

# RESULTS



## 3000 Metres Men - Round 1

First 4 in each heat (Q) and the next 3 fastest (q) advance to the Final

RECORDS	RESULT	NAME	COUNTRY	AGE	VENUE	DATE
World Indoor Record <b>WIR</b>	<b>7:24.90</b>	Daniel KOMEN	KEN	22	Budapest (HUN)	6 Feb 1998
Championship Record <b>CR</b>	<b>7:34.71</b>	Haile GEBRESELASSIE	ETH	24	Palais Omnisports de Paris-Bercy, Paris	9 Mar 1997
World Leading <b>WL</b>	<b>7:26.20</b>	Berihu AREGAWI	ETH	21	Messehalle, Karlsruhe (GER)	28 Jan 2022
Area Indoor Record <b>AIR</b>	National Indoor Record <b>NIR</b>	Personal Best <b>PB</b>	Season Best <b>SB</b>			

**Heat 1**

**3**

18 March 2022 13:25 START TIME

PLACE	BIB	NAME	COUNTRY	DATE of BIRTH	ORDER	RESULT	
1	200	Lamecha GIRMA	ETH	26 Nov 00	5	<b>7:46.21</b>	<b>Q</b>
2	305	Jacob KROP	KEN	4 Jun 01	8	<b>7:46.43</b>	<b>Q</b>
3	321	Zouhair TALBI	MAR	8 Apr 95	10	<b>7:48.03</b>	<b>Q</b>
4	459	Dillon MAGGARD	USA	16 Oct 95	3	<b>7:48.58</b>	<b>Q</b>
5	412	Jonas RAESS	SUI	8 Mar 94	11	<b>7:49.31</b>	q
6	274	Baldvin MAGNUSSON	ISL	7 Apr 99	9	<b>7:49.34</b>	q
7	131	Michael SOMERS	BEL	2 Mar 95	2	<b>7:51.89</b>	q
8	154	John GAY	CAN	7 Nov 96	4	<b>7:57.56</b>	
9	307	Nursultan KENESHBEKOV	KGZ	25 Mar 00	1	<b>7:59.39</b>	
10	174	Joel Ibler LILLESØ	DEN	17 Nov 03	6	<b>8:00.07</b>	
11	213	Jamaine COLEMAN	GBR	22 Sep 95	7	<b>8:12.76</b>	

### INTERMEDIATE TIMES

100 m	15.78 Nursultan KENESHBEKOV	200 m	31.54 Nursultan KENESHBEKOV
300 m	47.52 Nursultan KENESHBEKOV	400 m	1:03.14 Nursultan KENESHBEKOV
500 m	1:18.82 Nursultan KENESHBEKOV	600 m	1:34.37 Nursultan KENESHBEKOV
700 m	1:50.05 Nursultan KENESHBEKOV	800 m	2:06.10 Nursultan KENESHBEKOV
900 m	2:22.18 Nursultan KENESHBEKOV	1000 m	2:38.23 Nursultan KENESHBEKOV
1100 m	2:54.35 Nursultan KENESHBEKOV	1200 m	3:10.55 Nursultan KENESHBEKOV
1300 m	3:27.00 Nursultan KENESHBEKOV	1400 m	3:43.05 Lamecha GIRMA
1500 m	3:58.99 Lamecha GIRMA	1600 m	4:14.44 Lamecha GIRMA
1700 m	4:29.87 Lamecha GIRMA	1800 m	4:45.00 Lamecha GIRMA
1900 m	5:00.19 Lamecha GIRMA	2000 m	5:15.41 Lamecha GIRMA
2100 m	5:30.61 Lamecha GIRMA	2200 m	5:45.73 Lamecha GIRMA
2300 m	6:00.95 Lamecha GIRMA	2400 m	6:15.99 Lamecha GIRMA
2500 m	6:31.38 Lamecha GIRMA	2600 m	6:46.51 Lamecha GIRMA
2700 m	7:01.76 Lamecha GIRMA	2800 m	7:16.78 Lamecha GIRMA
2900 m	7:31.86 Lamecha GIRMA		

**RESULTS**  
**3000 Metres Men - Round 1**

**Heat 2**

**3**

18 March 2022 13:38 START TIME

PLACE	BIB	NAME	COUNTRY	DATE of BIRTH	ORDER	RESULT	
1	199	<b>Selemon BAREGA</b>	ETH	20 Jan 00	12	<b>7:51.42</b>	<b>Q</b>
2	353	<b>George BEAMISH</b>	NZL	24 Oct 96	5	<b>7:51.71</b>	<b>Q</b>
3	112	<b>Matthew RAMSDEN</b>	AUS	23 Jul 97	8	<b>7:52.04</b>	<b>Q</b> <span style="border: 1px solid blue; padding: 0 2px;">SB</span>
4	190	<b>Adel MECHAAL</b>	ESP	5 Dec 90	10	<b>7:52.27</b>	<b>Q</b>
5	317	<b>Hicham AKANKAM</b>	MAR	4 Apr 98	6	<b>7:52.38</b>	
6	400	<b>Elzan BIBIĆ</b>	SRB	8 Jan 99	9	<b>7:52.78</b>	
7	238	<b>Sam PARSONS</b>	GER	18 Jun 94	7	<b>7:55.97</b>	
8	472	<b>Tim VERBAANDERT</b>	NED	17 Jul 00	3	<b>7:56.61</b>	
9	439	<b>Ahmed JAZIRI</b>	TUN	16 Dec 97	11	<b>7:58.44</b>	
10	278	<b>Yassin BOUIH</b>	ITA	24 Nov 96	1	<b>7:58.63</b>	
11	153	<b>Ehab EL-SANDALI</b>	CAN	1 Jan 97	4	<b>8:00.64</b>	
	157	<b>Ali Moussa BARAK</b>	CHA	1 Jan 98	2	<b>DNF</b>	

**INTERMEDIATE TIMES**

100 m	15.38 Ali Moussa BARAK	200 m	31.70 Ali Moussa BARAK
300 m	48.80 Ali Moussa BARAK	400 m	1:05.71 Ali Moussa BARAK
500 m	1:22.22 Sam PARSONS	600 m	1:38.17 Sam PARSONS
700 m	1:54.14 Sam PARSONS	800 m	2:10.57 Sam PARSONS
900 m	2:26.79 Sam PARSONS	1000 m	2:43.11 Sam PARSONS
1100 m	2:59.30 Sam PARSONS	1200 m	3:15.66 Sam PARSONS
1300 m	3:31.88 Sam PARSONS	1400 m	3:48.19 Sam PARSONS
1500 m	4:04.43 Sam PARSONS	1600 m	4:20.83 Sam PARSONS
1700 m	4:37.39 Sam PARSONS	1800 m	4:53.10 Selemon BAREGA
1900 m	5:09.05 Selemon BAREGA	2000 m	5:24.69 Selemon BAREGA
2100 m	5:40.19 Selemon BAREGA	2200 m	5:56.01 Selemon BAREGA
2300 m	6:11.69 Selemon BAREGA	2400 m	6:26.82 Selemon BAREGA
2500 m	6:41.31 Adel MECHAAL	2600 m	6:55.66 Adel MECHAAL
2700 m	7:09.90 Selemon BAREGA	2800 m	7:24.34 Selemon BAREGA
2900 m	7:38.20 Selemon BAREGA		

**RESULTS**  
**3000 Metres Men - Round 1**

**Heat 3**

**3**

18 March 2022 13:53 START TIME

PLACE	BIB	NAME	COUNTRY	DATE of BIRTH	ORDER	RESULT	
1	227	<b>Marc SCOTT</b>	GBR	21 Dec 93	7	<b>7:54.90</b>	<b>Q</b>
2	301	<b>Daniel Simiu EBENYO</b>	KEN	18 Sep 95	4	<b>7:54.97</b>	<b>Q</b>
3	128	<b>Isaac KIMELI</b>	BEL	9 Mar 94	10	<b>7:55.75</b>	<b>Q</b>
4	241	<b>Maximilian THORWIRTH</b>	GER	9 Jan 95	11	<b>7:56.20</b>	<b>Q</b>
5	285	<b>Ossama MESLEK</b>	ITA	8 Jan 97	6	<b>7:57.24</b>	
6	198	<b>Berihu AREGAWI</b>	ETH	28 Feb 01	3	<b>7:58.59</b>	
7	329	<b>Jordan GUSMAN</b>	MLT	30 Jan 94	8	<b>8:02.13</b>	
8	381	<b>Mohamed AL GARNI</b>	QAT	2 Jul 92	5	<b>8:02.86</b>	
9	271	<b>Darragh MCELHINNEY</b>	IRL	9 Nov 00	9	<b>8:06.31</b>	
10	392	<b>Adriaan WILDSCHUTT</b>	RSA	3 May 98	1	<b>8:09.24</b>	
11	325	<b>Fernando Daniel MARTÍNEZ</b>	MEX	30 May 93	2	<b>8:15.58</b>	

**INTERMEDIATE TIMES**

100 m	16.27 Maximilian THORWIRTH	200 m	33.77 Maximilian THORWIRTH
300 m	51.62 Isaac KIMELI	400 m	1:09.11 Jordan GUSMAN
500 m	1:25.74 Jordan GUSMAN	600 m	1:42.36 Jordan GUSMAN
700 m	1:59.03 Jordan GUSMAN	800 m	2:15.46 Jordan GUSMAN
900 m	2:32.03 Jordan GUSMAN	1000 m	2:48.65 Daniel Simiu EBENYO
1100 m	3:05.10 Daniel Simiu EBENYO	1200 m	3:21.28 Daniel Simiu EBENYO
1300 m	3:37.78 Daniel Simiu EBENYO	1400 m	3:53.84 Daniel Simiu EBENYO
1500 m	4:10.00 Daniel Simiu EBENYO	1600 m	4:25.86 Daniel Simiu EBENYO
1700 m	4:41.83 Daniel Simiu EBENYO	1800 m	4:57.35 Daniel Simiu EBENYO
1900 m	5:13.12 Daniel Simiu EBENYO	2000 m	5:28.25 Daniel Simiu EBENYO
2100 m	5:43.70 Daniel Simiu EBENYO	2200 m	5:58.87 Daniel Simiu EBENYO
2300 m	6:13.83 Daniel Simiu EBENYO	2400 m	6:28.69 Daniel Simiu EBENYO
2500 m	6:43.82 Daniel Simiu EBENYO	2600 m	6:58.41 Daniel Simiu EBENYO
2700 m	7:13.14 Daniel Simiu EBENYO	2800 m	7:27.73 Marc SCOTT
2900 m	7:41.40 Marc SCOTT		

**ALL-TIME TOP LIST**

RESULT	NAME	VENUE	DATE
7:24.90	Daniel KOMEN (KEN)	Budapest (HUN)	6 Feb 98
7:24.98	Getnet WALE (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21
7:26.10	Selemon BAREGA (ETH)	rena Stade Couvert, Liévin (FRA)	9 Feb 21
7:26.15	Haile GEBRESELASSIE (ETH)	Karlsruhe (GER)	25 Jan 98
7:26.20	Berihu AREGAWI (ETH)	Messehalle, Karlsruhe (GER)	28 Jan 22
7:27.80	Yenew ALAMIREW (ETH)	Schleyer Halle, Stuttgart (GER)	5 Feb 11
7:27.98	Lamecha GIRMA (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21
7:28.00	Augustine Kiprono CHOGE (KEN)	Halle, Stuttgart (GER)	5 Feb 11
7:29.37	Eliud KIPCHOGE (KEN)	Schleyer Halle, Stuttgart (GER)	5 Feb 11
7:29.94	Edwin Cheruiyot SOI (KEN)	Karlsruhe (GER)	12 Feb 12

**SEASON TOP LIST**

RESULT	NAME	VENUE	2022
7:26.20	Berihu AREGAWI (ETH)	Messehalle, Karlsruhe (GER)	28 Jan
7:30.54	Lamecha GIRMA (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:30.66	Selemon BAREGA (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:30.82	Adel MECHAAL (ESP)	Icean Breeze Athl. Complex, New York, NY	6 Feb
7:30.88	Getnet WALE (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:31.77	Birhanu BALEW (BRN)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:31.90	Jacob KROP (KEN)	Arena, Torun (POL)	22 Feb
7:34.31	Andreas ALMGREN (SWE)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:35.73	Mohamed KATIR (ESP)	Gallur, Madrid (ESP)	2 Mar
7:37.42	Luis GRIJALVA (GUA)	Icean Breeze Athl. Complex, New York, NY	6 Feb
7:37.42	Andrew BUTCHART (GBR)	Breeze Athl. Complex, New York, NY	6 Feb