

## 1. , 100m

1.	2000	-	-	<b>49.44</b>	854
2.	1989	-		<b>49.74</b>	838
3.	1989		- 1	<b>50.67</b>	793

## 2. , 100m

1.	1994	-		<b>56.70</b>	758
2.	2002			<b>57.16</b>	740
3.	2003			<b>57.36</b>	732

## 3. , 200m

1.	1996	-		<b>1:59.00</b>	805
2.	2001	-		<b>2:04.27</b>	707
3.	2004			<b>2:04.52</b>	703

## 4. , 200m

1.	2000			<b>2:17.70</b>	692
2.	2006			<b>2:18.76</b>	676
3.	2005	-		<b>2:20.09</b>	657

## 5. , 200m

1.	1996			<b>1:56.89</b>	877
2.	1996			<b>2:03.65</b>	741
3.	1999			<b>2:05.51</b>	709

## 6. , 200m

1.	2001	-	-	<b>2:17.88</b>	716
2.	2005			<b>2:20.24</b>	680
3.	2004			<b>2:22.23</b>	652
3.	2006	-		<b>2:22.23</b>	652

## 7. , 50m

1.	1998			<b>27.70</b>	822
2.	2001		- 1	<b>27.73</b>	819
3.	1996			<b>28.27</b>	773

## 8. , 50m

1.		1997		<b>30.55</b>	891
2.		2003		<b>31.99</b>	776
2.		2003		<b>31.99</b>	776

## 9. , 4 x 100m

1.	- 1		- 1	<b>3:22.88</b>	798
2.	-		-	<b>3:27.47</b>	746
3.				<b>3:27.57</b>	745

## 10. , 4 x 100m

1.	-		-	<b>3:54.13</b>	722
2.				<b>3:54.16</b>	721
3.				<b>3:54.24</b>	721

## 11. , 800m

1.		2004		<b>8:59.04</b>	727
2.		2004	-	<b>9:08.45</b>	690
3.		2003		<b>9:11.03</b>	680

## 12. , 1500m

1.		2000	-	<b>15:44.41</b>	784
2.		1998	-	<b>15:45.57</b>	781
3.		2000		<b>16:05.31</b>	734

## 13. , 100m

1.		1998	-	<b>52.99</b>	815
2.		1996	-	<b>53.64</b>	785
3.		2000	-	<b>54.80</b>	737

## 14. , 100m

1.		2001	-	<b>1:01.67</b>	728
2.		1997		<b>1:02.05</b>	714
3.		2006		<b>1:02.99</b>	683

## 15. , 200m

1.		1996		<b>1:49.49</b>	808
2.		2000	-	<b>1:49.78</b>	802
3.		2000	-	<b>1:50.56</b>	785

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16.	, 200m				
1.		2006		<b>2:04.59</b>	745
2.		2005		<b>2:06.76</b>	708
3.		2003		<b>2:07.15</b>	701
17.	, 200m				
1.		1996		<b>2:17.77</b>	767
2.		2003	-	<b>2:23.27</b>	682
3.		2004		<b>2:24.89</b>	659
18.	, 200m				
1.		2003		<b>2:31.09</b>	780
2.		2003		<b>2:38.01</b>	682
3.		2005		<b>2:40.70</b>	648
19.	, 400m				
1.		2000		<b>4:20.60</b>	
2.		1995		<b>4:30.39</b>	
3.		1994		<b>4:30.95</b>	
20.	, 400m				
1.		2003		<b>4:48.94</b>	
2.		2002		<b>4:58.64</b>	
3.		2000		<b>5:00.53</b>	
21.	, 50m				
1.		1996		<b>25.22</b>	861
2.		1989	-	<b>25.25</b>	858
3.		1998		<b>26.30</b>	759
22.	, 50m				
1.		2001	-	<b>29.96</b>	730
2.		2004	-	<b>29.97</b>	729
3.		2004		<b>30.11</b>	719
23.	, 4 x 200m				
1.				<b>7:38.24</b>	762
2.	-		-	<b>7:40.05</b>	753
3.		- 1		<b>7:54.83</b>	684

## 24. , 4 x 200m

1.				<b>8:33.12</b>	727
2.				<b>8:39.47</b>	701
3.				<b>8:57.99</b>	631

## 25. , 800m

1.	1998	-		<b>8:13.57</b>	768
2.	1998	-		<b>8:13.69</b>	768
3.	2000	-		<b>8:15.95</b>	757

## 26. , 1500m

1.	2004			<b>17:16.64</b>	700
2.	2003			<b>17:28.73</b>	676
3.	2004	-		<b>17:33.39</b>	667

## 27. , 50m

1.	1989	-		<b>22.76</b>	775
2.	2000	-		<b>23.03</b>	748
3.	2000	-		<b>23.08</b>	743

## 28. , 50m

1.	1994	-		<b>26.08</b>	747
2.	2003			<b>26.50</b>	712
3.	2005			<b>26.60</b>	704

## 29. , 100m

1.	1998			<b>1:00.97</b>	811
2.	1992		- 1	<b>1:01.52</b>	790
3.	2001		- 1	<b>1:01.54</b>	789

## 30. , 100m

1.	1997			<b>1:07.51</b>	857
2.	2003			<b>1:09.31</b>	792
3.	2003			<b>1:11.34</b>	726

## 31. , 100m

1.	1996			<b>53.80</b>	895
2.	2000			<b>54.19</b>	875
3.	1996			<b>56.24</b>	783

## 32. , 100m

1.	2001	-	-	<b>1:03.46</b>	746
2.	2006	-		<b>1:04.61</b>	707
3.	2003			<b>1:05.31</b>	684

## 33. , 200m

1.	1994			<b>2:04.94</b>	
2.	1998	-		<b>2:07.49</b>	
3.	2001	-		<b>2:08.02</b>	

## 34. , 200m

1.	2003			<b>2:15.84</b>	
2.	2002			<b>2:18.38</b>	
3.	2000			<b>2:22.68</b>	

## 35. , 400m

1.	2000	-		<b>3:52.90</b>	843
2.	2000		-	<b>4:00.53</b>	765
3.	2000			<b>4:02.13</b>	750

## 36. , 400m

1.	2004			<b>4:22.80</b>	728
2.	2004		-	<b>4:24.52</b>	714
3.	2004			<b>4:26.51</b>	698

## 37. , 50m

1.	1989	-		<b>24.21</b>	778
2.	2000	-		<b>24.41</b>	759
3.	1998			<b>24.48</b>	752

## 38. , 50m

1.	1997			<b>26.84</b>	754
2.	2001	-		<b>27.51</b>	700
3.	2006			<b>28.12</b>	655

## 39. , 4 100

1.		- 1		- 1	<b>3:44.65</b>
2.					<b>3:45.33</b>
3.	-		-		<b>3:45.78</b>

40. , 4 100m

1.	-	-	<b>4:15.34</b>
2.			<b>4:17.23</b>
3.			<b>4:24.68</b>

