

RACE ANALYSIS

10,000 Metres Women - Final



SPLIT TIMES UPDATED

28 September 2019 21:10 START TIME 25° C 67 %
TEMPERATURE HUMIDITY

1	100 m	2	200 m	3	300 m	4	400 m	5	500 m	6	600 m	7	700 m	8	800 m	9	900 m	10	1000 m
11	1100 m	12	1200 m	13	1300 m	14	1400 m	15	1500 m	16	1600 m	17	1700 m	18	1800 m	19	1900 m	20	2000 m
21	2100 m	22	2200 m	23	2300 m	24	2400 m	25	2500 m	26	2600 m	27	2700 m	28	2800 m	29	2900 m	30	3000 m
31	3100 m	32	3200 m	33	3300 m	34	3400 m	35	3500 m	36	3600 m	37	3700 m	38	3800 m	39	3900 m	40	4000 m
41	4100 m	42	4200 m	43	4300 m	44	4400 m	45	4500 m	46	4600 m	47	4700 m	48	4800 m	49	4900 m	50	5000 m
51	5100 m	52	5200 m	53	5300 m	54	5400 m	55	5500 m	56	5600 m	57	5700 m	58	5800 m	59	5900 m	60	6000 m
61	6100 m	62	6200 m	63	6300 m	64	6400 m	65	6500 m	66	6600 m	67	6700 m	68	6800 m	69	6900 m	70	7000 m
71	7100 m	72	7200 m	73	7300 m	74	7400 m	75	7500 m	76	7600 m	77	7700 m	78	7800 m	79	7900 m	80	8000 m
81	8100 m	82	8200 m	83	8300 m	84	8400 m	85	8500 m	86	8600 m	87	8700 m	88	8800 m	89	8900 m	90	9000 m
91	9100 m	92	9200 m	93	9300 m	94	9400 m	95	9500 m	96	9600 m	97	9700 m	98	9800 m	99	9900 m		

1 Sifan HASSAN										NED 1 Jan 93										30:17.62																																																																																																																																																																																																							
1	20.38	2	21.96	3	20.73	4	20.13	5	19.79	6	18.82	7	18.99	8	18.51	9	18.94	10	18.55	11	19.10	12	18.62	13	18.90	14	18.36	15	18.72	16	18.72	17	19.14	18	18.73	19	18.81	20	18.15	21	19.02	22	18.71	23	18.77	24	18.59	25	18.94	26	18.81	27	18.84	28	18.97	29	19.51	30	18.05	31	18.66	32	18.70	33	18.93	34	17.78	35	18.51	36	17.55	37	17.89	38	17.23	39	17.98	40	17.91	41	18.40	42	17.73	43	17.84	44	17.72	45	17.81	46	17.65	47	18.20	48	18.27	49	18.37	50	18.43	51	18.55	52	18.25	53	18.81	54	18.89	55	18.65	56	17.59	57	18.17	58	18.03	59	18.02	60	18.45	61	18.58	62	18.43	63	18.40	64	18.34	65	19.24	66	18.80	67	17.84	68	17.84	69	18.13	70	18.17	71	18.36	72	18.10	73	18.12	74	18.05	75	18.56	76	18.91	77	19.11	78	18.21	79	18.48	80	18.42	81	19.40	82	18.44	83	19.15	84	18.16	85	18.06	86	15.58	87	16.09	88	15.99	89	16.00	90	16.00	91	16.78	92	16.17	93	16.57	94	16.21	95	16.24	96	15.97	97	16.17	98	14.89	99	14.91			27:54.97 (3)	28:11.14 (2)	28:27.71 (2)	28:43.92 (2)	29:00.16 (2)	29:16.13 (1)	29:32.30 (1)	29:47.19 (1)	30:02.10 (1)											

2 Letesenbet GIDEY										ETH 20 Mar 98										30:21.23																																																																																																																																																																																																							
1	20.43	2	22.51	3	20.76	4	20.08	5	19.92	6	18.69	7	18.94	8	18.55	9	18.98	10	18.49	11	19.07	12	18.65	13	18.96	14	18.29	15	18.77	16	18.66	17	19.12	18	18.70	19	18.92	20	18.14	21	18.96	22	18.75	23	18.71	24	18.65	25	18.88	26	19.03	27	18.99	28	18.87	29	19.37	30	17.78	31	18.91	32	18.68	33	18.76	34	17.36	35	18.02	36	17.33	37	16.81	38	17.89	39	17.81	40	18.01	41	18.50	42	17.76	43	17.84	44	18.09	45	17.76	46	17.88	47	18.46	48	18.30	49	18.36	50	18.62	51	18.59	52	18.64	53	18.97	54	18.80	55	18.65	56	17.64	57	18.02	58	17.98	59	17.98	60	18.50	61	18.56	62	18.37	63	18.45	64	18.27	65	19.27	66	18.17	67	17.94	68	17.89	69	18.17	70	18.12	71	18.36	72	18.30	73	18.08	74	17.82	75	18.61	76	18.89	77	18.87	78	18.10	79	18.71	80	18.41	81	19.33	82	18.60	83	18.97	84	18.47	85	17.28	86	15.52	87	15.78	88	15.81	89	16.16	90	16.40	91	16.51	92	16.25	93	16.70	94	16.66	95	16.62	96	16.40	97	16.18	98	15.46	99	16.28			27:53.73 (1)	28:09.98 (1)	28:26.68 (1)	28:43.34 (1)	28:59.96 (1)	29:16.36 (2)	29:32.54 (2)	29:48.00 (2)	30:04.28 (2)											



RACE ANALYSIS
10,000 Metres Women - Final

SPLIT TIMES UPDATED

3 Agnes Jebet TIROP										KEN										23 Oct 95		30:25.20	
1	19.05	2	21.81	3	20.77	4	20.05	5	19.47	6	19.34	7	18.85	8	18.80	9	18.55	10	18.72	PB			
	19.05 (1)		40.86 (2)		1:01.63 (2)		1:21.68 (5)		1:41.15 (3)		2:00.49 (7)		2:19.34 (7)		2:38.14 (8)		2:56.69 (7)		3:15.41 (7)				
11	18.67	12	18.82	13	18.71	14	18.80	15	18.55	16	18.57	17	18.95	18	18.81	19	18.60	20	18.52				
	3:34.08 (7)		3:52.90 (7)		4:11.61 (7)		4:30.41 (7)		4:48.96 (7)		5:07.53 (7)		5:26.48 (7)		5:45.29 (7)		6:03.89 (7)		6:22.41 (7)				
21	18.67	22	18.73	23	18.48	24	18.44	25	18.87	26	18.66	27	18.86	28	19.17	29	19.27	30	18.85				
	6:41.08 (7)		6:59.81 (7)		7:18.29 (7)		7:36.73 (7)		7:55.60 (7)		8:14.26 (7)		8:33.12 (7)		8:52.29 (7)		9:11.56 (7)		9:30.41 (8)				
31	18.96	32	18.74	33	18.38	34	17.62	35	18.05	36	17.45	37	17.99	38	18.13	39	17.71	40	18.02				
	9:49.37 (7)		10:08.11 (8)		10:26.49 (6)		10:44.11 (3)		11:02.16 (3)		11:19.61 (3)		11:37.60 (3)		11:55.73 (3)		12:13.44 (3)		12:31.46 (3)				
41	18.54	42	17.72	43	17.86	44	18.03	45	17.76	46	17.98	47	18.34	48	18.39	49	18.20	50	18.42				
	12:50.00 (3)		13:07.72 (3)		13:25.58 (3)		13:43.61 (3)		14:01.37 (3)		14:19.35 (3)		14:37.69 (3)		14:56.08 (3)		15:14.28 (1)		15:32.70 (1)				
51	18.59	52	18.42	53	18.78	54	18.92	55	18.90	56	17.55	57	18.18	58	18.09	59	18.00	60	18.40				
	15:51.29 (1)		16:09.71 (1)		16:28.49 (1)		16:47.41 (1)		17:06.31 (2)		17:23.86 (2)		17:42.04 (2)		18:00.13 (2)		18:18.13 (2)		18:36.53 (2)				
61	18.55	62	18.46	63	18.42	64	18.36	65	19.23	66	19.32	67	17.50	68	17.83	69	18.15	70	17.99				
	18:55.08 (2)		19:13.54 (2)		19:31.96 (2)		19:50.32 (2)		20:09.55 (2)		20:28.87 (5)		20:46.37 (3)		21:04.20 (3)		21:22.35 (3)		21:40.34 (3)				
71	18.38	72	18.34	73	18.08	74	18.19	75	18.58	76	18.78	77	19.21	78	18.02	79	18.75	80	18.31				
	21:58.72 (3)		22:17.06 (3)		22:35.14 (3)		22:53.33 (4)		23:11.91 (3)		23:30.69 (3)		23:49.90 (4)		24:07.92 (2)		24:26.67 (2)		24:44.98 (2)				
81	19.21	82	18.49	83	18.93	84	18.29	85	18.09	86	15.65	87	15.91	88	15.63	89	16.64	90	16.24				
	25:04.19 (1)		25:22.68 (2)		25:41.61 (2)		25:59.90 (2)		26:17.99 (3)		26:33.64 (3)		26:49.55 (3)		27:05.18 (2)		27:21.82 (3)		27:38.06 (2)				
91	16.86	92	16.45	93	16.74	94	16.37	95	16.56	96	16.85	97	17.11	98	16.73	99	16.92						
	27:54.92 (2)		28:11.37 (3)		28:28.11 (3)		28:44.48 (3)		29:01.04 (3)		29:17.89 (3)		29:35.00 (3)		29:51.73 (3)		30:08.65 (3)						

4 Rosemary Monica WANJIRU										KEN										9 Dec 94		30:35.75	
1	20.45	2	22.22	3	20.67	4	19.95	5	19.88	6	18.45	7	18.88	8	18.33	9	18.67	10	18.72	PB			
	20.45 (21)		42.67 (20)		1:03.34 (20)		1:23.29 (20)		1:43.17 (19)		2:01.62 (18)		2:20.50 (16)		2:38.83 (15)		2:57.50 (13)		3:16.22 (14)				
11	18.91	12	18.44	13	18.35	14	18.69	15	18.57	16	18.61	17	18.90	18	18.86	19	18.56	20	18.53				
	3:35.13 (13)		3:53.57 (11)		4:11.92 (9)		4:30.61 (8)		4:49.18 (8)		5:07.79 (8)		5:26.69 (8)		5:45.55 (8)		6:04.11 (8)		6:22.64 (8)				
21	18.70	22	18.68	23	18.49	24	18.47	25	18.82	26	18.66	27	18.89	28	19.20	29	19.29	30	18.88				
	6:41.34 (8)		7:00.02 (8)		7:18.51 (8)		7:36.98 (8)		7:55.80 (8)		8:14.46 (8)		8:33.35 (8)		8:52.55 (8)		9:11.84 (8)		9:30.72 (11)				
31	18.91	32	18.23	33	18.04	34	17.74	35	18.02	36	17.46	37	17.99	38	18.16	39	17.66	40	18.06				
	9:49.63 (11)		10:07.86 (5)		10:25.90 (1)		10:43.64 (1)		11:01.66 (1)		11:19.12 (1)		11:37.11 (1)		11:55.27 (1)		12:12.93 (1)		12:30.99 (1)				
41	18.51	42	18.00	43	17.82	44	18.04	45	17.77	46	17.98	47	18.34	48	18.37	49	18.66	50	18.45				
	12:49.50 (1)		13:07.50 (2)		13:25.32 (2)		13:43.36 (2)		14:01.13 (2)		14:19.11 (2)		14:37.45 (2)		14:55.82 (2)		15:14.48 (3)		15:32.93 (2)				
51	18.53	52	18.48	53	18.77	54	18.93	55	18.48	56	17.53	57	18.14	58	18.09	59	18.01	60	18.40				
	15:51.46 (2)		16:09.94 (2)		16:28.71 (2)		16:47.64 (2)		17:06.12 (1)		17:23.65 (1)		17:41.79 (1)		17:59.88 (1)		18:17.89 (1)		18:36.29 (1)				
61	18.55	62	18.45	63	18.43	64	18.38	65	19.23	66	19.37	67	17.88	68	17.71	69	18.21	70	18.04				
	18:54.84 (1)		19:13.29 (1)		19:31.72 (1)		19:50.10 (1)		20:09.33 (1)		20:28.70 (4)		20:46.58 (5)		21:04.29 (4)		21:22.50 (4)		21:40.54 (4)				
71	18.33	72	18.36	73	18.10	74	18.15	75	18.62	76	18.80	77	19.08	78	18.05	79	18.83	80	18.36				
	21:58.87 (4)		22:17.23 (4)		22:35.33 (4)		22:53.48 (5)		23:12.10 (5)		23:30.90 (5)		23:49.98 (5)		24:08.03 (4)		24:26.86 (4)		24:45.22 (5)				
81	19.19	82	18.20	83	18.85	84	18.30	85	18.46	86	16.15	87	16.16	88	16.39	89	16.95	90	17.15				
	25:04.41 (3)		25:22.61 (1)		25:41.46 (1)		25:59.76 (1)		26:18.22 (4)		26:34.37 (6)		26:50.53 (5)		27:06.92 (5)		27:23.87 (5)		27:41.02 (5)				
91	17.82	92	18.01	93	17.88	94	17.67	95	17.84	96	17.92	97	17.52	98	17.19	99	17.14						
	27:58.84 (5)		28:16.85 (5)		28:34.73 (5)		28:52.40 (5)		29:10.24 (5)		29:28.16 (5)		29:45.68 (5)		30:02.87 (5)		30:20.01 (5)						

5 Hellen OBIRI										KEN										13 Dec 89		30:35.82	
1	20.18	2	22.30	3	20.62	4	19.98	5	19.90	6	18.38	7	18.92	8	18.29	9	18.69	10	18.74	PB			
	20.18 (18)		42.48 (19)		1:03.10 (19)		1:23.08 (18)		1:42.98 (17)		2:01.36 (16)		2:20.28 (14)		2:38.57 (12)		2:57.26 (12)		3:16.00 (12)				
11	18.96	12	18.73	13	18.83	14	18.71	15	18.69	16	18.58	17	18.93	18	18.50	19	18.53	20	18.44				
	3:34.96 (11)		3:53.69 (12)		4:12.52 (12)		4:31.23 (13)		4:49.92 (13)		5:08.50 (12)		5:27.43 (11)		5:45.93 (10)		6:04.46 (10)		6:22.90 (9)				
21	18.64	22	18.74	23	18.48	24	18.49	25	18.80	26	18.65	27	18.87	28	19.20	29	19.09	30	18.35				
	6:41.54 (9)		7:00.28 (9)		7:18.76 (9)		7:37.25 (9)		7:56.05 (9)		8:14.70 (9)		8:33.57 (9)		8:52.77 (9)		9:11.86 (9)		9:30.21 (6)				
31	18.97	32	18.74	33	18.32	34	17.62	35	18.05	36	17.46	37	17.99	38	18.16	39	17.64	40	18.04				
	9:49.18 (6)		10:07.92 (6)		10:26.24 (3)		10:43.86 (2)		11:01.91 (2)		11:19.37 (2)		11:37.36 (2)		11:55.52 (2)		12:13.16 (2)		12:31.20 (2)				
41	18.54	42	17.54	43	17.86	44	17.97	45	17.80	46	18.00	47	18.40	48	18.31	49	18.69	50	19.08				
	12:49.74 (2)		13:07.28 (1)		13:25.14 (1)		13:43.11 (1)		14:00.91 (1)		14:18.91 (1)		14:37.31 (1)		14:55.62 (1)		15:14.31 (2)		15:33.39 (4)				
51	18.55	52	18.45	53	18.76	54	18.93	55	18.69	56	17.50	57	18.19	58	18.07	59	18.08	60	18.40				
	15:51.94 (4)		16:10.39 (4)		16:29.15 (4)		16:48.08 (4)		17:06.77 (4)		17:24.27 (4)		17:42.46 (4)		18:00.53 (4)		18:18.61 (4)		18:37.01 (4)				
61	18.56	62	18.42	63	18.44	64	18.37	65	19.20	66	18.18	67	17.75	68	17.88	69	18.11	70	17.97				
	18:55.57 (4)		19:13.99 (4)		19:32.43 (4)		19:50.80 (4)		20:10.00 (4)		20:28.18 (1)		20:45.93 (1)		21:03.81 (1)		21:21.92 (1)		21:39.89 (1)				
71	18.40	72	18.36	73	18.04	74	18.23	75	18.62	76	18.80	77	19.17	78	18.43	79	18.79	80	18.35				
	21:58.29 (1)		22:16.65 (1)		22:34.69 (1)		22:52.92 (1)		23:11.54 (1)		23:30.34 (1)		23:49.51 (1)		24:07.94 (3)		24:26.73 (3)		24:45.08 (3)				
81	19.40	82	18.49	83	19.06	84	18.04	85	17.73	86	15.53	87	15.90	88	16.14	89	16.26	90	16.72				
	25:04.48 (5)		25:22.97 (5)		25:42.03 (5)		26:00.07 (3)		26:17.80 (2)		26:33.33 (2)		26:49.23 (2)		27:05.37 (3)		27:21.63 (2)		27:38.35 (4)				
91	17.17	92	17.27	93	17.69	94	17.71	95	18.70	96	18.48	97	18.46	98	18.42	99	17.33						
	27:55.52 (4)		28:12.79 (4)		28:30.48 (4)		28:48.19 (4)		29:06.89 (4)		29:25.37 (4)		2										

RACE ANALYSIS
10,000 Metres Women - Final

SPLIT TIMES UPDATED

6 Senbere TEFERI										ETH 3 May 95										30:44.23																																																																																																																																																																																																																																
1	19.80	2	21.65	3	20.79	4	20.04	5	19.89	6	18.87	7	18.96	8	18.35	9	18.66	10	18.74	SB	11	18.81	12	18.94	13	18.81	14	19.09	15	18.76	16	18.60	17	18.94	18	18.46	19	18.61	20	18.26	21	18.72	22	18.81	23	18.67	24	18.22	25	18.80	26	18.70	27	18.89	28	19.16	29	19.16	30	18.39	31	19.07	32	18.74	33	18.37	34	17.57	35	18.09	36	17.45	37	17.98	38	18.13	39	17.73	40	17.97	41	18.57	42	17.69	43	17.90	44	18.05	45	17.72	46	17.96	47	18.40	48	18.39	49	18.38	50	18.41	51	18.58	52	18.43	53	18.81	54	18.91	55	18.69	56	17.54	57	18.14	58	18.09	59	18.07	60	18.40	61	18.54	62	18.45	63	18.39	64	18.40	65	19.20	66	18.66	67	17.71	68	17.90	69	18.09	70	17.99	71	18.37	72	18.37	73	18.07	74	18.17	75	18.62	76	18.79	77	19.19	78	18.53	79	18.83	80	18.15	81	19.23	82	18.42	83	18.96	84	18.44	85	18.03	86	16.04	87	17.07	88	17.69	89	17.98	90	18.44	91	18.05	92	18.09	93	18.25	94	18.17	95	18.25	96	17.60	97	17.90	98	17.66	99	17.64					25:04.43 (4)	25:22.85 (4)	25:41.81 (4)	26:00.25 (4)	26:18.28 (5)	26:34.32 (5)	26:51.39 (6)	27:09.08 (6)	27:27.06 (6)	27:45.50 (6)												28:03.55 (6)	28:21.64 (6)	28:39.89 (6)	28:58.06 (6)	29:16.31 (6)	29:33.91 (6)	29:51.81 (6)	30:09.47 (6)	30:27.11 (6)												

7 Susan KRUMINS										NED 8 Jul 86										31:05.40																																																																																																																																																																																																																																
1	20.66	2	22.06	3	20.66	4	20.06	5	19.90	6	18.75	7	18.97	8	18.52	9	18.98	10	18.51	PB	11	19.08	12	18.63	13	18.92	14	18.35	15	18.73	16	18.70	17	19.09	18	18.74	19	18.89	20	18.12	21	18.98	22	18.73	23	18.78	24	18.58	25	18.95	26	18.81	27	18.85	28	18.98	29	19.39	30	18.14	31	17.81	32	18.59	33	18.73	34	18.01	35	18.51	36	18.20	37	18.34	38	17.62	39	18.11	40	18.52	41	18.69	42	18.79	43	19.01	44	19.20	45	19.45	46	18.75	47	18.78	48	17.91	49	18.43	50	18.52	51	18.48	52	18.56	53	19.00	54	19.26	55	18.60	56	18.81	57	18.93	58	19.10	59	18.69	60	18.50	61	19.12	62	18.97	63	18.99	64	18.22	65	19.04	66	18.78	67	19.13	68	18.68	69	18.90	70	18.52	71	18.88	72	18.83	73	19.21	74	19.03	75	18.76	76	18.98	77	19.53	78	18.94	79	18.99	80	18.84	81	19.01	82	18.89	83	18.17	84	18.06	85	18.52	86	18.16	87	17.95	88	17.83	89	18.32	90	18.24	91	18.50	92	18.45	93	18.09	94	17.65	95	17.52	96	17.87	97	17.02	98	16.91	99	16.42					25:27.76 (12)	25:46.65 (12)	26:04.82 (11)	26:22.88 (11)	26:41.40 (11)	26:59.56 (11)	27:17.51 (10)	27:35.34 (10)	27:53.66 (10)	28:11.90 (10)												28:30.40 (10)	28:48.85 (10)	29:06.94 (10)	29:24.59 (10)	29:42.11 (9)	29:59.98 (9)	30:17.00 (9)	30:33.91 (9)	30:50.33 (9)												

8 Marielle HALL										USA 28 Jan 92										31:05.71																																																																																																																																																																																																																																
1	19.93	2	22.24	3	20.60	4	19.84	5	19.63	6	19.10	7	19.20	8	18.50	9	18.93	10	18.59	PB	11	19.06	12	18.73	13	18.89	14	17.74	15	18.70	16	18.57	17	18.98	18	18.78	19	18.61	20	18.57	21	18.89	22	18.56	23	18.78	24	18.25	25	18.71	26	18.75	27	18.91	28	19.13	29	19.21	30	18.15	31	19.10	32	18.87	33	18.67	34	17.97	35	18.75	36	18.24	37	18.25	38	17.48	39	18.17	40	18.42	41	18.72	42	18.68	43	19.08	44	19.22	45	19.17	46	18.68	47	18.33	48	18.48	49	18.36	50	18.51	51	18.52	52	18.49	53	19.25	54	19.14	55	18.45	56	18.89	57	19.02	58	19.03	59	18.80	60	18.63	61	19.11	62	18.72	63	18.97	64	18.69	65	19.10	66	18.81	67	19.08	68	18.68	69	18.92	70	18.50	71	18.90	72	18.83	73	19.10	74	18.99	75	18.89	76	18.64	77	19.44	78	18.98	79	18.95	80	18.87	81	18.99	82	18.55	83	18.37	84	18.17	85	18.49	86	18.14	87	18.08	88	18.14	89	18.37	90	18.24	91	18.50	92	18.43	93	18.14	94	17.65	95	17.57	96	17.86	97	17.09	98	16.89	99	16.30					25:27.06 (9)	25:45.61 (8)	26:03.98 (8)	26:22.15 (8)	26:40.64 (8)	26:58.78 (8)	27:16.86 (8)	27:35.00 (8)	27:53.37 (8)	28:11.61 (8)												28:30.11 (8)	28:48.54 (8)	29:06.68 (9)	29:24.33 (9)	29:41.90 (8)	29:59.76 (8)	30:16.85 (8)	30:33.74 (8)	30:50.04 (7)												



RACE ANALYSIS
10,000 Metres Women - Final

SPLIT TIMES UPDATED

12 Camille BUSCOMB										NZL 11 Jul 90										31:13.21																																																																																																																																																																																																												
1	19.06	2	21.45	3	20.59	4	20.04	5	19.05	6	19.05	7	18.68	8	18.90	9	18.53	10	18.73	PB	11	18.72	12	18.84	13	18.60	14	18.88	15	18.55	16	18.62	17	18.76	18	18.90	19	18.58	20	18.50	21	18.68	22	18.68	23	18.46	24	18.55	25	18.71	26	18.87	27	18.89	28	19.14	29	19.16	30	19.15	31	18.93	32	18.99	33	19.04	34	18.46	35	18.85	36	18.15	37	18.21	38	17.45	39	18.30	40	18.86	41	18.73	42	18.86	43	19.00	44	19.23	45	19.40	46	18.49	47	18.46	48	18.50	49	18.47	50	18.50	51	18.46	52	18.56	53	19.04	54	19.26	55	18.59	56	18.77	57	18.97	58	19.11	59	18.73	60	18.39	61	19.22	62	18.92	63	18.99	64	18.75	65	19.11	66	18.77	67	19.12	68	18.58	69	18.96	70	18.49	71	18.87	72	18.78	73	19.20	74	19.05	75	18.81	76	18.91	77	19.46	78	19.07	79	18.93	80	18.83	81	19.09	82	18.80	83	18.37	84	18.20	85	18.35	86	18.35	87	18.55	88	18.48	89	18.64	90	18.82	91	18.83	92	18.80	93	19.19	94	18.64	95	18.39	96	17.36	97	17.09	98	17.14	99	16.89					101	28:33.38 (12)	102	28:52.18 (12)	103	29:11.37 (12)	104	29:30.01 (12)	105	29:48.40 (12)	106	30:05.76 (12)	107	30:22.85 (12)	108	30:39.99 (12)	109	30:56.88 (12)				

13 Ellie PASHLEY										AUS 10 Dec 88										31:18.89																																																																																																																																																																																																																																																																																												
1	19.31	2	22.04	3	20.69	4	19.87	5	19.42	6	19.37	7	18.82	8	18.83	9	18.58	10	18.78	PB	11	19.04	12	18.99	13	18.87	14	18.70	15	18.67	16	18.83	17	19.12	18	18.75	19	18.57	20	18.33	21	18.95	22	18.76	23	18.85	24	18.56	25	18.83	26	18.83	27	18.89	28	19.11	29	19.45	30	17.88	31	18.60	32	18.64	33	18.84	34	18.14	35	18.52	36	18.24	37	18.62	38	17.55	39	18.20	40	18.46	41	18.80	42	18.69	43	18.88	44	18.93	45	19.52	46	18.89	47	18.89	48	18.25	49	18.36	50	18.43	51	18.33	52	18.69	53	18.80	54	19.30	55	18.66	56	18.78	57	18.89	58	19.01	59	18.61	60	18.66	61	16:01.47 (16)	62	16:20.16 (16)	63	16:38.96 (16)	64	16:58.26 (16)	65	17:16.92 (16)	66	17:35.70 (16)	67	17:54.59 (16)	68	18:13.60 (16)	69	18:32.21 (16)	70	18:50.87 (16)	71	19.10	72	18.90	73	18.98	74	18.76	75	18.93	76	18.86	77	18.88	78	18.84	79	18.61	80	18.50	81	19:09.97 (16)	82	19:28.87 (16)	83	19:47.85 (16)	84	20:06.61 (16)	85	20:25.54 (16)	86	20:44.40 (16)	87	21:03.28 (16)	88	21:22.12 (16)	89	21:40.73 (14)	90	21:59.23 (14)	91	18.87	92	18.76	93	19.19	94	19.13	95	18.79	96	18.89	97	19.49	98	19.02	99	18.92	100	18.93	101	22:18.10 (14)	102	22:36.86 (14)	103	22:56.05 (14)	104	23:15.18 (14)	105	23:33.97 (14)	106	23:52.86 (14)	107	24:12.35 (14)	108	24:31.37 (14)	109	24:50.29 (14)	110	25:09.22 (14)	111	18.99	112	18.86	113	18.55	114	18.75	115	18.90	116	18.92	117	19.12	118	19.12	119	19.22	120	18.71	121	25:28.21 (14)	122	25:47.07 (14)	123	26:05.62 (14)	124	26:24.37 (14)	125	26:43.27 (14)	126	27:02.19 (14)	127	27:21.31 (14)	128	27:40.43 (14)	129	27:59.65 (14)	130	28:18.36 (13)	131	18.59	132	18.96	133	18.65	134	18.45	135	18.34	136	18.27	137	17.61	138	17.69	139	17.22					141	28:36.95 (13)	142	28:55.91 (13)	143	29:14.56 (13)	144	29:33.01 (13)	145	29:51.35 (13)	146	30:09.62 (13)	147	30:27.23 (13)	148	30:44.92 (13)	149	31:02.14 (13)				

14 Sinead DIVER										AUS 17 Feb 77										31:25.49																																																																																																																																																																																																																																																																																																																
1	19.83	2	21.92	3	20.64	4	19.85	5	19.49	6	19.28	7	19.09	8	18.64	9	18.77	10	18.63	PB	11	19.10	12	18.88	13	19.03	14	18.44	15	18.72	16	18.73	17	19.12	18	18.77	19	18.76	20	18.17	21	18.96	22	18.69	23	18.87	24	18.55	25	18.90	26	18.82	27	18.88	28	18.98	29	19.50	30	17.99	31	18.60	32	18.50	33	18.90	34	18.15	35	18.49	36	18.21	37	18.73	38	17.58	39	18.28	40	18.43	41	18.69	42	18.67	43	18.90	44	18.83	45	19.24	46	18.88	47	18.82	48	18.02	49	18.51	50	18.29	51	12:54.56 (17)	52	13:13.23 (17)	53	13:32.13 (17)	54	13:50.96 (17)	55	14:10.20 (16)	56	14:29.08 (16)	57	14:47.90 (16)	58	15:05.92 (15)	59	15:24.43 (15)	60	15:42.72 (15)	61	18.47	62	18.64	63	18.93	64	19.26	65	18.59	66	18.82	67	18.93	68	18.79	69	18.73	70	18.81	71	16:01.19 (15)	72	16:19.83 (15)	73	16:38.76 (15)	74	16:58.02 (15)	75	17:16.61 (15)	76	17:35.43 (15)	77	17:54.36 (15)	78	18:13.15 (14)	79	18:31.88 (14)	80	18:50.69 (15)	81	19.08	82	18.91	83	18.99	84	18.55	85	19.09	86	18.88	87	18.95	88	18.60	89	19.15	90	18.57	91	19:09.77 (15)	92	19:28.68 (15)	93	19:47.67 (15)	94	20:06.22 (15)	95	20:25.31 (15)	96	20:44.19 (15)	97	21:03.14 (15)	98	21:21.74 (14)	99	21:40.89 (15)	100	21:59.46 (15)	101	18.92	102	18.68	103	19.25	104	19.05	105	18.89	106	18.81	107	19.54	108	19.03	109	18.95	110	18.85	111	22:18.38 (15)	112	22:37.06 (15)	113	22:56.31 (15)	114	23:15.36 (15)	115	23:34.25 (15)	116	23:53.06 (15)	117	24:12.60 (15)	118	24:31.63 (15)	119	24:50.58 (15)	120	25:09.43 (15)	121	19.04	122	18.83	123	18.58	124	18.22	125	18.89	126	18.98	127	19.16	128	19.04	129	19.31	130	19.33	131	25:28.47 (15)	132	25:47.30 (15)	133	26:05.88 (15)	134	26:24.10 (13)	135	26:42.99 (13)	136	27:01.97 (13)	137	27:21.13 (13)	138	27:40.17 (13)	139	27:59.48 (13)	140	28:18.81 (14)	141	18.87	142	19.30	143	19.41	144	18.70	145	18.87	146	18.52	147	17.99	148	18.20	149	18.37					151	28:37.68 (14)	152	28:56.98 (14)	153	29:16.39 (14)	154	29:35.09 (14)	155	29:53.96 (14)	156	30:12.48 (14)	157	30:30.47 (14)	158	30:48.67 (14)	159	31:07.04 (14)				



RACE ANALYSIS
10,000 Metres Women - Final

SPLIT TIMES UPDATED

15 Stephanie TWELL										GBR 17 Aug 89										31:44.79
1	19.55	2	21.69	3	20.69	4	19.49	5	19.01	6	19.10	7	18.62	8	18.94	9	18.51	10	18.74	
	19.55 (9)		41.24 (6)		1:01.93 (6)		1:21.42 (3)		1:40.43 (2)		1:59.53 (3)		2:18.15 (3)		2:37.09 (3)		2:55.60 (3)		3:14.34 (3)	
11	18.74	12	18.79	13	18.63	14	18.87	15	18.54	16	18.60	17	18.80	18	18.91	19	18.60	20	18.46	
	3:33.08 (3)		3:51.87 (3)		4:10.50 (3)		4:29.37 (3)		4:47.91 (3)		5:06.51 (3)		5:25.31 (3)		5:44.22 (3)		6:02.82 (3)		6:21.28 (3)	
21	18.70	22	18.66	23	18.45	24	18.55	25	18.74	26	18.85	27	18.90	28	19.14	29	19.17	30	19.13	
	6:39.98 (3)		6:58.64 (3)		7:17.09 (3)		7:35.64 (3)		7:54.38 (3)		8:13.23 (3)		8:32.13 (3)		8:51.27 (3)		9:10.44 (3)		9:29.57 (3)	
31	18.94	32	18.99	33	18.87	34	18.52	35	18.44	36	18.23	37	18.14	38	17.93	39	18.30	40	18.74	
	9:48.51 (3)		10:07.50 (3)		10:26.37 (5)		10:44.89 (10)		11:03.33 (8)		11:21.56 (9)		11:39.70 (10)		11:57.63 (11)		12:15.93 (11)		12:34.67 (13)	
41	18.72	42	18.64	43	19.01	44	19.09	45	19.45	46	18.61	47	18.34	48	18.52	49	18.42	50	18.52	
	12:53.39 (13)		13:12.03 (12)		13:31.04 (12)		13:50.13 (12)		14:09.58 (13)		14:28.19 (12)		14:46.53 (12)		15:05.05 (12)		15:23.47 (12)		15:41.99 (12)	
51	18.48	52	18.55	53	19.03	54	19.28	55	18.52	56	18.78	57	19.02	58	19.08	59	18.78	60	18.66	
	16:00.47 (12)		16:19.02 (12)		16:38.05 (12)		16:57.33 (12)		17:15.85 (12)		17:34.63 (12)		17:53.65 (12)		18:12.73 (12)		18:31.51 (12)		18:50.17 (13)	
61	19.05	62	18.81	63	18.93	64	18.78	65	19.17	66	18.90	67	19.06	68	18.95	69	19.26	70	18.92	
	19:09.22 (12)		19:28.03 (12)		19:46.96 (12)		20:05.74 (13)		20:24.91 (13)		20:43.81 (13)		21:02.87 (13)		21:21.82 (15)		21:41.08 (16)		22:00.00 (16)	
71	18.81	72	18.91	73	19.00	74	19.26	75	19.08	76	19.27	77	19.37	78	19.23	79	19.38	80	19.59	
	22:18.81 (16)		22:37.72 (16)		22:56.72 (16)		23:15.98 (16)		23:35.06 (16)		23:54.33 (16)		24:13.70 (16)		24:32.93 (16)		24:52.31 (16)		25:11.90 (16)	
81	19.55	82	19.85	83	19.84	84	19.98	85	19.91	86	20.18	87	19.95	88	20.09	89	19.79	90	20.07	
	25:31.45 (16)		25:51.30 (16)		26:11.14 (16)		26:31.12 (16)		26:51.03 (15)		27:11.21 (15)		27:31.16 (15)		27:51.25 (15)		28:11.04 (15)		28:31.11 (15)	
91	19.54	92	19.80	93	19.69	94	19.50	95	19.43	96	19.71	97	19.26	98	19.51	99	18.86			
	28:50.65 (15)		29:10.45 (15)		29:30.14 (15)		29:49.64 (15)		30:09.07 (15)		30:28.78 (15)		30:48.04 (15)		31:07.55 (15)		31:26.41 (15)			

16 Stella CHESANG										UGA 1 Dec 96										32:15.20
1	19.33	2	22.24	3	20.84	4	19.97	5	19.62	6	19.20	7	19.19	8	18.59	9	18.75	10	18.66	
	19.33 (6)		41.57 (11)		1:02.41 (13)		1:22.38 (13)		1:42.00 (11)		2:01.20 (14)		2:20.39 (15)		2:38.98 (16)		2:57.73 (15)		3:16.39 (16)	
11	18.98	12	18.54	13	18.81	14	18.17	15	18.56	16	18.61	17	18.94	18	18.80	19	18.59	20	18.66	
	3:35.37 (15)		3:53.91 (14)		4:12.72 (14)		4:30.89 (10)		4:49.45 (9)		5:08.06 (9)		5:27.00 (9)		5:45.80 (9)		6:04.39 (9)		6:23.05 (11)	
21	18.96	22	18.83	23	18.76	24	18.39	25	18.87	26	18.73	27	18.93	28	19.07	29	19.35	30	18.20	
	6:42.01 (12)		7:00.84 (13)		7:19.60 (13)		7:37.99 (13)		7:56.86 (14)		8:15.59 (14)		8:34.52 (14)		8:53.59 (14)		9:12.94 (14)		9:31.14 (14)	
31	18.95	32	18.65	33	18.62	34	17.98	35	17.61	36	17.82	37	18.43	38	18.59	39	18.82	40	18.70	
	9:50.09 (14)		10:08.74 (14)		10:27.36 (14)		10:45.34 (14)		11:02.95 (6)		11:20.77 (6)		11:39.20 (8)		11:57.79 (12)		12:16.61 (15)		12:35.31 (15)	
41	18.71	42	18.70	43	18.97	44	18.24	45	19.55	46	19.11	47	18.79	48	18.99	49	19.04	50	18.86	
	12:54.02 (15)		13:12.72 (15)		13:31.69 (15)		13:49.93 (11)		14:09.48 (12)		14:28.59 (14)		14:47.38 (14)		15:06.37 (17)		15:25.41 (17)		15:44.27 (17)	
51	19.05	52	19.20	53	19.15	54	19.21	55	19.35	56	19.44	57	19.69	58	19.58	59	19.63	60	19.75	
	16:03.32 (17)		16:22.52 (17)		16:41.67 (17)		17:00.88 (17)		17:20.23 (17)		17:39.67 (17)		17:59.36 (17)		18:18.94 (17)		18:38.57 (17)		18:58.32 (17)	
61	20.02	62	19.79	63	19.68	64	19.67	65	19.96	66	19.89	67	19.73	68	19.82	69	19.76	70	20.02	
	19:18.34 (17)		19:38.13 (17)		19:57.81 (17)		20:17.48 (17)		20:37.44 (17)		20:57.33 (17)		21:17.06 (17)		21:36.88 (17)		21:56.84 (17)		22:16.86 (17)	
71	19.84	72	19.97	73	20.17	74	20.10	75	20.14	76	20.01	77	20.03	78	19.88	79	19.93	80	19.97	
	22:36.70 (17)		22:56.67 (17)		23:16.84 (17)		23:36.94 (17)		23:57.08 (17)		24:17.09 (17)		24:37.12 (17)		24:57.00 (17)		25:16.93 (17)		25:36.90 (17)	
81	20.28	82	20.12	83	20.19	84	20.01	85	20.33	86	20.04	87	19.97	88	19.93	89	19.95	90	19.78	
	25:57.18 (17)		26:17.30 (17)		26:37.49 (17)		26:57.50 (17)		27:17.83 (16)		27:37.87 (16)		27:57.84 (16)		28:17.77 (16)		28:37.72 (16)		28:57.50 (16)	
91	20.11	92	20.04	93	20.42	94	19.99	95	20.17	96	20.08	97	19.72	98	19.09	99	19.16			
	29:17.61 (16)		29:37.65 (16)		29:58.07 (16)		30:18.06 (16)		30:38.23 (16)		30:58.31 (16)		31:18.03 (16)		31:37.12 (16)		31:56.28 (16)			

17 Natasha WODAK										CAN 17 Dec 81										32:31.19
1	19.55	2	22.15	3	20.95	4	20.14	5	19.88	6	19.08	7	19.09	8	18.53	9	18.94	10	18.62	
	19.55 (10)		41.70 (12)		1:02.65 (15)		1:22.79 (16)		1:42.67 (16)		2:01.75 (19)		2:20.84 (20)		2:39.37 (20)		2:58.31 (20)		3:16.93 (20)	
11	18.94	12	18.66	13	18.99	14	18.41	15	18.98	16	18.43	17	18.95	18	18.74	19	18.76	20	18.18	
	3:35.87 (19)		3:54.53 (20)		4:13.52 (20)		4:31.93 (20)		4:50.91 (21)		5:09.34 (20)		5:28.29 (19)		5:47.03 (19)		6:05.79 (19)		6:23.97 (19)	
21	18.99	22	18.69	23	18.85	24	18.70	25	18.97	26	19.20	27	18.94	28	18.91	29	19.37	30	18.42	
	6:42.96 (19)		7:01.65 (19)		7:20.50 (19)		7:39.20 (20)		7:58.17 (20)		8:17.37 (21)		8:36.31 (21)		8:55.22 (21)		9:14.59 (21)		9:33.01 (22)	
31	18.79	32	18.65	33	18.86	34	18.19	35	18.62	36	18.91	37	18.63	38	19.02	39	19.24	40	19.27	
	9:51.80 (22)		10:10.45 (22)		10:29.31 (22)		10:47.50 (21)		11:06.12 (21)		11:25.03 (21)		11:43.66 (21)		12:02.68 (21)		12:21.92 (21)		12:41.19 (20)	
41	19.09	42	19.86	43	19.83	44	19.83	45	19.67	46	19.95	47	19.85	48	19.76	49	19.85	50	19.40	
	13:00.28 (20)		13:20.14 (20)		13:39.97 (20)		13:59.80 (20)		14:19.47 (20)		14:39.42 (20)		14:59.27 (20)		15:19.03 (21)		15:38.88 (21)		15:58.28 (20)	
51	19.51	52	19.89	53	19.05	54	20.00	55	19.78	56	19.95	57	19.75	58	20.03	59	19.71	60	19.80	
	16:17.79 (20)		16:37.68 (20)		16:56.73 (19)		17:16.73 (19)		17:36.51 (19)		17:56.46 (19)		18:16.21 (19)		18:36.24 (19)		18:55.95 (19)		19:15.75 (19)	
61	19.67	62	20.13	63	20.14	64	20.10	65	19.77	66	20.05	67	19.98	68	20.13	69	20.14	70	20.19	
	19:35.42 (19)		19:55.55 (19)		20:15.69 (19)		20:35.79 (19)		20:55.56 (18)		21:15.61 (18)		21:35.59 (18)		21:55.72 (18)		22:15.86 (18)		22:36.05 (18)	
71	19.90	72	20.01	73	19.97	74	20.43	75	20.04	76	20.22	77	20.07	78	20.50	79	20.02	80	19.83	
	22:55.95 (18)		23:15.96 (18)		23:35.93 (18)		23:56.36 (18)		24:16.40 (18)		24:36.62 (18)		24:56.69 (18)		25:17.19 (18)		25:37.21 (18)		25:57.04 (18)	
81	19.72	82	19.56	83	19.90	84	20.14	85	19.94	86	20.10	87	19.90	88	20.03	89	19.77	90	20.65	
	26:16.76 (18)		26:36.32 (18)		26:56.22 (18)		27:16.36 (18)		27:36.30 (17)		27:56.40 (17)		28:16.30 (17)		28:36.33 (17)		28:56.10 (17)		29:16.75 (17)	
91	20.11	92	20.15	93	19.73	94	19.63	95	20.27	96	19.86	97	18.87	98	19.07	99	18.20			
	29:36.86 (17)		29:57.01 (17)		30:16.74 (17)		30:36.37 (17)		30:56.64 (17)		31:16.50 (17)		31:35.37 (17)		31:54.44 (17)		32:12.64 (17)			



RACE ANALYSIS
10,000 Metres Women - Final

SPLIT TIMES UPDATED

18 Rachael Zena CHEBET										UGA 5 Nov 96										32:41.93																																																																																																																																																																																																										
1	19.34	2	21.57	3	20.80	4	19.93	5	19.52	6	19.39	7	18.87	8	18.70	9	18.62	10	18.75	PB	11	18.82	12	18.89	13	18.67	14	18.96	15	18.76	16	18.86	17	19.06	18	18.76	19	18.63	20	18.37	21	18.60	22	18.51	23	18.59	24	18.73	25	18.81	26	18.73	27	18.88	28	19.08	29	19.27	30	18.44	31	18.89	32	18.61	33	18.88	34	17.58	35	18.61	36	18.44	37	18.80	38	18.25	39	18.79	40	18.92	41	19.09	42	19.42	43	19.47	44	19.58	45	20.07	46	20.07	47	19.89	48	19.90	49	20.01	50	20.12	51	20.05	52	19.97	53	20.03	54	19.94	55	19.92	56	20.08	57	20.29	58	20.19	59	20.24	60	20.04	61	20.26	62	20.00	63	20.21	64	20.02	65	20.43	66	19.94	67	20.26	68	19.97	69	20.53	70	20.34	71	20.66	72	20.60	73	20.75	74	20.80	75	20.90	76	20.25	77	20.64	78	20.39	79	20.30	80	20.17	81	20.46	82	20.27	83	20.57	84	20.31	85	20.28	86	20.45	87	20.43	88	19.93	89	20.66	90	20.19	91	19.94	92	19.85	93	20.11	94	20.04	95	19.89	96	20.04	97	19.86	98	19.30	99	18.99				29:45.96 (18)	30:05.81 (18)	30:25.92 (18)	30:45.96 (18)	31:05.85 (18)	31:25.89 (18)	31:45.75 (18)	32:05.05 (18)	32:24.04 (18)												

19 Minami YAMANOUCHI										JPN 21 Dec 92										32:53.46																																																																																																																																																																																																									
1	19.81	2	22.11	3	20.94	4	19.65	5	19.90	6	18.32	7	18.98	8	18.85	9	18.67	10	18.69	11	19.10	12	18.90	13	18.95	14	18.79	15	18.96	16	18.34	17	18.99	18	18.57	19	18.84	20	18.24	21	19.09	22	18.60	23	18.80	24	18.47	25	18.76	26	18.84	27	18.85	28	19.11	29	19.42	30	18.88	31	18.83	32	18.67	33	18.93	34	18.85	35	18.85	36	19.15	37	19.21	38	19.50	39	19.82	40	19.92	41	20.14	42	20.00	43	20.09	44	20.31	45	20.58	46	20.25	47	20.15	48	19.91	49	20.39	50	20.20	51	20.22	52	19.84	53	20.21	54	20.23	55	19.94	56	20.23	57	20.37	58	20.28	59	20.10	60	20.19	61	20.39	62	20.05	63	20.72	64	20.18	65	20.76	66	20.27	67	19.81	68	20.21	69	20.39	70	20.01	71	19.96	72	20.01	73	19.39	74	17.71	75	18.83	76	20.36	77	21.13	78	20.35	79	20.30	80	21.02	81	20.84	82	21.00	83	20.82	84	19.96	85	20.11	86	19.93	87	20.51	88	20.59	89	20.82	90	20.51	91	20.55	92	19.80	93	20.67	94	20.75	95	20.30	96	20.13	97	19.65	98	18.99	99	19.43				29:55.25 (19)	30:15.05 (19)	30:35.72 (19)	30:56.47 (19)	31:16.77 (19)	31:36.90 (19)	31:56.55 (19)	32:15.54 (19)	32:34.97 (19)												

20 Juliet CHEKWEL										UGA 25 May 90										33:28.18																																																																																																																																																																																																								
1	19.24	2	21.99	3	20.92	4	19.93	5	19.81	6	18.99	7	18.96	8	18.94	9	18.95	10	18.57	11	19.11	12	18.72	13	18.84	14	18.48	15	18.93	16	18.63	17	18.98	18	18.77	19	18.74	20	17.98	21	18.93	22	18.54	23	18.79	24	18.55	25	18.77	26	18.79	27	18.92	28	19.10	29	19.44	30	18.58	31	18.74	32	18.74	33	18.96	34	18.49	35	18.65	36	18.72	37	19.18	38	19.04	39	19.42	40	19.59	41	19.38	42	19.57	43	19.80	44	19.89	45	19.64	46	20.01	47	19.69	48	19.37	49	19.87	50	19.91	51	19.55	52	19.87	53	20.01	54	20.10	55	20.21	56	20.46	57	20.76	58	20.83	59	20.84	60	20.82	61	16:18.10 (21)	62	16:37.97 (21)	63	16:57.98 (20)	64	17:18.08 (20)	65	17:38.29 (20)	66	17:58.75 (20)	67	18:19.51 (20)	68	18:40.34 (20)	69	19:01.18 (20)	70	19:22.00 (20)	71	21.31	72	21.10	73	21.13	74	21.03	75	21.48	76	21.49	77	21.06	78	20.61	79	21.15	80	20.80	81	19:43.31 (20)	82	20:04.41 (20)	83	20:25.54 (20)	84	20:46.57 (20)	85	21:08.05 (20)	86	21:29.54 (20)	87	21:50.60 (21)	88	22:11.21 (21)	89	22:32.36 (21)	90	22:53.16 (21)	91	20.67	92	20.86	93	21.43	94	21.32	95	21.41	96	21.29	97	20.71	98	21.02	99	21.10	100	21.05	26:45.11 (21)	27:06.66 (21)	27:28.49 (21)	27:49.78 (21)	28:11.46 (20)	28:32.44 (20)	28:53.62 (20)	29:14.97 (20)	29:37.22 (20)	29:59.04 (20)											



