

Jonathan		Indoor					Outdoor														
		400m	800m	1000m	1500m	mijl	300m	400m	800m	1000m	1500m	mijl	2000m	3000m	2 mijl	5000m	10.000	steeple		marathon	
26/jun														5'07"50							
6/jun															11'15"26						
20/dec			2'30"23																		
2008-2009	sch																				

		Veldlopen																		
2008-2009	sch																			

