

1.	100m: 1:11.38	1:11.38	200m: 2:28.61	1:17.23	2005	-	<b>2:28.61</b>	2
2.	100m: 1:14.81	1:14.81	200m: 2:37.79	1:22.98	2006		<b>2:37.79</b>	2
3.	100m: 1:18.76	1:18.76	200m: 2:40.65	1:21.89	2006	-	<b>2:40.65</b>	3
4.	100m: 1:18.34	1:18.34	200m: 2:40.72	1:22.38	2005		<b>2:40.72</b>	3
5.	100m: 1:17.40	1:17.40	200m: 2:40.74	1:23.34	2005	-	<b>2:40.74</b>	3
6.	100m: 1:17.48	1:17.48	200m: 2:40.76	1:23.28	2006		<b>2:40.76</b>	3
7.	100m: 1:19.60	1:19.60	200m: 2:44.53	1:24.93	2006		<b>2:44.53</b>	3
8.	100m: 1:20.56	1:20.56	200m: 2:47.12	1:26.56	2006		<b>2:47.12</b>	3
9.	100m: 1:21.84	1:21.84	200m: 2:52.75	1:30.91	2006		<b>2:52.75</b>	3
10.	100m: 1:23.81	1:23.81	200m: 2:56.20	1:32.39	2006		<b>2:56.20</b>	3
11.	100m: 1:24.98	1:24.98	200m: 2:59.64	1:34.66	2006		<b>2:59.64</b>	1
12.	100m: 1:27.83	1:27.83	200m: 3:00.93	1:33.10	2005		<b>3:00.93</b>	1
13.					2006		<b>3:02.95</b>	1
14.	100m: 1:27.39	1:27.39	200m: 3:09.54	1:42.15	2006	-	<b>3:09.54</b>	1
15.	100m: 1:33.22	1:33.22	200m: 3:13.12	1:39.90	2006	-	<b>3:13.12</b>	1

1.	100m: 1:14.44	1:14.44	200m: 2:33.54	1:19.10	2005		<b>2:33.54</b>	3
2.	100m: 1:14.53	1:14.53	200m: 2:39.92	1:25.39	2005		<b>2:39.92</b>	3
3.	100m: 1:19.17	1:19.17	200m: 2:40.22	1:21.05	2006		<b>2:40.22</b>	3
4.	100m: 1:19.13	1:19.13	200m: 2:41.33	1:22.20	2005		<b>2:41.33</b>	3
5.	100m: 1:20.14	1:20.14	200m: 2:41.69	1:21.55	2006		<b>2:41.69</b>	3
6.	100m: 1:16.93	1:16.93	200m: 2:41.91	1:24.98	2005		<b>2:41.91</b>	3

2,	, 200m	,	2005 - 2006		
7.	100m: 1:21.23	1:21.23	200m: 2:49.49	1:28.26	<b>2:49.49</b> 1
8.	100m: 1:20.35	1:20.35	200m: 2:49.96	1:29.61	<b>2:49.96</b> 1
9.	100m: 1:24.43	1:24.43	200m: 2:50.66	1:26.23	<b>2:50.66</b> 1
10.	100m: 1:24.26	1:24.26	200m: 2:50.92	1:26.66	<b>2:50.92</b> 1
11.	100m: 1:24.10	1:24.10	200m: 2:51.00	1:26.90	<b>2:51.00</b> 1
12.	100m: 1:22.36	1:22.36	200m: 2:51.71	1:29.35	- <b>2:51.71</b> 1
13.	100m: 1:24.48	1:24.48	200m: 2:52.46	1:27.98	<b>2:52.46</b> 1
14.	100m: 1:22.66	1:22.66	200m: 2:52.92	1:30.26	<b>2:52.92</b> 1
15.	100m: 1:23.66	1:23.66	200m: 2:52.95	1:29.29	- <b>2:52.95</b> 1
16.	100m: 1:23.24	1:23.24	200m: 2:53.19	1:29.95	<b>2:53.19</b> 1
17.	100m: 1:25.06	1:25.06	200m: 2:53.21	1:28.15	<b>2:53.21</b> 1
18.	100m: 1:24.24	1:24.24	200m: 2:55.37	1:31.13	<b>2:55.37</b> 1
19.	100m: 1:21.38	1:21.38	200m: 2:55.97	1:34.59	<b>2:55.97</b> 1
20.	100m: 1:23.87	1:23.87	200m: 2:55.99	1:32.12	<b>2:55.99</b> 1
21.	100m: 1:27.43	1:27.43	200m: 2:57.48	1:30.05	<b>2:57.48</b> 1
22.	100m: 1:29.69	1:29.69	200m: 3:04.41	1:34.72	<b>3:04.41</b> 1
23.	100m: 1:25.57	1:25.57	200m: 3:04.75	1:39.18	<b>3:04.75</b> 1
24.	100m: 1:30.38	1:30.38	200m: 3:07.38	1:37.00	<b>3:07.38</b> 1

3 , 200m 2003 - 2004  
17.01.2017

1.					2003		<b>2:22.79</b>	1
	100m:	1:10.27	1:10.27	200m:	2:22.79	1:12.52		
2.					2003	-	<b>2:24.17</b>	1
	100m:	1:10.80	1:10.80	200m:	2:24.17	1:13.37		
3.					2003		<b>2:24.79</b>	2
	100m:	1:10.33	1:10.33	200m:	2:24.79	1:14.46		
4.					2004	-	<b>2:25.40</b>	2
	100m:	1:11.48	1:11.48	200m:	2:25.40	1:13.92		
5.					2003	-	<b>2:25.61</b>	2
	100m:	1:11.74	1:11.74	200m:	2:25.61	1:13.87		
6.					2003		<b>2:30.79</b>	2
	100m:	1:13.32	1:13.32	200m:	2:30.79	1:17.47		
7.					2003	-	<b>2:32.21</b>	2
	100m:	1:13.34	1:13.34	200m:	2:32.21	1:18.87		
8.					2003	-	<b>2:32.86</b>	2
	100m:	1:13.42	1:13.42	200m:	2:32.86	1:19.44		
9.					2003		<b>2:40.24</b>	3
10.					2003		<b>2:49.74</b>	3
	100m:	1:16.36	1:16.36	200m:	2:49.74	1:33.38		

4 , 200m 2003 - 2004  
17.01.2017

1.					2003	-	<b>2:12.32</b>	2
	100m:	1:02.85	1:02.85	200m:	2:12.32	1:09.47		
2.					2003		<b>2:12.46</b>	2
	100m:	1:03.60	1:03.60	200m:	2:12.46	1:08.86		
3.					2003		<b>2:12.90</b>	2
	100m:	1:03.94	1:03.94	200m:	2:12.90	1:08.96		
4.					2003		<b>2:16.87</b>	2
	100m:	1:04.40	1:04.40	200m:	2:16.87	1:12.47		
5.					2004	-	<b>2:20.46</b>	2
	100m:	1:07.17	1:07.17	200m:	2:20.46	1:13.29		
6.					2004		<b>2:20.97</b>	2
	100m:	1:08.29	1:08.29	200m:	2:20.97	1:12.68		
7.					2004	-	<b>2:23.73</b>	2
	100m:	1:09.48	1:09.48	200m:	2:23.73	1:14.25		
8.					2004	-	<b>2:24.10</b>	3
	100m:	1:09.35	1:09.35	200m:	2:24.10	1:14.75		
9.					2004	-	<b>2:24.81</b>	3
	100m:	1:10.56	1:10.56	200m:	2:24.81	1:14.25		
10.					2004		<b>2:28.80</b>	3
	100m:	1:11.74	1:11.74	200m:	2:28.80	1:17.06		
11.					2004	-	<b>2:30.78</b>	3
	100m:	1:12.52	1:12.52	200m:	2:30.78	1:18.26		

		4, , 200m				2003 - 2004			
12.								<b>2:31.87</b>	3
	100m:	1:12.03	1:12.03	200m:	2:31.87	1:19.84			
13.								<b>2:32.76</b>	3
	100m:	1:13.65	1:13.65	200m:	2:32.76	1:19.11			
14.								<b>2:36.78</b>	3
	100m:	1:11.19	1:11.19	200m:	2:36.78	1:25.59			
15.								<b>2:40.54</b>	3
	100m:	1:16.08	1:16.08	200m:	2:40.54	1:24.46			
16.								<b>2:42.09</b>	3
	100m:	1:16.23	1:16.23	200m:	2:42.09	1:25.86			
17.								<b>2:42.60</b>	1
	100m:	1:13.45	1:13.45	200m:	2:42.60	1:29.15			
18.								<b>2:46.62</b>	1
	100m:	1:21.31	1:21.31	200m:	2:46.62	1:25.31			
19.								<b>2:50.99</b>	1
	100m:	1:21.08	1:21.08	200m:	2:50.99	1:29.91			
20.								<b>2:56.08</b>	1
	100m:	1:22.08	1:22.08	200m:	2:56.08	1:34.00			
21.								<b>3:01.96</b>	1
	100m:	1:22.74	1:22.74	200m:	3:01.96	1:39.22			
22.								<b>3:02.84</b>	1
	100m:	1:23.77	1:23.77	200m:	3:02.84	1:39.07			
23.								<b>3:18.51</b>	2
	100m:	1:28.16	1:28.16	200m:	3:18.51	1:50.35			

5 , 300m 2000 - 2002  
17.01.2017

1.								<b>3:39.47</b>	
	100m:	1:09.02	1:09.02	200m:	2:24.29	1:15.27	300m:	3:39.47	1:15.18
2.								<b>3:48.99</b>	
	100m:	1:13.27	1:13.27	200m:	2:30.98	1:17.71	300m:	3:48.99	1:18.01
3.								<b>3:50.81</b>	
	100m:	1:12.18	1:12.18	200m:	2:31.31	1:19.13	300m:	3:50.81	1:19.50
4.								<b>3:54.83</b>	
	100m:	1:12.89	1:12.89	200m:	2:34.96	1:22.07	300m:	3:54.83	1:19.87
5.								<b>3:55.62</b>	
	100m:	1:11.60	1:11.60	200m:	2:32.95	1:21.35	300m:	3:55.62	1:22.67
6.								<b>3:56.36</b>	
	100m:	1:12.03	1:12.03	200m:	3:56.36	2:44.33	300m:	3:56.36	
7.								<b>4:07.69</b>	
	100m:	1:14.88	1:14.88	200m:	2:41.71	1:26.83	300m:	4:07.69	1:25.98
8.								<b>4:44.17</b>	
	100m:	1:21.74	1:21.74	300m:	4:44.17	3:22.43			

6  
17.01.2017

, 300m

2000 - 2002

1.						2000	-1		<b>3:15.86</b>
	100m:	1:00.68	1:00.68	200m:	2:07.65	1:06.97	300m:	3:15.86	1:08.21
2.						2000			<b>3:16.21</b>
	100m:	1:00.89	1:00.89	200m:	2:08.86	1:07.97	300m:	3:16.21	1:07.35
3.						2000	-1		<b>3:19.99</b>
	100m:	1:02.00	1:02.00	200m:	2:09.98	1:07.98	300m:	3:19.99	1:10.01
4.						2002	-1		<b>3:21.22</b>
	100m:	1:03.22	1:03.22	200m:	2:13.33	1:10.11	300m:	3:21.22	1:07.89
5.						2000	-1		<b>3:22.48</b> /
	100m:	1:04.16	1:04.16	200m:	2:13.86	1:09.70	300m:	3:22.48	1:08.62
6.						2000	-1		<b>3:23.18</b>
	100m:	1:04.78	1:04.78	200m:	2:15.73	1:10.95	300m:	3:23.18	1:07.45
7.						2002			<b>3:23.54</b>
	100m:	1:03.67	1:03.67	200m:	2:15.11	1:11.44	300m:	3:23.54	1:08.43
8.						2000	-1		<b>3:25.56</b>
	100m:	1:03.59	1:03.59	200m:	2:14.82	1:11.23	300m:	3:25.56	1:10.74
9.						2002			<b>3:26.41</b>
	100m:	1:04.95	1:04.95	200m:	2:16.43	1:11.48	300m:	3:26.41	1:09.98
10.						2000			<b>3:28.53</b>
	100m:	1:04.82	1:04.82	200m:	2:18.30	1:13.48	300m:	3:28.53	1:10.23
11.						2000			<b>3:29.96</b>
	100m:	1:01.61	1:01.61	200m:	2:12.37	1:10.76	300m:	3:29.96	1:17.59
12.						2001	-1		<b>3:31.45</b>
	100m:	1:04.57	1:04.57	200m:	2:18.38	1:13.81	300m:	3:31.45	1:13.07
13.						2002			<b>3:33.70</b>
	100m:	1:05.19	1:05.19	200m:	2:19.19	1:14.00	300m:	3:33.70	1:14.51
14.						2001			<b>3:35.62</b>
	100m:	1:08.35	1:08.35	200m:	2:21.84	1:13.49	300m:	3:35.62	1:13.78
15.						2001			<b>3:37.17</b>
	100m:	1:05.52	1:05.52	200m:	2:22.59	1:17.07	300m:	3:37.17	1:14.58
16.						2002	-		<b>3:37.64</b>
	100m:	1:04.05	1:04.05	200m:	2:21.77	1:17.72	300m:	3:37.64	1:15.87
						2002			<b>3:37.64</b>
	100m:	1:07.62	1:07.62	200m:	2:23.67	1:16.05	300m:	3:37.64	1:13.97
18.						2002			<b>3:38.17</b>
	100m:	1:08.28	1:08.28	200m:	2:26.29	1:18.01	300m:	3:38.17	1:11.88
19.						2002	-1		<b>3:38.25</b>
	100m:	1:07.46	1:07.46	200m:	2:23.14	1:15.68	300m:	3:38.25	1:15.11
20.						2002	-		<b>3:48.45</b>
	100m:	1:08.14	1:08.14	200m:	2:28.75	1:20.61	300m:	3:48.45	1:19.70
21.						2002	-		<b>3:52.28</b>
	100m:	1:11.59	1:11.59	200m:	2:32.95	1:21.36	300m:	3:52.28	1:19.33
22.						2000			<b>3:59.40</b>
	100m:	1:08.12	1:08.12	200m:	2:28.94	1:20.82	300m:	3:59.40	1:30.46
23.						2002	-1		<b>4:01.87</b>
	100m:	1:12.61	1:12.61	200m:	2:37.68	1:25.07	300m:	4:01.87	1:24.19

6,		, 300m				2000 - 2002		
24.					2001			<b>4:08.26</b>
	100m:	1:14.02	1:14.02	200m:	2:42.64	1:28.62	300m: 4:08.26	1:25.62
25.					2002			<b>4:26.13</b>
	100m:	1:20.84	1:20.84	200m:	2:52.80	1:31.96	300m: 4:26.13	1:33.33
26.					2002			<b>4:27.01</b>
	100m:	1:18.38	1:18.38	200m:	2:53.94	1:35.56	300m: 4:27.01	1:33.07
27.					2001			<b>4:41.52</b>
	100m:	1:23.52	1:23.52	200m:	3:01.61	1:38.09	300m: 4:41.52	1:39.91

7 , 500m 1998 - 1999  
17.01.2017

1.					1998			<b>6:05.45</b>
	100m:	1:05.86	1:05.86	300m:	3:35.07	1:15.86	500m: 6:05.45	1:14.26
	200m:	2:19.21	1:13.35	400m:	4:51.19	1:16.12		
2.					1998	-1		<b>6:27.34</b>
	100m:	1:12.78	1:12.78	300m:	3:49.73	1:19.17	500m: 6:27.34	1:18.38
	200m:	2:30.56	1:17.78	400m:	5:08.96	1:19.23		
3.					1998			<b>7:06.29</b>
	100m:	1:17.16	1:17.16	300m:	4:10.22	1:27.69	500m: 7:06.29	1:27.28
	200m:	2:42.53	1:25.37	400m:	5:39.01	1:28.79		
4.					1998			<b>9:05.55</b>
	100m:	1:30.14	1:30.14	300m:	5:16.58	1:55.52	500m: 9:05.55	1:53.95
	200m:	3:21.06	1:50.92	400m:	7:11.60	1:55.02		

8 , 500m 1998 - 1999  
17.01.2017

1.					1999	-1		<b>5:19.86</b>
	100m:	1:02.76	1:02.76	300m:	3:11.75	1:04.22	500m: 5:19.86	1:03.56
	200m:	2:07.53	1:04.77	400m:	4:16.30	1:04.55		
2.					1998			<b>5:31.23</b>
	100m:	1:02.96	1:02.96	300m:	3:15.21	1:06.42	500m: 5:31.23	1:08.21
	200m:	2:08.79	1:05.83	400m:	4:23.02	1:07.81		
3.					1999			<b>5:34.58</b>
	100m:	1:03.23	1:03.23	300m:	3:18.69	1:08.82	500m: 5:34.58	1:06.89
	200m:	2:09.87	1:06.64	400m:	4:27.69	1:09.00		
4.					1998			<b>5:52.26</b>
	100m:	1:03.92	1:03.92	300m:	3:26.80	1:12.72	500m: 5:52.26	1:11.35
	200m:	2:14.08	1:10.16	400m:	4:40.91	1:14.11		
5.					1999	-1		<b>5:52.93</b>
	100m:	1:04.89	1:04.89	300m:	3:28.57	1:12.90	500m: 5:52.93	1:11.00
	200m:	2:15.67	1:10.78	400m:	4:41.93	1:13.36		
6.					1999			<b>5:54.12</b>
	100m:	1:03.75	1:03.75	300m:	3:28.47	1:13.63	500m: 5:54.12	1:11.89
	200m:	2:14.84	1:11.09	400m:	4:42.23	1:13.76		

8,		, 500m				1998 - 1999			
7.									<b>6:01.84</b>
	100m:	1:02.98	1:02.98	300m:	3:28.53	1:14.88	500m:	6:01.84	1:17.05
	200m:	2:13.65	1:10.67	400m:	4:44.79	1:16.26			
8.									<b>6:29.21</b>
	100m:	1:09.61	1:09.61	300m:	3:47.92	1:20.53	500m:	6:29.21	1:19.47
	200m:	2:27.39	1:17.78	400m:	5:09.74	1:21.82			
9.									<b>7:15.17</b>
	100m:	1:15.01	1:15.01	300m:	4:14.38	1:31.75	500m:	7:15.17	1:30.36
	200m:	2:42.63	1:27.62	400m:	5:44.81	1:30.43			
10.									<b>7:32.89</b>
	400m:	5:56.43	5:56.43	500m:	7:32.89	1:36.46			
9								1997	
17.01.2017									

9								, 800m				
1.											<b>9:45.20</b>	
	100m:	1:09.95	1:09.95	300m:	3:38.19	1:14.07	500m:	6:07.13	1:14.39	700m:	8:35.22	1:13.89
	200m:	2:24.12	1:14.17	400m:	4:52.74	1:14.55	600m:	7:21.33	1:14.20	800m:	9:45.20	1:09.98
2.											<b>9:46.34</b>	
	100m:	1:09.99	1:09.99	300m:	3:38.13	1:13.87	500m:	6:07.50	1:14.69	700m:	8:35.77	1:13.53
	200m:	2:24.26	1:14.27	400m:	4:52.81	1:14.68	600m:	7:22.24	1:14.74	800m:	9:46.34	1:10.57
3.											<b>10:28.18</b>	1
	100m:	1:12.23	1:12.23	300m:	3:48.72	1:18.60	500m:	6:27.71	1:19.53	700m:	9:09.13	1:20.94
	200m:	2:30.12	1:17.89	400m:	5:08.18	1:19.46	600m:	7:48.19	1:20.48	800m:	10:28.18	1:19.05
4.											<b>10:38.99</b>	2
	100m:	1:13.85	1:13.85	300m:	3:53.06	1:20.20	500m:	6:34.56	1:20.95	800m:	10:38.99	2:42.97
	200m:	2:32.86	1:19.01	400m:	5:13.61	1:20.55	600m:	7:56.02	1:21.46			
5.											<b>11:06.40</b>	2
	100m:	1:17.04	1:17.04	700m:	9:39.94	8:22.90	800m:	11:06.40	1:26.46			
6.											<b>11:14.59</b>	2
	100m:	1:14.08	1:14.08	300m:	4:03.87	1:26.44	500m:	6:57.47	1:27.09	700m:	9:50.42	1:26.13
	200m:	2:37.43	1:23.35	400m:	5:30.38	1:26.51	600m:	8:24.29	1:26.82	800m:	11:14.59	1:24.17
7.											<b>11:26.12</b>	2
	100m:	1:15.62	1:15.62	300m:	4:05.68	1:26.71	500m:	7:02.24	1:29.27	700m:	9:59.68	1:28.96
	200m:	2:38.97	1:23.35	400m:	5:32.97	1:27.29	600m:	8:30.72	1:28.48	800m:	11:26.12	1:26.44
EXH											<b>13:21.52</b>	
	200m:	2:59.13	2:59.13	400m:	6:25.68	1:43.89	800m:	13:21.52	5:09.93			
	300m:	4:41.79	1:42.66	500m:	8:11.59	1:45.91						

10  
17.01.2017

, 800m

1997

1.					<b>1991</b>	<b>-1</b>				<b>8:50.14</b>	
	100m:	1:02.96	1:02.96	300m:	3:14.54	1:05.94	500m:	5:27.28	1:06.40	700m:	7:42.56 1:07.77
	200m:	2:08.60	1:05.64	400m:	4:20.88	1:06.34	600m:	6:34.79	1:07.51	800m:	8:50.14 1:07.58
2.					<b>1997</b>					<b>9:03.09</b>	
3.					<b>1995</b>					<b>9:03.33</b>	
	100m:	1:03.54	1:03.54	300m:	3:20.76	1:08.95	500m:	5:39.28	1:09.04	700m:	7:57.97 1:08.80
	200m:	2:11.81	1:08.27	400m:	4:30.24	1:09.48	600m:	6:49.17	1:09.89	800m:	9:03.33 1:05.36
4.					<b>1995</b>					<b>9:04.63</b>	
	100m:	1:02.53	1:02.53	300m:	3:18.82	1:09.22	500m:	5:38.17	1:09.92	700m:	7:57.14 1:09.56
	200m:	2:09.60	1:07.07	400m:	4:28.25	1:09.43	600m:	6:47.58	1:09.41	800m:	9:04.63 1:07.49
5.					<b>1993</b>	<b>-1</b>				<b>9:09.36</b>	1
	100m:	1:04.10	1:04.10	300m:	3:21.15	1:09.26	500m:	5:41.24	1:10.11	700m:	8:01.54 1:10.34
	200m:	2:11.89	1:07.79	400m:	4:31.13	1:09.98	600m:	6:51.20	1:09.96	800m:	9:09.36 1:07.82
6.					<b>1996</b>					<b>9:18.34</b>	1
	100m:	1:04.82	1:04.82	300m:	3:25.67	1:10.74	500m:	5:48.48	1:11.40	700m:	8:10.69 1:11.12
	200m:	2:14.93	1:10.11	400m:	4:37.08	1:11.41	600m:	6:59.57	1:11.09	800m:	9:18.34 1:07.65
7.					<b>1992</b>	<b>-1</b>				<b>9:18.92</b>	1
	100m:	1:04.44	1:04.44	300m:	3:23.92	1:10.11	500m:	5:46.09	1:11.25	700m:	8:09.10 1:11.88
	200m:	2:13.81	1:09.37	400m:	4:34.84	1:10.92	600m:	6:57.22	1:11.13	800m:	9:18.92 1:09.82
8.					<b>1997</b>					<b>9:28.37</b>	1
	100m:	1:05.61	1:05.61	300m:	3:26.54	1:10.80	500m:	5:50.66	1:12.23	700m:	8:17.72 1:14.36
	200m:	2:15.74	1:10.13	400m:	4:38.43	1:11.89	600m:	7:03.36	1:12.70	800m:	9:28.37 1:10.65
9.					<b>1993</b>	<b>-1</b>				<b>9:34.50</b>	1
	100m:	1:06.46	1:06.46	300m:	3:30.55	1:12.03	500m:	5:56.44	1:12.74	700m:	8:23.27 1:13.39
	200m:	2:18.52	1:12.06	400m:	4:43.70	1:13.15	600m:	7:09.88	1:13.44	800m:	9:34.50 1:11.23
10.					<b>1987</b>	<b>-1</b>				<b>9:38.16</b>	1
	100m:	1:07.96	1:07.96	300m:	3:32.10	1:12.56	500m:	5:58.26	1:13.35	700m:	8:24.89 1:13.39
	200m:	2:19.54	1:11.58	400m:	4:44.91	1:12.81	600m:	7:11.50	1:13.24	800m:	9:38.16 1:13.27
11.					<b>1994</b>					<b>9:55.90</b>	2
	100m:	1:05.49	1:05.49	300m:	3:32.08	1:14.69	500m:	6:03.19	1:15.93	700m:	8:40.07 1:18.65
	200m:	2:17.39	1:11.90	400m:	4:47.26	1:15.18	600m:	7:21.42	1:18.23	800m:	9:55.90 1:15.83
12.					<b>1997</b>					<b>9:58.78</b>	2
13.					<b>1997</b>					<b>10:03.62</b>	2
	100m:	1:09.85	1:09.85	300m:	3:40.90	1:16.21	500m:	8:48.53	3:51.37	800m:	10:03.62
	200m:	2:24.69	1:14.84	400m:	4:57.16	1:16.26	600m:	10:03.62	1:15.09		
14.					<b>1997</b>					<b>10:23.00</b>	2
15.					<b>1997</b>					<b>10:31.00</b>	2
16.					<b>1997</b>					<b>10:41.54</b>	2
	100m:	2:28.62	2:28.62	500m:	6:34.20	2:43.97	800m:	10:41.54	2:44.42		
	200m:	3:50.23	1:21.61	600m:	7:57.12	1:22.92					
17.					<b>1996</b>					<b>10:49.33</b>	2
	100m:	1:11.93	1:11.93	300m:	3:50.06	1:20.23	500m:	6:35.55	1:23.33	700m:	9:25.70 1:25.01
	200m:	2:29.83	1:17.90	400m:	5:12.22	1:22.16	600m:	8:00.69	1:25.14	800m:	10:49.33 1:23.63
18.					<b>1996</b>					<b>10:57.02</b>	2
	100m:	1:09.07	1:09.07	300m:	3:48.97	1:21.40	500m:	6:38.97	1:25.69	800m:	10:57.02 1:25.41
	200m:	2:27.57	1:18.50	400m:	5:13.28	1:24.31	700m:	9:31.61	2:52.64		
19.					<b>1996</b>					<b>11:32.76</b>	3
	100m:	1:15.91	1:15.91	300m:	4:07.54	1:26.74	500m:	7:04.62	1:29.11	700m:	10:05.76 1:30.66
	200m:	2:40.80	1:24.89	400m:	5:35.51	1:27.97	600m:	8:35.10	1:30.48	800m:	11:32.76 1:27.00
20.					<b>1996</b>					<b>11:37.94</b>	3



10,		, 800m		, 1997								
21.					1997					<b>11:38.03</b>	3	
	100m:	1:14.32	1:14.32	300m:	4:06.98	1:28.01	500m:	7:08.18	1:30.11	700m:	10:10.34	1:30.70
	200m:	2:38.97	1:24.65	400m:	5:38.07	1:31.09	600m:	8:39.64	1:31.46	800m:	11:38.03	1:27.69
22.					1996						<b>11:39.42</b>	3
OTL					1991							
OTL					1996							
OTL					1997						<b>12:05.48</b>	3
	100m:	1:17.52	1:17.52	300m:	4:19.74	1:32.97	500m:	9:01.19	1:33.62	800m:	12:05.48	
	200m:	2:46.77	1:29.25	400m:	7:27.57	3:07.83	600m:	12:05.48	3:04.29			
OTL					1995						<b>12:06.00</b>	3
OTL					1994						<b>12:15.00</b>	3
OTL					1997						<b>12:16.43</b>	3
OTL					1975						<b>12:24.62</b>	3
OTL					1996						<b>13:53.00</b>	1