

		800 m	1'000 m	1'000 m Halle	1'500 m	3'000 m	3'000 m Halle	5'000 m	10'000 m	10 km Strasse	Halbmarathon	Marathon
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	2:37,40	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	1:53,86	2:32,59		3:54,18	8:33,88		14:42,66				
2011	Elite	1:53,86			3:52,20	8:25,75	8:48,32	14:35,42				
2012	Elite				3:53,23	8:24,41		14:28,79		31:36		
2013	Elite		2:29,09		3:53,06	8:13,13		14:03,82			1:09:48	
2014	Elite	1:58,13			4:03,37	8:22,18		14:10,09		31:01		
2015	Elite				3:54,76	8:16,26	8:36,30	14:02,60				
2016	Elite							14:29,43	31:16,93		1:05:24	
2017	Elite						8:25,64	14:09,30	29:42,64		1:09:08	2:19:22