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						%	PB
800m	, 2012 (12),	23.	11:20.03	346	11:30.00	103%	80 1
800m	, 2013 (11),						-
800m	, 2011 (13),	WDR		-	13:00.00	-	-
800m	, 2014 (10),			-	10:10.00	-	1
800m	, 2013 (11),	7.	12:32.29	255	12:53.66	106%	-
800m	, 2011 (13),			-	12:30.00	-	-
400m	, 2013 (11),	2.	4:46.95	404	4:40.00	95%	-
800m	, 2009 (15),			-	13:56.00	-	-
800m	, 2011 (13),			-	10:30.00	-	1
800m	, 2014 (10),	2.	9:34.06	575	9:41.14	102%	-
800m	, 2013 (11),	20.	14:35.62	162	14:15.00	95%	1
800m	, 2007 (17),	35.	12:09.07	280	12:30.00	106%	-
400m	, 2014 (10),	WDR		-	4:09.00	-	1
800m	, 2012 (12),	4.	11:36.76	257	12:30.00	116%	-
800m	, 2014 (10),			-	11:00.00	-	1
800m	, 2014 (10),	15.	12:53.31	188	18:27.00	205%	1
800m	, 2012 (12),	23.	14:09.38	142	14:20.00	103%	-
800m	, 2011 (13),			-	12:00.00	-	-
800m	, 2013 (11),			-	10:30.00	-	1
400m	, 2011 (13),	8.	5:33.62	333	6:10.00	123%	-
800m	, 2008 (16),			-	11:05.00	-	-
800m	, 2011 (13),			-	9:45.00	-	-
400m	, 2013 (11),	3.	5:04.30	439	4:58.00	96%	-
800m	, 2012 (12),			-	12:10.00	-	1
800m	, 2011 (13),	5.	9:59.16	505	10:19.00	107%	-
800m	, 2011 (13),			-	10:00.00	-	1
400m	, 2011 (13),	2.	5:00.68	455	5:10.61	107%	



400m	, 2011 (13),	13.	5:58.03	208	6:05.00	104%	1
800m	, 2012 (12),			-	11:00.00	-	-
800m	, 2008 (16),			-	9:57.00	-	-
800m	, 2009 (15),			-	9:51.08	-	-
800m	, 2012 (12),			-	10:10.00	-	-
800m	, 2014 (10),			-		-	1
800m	, 2009 (15),	3.	11:58.44	293	12:30.00	109%	-
400m	, 2011 (13),	1.	4:38.48	442	4:25.00	91%	-
800m	, 2011 (13),			-	11:40.00	-	-
400m		3.	4:59.04	357	4:58.00	99%	-
800m	, 2013 (11),			-	10:25.00	-	-
800m	, 2010 (14),			-	11:04.00	-	-
800m	, 2011 (13),	5.	10:03.97	493	9:46.08	94%	-
800m	, 2014 (10),			-	12:21.07	-	-
800m	, 2009 (15),	18.	13:15.18	173	12:10.00	84%	-
800m	, 2011 (13),			-	11:00.00	-	-
800m	, 2012 (12),			-	11:25.00	-	-
800m	, 2013 (11),			-	13:30.00	-	1
400m	, 2012 (12),	16.	6:54.00	134	7:00.00	103%	-
800m	, 2012 (12),			-	12:20.00	-	-
400m	, 2014 (10),	14.	6:09.20	190	5:43.00	86%	-
800m	, 2011 (13),	21.	13:54.77	149	13:30.00	94%	-
800m	, 2011 (13),		9:42.76	440	9:30.00	96%	-
800m	, 2011 (13),			-	10:47.00	-	-
800m	, 2012 (12),		10:12.15	380	9:50.00	93%	-
800m	, 2009 (15),			-	11:30.00	-	-
800m	, 2011 (13),			-	9:18.00	-	-
800m	, 2014 (10),			-	10:50.00	-	-
800m	, 2014 (10),	17.	13:19.04	213	13:15.00	99%	-
800m		12.	12:57.67	231	12:00.00	86%	-



400m	, 2009 (15) ,	3.	5:27.63	271	NT	-	-
800m	, 2011 (13) ,				11:45.00	-	-
800m	, 2010 (14) ,	13.	10:56.95	383	12:20.00	127%	1
800m	, 2014 (10) ,	16.	12:53.97	188	13:40.86	112%	1
800m	, 2012 (12) ,	WDR			11:00.00	-	-
800m	, 2008 (16) ,	2.	10:25.38	444	10:15.00	97%	-
800m	, 2014 (10) ,	6.	12:19.56	269	12:30.00	103%	1
400m	, 2008 (16) ,	WDR			4:16.00	-	-
800m	, 2009 (15) ,	6.	10:06.89	486	9:30.00	88%	-
800m	, 2013 (11) ,	47.	14:30.52	164	14:00.00	93%	-
800m	, 2011 (13) ,				9:50.00	-	-
800m	, 2012 (12) ,				11:45.00	-	-
800m	, 2012 (12) ,	36.	12:09.86	279	12:45.00	110%	1
800m	, 2013 (11) ,				11:20.00	-	-
800m	, 2011 (13) ,				11:57.71	-	-
800m	, 2015 (9) ,	20.	13:51.39	151	15:00.00	117%	1
800m	, 2013 (11) ,				12:30.00	-	-
800m	, 2010 (14) ,	WDR			9:28.00	-	-
800m	, 2014 (10) ,	24.	14:31.83	131	15:00.00	107%	1
800m	, 2012 (12) ,				11:14.00	-	-
400m	, 2014 (10) ,	5.	6:45.24	185	NT	-	-
800m	, 2014 (10) ,	11.	12:21.11	214	12:18.00	99%	-
800m	, 2013 (11) ,				11:40.00	-	-
800m	, 2009 (15) ,				11:45.00	-	-
400m	, 2011 (13) ,	8.	5:12.04	314	5:03.00	94%	-
800m	, 2011 (13) ,				10:47.00	-	-
800m	, 2012 (12) ,		9:42.43	441	9:30.00	96%	-
800m	, 2010 (14) ,				10:30.60	-	-
800m	, 2010 (14) ,	11.	10:19.19	458	10:00.00	94%	-



400m	, 2014 (10),	2.	6:44.60	144	6:25.00	91%	-
800m	, 2013 (11),						-
800m	, 2012 (12),	WDR			11:41.00	-	-
800m	, 2012 (12),				11:45.00	-	-
800m	, 2012 (12),				10:38.00	-	1
800m	, 2013 (11),	33.	11:59.35	292	12:15.00	104%	-
800m	, 2015 (9),				13:15.00	-	-
800m	, 2014 (10),	10.	12:52.15	236	12:00.00	87%	1
800m	, 2012 (12),	7.	12:01.36	232	12:10.00	102%	-
800m	, 2009 (15),				10:10.00	-	-
400m	, 2011 (13),	2.	4:57.83	468	4:52.00	96%	-
800m	, 2009 (15),	25.	11:34.79	324	11:21.01	96%	-
800m	, 2011 (13),	3.	9:52.12	524	9:47.08	98%	-
800m	, 2010 (14),				11:05.00	-	-
800m	, 2011 (13),				9:14.00	-	-
400m	, 2012 (12),	5.	5:17.67	386	5:18.19	100%	1
800m	, 2011 (13),	20.	11:03.71	372	11:55.00	116%	1
400m	, 2014 (10),	WDR			5:41.00	-	-
800m	, 2013 (11),	1.	11:33.41	326	11:00.00	91%	1
800m	, 2012 (12),	22.	11:06.18	368	11:29.99	107%	-
800m	, 2013 (11),				10:15.33	90%	1
800m	, 2012 (12),	40.	12:19.05	269	12:56.00	110%	-
800m	, 2009 (15),	42.	13:05.41	224	12:00.00	84%	-
800m	, 2012 (12),	9.	10:13.45	471	10:11.00	99%	-
800m	, 2013 (11),				11:05.00	-	-
800m	, 2008 (16),				10:40.00	-	-
400m	, 2011 (13),	1.	4:21.88	532	4:20.00	99%	-
800m	, 2007 (17),				10:08.00	-	-
400m	, 2014 (10),	3.	4:26.70	504	4:20.00	95%	1
800m		8.	12:35.96	251	12:45.00	102%	-



800m	, 2012 (12) ,				12:28.00	-	-
800m	, 2012 (12) ,						-
800m	, 2014 (10) ,	9.	10:38.29	418	10:15.00	93%	1
800m	, 2012 (12) ,	11.	12:57.48	231	13:05.37	102%	-
800m	, 2010 (14) ,				10:20.00	-	-
800m	, 2010 (14) ,				11:25.00	-	-
800m	, 2012 (12) ,				9:40.00	-	-
800m	, 2010 (14) ,				11:29.00	-	-
800m	, 2010 (14) ,	2.	9:48.14	534	9:28.30	93%	-
800m	, 2009 (15) ,	WDR			9:27.50	-	-
800m	, 2012 (12) ,	WDR			8:55.00	-	1
800m	, 2009 (15) ,	12.	10:43.79	407	11:30.00	115%	-
800m	, 2007 (17) ,				9:24.00	-	-
800m	, 2013 (11) ,				8:29.00	-	-
800m	, 2014 (10) ,				12:24.00	-	1
400m	, 2012 (12) ,	2.	5:48.18	293	6:10.00	113%	-
800m	, 2014 (10) ,				11:00.00	-	1
800m	, 2010 (14) ,	13.	12:59.93	229	13:29.00	108%	-
800m	, 2014 (10) ,				11:30.00	-	-
800m	, 2013 (11) ,	17.	13:15.17	173	12:40.00	91%	-
800m	, 2010 (14) ,	10.	10:41.29	412	10:09.00	90%	-
800m	, 2011 (13) ,				10:00.00	-	-
800m	, 2013 (11) ,	WDR			11:00.00	-	-
800m	, 2010 (14) ,				12:28.00	-	-
800m	, 2011 (13) ,				9:45.00	-	-
800m	, 2010 (14) ,	19.	11:02.15	374	10:45.80	95%	-
800m	, 2014 (10) ,				10:00.00	-	1
800m	, 2014 (10) ,	2.	10:50.45	316	11:00.00	103%	1
800m	, 2009 (15) ,	1.	10:49.21	318	11:20.00	110%	-
800m					10:10.50	-	-



800m	, 2010 (14)				9:55.44			
800m	, 2012 (12)				12:50.00			
800m	, 2011 (13)				10:00.00			
800m	, 2013 (11)				11:13.07			
800m	, 2012 (12)				11:06.00			
800m	, 2013 (11)				11:02.00			
800m	, 2008 (16)				8:40.00			
800m	, 2013 (11)							1
800m	, 2013 (11)	39.	12:13.93	275	12:16.00		101%	1
800m	, 2011 (13)	29.	11:46.73	308	14:00.00		141%	-
800m	, 2010 (14)	46.	14:04.15	180	NT		-	-
400m	, 2014 (10)	5.	5:56.29	273	5:40.00		91%	1
800m	, 2014 (10)	17.	12:44.29	243	11:55.00		88%	-
800m	, 2011 (13)	3.	11:28.79	266	12:05.25		111%	-
800m	, 2006 (18)				11:30.00		-	-
400m	, 2014 (10)	1.	4:55.70	478	4:40.00		90%	-
800m	, 2015 (9)	9.	12:11.97	222	11:29.00		89%	1
800m	, 2013 (11)	19.	13:26.47	166	14:00.00		108%	-
800m	, 2013 (11)				12:10.00		-	-
800m	, 2013 (11)				11:05.00		-	-
400m	, 2011 (13)			WDR	7:37.00		-	-
800m	, 2011 (13)	1.	9:30.18	587	9:30.00		100%	1
800m	, 2012 (12)				9:30.05	470	9:48.25	106%
800m	, 2010 (14)				11:30.00		-	1
800m	, 2014 (10)	12.	10:37.89	419	11:01.00		107%	1
400m	, 2013 (11)	3.	5:49.50	289	6:02.36		107%	-
800m	, 2014 (10)				11:40.00		-	1
800m	, 2012 (12)	19.	13:58.30	184	14:00.00		100%	-
800m	, 2012 (12)				11:00.00		-	-
800m					12:20.00		-	-



800m	, 2013 (11),	45.	14:01.17	182	13:20.00	90%	-
800m	, 2011 (13),			-	10:17.00	-	-
800m	, 2012 (12),	44.	13:56.87	185	14:00.00	101%	1
400m	, 2013 (11),	10.	5:39.52	244	5:30.00	94%	-
400m	, 2010 (14),	6.	6:27.42	212	6:20.00	96%	-
800m	, 2013 (11),			-	12:30.00	-	-
800m	, 2013 (11),			-	12:40.00	-	-
800m	, 2014 (10),	18.	13:21.44	211	12:59.00	94%	-
400m	, 2011 (13),	9.	5:12.96	311	4:55.00	89%	-
800m	, 2013 (11),			-	11:33.00	-	-
800m	, 2010 (14),			-	9:45.00	-	-
800m	, 2013 (11),			-	13:00.00	-	-
800m	, 2005 (19),			-	8:45.25	-	-
400m	, 2009 (15),	3.	5:07.26	426	5:00.00	95%	-
800m	, 2014 (10),	14.	13:09.99	220	13:50.00	110%	1
800m	, 2014 (10),	13.	12:40.55	198	14:00.00	122%	1
800m	, 2009 (15),			-	10:10.00	-	-
800m	, 2010 (14),			-	12:00.00	-	-
800m	, 2014 (10),	4.	12:03.23	287	11:46.00	95%	-
800m	, 2013 (11),			-	11:00.00	-	-
800m	, 2008 (16),	1.	10:14.43	469	10:10.50	99%	-
800m	, 2012 (12),			-	10:50.00	-	-
800m	, 2012 (12),	4.	9:57.64	509	10:15.00	106%	1
800m	, 2011 (13),			-	10:00.00	-	-
800m	, 2012 (12),			-	12:00.00	-	-
800m	, 2012 (12),			-	10:20.00	-	-
800m	, 2012 (12),			-	12:23.59	-	-
800m	, 2010 (14),			-	10:20.00	-	-
800m	, 2013 (11),			-	12:28.00	-	-



400m	, 2014 (10),	1.	5:41.64	310	5:41.00	100%	-
800m	, 2012 (12),			-	12:10.00	-	-
400m	, 2014 (10),	4.	6:23.34	219	6:23.00	100%	-
800m	, 2012 (12),						1
800m	, 2013 (11),	11.	10:42.74	409	11:05.00	107%	1
800m	, 2010 (14),	27.	11:39.36	318	12:00.37	106%	1
800m	, 2011 (13),	15.	11:09.71	362	11:11.00	100%	-
800m	, 2009 (15),			-	11:20.00	-	-
800m	, 2011 (13),			-	9:11.00	-	-
800m	, 2009 (15),	14.	10:49.79	396	10:42.00	98%	-
800m	, 2012 (12),			-	9:15.00	-	-
800m	, 2008 (16),			-	10:50.00	-	-
800m	, 2012 (12),			-	9:25.00	-	-
800m	, 2009 (15),			-	11:30.00	-	-
800m	, 2010 (14),			-	9:43.41	-	-
800m	, 2010 (14),	WDR		-	11:14.00	-	-
800m	, 2012 (12),	WDR		-	11:13.00	-	-
800m	, 2011 (13),			-	11:26.00	-	-
400m	, 2011 (13),	6.	5:06.47	332	5:06.00	100%	-
800m	, 2008 (16),		9:47.50	429	9:25.00	92%	-
800m	, 2009 (15),			-	10:30.00	-	-
800m	, 2010 (14),			-	9:30.00	-	-
800m	, 2013 (11),			-	10:03.00	-	-
800m	, 2012 (12),	15.	10:51.58	393	10:58.00	102%	1
400m	, 2012 (12),	9.	6:46.40	184	6:15.00	85%	-
800m	, 2012 (12),			-	12:24.00	-	-
800m	, 2013 (11),	WDR		-	12:01.06	-	-
800m	, 2015 (9),			-	12:53.00	-	-
400m	, 2010 (14),	1.	5:43.08	236	5:44.00	101%	1
800m				-	10:30.00	-	-



800m	, 2012 (12),				12:10.00	-	-
800m	, 2008 (16),				9:16.00	-	-
400m	, 2011 (13),	1.	4:40.21	434	4:45.00	103%	1
800m	, 2011 (13),	32.	11:59.01	292	13:00.00	118%	1
800m	, 2012 (12),				11:00.00	-	-
800m	, 2009 (15),	26.	11:36.96	321	11:42.00	101%	1
800m	, 2012 (12),				9:40.00	-	-
800m	, 2011 (13),	8.	10:33.63	427	10:30.05	99%	-
800m	, 2014 (10),				11:10.67	-	-
800m	, 2011 (13),	2.	11:52.86	300	12:10.24	105%	1
800m	, 2012 (12),				11:00.00	-	-
800m	, 2012 (12),	17.	10:57.59	382	11:10.00	104%	1
800m	, 2009 (15),	WDR			11:42.00	-	-
800m	, 2009 (15),				9:19.00	-	-
800m	, 2011 (13),				10:00.00	-	-
800m	, 2010 (14),				11:30.00	-	-
800m	, 2011 (13),	1.	9:41.94	552	9:45.00	101%	1
400m	, 2013 (11),	5.	5:02.89	344	4:45.00	89%	-
800m	, 2010 (14),	31.	11:57.19	294	12:30.00	109%	1
800m	, 2011 (13),				9:00.00	-	-
800m	, 2015 (9),				10:47.31	-	-
400m	, 2010 (14),	3.	7:23.86	109	7:00.00	90%	-
800m	, 2014 (10),				10:00.00	-	-
800m	, 2013 (11),	6.	11:50.41	243	12:40.00	114%	1
800m	, 2013 (11),	43.	13:53.62	187	12:40.00	83%	-
800m	, 2007 (17),				11:08.81	-	-
400m	, 2001 (23),	2.	4:23.31	523	4:23.00	100%	-
800m	, 2006 (18),				8:45.00	-	-
800m					9:00.00	-	-



800m	, 2010 (14),	8.	10:12.58	473	9:45.00	91%	-
800m	, 2012 (12),	21.	11:04.36	371	11:45.00	113%	1
800m	, 2010 (14),	16.	11:19.97	346	10:11.00	81%	-
800m	, 2014 (10),	16.	13:14.90	216	12:00.00	82%	-
800m	, 2009 (15),	7.	10:10.69	477	10:05.00	98%	-
400m	, 2009 (15),	1.	4:37.76	577	4:34.00	97%	-
400m	, 2011 (13),	6.	5:18.04	384	5:10.00	95%	-
800m	, 2013 (11),			-	16:26.00	-	-
800m	, 2014 (10),	9.	12:49.14	239	12:45.00	99%	-
800m	, 2011 (13),			-	11:02.00	-	-
800m	, 2014 (10),	12.	12:29.83	206	12:43.00	104%	1
800m	, 2012 (12),			-	10:10.00	-	-
800m	, 2010 (14),	4.	10:00.68	502	9:47.58	96%	-
800m	, 2010 (14),			-	11:14.00	-	-
800m	, 2011 (13),			-	10:26.00	-	-
800m	, 2012 (12),	15.	6:37.56	152	6:41.59	102%	1
400m 800m	, 2013 (11),			-	14:05.57	-	-
800m	, 2013 (11),			-	12:26.00	-	-
800m	, 2013 (11),			-	10:40.90	-	-
800m	, 2011 (13),	6.	10:02.07	498	10:07.90	102%	1
800m	, 2011 (13),	3.	9:45.81	541	9:30.00	95%	-
400m	, 2011 (13),	7.	5:09.73	321	5:00.00	94%	-
400m 800m	, 2011 (13),	12.	5:56.85	210	5:50.00	96%	-
800m	, 2011 (13),			-	11:45.00	-	-
800m	, 2013 (11),			-	10:10.93	-	-
800m	, 2013 (11),	16.	10:54.95	387	10:39.00	95%	-
800m	, 2013 (11),	WDR		-	10:29.00	-	-
400m	, 2012 (12),	4.	5:00.99	350	5:05.00	103%	1
400m	, 2011 (13),	7.	5:24.80	361	5:10.00	91%	-
800m	, 2008 (16),			-	16:36.00	-	-



800m	, 2013 (11)				12:40.09			
800m	, 2011 (13)				10:50.00			
800m	, 2013 (11)				11:15.00			
800m	, 2011 (13)				9:57.00			
800m	, 2013 (11)							
800m	, 2012 (12)	30.	11:49.71	304	11:45.00		99%	1
800m	, 2014 (10)		9:38.01	451	9:43.84		102%	1
800m	, 2012 (12)	5.	12:09.05	280	12:30.00		106%	1
800m	, 2012 (12)	24.	11:34.30	325	11:43.00		103%	-
800m	, 2010 (14)				11:30.00			
800m	, 2012 (12)	10.	10:18.96	458	10:00.00		94%	-
800m	, 2010 (14)				11:35.43			
800m	, 2014 (10)				11:10.00			1
800m	, 2013 (11)	10.	12:17.66	217	12:23.00		101%	-
800m	, 2013 (11)	41.	12:48.45	239	12:38.00		97%	1
800m	, 2010 (14)	34.	12:01.85	289	12:03.00		100%	2
400m		4.	5:19.68	378	5:34.70		110%	
800m		14.	11:07.45	365	11:42.60		111%	
400m	, 2010 (14)							
400m	, 2012 (12)				5:03.00			
800m	, 2013 (11)				12:24.00			1
800m	, 2014 (10)	18.	10:59.02	380	10:59.30		100%	1
800m	, 2012 (12)	8.	12:03.92	229	12:30.00		107%	-
400m	, 2010 (14)	11.	5:45.38	232	5:45.00		100%	1
400m	, 2013 (11)	2.	4:41.77	427	4:43.00		101%	-
800m	, 2011 (13)				11:30.00			
800m	, 2014 (10)				9:50.00			
800m	, 2011 (13)	5.	11:40.87	253	11:16.00		93%	1
800m	, 2011 (13)		9:16.41	506	9:28.00		104%	1
800m	, 2014 (10)	7.	10:31.98	431	10:43.04		104%	1
800m		14.	12:48.73	191	13:18.00		108%	



800m	, 2011 (13)		9:33.94	461	9:23.00	96%	-
800m	, 2015 (9)						1
800m	, 2012 (12)	22.	14:05.47	144	14:50.00	111%	-
800m	, 2013 (11)			-	12:11.00	-	-
800m	, 2013 (11)			-	12:11.52	-	-
800m	, 2012 (12)			-	10:31.00	-	-
800m	, 2008 (16)			-	11:02.00	-	-
800m	, 2013 (11)			-	9:40.00	-	-
800m	, 2011 (13)			-	11:30.00	-	-
800m	, 2009 (15)		9:38.83	449	9:28.00	96%	-
400m	, 2009 (15)	WDR		-	4:10.00	-	-
800m	, 2013 (11)			-	9:20.00	-	-
800m	, 2013 (11)			-	12:01.21	-	-
800m	, 2006 (18)	WDR		-	11:20.00	-	-
800m	, 2012 (12)			-	11:09.54	-	-
400m	, 2014 (10)	4.	5:06.30	430	4:51.00	90%	-
800m	, 2011 (13)	WDR		-	13:00.00	-	-
800m	, 2008 (16)	28.	11:41.34	315	11:41.00	100%	-
800m	, 2011 (13)			-	9:28.00	-	1
800m	, 2014 (10)	13.	10:49.41	397	10:52.00	101%	1
800m	, 2013 (11)	15.	13:10.03	220	13:30.00	105%	-
800m	, 2013 (11)	37.	12:10.26	279	11:40.00	92%	-
800m	, 2013 (11)			-	11:30.00	-	-
800m	, 2012 (12)			-	11:45.00	-	-
800m	, 2012 (12)			-	12:00.00	-	-
800m	, 2011 (13)			-	11:10.00	-	-
800m	, 2010 (14)			-	10:05.03	-	-
800m	, 2013 (11)			-	10:55.00	-	-
800m	, 2011 (13)	38.	12:12.78	276	11:36.00	90%	1
800m			9:28.81	473	9:45.00	106%	



400m	, 2011 (13),	1.	4:56.78	473	5:05.00	106%	1
800m	, 2011 (13),			-	10:50.00	-	-

