

		800 m	1000 m	1'500 m	3'000 m	5'000 m	10'000 m	10 km Strasse	Halbmarathon
1996	Schüler C / U10		3:51,86						
1997	Schüler C / U10								
1998	Schüler B / U12		3:18,30		10:41,92				
1999	Schüler B / U12		3:14,01		10:27,91				
2000	Schüler A / U14		3:06,92		10:49,05				
2001	Schüler A / U14		2:55,61		9:59,92				
2002	Jugend B / U16		2:47,20		9:49,69				
2003	Jugend B / U16		2:41,56		9:30,08				
2004	Jugend A / U18	2:00,28	2:35,30	4:09,38					
2005	Jugend A / U18	1:59,96	2:35,06	4:01,89	9:00,27				
2006	Junioren / U20	1:57,47	2:35,74	4:02,56	9:05,81				
2007	Junioren / U20	1:56,49	2:31,18	3:59,39	8:51,89				
2008	Espoirs / U23	1:58,31	2:36,17	4:00,68					
2009	Espoirs / U23	1:57,53		3:59,51					
2010	Espoirs / U23	<b>1:53,86</b>	2:32,59	3:54,18	8:33,88	14:42,66			
2011	Elite	<b>1:53,86</b>		<b>3:52,20</b>	8:25,75	14:35,42			
2012	Elite			3:53,23	8:24,41	14:28,79			
2013	Elite		<b>2:29,09</b>	3:53,06	<b>8:13,13</b>	14:03,82			
2014	Elite	1:58,13		4:03,37	8:22,18	14:10,09		<b>31:01</b>	
2015	Elite			3:54,76	8:16,26	<b>14:02,60</b>			
2016	Elite					14:29,43	<b>31:16,93</b>		<b>65:24</b>