



28,	, 400m										R.T.		
20.			/										
			2002								<b>4:54.06</b>	<b>537</b>	
	50m:	32.15	32.15	150m:	1:44.19	36.60	250m:	2:59.42	37.70	350m:	4:16.09	38.26	
	100m:	1:07.59	35.44	200m:	2:21.72	37.53	300m:	3:37.83	38.41	400m:	4:54.06	37.97	
21.			-								<b>+0,78</b>	<b>4:54.11</b>	<b>537</b>
	50m:	31.84	31.84	150m:	1:45.21	37.59	250m:	3:03.37	38.81	350m:	4:19.74	37.68	
	100m:	1:07.62	35.78	200m:	2:24.56	39.35	300m:	3:42.06	38.69	400m:	4:54.11	34.37	
22.			2004								<b>+0,79</b>	<b>4:56.08</b>	<b>526</b>
	50m:	32.48	32.48	150m:	1:45.91	37.04	250m:	3:01.37	38.14	350m:	4:19.22	38.89	
	100m:	1:08.87	36.39	200m:	2:23.23	37.32	300m:	3:40.33	38.96	400m:	4:56.08	36.86	
23.			2002								<b>+0,66</b>	<b>4:57.41</b>	<b>519</b>
	50m:	31.60	31.60	150m:	1:45.13	37.37	250m:	3:01.05	37.22	350m:	4:19.34	38.70	
	100m:	1:07.76	36.16	200m:	2:23.83	38.70	300m:	3:40.64	39.59	400m:	4:57.41	38.07	
24.			2002								<b>+0,63</b>	<b>4:58.24</b>	<b>515</b>
	50m:	32.03	32.03	150m:	1:45.22	37.63	250m:	3:03.21	39.61	350m:	4:21.28	39.12	
	100m:	1:07.59	35.56	200m:	2:23.60	38.38	300m:	3:42.16	38.95	400m:	4:58.24	36.96	
25.			2001								<b>+0,82</b>	<b>4:59.36</b>	<b>509</b>
	50m:	32.91	32.91	150m:	1:48.00	38.04	250m:	3:05.07	38.72	350m:	4:21.96	38.73	
	100m:	1:09.96	37.05	200m:	2:26.35	38.35	300m:	3:43.23	38.16	400m:	4:59.36	37.40	
26.			2003								<b>+0,63</b>	<b>5:01.67</b>	<b>498</b>
	50m:	32.55	32.55	150m:	1:47.79	38.40	250m:	3:05.88	39.16	350m:	4:24.06	38.74	
	100m:	1:09.39	36.84	200m:	2:26.72	38.93	300m:	3:45.32	39.44	400m:	5:01.67	37.61	
27.			2002								<b>+0,69</b>	<b>5:05.43</b>	<b>480</b>
	50m:	33.08	33.08	150m:	1:49.23	38.51	250m:	3:08.28	40.12	350m:	4:28.03	39.54	
	100m:	1:10.72	37.64	200m:	2:28.16	38.93	300m:	3:48.49	40.21	400m:	5:05.43	37.40	
28.			2003								<b>+0,90</b>	<b>5:06.87</b>	<b>473</b>
	50m:	34.25	34.25	150m:	1:51.14	39.34	250m:	3:09.98	39.24	350m:	4:28.49	38.83	
	100m:	1:11.80	37.55	200m:	2:30.74	39.60	300m:	3:49.66	39.68	400m:	5:06.87	38.38	
29.			2001								<b>+0,69</b>	<b>5:07.46</b>	<b>470</b>
	50m:	32.86	32.86	150m:	1:50.95	39.33	250m:	3:10.54	39.82	350m:	4:29.91	39.69	
	100m:	1:11.62	38.76	200m:	2:30.72	39.77	300m:	3:50.22	39.68	400m:	5:07.46	37.55	
30.			2003								<b>+0,68</b>	<b>5:13.74</b>	<b>442</b>
	50m:	35.25	35.25	150m:	1:55.54	41.01	250m:	3:17.33	41.06	350m:	4:36.83	39.80	
	100m:	1:14.53	39.28	200m:	2:36.27	40.73	300m:	3:57.03	39.70	400m:	5:13.74	36.91	
31.			2004								<b>+0,62</b>	<b>5:14.97</b>	<b>437</b>
	50m:	34.58	34.58	150m:	1:54.57	40.02	250m:	3:15.64	40.27	350m:	4:36.40	39.71	
	100m:	1:14.55	39.97	200m:	2:35.37	40.80	300m:	3:56.69	41.05	400m:	5:14.97	38.57	