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1. 50m

1.	2001		30.72	602
2.	2002	-	31.47	560
3.	2004	-	31.50	559

1. 50m (17-18)

1.	2002	-	31.47	560
2.	2002		31.55	556
3.	2003	-	31.89	538

3. 100m

1.	1993		55.86	709
2.	2002		57.13	663
3.	1993	-	57.93	636

3. 100m (17-18)

1.	2002		57.13	663
2.	2003		59.28	593
3.	2003		1:04.03	471

5. 200m

1.	1998	-	1:55.08	696
2.	2002		1:57.84	648
3.	2003		1:58.13	643

5. 200m (17-18)

1.	2002		1:57.84	648
2.	2003		1:58.13	643
3.	2003		2:00.90	600

7. 100m

1.	1996		57.33	739
2.	2004	-	1:00.75	621
3.	1993	-	1:00.98	614

7. 100m (17-18)

1.	2003	-	1:02.58	568
2.	2003	-	1:03.21	551
3.	2002		1:04.16	527

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9. 1500m

1.	1998		17:14.48	596
2.	2001	-	17:20.44	586
3.	2001		17:42.34	551

9. 1500m (17-18)

1.	2003		17:45.42	546
2.	2003		18:04.17	518
3.	2003		18:45.50	463

10. 50m

1.	1996		26.88	711
2.	1993	-	27.61	656
3.	2004	-	27.69	651

10. 50m (17-18)

1.	2002		28.21	615
2.	2003	-	29.03	565
3.	2002		29.09	561

12. 400m

1.	2002		4:08.07	698
2.	2003		4:11.84	667
3.	1996		4:18.85	614

12. 400m (17-18)

1.	2002		4:08.07	698
2.	2003		4:11.84	667
3.	2003	-	4:21.65	595

14. 400m

1.	1998	-	4:41.08	652
2.	2004	-	4:51.88	583
3.	2003	-	4:57.91	548

14. 400m (17-18)

1.	2003	-	4:57.91	548
2.	2003		5:17.57	452
3.	2002		5:26.66	415

16. 200m

1.	1993		2:06.36	687
2.	2003		2:11.61	608
3.	2002		2:12.62	594

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16. 200m (17-18)

1.	2003		2:11.61	608
2.	2002		2:12.62	594
3.	2003		2:19.57	509

101. 4 x 200m

1.	1		8:04.42	645
2.	- 1	-	8:13.31	610
3.	1		8:22.91	576

18. 50m

1.	1993		25.34	678
2.	1999	-	26.34	604
3.	1993	-	26.40	600

18. 50m (17-18)

1.	2002		26.41	599
2.	2002		26.97	563
3.	2003		27.27	544

20. 100m

1.	1998	-	52.33	720
2.	1999	-	53.52	673
3.	2001	-	53.58	671

20. 100m (17-18)

1.	2003		53.99	655
2.	2003	-	54.05	653
3.	2002		54.56	635

22. 200m

1.	2001		2:22.90	696
2.	2003	-	2:28.19	624
3.	2004	-	2:28.93	615

22. 200m (17-18)

1.	2003	-	2:28.19	624
2.	2003	-	2:31.02	590
3.	2003		2:35.63	539

24. 200m

1.	2004	-	2:11.92	610
2.	2003	-	2:15.16	567
3.	2003	-	2:16.64	549

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24. 200m					(17-18)
1.		2003	-	2:15.16	567
2.		2003	-	2:16.64	549
3.		2003		2:17.45	539
102. 4 x 100m					
1.	1			3:34.64	674
2.	- 1		-	3:35.80	663
3.	2			3:39.94	626
27. 50m					
1.		1993		24.05	657
2.		1998	-	24.12	651
3.		1999	-	24.37	631
27. 50m					(17-18)
1.		2003		24.76	602
2.		2002		24.78	600
3.		2003		25.07	580
29. 100m					
1.		2001		1:06.78	625
2.		2003	-	1:08.74	573
3.		1999	-	1:09.08	564
29. 100m					(17-18)
1.		2003	-	1:08.74	573
2.		2003	-	1:10.35	534
3.		2002	-	1:11.05	519
31. 200m					
1.		1998	-	2:11.90	645
2.		2004	-	2:11.95	644
3.		2001	-	2:13.82	618
31. 200m					(17-18)
1.		2003	-	2:17.75	566
2.		2002		2:17.93	564
3.		2003		2:19.08	550
104. 4 x 100m					
1.	1			3:55.41	682
2.	- 1		-	4:01.38	633
3.	2			4:08.56	579

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34. 800m

1.	2002	8:41.39	652
2.	2003	8:43.60	643
3.	2003	8:57.91	593

34. 800m

(17-18)

1.	2002	8:41.39	652
2.	2003	8:43.60	643
3.	2003	8:57.91	593

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2. 50m

1.	2005	-	34.10	640
2.	2004		34.55	616
3.	2003	-	35.30 I	577

2. 50m

(15-17)

1.	2005	-	34.10	640
2.	2004		34.55	616
3.	2003	-	35.30 I	577

4. 200m

1.	2000		2:18.41	681
2.	2006		2:31.82 I	516
3.	2003		2:41.79 II	426

4. 200m

(15-17)

1.	2003		2:41.79 II	426
2.	2005 II	-	2:44.75 II	404
3.	2005 I	-	3:00.25 III	308

6. 100m

1.	2000	-	59.87	644
2.	2002	-	1:00.83	614
3.	2006	-	1:00.93	611

6. 100m

(15-17)

1.	2004		1:01.41	597
2.	2004		1:02.58 I	564
3.	2004	-	1:02.60 I	563

8. 200m

1.	1998	-	2:26.13	611
2.	2004		2:29.03	576
3.	2005		2:30.74 I	557

8. 200m

(15-17)

1.	2004		2:29.03	576
2.	2005		2:30.74 I	557
3.	2004	-	2:31.45 I	549

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100. 4 x 200m

1.	1			9:15.54	575
2.		- 1		9:21.00	558
3.	1			9:29.52	534

11. 50m

1.	2003	-		30.65	682
2.	2004		-	31.22	645
3.	1998			31.40	634

11. 50m (15-17)

1.	2003	-		30.65	682
2.	2004		-	31.22	645
3.	2004			31.42	633

13. 400m

1.	2002	-		5:23.03	560
2.	2003			5:25.74	546
3.	2006			5:30.90	521

13. 400m (15-17)

1.	2003			5:25.74	546
2.	2005		-	5:50.58	438
3.	2005			5:59.53	406

15. 200m

1.	2005	-		2:41.48	639
2.	2005			2:44.77	601
3.	2004			2:45.04	598

15. 200m (15-17)

1.	2005	-		2:41.48	639
2.	2005			2:44.77	601
3.	2004			2:45.04	598

17. 800m

1.	2000			9:26.67	626
2.	2004			9:55.35	539
3.	2002			10:03.67	517

17. 800m (15-17)

1.	2004			9:55.35	539
2.	2003		-	10:04.94	514
3.	2005			10:28.45	459

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19. 50m

1.	2004	-	27.96	667
2.	2002	-	29.99	540
3.	2004		30.06	536

19. 50m (15-17)

1.	2004	-	27.96	667
2.	2004		30.06	536
3.	2004		30.31	523

21. 200m

1.	2000	-	2:09.50	664
2.	2000		2:09.52	663
3.	2003		2:16.36	568

21. 200m (15-17)

1.	2003		2:16.36	568
2.	2003		2:17.96	549
3.	2005	-	2:21.03	514

23. 100m

1.	2003	-	1:06.52	662
2.	1998	-	1:06.72	656
3.	2006	-	1:07.22	642

23. 100m (15-17)

1.	2003	-	1:06.52	662
2.	2004	-	1:07.50	634
3.	2004		1:07.89	623

25. 100m

1.	2005	-	1:13.15	673
2.	2006	-	1:15.44	614
3.	2004		1:15.49	613

25. 100m (15-17)

1.	2005	-	1:13.15	673
2.	2004		1:15.49	613
3.	2004		1:18.53	544

103. 4 x 100m

1.	- 1	-	4:08.97	600
2.	- 1	-	4:09.78	594
3.	1		4:12.24	577

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26. 1500m

1.	2002	I		18:56.97	I	530
2.	2004			18:57.74	I	529
3.	2003	I	-	19:17.39	I	503

26. 1500m (15-17)

1.	2004			18:57.74	I	529
2.	2003	I	-	19:17.39	I	503
3.	2005	I	-	20:52.19	II	397

28. 50m

1.	2004		-	27.50		637
2.	2000		-	27.69	I	624
3.	2005			28.26	I	587

28. 50m (15-17)

1.	2004		-	27.50		637
2.	2005			28.26	I	587
3.	2005		-	28.49	I	573

30. 100m

1.	2006		-	1:07.02	I	567
2.	2004			1:07.04	I	566
3.	2002			1:08.32	I	535

30. 100m (15-17)

1.	2004			1:07.04	I	566
2.	2004			1:09.80	I	502
3.	2003			1:11.05	I	476

32. 200m

1.	2004		-	2:20.06		730
2.	2000			2:21.93		701
3.	2005		-	2:29.58		599

32. 200m (15-17)

1.	2004		-	2:20.06		730
2.	2005		-	2:29.58		599
3.	2005		-	2:34.38	I	545

33. 400m

1.	2002	I		4:48.11	I	552
2.	2004			4:50.97	I	536
3.	2006	I		4:51.98	I	531

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33. 400m (15-17)

1.	2004	4:50.97 I	536
2.	2003 I	5:03.42 II	473
3.	2005 I	5:04.94 II	466

105. 4 x 100m

1.	1	4:33.35	607
2.	- 1	4:35.14	596
3.	1	4:36.39	587