

| Pajonk, Dirk-Achim | | | 27031969 193/90 BRD / GER | | | | | | | | | | | | | | |
|--------------------|--------|------|---------------------------|------|------|------|------|-------|------|-------|-------|----------------------|-----------|--------------|--------------|----------|------|
| 7189 | 109 | 677 | 1261 | 186 | 4970 | 1532 | 3770 | 400 | 5018 | 41998 | 7 | Attendorn | 19890521 | | | | |
| 7215 | 1140 | 674 | 1320 | 190 | 4915 | 1524 | 3654 | 380 | 5092 | 41286 | 8 | Dillingen | 19890618 | | | | |
| 7249 | 1122 | 682 | 1305 | 188 | 4978 | 1524 | 3648 | 410 | 5136 | 42060 | 3 | J Bernhausen | 19890910 | | | | |
| 7273 | 1087 | + | 664 | 1358 | 188 | 5065 | 1526 | + | 3726 | 410 | 5390 | 42899 | 5 | J Salzgitter | 19900722 | | |
| 7025 | 1111 | 677 | 1339 | 186 | 5091 | 1582 | 3718 | 380 | 4958 | 42431 | 10 | Lage | 19900826 | | | | |
| 7632 | 1115 | 699 | 1450 | 197 | 4951 | 1495 | 3820 | 420 | 5620 | 42401 | 11 | München | 19910526 | | | | |
| 7655 | 1091 | + | 717 | 1391 | 191 | 4925 | 1501 | 4076 | 420 | 5290 | 42287 | 8 | Dillingen | 19910616 | | | |
| 7404 | 110 | 695 | 1356 | 191 | 499 | 146 | 3780 | 410 | 5306 | 4234 | 1 | Willich | 19910630 | | | | |
| 7500 | 1104 | 707 | 1338 | 194 | 4913 | 1506 | 3912 | 420 | 5096 | 42781 | 5 | Lage | 19910811 | | | | |
| 7695 | 1115 | 730 | +17 | 1361 | 198 | 4927 | 1493 | 3882 | 430 | 5606 | 42709 | 3 | Fürth | 19910901 | | | |
| 7799 | 1082 | +03 | 712 | +08 | 1426 | 194 | 4901 | 1500 | 3938 | 430 | 5732 | 42174 | 1 | Gladbeck | 19920531 | | |
| 7713 | 1087 | +18 | 725 | +03 | 1428 | 192 | 4931 | 1494 | +19 | 3722 | 440 | 5342 | 42307 | 6 | Bernhausen | 19920620 | |
| 7942 | 1080 | +20 | 758 | +22 | 1408 | 198 | 4846 | 1464 | +12 | 3628 | 450 | 5418 | 42440 | 1 | Balgach | 19920726 | |
| 7496 | 1106 | -05 | 722 | -14 | 1375 | 191 | 4914 | 1565 | -22 | 3826 | 440 | 5312 | 43321 | 3 | Ahlen | 19920830 | |
| 6947 | H 109 | 690 | 1378 | 190 | 537 | 155 | 3898 | 400 | 5284 | 4534 | 1 | Bad Sooden-Allendorf | 19920906 | | | | |
| 7594 | 1090 | -03 | 713 | +08 | 1377 | 193 | 4868 | 1490 | +14 | 3780 | 440 | 5072 | 43315 | 18 | Götzis | 19930530 | |
| 7560 | 1106 | -03 | 700 | -08 | 1404 | 188 | 4901 | 1511 | -18 | 4046 | 430 | 5402 | 42898 | 9 | Aachen | 19930808 | |
| 7882 | 1104 | -22 | 722 | -13 | 1417 | 197 | 4909 | 1464 | +37 | 4144 | 460 | 5494 | 42887 | 1 | Emmelshausen | 19940529 | |
| 8070 | 1097 | 00 | 739 | +03 | 1448 | 198 | 4875 | 1471 | +05 | 4256 | 450 | 5692 | 41807 | 2 | Aachen | 19940710 | |
| 7746 | 1093 | +06 | 723 | +32 | 1401 | 196 | 4972 | 1508 | +09 | 4128 | 440 | 5228 | 42268 | 13 | Helsinki | 19940813 | |
| 3208 | 1106 | -01 | 726 | +06 | 1428 | 193 | | | | | | | | dnf | Götzis | 19950528 | |
| 7760 | 1110 | -14 | 700 | +07 | 1426 | 192 | 4891 | 1487 | -03 | 4090 | 450 | 5388 | 41975 | 8 | Helmond | 19950702 | |
| 8012 | 1103 | -09 | 713 | 00 | 1441 | 191 | 4800 | 1451 | -06 | 4264 | 435 | 5774 | 41020 | 4 | Ratingen | 19950730 | |
| 7805 | 1077 | +26 | 712 | -05 | 1465 | 188 | 4972 | 1483 | +09 | 4144 | 460 | 5372 | 42749 | 5 | Ulm | 19950827 | |
| 7233 | H 1100 | 655 | 1444 | 195 | 5270 | 1534 | 3860 | 420 | 5418 | 43886 | 1 | Meschede | 19950915 | | | | |
| 8096 | 1078 | +08 | 747 | -11 | 1478 | 194 | 4801 | 1476 | -24 | 4380 | 450 | 5584 | 42630 | 8 | Götzis | 19960526 | |
| 8161 | 1078 | +23 | 735 | +12 | 1435 | 198 | 4838 | 1454 | +15 | 4200 | 470 | 5590 | 41858 | 3 | Lage | 19960616 | |
| 8045 | 1067 | +18 | 750 | +14 | 1446 | 195 | 4881 | 1479 | +01 | 4194 | 450 | 5416 | 42162 | 20 | Atlanta | 19960801 | |
| 2400 | 1087 | 695 | 1366 | | | | | | | | | | | dnf | Vaterstetten | 19960901 | |
| 3200 | 1098 | 736 | 1360 | 192 | | | | | | | | | | dnf | Ratingen | 19970601 | |
| 7754 | 1096 | -14 | 709 | -11 | 1455 | 189 | 5035 | 1486 | -09 | 4354 | 460 | 5390 | 43042 | 1 | Bernhausen | 19970622 | |
| 7610 | 1097 | +10 | 701 | -14 | 1426 | 186 | 4951 | 1480 | -15 | 4162 | 450 | 5244 | 43536 | 11 | Kreuztal | 19970727 | |
| 7760 | 1089 | +13 | 725 | +14 | 1464 | 195 | 4995 | 1470 | +07 | 4032 | 450 | 5190 | 43323 | 5 | Ratingen | 19980621 | |
| 7918 | 1064 | +33 | 747 | +15 | 1411 | 197 | 4922 | 1473 | +23 | 4118 | 441 | 5446 | 43262 | 4 | Lubbock | 19980809 | |
| 7859 | 1096 | +03 | 712 | -12 | 1485 | 194 | 5014 | 1469 | +05 | 4255 | 460 | 5661 | 43240 | 1 | Vaterstetten | 19980830 | |
| 2000 | | | | | | | | | | | | | | dnf | Ratingen | 19990718 | |
| | 5360 | 719 | 683 | 1269 | 191 | 841 | 400 | 23754 | | | 5 | J Berlin | 19900210 | | | | |
| | 5480 | 716 | 705 | 1363 | 186 | 851 | 450 | 24440 | | | 12 | Berlin | 19940219 | | | | |
| | 5581 | 715 | 690 | 1424 | 192 | 840 | 440 | 24011 | | | 9 | Frankfurt-Kalbach | 19960211 | | | | |
| Personal Bests10: | | 8439 | 1064 | +33 | 758 | +22 | 1489 | 198 | 4800 | 4271 | 1449 | 00 | 4380 | 470 | 5830 | 41020 | 3928 |
| Personal Bests7: | | 5957 | 715 | | 758 | | 1489 | 198 | | 3094 | 840 | | 470 | | 23754 | | 2487 |