RACE ANALYSIS

Marathon Men - Final

SPLIT TIMES UPDATED

5 October 2019 23:59 START TIME — 29° C TEMPERATURE — 51 % HUMIDITY
02:39 END TIME — 29° C — 51 %

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	Half Mar.	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 Lelisa DESISA — ETH — 14 Jan 90 — 2:10:40

SB

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

2 Mosinet GEREMEW — ETH — 12 Feb 92 — 2:10:44

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

3 Amos KIPRUTO — KEN — 16 Sep 92 — 2:10:51

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

4 Callum HAWKINS — GBR — 22 Jun 92 — 2:10:57

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

5 Stephen MOKOKA — RSA — 31 Jan 85 — 2:11:09

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

Official IAAF Partners

RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

6 Zersenay TADESE ERI 1 Jan 82 **2:11:29** SB

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

7 El Hassan EL ABBASSI BRN 13 Apr 84 **2:11:44** SB

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

8 Hamza SAHLI MAR 10 May 93 **2:11:49**

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

9 Tadesse ABRAHAM SUI 12 Aug 82 **2:11:58**

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

10 Daniel MATEO ESP 31 Aug 89 **2:12:15**

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

Official IAAF Partners
TDK QNB asics SEIKO TBS TOKYO BROADCASTING SYSTEM, INC.

RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

11 Laban Kipngetich KORIR KEN 30 Jun 85 **2:12:38**

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

12 Yassine RACHIK ITA 11 Jun 93 **2:12:41**

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

13 Fred MUSOBO UGA 12 Aug 96 **2:13:42**

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

14 Geoffrey KIRUI KEN 16 Feb 93 **2:13:54**

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

15 Eyob GHEBREHIWET FANIEL ITA 26 Nov 92 **2:13:57**

1	3:16	2	3:13	3	3:15	4	3:14	5	3:16	6	3:15	7	3:12	8	3:12	9	3:10	10	3:06	SB
	3:16 (18)		6:29 (59)		9:44 (60)		12:58 (55)		16:14 (55)		19:29 (55)		22:41 (55)		25:53 (55)		29:03 (52)		32:09 (50)	
11	3:11	12	3:11	13	3:09	14	3:07	15	3:08	16	3:12	17	3:10	18	3:10	19	3:10	20	3:08	
	35:20 (49)		38:31 (49)		41:40 (49)		44:47 (48)		47:55 (48)		51:07 (48)		54:17 (48)		57:27 (47)		1:00:37 (47)		1:03:45 (42)	
21	3:09	22	18	23	2:50	24	3:11	25	3:09	26	3:06	27	3:07	28	3:09	29	3:10	30	3:05	
	1:06:54 (42)		1:07:12 (42)		1:10:02 (39)		1:13:13 (39)		1:16:22 (38)		1:19:28 (29)		1:22:35 (25)		1:25:44 (24)		1:28:54 (22)		1:31:59 (20)	
31	3:11	32	3:15	33	3:15	34	3:13	35	3:16	36	3:14	37	3:13	38	3:15	39	3:13	40	3:10	
	1:35:10 (20)		1:38:25 (20)		1:41:40 (20)		1:44:53 (20)		1:48:09 (20)		1:51:23 (20)		1:54:36 (20)		1:57:51 (18)		2:01:04 (18)		2:04:14 (17)	
41	3:06	42	3:02	43	3:07															
	2:07:20 (16)		2:10:22 (15)		2:13:29 (16)															

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RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

16 Alphonce Felix SIMBU — TAN — 14 Feb 92 — **2:13:57**

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

17 Tomas Hilifa RAINHOLD — NAM — 7 Feb 91 — **2:14:38**

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

18 Stephen KIPROTICH — UGA — 27 Feb 89 — **2:15:04**

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

19 Paulo Roberto DE ALMEIDA PAULA — BRA — 8 Jul 79 — **2:15:09**

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

20 Shaohui YANG — CHN — 9 Jul 92 — **2:15:17**

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

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SPLIT TIMES UPDATED

21 Thonakal GOPI IND 24 May 88 **2:15:57**

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

22 Felicien MUHITIRA RWA 11 Nov 94 **2:16:21**

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

23 Ahmed OSMAN USA 1 Jan 88 **2:16:22**

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

24 Weldu Negash GEBRETSADIK NOR 12 Nov 86 **2:16:35**

1	3:19	2	3:12	3	3:12	4	3:14	5	3:16	6	3:09	7	3:07	8	3:08	9	3:07	10	3:07		
	3:19 (61)		6:31 (60)		9:43 (58)		12:57 (54)		16:13 (54)		19:22 (52)		22:29 (47)		25:37 (36)		28:44 (35)		31:51 (38)		
11	3:11	12	3:08	13	3:12	14	3:10	15	3:09	16	3:05	17	3:16	18	3:06	19	3:07	20	3:08		
	35:02 (38)		38:10 (33)		41:22 (32)		44:32 (31)		47:41 (35)		50:46 (36)		54:02 (32)		57:08 (32)		1:00:15 (33)		1:03:23 (33)		
21	3:10	22	18	23	2:47	24	3:05	25	3:07	26	3:11	27	3:12	28	3:18	29	3:18	30	3:13		
	1:06:33 (35)		1:06:51 (35)		1:09:38 (26)		1:12:43 (25)		1:15:50 (23)		1:19:01 (22)		1:22:13 (22)		1:25:31 (22)		1:28:49 (21)		1:32:02 (23)		
31	3:16	32	3:15	33	3:16	34	3:17	35	3:23	36	3:22	37	3:25	38	3:28	39	3:31	40	3:28		
	1:35:18 (21)		1:38:33 (21)		1:41:49 (21)		1:45:06 (22)		1:48:29 (22)		1:51:51 (22)		1:55:16 (22)		1:58:44 (23)		2:02:15 (23)		2:05:43 (24)		
41	3:28	42	3:24	43	3:23																
	2:09:11 (25)		2:12:35 (24)		2:15:58 (24)																

25 Hiroki YAMAGISHI JPN 6 Sep 91 **2:16:43**

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

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RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

26 Tiidrek NURME — EST — 18 Nov 85 — **2:17:38**

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

27 Malcolm HICKS — NZL — 19 Oct 87 — **2:17:45**

1	3:17	2	3:08	3	3:14	4	3:21	5	3:21	6	3:21	7	3:16	8	3:15	9	3:20	10	3:20		
	3:17 (29)		6:25 (49)		9:39 (50)		13:00 (59)		16:21 (59)		19:42 (61)		22:58 (60)		26:13 (58)		29:33 (58)		32:53 (58)		
11	3:19	12	3:17	13	3:17	14	3:18	15	3:14	16	3:15	17	3:19	18	3:17	19	3:14	20	3:12		
	36:12 (56)		39:29 (55)		42:46 (57)		46:04 (56)		49:18 (55)		52:33 (55)		55:52 (57)		59:09 (55)		1:02:23 (54)		1:05:35 (54)		
21	3:13	22	18	23	2:52	24	3:10	25	3:11	26	3:08	27	3:13	28	3:11	29	3:09	30	3:11		
	1:08:48 (54)		1:09:06 (54)		1:11:58 (51)		1:15:08 (50)		1:18:19 (48)		1:21:27 (44)		1:24:40 (41)		1:27:51 (40)		1:31:00 (37)		1:34:11 (36)		
31	3:09	32	3:12	33	3:13	34	3:12	35	3:15	36	3:16	37	3:18	38	3:22	39	3:24	40	3:23		
	1:37:20 (34)		1:40:32 (33)		1:43:45 (33)		1:46:57 (31)		1:50:12 (31)		1:53:28 (31)		1:56:46 (30)		2:00:08 (30)		2:03:32 (28)		2:06:55 (27)		
41	3:25	42	3:24	43	3:22																
	2:10:20 (27)		2:13:44 (28)		2:17:06 (27)																

28 Adhanom ABRAHA — SWE — 1 Jun 77 — **2:17:57**

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

29 Yuki KAWAUCHI — JPN — 5 Mar 87 — **2:17:59**

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

30 Caden SHIELDS — NZL — 7 Aug 88 — **2:18:08**

1	3:17	2	3:08	3	3:14	4	3:21	5	3:22	6	3:20	7	3:16	8	3:15	9	3:20	10	3:20		
	3:17 (32)		6:25 (50)		9:39 (49)		13:00 (58)		16:22 (60)		19:42 (60)		22:58 (61)		26:13 (59)		29:33 (59)		32:53 (59)		
11	3:19	12	3:17	13	3:17	14	3:18	15	3:14	16	3:15	17	3:19	18	3:17	19	3:14	20	3:13		
	36:12 (55)		39:29 (56)		42:46 (56)		46:04 (57)		49:18 (56)		52:33 (56)		55:52 (56)		59:09 (54)		1:02:23 (55)		1:05:36 (55)		
21	3:12	22	19	23	2:51	24	3:10	25	3:12	26	3:11	27	3:18	28	3:14	29	3:15	30	3:14		
	1:08:48 (55)		1:09:07 (55)		1:11:58 (52)		1:15:08 (51)		1:18:20 (49)		1:21:31 (47)		1:24:49 (43)		1:28:03 (43)		1:31:18 (39)		1:34:32 (37)		
31	3:18	32	3:20	33	3:20	34	3:22	35	3:19	36	3:21	37	3:16	38	3:21	39	3:23	40	3:18		
	1:37:50 (37)		1:41:10 (36)		1:44:30 (37)		1:47:52 (37)		1:51:11 (36)		1:54:32 (36)		1:57:48 (36)		2:01:09 (34)		2:04:32 (31)		2:07:50 (30)		
41	3:23	42	3:19	43	3:03																
	2:11:13 (33)		2:14:32 (34)		2:17:35 (31)																

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RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

31 Thijs NIJHUIS DEN 20 Sep 92 **2:18:10**

1	3:23	2	3:24	3	3:23	4	3:20	5	3:19	6	3:19	7	3:20	8	3:23	9	3:23	10	3:24		
	3:23 (68)		6:47 (72)		10:10 (69)		13:30 (67)		16:49 (68)		20:08 (68)		23:28 (68)		26:51 (67)		30:14 (67)		33:38 (65)		
11	3:21	12	3:18	13	3:20	14	3:22	15	3:21	16	3:19	17	3:16	18	3:17	19	3:13	20	3:14		
	36:59 (65)		40:17 (64)		43:37 (63)		46:59 (64)		50:20 (64)		53:39 (64)		56:55 (64)		1:00:12 (64)		1:03:25 (64)		1:06:39 (63)		
21	3:12	22	18	23	2:54	24	3:10	25	3:12	26	3:10	27	3:11	28	3:10	29	3:10	30	3:11		
	1:09:51 (63)		1:10:09 (63)		1:13:03 (59)		1:16:13 (59)		1:19:25 (57)		1:22:35 (54)		1:25:46 (50)		1:28:56 (48)		1:32:06 (47)		1:35:17 (45)		
31	3:12	32	3:15	33	3:14	34	3:13	35	3:15	36	3:14	37	3:16	38	3:17	39	3:20	40	3:17		
	1:38:29 (44)		1:41:44 (41)		1:44:58 (41)		1:48:11 (41)		1:51:26 (39)		1:54:40 (39)		1:57:56 (39)		2:01:13 (38)		2:04:33 (34)		2:07:50 (33)		
41	3:23	42	3:14	43	3:08																
	2:11:13 (34)		2:14:27 (31)		2:17:35 (30)																

32 Desmond MOKGOBU RSA 23 Nov 88 **2:18:21**

1	3:19	2	3:02	3	3:13	4	3:19	5	3:15	6	3:10	7	3:04	8	3:15	9	3:07	10	3:03		
	3:19 (60)		6:21 (31)		9:34 (35)		12:53 (42)		16:08 (23)		19:18 (31)		22:22 (29)		25:37 (37)		28:44 (37)		31:47 (34)		
11	3:10	12	3:13	13	3:12	14	3:11	15	3:09	16	3:08	17	3:13	18	3:10	19	3:12	20	3:21		
	34:57 (34)		38:10 (37)		41:22 (36)		44:33 (39)		47:42 (42)		50:50 (40)		54:03 (39)		57:13 (42)		1:00:25 (42)		1:03:46 (44)		
21	3:19	22	21	23	3:03	24	3:18	25	3:22	26	3:20	27	3:19	28	3:22	29	3:26	30	3:27		
	1:07:05 (43)		1:07:26 (43)		1:10:29 (41)		1:13:47 (43)		1:17:09 (43)		1:20:29 (40)		1:23:48 (37)		1:27:10 (36)		1:30:36 (35)		1:34:03 (34)		
31	3:18	32	3:18	33	3:26	34	3:26	35	3:26	36	3:31	37	3:20	38	3:21	39	3:23	40	3:19		
	1:37:21 (36)		1:40:39 (34)		1:44:05 (34)		1:47:31 (34)		1:50:57 (34)		1:54:28 (34)		1:57:48 (37)		2:01:09 (33)		2:04:32 (33)		2:07:51 (34)		
41	3:22	42	3:10	43	3:19																
	2:11:13 (31)		2:14:23 (30)		2:17:42 (32)																

33 Roman FOSTI EST 6 Jun 83 **2:18:30** SB

1	3:18	2	3:11	3	3:14	4	3:17	5	3:19	6	3:19	7	3:17	8	3:18	9	3:21	10	3:19		
	3:18 (59)		6:29 (58)		9:43 (57)		13:00 (60)		16:19 (57)		19:38 (57)		22:55 (57)		26:13 (57)		29:34 (61)		32:53 (60)		
11	3:19	12	3:18	13	3:17	14	3:17	15	3:15	16	3:15	17	3:19	18	3:16	19	3:14	20	3:13		
	36:12 (59)		39:30 (58)		42:47 (59)		46:04 (58)		49:19 (58)		52:34 (59)		55:53 (59)		59:09 (58)		1:02:23 (57)		1:05:36 (57)		
21	3:13	22	19	23	2:50	24	3:10	25	3:13	26	3:10	27	3:17	28	3:15	29	3:17	30	3:12		
	1:08:49 (57)		1:09:08 (56)		1:11:58 (53)		1:15:08 (52)		1:18:21 (50)		1:21:31 (46)		1:24:48 (42)		1:28:03 (41)		1:31:20 (40)		1:34:32 (38)		
31	3:18	32	3:20	33	3:21	34	3:21	35	3:19	36	3:21	37	3:16	38	3:21	39	3:23	40	3:18		
	1:37:50 (38)		1:41:10 (37)		1:44:31 (38)		1:47:52 (36)		1:51:11 (37)		1:54:32 (35)		1:57:48 (35)		2:01:09 (32)		2:04:32 (32)		2:07:50 (32)		
41	3:23	42	3:15	43	3:23																
	2:11:13 (32)		2:14:28 (32)		2:17:51 (33)																

34 Ngonidzashe NCUBE ZIM 12 Jul 86 **2:18:42**

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

35 Fyodor SHUTOV ANA 10 Feb 86 **2:18:58**

1	3:23	2	3:24	3	3:22	4	3:21	5	3:18	6	3:18	7	3:13	8	3:17	9	3:19	10	3:19		
	3:23 (67)		6:47 (71)		10:09 (66)		13:30 (68)		16:48 (66)		20:06 (65)		23:19 (63)		26:36 (62)		29:55 (62)		33:14 (61)		
11	3:18	12	3:18	13	3:17	14	3:17	15	3:16	16	3:17	17	3:17	18	3:15	19	3:14	20	3:16		
	36:32 (61)		39:50 (60)		43:07 (60)		46:24 (61)		49:40 (61)		52:57 (61)		56:14 (61)		59:29 (61)		1:02:43 (59)		1:05:59 (59)		
21	3:15	22	19	23	2:55	24	3:15	25	3:14	26	3:15	27	3:14	28	3:13	29	3:13	30	3:14		
	1:09:14 (59)		1:09:33 (59)		1:12:28 (56)		1:15:43 (55)		1:18:57 (53)		1:22:12 (51)		1:25:26 (48)		1:28:39 (45)		1:31:52 (44)		1:35:06 (43)		
31	3:14	32	3:17	33	3:15	34	3:17	35	3:19	36	3:20	37	3:19	38	3:21	39	3:21	40	3:22		
	1:38:20 (41)		1:41:37 (40)		1:44:52 (40)		1:48:09 (40)		1:51:28 (40)		1:54:48 (40)		1:58:07 (40)		2:01:28 (40)		2:04:49 (37)		2:08:11 (35)		
41	3:27	42	3:25	43	3:19																
	2:11:38 (35)		2:15:03 (35)		2:18:22 (35)																

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36 John MASON CAN 2 Sep 87 **2:19:21**

1	3:19	2	3:16	3	3:20	4	3:22	5	3:20	6	3:20	7	3:22	8	3:18	9	3:21	10	3:19		
	3:19 (62)		6:35 (62)		9:55 (62)		13:17 (62)		16:37 (63)		19:57 (63)		23:19 (64)		26:37 (64)		29:58 (64)		33:17 (63)		
11	3:21	12	3:19	13	3:19	14	3:20	15	3:19	16	3:17	17	3:19	18	3:18	19	3:15	20	3:19		
	36:38 (63)		39:57 (62)		43:16 (62)		46:36 (63)		49:55 (63)		53:12 (63)		56:31 (63)		59:49 (62)		1:03:04 (63)		1:06:23 (62)		
21	3:17	22	19	23	2:55	24	3:15	25	3:13	26	3:12	27	3:12	28	3:10	29	3:09	30	3:11		
	1:09:40 (61)		1:09:59 (61)		1:12:54 (58)		1:16:09 (58)		1:19:22 (56)		1:22:34 (53)		1:25:46 (51)		1:28:56 (47)		1:32:05 (46)		1:35:16 (44)		
31	3:13	32	3:15	33	3:15	34	3:18	35	3:15	36	3:18	37	3:23	38	3:24	39	3:24	40	3:27		
	1:38:29 (43)		1:41:44 (42)		1:44:59 (42)		1:48:17 (42)		1:51:32 (41)		1:54:50 (41)		1:58:13 (41)		2:01:37 (41)		2:05:01 (39)		2:08:28 (36)		
41	3:28	42	3:26	43	3:23																
	2:11:56 (36)		2:15:22 (36)		2:18:45 (36)																

37 Kohei FUTAOKA JPN 5 Feb 94 **2:19:23**

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

38 Elkanah KIBET USA 2 Jun 83 **2:19:33** SB

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

39 Julian SPENCE AUS 7 Mar 86 **2:19:40**

1	3:20	2	3:16	3	3:19	4	3:22	5	3:20	6	3:19	7	3:23	8	3:18	9	3:21	10	3:19		
	3:20 (64)		6:36 (64)		9:55 (64)		13:17 (63)		16:37 (62)		19:56 (62)		23:19 (62)		26:37 (63)		29:58 (63)		33:17 (62)		
11	3:21	12	3:18	13	3:19	14	3:20	15	3:20	16	3:17	17	3:18	18	3:19	19	3:14	20	3:16		
	36:38 (62)		39:56 (61)		43:15 (61)		46:35 (62)		49:55 (62)		53:12 (62)		56:30 (62)		59:49 (63)		1:03:03 (62)		1:06:19 (61)		
21	3:14	22	19	23	2:57	24	3:14	25	3:16	26	3:17	27	3:14	28	3:16	29	3:19	30	3:17		
	1:09:33 (60)		1:09:52 (60)		1:12:49 (57)		1:16:03 (57)		1:19:19 (55)		1:22:36 (55)		1:25:50 (52)		1:29:06 (50)		1:32:25 (48)		1:35:42 (47)		
31	3:18	32	3:21	33	3:18	34	3:19	35	3:21	36	3:22	37	3:19	38	3:21	39	3:21	40	3:22		
	1:39:00 (47)		1:42:21 (46)		1:45:39 (45)		1:48:58 (44)		1:52:19 (44)		1:55:41 (43)		1:59:00 (43)		2:02:21 (43)		2:05:42 (41)		2:09:04 (40)		
41	3:23	42	3:18	43	3:18																
	2:12:27 (40)		2:15:45 (39)		2:19:03 (39)																

40 Byambajav TSEVEENRAVDAN MGL 7 Jul 90 **2:20:07**

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

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41 Lemawork KETEMA — AUT — 22 Oct 85 — **2:20:45**

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

42 Thomas DE BOCK — BEL — 20 Aug 91 — **2:21:13**

1	3:18	2	3:13	3	3:17	4	3:18	5	3:18	6	3:17	7	3:16	8	3:16	9	3:20	10	3:20
	3:18 (56)		6:31 (61)		9:48 (61)		13:06 (61)		16:24 (61)		19:41 (59)		22:57 (58)		26:13 (60)		29:33 (57)		32:53 (56)
11	3:19	12	3:18	13	3:16	14	3:19	15	3:14	16	3:14	17	3:19	18	3:17	19	3:14	20	3:13
	36:12 (57)		39:30 (57)		42:46 (55)		46:05 (59)		49:19 (59)		52:33 (57)		55:52 (55)		59:09 (56)		1:02:23 (56)		1:05:36 (56)
21	3:13	22	19	23	2:54	24	3:17	25	3:18	26	3:20	27	3:20	28	3:23	29	3:23	30	3:24
	1:08:49 (56)		1:09:08 (57)		1:12:02 (54)		1:15:19 (54)		1:18:37 (52)		1:21:57 (50)		1:25:17 (47)		1:28:40 (46)		1:32:03 (45)		1:35:27 (46)
31	3:24	32	3:25	33	3:23	34	3:27	35	3:29	36	3:29	37	3:30	38	3:28	39	3:33	40	3:32
	1:38:51 (46)		1:42:16 (45)		1:45:39 (44)		1:49:06 (45)		1:52:35 (45)		1:56:04 (45)		1:59:34 (45)		2:03:02 (45)		2:06:35 (44)		2:10:07 (43)
41	3:31	42	3:29	43	3:27														
	2:13:38 (42)		2:17:07 (42)		2:20:34 (42)														

43 Stephen SCULLION — IRL — 9 Nov 88 — **2:21:31**

1	3:24	2	3:23	3	3:22	4	3:20	5	3:20	6	3:19	7	3:20	8	3:19	9	3:22	10	3:24
	3:24 (71)		6:47 (70)		10:09 (67)		13:29 (66)		16:49 (67)		20:08 (67)		23:28 (67)		26:47 (66)		30:09 (65)		33:33 (64)
11	3:23	12	3:21	13	3:20	14	3:22	15	3:22	16	3:19	17	3:21	18	3:20	19	3:18	20	3:20
	36:56 (64)		40:17 (63)		43:37 (64)		46:59 (65)		50:21 (65)		53:40 (65)		57:01 (65)		1:00:21 (65)		1:03:39 (65)		1:06:59 (64)
21	3:18	22	19	23	3:00	24	3:18	25	3:19	26	3:17	27	3:19	28	3:21	29	3:20	30	3:21
	1:10:17 (64)		1:10:36 (64)		1:13:36 (61)		1:16:54 (61)		1:20:13 (58)		1:23:30 (56)		1:26:49 (54)		1:30:10 (52)		1:33:30 (51)		1:36:51 (50)
31	3:22	32	3:24	33	3:25	34	3:25	35	3:25	36	3:21	37	3:20	38	3:23	39	3:23	40	3:26
	1:40:13 (49)		1:43:37 (48)		1:47:02 (48)		1:50:27 (48)		1:53:52 (48)		1:57:13 (48)		2:00:33 (47)		2:03:56 (47)		2:07:19 (45)		2:10:45 (45)
41	3:28	42	3:20	43	3:20														
	2:14:13 (45)		2:17:33 (43)		2:20:53 (43)														

44 Wellington BEZERRA DA SILVA — BRA — 19 Jun 88 — **2:21:49**

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

45 Berhanu DEGEFA — CAN — 22 Nov 86 — **2:22:28**

1	3:17	2	3:12	3	3:14	4	3:16	5	3:21	6	3:19	7	3:18	8	3:16	9	3:21	10	3:19
	3:17 (31)		6:29 (56)		9:43 (56)		12:59 (57)		16:20 (58)		19:39 (58)		22:57 (59)		26:13 (61)		29:34 (60)		32:53 (57)
11	3:19	12	3:18	13	3:17	14	3:18	15	3:14	16	3:15	17	3:18	18	3:17	19	3:16	20	3:19
	36:12 (58)		39:30 (59)		42:47 (58)		46:05 (60)		49:19 (60)		52:34 (60)		55:52 (58)		59:09 (57)		1:02:25 (58)		1:05:44 (58)
21	3:21	22	19	23	3:00	24	3:21	25	3:21	26	3:20	27	3:24	28	3:25	29	3:24	30	3:23
	1:09:05 (58)		1:09:24 (58)		1:12:24 (55)		1:15:45 (56)		1:19:06 (54)		1:22:26 (52)		1:25:50 (53)		1:29:15 (51)		1:32:39 (49)		1:36:02 (48)
31	3:28	32	3:30	33	3:29	34	3:29	35	3:30	36	3:31	37	3:23	38	3:31	39	3:32	40	3:36
	1:39:30 (48)		1:43:00 (47)		1:46:29 (47)		1:49:58 (47)		1:53:28 (47)		1:56:59 (47)		2:00:22 (46)		2:03:53 (46)		2:07:25 (46)		2:11:01 (46)
41	3:42	42	3:37	43	3:31														
	2:14:43 (46)		2:18:20 (45)		2:21:51 (45)														

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SPLIT TIMES UPDATED

46 Andrew EPPERSON USA 24 Nov 90 **2:23:11**

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

47 Munyaradzi JARI ZIM 2 Apr 90 **2:23:34**

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

48 Dmitrijs SERJOGINS LAT 23 Feb 93 **2:24:00**

1	3:24	2	3:23	3	3:24	4	3:23	5	3:23	6	3:25	7	3:24	8	3:21	9	3:24	10	3:21	PB	
	3:24 (69)		6:47 (68)		10:11 (70)		13:34 (71)		16:57 (71)		20:22 (70)		23:46 (72)		27:07 (72)		30:31 (70)		33:52 (68)		
11	3:24	12	3:22	13	3:23	14	3:24	15	3:21	16	3:23	17	3:23	18	3:21	19	3:22	20	3:23		
	37:16 (69)		40:38 (69)		44:01 (69)		47:25 (69)		50:46 (68)		54:09 (69)		57:32 (69)		1:00:53 (70)		1:04:15 (66)		1:07:38 (65)		
21	3:22	22	20	23	3:02	24	3:22	25	3:23	26	3:22	27	3:25	28	3:24	29	3:25	30	3:26		
	1:11:00 (66)		1:11:20 (66)		1:14:22 (65)		1:17:44 (65)		1:21:07 (62)		1:24:29 (59)		1:27:54 (58)		1:31:18 (56)		1:34:43 (54)		1:38:09 (54)		
31	3:29	32	3:28	33	3:26	34	3:26	35	3:29	36	3:24	37	3:22	38	3:31	39	3:28	40	3:32		
	1:41:38 (55)		1:45:06 (53)		1:48:32 (49)		1:51:58 (49)		1:55:27 (49)		1:58:51 (49)		2:02:13 (49)		2:05:44 (49)		2:09:12 (48)		2:12:44 (48)		
41	3:35	42	3:33	43	3:31																
	2:16:19 (48)		2:19:52 (48)		2:23:23 (48)																

49 Andrey PETROV UZB 13 Oct 86 **2:24:54**

1	3:19	2	3:20	3	3:20	4	3:23	5	3:22	6	3:22	7	3:21	8	3:24	9	3:25	10	3:22		
	3:19 (63)		6:39 (65)		9:59 (65)		13:22 (65)		16:44 (65)		20:06 (66)		23:27 (66)		26:51 (68)		30:16 (68)		33:38 (66)		
11	3:24	12	3:25	13	3:25	14	3:25	15	3:25	16	3:27	17	3:22	18	3:22	19	3:22	20	3:23		
	37:02 (66)		40:27 (65)		43:52 (65)		47:17 (66)		50:42 (66)		54:09 (70)		57:31 (67)		1:00:53 (68)		1:04:15 (67)		1:07:38 (68)		
21	3:22	22	20	23	3:02	24	3:22	25	3:23	26	3:23	27	3:24	28	3:24	29	3:25	30	3:26		
	1:11:00 (67)		1:11:20 (68)		1:14:22 (63)		1:17:44 (64)		1:21:07 (63)		1:24:30 (61)		1:27:54 (56)		1:31:18 (53)		1:34:43 (55)		1:38:09 (52)		
31	3:29	32	3:28	33	3:27	34	3:27	35	3:27	36	3:29	37	3:27	38	3:29	39	3:33	40	3:35		
	1:41:38 (54)		1:45:06 (52)		1:48:33 (51)		1:52:00 (50)		1:55:27 (50)		1:58:56 (50)		2:02:23 (50)		2:05:52 (50)		2:09:25 (49)		2:13:00 (49)		
41	3:38	42	3:46	43	3:50																
	2:16:38 (49)		2:20:24 (49)		2:24:14 (49)																

50 Ihor POROZOV UKR 22 Mar 91 **2:26:11**

1	3:25	2	3:22	3	3:22	4	3:25	5	3:23	6	3:25	7	3:23	8	3:22	9	3:24	10	3:21		
	3:25 (72)		6:47 (67)		10:09 (68)		13:34 (69)		16:57 (70)		20:22 (69)		23:45 (69)		27:07 (69)		30:31 (69)		33:52 (69)		
11	3:24	12	3:22	13	3:23	14	3:24	15	3:21	16	3:22	17	3:23	18	3:22	19	3:22	20	3:23		
	37:16 (68)		40:38 (66)		44:01 (67)		47:25 (68)		50:46 (67)		54:08 (66)		57:31 (66)		1:00:53 (67)		1:04:15 (68)		1:07:38 (66)		
21	3:21	22	20	23	3:03	24	3:22	25	3:23	26	3:22	27	3:25	28	3:24	29	3:25	30	3:26		
	1:10:59 (65)		1:11:19 (65)		1:14:22 (64)		1:17:44 (63)		1:21:07 (60)		1:24:29 (60)		1:27:54 (57)		1:31:18 (55)		1:34:43 (52)		1:38:09 (53)		
31	3:29	32	3:47	33	3:35	34	3:39	35	3:40	36	3:37	37	3:43	38	3:37	39	3:40	40	3:42		
	1:41:38 (52)		1:45:25 (54)		1:49:00 (53)		1:52:39 (53)		1:56:19 (52)		1:59:56 (52)		2:03:39 (52)		2:07:16 (52)		2:10:56 (51)		2:14:38 (51)		
41	3:41	42	3:37	43	3:38																
	2:18:19 (51)		2:21:56 (51)		2:25:34 (51)																

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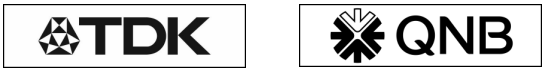

RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

51 Vagner DA SILVA NORONHA — BRA — 5 Jul 84 — **2:26:11**

1	2	3	4	5	6	7	8	9	10		
3:21	3:23	3:27	3:23	3:23	3:25	3:24	3:21	3:24	3:22		
3:21 (66)	6:44 (66)	10:11 (72)	13:34 (72)	16:57 (72)	20:22 (72)	23:46 (70)	27:07 (70)	30:31 (72)	33:53 (71)		
11	12	13	14	15	16	17	18	19	20		
3:23	3:22	3:23	3:23	3:22	3:22	3:24	3:21	3:23	3:22		
37:16 (70)	40:38 (67)	44:01 (66)	47:24 (67)	50:46 (69)	54:08 (67)	57:32 (68)	1:00:53 (66)	1:04:16 (70)	1:07:38 (67)		
21	22	23	24	25	26	27	28	29	30		
3:22	20	3:02	3:22	3:23	3:22	3:26	3:23	3:25	3:25		
1:11:00 (68)	1:11:20 (67)	1:14:22 (62)	1:17:44 (62)	1:21:07 (61)	1:24:29 (58)	1:27:55 (59)	1:31:18 (54)	1:34:43 (53)	1:38:08 (51)		
31	32	33	34	35	36	37	38	39	40		
3:29	3:29	3:27	3:28	3:27	3:31	3:33	3:38	3:41	3:44		
1:41:37 (51)	1:45:06 (51)	1:48:33 (50)	1:52:01 (51)	1:55:28 (51)	1:58:59 (51)	2:02:32 (51)	2:06:10 (51)	2:09:51 (50)	2:13:35 (50)		
41	42	43									
3:52	4:00	3:59									
2:17:27 (50)	2:21:27 (50)	2:25:26 (50)									

52 Isaac MPOFU — ZIM — 20 Aug 88 — **2:29:24**

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

53 Uladzislau PRAMAU — BLR — 3 Aug 84 — **2:31:04**

1	2	3	4	5	6	7	8	9	10		
3:24	3:23	3:24	3:23	3:23	3:25	3:24	3:21	3:24	3:22		
3:24 (70)	6:47 (69)	10:11 (71)	13:34 (70)	16:57 (69)	20:22 (71)	23:46 (71)	27:07 (71)	30:31 (71)	33:53 (70)		
11	12	13	14	15	16	17	18	19	20		
3:23	3:22	3:23	3:24	3:21	3:23	3:23	3:21	3:22	3:23		
37:16 (71)	40:38 (68)	44:01 (68)	47:25 (70)	50:46 (70)	54:09 (68)	57:32 (70)	1:00:53 (69)	1:04:15 (69)	1:07:38 (69)		
21	22	23	24	25	26	27	28	29	30		
3:23	19	3:04	3:25	3:28	3:32	3:31	3:36	3:37	3:34		
1:11:01 (69)	1:11:20 (69)	1:14:24 (66)	1:17:49 (66)	1:21:17 (64)	1:24:49 (62)	1:28:20 (60)	1:31:56 (58)	1:35:33 (57)	1:39:07 (56)		
31	32	33	34	35	36	37	38	39	40		
3:37	3:41	4:06	3:43	3:49	3:46	4:17	3:44	3:50	3:58		
1:42:44 (56)	1:46:25 (55)	1:50:31 (54)	1:54:14 (54)	1:58:03 (54)	2:01:49 (54)	2:06:06 (54)	2:09:50 (54)	2:13:40 (54)	2:17:38 (53)		
41	42	43									
4:22	4:11	4:07									
2:22:00 (53)	2:26:11 (53)	2:30:18 (53)									

54 Ser-Od BAT-OCHIR — MGL — 7 Oct 81 — **2:36:01**

1	2	3	4	5	6	7	8	9	10		
3:17	3:10	3:14	3:12	3:17	3:11	3:11	3:16	3:16	3:19		
3:17 (44)	6:27 (51)	9:41 (52)	12:53 (50)	16:10 (51)	19:21 (48)	22:32 (53)	25:48 (54)	29:04 (54)	32:23 (54)		
11	12	13	14	15	16	17	18	19	20		
3:18	3:24	3:26	3:26	3:22	3:14	3:20	3:26	3:25	3:28		
35:41 (54)	39:05 (54)	42:31 (54)	45:57 (55)	49:19 (57)	52:33 (58)	55:53 (60)	59:19 (60)	1:02:44 (60)	1:06:12 (60)		
21	22	23	24	25	26	27	28	29	30		
3:30	20	3:09	3:35	3:33	3:38	3:42	3:45	3:52	3:53		
1:09:42 (62)	1:10:02 (62)	1:13:11 (60)	1:16:46 (60)	1:20:19 (59)	1:23:57 (57)	1:27:39 (55)	1:31:24 (57)	1:35:16 (56)	1:39:09 (57)		
31	32	33	34	35	36	37	38	39	40		
4:21	3:58	4:02	4:33	4:07	4:05	4:11	4:25	4:53	4:52		
1:43:30 (57)	1:47:28 (56)	1:51:30 (56)	1:56:03 (56)	2:00:10 (56)	2:04:15 (56)	2:08:26 (56)	2:12:51 (56)	2:17:44 (55)	2:22:36 (54)		
41	42	43									
4:21	4:17	4:03									
2:26:57 (54)	2:31:14 (54)	2:35:17 (54)									

55 Nicolás CUESTAS — URU — 8 Dec 86 — **2:40:05**

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

Bujie DUO — CHN — 16 Feb 94 — **DNF**

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

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TDK QNB asics SEIKO TBS TOKYO BROADCASTING SYSTEM, INC.

RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

Evans KIPLAGAT — AZE — 5 Mar 88 — DNF

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

Olivier IRABARUTA — BDI — 25 Aug 90 — DNF

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

Benson SEUREI — BRN — 27 Mar 84 — DNF

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

Solomon MUTAI — UGA — 22 Oct 92 — DNF

1	3:18	2	3:03	3	3:11	4	3:20	5	3:14	6	3:10	7	3:03	8	3:17	9	3:03	10	3:01
	3:18 (50)		6:21 (28)		9:32 (21)		12:52 (16)		16:06 (4)		19:16 (11)		22:19 (12)		25:36 (18)		28:39 (14)		31:40 (3)
11	3:16	12	3:14	13	3:12	14	3:09	15	3:09	16	3:04	17	3:20	18	3:00	19	2:55	20	2:58
	34:56 (13)		38:10 (34)		41:22 (34)		44:31 (26)		47:40 (30)		50:44 (18)		54:04 (43)		57:04 (15)		59:59 (14)		1:02:57 (11)
21	3:03	22	18	23	2:50	24	3:06	25	3:23	26	3:13	29	2:07						
	1:06:00 (13)		1:06:18 (12)		1:09:08 (16)		1:12:14 (16)		1:15:37 (18)		1:18:50 (18)		1:38:20 (60)						

Mohamed Reda EL AARABY — MAR — 12 Nov 89 — DNF

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

Mert GIRMALEGESSE — TUR — 30 Nov 87 — DNF

1	3:17	2	3:03	3	3:10	4	3:21	5	3:15	6	3:10	7	3:14	8	3:16	9	3:20	10	3:35
	3:17 (38)		6:20 (19)		9:30 (7)		12:51 (3)		16:06 (7)		19:16 (9)		22:30 (49)		25:46 (52)		29:06 (55)		32:41 (55)
11	3:38																		
	36:19 (60)																		

Daniele MEUCCI — ITA — 7 Oct 85 — DNF

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

Tony Ah-Thit PAYNE — THA — 13 Jan 89 — DNF

1	3:20	2	3:16	3	3:19	4	3:22	5	3:20	6	3:20	7	3:24	8	3:25	9	3:28	10	3:26
	3:20 (65)		6:36 (63)		9:55 (63)		13:17 (64)		16:37 (64)		19:57 (64)		23:21 (65)		26:46 (65)		30:14 (66)		33:40 (67)
11	3:30	12	3:29	13	3:31	14	3:35	15	3:36	16	3:38								
	37:10 (67)		40:39 (70)		44:10 (70)		47:45 (71)		51:21 (71)		54:59 (71)								

Augustino Paulo SULLE — TAN — 13 Oct 97 — DNF

1	3:18	2	3:05	3	3:13	4	3:17	5	3:17	6	3:10	7	3:05	8	3:14	9	3:13	10	3:13
	3:18 (55)		6:23 (45)		9:36 (45)		12:53 (49)		16:10 (45)		19:20 (45)		22:25 (40)		25:39 (49)		28:52 (50)		32:05 (49)
11	3:18	12	3:21	13	3:25	14	3:22	15	3:12	16	3:24	17	3:29	18	3:37	19	3:48		
	35:23 (50)		38:44 (52)		42:09 (52)		45:31 (54)		48:43 (54)		52:07 (54)		55:36 (54)		59:13 (59)		1:03:01 (61)		

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RACE ANALYSIS
Marathon Men

SPLIT TIMES UPDATED

Merhawi KESETE — ERI — 1 Jan 86 — DNF

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

Stephano Gwandu HUCHE — TAN — 15 Nov 90 — DNF

1	3:29	2	4:05
	3:29 (73)		7:34 (73)

Okubay TSEGAY — ERI — 1 Jan 86 — DNF

1	3:16	2	3:04	3	3:09	4	3:23	5	3:17	6	3:08	7	3:03	8	3:16	9	3:03	10	3:02
	3:16 (20)		6:20 (9)		9:29 (4)		12:52 (12)		16:09 (40)		19:17 (18)		22:20 (20)		25:36 (24)		28:39 (8)		31:41 (11)
11	3:15	12	3:13	13	3:13	14	3:10	15	3:07	16	3:06	17	3:17	18	3:05	19	3:01	20	3:05
	34:56 (10)		38:09 (20)		41:22 (28)		44:32 (29)		47:39 (25)		50:45 (27)		54:02 (34)		57:07 (24)		1:00:08 (24)		1:03:13 (26)
21	3:08	22	19	23	2:50	24	3:14	25	3:21	26	16:42	29	2:08						
	1:06:21 (26)		1:06:40 (26)		1:09:30 (24)		1:12:44 (26)		1:16:05 (29)		1:32:47 (63)		1:38:20 (59)						

Thabiso Benedict MOENG — RSA — 25 Jan 83 — DNF

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

Derlys AYALA — PAR — 7 Jan 90 — DNF

1	2:57	2	2:57	3	3:03	4	3:05	5	3:04	6	3:05	7	3:06	8	3:05	9	3:09	10	3:09
	2:57 (1)		**5:54** (1)		**8:57** (1)		**12:02** (1)		**15:06** (1)		**18:11** (1)		**21:17** (1)		**24:22** (1)		**27:31** (1)		**30:40** (1)
11	3:12	12	3:10	13	3:09	14	3:12	15	3:11	16	3:12	17	3:13	18	3:13	19	3:15	20	3:11
	33:52 (1)		**37:02** (1)		**40:11** (1)		**43:23** (1)		**46:34** (1)		**49:46** (1)		**52:59** (1)		**56:12** (1)		**59:27** (1)		**1:02:38** (1)
21	3:08	22	18																
	1:05:46 (7)		1:06:04 (7)																

Paul LONYANGATA — KEN — 12 Dec 92 — DNF

1	3:16	2	3:03	3	3:12	4	3:21	5	3:17	6	3:08	7	3:02	8	3:17	9	3:03	10	3:02
	3:16 (13)		6:19 (6)		9:31 (17)		12:52 (30)		16:09 (35)		19:17 (16)		22:19 (13)		25:36 (12)		28:39 (10)		31:41 (6)
11	3:16	12	3:13	13	3:11	14	3:09	15	3:06	16	3:08	17	3:16	18	3:05	19	2:58	20	2:58
	34:57 (23)		38:10 (32)		41:21 (23)		44:30 (10)		47:36 (2)		50:44 (24)		54:00 (26)		57:05 (18)		1:00:03 (17)		1:03:01 (15)
21	2:58	22	18	23	2:42	24	3:04	25	3:07	26	3:01	27	3:06	28	3:03	29	27:28		
	1:05:59 (9)		1:06:17 (10)		1:08:59 (9)		1:12:03 (8)		1:15:10 (12)		1:18:11 (10)		1:21:17 (12)		1:24:20 (9)		1:51:48 (61)		

Mule WASIHUN — ETH — 20 Oct 93 — DNF

1	3:16	2	3:03	3	3:12	4	3:21	5	3:15	6	3:09	7	3:03	8	3:17	9	3:02	10	3:04
	3:16 (15)		6:19 (8)		9:31 (10)		12:52 (18)		16:07 (12)		19:16 (6)		22:19 (9)		25:36 (11)		28:38 (6)		31:42 (13)
11	3:14	12	3:11	13	3:14	14	3:09	15	3:08	16	3:06	17	3:13	18	3:03	19	2:56	20	3:00
	34:56 (5)		38:07 (3)		41:21 (7)		44:30 (9)		47:38 (7)		50:44 (4)		53:57 (5)		57:00 (4)		59:56 (9)		1:02:56 (9)
21	3:07	22	19																
	1:06:03 (15)		1:06:22 (16)																

Polat Kemboi ARIKAN — TUR — 12 Dec 90 — DNF

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

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