

						%	PB
BurFlow							4
	, 2013 (12 ),						2
100m		32.	1:19.51	252	1:19.00	99%	
800m		46.	<b>13:08.80</b>	221	13:30.00	105%	
100m		6.	<b>1:42.22</b>	147	1:45.00	106%	
	, 2014 (11 ),						2
100m		65.	1:20.82	170	1:20.80	100%	
800m		75.	<b>13:15.45</b>	169	13:45.20	108%	
100m		33.	<b>1:30.35</b>	153	1:33.00	106%	
TipiSwim							12
	, 2013 (12 ),						-
800m		71.	12:59.54	180	12:25.00	91%	
100m		41.	1:41.64	107	1:40.00	97%	
100m		10.	1:42.06	158	1:38.00	92%	
200m		60.	3:23.33	156	3:05.00	83%	
	, 2014 (11 ),						1
100m		7.	<b>1:36.92</b>	185	1:38.00	102%	
	, 2014 (11 ),						1
100m		37.	1:20.77	240	1:18.00	93%	
800m		45.	13:05.64	224	11:45.00	81%	
100m		13.	<b>1:34.34</b>	288	1:35.00	101%	
200m		42.	3:15.05	243	3:00.00	85%	
	, 2009 (16 ),						1
50m		25.	27.08	412	26.60	96%	
100m		29.	1:00.58	405	1:00.00	98%	
200m		23.	2:18.97	365	2:18.00	99%	
50m		15.	<b>31.70</b>	322	33.00	108%	
	, 2014 (11 ),						2
100m		49.	<b>1:39.41</b>	129	1:40.00	101%	
800m		59.	15:29.91	135	14:50.00	92%	
100m		24.	<b>1:49.42</b>	185	2:00.00	120%	
	, 2014 (11 ),						1
100m		69.	<b>1:28.21</b>	131	1:35.00	116%	
800m		78.	14:35.00	127	13:00.00	79%	
	, 2010 (15 ),						1
50m		12.	27.29	403	26.60	95%	
50m		5.	30.65	375	29.90	95%	
100m		10.	1:09.16	341	1:05.00	88%	
50m		3.	<b>29.15</b>	415	30.50	109%	
	, 2013 (12 ),						2
100m		45.	<b>1:26.67</b>	194	1:30.00	108%	
800m		56.	14:04.74	180	13:18.00	89%	
100m		35.	<b>1:32.37</b>	209	1:40.00	117%	
200m		50.	3:35.07	181	3:25.00	91%	
	, 2014 (11 ),						-
100m		71.	1:29.48	125	1:25.00	90%	
800m		77.	14:15.07	136	12:45.00	80%	
100m		39.	1:36.51	125	1:34.00	95%	
	, 2014 (11 ),						3
100m		62.	<b>1:19.64</b>	178	1:22.00	106%	
800m		48.	<b>12:03.15</b>	225	12:27.00	107%	
100m		40.	1:38.62	117	1:35.00	93%	
200m		61.	<b>3:29.75</b>	142	3:30.00	100%	
	, 2009 (16 ),						103
50m		21.	26.44	443	26.00	97%	3
100m		21.	<b>58.12</b>	459	58.50	101%	
50m		7.	<b>27.65</b>	486	28.00	103%	
100m		6.	<b>1:03.43</b>	427	1:04.00	102%	
	, 2008 (17 ),						-
50m		20.	26.32	449	25.90	97%	
100m		23.	58.39	452	56.80	95%	
200m		22.	2:16.78	383	2:12.00	93%	
100m		34.	1:10.45	342	1:06.00	88%	
	, 2010 (15 ),						4
50m		26.	<b>29.27</b>	326	29.40	101%	
100m		38.	<b>1:06.11</b>	312	1:08.90	109%	
50m		10.	<b>37.93</b>	284	39.00	106%	
100m		23.	<b>1:13.59</b>	300	1:21.00	121%	





	, 2011 (14 ),						4
50m		47.	<b>34.04</b>	207	34.40	102%	
50m		14.	<b>41.06</b>	224	42.00	105%	
100m		14.	<b>1:27.07</b>	255	1:33.00	114%	
100m		34.	<b>1:23.59</b>	204	1:33.00	124%	
	, 2009 (16 ),						1
50m		30.	27.60	389	27.50	99%	
100m		33.	<b>1:03.00</b>	360	1:03.40	101%	
200m		26.	2:24.15	327	2:19.50	94%	
50m		18.	33.39	276	31.40	88%	
	, 2014 (11 ),						3
100m		66.	<b>1:21.17</b>	168	1:22.00	102%	
800m		67.	<b>12:45.22</b>	190	13:15.00	108%	
100m		32.	<b>1:28.27</b>	164	1:32.00	109%	
	, 2012 (13 ),						3
100m		3.	<b>1:02.00</b>	378	1:02.11	100%	
800m		1.	<b>9:41.22</b>	435	10:01.50	107%	
100m		1.	<b>1:09.21</b>	329	1:12.00	108%	
200m		4.	2:36.01	347	2:35.51	99%	
	, 2010 (15 ),						1
50m		14.	27.54	392	27.00	96%	
100m		18.	1:01.34	390	1:01.00	99%	
50m		3.	<b>34.14</b>	390	35.00	105%	
100m		8.	1:07.21	394	1:06.50	98%	
	, 2011 (14 ),						3
400m		9.	4:37.50	447	4:29.00	94%	
800m		5.	<b>9:27.39</b>	467	9:40.00	104%	
100m		5.	<b>1:05.65</b>	385	1:05.90	101%	
400m		3.	<b>5:03.77</b>	461	5:05.05	101%	
	, 2013 (12 ),						-
100m		33.	1:19.67	250	1:19.00	98%	
800m		37.	12:46.20	241	12:45.00	100%	
	, 2014 (11 ),						-
100m		46.	1:26.98	192	1:25.50	97%	
800m		52.	13:45.50	193	13:30.50	96%	
100m		36.	1:36.66	183	1:31.50	90%	
200m		51.	3:37.91	174	3:20.50	85%	
	, 2008 (17 ),						1
50m		6.	24.92	529	24.09	93%	
100m		3.	<b>53.23</b>	597	54.50	105%	
100m		2.	59.04	530	58.12	97%	
100m		6.	1:01.13	523	59.99	96%	
	, 2008 (17 ),						1
50m		19.	32.39	318	32.20	99%	
100m		22.	<b>1:11.18</b>	313	1:11.50	101%	
200m		8.	2:34.72	318	2:32.50	97%	
100m		41.	1:13.95	295	1:12.50	96%	
	, 2013 (12 ),						3
100m		52.	<b>1:15.27</b>	211	1:18.00	107%	
800m		61.	<b>12:34.06</b>	199	13:22.00	113%	
200m		50.	<b>3:10.70</b>	189	3:25.00	116%	
	, 2013 (12 ),						2
100m		17.	1:06.84	301	1:06.50	99%	
800m		19.	<b>10:37.09</b>	330	10:40.50	101%	
100m		8.	1:17.47	242	1:15.00	94%	
200m		21.	<b>2:46.48</b>	285	2:51.50	106%	
	, 2011 (14 ),						4
50m		12.	<b>30.12</b>	441	30.40	102%	
100m		11.	<b>1:05.35</b>	454	1:07.50	107%	
800m		7.	<b>10:50.02</b>	396	10:53.20	101%	
100m		10.	<b>1:16.93</b>	396	1:18.50	104%	
	, 2010 (15 ),						-
50m		3.	26.09	461	25.50	96%	
100m		4.	57.09	484	56.90	99%	
200m		3.	2:05.77	493	2:05.50	100%	
100m		5.	1:05.57	424	1:04.09	96%	
	, 2012 (13 ),						4
100m		2.	<b>1:05.02</b>	461	1:05.10	100%	
800m		6.	<b>10:59.04</b>	380	11:00.00	100%	
100m		3.	<b>1:14.08</b>	406	1:17.00	108%	
200m		3.	<b>2:39.67</b>	444	2:41.60	102%	
	, 2010 (15 ),						-
50m		19.	32.98	336	31.90	94%	
100m		20.	1:12.47	333	1:12.20	99%	
50m		2.	36.77	291	35.70	94%	



50m		20.	32.92	302	32.00			94%		
100m		24.	1:12.82	292	1:12.00			98%		
100m		38.	1:12.66	311	1:10.00			93%		
100m		28.	<b>1:17.75</b>	269	1:23.10			114%		3
800m		44.	<b>13:04.53</b>	225	14:00.00			115%		
100m		24.	<b>1:28.55</b>	238	1:40.00			128%		
800m		11.	9:46.31	423	9:45.00			100%		2
200m		2.	<b>2:20.54</b>	424	2:23.00			104%		
100m		1.	<b>1:02.65</b>	443	1:03.27			102%		
400m		4.	5:10.86	430	5:02.00			94%		
100m		19.	1:13.35	321	1:13.00			99%		
800m		39.	12:47.53	240	12:10.00			90%		
200m		29.	3:05.45	283	3:00.00			94%		
50m		4.	26.14	458	26.00			99%		1
100m		8.	58.49	450	58.20			99%		
800m		12.	9:49.26	417	9:36.00			96%		
50m		5.	<b>34.38</b>	382	34.50			101%		
50m		2.	30.18	565	29.60			96%		
100m		4.	1:06.92	563	1:05.00			94%		
100m		3.	59.69	562	58.50			96%		
200m		3.	2:12.94	560	2:10.00			96%		
50m		4.	34.66	548	34.40			99%		
800m		27.	10:57.91	300	10:28.00			91%		1
100m		3.	1:22.69	298	1:21.00			96%		
100m		5.	1:14.03	268	1:10.00			89%		
200m		8.	<b>2:38.39</b>	331	2:44.00			107%		
100m		48.	1:18.15	188	1:15.50			93%		
200m		34.	2:53.94	186	2:40.00			85%		
50m		2.	<b>25.99</b>	466	26.20			102%		3
100m		2.	<b>56.76</b>	493	57.00			101%		
200m		6.	2:07.66	471	2:07.00			99%		
100m		4.	<b>1:04.97</b>	436	1:06.00			103%		
100m		5.	54.14	568	53.70			98%		
200m		4.	1:57.96	597	1:57.00			98%		
400m		5.	4:29.56	488	4:22.00			94%		
50m		1.	25.65	609	24.90			94%		
100m		3.	1:00.43	574	59.00			95%		
200m		6.	2:28.21	516	2:27.00			98%		
100m		2.	1:07.19	594	1:06.60			98%		
200m		2.	2:29.11	545	2:26.20			96%		
100m		28.	<b>1:03.25</b>	356	1:04.50			104%		4
200m		17.	<b>2:15.97</b>	390	2:18.00			103%		
400m		13.	<b>4:47.97</b>	400	4:52.00			103%		
800m		15.	<b>9:54.07</b>	407	10:00.00			102%		
100m		2.	59.34	607	58.70			98%		1
100m		2.	1:04.30	622	1:03.90			99%		
200m		5.	<b>2:27.73</b>	521	2:32.00			106%		
200m		5.	2:36.60	471	2:34.00			97%		
50m		26.	<b>27.09</b>	412	27.40			102%		4
100m		25.	<b>58.64</b>	447	59.89			104%		
200m		17.	<b>2:11.83</b>	428	2:19.87			113%		
100m		27.	<b>1:07.30</b>	392	1:09.00			105%		
100m		17.	<b>1:00.84</b>	400	1:01.00			101%		4
400m		11.	<b>4:46.08</b>	408	4:50.00			103%		
800m		10.	<b>9:42.90</b>	431	9:48.00			102%		
100m		4.	<b>1:04.67</b>	403	1:05.00			101%		
100m		21.	1:16.66	250	1:14.00			93%		
100m		13.	1:25.56	269	1:22.00			92%		
100m		30.	1:17.84	253	1:14.50			92%		
200m		12.	2:48.17	277	2:41.00			92%		





100m		32.	<b>1:18.40</b>	248	1:20.00	104%	1
50m	, , 2011 (14 ),	44.	32.05	248	32.00	100%	
100m		46.	<b>1:10.67</b>	255	1:12.00	104%	
200m		32.	2:37.82	249	2:21.00	80%	
50m	, , 2009 (16 ),	9.	25.12	516	24.50	95%	2
50m		4.	<b>27.77</b>	504	28.00	102%	
100m		6.	<b>1:00.36</b>	513	1:03.00	109%	
100m		5.	1:01.07	525	1:01.00	100%	
100m	, , 2012 (13 ),	5.	1:06.82	425	1:05.00	95%	-
800m		4.	10:31.17	432	10:28.00	99%	
200m		7.	2:48.92	375	2:44.00	94%	
100m	, , 2011 (14 ),	18.	1:10.98	354	1:10.00	97%	1
200m		5.	<b>2:34.49</b>	364	2:35.00	101%	
400m		7.	5:26.15	356	5:26.00	100%	
800m		16.	11:59.47	292	11:00.00	84%	
100m	, , 2013 (12 ),	6.	<b>1:07.92</b>	404	1:08.00	100%	1
800m		11.	11:20.02	346	11:20.00	100%	
100m		5.	1:17.29	358	1:15.00	94%	
200m		9.	2:50.45	365	2:49.00	98%	
100m	, , 2006 (19 ),	45.	58.66	446	56.00	91%	-
200m		16.	2:04.77	505	2:01.00	94%	
400m		2.	4:17.79	558	4:16.00	99%	
800m		1.	8:53.91	561	8:50.00	99%	
100m	, , 2012 (13 ),	56.	1:17.88	190	1:15.00	93%	-
100m		38.	1:31.65	146	1:25.00	86%	
200m		57.	3:17.29	171	3:05.50	88%	
50m	, , 2011 (14 ),	21.	33.37	324	32.00	92%	-
200m		10.	3:00.52	286	2:44.00	83%	
100m	, , 2010 (15 ),	24.	1:02.42	370	1:00.00	92%	2
200m		18.	2:16.26	387	2:15.00	98%	
400m		15.	<b>4:52.40</b>	382	5:00.00	105%	
800m		19.	<b>10:19.53</b>	359	10:30.00	103%	
100m	, , 2011 (14 ),	23.	<b>1:13.84</b>	315	1:14.00	100%	2
200m		6.	<b>2:41.44</b>	319	2:46.00	106%	
400m		8.	5:42.38	308	5:26.00	91%	
800m		17.	12:03.59	287	11:20.00	88%	
100m	, , 2012 (13 ),	6.	1:02.78	364	1:01.00	94%	1
800m		2.	<b>9:42.02</b>	433	9:48.00	102%	
100m		1.	1:06.51	383	1:05.00	96%	
200m		1.	2:32.28	373	2:30.00	97%	
50m	, , 2008 (17 ),	9.	25.12	516	23.90	91%	1
100m		13.	55.98	513	52.20	87%	
200m		10.	2:03.79	517	1:54.90	86%	
100m		17.	<b>1:03.81</b>	460	1:05.00	104%	
50m	, , 2007 (18 ),	13.	25.52	492	25.24	98%	-
100m		11.	55.70	521	55.67	100%	
200m		11.	2:04.67	506	2:03.00	97%	
100m		9.	1:01.91	504	1:01.26	98%	
800m	, , 2013 (12 ),	51.	13:36.60	199	12:50.00	89%	1
100m		5.	1:25.16	392	1:23.00	95%	
200m		25.	<b>3:03.75</b>	291	3:05.00	101%	
50m	, , 2011 (14 ),	15.	27.56	391	27.50	100%	2
100m		26.	1:02.68	366	1:00.00	92%	
200m		22.	<b>2:19.79</b>	359	2:20.00	100%	
100m		18.	<b>1:12.04</b>	320	1:15.00	108%	
50m	, , 2009 (16 ),	28.	27.30	402	27.00	98%	1
100m		36.	1:04.40	337	59.00	84%	
100m		7.	<b>1:06.54</b>	370	1:07.00	101%	
100m		36.	1:11.24	331	1:05.00	83%	

100m	, 2012 (13 ),	45.	1:13.89	223	1:12.00	95%	-
800m		68.	12:50.76	186	12:10.00	90%	
50m	, 2007 (18 ),	14.	<b>30.81</b>	412	31.00	101%	1
200m		9.	2:37.77	428	2:35.00	97%	
100m		4.	1:18.01	332	1:15.00	92%	
100m	, 2013 (12 ),	21.	<b>1:14.74</b>	303	1:15.00	101%	3
800m		21.	<b>12:01.87</b>	289	12:50.00	114%	
100m		13.	1:23.28	286	1:20.00	92%	
200m		23.	<b>3:00.39</b>	308	3:01.00	101%	
50m	, 2010 (15 ),	3.	35.81	497	33.50	88%	1
100m		2.	1:17.94	512	1:15.00	93%	
200m		1.	<b>2:49.69</b>	498	2:50.00	100%	
200m		2.	2:31.83	517	2:29.00	96%	
100m	, 2007 (18 ),	12.	1:12.91	327	1:06.00	82%	1
200m		11.	<b>2:54.37</b>	317	2:55.00	101%	
100m		9.	1:23.40	311	1:09.00	68%	
200m		7.	3:03.85	291	2:30.00	67%	
50m	, 2008 (17 ),	9.	29.41	473	28.50	94%	1
100m		9.	1:04.59	470	1:04.00	98%	
50m		3.	<b>31.76</b>	452	32.00	102%	
50m	, 2010 (15 ),	3.	29.09	489	28.00	93%	-
100m		4.	1:03.07	505	1:02.00	97%	
200m		2.	2:21.46	474	2:20.00	98%	
800m		9.	11:01.11	376	10:30.00	91%	
800m	, 2010 (15 ),	1.	<b>9:54.45</b>	518	9:55.00	100%	2
100m		3.	1:12.85	466	1:09.00	90%	
200m		4.	2:35.21	483	2:32.00	96%	
400m		1.	<b>5:22.95</b>	515	5:25.00	101%	
800m	, 2012 (13 ),	9.	11:08.21	364	10:55.00	96%	1
100m		6.	1:17.66	353	1:15.30	94%	
100m		7.	1:29.63	336	1:23.00	86%	
200m		8.	<b>2:49.21</b>	373	2:55.00	107%	
200m	, 2010 (15 ),	5.	2:07.22	476	2:06.00	98%	3
400m		2.	<b>4:28.79</b>	492	4:29.00	100%	
800m		2.	<b>9:11.63</b>	509	9:20.00	103%	
400m		2.	<b>5:01.23</b>	473	5:15.00	109%	
50m	, 2008 (17 ),	2.	26.01	614	26.00	100%	-
100m		2.	57.03	608	56.80	99%	
100m		1.	58.21	606	57.80	99%	
200m		1.	2:06.92	644	2:05.00	97%	
400m	, 2008 (17 ),	9.	5:09.11	323	4:50.00	88%	1
800m		5.	10:47.06	315	9:50.00	83%	
50m		17.	<b>31.78</b>	336	32.00	101%	
100m		23.	1:12.00	302	1:12.00	100%	
100m	, 2006 (19 ),	9.	1:00.08	520	58.00	93%	1
100m		7.	59.83	558	57.70	93%	
200m		5.	2:09.56	605	2:05.70	94%	
400m		2.	<b>4:44.16</b>	564	4:44.57	100%	
100m	, 2008 (17 ),	24.	58.40	452	58.00	99%	2
800m		2.	<b>9:01.37</b>	538	9:05.00	101%	
100m		13.	<b>1:04.36</b>	423	1:05.00	102%	
200m		4.	2:15.51	473	2:15.00	99%	
100m	, 2010 (15 ),	1.	<b>56.52</b>	499	57.00	102%	3
200m		2.	<b>2:04.85</b>	504	2:07.00	103%	
400m		5.	<b>4:31.28</b>	478	4:35.00	103%	
800m		9.	9:37.56	443	9:24.00	95%	
100m	, 2013 (12 ),	11.	<b>1:09.78</b>	373	1:10.00	101%	2
800m		13.	11:33.02	326	11:30.00	99%	
100m		12.	1:22.89	290	1:18.00	89%	
200m		11.	<b>2:51.78</b>	356	2:56.00	105%	





	, 2005 (20 ),							1
50m		3.	24.15	581	24.00		99%	
100m		22.	56.17	508	55.50		98%	
50m		15.	<b>32.57</b>	449	32.70		101%	
100m		31.	1:04.57	444	1:03.00		95%	
	, 2010 (15 ),							2
50m		1.	34.61	550	34.50		99%	
50m		1.	<b>28.37</b>	634	28.50		101%	
100m		1.	1:03.32	621	1:03.00		99%	
200m		1.	<b>2:27.86</b>	559	2:35.00		110%	
	, 2012 (13 ),							2
100m		8.	1:03.82	346	1:03.25		98%	
800m		17.	<b>10:28.03</b>	344	11:08.00		113%	
100m		7.	1:16.13	247	1:13.00		92%	
200m		3.	<b>2:35.69</b>	349	2:41.00		107%	
	, 2011 (14 ),							2
50m		7.	26.50	440	26.20		98%	
100m		12.	59.09	436	58.50		98%	
100m		4.	<b>1:07.02</b>	375	1:09.00		106%	
100m		9.	<b>1:08.13</b>	378	1:13.00		115%	
	, 2012 (13 ),							2
100m		1.	1:02.98	507	1:02.00		97%	
800m		1.	<b>10:00.57</b>	502	10:11.00		104%	
100m		1.	1:09.72	465	1:08.00		95%	
200m		1.	<b>2:34.50</b>	490	2:36.00		102%	
	, 2004 (21 ),							1
200m		1.	2:06.92	656	2:04.57		96%	
200m		1.	<b>2:16.79</b>	657	2:23.28		110%	
200m		1.	2:16.37	713	2:11.46		93%	
400m		1.	4:51.90	698	4:40.51		92%	
	, 2010 (15 ),							1
100m		3.	1:02.61	516	1:00.00		92%	
200m		1.	2:16.69	525	2:11.00		92%	
400m		1.	<b>4:47.34</b>	521	4:48.00		100%	
800m		2.	10:27.55	440	9:50.00		88%	
	, 2008 (17 ),							-
50m		1.	24.19	578	23.90		98%	
50m		1.	25.75	633	25.30		97%	
100m		1.	56.97	610	55.00		93%	
50m		2.	25.70	606	24.90		94%	
	, 2003 (22 ),							1
50m		2.	<b>25.62</b>	611	27.50		115%	
100m		4.	58.69	539	58.00		98%	
	, 2007 (18 ),							-
50m		4.	24.83	535	24.00		93%	
50m		5.	27.94	495	27.00		93%	
100m		4.	58.30	569	58.00		99%	
100m		28.	1:09.27	360	59.00		73%	
	, 2009 (16 ),							3
50m		4.	<b>27.67</b>	569	28.00		102%	
50m		2.	<b>29.25</b>	643	30.00		105%	
100m		3.	1:06.03	574	1:04.00		94%	
200m		1.	<b>2:19.98</b>	613	2:21.00		101%	
	, 2011 (14 ),							3
100m		20.	<b>1:01.82</b>	381	1:02.00		101%	
200m		16.	2:15.74	392	2:11.00		93%	
400m		12.	<b>4:46.27</b>	407	5:03.00		112%	
800m		16.	<b>10:00.75</b>	394	10:37.00		112%	
	, 2005 (20 ),							-
50m		4.	27.33	590	27.00		98%	
50m		1.	33.75	593	32.50		93%	
100m		1.	1:13.45	611	1:12.00		96%	
-	, 2012 (13 ),							2
100m		34.	<b>1:10.94</b>	252	1:11.00		100%	
800m		44.	<b>11:49.51</b>	239	12:20.00		109%	
200m		26.	2:53.31	253	2:50.00		96%	
	, 2006 (19 ),							-
50m		3.	27.23	597	26.70		96%	
50m		3.	29.67	616	29.30		98%	
50m		2.	28.75	609	28.30		97%	
	, 2011 (14 ),							1
50m		35.	30.33	293	29.00		91%	
100m		43.	<b>1:08.74</b>	277	1:09.00		101%	
200m		31.	2:35.05	263	2:35.00		100%	
50m		12.	35.42	231	35.00		98%	

	, 2005 (20 ),							2
50m		8.	<b>27.85</b>	558	27.88		100%	
100m		7.	1:00.58	570	59.78		97%	
200m		13.	<b>2:33.89</b>	461	2:35.00		101%	
100m		5.	1:09.65	534	1:08.76		97%	
	, 2011 (14 ),							-
100m		33.	1:05.50	320	1:03.50		94%	
200m		27.	2:25.91	315	2:22.00		95%	
100m		27.	1:15.69	275	1:12.00		90%	
200m		10.	2:42.27	308	2:36.00		92%	
	, 2012 (13 ),							2
100m		12.	1:05.55	320	1:05.00		98%	
800m		5.	<b>10:00.73</b>	394	10:18.00		106%	
100m		2.	1:13.89	279	1:13.00		98%	
200m		5.	<b>2:36.26</b>	345	2:41.00		106%	
	, 2010 (15 ),							3
100m		5.	<b>57.89</b>	464	1:00.00		107%	
200m		4.	2:06.75	481	2:05.00		97%	
400m		4.	<b>4:29.70</b>	487	4:40.00		108%	
800m		4.	<b>9:21.97</b>	481	9:38.00		106%	
	, 2011 (14 ),							-
50m		10.	29.78	456	27.50		85%	
100m		7.	1:04.17	480	1:02.50		95%	
50m		7.	38.18	410	37.50		96%	
100m		2.	1:11.63	491	1:08.00		90%	
	, 2008 (17 ),							-
50m		13.	30.70	416	29.00		89%	
100m		10.	1:05.68	447	1:04.00		95%	
200m		3.	2:27.06	422	2:19.00		89%	
	, 2011 (14 ),							1
50m		6.	29.28	480	28.50		95%	
100m		2.	1:02.17	528	1:02.00		99%	
50m		16.	40.75	337	40.00		96%	
100m		6.	<b>1:13.84</b>	448	1:14.50		102%	
	, 2011 (14 ),							-
100m		25.	1:14.89	302	1:13.00		95%	
200m		7.	2:52.23	262	2:40.00		86%	
	, 2004 (21 ),							1
100m		2.	52.43	625	51.61		97%	
100m		5.	<b>58.97</b>	531	59.37		101%	
100m		4.	59.09	580	58.72		99%	
	, 2010 (15 ),							1
100m		9.	1:12.29	288	1:06.00		83%	
100m		10.	1:09.32	359	1:07.52		95%	
200m		6.	<b>2:32.45</b>	371	2:33.33		101%	
400m		8.	5:38.86	332	5:30.00		95%	
	, 2003 (22 ),							-
50m		1.	23.13	662	22.20		92%	
100m		1.	51.62	655	50.00		94%	
50m		8.	31.69	488	29.00		84%	
100m		92.	1:23.24	207	58.00		49%	
	, 2009 (16 ),							-
50m		3.	24.64	547	24.50		99%	
100m		7.	54.47	557	53.00		95%	
200m		8.	2:02.52	533	1:58.00		93%	
100m		11.	1:02.17	498	1:02.00		99%	
	, 2008 (17 ),							2
100m		4.	<b>53.44</b>	590	53.50		100%	
200m		3.	1:57.63	602	1:56.50		98%	
400m		1.	4:12.70	592	4:10.00		98%	
100m		14.	<b>1:03.30</b>	471	1:05.00		105%	
	, 2012 (13 ),							2
100m		13.	<b>1:11.63</b>	345	1:12.00		101%	
800m		19.	11:52.16	301	11:40.00		97%	
100m		18.	1:26.14	258	1:23.00		93%	
200m		19.	<b>2:57.88</b>	321	2:59.00		101%	
	, 2011 (14 ),							1
50m		30.	29.87	307	29.50		98%	
100m		37.	<b>1:06.04</b>	313	1:06.70		102%	
200m		26.	2:25.73	317	2:20.10		92%	
	, 2012 (13 ),							3
100m		13.	<b>1:05.70</b>	317	1:06.00		101%	
800m		24.	<b>10:54.88</b>	304	11:30.00		111%	
100m		3.	1:14.59	272	1:14.00		98%	
200m		15.	<b>2:43.62</b>	300	2:50.00		108%	





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200m		54.	<b>3:12.85</b>	183	3:15.00	102%	2
100m	, , 2013 (12 ) ,	39.	<b>1:12.93</b>	232	1:13.00	100%	
800m		49.	<b>12:03.66</b>	225	12:52.00	114%	
100m		18.	1:32.04	139	1:27.00	89%	
200m		55.	3:13.47	181	3:10.00	96%	1
50m	, , 2010 (15 ) ,	6.	26.45	442	26.30	99%	
100m		10.	<b>58.94</b>	440	59.90	103%	
200m		15.	2:14.86	400	2:12.00	96%	
100m		14.	1:10.18	346	1:10.00	99%	
							1
50m	, , 2006 (19 ) ,	19.	34.30	384	33.33	94%	-
100m		43.	1:06.67	403	1:04.00	92%	
50m	, , 2006 (19 ) ,	36.	26.32	449	25.00	90%	-
50m		24.	29.54	399	28.50	93%	
50m	, , 2006 (19 ) ,	16.	38.29	406	38.00	98%	-
50m	, , 2004 (21 ) ,	12.	24.97	526	24.50	96%	-
100m		7.	1:07.83	541	1:06.90	97%	
100m		22.	1:03.05	477	1:01.00	94%	
50m	, , 2005 (20 ) ,	5.	26.56	576	25.60	93%	-
50m		5.	25.71	605	25.00	95%	
50m	, , 2005 (20 ) ,	11.	<b>32.21</b>	464	33.33	107%	1
100m		48.	1:07.12	395	1:05.50	95%	
50m	, , 2004 (21 ) ,	43.	26.54	438	25.60	93%	-
50m		27.	29.94	383	29.00	94%	
	3						8
100m	, , 2012 (13 ) ,	68.	1:23.94	152	1:18.00	86%	-
800m		74.	13:07.69	174	13:00.00	98%	
100m	, , 2013 (12 ) ,	40.	1:22.25	228	1:19.00	92%	-
100m	, , 2012 (13 ) ,	60.	1:18.66	185	1:13.00	86%	-
800m		59.	12:32.91	200	12:20.00	97%	
400m	, , 2009 (16 ) ,	2.	6:18.94	227	6:00.00	90%	-
50m		5.	39.95	227	39.00	95%	
100m	, , 2008 (17 ) ,	39.	<b>1:07.63</b>	291	1:10.00	107%	2
50m		19.	<b>35.93</b>	221	37.00	106%	
100m	, , 2012 (13 ) ,	50.	1:15.04	213	1:15.00	100%	1
800m		65.	<b>12:37.80</b>	196	12:40.00	101%	
100m	, , 2008 (17 ) ,	7.	<b>1:02.91</b>	509	1:05.50	108%	2
50m		4.	<b>34.49</b>	353	36.00	109%	
100m	, , 2013 (12 ) ,	63.	1:19.81	177	1:16.00	91%	1
800m		63.	<b>12:34.44</b>	198	13:00.00	107%	
50m	, , 2011 (14 ) ,	39.	<b>30.77</b>	281	31.00	102%	2
800m		24.	<b>11:12.26</b>	281	11:30.00	105%	
							8
50m	, , 2010 (15 ) ,	9.	<b>26.86</b>	422	27.90	108%	2
100m		14.	59.70	423	59.00	98%	
200m		20.	2:18.19	371	2:17.00	98%	
100m		15.	<b>1:10.95</b>	335	1:12.00	103%	
50m	, , 2009 (16 ) ,	18.	<b>26.13</b>	459	27.80	113%	3
100m		22.	<b>58.30</b>	454	59.20	103%	
200m		21.	2:16.63	384	2:12.40	94%	
50m		12.	<b>29.47</b>	402	31.20	112%	



	, 2013 (12 ),						2
100m		29.	1:09.63	267	1:08.30	96%	
800m		31.	<b>11:09.69</b>	284	11:30.00	106%	
100m		22.	1:43.35	98	1:32.00	79%	
200m		48.	<b>3:07.31</b>	200	3:14.00	107%	
	, 2011 (14 ),						2
800m		11.	<b>11:21.47</b>	343	11:30.00	103%	
100m		15.	<b>1:20.54</b>	345	1:22.00	104%	
200m		10.	2:51.43	359	2:50.00	98%	
400m		4.	6:08.39	347	6:00.00	95%	
	, 2013 (12 ),						3
800m		26.	<b>12:16.01</b>	272	12:40.00	107%	
100m		22.	<b>1:26.88</b>	252	1:31.00	110%	
100m		17.	1:37.62	260	1:35.00	95%	
200m		39.	<b>3:10.09</b>	263	3:15.00	105%	
	, 2014 (11 ),						2
100m		67.	1:21.65	165	1:21.00	98%	
800m		47.	<b>11:59.77</b>	229	12:59.00	117%	
100m		34.	1:30.46	152	1:30.00	99%	
200m		53.	<b>3:12.68</b>	184	3:40.00	130%	
	- , 2013 (12 ),						3
100m		20.	1:13.58	318	1:11.00	93%	
800m		15.	<b>11:37.37</b>	320	11:55.00	105%	
100m		8.	<b>1:18.40</b>	343	1:19.00	102%	
200m		14.	<b>2:52.73</b>	351	3:00.00	109%	
	, 2013 (12 ),						4
100m		41.	<b>1:13.60</b>	226	1:15.50	105%	
800m		38.	<b>11:29.53</b>	260	13:40.00	141%	
100m		21.	<b>1:22.24</b>	202	1:23.50	103%	
200m		39.	<b>2:59.43</b>	228	3:01.70	103%	
	, 2014 (11 ),						2
100m		70.	<b>1:28.88</b>	128	1:35.00	114%	
800m		76.	<b>14:08.93</b>	139	14:50.00	110%	
	, 2012 (13 ),						2
100m		36.	1:11.98	241	1:10.00	95%	
800m		29.	<b>11:07.53</b>	287	11:20.00	104%	
100m		17.	1:28.24	158	1:20.00	82%	
200m		36.	<b>2:58.82</b>	230	3:00.00	101%	
	, 2013 (12 ),						3
800m		32.	<b>11:10.89</b>	282	11:50.00	112%	
100m		5.	<b>1:31.17</b>	222	1:33.00	104%	
100m		14.	1:23.33	188	1:22.00	97%	
200m		34.	<b>2:57.29</b>	236	3:05.00	109%	
	, 2014 (11 ),						4
100m		57.	<b>1:18.24</b>	188	1:26.00	121%	
800m		57.	<b>12:27.89</b>	204	12:40.00	103%	
100m		36.	<b>1:31.22</b>	148	1:32.00	102%	
200m		56.	<b>3:15.37</b>	176	3:40.00	127%	
	, 2013 (12 ),						2
100m		23.	<b>1:08.11</b>	285	1:11.00	109%	
800m		18.	<b>10:32.00</b>	338	11:00.00	109%	
100m		8.	1:16.33	245	1:13.00	91%	
200m		12.	2:41.55	312	2:40.00	98%	
	, 2012 (13 ),						3
800m		10.	<b>10:08.45</b>	379	10:45.00	112%	
100m		1.	<b>1:18.80</b>	345	1:20.50	104%	
100m		4.	1:12.38	287	1:12.00	99%	
200m		6.	<b>2:37.16</b>	339	2:44.50	110%	
	, 2012 (13 ),						2
100m		4.	1:02.54	368	1:02.00	98%	
800m		7.	<b>10:07.97</b>	380	10:36.00	109%	
100m		EXH	<b>1:15.02</b>	258	1:17.00	105%	
	, 2012 (13 ),						2
100m		19.	1:07.30	295	1:07.00	99%	
800m		34.	<b>11:16.52</b>	275	11:50.00	110%	
100m		16.	1:26.33	169	1:26.00	99%	
200m		35.	<b>2:58.02</b>	233	3:00.00	102%	
	, 2012 (13 ),						2
100m		1.	59.10	436	59.00	100%	
800m		4.	<b>9:56.24</b>	403	10:30.00	112%	
100m		6.	1:14.69	261	1:13.50	97%	
200m		9.	<b>2:39.40</b>	325	2:39.50	100%	
	, 2014 (11 ),						4
100m		61.	<b>1:19.54</b>	179	1:30.00	128%	
800m		60.	<b>12:33.63</b>	199	13:00.00	107%	
100m		35.	<b>1:30.61</b>	151	1:34.00	108%	
200m		59.	<b>3:19.11</b>	166	3:50.00	133%	

"	"								-
6									150
	, 2008 (17 ),								1
50m		23.	<b>26.87</b>	422	27.25			103%	
50m		6.	32.88	436	32.75			99%	
100m		5.	1:13.89	418	1:13.50			99%	
	, 2013 (12 ),								-
100m		29.	1:30.96	219	1:27.00			91%	
	, 2009 (16 ),								1
50m		9.	<b>29.44</b>	423	30.00			104%	
100m		10.	1:03.32	444	1:03.00			99%	
200m		5.	2:21.58	415	2:21.00			99%	
100m		32.	1:10.27	344	1:08.00			94%	
	, 2014 (11 ),								2
100m		46.	1:14.30	219	NT			-	
800m		42.	<b>11:48.03</b>	240	12:20.00			109%	
100m		15.	1:20.80	214	1:20.00			98%	
200m		27.	<b>2:53.47</b>	252	3:00.00			108%	
	, 2009 (16 ),								3
50m		11.	<b>29.63</b>	463	29.80			101%	
50m		7.	<b>32.61</b>	464	33.50			106%	
100m		9.	<b>1:12.82</b>	428	1:13.00			100%	
	, 2011 (14 ),								1
100m		30.	1:04.51	335	1:04.50			100%	
200m		24.	2:22.62	338	2:22.00			99%	
400m		18.	5:06.95	330	5:03.50			98%	
800m		23.	<b>10:49.47</b>	311	11:07.00			105%	
	, 2010 (15 ),								1
50m		24.	<b>34.39</b>	296	35.50			107%	
50m		10.	37.88	296	36.70			94%	
100m		11.	1:21.38	306	1:17.00			90%	
200m		9.	2:58.02	298	2:52.00			93%	
	, 2011 (14 ),								1
50m		4.	<b>32.97</b>	449	33.80			105%	
100m		6.	1:15.00	392	1:13.00			95%	
200m		6.	2:45.10	373	2:45.00			100%	
	, 2010 (15 ),								1
50m		11.	<b>27.28</b>	403	27.50			102%	
100m		16.	1:00.51	406	59.50			97%	
200m		13.	2:14.33	404	2:12.00			97%	
800m		17.	10:08.41	379	9:50.00			94%	
	, 2010 (15 ),								3
100m		7.	<b>1:09.27</b>	328	1:10.00			102%	
100m		11.	<b>1:09.60</b>	354	1:11.00			104%	
200m		5.	2:31.75	377	2:26.00			93%	
400m		5.	<b>5:19.32</b>	397	5:23.00			102%	
	, 2012 (13 ),								-
100m		10.	1:33.97	292	1:32.00			96%	
200m		36.	3:08.18	271	3:05.00			97%	
	, 2010 (15 ),								1
100m		4.	1:25.33	254	1:25.00			99%	
100m		8.	<b>1:16.28</b>	406	1:17.00			102%	
	, 2009 (16 ),								2
50m		35.	<b>28.07</b>	370	29.80			113%	
50m		5.	<b>31.94</b>	476	33.80			112%	
100m		6.	1:14.85	402	1:14.00			98%	
100m		33.	1:10.44	342	1:10.00			99%	
	, 2009 (16 ),								2
200m		2.	<b>2:58.70</b>	427	3:05.00			107%	
100m		7.	<b>1:15.36</b>	421	1:17.00			104%	
	, 2012 (13 ),								3
800m		14.	<b>11:33.95</b>	325	12:30.00			117%	
100m		4.	<b>1:15.76</b>	380	1:16.50			102%	
200m		17.	<b>2:55.01</b>	337	3:05.00			112%	
	, 2008 (17 ),								1
100m		6.	1:01.77	538	1:00.70			97%	
50m		6.	31.82	499	31.70			99%	
100m		4.	1:06.28	567	1:06.00			99%	
200m		3.	2:24.35	559	2:20.00			94%	
200m		3.	<b>2:29.29</b>	543	2:32.00			104%	
	, 2010 (15 ),								1
50m		32.	<b>30.13</b>	299	31.00			106%	
50m		14.	33.14	296	33.00			99%	
100m		17.	1:12.45	296	1:12.00			99%	
100m		22.	1:12.84	309	1:12.00			98%	

	, 2008 (17 ),							1
50m		27.	27.21	406	27.00		98%	
50m		13.	30.48	381	29.00		91%	
100m		14.	1:05.23	406	1:05.00		99%	
100m		26.	<b>1:06.90</b>	399	1:08.00		103%	
	, 2011 (14 ),							3
50m		13.	<b>30.85</b>	410	33.00		114%	
800m		15.	<b>11:40.90</b>	316	12:40.00		118%	
50m		6.	<b>35.69</b>	354	42.00		138%	
100m		14.	1:19.73	356	1:18.00		96%	
	, 2012 (13 ),							3
100m		53.	<b>1:15.56</b>	208	1:18.20		107%	
100m		14.	<b>1:20.73</b>	214	1:23.20		106%	
200m		38.	<b>2:59.40</b>	228	3:08.00		110%	
	, 2011 (14 ),							4
50m		9.	<b>38.89</b>	388	39.70		104%	
200m		4.	<b>3:00.49</b>	414	3:10.00		111%	
100m		9.	<b>1:16.71</b>	399	1:19.00		106%	
200m		9.	<b>2:48.83</b>	376	2:55.00		107%	
	, 2011 (14 ),							1
50m		13.	<b>39.99</b>	357	40.00		100%	
100m		9.	1:28.04	355	1:26.00		95%	
200m		6.	3:05.75	380	3:05.00		99%	
200m		13.	2:56.85	327	2:56.00		99%	
	, 2009 (16 ),							-
100m		21.	1:09.84	331	1:07.00		92%	
200m		9.	2:36.03	310	2:29.00		91%	
100m		8.	1:19.49	336	1:16.00		91%	
	, 2009 (16 ),							2
50m		10.	<b>29.46</b>	422	30.80		109%	
100m		17.	1:06.14	390	1:06.00		100%	
200m		7.	2:25.61	381	2:22.00		95%	
50m		11.	<b>29.20</b>	413	30.00		106%	
	, 2011 (14 ),							1
50m		8.	29.54	467	28.90		96%	
100m		6.	1:03.92	485	1:03.70		99%	
50m		3.	32.86	453	32.70		99%	
200m		4.	<b>2:42.64</b>	391	2:43.00		100%	
	, 2010 (15 ),							1
50m		17.	<b>27.75</b>	383	28.70		107%	
100m		25.	1:02.62	367	1:00.00		92%	
100m		14.	1:11.17	313	1:10.00		97%	
100m		16.	1:11.56	326	1:10.00		96%	
	, 2010 (15 ),							-
50m		27.	29.44	321	28.50		94%	
50m		12.	32.55	313	32.00		97%	
100m		19.	1:13.45	284	1:12.00		96%	
100m		26.	1:15.66	276	1:11.50		89%	
	, 2008 (17 ),							1
50m		17.	<b>25.87</b>	473	26.70		107%	
50m		8.	29.20	434	28.50		95%	
100m		15.	1:05.41	403	1:04.00		96%	
50m		9.	28.76	432	28.50		98%	
	, 2012 (13 ),							3
100m		16.	<b>1:13.09</b>	324	1:17.00		111%	
800m		22.	<b>12:09.47</b>	280	13:20.00		120%	
200m		30.	<b>3:06.33</b>	279	3:14.00		108%	
	, 2012 (13 ),							3
800m		7.	11:00.05	378	10:53.00		98%	
100m		4.	<b>1:22.29</b>	435	1:23.00		102%	
100m		3.	<b>1:17.29</b>	341	1:19.00		104%	
200m		6.	<b>2:43.68</b>	412	2:45.00		102%	
	, 2009 (16 ),							-
50m		15.	25.79	477	25.50		98%	
100m		16.	56.77	492	55.60		96%	
100m		12.	1:04.31	424	1:03.50		97%	
100m		19.	1:03.97	457	1:03.00		97%	
	, 2012 (13 ),							4
100m		30.	<b>1:18.17</b>	265	1:25.00		118%	
800m		50.	<b>13:33.08</b>	202	14:15.00		111%	
100m		18.	<b>1:40.31</b>	240	1:41.00		101%	
200m		46.	<b>3:19.77</b>	226	3:28.00		108%	
	, 2008 (17 ),							2
50m		33.	27.86	378	27.00		94%	
50m		8.	<b>35.22</b>	355	37.00		110%	
100m		9.	1:19.55	335	1:16.50		92%	
100m		28.	<b>1:09.27</b>	360	1:10.00		102%	

	, 2012 (13 ),						4
100m		28.	<b>1:09.43</b>	269	1:12.50	109%	
800m		30.	<b>11:09.48</b>	284	11:53.00	113%	
100m		18.	<b>1:21.63</b>	207	1:22.50	102%	
200m		29.	<b>2:54.55</b>	247	2:55.00	101%	
	, 2013 (12 ),						3
800m		51.	<b>12:12.87</b>	217	12:30.00	105%	
100m		4.	<b>1:31.12</b>	223	1:34.00	106%	
200m		32.	<b>2:55.76</b>	242	3:00.00	105%	
	, 2009 (16 ),						-
50m		3.	30.39	553	30.00	97%	
100m		2.	1:05.31	606	1:04.20	97%	
200m		3.	2:27.93	535	2:25.00	96%	
200m		6.	2:16.74	515	2:13.00	95%	
	, 2012 (13 ),						2
800m		62.	<b>12:34.19</b>	199	13:45.00	120%	
200m		44.	<b>3:01.97</b>	218	3:20.00	121%	
	, 2010 (15 ),						2
100m		19.	<b>1:01.71</b>	383	1:02.70	103%	
200m		14.	2:14.62	402	2:12.50	97%	
400m		14.	4:48.13	399	4:47.50	100%	
800m		8.	<b>9:34.95</b>	449	10:03.00	110%	
	, 2008 (17 ),						2
50m		2.	35.87	494	35.00	95%	
100m		5.	<b>1:13.48</b>	454	1:15.00	104%	
400m		3.	<b>5:45.13</b>	422	6:05.00	112%	
	, 2012 (13 ),						2
800m		58.	<b>12:31.60</b>	201	13:20.00	113%	
100m		30.	<b>1:25.57</b>	180	1:26.00	101%	
	, 2012 (13 ),						3
100m		33.	<b>1:10.49</b>	257	1:10.50	100%	
800m		37.	<b>11:27.23</b>	263	12:24.00	117%	
100m		23.	<b>1:22.97</b>	197	1:27.00	110%	
200m		23.	2:50.92	263	2:50.00	99%	
	, 2012 (13 ),						3
100m		17.	<b>1:13.10</b>	324	1:16.10	108%	
800m		23.	<b>12:11.34</b>	278	12:30.00	105%	
100m		11.	1:34.02	291	1:32.00	96%	
200m		20.	<b>2:58.66</b>	317	3:02.50	104%	
	, 2010 (15 ),						2
50m		19.	<b>28.17</b>	366	28.50	102%	
50m		4.	<b>30.58</b>	377	32.20	111%	
100m		12.	1:09.87	330	1:08.50	96%	
	, 2012 (13 ),						1
100m		26.	<b>1:29.09</b>	233	1:29.70	101%	
	, 2012 (13 ),						-
100m		29.	1:25.33	181	1:22.00	92%	
200m		45.	3:02.30	217	3:02.00	100%	
	, 2013 (12 ),						4
100m		26.	<b>1:17.36</b>	274	1:19.00	104%	
800m		38.	<b>12:47.22</b>	240	13:30.00	111%	
100m		27.	<b>1:29.30</b>	232	1:30.00	102%	
200m		33.	<b>3:07.34</b>	275	3:26.00	121%	
	, 2010 (15 ),						1
50m		25.	29.16	330	28.00	92%	
50m		13.	<b>32.58</b>	312	33.00	103%	
100m		20.	1:14.02	278	1:12.60	96%	
100m		24.	1:14.29	291	1:14.00	99%	
	, 2012 (13 ),						2
100m		44.	1:24.74	208	1:23.50	97%	
100m		25.	<b>1:28.89</b>	235	1:33.00	109%	
200m		43.	<b>3:15.29</b>	242	3:24.00	109%	
	, 2011 (14 ),						4
50m		15.	<b>31.19</b>	397	32.00	105%	
50m		6.	<b>38.05</b>	414	38.50	102%	
100m		4.	<b>1:21.12</b>	454	1:22.00	102%	
200m		2.	<b>2:56.58</b>	442	2:58.00	102%	
	, 2014 (11 ),						1
100m		8.	<b>1:36.94</b>	185	1:39.00	104%	
	, 2009 (16 ),						1
50m		10.	29.49	470	29.00	97%	
50m		4.	<b>31.77</b>	502	32.60	105%	
100m		8.	1:09.99	482	1:08.50	96%	
200m		8.	2:30.57	492	2:29.00	98%	
	, 2014 (11 ),						3
800m		10.	<b>11:13.59</b>	356	12:00.00	114%	
100m		4.	<b>1:19.13</b>	318	1:20.00	102%	

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200m		13.	<b>2:52.16</b>	354	2:59.00	108%	2
100m	, 2013 (12 ),	40.	<b>1:13.56</b>	226	1:13.90	101%	
800m		43.	<b>11:48.41</b>	240	12:39.00	115%	
800m	, 2013 (12 ),	27.	<b>12:16.96</b>	271	12:45.00	108%	1
100m		16.	1:25.40	265	1:25.00	99%	
200m		27.	3:04.41	288	3:04.00	100%	
50m	, 2009 (16 ),	31.	27.78	382	26.90	94%	-
100m		30.	1:00.86	399	1:00.00	97%	
200m		27.	2:24.82	323	2:16.50	89%	
100m		35.	1:10.65	339	1:08.00	93%	
50m	, 2008 (17 ),	37.	29.10	332	28.00	93%	-
50m		11.	37.76	288	36.00	91%	
100m		10.	1:21.92	307	1:16.00	86%	
100m		40.	1:13.56	300	1:10.50	92%	
800m	, 2008 (17 ),	3.	9:47.17	537	9:46.00	100%	2
50m		2.	30.70	500	30.60	99%	
200m		1.	<b>2:25.53</b>	587	2:28.00	103%	
400m		1.	<b>5:06.66</b>	602	5:07.00	100%	
100m	, 2013 (12 ),	10.	1:09.57	376	1:07.00	93%	2
800m		18.	<b>11:49.16</b>	305	12:30.00	112%	
100m		2.	<b>1:13.99</b>	408	1:14.00	100%	
50m	, 2010 (15 ),	21.	28.47	355	28.00	97%	2
100m		31.	<b>1:04.71</b>	332	1:05.00	101%	
200m		25.	2:23.52	331	2:20.00	95%	
100m		19.	<b>1:12.32</b>	316	1:15.00	108%	
100m	, 2012 (13 ),	26.	1:09.18	272	1:08.50	98%	2
800m		16.	<b>10:27.61</b>	345	10:44.00	105%	
100m		11.	1:19.19	227	1:17.50	96%	
200m		17.	<b>2:44.52</b>	295	2:45.00	101%	
50m	, 2010 (15 ),	28.	<b>29.45</b>	320	29.50	100%	1
50m		11.	32.04	328	32.00	100%	
100m		15.	1:11.23	312	1:10.50	98%	
400m	, 2011 (14 ),	3.	5:06.55	429	5:06.50	100%	2
800m		4.	<b>10:37.15</b>	420	10:48.00	103%	
100m		11.	1:18.11	378	1:16.50	96%	
400m		3.	<b>5:48.68</b>	409	6:20.00	119%	
100m	, 2009 (16 ),	14.	56.28	505	56.00	99%	1
200m		18.	2:12.13	425	2:09.50	96%	
400m		8.	4:48.26	399	4:40.00	94%	
100m		22.	<b>1:05.22</b>	431	1:08.00	109%	
50m	, 2009 (16 ),	10.	37.63	291	35.50	89%	-
100m		11.	1:23.86	286	1:18.00	87%	
100m		43.	1:16.19	270	1:11.50	88%	
100m	, 2011 (14 ),	22.	1:13.76	316	1:13.50	99%	1
50m		15.	40.73	337	40.00	96%	
100m		17.	<b>1:21.47</b>	333	1:25.00	109%	
50m	, 2010 (15 ),	20.	28.39	358	28.00	97%	1
50m		10.	<b>31.69</b>	339	31.80	101%	
100m		8.	1:08.66	348	1:08.40	99%	
100m		13.	1:09.87	350	1:08.50	96%	
100m	, 2008 (17 ),	17.	<b>56.80</b>	491	56.90	100%	4
200m		15.	<b>2:08.40</b>	463	2:10.50	103%	
400m		4.	<b>4:27.67</b>	498	4:30.00	102%	
100m		25.	<b>1:06.82</b>	401	1:07.00	101%	
50m	, 2010 (15 ),	24.	<b>28.83</b>	341	29.00	101%	2
100m		32.	1:04.75	332	1:03.50	96%	
100m		22.	1:19.24	226	1:13.80	87%	
100m		21.	<b>1:12.59</b>	312	1:13.00	101%	
100m	, 2013 (12 ),	39.	<b>1:22.08</b>	229	1:25.00	107%	2
200m		41.	<b>3:14.54</b>	245	3:20.00	106%	



50m	19.	<b>43.51</b>	277	45.00	107%	
100m	20.	1:23.63	308	1:21.00	94%	1
, 2014 (11 ),						
800m	58.	15:12.71	143	14:50.00	95%	
100m	16.	<b>1:36.51</b>	269	1:38.00	103%	-
, 2008 (17 ),						
100m	8.	1:02.09	471	1:02.00	100%	
100m	13.	1:03.03	477	1:02.20	97%	
200m	5.	2:15.78	526	2:14.50	98%	
400m	1.	4:46.31	551	4:43.20	98%	1
, 2008 (17 ),						
100m	12.	<b>55.72</b>	521	56.00	101%	
200m	5.	2:01.55	546	2:00.00	97%	
400m	2.	4:18.56	553	4:17.00	99%	
800m	1.	8:58.01	548	8:52.20	98%	
, 2013 (12 ),						
100m	28.	1:30.18	225	1:29.00	97%	2
, 2009 (16 ),						
50m	12.	<b>29.98</b>	447	31.00	107%	
50m	8.	34.83	380	34.00	95%	
100m	10.	1:15.46	384	1:12.00	91%	
50m	7.	<b>41.80</b>	312	43.00	106%	4
, 2007 (18 ),						
50m	29.	27.55	391	27.30	98%	1
100m	31.	1:01.24	392	1:00.00	96%	
200m	25.	2:23.88	329	2:14.30	87%	
100m	31.	<b>1:09.54</b>	355	1:10.40	102%	-
, 2009 (16 ),						
50m	7.	34.88	366	32.50	87%	
100m	7.	1:16.61	375	1:13.00	91%	
200m	4.	2:52.66	337	2:45.00	91%	
200m	12.	2:40.02	321	2:40.00	100%	-
, 2010 (15 ),						
50m	46.	33.59	216	28.00	69%	
100m	49.	1:18.65	185	1:04.20	67%	
200m	33.	2:43.05	226	2:15.00	69%	3
, 2009 (16 ),						
50m	38.	29.22	328	29.00	98%	
100m	37.	<b>1:05.51</b>	320	1:10.00	114%	
200m	29.	<b>2:35.22</b>	262	2:37.00	102%	
100m	42.	<b>1:15.10</b>	282	1:23.30	123%	69
, 2009 (16 ),						
50m	12.	25.32	504	24.00	90%	2
100m	10.	<b>55.45</b>	528	55.50	100%	
100m	11.	1:04.12	428	1:02.00	93%	
100m	16.	<b>1:03.76</b>	461	1:04.00	101%	-
, 2004 (21 ),						
50m	25.	25.61	487	24.00	88%	
50m	7.	31.66	489	30.50	93%	
100m	9.	1:09.01	514	1:06.50	93%	
200m	5.	2:32.22	491	2:30.00	97%	3
, 2014 (11 ),						
100m	25.	<b>1:17.23</b>	275	1:18.00	102%	
800m	32.	<b>12:27.01</b>	261	13:50.00	123%	
100m	17.	<b>1:25.93</b>	260	1:26.50	101%	
200m	40.	3:11.24	258	3:07.00	96%	4
, 2009 (16 ),						
200m	7.	<b>2:02.38</b>	535	2:05.00	104%	
400m	3.	<b>4:21.98</b>	531	4:28.00	105%	
800m	3.	<b>9:03.03</b>	533	9:10.00	103%	
400m	3.	<b>4:56.37</b>	497	5:10.00	109%	2
, 2012 (13 ),						
100m	22.	<b>1:07.97</b>	287	1:09.00	103%	
800m	28.	11:06.43	288	11:00.00	98%	
200m	19.	<b>2:46.01</b>	287	2:50.00	105%	2
, 2010 (15 ),						
50m	23.	33.87	310	32.50	92%	
50m	9.	<b>36.51</b>	330	37.50	105%	
100m	7.	1:15.54	383	1:15.00	99%	
200m	7.	<b>2:47.54</b>	357	2:50.00	103%	1
, 2012 (13 ),						
100m	20.	<b>1:07.44</b>	293	1:10.00	108%	
800m	53.	12:15.57	214	11:04.00	81%	

200m		37.	2:59.25	228	2:46.00	86%	2
100m	, 2009 (16 ),	20.	<b>58.03</b>	461	59.00	103%	
100m		19.	1:08.37	353	1:04.50	89%	
100m		20.	<b>1:04.67</b>	442	1:05.00	101%	
200m		8.	2:26.10	422	2:21.00	93%	
100m	, 2006 (19 ),	6.	53.39	592	52.00	95%	-
200m		7.	2:01.08	552	1:57.00	93%	
100m		9.	1:00.53	539	59.50	97%	
200m		9.	2:14.05	547	2:11.00	96%	
100m	, 2009 (16 ),	38.	1:06.92	300	1:00.00	80%	-
100m		25.	1:14.71	270	1:13.00	95%	
100m		39.	1:13.00	307	1:10.00	92%	
200m		13.	2:42.08	309	2:38.00	95%	
50m	, 2007 (18 ),	18.	<b>32.28</b>	321	35.00	118%	1
50m		9.	35.69	341	35.00	96%	
100m	, 2013 (12 ),	35.	1:19.86	249	1:16.00	91%	2
800m		34.	<b>12:39.07</b>	248	13:15.00	110%	
100m		15.	1:35.04	282	1:35.00	100%	
200m		37.	<b>3:08.93</b>	268	3:10.00	101%	
800m	, 2014 (11 ),	55.	<b>12:16.26</b>	214	12:34.00	105%	1
100m		22.	1:22.54	200	1:21.00	96%	
200m		47.	3:07.25	200	3:04.00	97%	
800m	, 2012 (13 ),	48.	<b>13:19.01</b>	213	14:30.00	119%	2
100m		19.	<b>1:40.75</b>	237	1:41.50	101%	
200m		47.	3:23.08	216	3:15.00	92%	
50m	, 2009 (16 ),	32.	27.84	379	26.50	91%	2
50m		11.	<b>30.08</b>	397	30.50	103%	
100m		18.	1:06.69	380	1:04.50	94%	
50m		10.	<b>29.09</b>	417	29.50	103%	
50m	, 2009 (16 ),	34.	<b>27.92</b>	376	28.00	101%	2
100m		32.	<b>1:01.27</b>	391	1:02.00	102%	
800m		6.	10:48.45	313	10:30.00	94%	
50m	, 2011 (14 ),	4.	<b>29.24</b>	482	29.50	102%	3
100m		12.	1:06.31	435	1:05.00	96%	
100m		5.	<b>1:11.28</b>	456	1:12.50	103%	
200m		3.	<b>2:34.79</b>	453	2:36.00	102%	
50m	, 2006 (19 ),	25.	29.69	460	29.00	95%	-
50m		10.	32.11	486	31.50	96%	
100m		14.	1:11.18	458	1:08.00	91%	
50m		5.	31.59	459	30.50	93%	
100m	, 2005 (20 ),	13.	54.47	557	53.00	95%	-
800m		23.	10:11.68	373	10:00.00	96%	
100m		7.	58.39	567	55.50	90%	
200m		2.	2:05.38	597	2:00.00	92%	
50m	, 2010 (15 ),	16.	27.69	385	27.00	95%	1
100m		15.	1:00.30	411	1:00.00	99%	
100m		11.	<b>1:09.59</b>	334	1:14.00	113%	
50m	, 2010 (15 ),	31.	<b>29.97</b>	304	31.00	107%	3
50m		4.	34.31	384	33.50	95%	
100m		6.	<b>1:17.12</b>	368	1:20.50	109%	
200m		6.	<b>2:50.39</b>	350	2:55.50	106%	
50m	, 2010 (15 ),	2.	<b>28.89</b>	499	31.00	115%	4
100m		5.	<b>1:03.43</b>	497	1:06.00	108%	
100m		1.	<b>1:08.57</b>	512	1:11.00	107%	
200m		1.	<b>2:29.52</b>	503	2:35.00	107%	
50m	, 2003 (22 ),	38.	32.07	365	30.00	88%	-
100m		26.	1:07.24	417	1:05.50	95%	
100m		24.	1:19.22	362	1:16.00	92%	
50m	, 2010 (15 ),	23.	<b>28.74</b>	345	29.00	102%	4
100m		27.	<b>1:03.02</b>	360	1:04.00	103%	
50m		4.	<b>30.21</b>	373	31.00	105%	

100m		8.	<b>1:10.28</b>	314	1:13.50	109%	2
50m	, 2011 (14 ),	10.	39.38	373	36.00	84%	
100m		8.	1:28.01	355	1:28.00	100%	
200m		8.	<b>3:19.30</b>	307	3:21.00	102%	
200m		11.	<b>2:51.82</b>	356	2:57.00	106%	
50m	, 2009 (16 ),	6.	28.25	479	27.50	95%	-
100m		5.	59.69	530	58.50	96%	
200m		3.	2:14.01	489	2:08.00	91%	
100m		18.	1:03.93	458	1:03.00	97%	
50m	, 2008 (17 ),	1.	27.05	609	27.00	100%	-
100m		4.	1:00.45	574	59.00	95%	
50m		1.	34.56	553	34.00	97%	
100m		1.	1:06.44	615	1:06.00	99%	
50m	, 2005 (20 ),	4.	26.42	586	25.50	93%	1
100m		2.	57.02	608	55.00	93%	
200m		1.	2:04.30	613	2:00.00	93%	
50m		12.	<b>26.74</b>	538	28.00	110%	
800m	, 2014 (11 ),	56.	<b>12:25.24</b>	206	12:35.00	103%	1
100m		28.	1:24.46	187	1:21.00	92%	
200m		52.	3:11.56	187	3:04.00	92%	
50m	, 2000 (25 ),	2.	29.52	603	29.50	100%	1
100m		4.	<b>1:06.15</b>	583	1:07.00	103%	
100m		2.	58.27	604	58.00	99%	
200m		4.	2:08.80	616	2:08.00	99%	
800m	, 2011 (14 ),	21.	10:35.99	332	9:50.00	86%	-
50m		7.	30.88	367	30.00	94%	
100m		6.	1:07.21	371	1:05.00	94%	
200m		3.	2:26.66	373	2:24.00	96%	
100m	, 2014 (11 ),	43.	1:23.74	216	1:21.00	94%	2
800m		47.	<b>13:14.04</b>	217	13:50.00	109%	
100m		14.	<b>1:23.81</b>	280	1:28.00	110%	
200m		45.	3:18.22	232	3:10.00	92%	
100m	, 2010 (15 ),	7.	<b>58.30</b>	454	59.00	102%	3
200m		9.	<b>2:09.60</b>	450	2:10.00	101%	
400m		8.	<b>4:34.41</b>	462	4:38.00	103%	
800m		13.	9:49.99	416	9:40.00	97%	
50m	, 2002 (23 ),	102.	40.10	127	35.00	76%	-
100m	, 2009 (16 ),	4.	1:00.53	491	1:00.00	98%	1
200m		2.	2:22.50	421	2:20.00	97%	
100m		7.	1:01.27	520	1:00.00	96%	
200m		7.	<b>2:19.63</b>	484	2:20.00	101%	
50m	, 2007 (18 ),	5.	<b>24.89</b>	531	25.00	101%	2
100m		6.	54.15	567	53.00	96%	
200m		2.	1:57.18	609	1:57.00	100%	
100m		4.	<b>1:00.49</b>	540	1:03.00	108%	
200m	, 2011 (14 ),	3.	2:26.35	428	2:26.00	100%	2
400m		5.	5:13.81	400	5:12.00	99%	
800m		10.	<b>11:07.79</b>	365	11:20.00	104%	
50m		7.	<b>35.93</b>	347	39.50	121%	
50m	, 2011 (14 ),	8.	<b>36.45</b>	332	37.00	103%	2
100m		10.	1:20.36	318	1:20.00	99%	
200m		8.	<b>2:54.17</b>	318	3:05.00	113%	
200m		15.	3:03.73	291	3:00.00	96%	
100m	, 2012 (13 ),	41.	1:22.49	226	1:19.50	93%	2
800m		54.	<b>13:49.03</b>	190	14:15.00	106%	
100m		29.	<b>1:30.96</b>	219	1:31.00	100%	
200m		48.	3:24.19	212	3:05.00	82%	
100m	, 2012 (13 ),	7.	<b>1:07.97</b>	404	1:10.00	106%	3
800m		12.	<b>11:29.14</b>	332	12:10.00	112%	
200m		15.	<b>2:52.93</b>	349	3:20.00	134%	

	, 2012 (13 ),						3
100m		15.	<b>1:12.73</b>	329	1:14.00	104%	
800m		29.	<b>12:21.67</b>	266	13:10.00	113%	
100m		23.	1:27.96	243	1:25.00	93%	
200m		32.	<b>3:07.28</b>	275	3:15.00	108%	
	, 2007 (18 ),						1
50m		5.	<b>28.36</b>	528	29.00	105%	
100m		5.	1:01.20	553	1:00.00	96%	
100m		7.	1:08.72	509	1:07.00	95%	
	, 2011 (14 ),						1
50m		45.	33.10	225	31.00	88%	
100m		45.	<b>1:10.49</b>	257	1:15.00	113%	
100m		23.	1:20.21	218	1:16.00	90%	
100m		33.	1:22.38	214	1:22.00	99%	
	, 2010 (15 ),						-
50m		43.	31.85	253	31.50	98%	
50m		9.	37.54	293	35.00	87%	
100m		11.	1:21.86	307	1:19.00	93%	
200m		8.	2:52.28	339	2:50.00	97%	
	, 2007 (18 ),						-
50m		3.	27.57	575	27.00	96%	
50m		1.	29.18	647	29.00	99%	
100m		1.	1:04.08	628	1:03.00	97%	
200m		2.	2:23.72	566	2:20.00	95%	
	, 2008 (17 ),						1
50m		6.	39.23	378	38.00	94%	
100m		3.	1:10.83	507	1:09.50	96%	
200m		4.	2:35.16	484	2:31.50	95%	
400m		2.	<b>5:30.77</b>	479	5:40.00	106%	
	, 2005 (20 ),						-
800m		9.	10:41.55	412	10:30.00	96%	
50m		7.	32.15	436	30.00	87%	
100m		6.	1:15.63	365	1:13.50	94%	
	, 2013 (12 ),						-
100m		21.	1:42.04	228	1:41.50	99%	
200m		52.	3:38.32	173	3:20.00	84%	