

10,	, 1500m	,													
			/										R.T.		
13.			2003										16:44.09	602	
	100m:	1:03.90	1:03.90	500m:	5:30.36	1:07.23	900m:	10:01.85	1:08.13	1300m:	14:32.43	1:07.55			
	200m:	2:09.54	1:05.64	600m:	6:38.57	1:08.21	1000m:	11:09.38	1:07.53	1400m:	15:39.96	1:07.53			
	300m:	3:15.92	1:06.38	700m:	7:45.90	1:07.33	1100m:	12:16.43	1:07.05	1500m:	16:44.09	1:04.13			
	400m:	4:23.13	1:07.21	800m:	8:53.72	1:07.82	1200m:	13:24.88	1:08.45						
14.			2005										+0,74	16:45.63	599
	100m:	1:02.35	1:02.35	500m:	5:25.94	1:06.67	900m:	9:56.89	1:08.79	1300m:	14:29.41	1:08.23			
	200m:	2:06.83	1:04.48	600m:	6:33.28	1:07.34	1000m:	11:04.58	1:07.69	1400m:	15:37.87	1:08.46			
	300m:	3:12.70	1:05.87	700m:	7:40.69	1:07.41	1100m:	12:12.80	1:08.22	1500m:	16:45.63	1:07.76			
	400m:	4:19.27	1:06.57	800m:	8:48.10	1:07.41	1200m:	13:21.18	1:08.38						
15.			2007										+0,62	16:48.56	594
	100m:	1:02.94	1:02.94	500m:	5:32.44	1:08.15	900m:	10:04.60	1:07.89	1300m:	14:35.06	1:07.17			
	200m:	2:08.84	1:05.90	600m:	6:40.61	1:08.17	1000m:	11:12.02	1:07.42	1400m:	15:42.87	1:07.81			
	300m:	3:16.27	1:07.43	700m:	7:48.48	1:07.87	1100m:	12:20.37	1:08.35	1500m:	16:48.56	1:05.69			
	400m:	4:24.29	1:08.02	800m:	8:56.71	1:08.23	1200m:	13:27.89	1:07.52						
16.			2005										+0,69	16:49.33	593
	100m:	1:02.48	1:02.48	500m:	5:33.44	1:08.19	900m:	10:04.11	1:07.46	1300m:	14:35.42	1:07.58			
	200m:	2:09.74	1:07.26	600m:	6:41.47	1:08.03	1000m:	11:11.65	1:07.54	1400m:	15:43.11	1:07.69			
	300m:	3:17.02	1:07.28	700m:	7:49.17	1:07.70	1100m:	12:19.53	1:07.88	1500m:	16:49.33	1:06.22			
	400m:	4:25.25	1:08.23	800m:	8:56.65	1:07.48	1200m:	13:27.84	1:08.31						
17.			2003										+0,82	16:50.68	590
	100m:	1:01.14	1:01.14	500m:	5:28.90	1:08.28	900m:	10:03.02	1:09.12	1300m:	14:36.75	1:08.58			
	200m:	2:06.27	1:05.13	600m:	6:37.07	1:08.17	1000m:	11:10.94	1:07.92	1400m:	15:45.08	1:08.33			
	300m:	3:13.12	1:06.85	700m:	7:45.38	1:08.31	1100m:	12:19.55	1:08.61	1500m:	16:50.68	1:05.60			
	400m:	4:20.62	1:07.50	800m:	8:53.90	1:08.52	1200m:	13:28.17	1:08.62						
18.			2005										+0,75	16:53.56	585
	100m:	1:01.89	1:01.89	500m:	5:26.94	1:07.09	900m:	9:59.36	1:08.52	1300m:	14:35.67	1:09.05			
	200m:	2:07.35	1:05.46	600m:	6:34.57	1:07.63	1000m:	11:08.53	1:09.17	1400m:	15:45.57	1:09.90			
	300m:	3:12.91	1:05.56	700m:	7:42.32	1:07.75	1100m:	12:17.45	1:08.92	1500m:	16:53.56	1:07.99			
	400m:	4:19.85	1:06.94	800m:	8:50.84	1:08.52	1200m:	13:26.62	1:09.17						
19.			2004										+0,71	16:56.72	580
	100m:	1:02.91	1:02.91	500m:	5:36.64	1:07.85	900m:	10:09.75	1:08.48	1300m:	14:43.01	1:08.62			
	200m:	2:11.33	1:08.42	600m:	6:44.62	1:07.98	1000m:	11:18.04	1:08.29	1400m:	15:50.53	1:07.52			
	300m:	3:20.03	1:08.70	700m:	7:52.96	1:08.34	1100m:	12:25.42	1:07.38	1500m:	16:56.72	1:06.19			
	400m:	4:28.79	1:08.76	800m:	9:01.27	1:08.31	1200m:	13:34.39	1:08.97						