

RACE ANALYSIS

Marathon Men - Final



INTERMEDIATE UPDATED

17 July 2022 06:14 START TIME 13° C 88 %
TEMPERATURE HUMIDITY
08:47 END TIME 16° C 79 %

1	1 km	2	2 km	3	3 km	4	4 km	5	5 km	6	6 km	7	7 km	8	8 km	9	9 km	10	10 km
11	11 km	12	12 km	13	13 km	14	14 km	15	15 km	16	16 km	17	17 km	18	18 km	19	19 km	20	20 km
21	21 km	22	Marathon	23	22 km	24	23 km	25	24 km	26	25 km	27	26 km	28	27 km	29	28 km	30	29 km
31	30 km	32	31 km	33	32 km	34	33 km	35	34 km	36	35 km	37	36 km	38	37 km	39	38 km	40	39 km
41	40 km	42	41 km	43	42 km														

1 1804 Tamirat TOLA										ETH 11 Aug 91 2:05:36 CR									
1	3:09	2	3:14	3	3:08	4	3:13	5	3:00	6	2:58	7	3:07	8	3:04	9	3:03	10	2:57
	3:09 (30)		6:23 (44)		9:31 (31)		12:44 (25)		15:44 (5)		18:42 (3)		21:49 (4)		24:53 (11)		27:56 (4)		30:53 (2)
11	2:59	12	3:04	13	2:57	14	3:04	15	2:57	16	3:02	17	2:58	18	3:08	19	2:55	20	2:57
	33:52 (4)		36:56 (3)		39:53 (5)		42:57 (9)		45:54 (10)		48:56 (14)		51:54 (15)		55:02 (19)		57:57 (12)		1:00:54 (15)
21	3:04	22	11	23	2:51	24	3:06	25	3:04	26	3:02	27	3:01	28	3:00	29	2:59	30	2:58
	1:03:58 (19)		1:04:09 (20)		1:07:00 (19)		1:10:06 (21)		1:13:10 (27)		1:16:12 (19)		1:19:13 (23)		1:22:13 (19)		1:25:12 (12)		1:28:10 (5)
31	3:00	32	2:52	33	2:57	34	2:52	35	2:43	36	2:47	37	2:51	38	2:46	39	2:48	40	2:51
	1:31:10 (10)		1:34:02 (1)		1:36:59 (2)		1:39:51 (2)		1:42:34 (1)		1:45:21 (1)		1:48:12 (1)		1:50:58 (1)		1:53:46 (1)		1:56:37 (1)
41	2:53	42	2:51	43	2:45	30													
	1:59:30 (1)		2:02:21 (1)		2:05:06 (1)														

Mosinet GEREMEW										ETH										12 Feb 92		2:06:44	
1	3:09	2	3:13	3	3:09	4	3:14	5	3:00	6	2:58	7	3:06	8	3:06	9	3:01	10	2:58				
	3:09 (31)		6:22 (35)		9:31 (37)		12:45 (36)		15:45 (22)		18:43 (14)		21:49 (19)		24:55 (27)		27:56 (9)		30:54 (14)				
11	3:00	12	3:02	13	2:57	14	3:05	15	2:57	16	3:02	17	2:58	18	3:07	19	2:56	20	2:56				
	33:54 (16)		36:56 (15)		39:53 (6)		42:58 (21)		45:55 (19)		48:57 (28)		51:55 (25)		55:02 (28)		57:58 (19)		1:00:54 (16)				
21	3:04	22	10	23	2:52	24	3:06	25	3:04	26	3:02	27	3:01	28	3:00	29	2:59	30	2:58				
	1:03:58 (13)		1:04:08 (10)		1:07:00 (14)		1:10:06 (23)		1:13:10 (24)		1:16:12 (27)		1:19:13 (25)		1:22:13 (15)		1:25:12 (11)		1:28:10 (9)				
31	3:00	32	2:53	33	2:57	34	2:52	35	2:49	36	2:52	37	2:56	38	2:55	39	3:01	40	2:58				
	1:31:10 (12)		1:34:03 (7)		1:37:00 (8)		1:39:52 (7)		1:42:41 (5)		1:45:33 (4)		1:48:29 (4)		1:51:24 (3)		1:54:25 (4)		1:57:23 (3)				
41	3:00	42	3:01	43	2:48																		
	2:00:23 (3)		2:03:24 (3)		2:06:12 (2)																		

3 1570 Bashir ABDI										BEL 10 Feb 89 2:06:48									
1	3:08	2	3:14	3	3:10	4	3:13	5	3:06	6	2:58	7	3:02	8	3:06	9	3:01	10	2:58
	3:08 (3)		6:22 (20)		9:32 (41)		12:45 (47)		15:51 (50)		18:49 (47)		21:51 (49)		24:57 (50)		27:58 (35)		30:56 (33)
11	3:03	12	2:58	13	2:57	14	3:05	15	2:56	16	3:02	17	2:58	18	3:08	19	2:59	20	2:53
	33:59 (42)		36:57 (28)		39:54 (27)		42:59 (42)		45:55 (23)		48:57 (27)		51:55 (27)		55:03 (30)		58:02 (33)		1:00:55 (26)
21	3:03	22	11	23	2:52	24	3:06	25	3:03	26	3:02	27	3:01	28	3:00	29	3:00	30	2:57
	1:03:58 (24)		1:04:09 (25)		1:07:01 (27)		1:10:07 (28)		1:13:10 (25)		1:16:12 (24)		1:19:13 (28)		1:22:13 (17)		1:25:13 (18)		1:28:10 (11)
31	3:00	32	2:53	33	2:57	34	2:51	35	2:50	36	2:52	37	2:56	38	2:55	39	3:01	40	2:58
	1:31:10 (14)		1:34:03 (10)		1:37:00 (6)		1:39:51 (3)		1:42:41 (3)		1:45:33 (2)		1:48:29 (3)		1:51:24 (2)		1:54:25 (3)		1:57:23 (2)
41	3:00	42	3:00	43	2:52	33													
	2:00:23 (2)		2:03:23 (2)		2:06:15 (3)														

4 1646 Cameron LEVINS										CAN 28 Mar 89 2:07:09 NR									
1	3:09	2	3:12	3	3:09	4	3:13	5	3:02	6	2:59	7	3:06	8	3:05	9	3:04	10	2:57
	3:09 (15)		6:21 (12)		9:30 (8)		12:43 (6)		15:45 (20)		18:44 (25)		21:50 (29)		24:55 (31)		27:59 (43)		30:56 (35)
11	3:02	12	2:59	13	2:57	14	3:05	15	2:56	16	3:01	17	2:59	18	3:07	19	2:56	20	2:57
	33:58 (35)		36:57 (35)		39:54 (31)		42:59 (38)		45:55 (27)		48:56 (22)		51:55 (20)		55:02 (21)		57:58 (16)		1:00:55 (22)
21	3:03	22	11	23	2:51	24	3:05	25	3:04	26	3:02	27	3:02	28	3:00	29	3:00	30	2:57
	1:03:58 (23)		1:04:09 (23)		1:07:00 (24)		1:10:05 (6)		1:13:09 (5)		1:16:11 (10)		1:19:13 (14)		1:22:13 (9)		1:25:13 (20)		1:28:10 (15)
31	3:00	32	2:53	33	2:57	34	2:52	35	2:49	36	2:52	37	2:56	38	2:58	39	2:58	40	2:59
	1:31:10 (20)		1:34:03 (11)		1:37:00 (7)		1:39:52 (11)		1:42:41 (6)		1:45:33 (5)		1:48:29 (5)		1:51:27 (5)		1:54:25 (5)		1:57:24 (5)
41	3:06	42	3:04	43	3:01		34												
	2:00:30 (5)		2:03:34 (5)		2:06:35 (4)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

5 2085 Geoffrey KAMWOROR										KEN 22 Nov 92		2:07:14	SB						
1	3:09	2	3:13	3	3:09	4	3:13	5	3:01	6	2:58	7	3:06	8	3:05	9	3:02	10	2:58
	3:09 (23)		6:22 (26)		9:31 (27)		12:44 (27)		15:45 (14)		18:43 (16)		21:49 (17)		24:54 (14)		27:56 (11)		30:54 (10)
11	2:59	12	3:03	13	2:57	14	3:05	15	2:56	16	3:02	17	2:58	18	3:08	19	2:55	20	2:57
	33:53 (6)		36:56 (11)		39:53 (8)		42:58 (13)		45:54 (12)		48:56 (7)		51:54 (9)		55:02 (10)		57:57 (6)		1:00:54 (8)
21	3:03	22	11	23	2:51	24	3:06	25	3:04	26	3:01	27	3:02	28	3:01	29	2:59	30	2:58
	1:03:57 (7)		1:04:08 (8)		1:06:59 (8)		1:10:05 (4)		1:13:09 (9)		1:16:10 (6)		1:19:12 (7)		1:22:13 (4)		1:25:12 (4)		1:28:10 (6)
31	2:59	32	2:53	33	2:57	34	2:52	35	2:50	36	2:52	37	2:56	38	2:58	39	2:58	40	2:59
	1:31:09 (3)		1:34:02 (3)		1:36:59 (3)		1:39:51 (1)		1:42:41 (2)		1:45:33 (3)		1:48:29 (2)		1:51:27 (4)		1:54:25 (2)		1:57:24 (4)
41	3:04	42	3:05	43	3:07		34												
	2:00:28 (4)		2:03:33 (4)		2:06:40 (5)														

6 1805 Seifu TURA										ETH		19 Jun 97		2:07:17					
1	3:09	2	3:14	3	3:09	4	3:13	5	3:01	6	2:57	7	3:06	8	3:05	9	3:02	10	2:57
	3:09 (22)		6:23 (50)		9:32 (45)		12:45 (46)		15:46 (26)		18:43 (13)		21:49 (20)		24:54 (19)		27:56 (3)		30:53 (7)
11	3:01	12	3:02	13	2:57	14	3:05	15	2:57	16	3:01	17	2:59	18	3:07	19	2:55	20	2:57
	33:54 (15)		36:56 (9)		39:53 (9)		42:58 (19)		45:55 (14)		48:56 (24)		51:55 (21)		55:02 (22)		57:57 (9)		1:00:54 (11)
21	3:04	22	11	23	2:51	24	3:06	25	3:04	26	3:01	27	3:02	28	3:00	29	2:59	30	2:58
	1:03:58 (17)		1:04:09 (17)		1:07:00 (16)		1:10:06 (14)		1:13:10 (19)		1:16:11 (16)		1:19:13 (15)		1:22:13 (14)		1:25:12 (2)		1:28:10 (2)
31	3:00	32	2:53	33	2:57	34	2:52	35	2:49	36	2:57	37	2:58	38	2:59	39	3:01	40	3:02
	1:31:10 (13)		1:34:03 (5)		1:37:00 (5)		1:39:52 (8)		1:42:41 (7)		1:45:38 (7)		1:48:36 (7)		1:51:35 (6)		1:54:36 (7)		1:57:38 (7)
41	3:07	42	2:59	43	3:00		33												
	2:00:45 (7)		2:03:44 (6)		2:06:44 (6)														

7 2307 Gabriel Gerald GEAY										TAN		10 Sep 96		2:07:31		SB			
1	3:09	2	3:14	3	3:09	4	3:14	5	3:05	6	2:53	7	3:05	8	3:06	9	3:02	10	2:58
	3:09 (20)		6:23 (53)		9:32 (53)		12:46 (51)		15:51 (51)		18:44 (28)		21:49 (16)		24:55 (25)		27:57 (16)		30:55 (21)
11	2:57	12	3:04	13	2:57	14	3:04	15	2:57	16	3:02	17	2:58	18	3:08	19	2:54	20	2:58
	33:52 (2)		36:56 (13)		39:53 (12)		42:57 (6)		45:54 (4)		48:56 (9)		51:54 (11)		55:02 (15)		57:56 (4)		1:00:54 (5)
21	3:03	22	11	23	2:51	24	3:07	25	3:03	26	3:00	27	3:03	28	3:02	29	2:58	30	2:58
	1:03:57 (4)		1:04:08 (7)		1:06:59 (6)		1:10:06 (12)		1:13:09 (3)		1:16:09 (4)		1:19:12 (11)		1:22:14 (27)		1:25:12 (13)		1:28:10 (13)
31	3:00	32	2:53	33	2:57	34	2:51	35	2:50	36	2:53	37	3:00	38	3:04	39	3:03	40	3:05
	1:31:10 (8)		1:34:03 (8)		1:37:00 (9)		1:39:51 (5)		1:42:41 (4)		1:45:34 (6)		1:48:34 (6)		1:51:38 (8)		1:54:41 (8)		1:57:46 (8)
41	3:05	42	3:05	43	3:02														
	2:00:51 (8)		2:03:56 (7)		2:06:58 (7)														

8 1609 Daniel DO NASCIMENTO										BRA		28 Jul 98		2:07:35					
1	3:08	2	3:14	3	3:09	4	3:13	5	3:02	6	2:58	7	3:06	8	3:05	9	3:01	10	2:58
	3:08 (13)		6:22 (22)		9:31 (19)		12:44 (17)		15:46 (25)		18:44 (20)		21:50 (24)		24:55 (24)		27:56 (10)		30:54 (9)
11	2:59	12	3:03	13	2:57	14	3:04	15	2:57	16	3:01	17	2:59	18	3:07	19	2:56	20	2:58
	33:53 (7)		36:56 (12)		39:53 (7)		42:57 (4)		45:54 (2)		48:55 (1)		51:54 (1)		55:01 (3)		57:57 (14)		1:00:55 (20)
21	3:03	22	10	23	2:51	24	3:07	25	3:04	26	3:02	27	3:00	28	3:01	29	2:59	30	2:58
	1:03:58 (14)		1:04:08 (13)		1:06:59 (11)		1:10:06 (16)		1:13:10 (20)		1:16:12 (26)		1:19:12 (9)		1:22:13 (11)		1:25:12 (15)		1:28:10 (12)
31	3:00	32	2:53	33	2:58	34	2:53	35	2:59	36	3:03	37	3:04	38	3:03	39	3:01	40	3:02
	1:31:10 (6)		1:34:03 (9)		1:37:01 (14)		1:39:54 (14)		1:42:53 (13)		1:45:56 (13)		1:49:00 (13)		1:52:03 (13)		1:55:04 (11)		1:58:06 (11)
41	3:03	42	2:59	43	2:53	34													
	2:01:09 (11)		2:04:08 (8)		2:07:01 (8)														

9 1634 Shumi DECHASA										BRN 28 May 89		2:07:52	SB						
1	3:09	2	3:13	3	3:09	4	3:13	5	2:59	6	2:57	7	3:09	8	3:04	9	3:02	10	2:58
	3:09 (17)		6:22 (25)		9:31 (29)		12:44 (30)		15:43 (1)		18:40 (1)		21:49 (3)		24:53 (6)		27:55 (1)		30:53 (1)
11	2:58	12	3:05	13	2:57	14	3:04	15	2:56	16	3:02	17	2:59	18	3:07	19	2:52	20	3:00
	33:51 (1)		36:56 (2)		39:53 (2)		42:57 (8)		45:53 (1)		48:55 (3)		51:54 (2)		55:01 (4)		57:53 (1)		1:00:53 (1)
21	3:04	22	11	23	2:50	24	3:07	25	3:04	26	3:00	27	3:03	28	3:00	29	2:59	30	2:59
	1:03:57 (1)		1:04:08 (3)		1:06:58 (2)		1:10:05 (5)		1:13:09 (1)		1:16:09 (2)		1:19:12 (3)		1:22:12 (2)		1:25:11 (1)		1:28:10 (1)
31	2:59	32	2:53	33	2:57	34	2:52	35	2:52	36	2:59	37	3:01	38	3:03	39	3:02	40	3:05
	1:31:09 (1)		1:34:02 (2)		1:36:59 (1)		1:39:51 (4)		1:42:43 (8)		1:45:42 (9)		1:48:43 (9)		1:51:46 (9)		1:54:48 (9)		1:57:53 (9)
41	3:10	42	3:07	43	3:08		34												
	2:01:03 (9)		2:04:10 (9)		2:07:18 (9)														

**RACE ANALYSIS
Marathon Men**
INTERMEDIATE UPDATED

10 2440 Isaac MPOFU										ZIM		20 Aug 88		2:07:56		NR			
1	3:09	2	3:13	3	3:09	4	3:13	5	3:01	6	2:58	7	3:06	8	3:05	9	3:03	10	2:57
	3:09 (18)		6:22 (18)		9:31 (20)		12:44 (19)		15:45 (16)		18:43 (17)		21:49 (13)		24:54 (15)		27:57 (17)		30:54 (17)
11	3:01	12	3:01	13	2:58	14	3:04	15	2:57	16	3:01	17	2:58	18	3:08	19	2:57	20	2:56
	33:55 (20)		36:56 (16)		39:54 (20)		42:58 (20)		45:55 (25)		48:56 (18)		51:54 (13)		55:02 (13)		57:59 (25)		1:00:55 (23)
21	3:03	22	10	23	2:52	24	3:06	25	3:04	26	3:02	27	3:01	28	3:00	29	2:59	30	2:58
	1:03:58 (15)		1:04:08 (15)		1:07:00 (15)		1:10:06 (18)		1:13:10 (11)		1:16:12 (22)		1:19:13 (18)		1:22:13 (12)		1:25:12 (10)		1:28:10 (7)
31	2:59	32	2:54	33	2:57	34	2:52	35	2:54	36	2:57	37	3:00	38	3:03	39	3:05	40	3:05
	1:31:09 (4)		1:34:03 (6)		1:37:00 (10)		1:39:52 (9)		1:42:46 (11)		1:45:43 (11)		1:48:43 (10)		1:51:46 (10)		1:54:51 (10)		1:57:56 (10)
41	3:10	42	3:09	43	3:07	34													
	2:01:06 (10)		2:04:15 (11)		2:07:22 (10)														

11 1986 Maru TEFERI										ISR		17 Aug 92		2:07:59					
1	3:09	2	3:12	3	3:09	4	3:14	5	3:03	6	3:00	7	3:04	8	3:05	9	3:03	10	2:58
	3:09 (19)		6:21 (10)		9:30 (9)		12:44 (12)		15:47 (34)		18:47 (41)		21:51 (44)		24:56 (43)		27:59 (42)		30:57 (42)
11	3:01	12	3:00	13	2:57	14	3:04	15	2:59	16	2:59	17	2:59	18	3:06	19	2:59	20	2:59
	33:58 (36)		36:58 (45)		39:55 (42)		42:59 (43)		45:58 (42)		48:57 (36)		51:56 (33)		55:02 (25)		58:01 (32)		1:01:00 (35)
21	2:59	22	11	23	2:51	24	3:05	25	3:04	26	3:04	27	2:59	28	3:00	29	3:00	30	2:57
	1:03:59 (31)		1:04:10 (31)		1:07:01 (26)		1:10:06 (20)		1:13:10 (13)		1:16:14 (32)		1:19:13 (27)		1:22:13 (22)		1:25:13 (28)		1:28:10 (19)
31	3:00	32	2:56	33	3:02	34	2:58	35	2:59	36	3:02	37	3:08	38	3:05	39	3:02	40	3:01
	1:31:10 (15)		1:34:06 (21)		1:37:08 (17)		1:40:06 (15)		1:43:05 (15)		1:46:07 (15)		1:49:15 (14)		1:52:20 (14)		1:55:22 (14)		1:58:23 (14)
41	3:03	42	3:07	43	2:55		31												
	2:01:26 (13)		2:04:33 (12)		2:07:28 (11)														

12 2127 Othmane EL GOURMI										MAR 28 May 92 2:08:14									
1	3:08	2	3:14	3	3:08	4	3:14	5	3:01	6	2:58	7	3:06	8	3:05	9	3:03	10	2:57
	3:08 (10)		6:22 (16)		9:30 (16)		12:44 (13)		15:45 (21)		18:43 (12)		21:49 (8)		24:54 (17)		27:57 (21)		30:54 (18)
11	3:01	12	3:01	13	2:57	14	3:05	15	2:56	16	3:02	17	2:58	18	3:07	19	2:56	20	2:56
	33:55 (19)		36:56 (10)		39:53 (15)		42:58 (11)		45:54 (8)		48:56 (6)		51:54 (10)		55:01 (6)		57:57 (11)		1:00:53 (3)
21	3:04	22	11	23	2:50	24	3:07	25	3:05	26	2:59	27	3:03	28	3:00	29	3:00	30	2:58
	1:03:57 (5)		1:04:08 (6)		1:06:58 (3)		1:10:05 (8)		1:13:10 (14)		1:16:09 (3)		1:19:12 (5)		1:22:12 (3)		1:25:12 (5)		1:28:10 (18)
31	3:00	32	2:53	33	2:57	34	2:54	35	2:58	36	3:00	37	3:04	38	3:05	39	3:06	40	3:05
	1:31:10 (9)		1:34:03 (12)		1:37:00 (13)		1:39:54 (13)		1:42:52 (12)		1:45:52 (12)		1:48:56 (12)		1:52:01 (12)		1:55:07 (13)		1:58:12 (12)
41	3:11	42	3:11	43	3:06		34												
	2:01:23 (12)		2:04:34 (13)		2:07:40 (12)														

13 2065 Yusuke NISHIYAMA										JPN		7 Nov 94		2:08:35					
1	3:08	2	3:13	3	3:09	4	3:13	5	3:02	6	2:58	7	3:06	8	3:04	9	3:04	10	2:57
	3:08 (7)		6:21 (6)		9:30 (4)		12:43 (4)		15:45 (11)		18:43 (8)		21:49 (12)		24:53 (9)		27:57 (13)		30:54 (16)
11	3:00	12	3:03	13	2:56	14	3:05	15	2:57	16	3:01	17	2:58	18	3:08	19	2:56	20	2:56
	33:54 (11)		36:57 (23)		39:53 (18)		42:58 (16)		45:55 (20)		48:56 (20)		51:54 (14)		55:02 (14)		57:58 (17)		1:00:54 (14)
21	3:03	22	11	23	2:51	24	3:06	25	3:05	26	3:01	27	3:02	28	3:00	29	2:59	30	2:59
	1:03:57 (10)		1:04:08 (11)		1:06:59 (5)		1:10:05 (9)		1:13:10 (10)		1:16:11 (14)		1:19:13 (20)		1:22:13 (13)		1:25:12 (9)		1:28:11 (21)
31	2:59	32	2:56	33	3:02	34	2:58	35	3:04	36	3:05	37	3:07	38	3:06	39	3:09	40	3:10
	1:31:10 (7)		1:34:06 (19)		1:37:08 (19)		1:40:06 (16)		1:43:10 (17)		1:46:15 (16)		1:49:22 (16)		1:52:28 (15)		1:55:37 (15)		1:58:47 (16)
41	3:10	42	3:04	43	3:01	33													
	2:01:57 (15)		2:05:01 (14)		2:08:02 (13)														

14 2132 Hamza SAHLI										MAR		10 May 93		2:08:45					
1	3:09	2	3:13	3	3:09	4	3:14	5	3:02	6	2:57	7	3:06	8	3:05	9	3:03	10	2:57
	3:09 (27)		6:22 (36)		9:31 (32)		12:45 (34)		15:47 (32)		18:44 (26)		21:50 (38)		24:55 (32)		27:58 (27)		30:55 (25)
11	3:00	12	3:02	13	2:57	14	3:04	15	2:57	16	3:02	17	2:58	18	3:08	19	2:56	20	2:56
	33:55 (24)		36:57 (25)		39:54 (23)		42:58 (22)		45:55 (29)		48:57 (32)		51:55 (28)		55:03 (31)		57:59 (24)		1:00:55 (18)
21	3:03	22	11	23	2:51	24	3:06	25	3:04	26	3:01	27	3:02	28	3:00	29	3:00	30	2:58
	1:03:58 (22)		1:04:09 (22)		1:07:00 (21)		1:10:06 (26)		1:13:10 (23)		1:16:11 (15)		1:19:13 (19)		1:22:13 (18)		1:25:13 (21)		1:28:11 (23)
31	2:59	32	2:55	33	3:00	34	3:02	35	3:02	36	3:08	37	3:06	38	3:06	39	3:08	40	3:08
	1:31:10 (22)		1:34:05 (18)		1:37:05 (15)		1:40:07 (18)		1:43:09 (16)		1:46:17 (17)		1:49:23 (17)		1:52:29 (16)		1:55:37 (16)		1:58:45 (15)
41	3:14	42	3:10	43	3:01														
	2:01:59 (16)		2:05:09 (16)		2:08:10 (14)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

15 2092 Barnabas KIPTUM

KEN 8 Dec 86 2:08:59

1	3:09	2	3:13	3	3:09	4	3:13	5	3:00	6	2:59	7	3:06	8	3:04	9	3:04	10	2:57
	3:09 (16)		6:22 (19)		9:31 (23)		12:44 (28)		15:44 (9)		18:43 (10)		21:49 (10)		24:53 (7)		27:57 (14)		30:54 (8)
11	2:59	12	3:03	13	2:57	14	3:05	15	2:56	16	3:02	17	2:58	18	3:08	19	2:54	20	2:58
	33:53 (10)		36:56 (7)		39:53 (10)		42:58 (12)		45:54 (9)		48:56 (8)		51:54 (5)		55:02 (9)		57:56 (3)		1:00:54 (6)
21	3:03	22	11	23	2:50	24	3:07	25	3:05	26	3:00	27	3:02	28	3:01	29	2:59	30	2:58
	1:03:57 (3)		1:04:08 (1)		1:06:58 (4)		1:10:05 (7)		1:13:10 (12)		1:16:10 (7)		1:19:12 (10)		1:22:13 (6)		1:25:12 (3)		1:28:10 (3)
31	2:59	32	2:53	33	2:58	34	2:51	35	2:53	36	2:59	37	3:02	38	3:09	39	3:12	40	3:13
	1:31:09 (2)		1:34:02 (4)		1:37:00 (4)		1:39:51 (6)		1:42:44 (9)		1:45:43 (10)		1:48:45 (11)		1:51:54 (11)		1:55:06 (12)		1:58:19 (13)
41	3:20	42	3:23	43	3:20		37												
	2:01:39 (14)		2:05:02 (15)		2:08:22 (15)														

16 1751 Oqbe Kibrom RUESOM

ERI 1 Jan 98 2:09:02

1	3:10	2	3:13	3	3:09	4	3:13	5	3:01	6	2:58	7	3:06	8	3:05	9	3:02	10	2:58
	3:10 (45)		6:23 (43)		9:32 (46)		12:45 (45)		15:46 (28)		18:44 (21)		21:50 (28)		24:55 (26)		27:57 (22)		30:55 (28)
11	3:00	12	3:02	13	2:56	14	3:05	15	2:57	16	3:02	17	2:58	18	3:08	19	2:55	20	2:57
	33:55 (23)		36:57 (32)		39:53 (16)		42:58 (33)		45:55 (26)		48:57 (35)		51:55 (29)		55:03 (32)		57:58 (18)		1:00:55 (17)
21	3:03	22	11	23	2:51	24	3:07	25	3:03	26	3:02	27	3:01	28	3:01	29	2:59	30	2:57
	1:03:58 (18)		1:04:09 (18)		1:07:00 (23)		1:10:07 (30)		1:13:10 (26)		1:16:12 (18)		1:19:13 (24)		1:22:14 (26)		1:25:13 (22)		1:28:10 (14)
31	3:00	32	2:53	33	2:57	34	2:52	35	3:01	36	3:12	37	3:13	38	3:14	39	3:15	40	3:12
	1:31:10 (18)		1:34:03 (13)		1:37:00 (12)		1:39:52 (10)		1:42:53 (14)		1:46:05 (14)		1:49:18 (15)		1:52:32 (17)		1:55:47 (17)		1:58:59 (17)
41	3:15	42	3:09	43	3:05		34												
	2:02:14 (17)		2:05:23 (17)		2:08:28 (16)														

17 1826 Hassan CHAHDI

FRA 7 May 89 2:09:20

1	3:09	2	3:14	3	3:08	4	3:14	5	3:07	6	2:58	7	3:01	8	3:05	9	3:02	10	2:59
	3:09 (39)		6:23 (46)		9:31 (40)		12:45 (37)		15:52 (55)		18:50 (52)		21:51 (43)		24:56 (44)		27:58 (39)		30:57 (40)
11	3:00	12	3:00	13	2:57	14	3:05	15	2:58	16	3:00	17	2:59	18	3:07	19	2:58	20	2:55
	33:57 (29)		36:57 (19)		39:54 (30)		42:59 (44)		45:57 (36)		48:57 (30)		51:56 (36)		55:03 (35)		58:01 (29)		1:00:56 (30)
21	3:03	22	10	23	2:52	24	3:06	25	3:02	26	3:00	27	3:03	28	3:01	29	3:00	30	2:58
	1:03:59 (29)		1:04:09 (29)		1:07:01 (29)		1:10:07 (27)		1:13:09 (7)		1:16:09 (1)		1:19:12 (6)		1:22:13 (7)		1:25:13 (26)		1:28:11 (27)
31	3:00	32	3:00	33	3:11	34	3:05	35	3:07	36	3:10	37	3:08	38	3:09	39	3:09	40	3:10
	1:31:11 (26)		1:34:11 (25)		1:37:22 (25)		1:40:27 (24)		1:43:34 (23)		1:46:44 (24)		1:49:52 (22)		1:53:01 (19)		1:56:10 (18)		1:59:20 (18)
41	3:16	42	3:11	43	3:01		32												
	2:02:36 (19)		2:05:47 (19)		2:08:48 (17)														

18 2252 Melikhaya FRANS

RSA 5 Feb 90 2:09:24 PB

1	3:09	2	3:14	3	3:09	4	3:13	5	3:01	6	2:58	7	3:06	8	3:06	9	3:03	10	2:57
	3:09 (37)		6:23 (39)		9:32 (51)		12:45 (38)		15:46 (24)		18:44 (18)		21:50 (25)		24:56 (37)		27:59 (41)		30:56 (32)
11	3:04	12	2:58	13	2:57	14	3:04	15	2:59	16	2:59	17	2:59	18	3:06	19	2:57	20	2:55
	34:00 (45)		36:58 (41)		39:55 (40)		42:59 (45)		45:58 (41)		48:57 (37)		51:56 (34)		55:02 (26)		57:59 (23)		1:00:54 (12)
21	3:05	22	10	23	2:52	24	3:06	25	3:04	26	3:02	27	3:00	28	3:01	29	3:02	30	3:01
	1:03:59 (30)		1:04:09 (28)		1:07:01 (30)		1:10:07 (31)		1:13:11 (31)		1:16:13 (28)		1:19:13 (32)		1:22:14 (31)		1:25:16 (31)		1:28:17 (29)
31	2:56	32	3:04	33	3:11	34	3:04	35	3:05	36	3:07	37	3:07	38	3:12	39	3:11	40	3:11
	1:31:13 (27)		1:34:17 (26)		1:37:28 (27)		1:40:32 (26)		1:43:37 (24)		1:46:44 (23)		1:49:51 (21)		1:53:03 (20)		1:56:14 (20)		1:59:25 (20)
41	3:11	42	3:10	43	3:04		34												
	2:02:36 (18)		2:05:46 (18)		2:08:50 (18)														

19 2418 Galen RUPP

USA 8 May 86 2:09:36 SB

1	3:08	2	3:13	3	3:09	4	3:13	5	3:03	6	2:58	7	3:05	8	3:05	9	3:03	10	2:57
	3:08 (2)		6:21 (9)		9:30 (5)		12:43 (5)		15:46 (27)		18:44 (22)		21:49 (21)		24:54 (20)		27:57 (23)		30:54 (15)
11	3:01	12	3:02	13	2:56	14	3:05	15	2:57	16	3:01	17	2:58	18	3:07	19	2:56	20	2:57
	33:55 (18)		36:57 (18)		39:53 (11)		42:58 (15)		45:55 (15)		48:56 (12)		51:54 (8)		55:01 (8)		57:57 (13)		1:00:54 (9)
21	3:03	22	11	23	2:50	24	3:07	25	3:05	26	3:01	27	3:01	28	3:01	29	2:59	30	2:58
	1:03:57 (6)		1:04:08 (4)		1:06:58 (1)		1:10:05 (3)		1:13:10 (15)		1:16:11 (9)		1:19:12 (13)		1:22:13 (10)		1:25:12 (6)		1:28:10 (17)
31	3:00	32	2:55	33	3:03	34	2:59	35	3:04	36	3:20	37	3:07	38	3:18	39	3:17	40	3:11
	1:31:10 (5)		1:34:05 (16)		1:37:08 (18)		1:40:07 (17)		1:43:11 (18)		1:46:31 (18)		1:49:38 (18)		1:52:56 (18)		1:56:13 (19)		1:59:24 (19)
41	3:26	42	3:05	43	3:04		37												
	2:02:50 (20)		2:05:55 (20)		2:08:59 (19)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

20 1647 Rory LINKLETTER										CAN		12 Aug 96		2:10:24		PB			
1	3:10	2	3:11	3	3:09	4	3:13	5	3:06	6	2:59	7	3:02	8	3:06	9	3:04	10	2:58
	3:10 (55)		6:21 (1)		9:30 (1)		12:43 (1)		15:49 (47)		18:48 (44)		21:50 (39)		24:56 (42)		28:00 (52)		30:58 (46)
11	3:03	12	2:58	13	2:58	14	3:02	15	3:02	16	3:02	17	2:59	18	3:04	19	3:02	20	3:03
	34:01 (47)		36:59 (47)		39:57 (43)		42:59 (40)		46:01 (45)		49:03 (44)		52:02 (43)		55:06 (42)		58:08 (43)		1:01:11 (41)
21	3:01	22	11	23	2:49	24	3:02	25	3:03	26	3:01	27	3:06	28	3:04	29	3:04	30	3:08
	1:04:12 (39)		1:04:23 (38)		1:07:12 (37)		1:10:14 (34)		1:13:17 (34)		1:16:18 (34)		1:19:24 (33)		1:22:28 (33)		1:25:32 (33)		1:28:40 (33)
31	3:07	32	3:09	33	3:11	34	3:06	35	3:10	36	3:07	37	3:11	38	3:14	39	3:15	40	3:12
	1:31:47 (33)		1:34:56 (33)		1:38:07 (33)		1:41:13 (32)		1:44:23 (32)		1:47:30 (29)		1:50:41 (27)		1:53:55 (26)		1:57:10 (26)		2:00:22 (24)
41	3:14	42	3:11	43	3:04		33												
	2:03:36 (23)		2:06:47 (22)		2:09:51 (20)														

21 2125 Mohamed Reda EL AARABY										MAR		12 Nov 89		2:10:33					
1	3:08	2	3:13	3	3:09	4	3:14	5	3:03	6	2:58	7	3:05	8	3:03	9	3:03	10	2:57
3:08 (6)		6:21 (11)		9:30 (14)		12:44 (16)		15:47 (33)		18:45 (32)		21:50 (23)		24:53 (8)		27:56 (7)		30:53 (6)	
11	3:01	12	3:02	13	2:57	14	3:04	15	2:57	16	3:02	17	2:59	18	3:07	19	2:58	20	2:55
33:54 (12)		36:56 (8)		39:53 (14)		42:57 (1)		45:54 (11)		48:56 (10)		51:55 (19)		55:02 (17)		58:00 (26)		1:00:55 (24)	
21	3:03	22	11	23	2:51	24	3:06	25	3:04	26	3:01	27	3:02	28	3:00	29	3:00	30	2:58
1:03:58 (21)		1:04:09 (19)		1:07:00 (22)		1:10:06 (24)		1:13:10 (17)		1:16:11 (13)		1:19:13 (21)		1:22:13 (24)		1:25:13 (27)		1:28:11 (24)	
31	3:00	32	3:00	33	3:06	34	3:03	35	3:08	36	3:09	37	3:11	38	3:18	39	3:21	40	3:21
1:31:11 (25)		1:34:11 (24)		1:37:17 (23)		1:40:20 (23)		1:43:28 (22)		1:46:37 (20)		1:49:48 (19)		1:53:06 (22)		1:56:27 (22)		1:59:48 (21)	
41	3:25	42	3:24	43	3:18	38													
2:03:13 (21)		2:06:37 (21)		2:09:55 (21)															

22 1749 Goitom KIFLE										ERI		3 Dec 93		2:11:10		SB			
1	3:09	2	3:14	3	3:08	4	3:14	5	3:00	6	2:59	7	3:06	8	3:04	9	3:03	10	2:57
	3:09 (35)		6:23 (47)		9:31 (36)		12:45 (40)		15:45 (19)		18:44 (19)		21:50 (26)		24:54 (18)		27:57 (15)		30:54 (11)
11	2:59	12	3:04	13	2:56	14	3:05	15	2:57	16	3:01	17	2:58	18	3:08	19	2:55	20	2:57
	33:53 (8)		36:57 (17)		39:53 (19)		42:58 (25)		45:55 (16)		48:56 (13)		51:54 (12)		55:02 (11)		57:57 (8)		1:00:54 (13)
21	3:04	22	11	23	2:51	24	3:07	25	3:04	26	3:01	27	3:01	28	3:01	29	2:59	30	2:58
	1:03:58 (12)		1:04:08 (14)		1:06:59 (10)		1:10:06 (11)		1:13:10 (18)		1:16:11 (11)		1:19:12 (12)		1:22:13 (16)		1:25:12 (17)		1:28:10 (16)
31	3:00	32	2:53	33	3:02	34	3:05	35	3:12	36	3:14	37	3:13	38	3:14	39	3:20	40	3:27
	1:31:10 (11)		1:34:03 (15)		1:37:05 (16)		1:40:10 (19)		1:43:22 (19)		1:46:36 (19)		1:49:49 (20)		1:53:03 (21)		1:56:23 (21)		1:59:50 (22)
41	3:38	42	3:35	43	3:28		39												
	2:03:28 (22)		2:07:03 (23)		2:10:31 (22)														

23 1670 Guojian DONG										CHN		16 Mar 87		2:11:14		SB			
1	3:09 3:09 (14)	2	3:13 6:22 (14)	3	3:08 9:30 (11)	4	3:14 12:44 (10)	5	3:01 15:45 (15)	6	2:59 18:44 (24)	7	3:06 21:50 (30)	8	3:05 24:55 (30)	9	3:03 27:58 (36)	10	2:58 30:56 (36)
11	3:03 33:59 (41)	12	2:59 36:58 (40)	13	2:56 39:54 (37)	14	3:04 42:58 (29)	15	3:00 45:58 (39)	16	2:59 48:57 (38)	17	2:59 51:56 (38)	18	3:07 55:03 (36)	19	3:00 58:03 (37)	20	2:56 1:00:59 (32)
21	3:00 1:03:59 (32)	22	11 1:04:10 (32)	23	2:51 1:07:01 (32)	24	3:06 1:10:07 (32)	25	3:04 1:13:11 (32)	26	3:03 1:16:14 (30)	27	2:59 1:19:13 (31)	28	3:01 1:22:14 (32)	29	3:01 1:25:15 (30)	30	3:07 1:28:22 (32)
31	3:03 1:31:25 (31)	32	3:05 1:34:30 (30)	33	3:11 1:37:41 (28)	34	3:11 1:40:52 (28)	35	3:14 1:44:06 (28)	36	3:12 1:47:18 (26)	37	3:13 1:50:31 (25)	38	3:17 1:53:48 (25)	39	3:17 1:57:05 (25)	40	3:18 2:00:23 (25)
41	3:24 2:03:47 (25)	42	3:29 2:07:16 (25)	43	3:20 2:10:36 (23)														

24 2391 Elkanah KIBET										USA		2 Jun 83		2:11:20		SB			
1	3:09	2	3:13	3	3:09	4	3:13	5	3:00	6	2:58	7	3:07	8	3:04	9	3:03	10	2:58
	3:09 (34)		6:22 (32)		9:31 (24)		12:44 (23)		15:44 (7)		18:42 (6)		21:49 (11)		24:53 (10)		27:56 (12)		30:54 (12)
11	3:00	12	3:02	13	2:57	14	3:05	15	2:57	16	3:01	17	2:58	18	3:08	19	2:55	20	2:57
	33:54 (14)		36:56 (4)		39:53 (13)		42:58 (10)		45:55 (17)		48:56 (11)		51:54 (7)		55:02 (12)		57:57 (7)		1:00:54 (7)
21	3:03	22	11	23	2:52	24	3:06	25	3:04	26	3:01	27	3:02	28	3:00	29	2:59	30	2:58
	1:03:57 (9)		1:04:08 (9)		1:07:00 (18)		1:10:06 (15)		1:13:10 (16)		1:16:11 (12)		1:19:13 (17)		1:22:13 (21)		1:25:12 (8)		1:28:10 (20)
31	3:00	32	2:56	33	3:04	34	3:05	35	3:11	36	3:12	37	3:16	38	3:20	39	3:26	40	3:27
	1:31:10 (23)		1:34:06 (20)		1:37:10 (20)		1:40:15 (20)		1:43:26 (20)		1:46:38 (21)		1:49:54 (23)		1:53:14 (23)		1:56:40 (23)		2:00:07 (23)
41	3:32	42	3:33	43	3:30	38													
	2:03:39 (24)		2:07:12 (24)		2:10:42 (24)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

25 1985 Tesema MOGES

ISR 2 Feb 88 2:11:36

1	3:09	2	3:13	3	3:09	4	3:14	5	3:03	6	3:00	7	3:03	8	3:06	9	3:03	10	3:00
	3:09 (29)		6:22 (17)		9:31 (18)		12:45 (31)		15:48 (44)		18:48 (46)		21:51 (47)		24:57 (52)		28:00 (45)		31:00 (49)
11	3:02	12	3:05	13	3:06	14	3:04	15	3:05	16	3:06	17	3:04	18	3:07	19	3:03	20	3:05
	34:02 (49)		37:07 (49)		40:13 (49)		43:17 (49)		46:22 (50)		49:28 (51)		52:32 (50)		55:39 (49)		58:42 (49)		1:01:47 (49)
21	3:05	22	11	23	2:54	24	3:05	25	3:08	26	3:08	27	3:08	28	3:08	29	3:09	30	3:08
	1:04:52 (49)		1:05:03 (49)		1:07:57 (49)		1:11:02 (45)		1:14:10 (45)		1:17:18 (46)		1:20:26 (45)		1:23:34 (46)		1:26:43 (44)		1:29:51 (45)
31	3:09	32	3:10	33	3:11	34	3:08	35	3:11	36	3:12	37	3:13	38	3:12	39	3:12	40	3:06
	1:33:00 (43)		1:36:10 (45)		1:39:21 (44)		1:42:29 (43)		1:45:40 (41)		1:48:52 (42)		1:52:05 (41)		1:55:17 (38)		1:58:29 (38)		2:01:35 (34)
41	3:12	42	3:10	43	3:04		35												
	2:04:47 (32)		2:07:57 (27)		2:11:01 (25)														

26 2149 Ser-Od BAT-UCHIR

MGL 7 Oct 81 2:11:39 SB

1	3:08	2	3:13	3	3:09	4	3:13	5	3:01	6	2:59	7	3:05	8	3:04	9	3:04	10	2:59
	3:08 (4)		6:21 (3)		9:30 (2)		12:43 (2)		15:44 (3)		18:43 (9)		21:48 (1)		24:52 (1)		27:56 (8)		30:55 (20)
11	3:02	12	3:00	13	2:57	14	3:03	15	2:58	16	3:02	17	2:59	18	3:08	19	3:03	20	3:04
	33:57 (31)		36:57 (29)		39:54 (35)		42:57 (7)		45:55 (28)		48:57 (33)		51:56 (37)		55:04 (41)		58:07 (42)		1:01:11 (42)
21	3:02	22	11	23	2:55	24	3:08	25	3:07	26	3:07	27	3:09	28	3:08	29	3:10	30	3:10
	1:04:13 (40)		1:04:24 (40)		1:07:19 (41)		1:10:27 (41)		1:13:34 (42)		1:16:41 (42)		1:19:50 (41)		1:22:58 (41)		1:26:08 (39)		1:29:18 (37)
31	3:11	32	3:11	33	3:15	34	3:10	35	3:12	36	3:11	37	3:14	38	3:15	39	3:11	40	3:16
	1:32:29 (37)		1:35:40 (38)		1:38:55 (38)		1:42:05 (37)		1:45:17 (37)		1:48:28 (37)		1:51:42 (36)		1:54:57 (35)		1:58:08 (32)		2:01:24 (30)
41	3:14	42	3:16	43	3:11		34												
	2:04:38 (29)		2:07:54 (26)		2:11:05 (26)														

27 1619 Jose Marcio LEAO DA SILVA

BRA 22 Nov 90 2:11:43

1	3:10	2	3:12	3	3:09	4	3:13	5	3:02	6	2:59	7	3:05	8	3:05	9	3:02	10	2:58
	3:10 (47)		6:22 (33)		9:31 (17)		12:44 (15)		15:46 (23)		18:45 (30)		21:50 (31)		24:55 (29)		27:57 (24)		30:55 (19)
11	2:59	12	3:03	13	2:57	14	3:04	15	2:58	16	3:01	17	2:59	18	3:07	19	3:00	20	3:04
	33:54 (13)		36:57 (22)		39:54 (33)		42:58 (14)		45:56 (30)		48:57 (39)		51:56 (39)		55:03 (37)		58:03 (36)		1:01:07 (39)
21	3:05	22	11	23	2:52	24	3:07	25	3:04	26	3:05	27	3:12	28	3:06	29	3:06	30	3:09
	1:04:12 (38)		1:04:23 (39)		1:07:15 (39)		1:10:22 (39)		1:13:26 (39)		1:16:31 (37)		1:19:43 (37)		1:22:49 (37)		1:25:55 (36)		1:29:04 (36)
31	3:10	32	3:10	33	3:15	34	3:12	35	3:13	36	3:15	37	3:12	38	3:21	39	3:15	40	3:17
	1:32:14 (35)		1:35:24 (36)		1:38:39 (35)		1:41:51 (35)		1:45:04 (34)		1:48:19 (34)		1:51:31 (33)		1:54:52 (33)		1:58:07 (31)		2:01:24 (31)
41	3:18	42	3:18	43	3:09		34												
	2:04:42 (31)		2:08:00 (29)		2:11:09 (27)														

28 1654 Ben PREISNER

CAN 22 Mar 96 2:11:47 SB

1	3:10	2	3:13	3	3:09	4	3:13	5	3:03	6	2:58	7	3:04	8	3:06	9	3:04	10	2:57
	3:10 (54)		6:23 (48)		9:32 (44)		12:45 (39)		15:48 (46)		18:46 (36)		21:50 (32)		24:56 (41)		28:00 (50)		30:57 (44)
11	3:03	12	2:59	13	2:58	14	3:03	15	3:01	16	3:02	17	3:00	18	3:07	19	3:03	20	3:06
	34:00 (46)		36:59 (46)		39:57 (44)		43:00 (46)		46:01 (44)		49:03 (46)		52:03 (44)		55:10 (44)		58:13 (44)		1:01:19 (44)
21	3:07	22	10	23	2:57	24	3:08	25	3:08	26	3:07	27	3:11	28	3:07	29	3:09	30	3:07
	1:04:26 (44)		1:04:36 (44)		1:07:33 (44)		1:10:41 (44)		1:13:49 (43)		1:16:56 (43)		1:20:07 (43)		1:23:14 (43)		1:26:23 (43)		1:29:30 (42)
31	3:10	32	3:11	33	3:16	34	3:13	35	3:16	36	3:16	37	3:13	38	3:14	39	3:10	40	3:12
	1:32:40 (41)		1:35:51 (40)		1:39:07 (40)		1:42:20 (40)		1:45:36 (40)		1:48:52 (41)		1:52:05 (40)		1:55:19 (40)		1:58:29 (39)		2:01:41 (35)
41	3:16	42	3:12	43	3:05		33												
	2:04:57 (36)		2:08:09 (32)		2:11:14 (28)														

29 2143 Patricio CASTILLO

MEX 17 Feb 92 2:11:51 SB

1	3:10	2	3:12	3	3:08	4	3:14	5	3:01	6	3:02	7	3:04	8	3:03	9	3:03	10	2:58
	3:10 (42)		6:22 (15)		9:30 (10)		12:44 (9)		15:45 (13)		18:47 (39)		21:51 (41)		24:54 (12)		27:57 (19)		30:55 (30)
11	3:02	12	3:01	13	3:00	14	3:01	15	2:59	16	3:02	17	3:02	18	3:04	19	3:00	20	3:01
	33:57 (32)		36:58 (42)		39:58 (46)		42:59 (39)		45:58 (38)		49:00 (43)		52:02 (42)		55:06 (43)		58:06 (40)		1:01:07 (38)
21	3:06	22	11	23	2:59	24	3:18	25	3:17	26	3:11	27	3:11	28	3:11	29	3:12	30	3:08
	1:04:13 (42)		1:04:24 (42)		1:07:23 (43)		1:10:41 (43)		1:13:58 (44)		1:17:09 (44)		1:20:20 (44)		1:23:31 (44)		1:26:43 (46)		1:29:51 (46)
31	3:09	32	3:10	33	3:10	34	3:08	35	3:12	36	3:12	37	3:13	38	3:13	39	3:16	40	3:08
	1:33:00 (45)		1:36:10 (43)		1:39:20 (41)		1:42:28 (41)		1:45:40 (42)		1:48:52 (40)		1:52:05 (39)		1:55:18 (39)		1:58:34 (40)		2:01:42 (36)
41	3:15	42	3:12	43	3:08		34												
	2:04:57 (35)		2:08:09 (33)		2:11:17 (29)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

30 1577 Thomas DE BOCK

BEL 20 Aug 91 2:11:54 **SB**

1	3:08	2	3:14	3	3:08	4	3:14	5	3:04	6	2:59	7	3:02	8	3:05	9	3:03	10	3:00
	3:08 (12)		6:22 (21)		9:30 (12)		12:44 (20)		15:48 (41)		18:47 (42)		21:49 (9)		24:54 (13)		27:57 (25)		30:57 (43)
11	3:03	12	2:58	13	2:57	14	3:04	15	2:59	16	3:00	17	3:00	18	3:06	19	3:01	20	3:04
	34:00 (43)		36:58 (43)		39:55 (41)		42:59 (35)		45:58 (37)		48:58 (40)		51:58 (41)		55:04 (39)		58:05 (39)		1:01:09 (40)
21	3:04	22	11	23	2:54	24	3:08	25	3:08	26	3:07	27	3:09	28	3:07	29	3:10	30	3:11
	1:04:13 (41)		1:04:24 (41)		1:07:18 (40)		1:10:26 (40)		1:13:34 (40)		1:16:41 (40)		1:19:50 (40)		1:22:57 (40)		1:26:07 (38)		1:29:18 (38)
31	3:11	32	3:12	33	3:14	34	3:10	35	3:13	36	3:13	37	3:16	38	3:17	39	3:15	40	3:15
	1:32:29 (39)		1:35:41 (39)		1:38:55 (37)		1:42:05 (39)		1:45:18 (39)		1:48:31 (38)		1:51:47 (37)		1:55:04 (37)		1:58:19 (35)		2:01:34 (33)
41	3:19	42	3:17	43	3:11		33												
	2:04:53 (34)		2:08:10 (34)		2:11:21 (31)														

31 1682 Shaohui YANG

CHN 9 Jul 92 2:11:56

1	3:08	2	3:13	3	3:09	4	3:13	5	3:00	6	2:59	7	3:07	8	3:06	9	3:03	10	2:58
	3:08 (1)		6:21 (2)		9:30 (3)		12:43 (3)		15:43 (2)		18:42 (2)		21:49 (18)		24:55 (23)		27:58 (38)		30:56 (38)
11	3:03	12	2:58	13	2:57	14	3:04	15	2:56	16	3:02	17	2:59	18	3:08	19	3:00	20	2:57
	33:59 (40)		36:57 (27)		39:54 (25)		42:58 (18)		45:54 (6)		48:56 (23)		51:55 (23)		55:03 (38)		58:03 (38)		1:01:00 (34)
21	3:06	22	10	23	2:56	24	3:06	25	3:08	26	3:07	27	3:11	28	3:12	29	3:12	30	3:10
	1:04:06 (36)		1:04:16 (35)		1:07:12 (36)		1:10:18 (38)		1:13:26 (38)		1:16:33 (39)		1:19:44 (39)		1:22:56 (38)		1:26:08 (40)		1:29:18 (39)
31	3:11	32	3:11	33	3:16	34	3:09	35	3:13	36	3:07	37	3:10	38	3:13	39	3:13	40	3:15
	1:32:29 (38)		1:35:40 (37)		1:38:56 (39)		1:42:05 (38)		1:45:18 (38)		1:48:25 (36)		1:51:35 (34)		1:54:48 (32)		1:58:01 (30)		2:01:16 (29)
41	3:20	42	3:21	43	3:22		37												
	2:04:36 (28)		2:07:57 (28)		2:11:19 (30)														

32 1567 Olivier IRABARUTA

BDI 25 Aug 90 2:12:00

1	3:10	2	3:12	3	3:09	4	3:13	5	3:01	6	3:00	7	3:05	8	3:06	9	3:02	10	2:58
	3:10 (48)		6:22 (31)		9:31 (25)		12:44 (26)		15:45 (18)		18:45 (35)		21:50 (34)		24:56 (39)		27:58 (37)		30:56 (39)
11	3:02	12	3:00	13	2:56	14	3:05	15	2:57	16	3:00	17	2:58	18	3:07	19	2:57	20	2:56
	33:58 (37)		36:58 (38)		39:54 (34)		42:59 (36)		45:56 (33)		48:56 (19)		51:54 (16)		55:01 (5)		57:58 (15)		1:00:54 (10)
21	3:03	22	11	23	2:51	24	3:07	25	3:03	26	3:01	27	3:02	28	3:01	29	3:03	30	3:04
	1:03:57 (8)		1:04:08 (5)		1:06:59 (12)		1:10:06 (13)		1:13:09 (2)		1:16:10 (5)		1:19:12 (2)		1:22:13 (20)		1:25:16 (32)		1:28:20 (31)
31	3:05	32	3:06	33	3:10	34	3:12	35	3:13	36	3:19	37	3:17	38	3:25	39	3:25	40	3:33
	1:31:25 (30)		1:34:31 (31)		1:37:41 (29)		1:40:53 (29)		1:44:06 (29)		1:47:25 (28)		1:50:42 (28)		1:54:07 (28)		1:57:32 (28)		2:01:05 (28)
41	3:35	42	3:31	43	3:13		36												
	2:04:40 (30)		2:08:11 (35)		2:11:24 (32)														

33 2335 Jackson KIPROP

UGA 20 Oct 86 2:12:14

1	3:09	2	3:13	3	3:09	4	3:13	5	3:01	6	2:57	7	3:07	8	3:04	9	3:03	10	2:57
	3:09 (38)		6:22 (23)		9:31 (21)		12:44 (22)		15:45 (10)		18:42 (4)		21:49 (7)		24:53 (4)		27:56 (5)		30:53 (5)
11	3:00	12	3:03	13	2:57	14	3:04	15	2:57	16	3:02	17	2:58	18	3:07	19	2:54	20	2:58
	33:53 (5)		36:56 (5)		39:53 (4)		42:57 (3)		45:54 (7)		48:56 (4)		51:54 (6)		55:01 (7)		57:55 (2)		1:00:53 (4)
21	3:05	22	10	23	2:51	24	3:06	25	3:04	26	3:01	27	3:02	28	3:01	29	2:59	30	2:58
	1:03:58 (11)		1:04:08 (12)		1:06:59 (9)		1:10:05 (2)		1:13:09 (8)		1:16:10 (8)		1:19:12 (8)		1:22:13 (5)		1:25:12 (14)		1:28:10 (8)
31	3:00	32	2:58	33	3:10	34	3:09	35	3:15	36	3:33	37	3:21	38	3:22	39	3:22	40	3:28
	1:31:10 (17)		1:34:08 (22)		1:37:18 (24)		1:40:27 (25)		1:43:42 (26)		1:47:15 (25)		1:50:36 (26)		1:53:58 (27)		1:57:20 (27)		2:00:48 (27)
41	3:36	42	3:36	43	3:38		36												
	2:04:24 (27)		2:08:00 (30)		2:11:38 (33)														

34 2332 Filex Malewa CHEMONGESI

UGA 19 Aug 93 2:12:16

1	3:09	2	3:13	3	3:09	4	3:13	5	3:03	6	2:58	7	3:05	8	3:05	9	3:03	10	2:57
	3:09 (36)		6:22 (34)		9:31 (22)		12:44 (29)		15:47 (30)		18:45 (33)		21:50 (36)		24:55 (34)		27:58 (32)		30:55 (27)
11	3:00	12	3:01	13	2:58	14	3:04	15	2:58	16	3:01	17	2:59	18	3:07	19	2:59	20	3:03
	33:55 (22)		36:56 (14)		39:54 (28)		42:58 (23)		45:56 (31)		48:57 (25)		51:56 (35)		55:03 (34)		58:02 (35)		1:01:05 (37)
21	3:04	22	11	23	2:53	24	3:02	25	3:03	26	3:01	27	3:05	28	3:05	29	3:05	30	3:08
	1:04:09 (37)		1:04:20 (37)		1:07:13 (38)		1:10:15 (36)		1:13:18 (36)		1:16:19 (36)		1:19:24 (34)		1:22:29 (35)		1:25:34 (34)		1:28:42 (34)
31	3:13	32	3:14	33	3:20	34	3:18	35	3:18	36	3:14	37	3:19	38	3:19	39	3:12	40	3:15
	1:31:55 (34)		1:35:09 (34)		1:38:29 (34)		1:41:47 (34)		1:45:05 (35)		1:48:19 (35)		1:51:38 (35)		1:54:57 (36)		1:58:09 (33)		2:01:24 (32)
41	3:26	42	3:27	43	3:22		37												
	2:04:50 (33)		2:08:17 (36)		2:11:39 (34)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

35 2118 Tebello RAMAKONGOANA

LES 13 Oct 96 2:12:35 **SB**

1	3:09	2	3:14	3	3:08	4	3:14	5	3:03	6	2:58	7	3:05	8	3:05	9	3:02	10	2:58
	3:09 (26)		6:23 (40)		9:31 (39)		12:45 (43)		15:48 (40)		18:46 (37)		21:51 (42)		24:56 (40)		27:58 (33)		30:56 (37)
11	3:01	12	3:00	13	2:57	14	3:04	15	2:58	16	3:00	17	2:59	18	3:07	19	3:00	20	2:54
	33:57 (30)		36:57 (24)		39:54 (22)		42:58 (32)		45:56 (32)		48:56 (16)		51:55 (31)		55:02 (27)		58:02 (34)		1:00:56 (28)
21	3:02	22	11	23	2:51	24	3:06	25	3:04	26	3:04	27	2:59	28	3:01	29	2:59	30	2:58
	1:03:58 (26)		1:04:09 (24)		1:07:00 (20)		1:10:06 (22)		1:13:10 (21)		1:16:14 (29)		1:19:13 (30)		1:22:14 (29)		1:25:13 (25)		1:28:11 (26)
31	2:59	32	2:59	33	3:06	34	3:05	35	3:08	36	3:11	37	3:19	38	3:22	39	3:29	40	3:39
	1:31:10 (21)		1:34:09 (23)		1:37:15 (22)		1:40:20 (22)		1:43:28 (21)		1:46:39 (22)		1:49:58 (24)		1:53:20 (24)		1:56:49 (24)		2:00:28 (26)
41	3:48	42	3:47	43	3:46		46												
	2:04:16 (26)		2:08:03 (31)		2:11:49 (35)														

36 1591 Hector GARIBAY FLORES

BOL 9 Jul 88 2:12:44

1	3:09	2	3:13	3	3:08	4	3:13	5	3:01	6	2:59	7	3:06	8	3:06	9	3:02	10	2:57
	3:09 (24)		6:22 (28)		9:30 (13)		12:43 (7)		15:44 (4)		18:43 (15)		21:49 (22)		24:55 (28)		27:57 (20)		30:54 (13)
11	2:59	12	3:03	13	2:57	14	3:04	15	2:57	16	3:02	17	2:58	18	3:07	19	2:56	20	2:58
	33:53 (9)		36:56 (6)		39:53 (3)		42:57 (5)		45:54 (3)		48:56 (5)		51:54 (3)		55:01 (1)		57:57 (10)		1:00:55 (21)
21	3:03	22	11	23	2:50	24	3:07	25	3:04	26	3:02	27	3:00	28	3:00	29	3:00	30	3:00
	1:03:58 (20)		1:04:09 (21)		1:06:59 (13)		1:10:06 (17)		1:13:10 (22)		1:16:12 (20)		1:19:12 (1)		1:22:12 (1)		1:25:12 (7)		1:28:12 (28)
31	3:06	32	3:11	33	3:19	34	3:12	35	3:18	36	3:19	37	3:28	38	3:29	39	3:38	40	3:38
	1:31:18 (29)		1:34:29 (29)		1:37:48 (31)		1:41:00 (31)		1:44:18 (31)		1:47:37 (31)		1:51:05 (30)		1:54:34 (30)		1:58:12 (34)		2:01:50 (38)
41	3:32	42	3:31	43	3:17		34												
	2:05:22 (37)		2:08:53 (37)		2:12:10 (36)														

37 1623 Paulo Roberto PAULA

BRA 8 Jul 79 2:13:39

1	3:10	2	3:13	3	3:09	4	3:14	5	3:03	6	3:01	7	3:02	8	3:05	9	3:03	10	3:01
	3:10 (51)		6:23 (49)		9:32 (42)		12:46 (53)		15:49 (48)		18:50 (51)		21:52 (54)		24:57 (53)		28:00 (53)		31:01 (52)
11	3:03	12	3:04	13	3:05	14	3:04	15	3:06	16	3:05	17	3:05	18	3:07	19	3:07	20	3:07
	34:04 (52)		37:08 (52)		40:13 (51)		43:17 (50)		46:23 (51)		49:28 (49)		52:33 (51)		55:40 (50)		58:47 (50)		1:01:54 (50)
21	3:08	22	11	23	2:59	24	3:10	25	3:10	26	3:12	27	3:13	28	3:12	29	3:14	30	3:14
	1:05:02 (50)		1:05:13 (50)		1:08:12 (50)		1:11:22 (50)		1:14:32 (50)		1:17:44 (50)		1:20:57 (50)		1:24:09 (49)		1:27:23 (47)		1:30:37 (47)
31	3:12	32	3:14	33	3:18	34	3:14	35	3:16	36	3:17	37	3:18	38	3:17	39	3:17	40	3:18
	1:33:49 (46)		1:37:03 (46)		1:40:21 (46)		1:43:35 (46)		1:46:51 (46)		1:50:08 (46)		1:53:26 (45)		1:56:43 (44)		2:00:00 (44)		2:03:18 (43)
41	3:19	42	3:17	43	3:11		34												
	2:06:37 (43)		2:09:54 (40)		2:13:05 (37)														

38 2051 Gaku HOSHI

JPN 17 Sep 98 2:13:44

1	3:08	2	3:13	3	3:09	4	3:14	5	3:00	6	2:59	7	3:06	8	3:05	9	3:04	10	2:57
	3:08 (8)		6:21 (7)		9:30 (15)		12:44 (18)		15:44 (6)		18:43 (7)		21:49 (14)		24:54 (16)		27:58 (28)		30:55 (23)
11	3:02	12	3:00	13	2:57	14	3:04	15	2:57	16	3:01	17	2:59	18	3:07	19	2:58	20	2:55
	33:57 (34)		36:57 (31)		39:54 (29)		42:58 (26)		45:55 (24)		48:56 (15)		51:55 (18)		55:02 (18)		58:00 (27)		1:00:55 (25)
21	3:03	22	11	23	2:52	24	3:06	25	3:04	26	3:03	27	2:59	28	3:01	29	3:00	30	3:04
	1:03:58 (25)		1:04:09 (26)		1:07:01 (25)		1:10:07 (29)		1:13:11 (29)		1:16:14 (31)		1:19:13 (29)		1:22:14 (30)		1:25:14 (29)		1:28:18 (30)
31	3:12	32	3:14	33	3:18	34	3:12	35	3:18	36	3:22	37	3:25	38	3:33	39	3:35	40	3:38
	1:31:30 (32)		1:34:44 (32)		1:38:02 (32)		1:41:14 (33)		1:44:32 (33)		1:47:54 (33)		1:51:19 (32)		1:54:52 (34)		1:58:27 (37)		2:02:05 (39)
41	3:51	42	3:52	43	3:21		35												
	2:05:56 (39)		2:09:48 (39)		2:13:09 (38)														

39 2346 Nicolás CUESTAS

URU 8 Dec 86 2:13:52

1	3:10	2	3:13	3	3:09	4	3:14	5	3:10	6	3:13	7	3:10	8	3:12	9	3:10	10	3:09
	3:10 (52)		6:23 (52)		9:32 (48)		12:46 (56)		15:56 (58)		19:09 (58)		22:19 (58)		25:31 (58)		28:41 (58)		31:50 (58)
11	3:08	12	3:10	13	3:08	14	3:09	15	3:07	16	3:09	17	3:07	18	3:11	19	3:07	20	3:11
	34:58 (58)		38:08 (58)		41:16 (58)		44:25 (58)		47:32 (58)		50:41 (58)		53:48 (58)		56:59 (57)		1:00:06 (57)		1:03:17 (57)
21	3:11	22	11	23	2:59	24	3:11	25	3:11	26	3:12	27	3:14	28	3:11	29	3:11	30	3:11
	1:06:28 (57)		1:06:39 (57)		1:09:38 (57)		1:12:49 (57)		1:16:00 (55)		1:19:12 (54)		1:22:26 (53)		1:25:37 (53)		1:28:48 (53)		1:31:59 (52)
31	3:10	32	3:13	33	3:13	34	3:10	35	3:16	36	3:16	37	3:15	38	3:09	39	3:10	40	3:09
	1:35:09 (50)		1:38:19 (50)		1:41:32 (48)		1:44:42 (48)		1:47:58 (48)		1:51:14 (47)		1:54:29 (46)		1:57:38 (46)		2:00:48 (46)		2:03:57 (45)
41	3:13	42	3:12	43	3:00		30												
	2:07:10 (44)		2:10:22 (43)		2:13:22 (40)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

40 2339 Fred MUSOBO

UGA 12 Aug 96 2:13:58 SB

1	3:09	2	3:13	3	3:09	4	3:13	5	3:01	6	2:57	7	3:06	8	3:04	9	3:04	10	2:57
	3:09 (28)		6:22 (29)		9:31 (26)		12:44 (14)		15:45 (12)		18:42 (5)		21:48 (2)		24:52 (3)		27:56 (6)		30:53 (3)
11	2:59	12	3:04	13	2:56	14	3:05	15	2:57	16	3:01	17	2:59	18	3:07	19	2:56	20	2:56
	33:52 (3)		36:56 (1)		39:52 (1)		42:57 (2)		45:54 (5)		48:55 (2)		51:54 (4)		55:01 (2)		57:57 (5)		1:00:53 (2)
21	3:04	22	11	23	2:51	24	3:07	25	3:03	26	3:02	27	3:01	28	3:01	29	2:59	30	2:58
	1:03:57 (2)		1:04:08 (2)		1:06:59 (7)		1:10:06 (19)		1:13:09 (4)		1:16:11 (17)		1:19:12 (4)		1:22:13 (8)		1:25:12 (16)		1:28:10 (4)
31	3:01	32	3:06	33	3:11	34	3:09	35	3:18	36	3:23	37	3:25	38	3:35	39	3:43	40	3:42
	1:31:11 (24)		1:34:17 (27)		1:37:28 (26)		1:40:37 (27)		1:43:55 (27)		1:47:18 (27)		1:50:43 (29)		1:54:18 (29)		1:58:01 (29)		2:01:43 (37)
41	3:54	42	3:53	43	3:48		40												
	2:05:37 (38)		2:09:30 (38)		2:13:18 (39)														

41 1519 Eulalio MUNOZ

ARG 16 Jul 95 2:14:29 SB

1	3:09	2	3:12	3	3:10	4	3:14	5	3:03	6	2:59	7	3:03	8	3:06	9	3:04	10	2:58
	3:09 (41)		6:21 (4)		9:31 (33)		12:45 (44)		15:48 (42)		18:47 (40)		21:50 (35)		24:56 (45)		28:00 (46)		30:58 (45)
11	3:00	12	3:00	13	3:00	14	3:01	15	3:00	16	2:59	17	3:00	18	3:06	19	3:02	20	3:05
	33:58 (38)		36:58 (39)		39:58 (45)		42:59 (41)		45:59 (43)		48:58 (42)		51:58 (40)		55:04 (40)		58:06 (41)		1:01:11 (43)
21	3:05	22	10	23	2:55	24	3:08	25	3:05	26	3:07	27	3:13	28	3:13	29	3:14	30	3:11
	1:04:16 (43)		1:04:26 (43)		1:07:21 (42)		1:10:29 (42)		1:13:34 (41)		1:16:41 (41)		1:19:54 (42)		1:23:07 (42)		1:26:21 (42)		1:29:32 (43)
31	3:14	32	3:15	33	3:20	34	3:11	35	3:19	36	3:20	37	3:24	38	3:24	39	3:24	40	3:29
	1:32:46 (42)		1:36:01 (42)		1:39:21 (43)		1:42:32 (44)		1:45:51 (44)		1:49:11 (44)		1:52:35 (43)		1:55:59 (43)		1:59:23 (42)		2:02:52 (42)
41	3:34	42	3:43	43	3:40		40												
	2:06:26 (40)		2:10:09 (41)		2:13:49 (41)														

42 2151 Byambajav TSEVEENRAVDAN

MGL 7 Jul 90 2:14:44

1	3:09	2	3:13	3	3:09	4	3:14	5	3:02	6	3:02	7	3:03	8	3:04	9	3:04	10	3:00
	3:09 (40)		6:22 (37)		9:31 (38)		12:45 (35)		15:47 (35)		18:49 (50)		21:52 (53)		24:56 (46)		28:00 (49)		31:00 (50)
11	3:02	12	3:06	13	3:05	14	3:04	15	3:05	16	3:06	17	3:04	18	3:06	19	3:03	20	3:06
	34:02 (50)		37:08 (51)		40:13 (50)		43:17 (51)		46:22 (49)		49:28 (50)		52:32 (49)		55:38 (48)		58:41 (48)		1:01:47 (48)
21	3:05	22	10	23	2:54	24	3:07	25	3:07	26	3:08	27	3:08	28	3:08	29	3:09	30	3:08
	1:04:52 (48)		1:05:02 (48)		1:07:56 (48)		1:11:03 (46)		1:14:10 (46)		1:17:18 (45)		1:20:26 (46)		1:23:34 (45)		1:26:43 (45)		1:29:51 (44)
31	3:09	32	3:10	33	3:10	34	3:09	35	3:12	36	3:12	37	3:16	38	3:22	39	3:28	40	3:37
	1:33:00 (44)		1:36:10 (44)		1:39:20 (42)		1:42:29 (42)		1:45:41 (43)		1:48:53 (43)		1:52:09 (42)		1:55:31 (41)		1:58:59 (41)		2:02:36 (41)
41	3:51	42	3:50	43	3:45		42												
	2:06:27 (41)		2:10:17 (42)		2:14:02 (42)														

43 1899 Tom GRÖSCHEL

GER 25 Aug 91 2:14:56 SB

1	3:10	2	3:13	3	3:10	4	3:13	5	3:07	6	3:05	7	3:07	8	3:06	9	3:09	10	3:09
	3:10 (46)		6:23 (57)		9:33 (58)		12:46 (58)		15:53 (57)		18:58 (57)		22:05 (55)		25:11 (57)		28:20 (56)		31:29 (57)
11	3:07	12	3:09	13	3:06	14	3:07	15	3:09	16	3:08	17	3:09	18	3:12	19	3:08	20	3:09
	34:36 (57)		37:45 (56)		40:51 (55)		43:58 (55)		47:07 (56)		50:15 (56)		53:24 (54)		56:36 (55)		59:44 (55)		1:02:53 (54)
21	3:09	22	11	23	3:00	24	3:12	25	3:12	26	3:12	27	3:17	28	3:15	29	3:12	30	3:15
	1:06:02 (54)		1:06:13 (54)		1:09:13 (53)		1:12:25 (51)		1:15:37 (51)		1:18:49 (51)		1:22:06 (52)		1:25:21 (51)		1:28:33 (51)		1:31:48 (50)
31	3:15	32	3:15	33	3:20	34	3:13	35	3:14	36	3:15	37	3:18	38	3:18	39	3:18	40	3:16
	1:35:03 (48)		1:38:18 (49)		1:41:38 (49)		1:44:51 (49)		1:48:05 (49)		1:51:20 (49)		1:54:38 (47)		1:57:56 (47)		2:01:14 (47)		2:04:30 (46)
41	3:20	42	3:18	43	3:14		34												
	2:07:50 (46)		2:11:08 (45)		2:14:22 (44)														

44 1753 Hiskel TEWELDE

ERI 15 Sep 86 2:15:01 SB

1	3:10	2	3:13	3	3:09	4	3:13	5	3:02	6	2:58	7	3:05	8	3:05	9	3:03	10	2:57
	3:10 (50)		6:23 (42)		9:32 (54)		12:45 (48)		15:47 (38)		18:45 (29)		21:50 (33)		24:55 (33)		27:58 (34)		30:55 (29)
11	3:00	12	3:02	13	2:57	14	3:04	15	2:57	16	3:02	17	2:58	18	3:08	19	2:56	20	2:56
	33:55 (21)		36:57 (32)		39:54 (36)		42:58 (31)		45:55 (22)		48:57 (34)		51:55 (30)		55:03 (33)		57:59 (21)		1:00:55 (19)
21	3:03	22	11	23	2:51	24	3:06	25	3:05	26	3:01	27	3:01	28	3:00	29	3:00	30	2:58
	1:03:58 (16)		1:04:09 (16)		1:07:00 (17)		1:10:06 (25)		1:13:11 (30)		1:16:12 (25)		1:19:13 (26)		1:22:13 (25)		1:25:13 (23)		1:28:11 (25)
31	3:04	32	3:11	33	3:16	34	3:12	35	3:21	36	3:23	37	3:31	38	3:36	39	3:41	40	3:55
	1:31:15 (28)		1:34:26 (28)		1:37:42 (30)		1:40:54 (30)		1:44:15 (30)		1:47:38 (32)		1:51:09 (31)		1:54:45 (31)		1:58:26 (36)		2:02:21 (40)
41	4:10	42	3:58	43	3:50		42												
	2:06:31 (42)		2:10:29 (44)		2:14:19 (43)														

RACE ANALYSIS
Marathon Men

INTERMEDIATE UPDATED

45 1674 Jianhua PENG

CHN 18 Dec 96 2:16:12 SB

1	3:09	2	3:13	3	3:08	4	3:13	5	3:01	6	2:59	7	3:06	8	3:04	9	3:04	10	2:58
	3:09 (25)		6:22 (13)		9:30 (7)		12:43 (8)		15:44 (8)		18:43 (11)		21:49 (6)		24:53 (5)		27:57 (18)		30:55 (24)
11	3:02	12	3:00	13	2:57	14	3:04	15	2:58	16	3:01	17	2:58	18	3:07	19	2:58	20	2:59
	33:57 (33)		36:57 (34)		39:54 (32)		42:58 (27)		45:56 (35)		48:57 (29)		51:55 (22)		55:02 (20)		58:00 (28)		1:00:59 (33)
21	3:07	22	10	23	2:56	24	3:02	25	3:03	26	3:02	27	3:05	28	3:04	29	3:10	30	3:21
	1:04:06 (35)		1:04:16 (36)		1:07:12 (35)		1:10:14 (35)		1:13:17 (35)		1:16:19 (35)		1:19:24 (36)		1:22:28 (34)		1:25:38 (35)		1:28:59 (35)
31	3:15	32	3:10	33	3:16	34	3:11	35	3:15	36	3:26	37	3:30	38	3:39	39	3:47	40	3:54
	1:32:14 (36)		1:35:24 (35)		1:38:40 (36)		1:41:51 (36)		1:45:06 (36)		1:48:32 (39)		1:52:02 (38)		1:55:41 (42)		1:59:28 (43)		2:03:22 (44)
41	4:06	42	4:07	43	3:55		42												
	2:07:28 (45)		2:11:35 (46)		2:15:30 (45)														

46 2406 Colin MICKOW

USA 15 Mar 90 2:16:36 SB

1	3:10	2	3:12	3	3:09	4	3:13	5	3:04	6	2:57	7	3:05	8	3:04	9	3:04	10	2:57
	3:10 (53)		6:22 (30)		9:31 (30)		12:44 (21)		15:48 (43)		18:45 (34)		21:50 (27)		24:54 (21)		27:58 (31)		30:55 (22)
11	3:02	12	3:00	13	2:57	14	3:04	15	2:58	16	3:01	17	2:58	18	3:07	19	2:59	20	2:59
	33:57 (28)		36:57 (20)		39:54 (24)		42:58 (34)		45:56 (34)		48:57 (26)		51:55 (26)		55:02 (16)		58:01 (30)		1:01:00 (36)
21	3:05	22	11	23	2:56	24	3:06	25	3:07	26	3:08	27	3:11	28	3:13	29	3:11	30	3:14
	1:04:05 (34)		1:04:16 (34)		1:07:12 (34)		1:10:18 (37)		1:13:25 (37)		1:16:33 (38)		1:19:44 (38)		1:22:57 (39)		1:26:08 (41)		1:29:22 (41)
31	3:17	32	3:21	33	3:27	34	3:23	35	3:27	36	3:33	37	3:34	38	3:37	39	3:42	40	3:48
	1:32:39 (40)		1:36:00 (41)		1:39:27 (45)		1:42:50 (45)		1:46:17 (45)		1:49:50 (45)		1:53:24 (44)		1:57:01 (45)		2:00:43 (45)		2:04:31 (47)
41	3:50	42	3:49	43	3:44		42												
	2:08:21 (47)		2:12:10 (47)		2:15:54 (46)														

47 1729 Thijs NIJHUIS

DEN 20 Sep 92 2:16:55 SB

1	3:10	2	3:13	3	3:09	4	3:14	5	3:06	6	3:05	7	3:08	8	3:05	9	3:10	10	3:09
	3:10 (58)		6:23 (55)		9:32 (55)		12:46 (57)		15:52 (54)		18:57 (55)		22:05 (56)		25:10 (55)		28:20 (57)		31:29 (56)
11	3:07	12	3:09	13	3:06	14	3:07	15	3:08	16	3:09	17	3:10	18	3:10	19	3:09	20	3:09
	34:36 (56)		37:45 (57)		40:51 (57)		43:58 (56)		47:06 (55)		50:15 (57)		53:25 (55)		56:35 (54)		59:44 (54)		1:02:53 (55)
21	3:09	22	3:11	23	3:00	24	3:12	25	3:12	26	3:12	27	3:17	28	3:15	29	3:13	30	3:14
	1:06:02 (53)		1:06:13 (53)		1:09:13 (52)		1:12:25 (52)		1:15:37 (52)		1:18:49 (52)		1:22:06 (51)		1:25:21 (52)		1:28:34 (52)		1:31:48 (51)
31	3:15	32	3:15	33	3:20	34	3:17	35	3:21	36	3:24	37	3:29	38	3:26	39	3:29	40	3:31
	1:35:03 (49)		1:38:18 (48)		1:41:38 (50)		1:44:55 (50)		1:48:16 (50)		1:51:40 (50)		1:55:09 (50)		1:58:35 (48)		2:02:04 (48)		2:05:35 (48)
41	3:38	42	3:37	43	3:29		36												
	2:09:13 (48)		2:12:50 (48)		2:16:19 (47)														

48 1983 Haimro ALAME

ISR 8 Jun 90 2:17:05

1	3:10	2	3:14	3	3:08	4	3:14	5	3:05	6	2:58	7	3:02	8	3:06	9	3:03	10	2:58
	3:10 (57)		6:24 (58)		9:32 (49)		12:46 (49)		15:51 (52)		18:49 (49)		21:51 (51)		24:57 (51)		28:00 (47)		30:58 (47)
11	3:02	12	2:58	13	3:00	14	3:02	15	3:02	16	3:01	17	3:02	18	3:12	19	3:12	20	3:08
	34:00 (44)		36:58 (44)		39:58 (47)		43:00 (47)		46:02 (46)		49:03 (45)		52:05 (46)		55:17 (46)		58:29 (46)		1:01:37 (47)
21	3:09	22	11	23	2:57	24	3:11	25	3:12	26	3:15	27	3:15	28	3:16	29	3:20	30	3:22
	1:04:46 (47)		1:04:57 (47)		1:07:54 (47)		1:11:05 (48)		1:14:17 (48)		1:17:32 (48)		1:20:47 (48)		1:24:03 (47)		1:27:23 (48)		1:30:45 (48)
31	3:26	32	3:31	33	3:28	34	3:20	35	3:28	36	3:16	37	3:26	38	4:17	39	4:04	40	3:28
	1:34:11 (47)		1:37:42 (47)		1:41:10 (47)		1:44:30 (47)		1:47:58 (47)		1:51:14 (48)		1:54:40 (48)		1:58:57 (49)		2:03:01 (49)		2:06:29 (49)
41	3:27	42	3:19	43	3:15		35												
	2:09:56 (49)		2:13:15 (49)		2:16:30 (48)														

49 1871 Joshua GRIFFITHS

GBR 3 Nov 93 2:17:37

1	3:10	2	3:13	3	3:09	4	3:14	5	3:06	6	3:05	7	3:08	8	3:06	9	3:09	10	3:09
	3:10 (56)		6:23 (56)		9:32 (56)		12:46 (55)		15:52 (56)		18:57 (56)		22:05 (57)		25:11 (56)		28:20 (55)		31:29 (55)
11	3:06	12	3:09	13	3:07	14	3:07	15	3:09	16	3:08	17	3:10	18	3:15	19	3:12	20	3:14
	34:35 (55)		37:44 (55)		40:51 (56)		43:58 (57)		47:07 (57)		50:15 (55)		53:25 (56)		56:40 (56)		59:52 (56)		1:03:06 (56)
21	3:13	22	12	23	3:03	24	3:15	25	3:13	26	3:14	27	3:22	28	3:18	29	3:18	30	3:19
	1:06:19 (56)		1:06:31 (56)		1:09:34 (56)		1:12:49 (56)		1:16:02 (56)		1:19:16 (55)		1:22:38 (55)		1:25:56 (55)		1:29:14 (55)		1:32:33 (54)
31	3:20	32	3:19	33	3:27	34	3:25	35	3:25	36	3:28	37	3:26	38	3:28	39	3:27	40	3:26
	1:35:53 (51)		1:39:12 (51)		1:42:39 (51)		1:46:04 (51)		1:49:29 (51)		1:52:57 (51)		1:56:23 (51)		1:59:51 (51)		2:03:18 (50)		2:06:44 (50)
41	3:30	42	3:27	43	3:20		36												
	2:10:14 (50)		2:13:41 (50)		2:17:01 (49)														

**RACE ANALYSIS
Marathon Men**
INTERMEDIATE UPDATED
50 2348 Ernesto Andrés ZAMORA

 URU 13 Apr 83 **2:17:54**

1	3:11	2	3:13	3	3:09	4	3:13	5	3:11	6	3:13	7	3:13	8	3:13	9	3:13	10	3:15
	3:11 (60)		6:24 (59)		9:33 (59)		12:46 (59)		15:57 (59)		19:10 (59)		22:23 (59)		25:36 (59)		28:49 (59)		32:04 (59)
11	3:13	12	3:18	13	3:15	14	3:16	15	3:16	16	3:16	17	3:17	18	3:20	19	3:17	20	3:20
	35:17 (59)		38:35 (59)		41:50 (59)		45:06 (59)		48:22 (59)		51:38 (59)		54:55 (59)		58:15 (59)		1:01:32 (59)		1:04:52 (59)
21	3:16	22	3:12	23	3:08	24	3:21	25	3:18	26	3:16	27	3:20	28	3:15	29	3:15	30	3:17
	1:08:08 (58)		1:08:20 (58)		1:11:28 (58)		1:14:49 (58)		1:18:07 (59)		1:21:23 (58)		1:24:43 (58)		1:27:58 (58)		1:31:13 (58)		1:34:30 (57)
31	3:18	32	3:19	33	3:23	34	3:18	35	3:21	36	3:20	37	3:19	38	3:16	39	3:17	40	3:14
	1:37:48 (55)		1:41:07 (54)		1:44:30 (54)		1:47:48 (53)		1:51:09 (53)		1:54:29 (53)		1:57:48 (53)		2:01:04 (53)		2:04:21 (53)		2:07:35 (52)
41	3:18	42	3:18	43	3:11		32												
	2:10:53 (51)		2:14:11 (51)		2:17:22 (50)														

51 2144 Dario CASTRO

 MEX 29 Jun 89 **2:18:32**

1	3:08	2	3:13	3	3:09	4	3:14	5	3:03	6	3:04	7	3:01	8	3:05	9	3:04	10	3:05
	3:08 (9)		6:21 (5)		9:30 (6)		12:44 (11)		15:47 (31)		18:51 (54)		21:52 (52)		24:57 (48)		28:01 (54)		31:06 (54)
11	3:07	12	3:09	13	3:09	14	3:07	15	3:04	16	3:09	17	3:13	18	3:16	19	3:11	20	3:16
	34:13 (54)		37:22 (53)		40:31 (54)		43:38 (54)		46:42 (54)		49:51 (52)		53:04 (52)		56:20 (53)		59:31 (53)		1:02:47 (53)
21	3:16	22	3:11	23	3:04	24	3:17	25	3:14	26	3:16	27	3:24	28	3:21	29	3:23	30	3:21
	1:06:03 (55)		1:06:14 (55)		1:09:18 (55)		1:12:35 (54)		1:15:49 (53)		1:19:05 (53)		1:22:29 (54)		1:25:50 (54)		1:29:13 (54)		1:32:34 (55)
31	3:20	32	3:21	33	3:29	34	3:20	35	3:26	36	3:27	37	3:30	38	3:35	39	3:36	40	3:39
	1:35:54 (52)		1:39:15 (52)		1:42:44 (52)		1:46:04 (52)		1:49:30 (52)		1:52:57 (52)		1:56:27 (52)		2:00:02 (52)		2:03:38 (51)		2:07:17 (51)
41	3:42	42	3:31	43	3:25		37												
	2:10:59 (52)		2:14:30 (52)		2:17:55 (51)														

52 2261 Tumelo MOTLAGALE

 RSA 26 Nov 86 **2:20:21**

1	3:09	2	3:13	3	3:10	4	3:13	5	3:01	6	2:58	7	3:05	8	3:05	9	3:04	10	2:57
	3:09 (32)		6:22 (24)		9:32 (47)		12:45 (42)		15:46 (29)		18:44 (23)		21:49 (5)		24:54 (22)		27:58 (30)		30:55 (26)
11	3:01	12	3:01	13	2:58	14	3:03	15	3:06	16	3:11	17	3:12	18	3:22	19	3:15	20	3:17
	33:56 (27)		36:57 (30)		39:55 (38)		42:58 (17)		46:04 (47)		49:15 (48)		52:27 (48)		55:49 (51)		59:04 (51)		1:02:21 (51)
21	3:23	22	3:14	23	3:14	24	3:27	25	3:27	26	3:29	27	3:34	28	3:31	29	3:38	30	3:28
	1:05:44 (51)		1:05:56 (51)		1:09:10 (51)		1:12:37 (55)		1:16:04 (57)		1:19:33 (56)		1:23:07 (56)		1:26:38 (56)		1:30:16 (56)		1:33:44 (56)
31	3:34	32	3:30	33	3:33	34	3:27	35	3:27	36	3:29	37	3:34	38	3:36	39	3:28	40	3:30
	1:37:18 (54)		1:40:48 (53)		1:44:21 (53)		1:47:48 (54)		1:51:15 (54)		1:54:44 (54)		1:58:18 (54)		2:01:54 (54)		2:05:22 (54)		2:08:52 (53)
41	3:39	42	3:38	43	3:33		39												
	2:12:31 (53)		2:16:09 (53)		2:19:42 (52)														

53 1987 Eduardo Terrance GARCIA

 ISV 20 Nov 92 **2:23:16** **SB**

1	3:11	2	3:14	3	3:16	4	3:22	5	3:13	6	3:14	7	3:14	8	3:16	9	3:18	10	3:12
	3:11 (59)		6:25 (61)		9:41 (60)		13:03 (60)		16:16 (60)		19:30 (61)		22:44 (61)		26:00 (60)		29:18 (60)		32:30 (60)
11	3:12	12	3:17	13	3:14	14	3:16	15	3:15	16	3:13	17	3:12	18	3:19	19	3:14	20	3:18
	35:42 (60)		38:59 (60)		42:13 (60)		45:29 (60)		48:44 (60)		51:57 (60)		55:09 (60)		58:28 (60)		1:01:42 (60)		1:05:00 (60)
21	3:16	22	3:12	23	3:05	24	3:18	25	3:16	26	3:16	27	3:15	28	3:16	29	3:19	30	3:19
	1:08:16 (59)		1:08:28 (59)		1:11:33 (59)		1:14:51 (59)		1:18:07 (58)		1:21:23 (57)		1:24:38 (57)		1:27:54 (57)		1:31:13 (57)		1:34:32 (58)
31	3:23	32	3:28	33	3:37	34	3:28	35	3:35	36	3:42	37	3:46	38	3:46	39	3:46	40	3:48
	1:37:55 (56)		1:41:23 (55)		1:45:00 (55)		1:48:28 (55)		1:52:03 (55)		1:55:45 (55)		1:59:31 (55)		2:03:17 (55)		2:07:03 (55)		2:10:51 (54)
41	3:56	42	3:49	43	3:54		46												
	2:14:47 (54)		2:18:36 (54)		2:22:30 (53)														

54 2172 Krishna Bahadur BASNET

 NEP 19 Oct 83 **2:24:19** **SB**

1	3:11	2	3:14	3	3:16	4	3:22	5	3:13	6	3:14	7	3:14	8	3:16	9	3:18	10	3:13
	3:11 (61)		6:25 (60)		9:41 (61)		13:03 (61)		16:16 (61)		19:30 (60)		22:44 (60)		26:00 (61)		29:18 (61)		32:31 (61)
11	3:12	12	3:16	13	3:17	14	3:19	15	3:15	16	3:22	17	3:23	18	3:25	19	3:16	20	3:16
	35:43 (61)		38:59 (61)		42:16 (61)		45:35 (61)		48:50 (61)		52:12 (61)		55:35 (61)		59:00 (61)		1:02:16 (61)		1:05:32 (61)
21	3:18	22	3:12	23	3:08	24	3:22	25	3:21	26	3:22	27	3:22	28	3:24	29	3:22	30	3:21
	1:08:50 (60)		1:09:02 (60)		1:12:10 (60)		1:15:32 (60)		1:18:53 (60)		1:22:15 (59)		1:25:37 (59)		1:29:01 (59)		1:32:23 (59)		1:35:44 (59)
31	3:31	32	3:31	33	3:35	34	3:29	35	3:33	36	3:34	37	3:41	38	3:42	39	3:44	40	3:43
	1:39:15 (57)		1:42:46 (56)		1:46:21 (56)		1:49:50 (56)		1:53:23 (56)		1:56:57 (56)		2:00:38 (56)		2:04:20 (56)		2:08:04 (56)		2:11:47 (55)
41	3:53	42	3:58	43	3:57		44												
	2:15:40 (55)		2:19:38 (55)		2:23:35 (54)														

**RACE ANALYSIS
Marathon Men**
INTERMEDIATE UPDATED

1793 Lelisa DESISA										ETH 14 Jan 90 DNF									
1	3:09	2	3:14	3	3:09	4	3:13	5	3:02	6	2:57	7	3:05	8	3:03	9	3:04	10	2:57
	3:09 (33)		6:23 (51)		9:32 (50)		12:45 (41)		15:47 (36)		18:44 (27)		21:49 (15)		24:52 (2)		27:56 (2)		30:53 (4)
11	3:02	12	3:02	13	2:56	14	3:05	15	2:57	16	3:01	17	2:59	18	3:07	19	2:59	20	2:58
	33:55 (17)		36:57 (21)		39:53 (17)		42:58 (24)		45:55 (21)		48:56 (21)		51:55 (24)		55:02 (23)		58:01 (31)		1:00:59 (31)
21	3:00	22	11	23	2:51	24	3:07	25	3:03	26	3:06	27	3:07	28	3:11	29	3:21	30	3:25
	1:03:59 (33)		1:04:10 (33)		1:07:01 (31)		1:10:08 (33)		1:13:11 (33)		1:16:17 (33)		1:19:24 (35)		1:22:35 (36)		1:25:56 (37)		1:29:21 (40)

2150 Gantulga DAMBADARJAA										MGL 3 Feb 89 DNF									
1	3:10	2	3:12	3	3:10	4	3:13	5	3:02	6	3:02	7	3:02	8	3:04	9	3:03	10	2:59
	3:10 (44)		6:22 (38)		9:32 (43)		12:45 (32)		15:47 (37)		18:49 (48)		21:51 (46)		24:55 (36)		27:58 (40)		30:57 (41)
11	3:01	12	2:59	13	2:58	14	3:03	15	3:00	16	3:00	17	3:06	18	3:13	19	3:13	20	3:06
	33:58 (39)		36:57 (37)		39:55 (39)		42:58 (28)		45:58 (40)		48:58 (41)		52:04 (45)		55:17 (45)		58:30 (47)		1:01:36 (46)
21	3:10	22	11	23	2:57	24	3:11	25	3:13	26	3:14	27	3:24	28	3:40	29	3:46	30	3:41
	1:04:46 (46)		1:04:57 (46)		1:07:54 (46)		1:11:05 (49)		1:14:18 (49)		1:17:32 (49)		1:20:56 (49)		1:24:36 (50)		1:28:22 (50)		1:32:03 (53)
31	3:59																		
	1:36:02 (53)																		

2107 Joohan OH										KOR 20 Nov 88 DNF									
1	3:09	2	3:13	3	3:09	4	3:13	5	3:01	6	3:00	7	3:05	8	3:06	9	3:04	10	3:03
	3:09 (21)		6:22 (27)		9:31 (28)		12:44 (24)		15:45 (17)		18:45 (31)		21:50 (37)		24:56 (38)		28:00 (48)		31:03 (53)
11	3:10	12	3:10	13	3:07	14	3:08	15	3:04	16	3:09	17	3:13	18	3:16	19	3:08	20	3:15
	34:13 (53)		37:23 (54)		40:30 (53)		43:38 (53)		46:42 (53)		49:51 (53)		53:04 (53)		56:20 (52)		59:28 (52)		1:02:43 (52)
21	3:17	22	11	23	3:05	24	3:19	25	3:23										
	1:06:00 (52)		1:06:11 (52)		1:09:16 (54)		1:12:35 (53)		1:15:58 (54)										

1732 Ibrahim HASSAN										DJI 1 Jan 97 DNF									
1	3:08	2	3:15	3	3:09	4	3:14	5	3:05	6	2:57	7	3:03	8	3:05	9	3:02	10	2:58
	3:08 (11)		6:23 (45)		9:32 (52)		12:46 (52)		15:51 (49)		18:48 (45)		21:51 (45)		24:56 (47)		27:58 (29)		30:56 (31)
11	3:00	12	3:01	13	2:57	14	3:05	15	2:56	16	3:01	17	2:59	18	3:07	19	2:57	20	2:57
	33:56 (25)		36:57 (36)		39:54 (26)		42:59 (37)		45:55 (18)		48:56 (17)		51:55 (17)		55:02 (24)		57:59 (22)		1:00:56 (29)
21	3:02	22	11	23	2:52	24	3:05	25	3:03	26	3:03	27	3:01	28	3:01	29	2:59	30	2:58
	1:03:58 (27)		1:04:09 (27)		1:07:01 (28)		1:10:06 (10)		1:13:09 (6)		1:16:12 (23)		1:19:13 (16)		1:22:14 (28)		1:25:13 (24)		1:28:11 (22)
31	2:59	32	2:55	33	3:06	34	3:09	35	3:20	36	3:51	37	7:24	38	4:24	39	4:55		
	1:31:10 (16)		1:34:05 (17)		1:37:11 (21)		1:40:20 (21)		1:43:40 (25)		1:47:31 (30)		1:54:55 (49)		1:59:19 (50)		2:04:14 (52)		

2308 Emanuel Giniki GISAMODA										TAN 18 May 88 DNF									
1	3:15																		
	3:15 (62)																		

2302 David NILSSON										SWE 16 Apr 87 DNF									
1	3:10	2	3:13	3	3:10	4	3:13	5	3:05	6	2:59	7	3:01	8	3:06	9	3:03	10	3:01
	3:10 (49)		6:23 (54)		9:33 (57)		12:46 (54)		15:51 (53)		18:50 (53)		21:51 (50)		24:57 (54)		28:00 (51)		31:01 (51)
11	3:01	12	3:06	13	3:06	14	3:03	15	3:15	16	3:27	17	3:33	18	3:43	19	3:41	20	3:41
	34:02 (51)		37:08 (50)		40:14 (52)		43:17 (52)		46:32 (52)		49:59 (54)		53:32 (57)		57:15 (58)		1:00:56 (58)		1:04:37 (58)

2166 Abdi NAGEEYE										NED 2 Mar 89 DNF									
1	3:08	2	3:13	3	3:10	4	3:15	5	3:02	6	2:58	7	3:04	8	3:05	9	3:02	10	2:59
	3:08 (5)		6:21 (8)		9:31 (34)		12:46 (50)		15:48 (45)		18:46 (38)		21:50 (40)		24:55 (35)		27:57 (26)		30:56 (34)
11	3:00	12	3:01	13	2:57	14	3:04	15	2:56	16	3:03	17	2:59	18	3:06	19	2:57	20	2:56
	33:56 (26)		36:57 (26)		39:54 (21)		42:58 (30)		45:54 (13)		48:57 (31)		51:56 (32)		55:02 (29)		57:59 (20)		1:00:55 (27)
21	3:04	22	10	23	2:52	24	3:04	25	3:05	26	3:02	27	3:01	28	3:00	29	3:00	30	2:57
	1:03:59 (28)		1:04:09 (30)		1:07:01 (33)		1:10:05 (1)		1:13:10 (28)		1:16:12 (21)		1:19:13 (22)		1:22:13 (23)		1:25:13 (19)		1:28:10 (10)
31	3:00	32	2:53	33	2:57	34	2:53	35	2:52	36	2:56	37	2:56	38	2:58	39	3:00	40	2:56
	1:31:10 (19)		1:34:03 (14)		1:37:00 (11)		1:39:53 (12)		1:42:45 (10)		1:45:41 (8)		1:48:37 (8)		1:51:35 (7)		1:54:35 (6)		1:57:31 (6)
41	3:09	42	3:32																
	2:00:40 (6)		2:04:12 (10)																

1573 Lahsene BOUCHIKHI										BEL 1 Jun 93 DNF									
1	3:10	2	3:13	3	3:08	4	3:14	5	3:03	6	3:00	7	3:03	8	3:06	9	3:02	10	3:00
	3:10 (43)		6:23 (41)		9:31 (35)		12:45 (33)		15:48 (39)		18:48 (43)		21:51 (48)		24:57 (49)		27:59 (44)		30:59 (48)
11	3:03	12	2:59	13	3:02	14	3:02	15	3:02	16	3:03	17	3:06	18	3:06	19	3:07	20	3:07
	34:02 (48)		37:01 (48)		40:03 (48)		43:05 (48)		46:07 (48)		49:10 (47)		52:16 (47)		55:22 (47)		58:29 (45)		1:01:36 (45)
21	3:09	22	11	23	2:58	24	3:10	25	3:13	26	3:15	27	3:15	28	3:22	29	3:25	30	3:24
	1:04:45 (45)		1:04:56 (45)		1:07:54 (45)		1:11:04 (47)		1:14:17 (47)		1:17:32 (47)		1:20:47 (47)		1:24:09 (48)		1:27:34 (49)		1:30:58 (49)

RACE ANALYSIS
Marathon Men

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