



RACE ANALYSIS

3000 Metres Men - Final

21 March 2026 19:22 START TIME

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		

1		222 Josh KERR										GBR		8 Oct 97		7:35.56 ^{SB}			
1	15.64	2	15.98	3	16.01	4	16.30	5	15.80	6	16.05	7	15.93	8	15.86	9	15.87	10	15.98
	15.64 (9)		31.62 (10)		47.63 (7)		1:03.93 (7)		1:19.73 (8)		1:35.78 (8)		1:51.71 (9)		2:07.57 (9)		2:23.44 (11)		2:39.42 (10)
11	16.05	12	15.97	13	14.89	14	14.93	15	15.00	16	14.85	17	14.95	18	15.24	19	14.97	20	15.17
	2:55.47 (10)		3:11.44 (10)		3:26.33 (8)		3:41.26 (8)		3:56.26 (7)		4:11.11 (5)		4:26.06 (5)		4:41.30 (5)		4:56.27 (5)		5:11.44 (5)
21	14.90	22	15.09	23	14.93	24	14.85	25	14.58	26	14.72	27	14.52	28	14.19	29	13.28		13.06
	5:26.34 (5)		5:41.43 (5)		5:56.36 (5)		6:11.21 (5)		6:25.79 (4)		6:40.51 (4)		6:55.03 (3)		7:09.22 (2)		7:22.50 (1)		

2		423 Cole HOCKER										USA		6 Jun 01		7:35.70 ^{SB}			
1	15.00	2	15.57	3	16.27	4	16.22	5	15.75	6	15.84	7	15.76	8	15.89	9	16.04	10	16.16
	15.00 (2)		30.57 (2)		46.84 (2)		1:03.06 (1)		1:18.81 (1)		1:34.65 (1)		1:50.41 (1)		2:06.30 (1)		2:22.34 (1)		2:38.50 (1)
11	16.09	12	16.01	13	14.93	14	15.09	15	15.03	16	15.31	17	14.94	18	15.18	19	14.98	20	15.25
	2:54.59 (1)		3:10.60 (3)		3:25.53 (3)		3:40.62 (4)		3:55.65 (4)		4:10.96 (4)		4:25.90 (4)		4:41.08 (4)		4:56.06 (4)		5:11.31 (4)
21	14.95	22	15.04	23	14.97	24	14.84	25	14.69	26	14.81	27	14.68	28	14.37	29	13.28		12.76
	5:26.26 (4)		5:41.30 (4)		5:56.27 (4)		6:11.11 (4)		6:25.80 (5)		6:40.61 (5)		6:55.29 (6)		7:09.66 (6)		7:22.94 (3)		

3		216 Yann SCHRUB										FRA		20 Mar 96		7:35.71			
1	15.32	2	15.67	3	16.29	4	16.29	5	15.63	6	16.08	7	15.79	8	15.85	9	16.05	10	16.09
	15.32 (7)		30.99 (4)		47.28 (4)		1:03.57 (4)		1:19.20 (4)		1:35.28 (4)		1:51.07 (4)		2:06.92 (4)		2:22.97 (5)		2:39.06 (6)
11	15.99	12	15.88	13	14.88	14	15.02	15	15.02	16	15.35	17	15.10	18	15.08	19	14.97	20	15.16
	2:55.05 (6)		3:10.93 (6)		3:25.81 (5)		3:40.83 (5)		3:55.85 (5)		4:11.20 (6)		4:26.30 (7)		4:41.38 (6)		4:56.35 (6)		5:11.51 (6)
21	14.87	22	15.17	23	14.92	24	14.85	25	14.66	26	14.81	27	14.45	28	14.24	29	13.25		12.98
	5:26.38 (6)		5:41.55 (6)		5:56.47 (6)		6:11.32 (6)		6:25.98 (7)		6:40.79 (6)		6:55.24 (5)		7:09.48 (5)		7:22.73 (2)		

4		296 Jacob KROP										KEN		4 Jun 01		7:36.76			
1	15.68	2	15.84	3	16.18	4	16.57	5	15.97	6	16.07	7	15.98	8	15.88	9	15.87	10	16.04
	15.68 (10)		31.52 (8)		47.70 (8)		1:04.27 (11)		1:20.24 (13)		1:36.31 (13)		1:52.29 (13)		2:08.17 (13)		2:24.04 (13)		2:40.08 (13)
11	15.77	12	15.87	13	15.08	14	14.98	15	14.89	16	15.01	17	15.08	18	15.60	19	15.21	20	15.16
	2:55.85 (12)		3:11.72 (12)		3:26.80 (12)		3:41.78 (11)		3:56.67 (11)		4:11.68 (10)		4:26.76 (11)		4:42.36 (13)		4:57.57 (14)		5:12.73 (14)
21	14.81	22	15.17	23	14.78	24	14.87	25	14.59	26	14.42	27	14.17	28	14.19	29	13.48		13.55
	5:27.54 (14)		5:42.71 (14)		5:57.49 (13)		6:12.36 (13)		6:26.95 (13)		6:41.37 (9)		6:55.54 (8)		7:09.73 (7)		7:23.21 (5)		

5		430 Yared NUGUSE										USA		1 Jun 99		7:37.08			
1	15.04	2	15.79	3	16.19	4	16.35	5	15.67	6	16.03	7	15.79	8	15.90	9	16.01	10	16.03
	15.04 (3)		30.83 (3)		47.02 (3)		1:03.37 (3)		1:19.04 (3)		1:35.07 (3)		1:50.86 (3)		2:06.76 (3)		2:22.77 (3)		2:38.80 (3)
11	16.00	12	15.91	13	14.90	14	14.79	15	15.05	16	15.29	17	14.89	18	15.19	19	15.04	20	15.19
	2:54.80 (3)		3:10.71 (4)		3:25.61 (4)		3:40.40 (3)		3:55.45 (3)		4:10.74 (3)		4:25.63 (3)		4:40.82 (3)		4:55.86 (3)		5:11.05 (3)
21	14.97	22	15.07	23	14.96	24	14.89	25	14.62	26	14.85	27	14.70	28	14.30	29	14.10		13.57
	5:26.02 (3)		5:41.09 (3)		5:56.05 (3)		6:10.94 (3)		6:25.56 (2)		6:40.41 (3)		6:55.11 (4)		7:09.41 (4)		7:23.51 (7)		

6		409 Valentin SOCA										URU		24 Jul 02		7:37.10 ^{SB}			
1	16.19	2	16.12	3	16.63	4	15.08	5	14.89	6	16.00	7	15.74	8	15.91	9	16.02	10	16.30
	16.19 (14)		32.31 (15)		48.94 (15)		1:04.02 (8)		1:18.91 (2)		1:34.91 (2)		1:50.65 (2)		2:06.56 (2)		2:22.58 (2)		2:38.88 (4)
11	15.97	12	16.08	13	15.71	14	15.31	15	14.94	16	15.27	17	14.95	18	15.43	19	14.74	20	14.94
	2:54.85 (4)		3:10.93 (6)		3:26.64 (11)		3:41.95 (12)		3:56.89 (12)		4:12.16 (13)		4:27.11 (13)		4:42.54 (14)		4:57.28 (13)		5:12.22 (11)
21	14.71	22	15.08	23	14.61	24	14.87	25	14.75	26	15.19	27	14.27	28	14.16	29	13.38		13.86
	5:26.93 (11)		5:42.01 (10)		5:56.62 (8)		6:11.49 (9)		6:26.24 (9)		6:41.43 (10)		6:55.70 (10)		7:09.86 (8)		7:23.24 (6)		

7		374 Luan MUNNIK										RSA		22 Apr 00		7:37.94 ^{PB}			
1	14.77	2	15.61	3	16.18	4	16.59	5	16.05	6	16.35	7	15.88	8	15.88	9	15.85	10	16.07
	14.77 (1)		30.38 (1)		46.56 (1)		1:03.15 (2)		1:19.20 (4)		1:35.55 (6)		1:51.43 (8)		2:07.31 (7)		2:23.16 (7)		2:39.23 (8)
11	16.01	12	15.87	13	15.26	14	15.28	15	14.97	16	15.11	17	14.88	18	15.20	19	15.02	20	15.21
	2:55.24 (8)		3:11.11 (9)		3:26.37 (9)		3:41.65 (10)		3:56.62 (10)		4:11.73 (11)		4:26.61 (10)		4:41.81 (9)		4:56.83 (10)		5:12.04 (10)
21	14.85	22	15.12	23	14.94	24	15.02	25	14.47	26	15.01	27	14.23	28	14.37	29	13.61		14.28
	5:26.89 (10)		5:42.01 (10)		5:56.95 (11)		6:11.97 (12)		6:26.44 (11)		6:41.45 (11)		6:55.68 (9)		7:10.05 (9)		7:23.66 (8)		



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3000 Metres Men - Final**

8 198 Addisu YIHUNE										ETH 17 Mar 03		7:38.60							
1	16.07	2	15.05	3	16.31	4	16.24	5	15.79	6	16.00	7	15.83	8	15.79	9	15.81	10	15.82
	16.07(13)		31.12(5)		47.43(5)		1:03.67(5)		1:19.46(7)		1:35.46(5)		1:51.29(5)		2:07.08(5)		2:22.89(4)		2:38.71(2)
11	16.06	12	15.36	13	14.69	14	15.13	15	15.07	16	15.24	17	14.94	18	15.22	19	15.03	20	15.12
	2:54.77(2)		3:10.13(1)		3:24.82(1)		3:39.95(1)		3:55.02(1)		4:10.26(1)		4:25.20(1)		4:40.42(1)		4:55.45(1)		5:10.57(1)
21	15.06	22	15.04	23	14.96	24	14.96	25	14.83	26	14.75	27	14.61	28	14.40	29	13.95		15.47
	5:25.63(1)		5:40.67(1)		5:55.63(1)		6:10.59(1)		6:25.42(1)		6:40.17(2)		6:54.78(1)		7:09.18(1)		7:23.13(4)		

9 255 Nicholas GRIGGS										IRL 18 Dec 04		7:39.03							
1	15.31	2	16.40	3	16.56	4	16.15	5	15.49	6	16.13	7	15.81	8	15.83	9	15.67	10	15.94
	15.31(6)		31.71(11)		48.27(12)		1:04.42(12)		1:19.91(11)		1:36.04(11)		1:51.85(11)		2:07.68(10)		2:23.35(9)		2:39.29(9)
11	16.11	12	15.70	13	14.87	14	15.02	15	15.01	16	15.36	17	15.13	18	15.09	19	14.97	20	15.23
	2:55.40(9)		3:11.10(8)		3:25.97(6)		3:40.99(6)		3:56.00(6)		4:11.36(8)		4:26.49(8)		4:41.58(8)		4:56.55(8)		5:11.78(8)
21	14.86	22	15.16	23	14.80	24	15.08	25	14.88	26	15.03	27	14.34	28	14.33	29	14.16		14.61
	5:26.64(9)		5:41.80(9)		5:56.60(7)		6:11.68(10)		6:26.56(12)		6:41.59(12)		6:55.93(11)		7:10.26(11)		7:24.42(10)		

10 191 Pol ORIACH										ESP 20 Sep 02		7:39.78							
1	15.39	2	15.91	3	16.55	4	16.68	5	15.62	6	16.13	7	15.76	8	15.87	9	15.84	10	16.08
	15.39(8)		31.30(7)		47.85(9)		1:04.53(13)		1:20.15(12)		1:36.28(12)		1:52.04(12)		2:07.91(12)		2:23.75(12)		2:39.83(12)
11	16.05	12	16.04	13	15.03	14	15.30	15	14.97	16	15.06	17	15.06	18	14.92	19	14.67	20	15.30
	2:55.88(13)		3:11.92(13)		3:26.95(13)		3:42.25(14)		3:57.22(14)		4:12.28(14)		4:27.34(14)		4:42.26(12)		4:56.93(11)		5:12.23(12)
21	14.99	22	15.08	23	14.65	24	14.96	25	14.32	26	15.02	27	14.72	28	15.22	29	14.65		13.94
	5:27.22(12)		5:42.30(12)		5:56.95(11)		6:11.91(11)		6:26.23(8)		6:41.25(8)		6:55.97(12)		7:11.19(13)		7:25.84(12)		

11 208 Azeddine HABZ										FRA 19 Jul 93		7:39.87							
1	15.78	2	16.03	3	16.32	4	16.11	5	15.57	6	16.04	7	15.96	8	15.97	9	15.57	10	16.23
	15.78(11)		31.81(12)		48.13(11)		1:04.24(10)		1:19.81(9)		1:35.85(10)		1:51.81(10)		2:07.78(11)		2:23.35(9)		2:39.58(11)
11	16.06	12	15.96	13	14.96	14	14.81	15	14.98	16	14.95	17	14.97	18	15.23	19	15.04	20	15.13
	2:55.64(11)		3:11.60(11)		3:26.56(10)		3:41.37(9)		3:56.35(9)		4:11.30(7)		4:26.27(6)		4:41.50(7)		4:56.54(7)		5:11.67(7)
21	14.94	22	15.14	23	15.02	24	14.70	25	14.41	26	15.04	27	14.43	28	14.80	29	14.50		15.22
	5:26.61(8)		5:41.75(8)		5:56.77(10)		6:11.47(7)		6:25.88(6)		6:40.92(7)		6:55.35(7)		7:10.15(10)		7:24.65(11)		

12 197 Getnet WALE										ETH 16 Jul 00		7:40.21							
1	15.23	2	16.29	3	16.44	4	16.10	5	15.81	6	15.94	7	15.49	8	15.99	9	15.77	10	15.93
	15.23(5)		31.52(8)		47.96(10)		1:04.06(9)		1:19.87(10)		1:35.81(9)		1:51.30(6)		2:07.29(6)		2:23.06(6)		2:38.99(5)
11	16.03	12	15.33	13	14.70	14	15.10	15	15.09	16	15.29	17	14.87	18	15.22	19	15.03	20	15.16
	2:55.02(5)		3:10.35(2)		3:25.05(2)		3:40.15(2)		3:55.24(2)		4:10.53(2)		4:25.40(2)		4:40.62(2)		4:55.65(2)		5:10.81(2)
21	15.01	22	15.05	23	14.99	24	14.93	25	14.77	26	14.56	27	14.85	28	14.31	29	14.49		16.44
	5:25.82(2)		5:40.87(2)		5:55.86(2)		6:10.79(2)		6:25.56(2)		6:40.12(1)		6:54.97(2)		7:09.28(3)		7:23.77(9)		

13 252 Andrew COSCORAN										IRL 18 Jun 96		7:43.89							
1	15.93	2	15.99	3	16.62	4	16.22	5	15.74	6	16.07	7	15.92	8	15.84	9	15.93	10	16.03
	15.93(12)		31.92(13)		48.54(13)		1:04.76(14)		1:20.50(14)		1:36.57(14)		1:52.49(14)		2:08.33(14)		2:24.26(14)		2:40.29(14)
11	15.93	12	15.94	13	15.02	14	14.84	15	14.91	16	15.05	17	14.89	18	15.11	19	14.77	20	15.03
	2:56.22(14)		3:12.16(14)		3:27.18(14)		3:42.02(13)		3:56.93(13)		4:11.98(12)		4:26.87(12)		4:41.98(10)		4:56.75(9)		5:11.78(8)
21	14.77	22	15.08	23	15.04	24	14.81	25	14.94	26	15.50	27	14.67	28	14.28	29	15.19		17.83
	5:26.55(7)		5:41.63(7)		5:56.67(9)		6:11.48(8)		6:26.42(10)		6:41.92(13)		6:56.59(13)		7:10.87(12)		7:26.06(13)		

14 332 Geordie BEAMISH										NZL 24 Oct 96		7:45.05							
1	16.21	2	15.90	3	16.66	4	16.28	5	15.62	6	16.09	7	15.92	8	15.86	9	16.02	10	15.91
	16.21(15)		32.11(14)		48.77(14)		1:05.05(15)		1:20.67(15)		1:36.76(15)		1:52.68(15)		2:08.54(15)		2:24.56(15)		2:40.47(15)
11	16.02	12	15.92	13	15.16	14	15.14	15	15.00	16	15.17	17	14.99	18	15.28	19	15.09	20	15.24
	2:56.49(15)		3:12.41(15)		3:27.57(15)		3:42.71(15)		3:57.71(15)		4:12.88(15)		4:27.87(15)		4:43.15(15)		4:58.24(15)		5:13.48(15)
21	14.97	22	15.32	23	14.99	24	15.41	25	15.19	26	15.19	27	15.14	28	15.36	29	14.78		15.22
	5:28.45(15)		5:43.77(15)		5:58.76(15)		6:14.17(15)		6:29.36(15)		6:44.55(14)		6:59.69(14)		7:15.05(14)		7:29.83(14)		

15 181 Alexander TESFAY										ERI 13 Dec 08		7:48.24 ^{PB}							
1	15.20	2	15.95	3	16.31	4	16.30	5	15.68	6	16.16	7	15.81	8	16.03	9	15.86	10	15.87
	15.20(4)		31.15(6)		47.46(6)		1:03.76(6)		1:19.44(6)		1:35.60(7)		1:51.41(7)		2:07.44(8)		2:23.30(8)		2:39.17(7)
11	16.04	12	15.66	13	15.12	14	15.06	15	15.26	16	15.21	17	15.08	18	15.44	19	15.00	20	15.38
	2:55.21(7)		3:10.87(5)		3:25.99(7)		3:41.05(7)		3:56.31(8)		4:11.52(9)		4:26.60(9)		4:42.04(11)		4:57.04(12)		5:12.42(13)
21	14.89	22	15.12	23	15.09	24	15.54	25	15.72	26	16.00	27	15.65	28	15.79	29	15.88		16.14
	5:27.31(13)		5:42.43(13)		5:57.52(14)		6:13.06(14)		6:28.78(14)		6:44.78(15)		7:00.43(15)		7:16.22(15)		7:32.10(15)		