

# RACE ANALYSIS

## 3000 Metres Men - Final



18 August 2021 17:49 START TIME 21° C 52 %  
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		

<b>1 251 Tadese WORKU</b>										<b>ETH 20 Jan 02 7:42.09 CR</b>									
1	17.09	2	14.57	3	16.46	4	16.94	5	15.97	6	15.21	7	14.71	8	15.15	9	16.74	10	16.57
	17.09 (15)		31.66 (3)		48.12 (3)		1:05.06 (3)		<b>1:21.03 (1)</b>		<b>1:36.24 (1)</b>		<b>1:50.95 (1)</b>		<b>2:06.10 (1)</b>		2:22.84 (2)		<b>2:39.41 (1)</b>
11	15.40	12	15.43	13	15.10	14	15.05	15	14.82	16	15.19	17	15.33	18	15.06	19	15.33	20	15.54
	<b>2:54.81 (1)</b>		<b>3:10.24 (1)</b>		<b>3:25.34 (1)</b>		<b>3:40.39 (1)</b>		<b>3:55.21 (1)</b>		<b>4:10.40 (1)</b>		<b>4:25.73 (1)</b>		<b>4:40.79 (1)</b>		<b>4:56.12 (1)</b>		5:11.66 (2)
21	15.64	22	15.29	23	15.19	24	15.30	25	15.59	26	15.41	27	14.66	28	14.17	29	14.73		14.45
	<b>5:27.54 (1)</b>		<b>5:42.59 (1)</b>		<b>5:57.78 (1)</b>		<b>6:13.08 (1)</b>		<b>6:28.67 (1)</b>		<b>6:44.08 (1)</b>		<b>6:58.74 (1)</b>		<b>7:12.91 (1)</b>		<b>7:27.64 (1)</b>		

<b>2 243 Ali ABDILMANA</b>										<b>ETH 17 Feb 02 7:44.55 PB</b>									
1	16.62	2	15.20	3	16.43	4	16.96	5	16.11	6	15.18	7	15.11	8	14.89	9	16.58	10	16.65
	16.62 (9)		31.82 (5)		48.25 (5)		1:05.21 (6)		1:21.32 (2)		1:36.50 (3)		1:51.61 (5)		2:06.50 (5)		2:23.08 (4)		2:39.73 (4)
11	15.76	12	14.98	13	15.19	14	14.98	15	14.87	16	15.14	17	15.34	18	14.89	19	15.39	20	15.36
	2:55.49 (5)		3:10.47 (2)		3:25.66 (2)		3:40.64 (2)		3:55.51 (2)		4:10.65 (2)		4:25.99 (2)		4:40.88 (2)		4:56.27 (2)		<b>5:11.63 (1)</b>
21	15.91	22	15.26	23	15.21	24	15.27	25	15.63	26	15.25	27	15.04	28	14.71	29	15.13		15.51
	5:27.54 (2)		5:42.80 (2)		5:58.01 (2)		6:13.28 (2)		6:28.91 (2)		6:44.16 (2)		6:59.20 (2)		7:13.91 (2)		7:29.04 (2)		

<b>3 229 Habtom SAMUEL</b>										<b>ERI 30 Nov 03 7:52.69 PB</b>									
1	16.57	2	15.41	3	16.61	4	16.92	5	16.33	6	15.14	7	15.17	8	15.15	9	16.00	10	16.60
	16.57 (8)		31.98 (7)		48.59 (9)		1:05.51 (10)		1:21.84 (9)		1:36.98 (6)		1:52.15 (7)		2:07.30 (8)		2:23.30 (6)		2:39.90 (7)
11	15.88	12	15.31	13	15.64	14	15.00	15	15.18	16	15.79	17	15.89	18	15.76	19	16.21	20	15.74
	2:55.78 (6)		3:11.09 (6)		3:26.73 (6)		3:41.73 (5)		3:56.91 (4)		4:12.70 (4)		4:28.59 (4)		4:44.35 (4)		5:00.56 (4)		5:16.30 (4)
21	16.25	22	15.64	23	15.65	24	15.64	25	16.30	26	15.84	27	15.95	28	15.35	29	15.26		14.51
	5:32.54 (4)		5:48.19 (4)		6:03.84 (4)		6:19.48 (3)		6:35.78 (3)		6:51.62 (3)		7:07.57 (4)		7:22.92 (4)		7:38.18 (3)		

<b>4 231 Merhawi MEBRAHTU</b>										<b>ERI 21 Sep 03 7:55.50 PB</b>									
1	16.67	2	15.58	3	16.56	4	16.82	5	16.41	6	15.34	7	15.25	8	14.92	9	16.27	10	16.39
	16.67 (10)		32.25 (12)		48.81 (12)		1:05.63 (11)		1:22.04 (12)		1:37.38 (10)		1:52.63 (10)		2:07.55 (9)		2:23.82 (10)		2:40.21 (11)
11	16.18	12	14.95	13	15.69	14	14.88	15	15.22	16	15.79	17	15.94	18	15.71	19	15.77	20	15.91
	2:56.39 (11)		3:11.34 (7)		3:27.03 (8)		3:41.91 (7)		3:57.13 (5)		4:12.92 (5)		4:28.86 (5)		4:44.57 (5)		5:00.34 (3)		5:16.25 (3)
21	16.06	22	15.63	23	15.68	24	15.90	25	16.32	26	15.79	27	15.92	28	15.36	29	16.32		16.27
	5:32.31 (3)		5:47.94 (3)		6:03.62 (3)		6:19.52 (4)		6:35.84 (4)		6:51.63 (4)		7:07.55 (3)		7:22.91 (3)		7:39.23 (4)		

<b>5 132 Lionel NIHIMBAZWE</b>										<b>BDI 5 May 05 8:04.07 PB</b>									
1	16.80	2	15.44	3	16.49	4	16.91	5	16.39	6	15.28	7	15.00	8	14.76	9	16.42	10	16.53
	16.80 (12)		32.24 (11)		48.73 (10)		1:05.64 (12)		1:22.03 (11)		1:37.31 (9)		1:52.31 (8)		2:07.07 (7)		2:23.49 (7)		2:40.02 (9)
11	16.07	12	15.53	13	15.40	14	15.64	15	16.40	16	16.18	17	16.57	18	16.80	19	16.95	20	17.17
	2:56.09 (8)		3:11.62 (9)		3:27.02 (7)		3:42.66 (8)		3:59.06 (9)		4:15.24 (9)		4:31.81 (9)		4:48.61 (9)		5:05.56 (9)		5:22.73 (9)
21	17.72	22	16.93	23	16.55	24	17.12	25	17.08	26	15.20	27	15.48	28	15.20	29	15.46		14.60
	5:40.45 (9)		5:57.38 (9)		6:13.93 (9)		6:31.05 (10)		6:48.13 (9)		7:03.33 (7)		7:18.81 (7)		7:34.01 (5)		7:49.47 (5)		

<b>6 597 Dismas YEKO</b>										<b>UGA 9 Oct 04 8:08.76</b>									
1	15.43	2	15.94	3	16.46	4	17.11	5	16.49	6	15.59	7	14.96	8	14.93	9	16.61	10	16.68
	<b>15.43 (1)</b>		<b>31.37 (1)</b>		<b>47.83 (1)</b>		<b>1:04.94 (1)</b>		1:21.43 (4)		1:37.02 (7)		1:51.98 (6)		2:06.91 (6)		2:23.52 (8)		2:40.20 (10)
11	16.14	12	15.46	13	16.07	14	16.12	15	16.48	16	16.57	17	16.92	18	17.19	19	16.94	20	16.87
	2:56.34 (10)		3:11.80 (10)		3:27.87 (10)		3:43.99 (10)		4:00.47 (10)		4:17.04 (10)		4:33.96 (10)		4:51.15 (10)		5:08.09 (10)		5:24.96 (10)
21	16.77	22	16.26	23	16.42	24	16.35	25	17.06	26	16.13	27	16.20	28	16.13	29	16.28		16.20
	5:41.73 (10)		5:57.99 (10)		6:14.41 (10)		6:30.76 (8)		6:47.82 (8)		7:03.95 (9)		7:20.15 (8)		7:36.28 (8)		7:52.56 (7)		

<b>7 399 Daniel KINYANJUI</b>										<b>KEN 15 Jan 05 8:09.40</b>									
1	16.89	2	15.22	3	16.34	4	16.87	5	16.06	6	15.26	7	14.67	8	14.98	9	16.75	10	16.49
	16.89 (13)		32.11 (9)		48.45 (6)		1:05.32 (7)		1:21.38 (3)		1:36.64 (4)		1:51.31 (3)		2:06.29 (2)		2:23.04 (3)		2:39.53 (2)
11	15.61	12	15.43	13	15.70	14	15.44	15	15.66	16	15.56	17	16.44	18	16.51	19	16.63	20	16.63
	2:55.14 (2)		3:10.57 (3)		3:26.27 (4)		3:41.71 (4)		3:57.37 (6)		4:12.93 (6)		4:29.37 (6)		4:45.88 (6)		5:02.51 (6)		5:19.14 (6)
21	16.85	22	16.56	23	16.50	24	16.91	25	17.60	26	17.51	27	17.07	28	16.89	29	17.30		17.07
	5:35.99 (6)		5:52.55 (6)		6:09.05 (6)		6:25.96 (5)		6:43.56 (6)		7:01.07 (6)		7:18.14 (6)		7:35.03 (6)		7:52.33 (6)		



**RACE ANALYSIS**  
**3000 Metres Men - Final**

8 591 Dan KIBET										UGA		10 Feb 04		8:09.98					
1	16.24	2	15.97	3	16.59	4	16.41	5	16.36	6	14.89	7	14.79	8	15.07	9	16.31	10	16.99
	16.24 (6)		32.21 (10)		48.80 (11)		1:05.21 (5)		1:21.57 (5)		1:36.46 (2)		1:51.25 (2)		2:06.32 (3)		<b>2:22.63 (1)</b>		2:39.62 (3)
11	15.81	12	15.45	13	15.58	14	15.38	15	16.38	16	16.39	17	16.44	18	16.55	19	16.78	20	16.93
	2:55.43 (4)		3:10.88 (5)		3:26.46 (5)		3:41.84 (6)		3:58.22 (7)		4:14.61 (8)		4:31.05 (8)		4:47.60 (8)		5:04.38 (8)		5:21.31 (8)
21	16.79	22	16.82	23	17.04	24	17.45	25	17.54	26	16.90	27	16.81	28	16.62	29	16.30		16.40
	5:38.10 (8)		5:54.92 (8)		6:11.96 (7)		6:29.41 (7)		6:46.95 (7)		7:03.85 (8)		7:20.66 (9)		7:37.28 (9)		7:53.58 (8)		

9 415 Benard Kibet YEGON										KEN		4 Sep 03		8:12.96					
1	15.97	2	15.99	3	16.58	4	16.95	5	16.31	6	14.94	7	14.70	8	15.01	9	16.70	10	16.58
	15.97 (4)		31.96 (6)		48.54 (8)		1:05.49 (9)		1:21.80 (8)		1:36.74 (5)		1:51.44 (4)		2:06.45 (4)		2:23.15 (5)		2:39.73 (5)
11	15.49	12	15.43	13	15.25	14	15.04	15	15.25	16	15.80	17	16.06	18	16.20	19	16.38	20	17.09
	2:55.22 (3)		3:10.65 (4)		3:25.90 (3)		3:40.94 (3)		3:56.19 (3)		4:11.99 (3)		4:28.05 (3)		4:44.25 (3)		5:00.63 (5)		5:17.72 (5)
21	17.00	22	17.36	23	16.88	24	17.27	25	17.00	26	17.53	27	17.12	28	18.18	29	17.85		19.05
	5:34.72 (5)		5:52.08 (5)		6:08.96 (5)		6:26.23 (6)		6:43.23 (5)		7:00.76 (5)		7:17.88 (5)		7:36.06 (7)		7:53.91 (9)		

10 437 Yassine LAARJ										MAR		2 Feb 02		8:27.59					
1	15.90	2	15.91	3	16.40	4	16.99	5	16.44	6	15.62	7	15.26	8	15.04	9	16.00	10	16.30
	15.90 (3)		31.81 (4)		48.21 (4)		1:05.20 (4)		1:21.64 (7)		1:37.26 (8)		1:52.52 (9)		2:07.56 (10)		2:23.56 (9)		2:39.86 (6)
11	16.00	12	15.66	13	16.05	14	15.59	15	15.39	16	15.76	17	16.19	18	16.59	19	16.67	20	16.77
	2:55.86 (7)		3:11.52 (8)		3:27.57 (9)		3:43.16 (9)		3:58.55 (8)		4:14.31 (7)		4:30.50 (7)		4:47.09 (7)		5:03.76 (7)		5:20.53 (7)
21	17.06	22	16.99	23	17.70	24	18.53	25	19.51	26	19.03	27	18.88	28	19.36	29	20.05		19.95
	5:37.59 (7)		5:54.58 (7)		6:12.28 (8)		6:30.81 (9)		6:50.32 (10)		7:09.35 (10)		7:28.23 (10)		7:47.59 (10)		8:07.64 (10)		

11 510 Jason BOWERS										RSA		10 Feb 03		8:30.76					
1	16.75	2	15.63	3	16.67	4	16.81	5	16.48	6	15.47	7	15.64	8	15.01	9	15.85	10	25.77
	16.75 (11)		32.38 (13)		49.05 (14)		1:05.86 (14)		1:22.34 (14)		1:37.81 (13)		1:53.45 (13)		2:08.46 (13)		2:24.31 (13)		2:50.08 (13)
11	6.71	12	16.21	13	16.00	14	16.54	15	16.62	16	17.39	17	17.26	18	17.55	19	17.66	20	17.62
	2:56.79 (13)		3:13.00 (13)		3:29.00 (12)		3:45.54 (12)		4:02.16 (12)		4:19.55 (12)		4:36.81 (12)		4:54.36 (12)		5:12.02 (12)		5:29.64 (12)
21	17.76	22	17.73	23	17.91	24	18.05	25	18.57	26	18.75	27	18.32	28	18.31	29	18.05		17.67
	5:47.40 (12)		6:05.13 (12)		6:23.04 (12)		6:41.09 (11)		6:59.66 (11)		7:18.41 (11)		7:36.73 (11)		7:55.04 (11)		8:13.09 (11)		

12 584 Devrim KAZAN										TUR		18 Jun 02		8:52.01					
1	16.20	2	15.90	3	16.37	4	16.86	5	16.57	6	15.72	7	15.52	8	14.71	9	16.06	10	16.09
	16.20 (5)		32.10 (8)		48.47 (7)		1:05.33 (8)		1:21.90 (10)		1:37.62 (12)		1:53.14 (12)		2:07.85 (11)		2:23.91 (11)		2:40.00 (8)
11	16.19	12	16.47	13	16.77	14	17.47	15	17.95	16	18.84	17	18.85	18	19.27	19	18.95	20	18.89
	2:56.19 (9)		3:12.66 (12)		3:29.43 (13)		3:46.90 (13)		4:04.85 (13)		4:23.69 (13)		4:42.54 (13)		5:01.81 (13)		5:20.76 (13)		5:39.65 (13)
21	19.51	22	19.84	23	19.69	24	19.34	25	19.97	26	19.46	27	18.17	28	19.12	29	18.14		19.12
	5:59.16 (13)		6:19.00 (13)		6:38.69 (13)		6:58.03 (13)		7:18.00 (13)		7:37.46 (13)		7:55.63 (13)		8:14.75 (13)		8:32.89 (13)		

13 544 Vid BOTOLIN										SLO		15 Aug 02		9:10.10					
1	16.35	2	16.11	3	16.43	4	16.83	5	16.48	6	15.39	7	15.30	8	15.03	9	16.04	10	16.35
	16.35 (7)		32.46 (14)		48.89 (13)		1:05.72 (13)		1:22.20 (13)		1:37.59 (11)		1:52.89 (11)		2:07.92 (12)		2:23.96 (12)		2:40.31 (12)
11	16.15	12	15.72	13	15.75	14	16.27	15	16.50	16	16.74	17	17.06	18	17.53	19	17.36	20	18.27
	2:56.46 (12)		3:12.18 (11)		3:27.93 (11)		3:44.20 (11)		4:00.70 (11)		4:17.44 (11)		4:34.50 (11)		4:52.03 (11)		5:09.39 (11)		5:27.66 (11)
21	18.05	22	18.47	23	18.33	24	18.81	25	19.21	26	19.93	27	19.93	28	20.94	29	22.05		46.72
	5:45.71 (11)		6:04.18 (11)		6:22.51 (11)		6:41.32 (12)		7:00.53 (12)		7:20.46 (12)		7:40.39 (12)		8:01.33 (12)		8:23.38 (12)		

14 448 Ajit YADAV										NEP		10 Jan 03		9:15.27 <sup>SB</sup>					
1	19.07	2	18.16	3	18.63	4	19.30	5	19.41	6	19.20	7	19.21	8	19.07	9	19.01	10	18.27
	19.07 (16)		37.23 (16)		55.86 (16)		1:15.16 (16)		1:34.57 (16)		1:53.77 (16)		2:12.98 (15)		2:32.05 (15)		2:51.06 (15)		3:09.33 (15)
11	18.29	12	18.47	13	18.83	14	18.47	15	18.49	16	18.56	17	18.46	18	18.20	19	18.13	20	17.96
	3:27.62 (14)		3:46.09 (14)		4:04.92 (14)		4:23.39 (14)		4:41.88 (14)		5:00.44 (14)		5:18.90 (14)		5:37.10 (14)		5:55.23 (14)		6:13.19 (14)
21	18.67	22	18.21	23	18.62	24	18.89	25	19.23	26	18.55	27	18.02	28	17.97	29	18.09		15.83
	6:31.86 (14)		6:50.07 (14)		7:08.69 (14)		7:27.58 (14)		7:46.81 (14)		8:05.36 (14)		8:23.38 (14)		8:41.35 (14)		8:59.44 (14)		

549 Abdifatah Aden HASSAN						SOM		2 Jun 03		DNF	
1	15.64	2	15.95	3	16.30	4	17.08	5	16.66	6	16.62
	15.64 (2)		31.59 (2)		47.89 (2)		1:04.97 (2)		1:21.63 (6)		1:38.25 (14)

122 Joseph Lobo MORRIS										ART		1 Jan 05		DQ TR17.3.2					
1	17.02	2	15.74	3	16.76	4	17.22	5	18.07	6	18.90	7	21.21	8	21.14	9	21.32	10	21.62
	17.02 (14)		32.76 (15)		49.52 (15)		1:06.74 (15)		1:24.81 (15)		1:43.71 (15)		2:04.92 (14)		2:26.06 (14)		2:47.38 (14)		3:09.00 (14)
11	22.56	12	22.82	13	23.01	14	23.10	15	23.34	16	22.94	17	23.99	18	23.61	19	23.08	20	23.65
	3:31.56 (15)		3:54.38 (15)		4:17.39 (15)		4:40.49 (15)		5:03.83 (15)		5:26.77 (15)		5:50.76 (15)		6:14.37 (15)		6:37.45 (15)		7:01.10 (15)
21	23.98	22	22.67	23	23.94	24	24.26	25	23.01	26	23.02	27	22.14	28	21.74	29	22.57		
	7:25.08 (15)		7:47.75 (15)		8:11.69 (15)		8:35.95 (15)		8:58.96 (15)		9:21.98 (15)		9:44.12 (15)		10:05.86 (15)		10:28.43 (15)		

**NOTE** WA Rule TR17.3.2 - infringement of the inside border