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1. , 400m

1.	,	2001	.	<b>4:23.68</b>	720
2.	,	2008	.	<b>4:25.20</b>	708
3.	,	2008	.	+0.72 <b>4:46.97</b>	559

2. , 400m

1.	,	2002	.	<b>4:01.59</b>	755
2.	,	2007	.	+0.47 <b>4:10.52</b>	677
3.	,	2008	.	+0.47 <b>4:24.68</b>	574

3. , 50m

1.	,	2009	.	<b>28.85</b>	607
2.	,	2007	.	<b>29.81</b>	550
3.	,	2007	.	<b>30.27</b>	525

4. , 50m

1.	,	2000	.	<b>24.87</b>	718
2.	,	2007	.	<b>25.71</b>	649
3.	,	2007	.	<b>27.28</b>	544

5. , 50m

1.	,	2009	-	<b>29.25</b>	784
2.	,	2009	.	<b>32.36</b>	579
3.	,	2008	.	<b>33.11</b>	541

6. , 50m

1.	,	2001	-	<b>27.12</b>	668
2.	,	2007	.	<b>28.54</b>	573
3.	,	2002	.	<b>28.93</b>	550

7. , 100m

1.	,	2005	.	<b>1:17.03</b>	577
2.	,	2008	.	<b>1:17.26</b>	571
3.	,	2008	.	+0.35 <b>1:17.34</b>	570

8. , 100m

1.	,	1998	.	+0.23 <b>1:06.45</b>	627
2.	,	2007	.	+0.48 <b>1:08.34</b>	576
3.	,	2008	.	+0.31 <b>1:08.65</b>	568

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9. , 100m

1.	,	2009	-	+0.23	<b>56.67</b>	759
2.	,	I 2009			<b>1:01.01</b>	608
3.	,	2007	-		<b>1:01.04</b>	607

10. , 100m

1.	,	2001			<b>52.31</b>	718
2.	,	2007	.	+0.24	<b>53.96</b>	654
3.	,	2007	-	+0.31	<b>54.10</b>	649

11. , 200m

1.	,	2001	.	+0.31	<b>2:28.75</b>	549
2.	,	I 2009	.		<b>2:47.05</b>	387
3.	,	II 2008		+0.64	<b>2:51.25</b>	359

12. , 200m

1.	,	2007	.	+0.39	<b>2:05.30</b>	682
2.	,	2007		+0.37	<b>2:11.45</b>	591

13. , 200m

1.	,	2009			<b>2:31.72</b>	537
2.	,	2008			<b>2:33.02</b>	523
3.	,	II 2009	.		<b>2:37.73</b>	478

14. , 200m

1.	,	I 2007	.		<b>2:17.33</b>	541
2.	,	I 2008	.		<b>2:18.83</b>	523
3.	,	I 2008			<b>2:20.30</b>	507

15. , 200m

1.	,	2009		+0.37	<b>2:24.32</b>	667
2.	,	2007	.		<b>2:28.19</b>	616
3.	,	2008	.	+0.34	<b>2:37.30</b>	515

16. , 200m

1.	,	2001	.	+0.28	<b>2:16.27</b>	585
2.	,	2007	.	+0.31	<b>2:17.24</b>	573
3.	,	2005		+0.35	<b>2:18.63</b>	556

17. , 800m

1.	,	2001	.		<b>8:57.97</b>	731
2.	,	2008	.		<b>8:58.91</b>	727
3.	,	I 2008	.	+0.68	<b>9:49.62</b>	555

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33. , 800m

1.	,	2002	.	+0.50	<b>8:21.79</b>	731
2.	,	2007	.	+0.60	<b>8:39.76</b>	658
3.	,	2008	.	+0.47	<b>9:11.73</b>	550

18. , 50m

1.	,	2009	-		<b>26.18</b>	739
2.	,	2007	-		<b>27.83</b>	615
3.	,	2009			<b>28.46</b>	575

19. , 50m

1.	,	2007	-		<b>24.07</b>	655
2.	,	2007	.		<b>24.32</b>	635
3.	,	2007	.		<b>25.72</b>	537

20. , 50m

1.	,	2008			<b>35.25</b>	574
2.	,	2005			<b>35.39</b>	567
3.	,	2007	.		<b>35.94</b>	541

21. , 50m

1.	,	1998			<b>29.94</b>	651
2.	,	2005			<b>31.38</b>	565
3.	,	2007	.		<b>32.49</b>	509

22. , 100m

1.	,	2009	-		<b>1:05.09</b>	687
2.	,	2009			<b>1:10.40</b>	543
3.	,	2008			<b>1:10.82</b>	533

23. , 100m

1.	,	2001	-		<b>58.75</b>	677
2.	,	2007	.		<b>59.30</b>	658
3.	,	2007	.		<b>1:02.54</b>	561

26. , 200m

1.	,	2001	.	+0.32	<b>2:08.65</b>	677
2.	,	2008	.		<b>2:09.66</b>	661
3.	,	2007	.	+0.33	<b>2:15.14</b>	584

27. , 200m

1.	,	2002	.	+0.31	<b>1:55.01</b>	697
2.	,	2007	.	+0.50	<b>2:02.78</b>	573
3.	,	2008	.		<b>2:03.74</b>	560

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24. , 100m

1.	,	2009	+0.36	<b>1:04.70</b>	630
2.	,	2007		<b>1:08.18</b>	538
3.	,	2009	+0.63	<b>1:12.37</b>	450

25. , 100m

1.	,	2007	+0.34	<b>58.07</b>	617
2.	,	2007	+0.61	<b>58.09</b>	616
3.	,	1998	+0.25	<b>58.77</b>	595

28. , 200m

1.	,	2008		<b>2:47.05</b>	575
2.	,	2005		<b>2:51.19</b>	534
3.	,	2007	+0.34	<b>2:55.39</b>	497

29. , 200m

1.	,	2008	+0.31	<b>2:25.90</b>	643
2.	,	2008	+0.48	<b>2:27.93</b>	617
3.	,	2007	+0.60	<b>2:30.23</b>	589

30. , 400m

1.	,	2007		<b>5:22.36</b>	564
2.	,	2009	+0.46	<b>5:26.04</b>	545
3.	,	2009	+0.56	<b>5:36.82</b>	494

31. , 400m

1.	,	2005	+0.33	<b>5:01.44</b>	529
2.	,	2005	+0.49	<b>5:12.76</b>	473
3.	,	2007	+0.32	<b>5:20.52</b>	440

34. , 1500m

1.	,	2001	+0.34	<b>17:03.20</b>	728
2.	,	2008		<b>17:11.15</b>	711
3.	,	2008	+0.27	<b>18:48.95</b>	542

32. , 1500m

1.	,	2002	+0.31	<b>15:54.61</b>	759
2.	,	2007	+0.52	<b>16:27.43</b>	686
3.	,	2008	+0.37	<b>17:45.49</b>	546