



RACE ANALYSIS

3000m Steeplechase Women - Round 1

First 8 of each heat (Q) qualify to Final

Heat 1 **2**

5 August 2026 18:55 START TIME

28° C
TEMPERATURE

38 %
HUMIDITY

PLACE		BIB	NAME										DATE OF BIRTH				RESULT		
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		

Mercy Chepngeno KOSKEY										KEN		16 Sep 07		9:36.19					
1	18.65	2	18.39	3	18.35	4	18.42	5	18.92	6	18.71	7	18.75	8	18.47	9	19.01	10	18.79
18.65(5)		37.04(2)		55.39(1)		1:13.81(1)		1:32.73(1)		1:51.44(1)		2:10.19(1)		2:28.66(1)		2:47.67(1)		3:06.46(1)	
11	18.97	12	18.66	13	19.10	14	18.97	15	18.63	16	19.30	17	19.76	18	19.32	19	19.38	20	19.45
3:25.43(1)		3:44.09(1)		4:03.19(1)		4:22.16(1)		4:40.79(1)		5:00.09(1)		5:19.85(1)		5:39.17(1)		5:58.55(1)		6:18.00(1)	
21	20.31	22	19.85	23	19.73	24	19.27	25	20.18	26	19.74	27	19.53	28	19.20	29	20.78	19.60	
6:38.31(1)		6:58.16(1)		7:17.89(1)		7:37.16(1)		7:57.34(1)		8:17.08(1)		8:36.61(1)		8:55.81(1)		9:16.59(1)			

2		537		Wosane ASEFA										ETH				3 Jan 07		9:56.36	
1	19.38	2	18.75	3	19.26	4	19.09	5	18.79	6	19.10	7	19.17	8	20.01	9	20.28	10	19.74		
19.38 (12)		38.13 (12)		57.39 (13)		1:16.48 (11)		1:35.27 (4)		1:54.37 (2)		2:13.54 (2)		2:33.55 (2)		2:53.83 (2)		3:13.57 (2)			
11	19.68	12	19.85	13	20.14	14	19.96	15	19.82	16	20.33	17	20.52	18	19.61	19	20.09	20	20.65		
3:33.25 (2)		3:53.10 (2)		4:13.24 (2)		4:33.20 (2)		4:53.02 (2)		5:13.35 (2)		5:33.87 (2)		5:53.48 (2)		6:13.57 (2)		6:34.22 (2)			
21	20.71	22	20.33	23	20.63	24	20.42	25	19.80	26	19.78	27	20.08	28	19.76	29	20.94	19.69			
6:54.93 (2)		7:15.26 (2)		7:35.89 (2)		7:56.31 (2)		8:16.11 (2)		8:35.89 (2)		8:55.97 (2)		9:15.73 (2)		9:36.67 (2)					

3 1051 Fanny SZALKAI			SWE												8 Oct 08		9:57.93 PB		
1	18.24	2	18.79	3	19.16	4	19.17	5	19.36	6	19.75	7	19.89	8	20.17	9	20.24	10	20.28
18.24 (1)		37.03 (1)		56.19 (2)		1:15.36 (2)		1:34.72 (2)		1:54.47 (3)		2:14.36 (4)		2:34.53 (4)		2:54.77 (3)		3:15.05 (3)	
11	20.25	12	20.25	13	20.08	14	20.31	15	20.21	16	20.54	17	20.13	18	20.35	19	20.02	20	20.70
3:35.30 (3)		3:55.55 (3)		4:15.63 (3)		4:35.94 (3)		4:56.15 (3)		5:16.69 (3)		5:36.82 (3)		5:57.17 (3)		6:17.19 (3)		6:37.89 (3)	
21	20.28	22	20.37	23	20.57	24	20.17	25	20.26	26	20.00	27	20.25	28	20.04	29	19.99	18.11	
6:58.17 (3)		7:18.54 (3)		7:39.11 (3)		7:59.28 (3)		8:19.54 (3)		8:39.54 (3)		8:59.79 (3)		9:19.83 (3)		9:39.82 (3)			

4			787			TAYA Rei			JPN			6 Mar 09			10:09.73			SB											
1	18.49		2	18.63		3	19.16		4	19.42		5	20.01		6	19.36		7	19.61		8	20.19		9	20.71		10	20.09	
		18.49 (3)			37.12 (3)			56.28 (3)			1:15.70 (5)			1:35.71 (6)			1:55.07 (6)			2:14.68 (6)			2:34.87 (8)			2:55.58 (9)			3:15.67 (9)
11	20.75		12	20.08		13	20.27		14	20.27		15	20.19		16	20.00		17	21.53		18	20.15		19	20.86		20	20.80	
		3:36.42 (9)			3:56.50 (6)			4:16.77 (5)			4:37.04 (4)			4:57.23 (4)			5:17.23 (4)			5:38.76 (4)			5:58.91 (4)			6:19.77 (4)			6:40.57 (4)
21	21.65		22	20.93		23	21.49		24	21.29		25	21.90		26	20.71		27	20.96		28	19.66		29	20.84		19.73		
		7:02.22 (4)			7:23.15 (4)			7:44.64 (4)			8:05.93 (4)			8:27.83 (4)			8:48.54 (4)			9:09.50 (4)			9:29.16 (4)			9:50.00 (4)			

5479Ema BERKOVÁ										CZE		22 Dec 07		10:13.69					
1	19.08	2	18.62	3	19.17	4	19.40	5	19.87	6	19.50	7	19.68	8	20.09	9	20.42	10	20.24
	19.08 (8)		37.70 (9)		56.87 (10)		1:16.27 (10)		1:36.14 (11)		1:55.64 (10)		2:15.32 (10)		2:35.41 (11)		2:55.83 (10)		3:16.07 (10)
11	20.49	12	20.45	13	20.45	14	20.06	15	20.27	16	20.10	17	21.01	18	20.43	19	20.95	20	20.89
	3:36.56 (10)		3:57.01 (10)		4:17.46 (8)		4:37.52 (7)		4:57.79 (7)		5:17.89 (5)		5:38.90 (5)		5:59.33 (5)		6:20.28 (5)		6:41.17 (5)
21	21.46	22	20.89	23	21.25	24	21.24	25	21.97	26	20.79	27	21.22	28	20.65	29	21.59		21.46
	7:02.63 (5)		7:23.52 (5)		7:44.77 (5)		8:06.01 (5)		8:27.98 (5)		8:48.77 (5)		9:09.99 (5)		9:30.64 (5)		9:52.23 (5)		

6506Malak Abdelghany Abdalla IBRAHIM										EGY16 Feb 0810:15.40									
1	19.10	2	18.30	3	19.11	4	19.11	5	20.18	6	19.45	7	19.62	8	19.90	9	20.40	10	20.35
	19.10 (9)		37.40 (6)		56.51 (7)		1:15.62 (4)		1:35.80 (7)		1:55.25 (8)		2:14.87 (8)		2:34.77 (7)		2:55.17 (6)		3:15.52 (8)
11	20.27	12	20.34	13	20.55	14	20.46	15	20.20	16	20.63	17	21.32	18	20.49	19	20.67	20	21.24
	3:35.79 (5)		3:56.13 (4)		4:16.68 (4)		4:37.14 (5)		4:57.34 (5)		5:17.97 (6)		5:39.29 (7)		5:59.78 (6)		6:20.45 (6)		6:41.69 (6)
21	21.65	22	21.36	23	21.58	24	21.56	25	22.38	26	21.68	27	21.02	28	21.19	29	20.80		20.49
	7:03.34 (6)		7:24.70 (6)		7:46.28 (6)		8:07.84 (6)		8:30.22 (6)		8:51.90 (6)		9:12.92 (6)		9:34.11 (6)		9:54.91 (6)		

RACE ANALYSIS

3000m Steeplechase Women - Round 1

7 911 Zuzanna SZYMAŃSKA										POL		3 Nov 08		10:17.40 PB					
1	18.63	2	18.63	3	19.16	4	19.72	5	19.80	6	19.22	7	19.91	8	20.23	9	20.02	10	20.09
18.63 (4)		37.26 (5)		56.42 (5)		1:16.14 (8)		1:35.94 (9)		1:55.16 (7)		2:15.07 (9)		2:35.30 (9)		2:55.32 (7)		3:15.41 (6)	
11	20.60	12	20.46	13	20.57	14	20.53	15	20.70	16	20.96	17	21.09	18	20.99	19	21.48	20	21.80
3:36.01 (7)		3:56.47 (5)		4:17.04 (6)		4:37.57 (8)		4:58.27 (8)		5:19.23 (8)		5:40.32 (8)		6:01.31 (8)		6:22.79 (8)		6:44.59 (9)	
21	21.82	22	21.16	23	22.29	24	20.88	25	21.93	26	21.30	27	21.83	28	21.31	29	20.42	19.87	
7:06.41 (9)		7:27.57 (9)		7:49.86 (9)		8:10.74 (9)		8:32.67 (9)		8:53.97 (7)		9:15.80 (7)		9:37.11 (7)		9:57.53 (7)			

8 921 Lara ROQUE										POR 15 Aug 08 10:20.25 NU20R									
1	19.32	2	18.55	3	19.11	4	19.80	5	19.58	6	19.66	7	19.61	8	20.11	9	20.35	10	20.48
	19.32 (11)		37.87 (11)		56.98 (11)		1:16.78 (12)		1:36.36 (12)		1:56.02 (12)		2:15.63 (12)		2:35.74 (12)		2:56.09 (12)		3:16.57 (12)
11	20.42	12	20.41	13	20.68	14	20.51	15	20.79	16	20.57	17	20.77	18	21.16	19	21.23	20	21.43
	3:36.99 (11)		3:57.40 (11)		4:18.08 (11)		4:38.59 (10)		4:59.38 (10)		5:19.95 (9)		5:40.72 (9)		6:01.88 (9)		6:23.11 (9)		6:44.54 (8)
21	21.23	22	21.48	23	21.94	24	21.49	25	21.82	26	22.05	27	21.90	28	21.48	29	21.03		21.29
	7:05.77 (8)		7:27.25 (8)		7:49.19 (8)		8:10.68 (8)		8:32.50 (8)		8:54.55 (9)		9:16.45 (8)		9:37.93 (8)		9:58.96 (8)		

9 599 Tilly NICKELL										GBR 31 Aug 07 10:25.12									
1	18.70	2	18.77	3	19.03	4	19.33	5	19.56	6	19.59	7	19.64	8	19.97	9	20.38	10	20.30
18.70 (6)		37.47 (7)		56.50 (6)		1:15.83 (6)		1:35.39 (5)		1:54.98 (5)		2:14.62 (5)		2:34.59 (5)		2:54.97 (5)		3:15.27 (5)	
11	20.54	12	20.80	13	20.75	14	20.01	15	20.15	16	20.68	17	21.00	18	20.63	19	21.25	20	21.59
3:35.81 (6)		3:56.61 (7)		4:17.36 (7)		4:37.37 (6)		4:57.52 (6)		5:18.20 (7)		5:39.20 (6)		5:59.83 (7)		6:21.08 (7)		6:42.67 (7)	
21	21.64	22	21.40	23	22.04	24	21.98	25	22.54	26	22.11	27	22.70	28	22.61	29	23.45	21.98	
7:04.31 (7)		7:25.71 (7)		7:47.75 (7)		8:09.73 (7)		8:32.27 (7)		8:54.38 (8)		9:17.08 (9)		9:39.69 (9)		10:03.14 (9)			

10 643 Lena ROSSMANITH										GER		4 Nov 08		10:29.47					
1	18.92	2	18.66	3	19.14	4	19.24	5	19.95	6	19.40	7	19.55	8	19.89	9	20.69	10	20.07
	18.92 (7)		37.58 (8)		56.72 (8)		1:15.96 (7)		1:35.91 (8)		1:55.31 (9)		2:14.86 (7)		2:34.75 (6)		2:55.44 (8)		3:15.51 (7)
11	20.58	12	20.73	13	20.94	14	20.34	15	20.68	16	21.19	17	21.96	18	22.09	19	22.90	20	22.64
	3:36.09 (8)		3:56.82 (9)		4:17.76 (9)		4:38.10 (9)		4:58.78 (9)		5:19.97 (10)		5:41.93 (10)		6:04.02 (10)		6:26.92 (10)		6:49.56 (10)
21	21.88	22	21.69	23	21.86	24	21.80	25	22.09	26	22.13	27	22.18	28	21.76	29	22.52		22.00
	7:11.44 (10)		7:33.13 (10)		7:54.99 (10)		8:16.79 (10)		8:38.88 (10)		9:01.01 (10)		9:23.19 (10)		9:44.95 (10)		10:07.47 (10)		

11 1116 Bella NELSON										USA					7 Aug 07		10:44.05		
1	19.16	2	18.57	3	19.09	4	19.42	5	19.85	6	19.80	7	19.66	8	19.81	9	20.55	10	20.64
	19.16 (10)		37.73 (10)		56.82 (9)		1:16.24 (9)		1:36.09 (10)		1:55.89 (11)		2:15.55 (11)		2:35.36 (10)		2:55.91 (11)		3:16.55 (11)
11	20.59	12	20.34	13	21.07	14	20.93	15	21.29	16	21.91	17	22.41	18	22.68	19	23.11	20	23.69
	3:37.14 (12)		3:57.48 (12)		4:18.55 (12)		4:39.48 (12)		5:00.77 (12)		5:22.68 (12)		5:45.09 (12)		6:07.77 (12)		6:30.88 (12)		6:54.57 (12)
21	23.76	22	24.02	23	24.17	24	23.18	25	22.43	26	22.91	27	22.91	28	23.12	29	22.07		20.91
	7:18.33 (12)		7:42.35 (12)		8:06.52 (12)		8:29.70 (12)		8:52.13 (12)		9:15.04 (11)		9:37.95 (11)		10:01.07 (11)		10:23.14 (11)		

12 315 Tessa EBERT										AUS 22 Apr 08 10:45.87									
1	18.46	2	18.77	3	19.12	4	19.12	5	19.78	6	19.41	7	19.38	8	20.44	9	20.33	10	20.32
	18.46 (2)		37.23 (4)		56.35 (4)		1:15.47 (3)		1:35.25 (3)		1:54.66 (4)		2:14.04 (3)		2:34.48 (3)		2:54.81 (4)		3:15.13 (4)
11	20.57	12	20.96	13	21.17	14	21.09	15	21.46	16	21.93	17	22.71	18	22.02	19	22.28	20	23.78
	3:35.70 (4)		3:56.66 (8)		4:17.83 (10)		4:38.92 (11)		5:00.38 (11)		5:22.31 (11)		5:45.02 (11)		6:07.04 (11)		6:29.32 (11)		6:53.10 (11)
21	23.48	22	23.44	23	23.35	24	23.89	25	23.81	26	24.06	27	23.64	28	24.11	29	22.85		20.14
	7:16.58 (11)		7:40.02 (11)		8:03.37 (11)		8:27.26 (11)		8:51.07 (11)		9:15.13 (12)		9:38.77 (12)		10:02.88 (12)		10:25.73 (12)		

875 Caitlin KIRK										NZL		21 Feb 08		DNF					
1	19.56	2	18.70	3	19.01	4	19.61	5	19.95	6	19.64	7	19.79	8	20.66	9	21.39	10	21.51
	19.56 (13)		38.26 (13)		57.27 (12)		1:16.88 (13)		1:36.83 (13)		1:56.47 (13)		2:16.26 (13)		2:36.92 (13)		2:58.31 (13)		3:19.82 (13)
11	22.00	12	23.45																
	3:41.82 (13)		4:05.27 (13)																