



	10,	, 1500m										
			/					R.T.				
13.			2005					<b>19:49.06</b>		<b>463</b>		
	100m:	1:10.93	1:10.93	500m:	6:24.15	1:19.60	900m:	11:47.42	1:21.72	1300m:	17:12.61	1:20.77
	200m:	2:28.09	1:17.16	600m:	7:44.00	1:19.85	1000m:	13:08.97	1:21.55	1400m:	18:32.12	1:19.51
	300m:	3:46.14	1:18.05	700m:	9:04.82	1:20.82	1100m:	14:29.81	1:20.84	1500m:	19:49.06	1:16.94
	400m:	5:04.55	1:18.41	800m:	10:25.70	1:20.88	1200m:	15:51.84	1:22.03			
14.			2005					<b>+0,73</b>	<b>20:08.51</b>		<b>441</b>	
	100m:	1:12.83	1:12.83	500m:	6:30.56	1:20.06	900m:	11:57.04	1:22.34	1300m:	17:26.12	1:22.70
	200m:	2:31.70	1:18.87	600m:	7:51.76	1:21.20	1000m:	13:19.81	1:22.77	1400m:	18:48.59	1:22.47
	300m:	3:50.75	1:19.05	700m:	9:13.20	1:21.44	1100m:	14:41.94	1:22.13	1500m:	20:08.51	1:19.92
	400m:	5:10.50	1:19.75	800m:	10:34.70	1:21.50	1200m:	16:03.42	1:21.48			
15.			2007					<b>+0,86</b>	<b>20:12.47</b>		<b>437</b>	
	100m:	1:11.99	1:11.99	500m:	6:33.59	1:21.88	900m:	12:02.13	1:22.59	1300m:	17:32.92	1:23.22
	200m:	2:30.75	1:18.76	600m:	7:55.06	1:21.47	1000m:	13:24.43	1:22.30	1400m:	18:54.78	1:21.86
	300m:	3:50.86	1:20.11	700m:	9:17.49	1:22.43	1100m:	14:46.87	1:22.44	1500m:	20:12.47	1:17.69
	400m:	5:11.71	1:20.85	800m:	10:39.54	1:22.05	1200m:	16:09.70	1:22.83			