800m:	10:27.64	38.50
16.			2009	1			+0,85	10:34.93		445		
	50m:	33.76	33.76	250m:	3:14.02	40.78	450m:	5:55.38	39.77	650m:	8:37.33	40.35
	100m:	1:12.24	38.48	300m:	3:54.16	40.14	500m:	6:36.13	40.75	700m:	9:17.87	40.54
	150m:	1:52.48	40.24	350m:	4:34.99	40.83	550m:	7:16.32	40.19	750m:	9:57.90	40.03
	200m:	2:33.24	40.76	400m:	5:15.61	40.62	600m:	7:56.98	40.66	800m:	10:34.93	37.03
17.			2009	1			+0,87	10:38.88		436		
	50m:	34.82	34.82	250m:	3:14.23	40.51	450m:	5:56.76	40.43	650m:	8:40.14	41.08
	100m:	1:13.50	38.68	300m:	3:54.70	40.47	500m:	6:37.63	40.87	700m:	9:20.35	40.21
	150m:	1:53.35	39.85	350m:	4:35.49	40.79	550m:	7:18.51	40.88	750m:	10:00.16	39.81
	200m:	2:33.72	40.37	400m:	5:16.33	40.84	600m:	7:59.06	40.55	800m:	10:38.88	38.72
18.			2009				+0,88	10:45.14		424		
	50m:	34.71	34.71	250m:	3:13.21	40.51	450m:	5:54.74	41.43	650m:	8:42.06	41.65
	100m:	1:12.81	38.10	300m:	3:52.83	39.62	500m:	6:35.65	40.91	700m:	9:23.89	41.83
	150m:	1:52.79	39.98	350m:	4:33.23	40.40	550m:	7:18.21	42.56	750m:	10:04.79	40.90
	200m:	2:32.70	39.91	400m:	5:13.31	40.08	600m:	8:00.41	42.20	800m:	10:45.14	40.35
19.			2007	1			+0,75	10:55.40		404		
	50m:	34.57	34.57	250m:	3:19.90	41.79	450m:	6:05.12	41.39	650m:	8:53.18	41.58
	100m:	1:14.48	39.91	300m:	4:01.63	41.73	500m:	6:47.76	42.64	700m:	9:35.42	42.24
	150m:	1:56.57	42.09	350m:	4:42.10	40.47	550m:	7:28.75	40.99	750m:	10:16.71	41.29
	200m:	2:38.11	41.54	400m:	5:23.73	41.63	600m:	8:11.60	42.85	800m:	10:55.40	38.69