

-

						%	PB
							10
							1
50m				-	29.30	-	
100m	3.	1:04.21	479	1:05.70	105%		
200m			-	2:25.50	-		
50m			-	33.00	-		
100m			-	1:16.10	-		
200m	3.	2:47.25	384	2:46.00	99%		
							1
100m	15.	1:42.52	83	1:41.00	97%		
50m	7.	51.45	79	49.50	93%		
100m			-	1:50.00	-		
100m			-	2:01.50	-		
100m			-	1:50.00	-		
200m	3.	3:57.62	96	4:01.00	103%		
							-
200m			-	2:02.80	-		
200m			-	2:16.50	-		
200m	1.	2:04.15	674	2:03.10	98%		
400m			-	4:32.00	-		
							1
50m			-	24.10	-		
100m	1.	51.86	646	53.60	107%		
50m	1.	26.77	563	26.70	99%		
100m			-	57.70	-		
50m			-	25.90	-		
							1
50m			-	33.00	-		
100m	14.	1:12.89	232	1:12.50	99%		
200m			-	2:38.00	-		
100m			-	1:21.00	-		
200m	9.	2:52.47	251	2:59.00	108%		
400m			-	6:18.00	-		
							1
50m	3.	32.06	471	33.00	106%		
100m			-	1:17.90	-		
100m			-	1:09.40	-		
							-
50m	5.	31.20	355	30.90	98%		
100m			-	1:11.90	-		
100m			-	1:11.50	-		
							1
50m			-	29.10	-		
100m	2.	1:02.23	374	1:05.00	109%		
200m			-	2:21.00	-		
800m			-	10:15.00	-		
100m			-	1:15.00	-		
200m	4.	2:39.39	318	2:39.00	100%		
							1
50m			-	47.70	-		
100m	4.	1:46.84	73	1:48.40	103%		
							1
100m	13.	1:40.81	88	1:36.50	92%		
50m	6.	48.55	94	49.50	104%		
50m	6.	55.54	90	53.80	94%		
							2
100m	21.	1:16.28	203	1:19.00	107%		
50m	12.	40.18	239	41.50	107%		
100m			-	1:30.00	-		
200m			-	3:17.00	-		
200m	15.	3:02.90	210	3:02.00	99%		
							42
							3
50m			-	34.00	-		
100m	13.	1:12.15	240	1:13.00	102%		
200m			-	2:40.00	-		

400m	5.	5:28.90	268	5:40.00	107%	
800m			-	12:15.00	-	
50m	7.	38.55	188	38.00	97%	
50m	15.	45.13	168	46.00	104%	
100m			-	1:23.00	-	
, , 2013 (12),						
100m			-	1:27.00	-	-
, , 2013 (12),						
100m	5.	1:10.29	365	1:10.00	99%	
800m			-	11:30.00	-	
50m	5.	37.02	316	35.00	89%	
100m			-	1:18.00	-	
50m	4.	43.64	274	42.00	93%	
50m			-	36.00	-	
100m			-	1:20.00	-	
200m	5.	2:53.67	343	2:50.00	96%	
, , 2013 (12),						
50m			-	35.00	-	1
200m			-	2:56.00	-	
800m			-	12:29.00	-	
50m	13.	41.38	152	45.00	118%	
100m			-	1:26.00	-	
, , 2011 (14),						
50m			-	28.00	-	4
100m	8.	1:00.57	405	1:03.00	108%	
50m	6.	33.30	292	33.50	101%	
100m			-	1:13.00	-	
50m	6.	34.05	393	35.00	106%	
100m			-	1:18.00	-	
200m			-	2:55.00	-	
100m	2.	1:09.82	319	1:15.00	115%	
, , 2015 (10),						
50m			-	35.80	-	1
100m	4.	1:19.11	182	1:17.46	96%	
50m	2.	41.50	151	42.30	104%	
100m			-	1:32.30	-	
200m			-	3:05.09	-	
100m			-	1:30.12	-	
400m			-	6:30.00	-	
, , 2011 (14),						
50m			-	29.00	-	2
100m	12.	1:08.14	284	1:08.00	100%	
200m			-	2:29.00	-	
50m	7.	38.22	278	40.00	110%	
100m	3.	1:17.84	230	1:25.00	119%	
100m			-	1:13.60	-	
200m	8.	2:43.41	295	2:43.00	99%	
400m			-	6:24.60	-	
, , 2014 (11),						
50m			-	30.00	-	4
100m	7.	1:05.50	320	1:06.00	102%	
200m			-	2:25.00	-	
800m			-	11:00.00	-	
50m	6.	37.11	303	38.50	108%	
100m	2.	1:16.98	238	1:25.00	122%	
100m			-	1:15.00	-	
200m	7.	2:43.74	294	2:48.00	105%	
, , 2014 (11),						
50m			-	33.00	-	3
100m	25.	1:21.00	169	1:25.00	110%	
200m			-	2:57.00	-	
800m			-	12:46.00	-	
50m	9.	39.15	180	41.00	110%	
50m	17.	47.64	143	50.00	110%	
100m			-	1:26.00	-	
200m	18.	3:06.83	197	3:00.00	93%	
, , 2015 (10),						
100m	1.	1:12.73	329	1:13.80	103%	4
200m			-	2:42.00	-	
800m			-	11:52.00	-	
50m	2.	39.11	268	40.00	105%	
50m	1.	37.24	442	38.50	107%	
100m			-	1:21.00	-	
200m			-	3:02.00	-	

200m	1.	2:51.23	358	2:55.00	104%	-
, , 2014 (11),						
50m	-	-	-	36.00	-	-
100m	-	-	-	1:19.00	-	-
50m	-	-	-	41.00	-	-
100m	-	-	-	1:30.00	-	-
, , 2012 (13),						
50m	2.	33.60	284	35.00	109%	3
50m	2.	33.01	431	34.00	106%	-
100m	-	-	-	1:14.80	-	-
200m	-	-	-	2:47.00	-	-
200m	-	-	-	2:48.00	-	-
200m	3.	2:36.10	339	2:45.00	112%	-
400m	-	-	-	5:38.00	-	-
, , 2015 (10),						
200m	-	-	-	2:56.00	-	3
400m	2.	5:56.65	269	6:05.00	105%	-
50m	3.	40.43	243	45.00	124%	-
200m	-	-	-	3:25.00	-	-
50m	2.	44.99	250	46.70	108%	-
200m	-	-	-	3:38.00	-	-
50m	-	-	-	41.00	-	-
400m	-	-	-	5:50.00	-	-
, , 2014 (11),						
200m	-	-	-	2:47.00	-	2
800m	-	-	-	11:51.00	-	-
50m	5.	38.00	196	38.00	100%	-
200m	-	-	-	2:55.00	-	-
50m	7.	38.72	267	40.20	108%	-
100m	-	-	-	1:26.00	-	-
200m	-	-	-	3:03.00	-	-
200m	11.	2:53.16	248	2:56.00	103%	-
, , 2013 (12),						
50m	-	-	-	31.00	-	3
100m	17.	1:13.91	223	1:15.00	103%	-
800m	-	-	-	12:00.00	-	-
50m	8.	38.62	187	40.00	107%	-
50m	13.	41.27	220	41.00	99%	-
200m	-	-	-	3:09.00	-	-
100m	-	-	-	1:21.00	-	-
200m	14.	2:59.88	221	3:00.00	100%	-
, , 2013 (12),						
800m	-	-	-	11:48.00	-	-
100m	-	-	-	1:21.00	-	-
200m	-	-	-	2:56.00	-	-
100m	-	-	-	1:25.00	-	-
, , 2011 (14),						
50m	-	-	-	31.00	-	2
100m	13.	1:10.96	252	1:15.00	112%	-
50m	9.	39.91	170	41.00	106%	-
100m	-	-	-	1:20.00	-	-
50m	8.	42.45	203	42.00	98%	-
50m	-	-	-	39.00	-	-
100m	-	-	-	1:27.00	-	-
, , 2014 (11),						
100m	4.	1:05.80	445	1:07.00	104%	2
800m	-	-	-	10:55.00	-	-
50m	1.	32.62	462	34.00	109%	-
100m	-	-	-	1:14.00	-	-
200m	-	-	-	2:40.00	-	-
50m	-	-	-	31.00	-	-
100m	3.	1:18.24	305	1:17.00	97%	-
100m	-	-	-	1:15.00	-	-
, , 2015 (10),						
100m	2.	1:16.53	201	1:15.00	96%	-
200m	-	-	-	2:40.00	-	-
800m	-	-	-	12:00.00	-	-
50m	-	-	-	36.20	-	-
100m	1.	1:23.03	189	1:21.00	95%	-
200m	-	-	-	3:08.00	-	-
100m	-	-	-	1:22.00	-	-
200m	1.	3:04.29	206	3:00.00	95%	-

	, , 2012 (13),						3
100m		12.	1:10.47	257	1:15.00	113%	
200m				-	2:56.00	-	
800m				-	12:30.00	-	
50m				-	38.00	-	
100m		4.	1:21.31	202	1:22.00	102%	
200m				-	3:05.00	-	
100m				-	1:19.00	-	
200m		10.	2:52.58	251	3:00.00	109%	
	, , 2013 (12),						2
100m		16.	1:13.19	229	1:12.00	97%	
200m				-	2:45.00	-	
800m				-	12:01.00	-	
50m		11.	40.10	240	43.17	116%	
50m				-	35.90	-	
100m		3.	1:17.99	228	1:19.00	103%	
200m				-	3:04.00	-	
200m		12.	2:55.05	240	2:55.00	100%	
							-
	, , 2016 (9),						-
50m				-	36.98	-	
	, , 2011 (14),						-
50m				-	28.90	-	
100m				-	1:14.40	-	
50m				-	31.60	-	
100m				-	1:13.60	-	
	, , 2015 (10),						-
50m				-	35.97	-	
100m				-	1:31.50	-	
	, , 2015 (10),						-
50m				-	41.75	-	
	. -1						-
	, , 2009 (16),						-
50m				-	29.05	-	
	, .						4
	, , 2008 (17),						-
200m				-	3:10.00	-	
	, , 2013 (12),						1
200m				-	2:42.00	-	
400m		4.	5:33.47	329	6:00.00	117%	
100m				-	1:23.00	-	
	, , 2012 (13),						-
200m				-	3:20.00	-	
100m				-	1:29.00	-	
	, , 2013 (12),						1
400m		3.	5:32.76	331	5:40.00	104%	
50m		7.	39.65	257	39.00	97%	
200m				-	3:17.00	-	
	, , 2013 (12),						-
200m				-	3:10.00	-	
	, , 2012 (13),						-
200m				-	3:10.00	-	
400m		5.	6:01.57	258	6:00.00	99%	
100m				-	1:27.00	-	
	, , 2014 (11),						1
50m		11.	43.84	190	44.00	101%	
100m				-	1:35.00	-	
	, , 2012 (13),						-
200m				-	3:00.00	-	
	, , 2011 (14),						-
100m				-	1:09.00	-	
	, , 2014 (11),						-
400m		6.	6:31.27	203	6:30.00	99%	
50m		10.	41.68	221	41.00	97%	
100m				-	1:27.00	-	

100m	, , 2014 (11),			-	1:38.00	-	1
100m		5.	1:24.62	241	1:25.00	101%	-
100m	, , 2013 (12),			-	1:20.00	-	-
							15
50m	, , 2016 (9),			-	44.67	-	-
50m	, , 2016 (9),			-	41.26	-	1
100m	, , 2018 (7),	12.	1:39.40	129	1:39.83	101%	-
50m	, , 2016 (9),			-	1:12.65	-	1
100m	, , 2017 (8),	12.	1:34.80	105	1:35.27	101%	-
50m				-	53.70	-	1
50m	, , 2014 (11),	3.	1:35.52	145	1:37.03	103%	-
50m	, , 2013 (12),			-	44.43	-	-
50m	, , 2017 (8),			-	33.32	-	-
50m	, , 2016 (9),			-	39.44	-	-
50m	, , 2015 (10),			-	1:02.44	-	-
100m	, , 2015 (10),	7.	1:31.26	166	1:29.77	97%	-
50m	, , 2014 (11),			-	40.15	-	-
100m	, , 2015 (10),	5.	1:26.84	137	1:26.77	100%	1
100m	, , 2015 (10),	30.	1:27.04	136	1:29.48	106%	-
50m	, , 2015 (10),			-	48.40	-	1
100m	, , 2015 (10),	5.	1:19.39	253	1:19.11	99%	-
50m		3.	45.90	236	49.26	115%	-
100m	, , 2015 (10),			-	1:47.52	-	-
50m	, , 2017 (8),	7.	1:30.79	120	1:29.45	97%	-
100m				-	50.00	-	-
50m	, , 2016 (9),	5.	1:51.99	64	1:49.00	95%	1
100m	, , 2016 (9),	18.	1:49.23	69	1:50.40	102%	2
100m	, , 2012 (13),	6.	1:27.31	190	1:32.20	112%	-
50m		6.	47.51	212	49.45	108%	-
100m				-	1:55.19	-	2
100m	, , 2015 (10),	8.	1:17.94	267	1:20.54	107%	-
50m		1.	38.18	410	41.13	116%	-
100m				-	1:32.53	-	-
50m				-	43.26	-	-
100m				-	1:33.45	-	-
50m	, , 2018 (7),			-	37.16	-	-
200m				-	3:12.10	-	-
50m				-	43.00	-	-
50m				-	59.96	-	-

50m	, , 2017 (8),			-	37.66	-	1
100m		2.	1:29.23	178	1:29.27	100%	
50m				-	46.77	-	
50m	, , 2016 (9),			-	46.19	-	-
50m	, , 2013 (12),			-	33.25	-	1
100m		22.	1:16.57	200	1:19.79	109%	
50m				-	41.64	-	
100m	, , 2015 (10),	6.	1:29.34	126	1:30.21	102%	1
50m				-	48.18	-	
50m	, , 2018 (7),			-	1:04.95	-	-
50m	, , 2017 (8),			-	38.16	-	2
100m		1.	1:25.41	203	1:27.37	105%	
50m		1.	51.40	168	53.19	107%	
50m	, , 2016 (9),			-	52.76	-	-
50m	, , 2017 (8),			-	46.32	-	-
100m		6.	1:52.06	64	1:48.50	94%	
50m	, , 2017 (8),			-	51.00	-	-
50m		3.	56.59	125	56.53	100%	
	. -1						-
50m	, , 2013 (12),			-	33.00	-	-
50m				-	39.00	-	
200m	, , 2012 (13),			-	2:50.00	-	-
200m				-	3:01.00	-	
	. .						79
100m	, , 2015 (10),	1.	1:11.86	242	1:23.21	134%	2
800m				-	12:53.84	-	
50m		1.	38.62	187	39.87	107%	
200m				-	3:03.06	-	
200m				-	3:27.51	-	
50m				-	43.32	-	
100m				-	1:24.23	-	
100m	, , 2008 (17),			-	1:09.03	-	-
50m				-	29.12	-	
100m				-	1:03.72	-	
50m	, , 2015 (10),			-	31.45	-	2
200m				-	2:35.54	-	
50m		1.	37.35	308	39.09	110%	
200m				-	2:55.43	-	
100m		1.	1:21.95	266	1:23.32	103%	
100m				-	1:18.08	-	
400m				-	6:09.87	-	
50m	, , 2013 (12),			-	35.00	-	1
100m		18.	1:14.03	222	1:13.43	98%	
100m				-	1:27.65	-	
200m				-	3:06.98	-	
50m				-	36.54	-	
100m		6.	1:26.83	165	1:28.76	104%	
100m				-	1:22.21	-	
100m	, , 2016 (9),	11.	1:37.51	136	1:38.95	103%	3
50m		4.	41.07	231	51.93	160%	
100m				-	1:55.32	-	
50m		7.	53.26	151	53.86	102%	
100m				-	1:58.57	-	

50m				-	55.94	-	
,							2
50m				-	28.90	-	
100m	12.	1:00.92	398	1:03.01	107%		
50m	4.	36.10	330	37.61	109%		
100m			-	1:24.39	-		
100m			-	1:12.63	-		2
,							
, 2014 (11),							
200m			-	3:05.15	-		
800m			-	12:25.65	-		
200m			-	3:29.09	-		
50m	5.	46.24	230	49.54	115%		
100m			-	1:51.21	-		
100m			-	1:33.74	-		
200m	9.	3:14.91	243	3:29.80	116%		
,							3
, 2016 (9),							
100m	20.	1:59.46	52	1:45.98	79%		
50m	11.	1:10.18	31	1:24.65	145%		
50m	7.	57.00	83	1:00.03	111%		
100m			-	2:08.55	-		
200m			-	4:15.87	-		
200m	5.	4:25.34	69	4:34.98	107%		2
,							
, 2013 (12),							
50m			-	30.83	-		
100m	9.	1:06.62	304	1:06.28	99%		
800m			-	11:07.25	-		
50m	4.	34.56	261	35.98	108%		
200m			-	2:50.42	-		
200m			-	3:10.32	-		
100m			-	1:13.20	-		
200m	8.	2:44.54	289	2:51.41	109%		
,							1
, 2014 (11),							
100m	23.	1:17.86	191	1:21.21	109%		
400m	8.	5:58.42	207	5:34.32	87%		
800m			-	13:13.98	-		
100m			-	1:34.32	-		
200m			-	3:18.61	-		
50m			-	41.09	-		
,							3
, 2014 (11),							
100m	24.	1:19.30	180	1:15.43	90%		
800m			-	13:15.64	-		
50m	10.	40.32	164	41.23	105%		
100m			-	1:23.21	-		
50m	14.	41.84	212	46.04	121%		
50m			-	42.12	-		
100m			-	1:25.90	-		
200m	17.	3:05.30	202	3:14.39	110%		
,							2
, 2014 (11),							
800m			-	13:21.20	-		
50m	12.	40.84	158	42.32	107%		
100m			-	1:32.44	-		
50m			-	39.65	-		
100m			-	1:25.66	-		
200m	16.	3:04.08	206	3:10.32	107%		
,							3
, 2011 (14),							
50m			-	29.21	-		
100m	3.	1:04.61	470	1:05.76	104%		
1500m			-	20:10.37	-		
50m	1.	33.19	439	34.33	107%		
100m			-	1:11.13	-		
50m			-	34.63	-		
200m	2.	2:42.43	419	2:47.37	106%		
,							3
, 2012 (13),							
800m			-	11:08.87	-		
50m	3.	33.82	279	36.93	119%		
100m			-	1:19.23	-		
200m			-	2:48.74	-		
50m	8.	38.84	265	41.27	113%		
50m			-	32.89	-		
100m			-	1:15.41	-		
200m	5.	2:40.49	312	2:49.21	111%		

							4
100m		4.	1:19.07	256	1:21.08	105%	
200m				-	3:01.06	-	
50m		5.	46.61	225	50.87	119%	
100m		2.	1:35.81	166	1:43.21	116%	
100m				-	1:39.56	-	
200m		3.	3:14.83	243	3:25.87	112%	
400m				-	6:21.21	-	
							2
50m				-	26.46	-	
100m		6.	58.57	448	58.77	101%	
100m				-	1:11.06	-	
100m				-	1:09.09	-	
200m		7.	2:37.38	331	2:40.13	104%	
							1
100m		8.	1:31.83	163	1:44.75	130%	
200m				-	3:41.29	-	
100m				-	2:10.12	-	
50m				-	44.91	-	
100m				-	1:44.08	-	
							2
100m				-	1:41.00	-	
200m				-	3:24.44	-	
50m				-	40.40	-	
100m		4.	1:19.15	295	1:26.72	120%	
100m				-	1:27.92	-	
200m		8.	3:00.52	305	3:12.60	114%	
400m				-	6:23.21	-	
							1
50m		4.	31.78	336	31.68	99%	
50m		5.	33.45	414	33.81	102%	
100m				-	1:14.25	-	
50m				-	29.49	-	
100m				-	1:05.70	-	
							1
50m				-	26.32	-	
100m		5.	57.92	463	57.08	97%	
200m				-	2:07.34	-	
1500m				-	17:55.16	-	
100m				-	1:03.31	-	
200m		2.	2:18.65	484	2:20.56	103%	
400m				-	5:16.34	-	
							3
50m				-	33.78	-	
100m		3.	1:16.76	280	1:17.98	103%	
400m		1.	5:54.38	274	6:04.71	106%	
800m				-	13:04.75	-	
50m		4.	46.12	232	46.79	103%	
100m				-	1:47.98	-	
100m				-	1:25.43	-	
							2
100m		10.	1:07.20	297	1:13.33	119%	
400m		3.	5:12.42	313	5:36.24	116%	
800m				-	11:28.23	-	
100m				-	1:23.56	-	
200m				-	2:59.73	-	
200m				-	1:18.38	-	
50m				-	39.99	-	
							1
200m				-	2:51.88	-	
400m		6.	5:38.84	245	5:55.43	110%	
800m				-	12:25.62	-	
200m				-	3:26.54	-	
50m				-	39.53	-	
100m		5.	1:26.44	168	1:21.21	88%	
100m				-	1:26.08	-	
							2
100m		2.	1:03.80	488	1:05.87	107%	
50m		2.	34.92	377	33.65	93%	
200m				-	2:50.37	-	
100m				-	1:21.18	-	
200m				-	2:57.65	-	
100m				-	1:12.73	-	

200m			1.	2:38.19	454	2:42.21	105%	3
		, 2014 (11)						
100m			20.	1:15.62	208	1:18.94	109%	
200m					-	3:26.99	-	
800m					-	13:52.32	-	
50m			14.	41.82	147	47.52	129%	
200m					-	3:21.86	-	
100m					-	1:50.13	-	
100m					-	1:30.60	-	
200m			19.	3:10.88	185	3:32.43	124%	-
		, 2006 (19)						
50m					-	25.02	-	
100m			2.	56.89	489	55.76	96%	
50m					-	28.01	-	
100m					-	1:06.04	-	
		, 2011 (14)						2
100m			11.	1:07.83	288	1:08.93	103%	
200m					-	2:32.82	-	
400m			2.	5:34.73	254	5:30.75	98%	
800m					-	11:07.34	-	
50m			8.	35.46	242	36.59	106%	
50m					-	35.69	-	
100m					-	1:17.75	-	
		, 2010 (15)						
100m			2.	56.34	504	57.75	105%	2
800m					-	10:46.44	-	
100m					-	1:15.71	-	
100m					-	1:06.39	-	
200m			6.	2:27.81	399	2:28.09	100%	
		, 2013 (12)						
50m					-	39.75	-	2
100m			26.	1:22.02	163	1:27.87	115%	
200m					-	2:45.65	-	
400m			9.	6:19.57	174	6:34.67	108%	
800m					-	13:12.12	-	
200m					-	3:27.65	-	
100m					-	1:39.53	-	1
		, 2012 (13)						
50m			2.	33.34	433	34.21	105%	
		, 2016 (9)						-
200m					-	3:45.09	-	
200m					-	3:55.96	-	
100m					-	1:54.87	-	
50m					-	55.65	-	
100m					-	1:47.33	-	
200m			4.	4:11.00	81	4:05.87	96%	3
		, 2014 (11)						
100m			6.	1:11.85	342	1:25.43	141%	
50m			8.	40.85	235	41.95	105%	
100m					-	1:36.25	-	
200m					-	3:10.75	-	
100m					-	1:25.59	-	
200m			6.	2:54.28	339	3:10.43	119%	
400m					-	6:25.43	-	
		, 2011 (14)						3
100m			1.	1:03.13	504	1:05.32	107%	
50m			2.	38.31	406	39.38	106%	
100m					-	1:31.58	-	
50m					-	33.76	-	
100m					-	1:16.03	-	
200m			3.	2:45.56	396	3:00.53	119%	2
		, 2013 (12)						
100m			28.	1:25.73	143	1:32.12	115%	
200m					-	3:27.25	-	
800m					-	14:59.08	-	
100m					-	1:43.67	-	
200m					-	3:27.25	-	
200m			21.	3:26.02	147	3:30.29	104%	
		, 2016 (9)						
50m					-	50.48	-	4
100m			9.	1:32.32	161	1:35.36	107%	
200m					-	3:45.98	-	
50m			6.	49.19	134	55.48	127%	

50m	8.	54.69	139	56.91	108%	
100m			-	2:03.59	-	
100m			-	1:47.75	-	
200m	6.	3:39.18	170	3:49.40	110%	
, , 2010 (15),						
50m	5.	32.12	326	30.54	90%	
50m	2.	31.40	501	31.14	98%	
100m			-	1:10.91	-	
50m			-	28.95	-	
100m			-	1:04.05	-	
, , 2013 (12),						
800m			-	13:52.99	-	3
50m	6.	38.37	191	41.07	115%	
50m	10.	39.23	257	43.10	121%	
100m			-	1:32.04	-	
200m			-	3:27.02	-	
200m	13.	2:56.79	233	3:10.29	116%	
, , 2007 (18),						
50m			-	23.62	-	
100m	6.	54.33	562	53.09	95%	
50m			-	27.19	-	
100m	1.	1:01.05	477	1:00.42	98%	
100m			-	1:00.31	-	
200m	4.	2:23.34	438	2:11.37	84%	
, , 2009 (16),						
100m	2.	1:09.57	376	1:10.23	102%	1
50m			-	35.78	-	
100m	1.	1:22.29	262	1:17.44	89%	
100m			-	1:16.98	-	
, , 2013 (12),						
50m			-	37.04	-	2
100m	15.	1:12.96	232	1:21.19	124%	
200m			-	2:57.43	-	
400m	7.	5:50.88	221	6:12.07	112%	
800m			-	12:47.59	-	
100m			-	1:26.26	-	
200m			-	3:03.60	-	
, , 2014 (11),						
100m	27.	1:22.92	158	1:24.82	105%	2
800m			-	13:33.64	-	
100m			-	1:33.52	-	
200m			-	3:23.09	-	
50m			-	45.65	-	
200m	20.	3:13.05	179	3:24.32	112%	
, , 2014 (11),						
100m			-	1:37.55	-	
50m			-	40.85	-	
100m			-	1:21.71	-	
, , 2014 (11),						
50m	9.	41.31	227	41.89	103%	1
50m	6.	46.43	228	45.61	96%	
100m			-	1:38.68	-	
100m			-	1:33.27	-	
. -						
, , 2017 (8),						
50m			-	56.05	-	102
100m	7.	1:55.69	58	2:00.00	108%	2
50m	7.	57.18	57	1:06.04	133%	
100m			-	2:00.00	-	
, , 2009 (16),						
50m			-	26.21	-	1
100m	11.	57.86	465	58.30	102%	
50m			-	31.00	-	
100m			-	1:08.86	-	
, , 2015 (10),						
50m			-	40.00	-	1
100m	3.	1:18.16	188	1:24.11	116%	
50m			-	43.46	-	
100m			-	1:34.50	-	

							1
50m				-	29.00	-	
100m	10.	1:04.23	340	1:05.00		102%	
							2
100m	9.	1:01.44	388	2:00.00		381%	
50m	1.	31.07	517	32.40		109%	
100m			-	1:13.00		-	
200m			-	2:39.00		-	
50m			-	30.90		-	
100m			-	1:06.00		-	
							2
50m	6.	37.53	303	37.00		97%	
200m			-	2:45.00		-	
50m	2.	38.40	403	40.73		113%	
100m			-	1:26.17		-	
200m			-	3:01.00		-	
50m			-	35.00		-	
100m			-	1:18.08		-	
200m	4.	2:47.46	383	2:50.00		103%	
							1
50m			-	29.73		-	
100m	5.	1:02.72	365	1:05.35		109%	
200m			-	2:17.63		-	
400m	1.	4:50.94	388	4:48.17		98%	
800m			-	10:09.48		-	
1500m			-	21:00.00		-	
100m			-	1:16.56		-	
							1
50m			-	50.00		-	
100m	31.	1:34.42	107	2:00.00		162%	
50m	16.	52.14	76	50.00		92%	
50m	18.	54.40	96	50.00		84%	
100m			-	2:00.00		-	
100m			-	2:00.00		-	
							-
50m			-	42.00		-	
200m			-	3:50.00		-	
50m			-	47.00		-	
100m			-	1:40.00		-	
							3
800m			-	10:07.23		-	
50m	3.	31.76	337	35.00		121%	
50m	4.	33.40	416	34.42		106%	
100m			-	1:15.43		-	
200m			-	2:44.76		-	
100m			-	1:07.21		-	
200m	5.	2:25.65	417	2:29.31		105%	
							2
50m			-	51.35		-	
100m	19.	1:50.61	66	2:00.00		118%	
100m			-	2:00.00		-	
50m	5.	53.09	103	1:03.51		143%	
50m			-	1:00.00		-	
100m			-	2:00.00		-	
							-
50m			-	24.70		-	
50m			-	26.72		-	
							3
50m			-	24.56		-	
100m	2.	52.38	627	54.26		107%	
200m			-	1:56.42		-	
50m	2.	29.37	613	30.43		107%	
100m			-	1:00.56		-	
200m	1.	2:08.98	601	2:11.61		104%	
400m			-	4:39.43		-	
							4
50m			-	27.34		-	
100m	1.	58.89	441	1:01.09		108%	
100m			-	1:15.00		-	
50m	5.	36.35	323	44.80		152%	
50m			-	28.32		-	
100m	1.	1:05.83	380	1:07.16		104%	
100m			-	1:06.90		-	

200m		2.	2:29.57	385	5:00.00	402%	
	, , 2012 (13),						1
50m				-	33.50	-	
50m		4.	36.45	331	36.90	102%	
100m				-	1:18.01	-	
200m				-	2:53.76	-	
50m				-	35.01	-	
100m				-	1:19.30	-	
200m		7.	2:55.49	332	2:49.00	93%	
	, , 2015 (10),						2
100m		9.	1:31.98	115	1:35.99	109%	
100m				-	2:00.00	-	
200m				-	4:00.00	-	
200m		2.	3:42.82	116	3:54.92	111%	
	, , 2016 (9),						2
50m				-	48.44	-	
100m		14.	1:41.61	85	2:00.00	139%	
50m		5.	47.53	100	53.75	128%	
100m				-	2:00.00	-	
50m		8.	1:00.71	69	1:00.00	98%	
100m				-	2:00.00	-	
100m				-	2:00.00	-	
	, , 2014 (11),						-
50m				-	36.79	-	
200m				-	3:53.65	-	
100m				-	1:34.58	-	
200m				-	3:17.80	-	
	, , 2016 (9),						3
100m		17.	1:45.37	77	1:46.05	101%	
50m		8.	51.83	77	52.39	102%	
50m		3.	50.55	120	50.60	100%	
100m				-	1:56.43	-	
200m				-	4:00.00	-	
100m				-	1:45.00	-	
	, , 2017 (8),						-
50m				-	49.48	-	
50m				-	1:02.69	-	
	, , 2014 (11),						2
50m				-	35.84	-	
100m		7.	1:12.51	332	1:12.57	100%	
200m				-	2:36.07	-	
400m		2.	5:27.82	346	5:56.05	118%	
800m				-	11:48.93	-	
100m				-	1:29.61	-	
	, , 2016 (9),						3
50m				-	42.81	-	
100m		10.	1:32.11	115	1:35.00	106%	
50m		3.	45.64	113	50.24	121%	
100m				-	1:50.00	-	
50m		2.	50.41	121	54.23	116%	
50m				-	55.00	-	
100m				-	1:35.00	-	
	, , 2011 (14),						-
50m				-	31.03	-	
100m				-	1:16.00	-	
50m				-	32.51	-	
100m				-	1:14.50	-	
	, , 2017 (8),						2
50m				-	45.54	-	
100m		1.	1:31.37	118	1:43.87	129%	
50m		1.	43.17	134	49.43	131%	
100m				-	1:52.09	-	
50m				-	1:00.15	-	
	, , 2016 (9),						3
50m				-	55.00	-	
100m		11.	1:34.20	107	2:00.00	162%	
50m		4.	45.94	111	1:00.00	171%	
100m				-	2:00.00	-	
50m		4.	52.67	106	1:00.00	130%	
100m				-	2:00.00	-	
100m				-	2:00.00	-	

	, 2011 (14),						2
100m		4.	1:12.97	326	1:18.08	114%	
50m		3.	36.82	321	38.05	107%	
100m				-	1:24.10	-	
50m		3.	39.40	373	39.30	99%	
100m				-	1:29.40	-	
200m				-	3:15.00	-	
	, 2012 (13),						3
50m		1.	33.22	294	35.15	112%	
200m				-	2:50.60	-	
50m		3.	34.81	368	36.74	111%	
100m				-	1:20.40	-	
200m				-	2:55.72	-	
50m				-	35.34	-	
100m				-	1:12.60	-	
200m		6.	2:41.27	307	2:41.71	101%	
	, 2008 (17),						2
50m				-	23.70	-	
100m		2.	52.38	627	53.59	105%	
200m				-	2:02.47	-	
50m				-	27.90	-	
100m				-	1:01.37	-	
200m		2.	2:15.26	521	2:18.99	106%	
	, 2012 (13),						3
50m				-	37.11	-	
100m		19.	1:15.16	212	1:32.07	150%	
50m		11.	40.79	159	44.52	119%	
50m		16.	45.47	165	48.73	115%	
100m				-	1:45.00	-	
200m				-	3:50.00	-	
100m				-	1:34.19	-	
	, 2012 (13),						1
50m				-	29.00	-	
100m		4.	1:02.67	366	1:04.78	107%	
200m				-	2:19.52	-	
400m		2.	4:59.58	355	4:55.00	97%	
800m				-	10:18.92	-	
100m				-	1:10.66	-	
200m				-	2:44.12	-	
	, 2016 (9),						1
50m				-	45.69	-	
100m				-	1:38.20	-	
200m				-	3:25.25	-	
50m				-	45.89	-	
200m		5.	3:26.93	203	3:44.54	118%	
	, 2016 (9),						2
50m				-	35.83	-	
100m		2.	1:16.11	287	1:18.70	107%	
100m				-	1:28.16	-	
50m				-	47.20	-	
200m		2.	3:12.27	253	3:26.57	115%	
	, 2011 (14),						-
100m				-	1:30.00	-	
50m				-	34.40	-	
100m				-	1:14.34	-	
	, 2017 (8),						3
50m				-	51.99	-	
100m		3.	1:44.56	78	2:00.00	132%	
50m		4.	51.05	81	53.00	108%	
100m				-	2:00.00	-	
50m		1.	57.52	81	1:08.00	140%	
50m				-	1:00.00	-	
	, 2009 (16),						2
50m				-	28.80	-	
100m		1.	1:03.42	497	1:03.77	101%	
50m				-	33.00	-	
100m				-	1:15.25	-	
200m		2.	2:43.00	415	2:45.00	102%	
	, 2010 (15),						-
200m				-	2:09.80	-	
800m				-	9:22.00	-	
100m				-	1:20.00	-	
100m				-	1:09.10	-	

	, , 2012 (13),								2
100m		2.	1:03.52	495	1:04.30		102%		
200m				-	2:25.00		-		
800m				-	9:57.40		-		
200m				-	2:28.12		-		
50m				-	31.40		-		
100m		1.	1:09.83	430	1:14.70		114%		
100m				-	1:09.22		-		
	, , 2010 (15),								3
400m		1.	4:52.36	488	5:07.76		111%		
1500m				-	19:49.36		-		
50m		1.	33.50	607	34.48		106%		
100m				-	1:14.56		-		
200m				-	2:43.58		-		
100m		1.	1:08.28	460	1:10.39		106%		
100m				-	1:08.86		-		
400m				-	5:30.56		-		
	, , 2016 (9),								-
50m				-	42.35		-		
100m				-	1:50.00		-		
200m				-	3:50.00		-		
50m				-	50.00		-		
	, , 2015 (10),								2
100m		8.	1:30.96	119	1:33.88		107%		
50m		1.	44.65	174	46.89		110%		
100m				-	1:41.45		-		
200m				-	4:00.00		-		
	, , 2012 (13),								3
50m				-	30.25		-		
100m		8.	1:05.73	317	1:07.46		105%		
200m				-	2:35.42		-		
400m		4.	5:24.01	281	5:42.06		111%		
800m				-	11:31.68		-		
50m		9.	38.98	262	40.81		110%		
200m				-	3:21.79		-		
	, , 2016 (9),								2
50m				-	45.09		-		
100m		10.	1:35.71	144	1:41.49		112%		
50m		5.	48.31	142	48.09		99%		
100m				-	1:46.79		-		
50m		9.	56.99	123	1:00.00		111%		
50m				-	1:00.00		-		
100m				-	1:52.01		-		
	, , 2014 (11),								2
50m				-	38.91		-		
100m		29.	1:26.39	139	1:29.73		108%		
50m		15.	45.25	116	49.39		119%		
100m				-	1:40.00		-		
	, , 2016 (9),								1
50m				-	37.23		-		
100m				-	1:25.22		-		
200m				-	3:04.90		-		
50m				-	41.00		-		
200m		4.	3:15.07	242	3:36.54		123%		
	, , 2014 (11),								2
200m				-	2:22.87		-		
400m		1.	4:49.38	503	4:53.56		103%		
1500m				-	20:13.02		-		
100m		2.	1:12.24	388	1:15.00		108%		
400m				-	5:45.00		-		
	, , 2011 (14),								3
50m				-	25.86		-		
100m		4.	56.80	491	58.46		106%		
800m				-	10:41.40		-		
50m		2.	31.13	358	32.45		109%		
100m				-	1:05.73		-		
200m				-	2:36.69		-		
100m				-	1:04.97		-		
200m		4.	2:22.93	442	2:35.00		118%		
	, , 2013 (12),								-
50m				-	28.88		-		
100m		6.	1:03.48	352	NT		-		
50m				-	30.00		-		

100m			-	1:11.40	-	
, , 2012 (13),						2
50m			-	31.48	-	
100m	11.	1:07.23	296	1:07.44	101%	
50m	4.	35.71	341	36.80	106%	
100m			-	1:21.61	-	
200m			-	3:07.41	-	
100m			-	1:17.31	-	
, , 2017 (8),						3
50m			-	54.52	-	
100m	2.	1:44.32	79	2:02.75	138%	
50m	3.	49.63	88	57.23	133%	
100m			-	2:02.55	-	
50m	2.	58.51	77	1:00.00	105%	
50m			-	1:00.00	-	
, , 2014 (11),						2
800m			-	10:51.18	-	
50m	3.	34.59	388	34.58	100%	
100m			-	1:12.27	-	
200m			-	2:30.89	-	
50m	3.	38.44	402	49.04	163%	
50m			-	32.55	-	
200m	2.	2:37.19	463	2:46.86	113%	
, , 2010 (15),						4
50m			-	25.81	-	
100m	1.	55.45	528	57.10	106%	
200m			-	2:07.79	-	
50m	1.	29.57	418	31.00	110%	
50m	3.	33.12	427	33.90	105%	
50m			-	28.80	-	
100m			-	1:03.80	-	
200m	1.	2:16.32	509	2:20.16	106%	
, , 2011 (14),						1
50m			-	26.00	-	
200m			-	2:10.00	-	
400m	1.	4:31.56	477	4:43.00	109%	
800m			-	9:25.00	-	
1500m			-	18:15.00	-	
, , 2017 (8),						1
50m			-	1:00.00	-	
50m	3.	59.64	75	1:00.00	101%	
, , 2011 (14),						2
100m	3.	56.58	497	57.35	103%	
50m			-	26.59	-	
100m	1.	1:00.04	501	59.90	100%	
100m			-	1:02.62	-	
200m	3.	2:21.08	459	5:00.00	452%	
400m			-	5:09.00	-	
, , 2015 (10),						2
50m			-	41.11	-	
100m	16.	1:44.52	78	1:50.00	111%	
50m	9.	53.39	71	59.08	122%	
100m			-	2:00.00	-	
50m	9.	1:01.91	65	1:00.00	94%	
100m			-	2:00.00	-	
, , 2012 (13),						2
50m			-	29.26	-	
100m	1.	1:02.79	512	1:06.59	112%	
800m			-	10:20.78	-	
100m			-	1:11.98	-	
200m			-	2:40.46	-	
100m			-	1:12.60	-	
200m	1.	2:35.84	475	2:44.01	111%	
, , 2012 (13),						3
100m	3.	1:02.43	370	1:06.30	113%	
200m			-	2:40.30	-	
800m			-	11:06.40	-	
50m	1.	31.64	490	32.55	106%	
100m			-	1:10.48	-	
200m			-	2:36.56	-	
200m	1.	2:23.07	440	2:36.70	120%	
, .-1						1

50m	, , 2016 (9),			-	1:00.00	-	1
50m		10.	59.61	51	1:00.00	101%	
							11
50m	, , 2008 (17),			-	23.50	-	-
50m				-	27.90	-	
200m	, , 2007 (18),			-	2:50.00	-	1
200m				-	2:20.00	-	
200m		1.	2:23.21	612	2:23.50	100%	
400m				-	5:05.60	-	
50m	, , 2009 (16),	2.	27.31	530	27.50	101%	1
100m				-	58.20	-	
200m				-	2:05.80	-	
50m	, , 2009 (16),			-	25.40	-	1
100m		7.	54.84	546	56.00	104%	
50m	, , 2008 (17),			-	25.00	-	1
50m		4.	29.38	426	30.00	104%	
50m				-	30.00	-	
100m	, , 2009 (16),						1
200m		8.	54.91	544	55.90	104%	
100m				-	2:00.00	-	
200m		3.	2:16.97	502	59.40	-	
					2:15.00	97%	
50m	, , 2009 (16),	3.	28.44	469	28.20	98%	-
50m		1.	29.17	625	29.00	99%	
100m				-	1:06.00	-	
100m				-	58.00	-	
50m	, , 2009 (16),			-	24.80	-	1
100m		4.	52.43	625	54.40	108%	
50m				-	25.90	-	
100m				-	1:02.50	-	
50m	, , 2009 (16),			-	25.50	-	1
100m		9.	57.22	481	58.60	105%	
100m				-	1:04.25	-	
50m	, , 2011 (14),			-	27.60	-	2
100m		7.	1:00.45	408	1:04.50	114%	
800m				-	11:00.00	-	
50m		7.	33.50	287	35.00	109%	
50m				-	35.50	-	
100m				-	1:13.00	-	
50m	, , 2005 (20),			-	24.00	-	1
100m		1.	53.37	593	53.00	99%	
50m		1.	26.97	550	27.50	104%	
100m				-	58.00	-	
50m				-	26.00	-	
50m	, , 2008 (17),			-	24.90	-	-
100m		5.	54.01	572	53.98	100%	
50m				-	26.80	-	
100m				-	1:02.62	-	
50m	, , 2009 (16),			-	26.90	-	1
100m		10.	57.37	477	59.20	106%	
200m				-	2:09.25	-	
100m				-	1:04.75	-	

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50m	,	, 2017 (8),							1
50m			11.	58.45	-	1:00.34	-		
50m		, 2017 (8),			54	1:04.55	122%		-
50m					-	59.51	-		
50m		, 2017 (8),	14.	1:04.97	39	1:04.55	99%		1
50m					-	1:02.05	-		
50m		, 2017 (8),	4.	1:03.88	61	1:12.55	129%		2
50m					-	47.72	-		
50m		, 2017 (8),	1.	48.44	141	57.05	139%		
50m			2.	56.38	127	1:11.05	159%		-
50m		, 2017 (8),			-	55.05	-		
50m			16.	1:08.71	33	1:01.50	80%		1
50m		, 2017 (8),			-	1:06.50	-		
50m			5.	1:05.63	56	1:15.70	133%		1
50m		, 2017 (8),			-	42.52	-		
50m			2.	49.50	89	59.60	145%		-
50m		, 2018 (7),			-	54.55	-		
50m			2.	1:02.37	44	1:01.50	97%		-
50m		, 2016 (9),			-	54.52	-		
50m		, 2017 (8),			-	56.33	-		1
50m			12.	1:01.60	46	1:03.00	105%		-
50m		, 2017 (8),			-	1:17.00	-		
50m		, 2017 (8),			-	1:20.52	-		1
50m			9.	57.24	57	1:14.55	170%		2
50m		, 2018 (7),			-	50.05	-		
50m			1.	52.34	112	59.01	127%		
50m			2.	1:00.51	103	1:05.05	116%		-
50m		, 2018 (7),			-	1:02.50	-		
50m			3.	1:11.25	29	1:03.11	78%		1
50m		, 2018 (7),			-	59.21	-		
50m			3.	55.33	94	1:04.50	136%		
50m			5.	1:10.55	65	1:10.00	98%		1
50m		, 2017 (8),			-	53.10	-		
50m			6.	55.00	64	1:01.00	123%		1
50m		, 2017 (8),			-	57.41	-		
50m			10.	57.71	56	1:02.55	117%		-
50m		, 2017 (8),			-	56.84	-		
50m		, 2018 (7),			-	42.50	-		2
50m			4.	59.84	74	1:01.00	104%		
50m			1.	56.88	124	1:10.00	151%		
50m					-	1:07.00	-		1
50m		, 2017 (8),			-	58.88	-		
50m			8.	57.23	57	1:02.45	119%		1
50m		, 2018 (7),			-	59.50	-		
50m			5.	1:02.59	65	1:02.55	100%		
50m			3.	1:04.35	85	1:05.05	102%		-
50m		, 2017 (8),			-	1:01.45	-		
50m			15.	1:06.31	37	1:03.20	91%		

50m	,	, 2018 (7),							1
50m			2.	54.25	-	52.81	-		
50m			4.	1:04.68	100	58.20	115%		
					84	1:03.00	95%		
50m	,	, 2017 (8),							1
50m			5.	52.99	-	57.20	-		
50m					72	1:02.55	139%		
50m	,	, 2017 (8),							1
50m			2.	51.19	-	52.22	-		
50m			4.	1:05.16	119	58.50	131%		
50m					82	1:05.05	100%		
50m	,	, 2017 (8),							1
50m			13.	1:04.29	-	1:00.34	-		
50m					40	1:04.55	101%		
50m	,	, 2017 (8),							-
50m						59.50	-		
50m	,	, 2018 (7),							1
50m			1.	58.80	-	1:03.70	-		
50m					53	1:10.55	144%		