

START LIST



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 WIR	7:24.90	Daniel KOMEN	KEN	22	Budapest (HUN)	6 Feb 1998
Championship Record CR	7:34.71	Haile GEBRESELASSIE	ETH	24	Palais Omnisports de Paris-Bercy, Paris	9 Mar 1997
World Leading WL	7:26.20	Berihu AREGAWI	ETH	21	Messehalle, Karlsruhe (GER)	28 Jan 2022

Heat 1

3

18 March 2022 13:25 START TIME

ORDER	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
1	307	Nursultan KENESHBEKOV	KGZ	25 Mar 00	7:57.61	7:57.61	328
2	131	Michael SOMERS	BEL	2 Mar 95	7:48.72	7:48.72	81
3	459	Dillon MAGGARD	USA	16 Oct 95	7:47.21 o	7:47.21 o	106
4	154	John GAY	CAN	7 Nov 96	7:45.34	7:45.34	
5	200	Lamecha GIRMA	ETH	26 Nov 00	7:27.98	7:30.54	
6	174	Joel Ibler LILLESØ	DEN	17 Nov 03	7:48.34	7:48.34	167
7	213	Jamaine COLEMAN	GBR	22 Sep 95	7:44.65	7:44.65	
8	305	Jacob KROP	KEN	4 Jun 01	7:30.07 o	7:31.90	9
9	274	Baldvin MAGNUSSON	ISL	7 Apr 99	7:47.51	7:47.51	138
10	321	Zouhair TALBI	MAR	8 Apr 95	7:39.88 o	7:40.39	41
11	412	Jonas RAESS	SUI	8 Mar 94	7:39.49	7:39.49	21

Heat 2

3

18 March 2022 13:38 START TIME

ORDER	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
1	278	Yassin BOUIH	ITA	24 Nov 96	7:47.98	7:48.38	
2	157	Ali Moussa BARAK	CHA	1 Jan 98	8:54.33 o		
3	472	Tim VERBAANDERT	NED	17 Jul 00	7:47.42	7:47.42	333
4	153	Ehab EL-SANDALI	CAN	1 Jan 97	7:48.00	7:48.00	150
5	353	George BEAMISH	NZL	24 Oct 96	7:39.50	7:39.50	
6	317	Hicham AKANKAM	MAR	4 Apr 98	7:44.61	7:44.61	
7	238	Sam PARSONS	GER	18 Jun 94	7:44.43 o	7:44.99	69
8	112	Matthew RAMSDEN	AUS	23 Jul 97	7:35.65 o		27
9	400	Elzan BIBIĆ	SRB	8 Jan 99	7:39.45 o	7:39.96	
10	190	Adel MECHAAL	ESP	5 Dec 90	7:30.82	7:30.82	
11	439	Ahmed JAZIRI	TUN	16 Dec 97	7:47.34	7:47.34	
12	199	Selemon BAREGA	ETH	20 Jan 00	7:26.10	7:30.66	

Heat 3

3

18 March 2022 13:51 START TIME

ORDER	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
1	392	Adriaan WILDSCHUTT	RSA	3 May 98	7:52.38	7:52.38	54
2	325	Fernando Daniel MARTÍNEZ	MEX	30 May 93	7:44.31	7:47.67	99
3	198	Berihu AREGAWI	ETH	28 Feb 01	7:26.20	7:26.20	
4	301	Daniel Simiu EBENYO	KEN	18 Sep 95	7:37.86	7:37.86	12
5	381	Mohamed AL GARNI	QAT	2 Jul 92	7:39.23	7:47.79	
6	285	Ossama MESLEK	ITA	8 Jan 97	7:44.45	7:44.45	
7	227	Marc SCOTT	GBR	21 Dec 93	7:36.08 o	7:53.35	
8	329	Jordan GUSMAN	MLT	30 Jan 94	7:44.40	7:44.40	85
9	271	Darragh MCELHINNEY	IRL	9 Nov 00	7:45.91	7:45.91	
10	128	Isaac KIMELI	BEL	9 Mar 94	7:44.17	7:46.62	43
11	241	Maximilian THORWIRTH	GER	9 Jan 95	7:38.14	7:38.14	58

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World Ranking as of 15 March 2022

o = Outdoor performance

ALL-TIME TOP LIST				SEASON TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2022
7:24.90	Daniel KOMEN (KEN)	Budapest (HUN)	6 Feb 98	7:26.20	Berihu AREGAWI (ETH)	Messehalle, Karlsruhe (GER)	28 Jan
7:24.98	Getnet WALE (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21	7:30.54	Lamecha GIRMA (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:26.10	Selemon BAREGA (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21	7:30.66	Selemon BAREGA (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:26.15	Haile GEBRESELASSIE (ETH)	Karlsruhe (GER)	25 Jan 98	7:30.82	Adel MECHAAL (ESP)	Icean Breeze Athl. Complex, New York, NY	6 Feb
7:26.20	Berihu AREGAWI (ETH)	Messehalle, Karlsruhe (GER)	28 Jan 22	7:30.88	Getnet WALE (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:27.80	Yenew ALAMIREW (ETH)	Schleyer Halle, Stuttgart (GER)	5 Feb 11	7:31.77	Birhanu BALEW (BRN)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:27.98	Lamecha GIRMA (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21	7:31.90	Jacob KROP (KEN)	Arena, Torun (POL)	22 Feb
7:28.00	Augustine Kiprono CHOGE (KEN)	Halle, Stuttgart (GER)	5 Feb 11	7:34.31	Andreas ALMGREN (SWE)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:29.37	Eliud KIPCHOGE (KEN)	Schleyer Halle, Stuttgart (GER)	5 Feb 11	7:35.73	Mohamed KATIR (ESP)	Gallur, Madrid (ESP)	2 Mar
7:29.94	Edwin Cheruiyot SOI (KEN)	Karlsruhe (GER)	12 Feb 12	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