



40, , 800m											
		/				R.T.					
13.			2007	1		+0,60	<b>9:14.46</b>	542			
	50m:	30.26	30.26	250m:	2:50.84	35.54	450m:	5:12.95	34.77	650m:	7:33.45 34.99
	100m:	1:04.78	34.52	300m:	3:26.46	35.62	500m:	5:48.52	35.57	700m:	8:08.01 34.56
	150m:	1:39.82	35.04	350m:	4:02.39	35.93	550m:	6:23.61	35.09	750m:	8:42.14 34.13
	200m:	2:15.30	35.48	400m:	4:38.18	35.79	600m:	6:58.46	34.85	800m:	9:14.46 32.32
14.			2007				+0,82	<b>9:15.00</b>	540		
	50m:	30.06	30.06	250m:	2:48.53	34.91	450m:	5:09.95	35.41	650m:	7:31.48 35.10
	100m:	1:03.78	33.72	300m:	3:23.69	35.16	500m:	5:45.55	35.60	700m:	8:07.07 35.59
	150m:	1:38.32	34.54	350m:	3:58.87	35.18	550m:	6:20.90	35.35	750m:	8:42.06 34.99
	200m:	2:13.62	35.30	400m:	4:34.54	35.67	600m:	6:56.38	35.48	800m:	9:15.00 32.94
15.			2008				+0,80	<b>9:17.06</b>	534		
	50m:	31.37	31.37	250m:	2:50.69	34.59	450m:	5:13.01	35.54	650m:	7:35.13 35.44
	100m:	1:06.19	34.82	300m:	3:26.24	35.55	500m:	5:48.32	35.31	700m:	8:10.18 35.05
	150m:	1:40.83	34.64	350m:	4:01.69	35.45	550m:	6:24.19	35.87	750m:	8:44.45 34.27
	200m:	2:16.10	35.27	400m:	4:37.47	35.78	600m:	6:59.69	35.50	800m:	9:17.06 32.61
16.			2006				+0,81	<b>9:17.90</b>	532		
	50m:	31.21	31.21	250m:	2:50.48	35.31	450m:	5:12.01	35.28	650m:	7:34.42 35.58
	100m:	1:05.69	34.48	300m:	3:25.81	35.33	500m:	5:47.74	35.73	700m:	8:09.72 35.30
	150m:	1:40.19	34.50	350m:	4:01.18	35.37	550m:	6:23.29	35.55	750m:	8:44.26 34.54
	200m:	2:15.17	34.98	400m:	4:36.73	35.55	600m:	6:58.84	35.55	800m:	9:17.90 33.64
17.			2008	1			+0,67	<b>9:18.21</b>	531		
	50m:	30.74	30.74	250m:	2:51.20	35.54	450m:	5:12.47	35.27	650m:	7:34.45 35.40
	100m:	1:05.63	34.89	300m:	3:26.63	35.43	500m:	5:47.94	35.47	700m:	8:09.80 35.35
	150m:	1:40.67	35.04	350m:	4:02.26	35.63	550m:	6:23.69	35.75	750m:	8:44.80 35.00
	200m:	2:15.66	34.99	400m:	4:37.20	34.94	600m:	6:59.05	35.36	800m:	9:18.21 33.41
18.			2007	1			+0,76	<b>9:20.29</b>	525		
	50m:	30.60	30.60	250m:	2:51.33	35.45	450m:	5:14.48	35.59	650m:	7:36.89 35.63
	100m:	1:05.25	34.65	300m:	3:27.22	35.89	500m:	5:50.06	35.58	700m:	8:11.98 35.09
	150m:	1:40.76	35.51	350m:	4:02.89	35.67	550m:	6:25.88	35.82	750m:	8:46.38 34.40
	200m:	2:15.88	35.12	400m:	4:38.89	36.00	600m:	7:01.26	35.38	800m:	9:20.29 33.91
19.			2006				+0,84	<b>9:28.14</b>	503		
	50m:	31.74	31.74	250m:	2:53.94	36.65	450m:	5:23.61	37.73	650m:	7:49.11 34.72
	100m:	1:05.57	33.83	300m:	3:31.03	37.09	500m:	6:00.04	36.43	700m:	8:23.30 34.19
	150m:	1:41.11	35.54	350m:	4:08.73	37.70	550m:	6:37.59	37.55	750m:	8:56.99 33.69
	200m:	2:17.29	36.18	400m:	4:45.88	37.15	600m:	7:14.39	36.80	800m:	9:28.14 31.15
20.			2005				+0,72	<b>9:32.46</b>	492		
	50m:	29.64	29.64	250m:	2:50.57	35.61	450m:	5:15.74	36.47	650m:	7:43.96 37.06
	100m:	1:03.88	34.24	300m:	3:26.60	36.03	500m:	5:52.92	37.18	700m:	8:20.85 36.89
	150m:	1:39.12	35.24	350m:	4:02.80	36.20	550m:	6:29.95	37.03	750m:	8:56.90 36.05
	200m:	2:14.96	35.84	400m:	4:39.27	36.47	600m:	7:06.90	36.95	800m:	9:32.46 35.56
21.			2006	1			+0,82	<b>9:34.10</b>	488		
	50m:	30.16	30.16	350m:	4:05.80	1:13.22	550m:	6:33.25	36.78	700m:	8:24.25 36.85
	150m:	1:39.08	1:08.92	450m:	5:19.75	1:13.95	600m:	7:10.28	37.03	750m:	8:59.97 35.72
	250m:	2:52.58	1:13.50	500m:	5:56.47	36.72	650m:	7:47.40	37.12	800m:	9:34.10 34.13
22.			2006				+0,72	<b>9:43.24</b>	465		
	50m:	32.94	32.94	250m:	3:01.75	37.30	450m:	5:29.46	37.05	650m:	7:58.93 37.05
	100m:	1:10.53	37.59	300m:	3:38.67	36.92	500m:	6:06.52	37.06	700m:	8:35.82 36.89
	150m:	1:47.61	37.08	350m:	4:15.42	36.75	550m:	6:44.11	37.59	750m:	9:11.36 35.54
	200m:	2:24.45	36.84	400m:	4:52.41	36.99	600m:	7:21.88	37.77	800m:	9:43.24 31.88
23.			2007	1			+1,01	<b>9:43.62</b>	464		
	50m:	31.09	31.09	250m:	2:57.66	37.38	450m:	5:27.53	37.21	650m:	7:57.02 36.73
	100m:	1:06.75	35.66	300m:	3:35.03	37.37	500m:	6:04.87	37.34	700m:	8:33.83 36.81
	150m:	1:43.41	36.66	350m:	4:12.16	37.13	550m:	6:42.81	37.94	750m:	9:09.67 35.84
	200m:	2:20.28	36.87	400m:	4:50.32	38.16	600m:	7:20.29	37.48	800m:	9:43.62 33.95
24.			2007				+0,93	<b>9:45.32</b>	460		
	50m:	31.43	31.43	250m:	2:54.91	36.41	450m:	5:23.99	37.63	650m:	7:54.79 37.93
	100m:	1:06.41	34.98	300m:	3:31.75	36.84	500m:	6:01.48	37.49	700m:	8:32.40 37.61
	150m:	1:42.20	35.79	350m:	4:08.77	37.02	550m:	6:39.31	37.83	750m:	9:09.89 37.49
	200m:	2:18.50	36.30	400m:	4:46.36	37.59	600m:	7:16.86	37.55	800m:	9:45.32 35.43