

	10,	, 1500m					R.T.					
13.			2000				+0,68	16:34.85	619			
	100m:	1:00.67	1:00.67	500m:	5:23.88	1:06.48	900m:	9:53.01	1:07.58	1300m:	14:23.53	1:07.58
	200m:	2:05.44	1:04.77	600m:	6:31.14	1:07.26	1000m:	11:00.87	1:07.86	1400m:	15:30.67	1:07.14
	300m:	3:10.97	1:05.53	700m:	7:38.28	1:07.14	1100m:	12:08.35	1:07.48	1500m:	16:34.85	1:04.18
	400m:	4:17.40	1:06.43	800m:	8:45.43	1:07.15	1200m:	13:15.95	1:07.60			
14.			2005				+0,75	16:36.87	615			
	100m:	1:00.34	1:00.34	500m:	5:21.30	1:06.23	900m:	9:51.93	1:08.75	1300m:	14:24.02	1:08.06
	200m:	2:04.66	1:04.32	600m:	6:27.92	1:06.62	1000m:	11:00.27	1:08.34	1400m:	15:31.76	1:07.74
	300m:	3:09.47	1:04.81	700m:	7:35.37	1:07.45	1100m:	12:08.56	1:08.29	1500m:	16:36.87	1:05.11
	400m:	4:15.07	1:05.60	800m:	8:43.18	1:07.81	1200m:	13:15.96	1:07.40			
15.			2005				+0,64	16:49.63	592			
	100m:	1:01.69	1:01.69	500m:	5:28.53	1:08.25	900m:	10:01.04	1:08.67	1300m:	14:35.61	1:08.89
	200m:	2:06.51	1:04.82	600m:	6:36.43	1:07.90	1000m:	11:09.69	1:08.65	1400m:	15:44.18	1:08.57
	300m:	3:12.75	1:06.24	700m:	7:44.33	1:07.90	1100m:	12:17.93	1:08.24	1500m:	16:49.63	1:05.45
	400m:	4:20.28	1:07.53	800m:	8:52.37	1:08.04	1200m:	13:26.72	1:08.79			
16.			2004				+0,74	16:51.19	589			
	100m:	1:03.29	1:03.29	500m:			900m:	10:03.66	1:07.98	1300m:		
	200m:	2:10.59	1:07.30	600m:	6:39.68		1000m:	11:12.07	1:08.41	1400m:	15:46.46	
	300m:	3:51.41	1:40.82	700m:	7:47.71	1:08.03	1100m:	12:21.22	1:09.15	1500m:	16:51.19	1:04.73
	400m:	4:58.64	1:07.23	800m:	8:55.68	1:07.97	1200m:					
17.			2005				+0,68	16:52.97	586			
	100m:	1:02.67	1:02.67	500m:	5:29.74	1:07.65	900m:	10:02.04	1:08.14	1300m:	14:37.52	1:09.32
	200m:	2:08.73	1:06.06	600m:	6:37.57	1:07.83	1000m:	11:10.72	1:08.68	1400m:	15:46.45	1:08.93
	300m:	3:15.39	1:06.66	700m:	7:45.36	1:07.79	1100m:	12:19.10	1:08.38	1500m:	16:52.97	1:06.52
	400m:	4:22.09	1:06.70	800m:	8:53.90	1:08.54	1200m:	13:28.20	1:09.10			
18.			2005				+0,60	17:00.46	573			
	100m:	1:03.84	1:03.84	500m:	5:39.89	1:08.87	900m:	10:19.14	1:10.01	1300m:	14:51.32	1:07.35
	200m:	2:12.63	1:08.79	600m:	6:49.88	1:09.99	1000m:	11:27.80	1:08.66	1400m:	15:59.31	1:07.99
	300m:	3:21.58	1:08.95	700m:	7:59.33	1:09.45	1100m:	12:36.34	1:08.54	1500m:	17:00.46	1:01.15
	400m:	4:31.02	1:09.44	800m:	9:09.13	1:09.80	1200m:	13:43.97	1:07.63			
19.			2006				+0,59	17:00.49	573			
	100m:	59.48	59.48	500m:	5:32.47	1:08.98	900m:	10:10.70	1:09.82	1300m:	14:47.75	1:08.65
	200m:	2:06.61	1:07.13	600m:	6:41.54	1:09.07	1000m:	11:20.39	1:09.69	1400m:	15:56.72	1:08.97
	300m:	3:14.84	1:08.23	700m:	7:50.86	1:09.32	1100m:	12:29.96	1:09.57	1500m:	17:00.49	1:03.77
	400m:	4:23.49	1:08.65	800m:	9:00.88	1:10.02	1200m:	13:39.10	1:09.14			
20.			2006				+0,70	17:01.74	571			
	100m:	1:04.08	1:04.08	500m:	5:36.97	1:08.93	900m:	10:10.73	1:08.76	1300m:	14:48.57	1:09.07
	200m:	2:11.51	1:07.43	600m:	6:45.26	1:08.29	1000m:	11:19.90	1:09.17	1400m:	15:58.08	1:09.51
	300m:	3:19.39	1:07.88	700m:	7:53.56	1:08.30	1100m:	12:29.78	1:09.88	1500m:	17:01.74	1:03.66
	400m:	4:28.04	1:08.65	800m:	9:01.97	1:08.41	1200m:	13:39.50	1:09.72			
21.			2005				+0,73	17:21.33	540			
	100m:	1:03.98	1:03.98	500m:	5:40.48	1:09.09	900m:	10:18.72	1:09.69	1300m:	15:00.17	1:10.53
	200m:	2:12.81	1:08.83	600m:	6:49.75	1:09.27	1000m:	11:28.76	1:10.04	1400m:	16:11.58	1:11.41
	300m:	3:22.09	1:09.28	700m:	7:59.41	1:09.66	1100m:	12:39.08	1:10.32	1500m:	17:21.33	1:09.75
	400m:	4:31.39	1:09.30	800m:	9:09.03	1:09.62	1200m:	13:49.64	1:10.56			
22.			2007				+0,78	17:29.18	528			
	100m:	1:03.86	1:03.86	500m:	5:42.95	1:10.16	900m:	10:25.72	1:11.17	1300m:	15:10.58	1:11.30
	200m:	2:13.13	1:09.27	600m:	6:53.07	1:10.12	1000m:	11:36.78	1:11.06	1400m:	16:21.93	1:11.35
	300m:	3:23.02	1:09.89	700m:	8:03.95	1:10.88	1100m:	12:48.41	1:11.63	1500m:	17:29.18	1:07.25
	400m:	4:32.79	1:09.77	800m:	9:14.55	1:10.60	1200m:	13:59.28	1:10.87			
23.			2005				+0,58	18:04.29	478			
	100m:	1:01.76	1:01.76	500m:	5:47.60	1:12.37	900m:	10:42.08	1:14.74	1300m:	15:37.36	1:13.44
	200m:	2:12.55	1:10.79	600m:	7:00.42	1:12.82	1000m:	11:55.39	1:13.31	1400m:	16:51.31	1:13.95
	300m:	3:23.61	1:11.06	700m:	8:13.99	1:13.57	1100m:	13:09.61	1:14.22	1500m:	18:04.29	1:12.98
	400m:	4:35.23	1:11.62	800m:	9:27.34	1:13.35	1200m:	14:23.92	1:14.31			