

							%	PB
								124
	, 02.04.2008							-
800m		8.	9:18.65	500	9:15.00		99%	-
	, 01.02.2010							-
400m		5.	4:47.29	403	4:30.05		88%	-
800m		23.	9:56.08	411	9:31.15		92%	-
	, 21.03.2009							1
800m		15.	12:21.59	270	16:06.00		170%	-
	, 06.01.2013							-
800m		5.	12:19.15	272	11:50.00		92%	-
	, 23.11.2013							-
800m		21.	13:28.29	165	12:28.00		86%	-
	, 18.09.2010							1
400m		9.	7:29.53	140	9:54.00		175%	-
	, 15.12.2010							1
800m		58.	11:32.39	262	11:59.50		108%	-
	, 11.07.2014							1
800m		14.	15:01.71	150	16:04.00		114%	-
	, 04.03.2007							-
400m		4.	4:37.26	448	4:14.00		84%	-
	, 29.09.2010							-
800m		61.	12:05.60	228	11:03.53		84%	-
	, 09.08.2010							-
400m		3.	4:31.60	477	4:23.00		94%	-
	, 26.09.2008							-
400m		5.	4:58.68	480	4:48.20		93%	-
	, 14.04.2014							-
800m		26.	14:32.01	131	12:28.00		74%	-
	, 13.12.2011							-
800m		11.	11:21.69	347	10:55.00		92%	-
	, 30.06.2011							-
800m		35.	11:56.09	237	11:45.00		97%	-
	, 10.02.2008							-
400m		1.	4:13.49	587	4:03.20		92%	-
	, 29.06.2009							-
400m		2.	4:41.91	571	4:33.30		94%	-
	, 15.09.2012							1
800m		9.	11:03.25	377	11:30.00		108%	-
	, 18.02.2011							-
800m		19.	11:01.42	301	10:45.00		95%	-
	, 15.11.2008							-
800m		18.	10:02.77	398	9:50.00		96%	-
	, 19.06.2012							-
800m		22.	11:18.18	279	11:03.00		96%	-
	, 02.03.2012							1
800m		28.	11:37.65	256	11:46.00		102%	-
	, 20.04.2010							-
400m		7.	5:26.66	367	5:05.00		87%	-
	, 31.08.2013							1
800m		13.	12:12.50	221	12:30.00		105%	-
	, 16.06.2009							-
800m		28.	10:03.60	396	9:25.00		88%	-
	, 31.05.2009							-
800m		60.	11:41.44	252	11:30.00		97%	-



800m	, 15.07.2009	49.	11:02.64	299	11:00.00	99%	-
800m	, 06.10.2006	4.	8:56.27	565	9:02.00	102%	1
400m	, 01.11.2008	1.	4:43.13	563	4:50.00	105%	1
800m	, 28.04.2013	23.	13:51.60	151	12:28.00	81%	-
800m	, 02.12.2012	46.	12:41.98	197	12:04.00	90%	-
800m	, 17.06.2009	12.	9:35.65	457	9:20.00	95%	-
800m	, 14.07.2014	27.	14:42.11	127	14:30.00	97%	1
800m	, 29.11.2011	16.	10:54.40	311	10:55.00	100%	1
800m	, 23.12.2012	WDR	-	-	13:19.00	-	-
800m	, 04.08.2012	48.	13:03.47	181	12:20.00	89%	1
800m	, 05.07.2014	16.	16:28.47	114	18:34.00	127%	1
800m	, 15.02.2014	16.	12:47.43	192	14:30.00	129%	1
800m	, 14.09.2010	59.	11:36.94	257	12:28.00	115%	-
800m	, 21.03.2011	3.	9:33.04	585	9:30.00	99%	-
800m	, 09.04.2011	55.	14:14.33	139	12:40.00	79%	1
800m	, 15.01.2014	7.	12:51.57	239	13:19.00	107%	-
400m	, 26.11.2009	5.	4:57.86	484	4:50.00	95%	1
800m	, 19.09.2012	21.	12:50.22	241	13:19.00	108%	1
800m	, 15.03.2013	7.	11:35.04	259	11:50.00	104%	1
800m	, 13.02.2011	36.	12:08.62	225	12:28.47	106%	-
400m	, 08.01.2009	3.	4:45.33	551	4:36.00	94%	-
800m	, 24.10.2014	28.	15:46.01	102	14:30.00	85%	-
800m	, 21.10.2010	13.	11:10.40	365	11:05.00	98%	-
800m	, 06.06.2009	35.	10:18.53	368	10:00.00	94%	-
800m	, 22.07.2008	14.	9:40.53	445	9:38.00	99%	-
400m	, 19.10.2007	3.	4:23.00	525	4:20.01	98%	-
800m	, 04.01.2011	3.	9:59.77	404	9:50.00	97%	-
800m	, 20.10.2009	4.	9:10.72	521	8:58.00	95%	-
800m	, 24.10.2007	2.	8:51.96	579	8:50.90	100%	-



800m	, 24.02.2009	12.	11:04.03	376	11:00.00	99%	-
400m	, 14.02.2012	6.	6:00.90	272	5:37.00	87%	-
800m	, 30.06.2009	10.	9:31.40	467	9:40.00	103%	1
800m	, 03.08.2010	7.	10:25.13	450	10:40.00	105%	1
800m	, 24.03.2012	33.	11:48.19	245	12:00.00	103%	1
800m	, 27.12.2011	WDR		-	12:27.00	-	-
800m	, 29.05.2010	6.	9:23.70	486	9:17.00	98%	-
800m	, 01.01.2012	14.	10:48.38	319	11:00.00	104%	1
800m	, 06.05.2012	19.	12:22.79	268	13:19.00	116%	1
800m	, 19.09.2012	15.	10:51.05	315	10:45.00	98%	-
800m	, 29.07.2010	16.	9:42.26	441	9:55.00	104%	1
400m	, 27.03.2012	7.	6:06.93	259	6:50.00	125%	1
800m	, 07.07.2012	20.	11:02.02	300	11:06.00	101%	1
800m	, 20.01.2009	50.	11:03.35	298	11:34.67	110%	-
800m	, 08.09.2011	26.	11:26.90	269	11:05.00	94%	-
800m	, 17.12.2013	8.	12:56.48	235	14:00.00	117%	1
800m	, 20.08.2010	54.	11:14.62	283	11:35.00	106%	1
800m	, 19.04.2007	4.	10:05.69	495	9:50.00	95%	-
800m	, 19.10.2010	25.	9:56.41	410	10:05.00	103%	1
400m	, 07.09.2007	5.	5:00.85	351	4:35.00	84%	-
800m	, 11.10.2009	11.	9:35.43	457	9:40.00	102%	1
800m	, 30.10.2007	7.	9:17.49	503	8:50.00	90%	-
800m	, 11.02.2012	18.	11:00.41	302	11:15.00	104%	1
400m	, 03.11.2013	1.	5:47.36	228	6:00.00	107%	1
800m	, 20.12.2012	54.	13:52.98	150	13:00.00	88%	-
400m	, 31.07.2012	3.	5:39.28	327	6:00.00	113%	1
800m	, 01.04.2011	8.	10:23.51	359	11:03.00	113%	1
800m	, 18.08.2009	22.	9:55.15	413	10:10.00	105%	1
800m	, 02.04.2011	31.	11:44.55	249	11:15.00	92%	-



400m	, 27.06.2011	2.	5:32.08	349	5:56.00	115%	1
400m	, 09.10.2007	6.	5:00.71	470	4:56.00	97%	-
400m	, 17.03.2014	1.	6:38.66	202	7:10.00	116%	1
800m	, 01.03.2012	44.	12:23.99	211	12:00.00	94%	-
800m	, 19.12.2013	6.	12:20.97	270	11:42.00	90%	-
800m	, 03.12.2013	10.	11:42.92	251	12:10.00	108%	1
800m	- , 06.07.2013	9.	13:00.66	231	12:58.00	99%	-
400m	, 04.06.2011	4.	8:16.63	78	8:15.00	99%	-
800m	, 25.07.2011	14.	11:28.85	336	11:35.00	102%	1
400m	, 17.06.2010	7.	5:18.06	297	5:05.00	92%	-
800m	, 08.09.2011	32.	11:46.62	247	12:28.00	112%	1
800m	, 20.09.2010	39.	10:36.19	338	10:50.00	104%	1
800m	, 01.12.2010	43.	10:45.99	323	12:28.00	134%	1
800m	, 07.04.2010	30.	10:09.62	384	9:44.00	92%	-
800m	, 04.08.2009	2.	8:57.50	561	8:48.00	96%	-
800m	, 14.08.2011	7.	10:20.91	364	10:20.00	100%	-
800m	, 24.06.2010	5.	9:13.98	512	8:50.00	92%	-
800m	, 08.05.2012	29.	11:38.73	255	12:39.79	118%	1
800m	, 06.03.2008	3.	9:36.52	574	9:10.00	91%	-
800m	, 09.01.2010	5.	10:20.69	460	10:31.15	103%	1
800m	, 12.11.2010	1.	9:53.37	527	9:40.90	96%	-
800m	, 20.07.2006	2.	8:43.55	607	8:37.00	98%	-
800m	, 07.08.2009	9.	9:30.24	470	9:30.03	100%	-
400m	, 17.03.2010	8.	5:45.86	231	5:30.03	91%	-
800m	, 25.08.2006	1.	9:15.52	642	9:05.00	96%	-
400m	, 14.10.2009	4.	4:55.21	497	4:52.00	98%	-
800m		3.	10:12.41	479	10:00.00	96%	-
800m	, 29.03.2013	3.	12:03.93	290	12:17.66	104%	1
800m	, 04.07.2009	55.	11:15.59	282	11:25.00	103%	1



400m	, 03.04.2010	9.	5:57.58	209	5:10.00	75%	-
800m	, 08.01.2010	8.	9:28.12	475	9:50.00	108%	1
400m	, 10.02.2009	4.	4:33.09	469	4:27.90	96%	-
800m	, 28.10.2009	40.	10:38.48	334	10:30.00	97%	-
800m	, 28.10.2009	52.	11:10.12	289	10:30.00	88%	-
800m	, 11.02.2013	14.	12:20.13	215	12:40.00	105%	1
800m	, 06.08.2011	4.	9:56.52	518	10:05.00	103%	1
800m	, 06.01.2012	43.	12:21.74	213	12:20.00	100%	-
800m	, 14.09.2010	31.	10:11.89	380	10:10.00	99%	-
800m	, 27.06.2009	48.	11:00.56	302	11:11.37	103%	1
800m	, 25.05.2011	WDR		-	11:06.00	-	-
800m	, 23.03.2010	9.	10:31.87	436	10:15.00	95%	-
800m	, 11.06.2009	37.	10:19.58	366	9:50.00	91%	-
800m	, 27.04.2013	8.	11:36.62	257	11:38.00	100%	1
800m	, 31.03.2012	39.	12:16.14	218	12:00.00	96%	-
800m	, 06.12.2011	13.	10:38.22	335	11:15.00	112%	1
800m	, 23.06.2011	2.	9:32.69	586	9:40.00	103%	1
800m	, 29.06.2011	25.	11:24.98	271	11:15.00	97%	-
800m	, 25.04.2013	24.	14:04.62	144	14:42.00	109%	1
800m	, 09.03.2014	15.	15:12.07	145	16:00.00	111%	1
800m	, 09.06.2011	1.	9:44.64	436	9:45.00	100%	1
800m	, 20.05.2012	25.	13:12.94	220	13:19.00	102%	1
800m	, 24.05.2010	36.	10:18.76	368	10:00.00	94%	-
400m	, 11.04.2008	7.	5:35.05	340	5:01.00	81%	-
800m	, 30.08.2013	5.	11:28.34	267	11:52.00	107%	1
400m	, 27.02.2014	3.	6:36.89	152	7:35.00	131%	1
800m	, 24.04.2007	9.	9:23.33	487	8:49.95	89%	-
800m	, 18.05.2010	42.	10:44.08	326	10:55.00	103%	1
800m	, 15.06.2010	56.	11:18.61	278	12:10.30	116%	1



800m	, 27.04.2014	13.	14:32.70	165	16:04.00	122%	1
800m	, 24.10.2012	WDR		-	12:28.00	-	-
800m	, 18.08.2008	4.	8:58.03	559	8:40.90	94%	-
800m	, 04.08.2009	45.	10:51.90	314	10:58.00	102%	1
800m	, 21.02.2011	24.	11:19.43	277	11:06.00	96%	-
800m	, 25.02.2010	13.	9:40.62	445	9:15.00	91%	-
400m	, 31.10.2010	2.	4:31.19	479	4:28.00	98%	-
800m	, 20.04.2010	63.	13:03.23	181	11:50.00	82%	-
800m	, 01.06.2014	10.	13:20.29	214	16:04.00	145%	1
800m	, 08.04.2010	8.	10:29.93	440	10:40.71	103%	1
800m	, 30.06.2010	6.	10:25.03	451	10:20.50	99%	-
800m	, 23.09.2012	5.	10:26.44	448	10:25.00	100%	-
800m	, 04.09.2007	13.	9:34.31	460	9:44.00	103%	1
800m	, 06.03.2012	12.	10:37.88	335	10:55.00	105%	1
800m	, 17.04.2009	24.	9:56.30	411	10:15.00	106%	1
800m	, 27.12.2011	17.	10:59.74	303	11:00.00	100%	1
400m	, 21.07.2010	8.	5:32.79	347	5:37.00	103%	-
800m	, 14.09.2008	12.	9:30.88	468	9:28.00	99%	-
400m	, 17.05.2010	6.	5:26.49	367	5:30.00	102%	1
400m	, 28.06.2008	6.	5:03.08	343	5:05.00	101%	1
800m	, 20.05.2008	5.	11:49.55	308	13:10.00	124%	1
400m	, 22.01.2009	WDR		-	4:36.00	-	-
800m	, 18.11.2012	15.	9:42.15	441	9:27.00	95%	-
800m	, 02.07.2008	34.	11:49.42	244	11:25.00	93%	-
800m	, 21.11.2011	16.	9:45.57	434	9:30.00	95%	-
400m	, 22.12.2009	3.	6:17.88	177	5:39.20	81%	-
800m	, 14.10.2011	18.	9:43.41	439	9:50.00	102%	1
800m	, 28.11.2013	52.	13:17.30	172	12:27.00	88%	-
800m		3.	11:05.15	296	11:15.00	103%	1



800m	, 21.09.2011	6.	10:19.84	366	10:40.00	107%	1
800m	, 28.09.2009	WDR		-	10:00.00	-	-
800m	, 04.02.2012	26.	17:30.91	94	15:40.00	80%	-
800m	, 12.04.2009	33.	10:15.39	374	10:00.64	95%	1
800m	, 09.04.2013	17.	12:53.49	188	15:00.00	135%	-
400m	, 17.01.2011	1.	4:48.79	531	4:44.00	97%	-
800m	, 01.08.2013	18.	13:06.13	179	12:40.00	93%	-
800m	, 24.06.2011	5.	10:10.12	383	10:00.00	97%	-
800m	, 17.04.2012	45.	12:40.60	198	12:18.32	94%	-
800m	, 18.12.2007	17.	10:01.52	400	9:10.00	84%	1
800m	, 02.05.2011	38.	12:15.05	219	12:20.00	101%	-
800m	, 25.11.2008	11.	9:28.12	475	9:28.00	100%	-
400m	, 05.10.2012	5.	5:51.43	294	5:48.00	98%	1
800m	, 25.06.2012	22.	12:51.70	239	13:50.00	116%	-
800m	, 20.05.2010	14.	9:40.78	445	9:25.50	95%	1
800m	, 30.08.2013	1.	11:57.96	297	12:30.00	109%	-
800m	, 21.09.2006	3.	8:54.28	571	8:50.00	98%	1
800m	, 29.01.2009	20.	9:50.46	423	9:57.50	102%	1
800m	, 01.08.2013	9.	11:39.54	254	12:10.00	109%	-
800m	, 11.07.2012	13.	11:25.43	342	10:47.05	89%	1
400m	, 11.05.2012	2.	5:56.34	211	6:40.00	126%	1
800m	, 21.10.2012	8.	6:28.73	217	7:30.00	134%	-
800m	, 25.02.2009	51.	11:07.16	293	11:06.00	100%	-
800m	, 25.07.2010	4.	10:15.60	472	10:00.00	95%	-
800m	, 06.01.2012	15.	11:39.89	321	11:30.00	97%	-
400m	, 12.05.2008	2.	4:20.46	541	4:19.00	99%	-
800m	, 07.01.2011	7.	10:49.31	402	10:40.00	97%	-
800m	, 15.02.2009	57.	11:19.27	278	10:45.00	90%	-
800m	, 11.08.2011	47.	12:59.61	183	12:28.00	92%	-



400m	, 29.01.2010	1.	4:41.15	575	4:45.00	103%	1
400m	, 20.06.2008	2.	4:43.50	561	4:30.00	91%	-
800m	, 27.02.2010	29.	10:08.40	387	10:40.00	111%	1
800m	, 19.08.2010	53.	11:11.92	287	10:30.00	88%	-
800m	, 03.02.2011	49.	13:10.40	176	12:03.00	84%	-
800m	, 21.04.2012	12.	11:22.02	347	12:26.00	120%	1
400m	, 16.11.2008	3.	4:53.60	505	4:40.00	91%	-
800m	, 19.06.2013	11.	11:57.13	236	11:30.00	93%	-
800m	, 28.02.2009	38.	10:23.86	359	10:29.36	102%	1
800m	, 21.02.2013	4.	11:21.92	274	11:56.05	110%	1
800m	, 13.07.2012	20.	12:36.57	254	NT	-	-
800m	, 19.03.2012	23.	13:01.13	231	14:39.00	127%	1
400m	, 29.09.2007	4.	4:55.50	496	4:48.00	95%	-
800m	, 15.01.2008	5.	9:04.94	538	9:15.00	104%	1
800m	, 17.03.2014	12.	14:13.65	177	16:04.00	128%	1
800m	, 11.10.2013	1.	10:58.29	305	11:05.00	102%	1
800m	, 15.05.2009	34.	10:17.25	370	10:05.00	96%	-
800m	, 11.06.2009	11.	10:50.39	400	10:12.22	89%	-
800m	, 04.08.2011	30.	11:44.17	249	13:00.00	123%	1
800m	, 21.10.2008	22.	11:06.63	294	10:50.00	95%	-
400m	, 16.11.2013	4.	7:05.96	123	7:36.00	115%	1
800m	, 12.01.2011	21.	11:14.39	284	11:15.00	100%	1
800m	, 30.10.2007	3.	8:53.82	573	8:55.00	100%	1
800m	, 22.11.2010	47.	11:00.15	303	11:00.00	100%	-
800m	, 25.05.2010	46.	10:57.96	306	11:06.20	103%	1
800m	, 13.02.2008	2.	9:25.47	609	9:10.00	95%	-
800m	, 31.08.2009	17.	9:42.44	441	9:15.00	91%	-
800m	, 03.08.2011	9.	10:26.23	355	10:10.93	95%	-
800m	, 16.01.2013	2.	11:59.84	295	12:30.00	109%	1



800m	, 07.05.2011	6.	10:48.85	403	11:15.00	108%	1
800m	, 09.01.2013	12.	12:01.80	231	13:10.77	120%	1
800m	, 09.03.2010	14.	11:25.82	341	11:20.00	98%	-
800m	, 16.09.2011	50.	13:11.52	175	13:00.00	97%	1
800m	, 21.05.2013	6.	11:33.68	261	12:28.00	116%	-
400m	, 16.02.2009	1.	4:10.81	606	4:05.00	95%	-
800m	, 14.01.2008	6.	9:07.86	530	9:01.00	98%	-
800m	, 09.09.2013	25.	14:13.44	140	14:00.00	97%	1
800m	, 11.08.2013	20.	13:22.01	169	14:30.00	118%	1
800m	, 03.07.2011	10.	10:33.79	342	11:10.00	112%	-
400m	, 07.01.2009	6.	5:10.22	320	4:58.00	92%	-
800m	, 05.09.2007	21.	10:55.87	309	10:51.00	99%	1
800m	, 28.05.2012	27.	11:30.39	264	11:40.00	103%	1
800m	, 23.11.2012	40.	12:17.44	217	12:32.15	104%	1
800m	, 13.08.2009	41.	10:39.05	334	11:06.00	109%	1
800m	, 04.01.2010	2.	10:07.35	491	10:15.00	103%	-
800m	, 25.08.2010	62.	12:44.58	195	12:38.00	98%	-
800m	, 25.03.2010	2.	8:57.50	561	8:50.00	97%	-
800m	, 01.05.2013	4.	12:13.68	278	11:46.00	93%	-
800m	, 09.09.2007	19.	10:02.89	397	9:25.00	88%	-
800m	, 25.01.2006	1.	8:42.68	610	8:20.00	92%	-
800m	, 25.01.2009	26.	9:57.58	408	9:38.03	94%	-
800m	, 25.01.2009	7.	9:27.24	477	9:16.66	96%	1
400m	, 26.07.2011	4.	5:39.50	327	5:58.00	111%	-
800m	, 22.02.2014	15.	12:42.44	196	12:28.00	96%	-
800m	, 31.03.2011	17.	12:06.29	287	11:42.56	94%	-
800m	, 03.02.2011	8.	10:50.60	399	10:45.00	98%	-
800m	, 03.09.2012	51.	13:15.51	173	12:00.00	82%	-
800m	, 16.04.2010	44.	10:49.81	317	10:20.00	91%	-



800m	, 12.01.2010	27.	9:58.83	406	10:00.00	100%	1
800m	, 29.01.2012	24.	13:01.84	230	12:10.00	87%	-
800m	, 01.01.2011	11.	10:34.51	341	10:17.40	95%	-
800m	, 01.01.2014	19.	13:21.09	169	12:28.00	87%	-
800m	, 13.03.2011	2.	9:52.15	419	9:28.00	92%	1
800m	, 21.03.2011	16.	11:43.61	316	12:09.41	107%	-
800m	, 14.04.2012	37.	12:11.63	222	12:11.00	100%	1
800m	, 17.02.2013	2.	11:04.86	296	11:30.00	108%	1
800m	, 14.10.2012	41.	12:18.13	216	12:28.00	103%	1
800m	, 01.12.2008	15.	9:42.95	440	9:44.87	101%	-
800m	, 23.09.2012	42.	12:18.30	216	11:25.00	86%	-
400m	, 08.04.2011	1.	5:05.04	336	5:00.00	97%	1
800m	, 28.04.2009	1.	8:56.68	564	9:05.00	103%	-
400m	, 02.09.2013	2.	6:28.89	162	6:15.00	93%	-
800m	, 18.01.2009	21.	9:53.79	416	9:18.00	88%	1
800m	, 13.01.2011	1.	9:31.74	589	9:40.00	103%	1
800m	, 27.09.2013	22.	13:37.27	159	15:30.00	129%	-
800m	, 07.09.2009	19.	9:48.29	428	9:30.00	94%	1
800m	, 27.09.2011	18.	12:19.47	272	12:50.00	108%	1
800m	, 09.05.2011	23.	11:18.39	279	11:47.00	109%	1
800m	, 25.03.2008	10.	9:25.11	483	10:00.00	113%	-
800m	, 20.08.2007	20.	10:15.98	373	10:15.00	100%	-
800m	, 10.02.2012	10.	11:18.36	352	11:05.00	96%	-
800m	, 05.09.2012	53.	13:24.65	167	12:28.00	86%	1
800m	, 16.03.2013	11.	13:27.81	208	14:00.00	108%	1
800m	, 06.07.2011	4.	10:05.04	393	10:10.00	102%	-
800m	, 14.08.2009	10.	10:50.17	400	10:36.00	96%	1
800m	, 05.05.2008	1.	8:46.78	596	8:50.00	101%	1
800m	, 04.06.2009	32.	10:14.71	375	10:40.00	108%	

