



RACE ANALYSIS

3000 Metres Women - Final

21 March 2026 19:05 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		645 Nadia BATTOCLETTI										ITA		12 Apr 00		8:57.64			
1	17.49	2	20.40	3	19.35	4	18.95	5	19.97	6	20.41	7	20.19	8	19.06	9	18.69	10	20.55
	17.49 (2)		37.89 (3)		57.24 (3)		1:16.19 (3)		1:36.16 (4)		1:56.57 (4)		2:16.76 (4)		2:35.82 (4)		2:54.51 (4)		3:15.06 (3)
11	20.58	12	20.71	13	17.34	14	17.46	15	17.06	16	17.54	17	17.78	18	18.10	19	17.44	20	17.74
	3:35.64 (2)		3:56.35 (4)		4:13.69 (2)		4:31.15 (2)		4:48.21 (2)		5:05.75 (2)		5:23.53 (2)		5:41.63 (5)		5:59.07 (6)		6:16.81 (5)
21	17.77	22	17.38	23	17.04	24	17.10	25	16.83	26	16.28	27	15.14	28	14.75	29	14.03		14.51
	6:34.58 (4)		6:51.96 (3)		7:09.00 (1)		7:26.10 (1)		7:42.93 (2)		7:59.21 (1)		8:14.35 (2)		8:29.10 (2)		8:43.13 (1)		

2		811 Emily MACKAY										USA		30 Apr 98		8:58.12			
1	17.83	2	20.44	3	19.49	4	18.83	5	19.79	6	20.55	7	20.10	8	19.12	9	18.68	10	20.58
	17.83 (5)		38.27 (6)		57.76 (7)		1:16.59 (6)		1:36.38 (7)		1:56.93 (7)		2:17.03 (7)		2:36.15 (7)		2:54.83 (7)		3:15.41 (9)
11	20.82	12	20.52	13	17.51	14	17.33	15	17.04	16	17.37	17	17.73	18	17.86	19	17.31	20	17.80
	3:36.23 (11)		3:56.75 (10)		4:14.26 (8)		4:31.59 (8)		4:48.63 (7)		5:06.00 (6)		5:23.73 (5)		5:41.59 (4)		5:58.90 (4)		6:16.70 (4)
21	17.70	22	17.45	23	17.32	24	17.16	25	16.81	26	16.39	27	15.06	28	14.75	29	14.06		14.72
	6:34.40 (2)		6:51.85 (2)		7:09.17 (4)		7:26.33 (4)		7:43.14 (3)		7:59.53 (4)		8:14.59 (3)		8:29.34 (3)		8:43.40 (3)		

3		502 Jessica HULL										AUS		22 Oct 96		8:58.18			
1	18.66	2	20.87	3	19.41	4	18.78	5	19.84	6	20.28	7	20.28	8	19.25	9	17.76	10	20.05
	18.66 (9)		39.53 (15)		58.94 (15)		1:17.72 (15)		1:37.56 (15)		1:57.84 (15)		2:18.12 (15)		2:37.37 (15)		2:55.13 (12)		3:15.18 (5)
11	20.56	12	20.69	13	17.51	14	17.44	15	17.04	16	17.34	17	17.82	18	17.92	19	17.18	20	17.90
	3:35.74 (3)		3:56.43 (5)		4:13.94 (4)		4:31.38 (4)		4:48.42 (5)		5:05.76 (4)		5:23.58 (4)		5:41.50 (3)		5:58.68 (2)		6:16.58 (2)
21	17.82	22	17.57	23	17.11	24	17.09	25	16.75	26	16.35	27	14.94	28	14.68	29	14.28		15.01
	6:34.40 (2)		6:51.97 (4)		7:09.08 (2)		7:26.17 (2)		7:42.92 (1)		7:59.27 (2)		8:14.21 (1)		8:28.89 (1)		8:43.17 (2)		

4		577 Aleshign BAWEKE										ETH		23 Jan 06		9:00.26			
1	18.10	2	20.71	3	19.41	4	19.03	5	19.78	6	20.39	7	20.19	8	19.24	9	18.08	10	20.12
	18.10 (7)		38.81 (12)		58.22 (12)		1:17.25 (13)		1:37.03 (13)		1:57.42 (13)		2:17.61 (13)		2:36.85 (13)		2:54.93 (9)		3:15.05 (1)
11	20.52	12	20.70	13	17.58	14	17.42	15	17.11	16	17.37	17	17.71	18	17.91	19	17.49	20	17.82
	3:35.57 (1)		3:56.27 (3)		4:13.85 (3)		4:31.27 (3)		4:48.38 (4)		5:05.75 (2)		5:23.46 (1)		5:41.37 (2)		5:58.86 (3)		6:16.68 (3)
21	17.96	22	17.58	23	17.39	24	17.06	25	16.54	26	16.27	27	15.30	28	15.18	29	14.73		15.57
	6:34.64 (5)		6:52.22 (8)		7:09.61 (9)		7:26.67 (9)		7:43.21 (5)		7:59.48 (3)		8:14.78 (4)		8:29.96 (4)		8:44.69 (4)		

5		793 Şilan AYYILDIZ										TUR		10 Oct 99		9:02.11			
1	19.91	2	18.70	3	19.21	4	19.00	5	19.65	6	20.54	7	20.09	8	19.25	9	18.66	10	20.55
	19.91 (12)		38.61 (10)		57.82 (8)		1:16.82 (8)		1:36.47 (8)		1:57.01 (10)		2:17.10 (8)		2:36.35 (9)		2:55.01 (11)		3:15.56 (11)
11	20.65	12	20.82	13	17.69	14	17.05	15	17.04	16	17.22	17	17.84	18	18.00	19	17.12	20	17.88
	3:36.21 (10)		3:57.03 (14)		4:14.72 (11)		4:31.77 (9)		4:48.81 (8)		5:06.03 (7)		5:23.87 (8)		5:41.87 (7)		5:58.99 (5)		6:16.87 (6)
21	18.00	22	17.13	23	17.19	24	17.29	25	16.73	26	16.56	27	15.66	28	15.80	29	15.42		15.46
	6:34.87 (9)		6:52.00 (8)		7:09.19 (5)		7:26.48 (7)		7:43.21 (5)		7:59.77 (6)		8:15.43 (5)		8:31.23 (6)		8:46.65 (4)		

6		581 Freweyni HAILU										ETH		12 Feb 01		9:02.41			
1	18.53	2	20.68	3	19.45	4	18.83	5	19.80	6	20.27	7	20.31	8	19.25	9	18.32	10	20.27
	18.53 (8)		39.21 (14)		58.66 (14)		1:17.49 (14)		1:37.29 (14)		1:57.56 (14)		2:17.87 (14)		2:37.12 (14)		2:55.44 (15)		3:15.71 (14)
11	20.82	12	19.72	13	21.29	14	16.17	15	16.13	16	16.82	17	17.61	18	17.81	19	17.13	20	17.84
	3:36.53 (14)		3:56.25 (2)		4:17.54 (15)		4:33.71 (15)		4:49.84 (15)		5:06.66 (14)		5:24.27 (12)		5:42.08 (9)		5:59.21 (8)		6:17.05 (9)
21	17.77	22	17.40	23	17.12	24	17.12	25	16.74	26	16.75	27	15.61	28	14.47	29	15.90		16.48
	6:34.82 (7)		6:52.22 (8)		7:09.34 (6)		7:26.46 (5)		7:43.20 (4)		7:59.95 (7)		8:15.56 (6)		8:30.03 (5)		8:45.93 (5)		

7		788 Vera SJÖBERG										SWE		19 May 01		9:03.57			
1	20.49	2	18.23	3	19.62	4	18.49	5	19.68	6	20.43	7	20.24	8	19.10	9	18.63	10	20.78
	20.49 (15)		38.72 (11)		58.34 (13)		1:16.83 (9)		1:36.51 (9)		1:56.94 (8)		2:17.18 (9)		2:36.28 (8)		2:54.91 (8)		3:15.69 (13)
11	20.71	12	20.56	13	17.92	14	17.21	15	17.08	16	17.31	17	17.60	18	18.05	19	17.15	20	17.74
	3:36.40 (13)		3:56.96 (13)		4:14.88 (13)		4:32.09 (13)		4:49.17 (12)		5:06.48 (12)		5:24.08 (10)		5:42.13 (10)		5:59.28 (9)		6:17.02 (8)
21	17.95	22	17.31	23	17.43	24	17.11	25	16.86	26	16.84	27	15.99	28	16.01	29	15.36		15.69
	6:34.97 (10)		6:52.28 (10)		7:09.71 (10)		7:26.82 (10)		7:43.68 (10)		8:00.52 (11)		8:16.51 (10)		8:32.52 (10)		8:47.88 (8)		



**RACE ANALYSIS
3000 Metres Women - Final**

8 613 Katie SNOWDEN										GBR		9 Mar 94		9:03.79					
1	20.14	2	18.37	3	19.67	4	18.68	5	19.70	6	20.41	7	20.24	8	19.27	9	18.65	10	20.60
	20.14 (13)		38.51 (9)		58.18 (10)		1:16.86 (10)		1:36.56 (10)		1:56.97 (9)		2:17.21 (10)		2:36.48 (10)		2:55.13 (12)		3:15.73 (15)
11	20.54	12	20.48	13	18.05	14	17.31	15	17.23	16	17.43	17	17.71	18	18.04	19	17.51	20	17.38
	3:36.27 (12)		3:56.75 (10)		4:14.80 (12)		4:32.11 (14)		4:49.34 (14)		5:06.77 (15)		5:24.48 (15)		5:42.52 (14)		6:00.03 (15)		6:17.41 (13)
21	17.71	22	17.63	23	17.21	24	17.06	25	16.69	26	16.65	27	16.34	28	16.14	29	15.46		15.49
	6:35.12 (13)		6:52.75 (14)		7:09.96 (12)		7:27.02 (12)		7:43.71 (11)		8:00.36 (10)		8:16.70 (11)		8:32.84 (11)		8:48.30 (10)		

9 608 Hannah NUTTALL										GBR		7 Jul 97		9:04.20					
1	17.85	2	20.59	3	19.23	4	18.94	5	19.63	6	20.45	7	20.16	8	19.05	9	18.73	10	20.80
	17.85 (6)		38.44 (8)		57.67 (6)		1:16.61 (7)		1:36.24 (5)		1:56.69 (5)		2:16.85 (5)		2:35.90 (5)		2:54.63 (5)		3:15.43 (10)
11	20.60	12	20.79	13	17.73	14	17.33	15	17.35	16	17.33	17	17.90	18	18.26	19	17.23	20	17.70
	3:36.03 (8)		3:56.82 (12)		4:14.55 (10)		4:31.88 (11)		4:49.23 (13)		5:06.56 (13)		5:24.46 (14)		5:42.72 (15)		5:59.95 (14)		6:17.65 (15)
21	17.83	22	17.02	23	17.24	24	17.13	25	17.02	26	16.81	27	16.02	28	16.05	29	15.52		16.31
	6:35.08 (11)		6:52.10 (7)		7:09.34 (6)		7:26.47 (6)		7:43.49 (9)		8:00.30 (9)		8:16.32 (9)		8:32.37 (8)		8:47.89 (9)		

10 672 Norah JERUTO										KAZ		2 Oct 95		9:04.22					
1	17.79	2	20.04	3	18.90	4	18.98	5	19.94	6	20.50	7	20.14	8	18.90	9	18.84	10	21.02
	17.79 (4)		37.83 (2)		56.73 (1)		1:15.71 (1)		1:35.65 (1)		1:56.15 (1)		2:16.29 (1)		2:35.19 (1)		2:54.03 (1)		3:15.05 (1)
11	20.71	12	20.69	13	17.54	14	17.43	15	16.90	16	17.54	17	17.97	18	17.45	19	17.11	20	18.03
	3:35.76 (5)		3:56.45 (6)		4:13.99 (6)		4:31.42 (5)		4:48.32 (3)		5:05.86 (5)		5:23.83 (6)		5:41.28 (1)		5:58.39 (1)		6:16.42 (1)
21	17.81	22	17.51	23	17.41	24	17.33	25	16.98	26	16.59	27	16.10	28	16.28	29	15.92		15.87
	6:34.23 (1)		6:51.74 (1)		7:09.15 (3)		7:26.48 (7)		7:43.46 (8)		8:00.05 (8)		8:16.15 (8)		8:32.43 (9)		8:48.35 (11)		

11 655 Micol MAJORI										ITA		4 Jun 98		9:04.39					
1	19.72	2	18.65	3	19.67	4	18.94	5	19.89	6	20.34	7	20.20	8	19.24	9	18.63	10	20.07
	19.72 (11)		38.37 (7)		58.04 (9)		1:16.98 (11)		1:36.87 (12)		1:57.21 (12)		2:17.41 (11)		2:36.65 (12)		2:55.28 (14)		3:15.35 (8)
11	20.76	12	20.06	13	17.32	14	17.42	15	17.12	16	17.60	17	17.92	18	18.72	19	17.33	20	18.03
	3:36.11 (9)		3:56.17 (1)		4:13.49 (1)		4:30.91 (1)		4:48.03 (1)		5:05.63 (1)		5:23.55 (3)		5:42.27 (11)		5:59.60 (12)		6:17.63 (14)
21	17.82	22	17.48	23	17.40	24	17.02	25	16.88	26	16.69	27	16.00	28	16.20	29	15.57		15.70
	6:35.45 (15)		6:52.93 (15)		7:10.33 (15)		7:27.35 (14)		7:44.23 (14)		8:00.92 (13)		8:16.92 (12)		8:33.12 (12)		8:48.69 (12)		

12 501 Linden HALL										AUS		20 Jun 91		9:04.83					
1	17.62	2	20.59	3	19.21	4	18.96	5	19.64	6	20.36	7	20.20	8	19.09	9	18.71	10	20.93
	17.62 (3)		38.21 (5)		57.42 (5)		1:16.38 (5)		1:36.02 (3)		1:56.38 (3)		2:16.58 (3)		2:35.67 (3)		2:54.38 (3)		3:15.31 (7)
11	20.52	12	20.79	13	17.64	14	17.52	15	17.21	16	17.31	17	17.86	18	18.32	19	17.28	20	17.60
	3:35.83 (6)		3:56.62 (8)		4:14.26 (8)		4:31.78 (10)		4:48.99 (10)		5:06.30 (10)		5:24.16 (11)		5:42.48 (13)		5:59.76 (13)		6:17.36 (12)
21	17.74	22	17.55	23	17.59	24	17.19	25	17.18	26	16.82	27	16.34	28	16.48	29	15.48		15.10
	6:35.10 (12)		6:52.65 (13)		7:10.24 (14)		7:27.43 (15)		7:44.61 (15)		8:01.43 (15)		8:17.77 (15)		8:34.25 (14)		8:49.73 (13)		

13 671 TANAKA Nozomi										JPN		4 Sep 99		9:07.77					
1	19.66	2	18.42	3	19.31	4	18.89	5	19.96	6	20.53	7	20.10	8	19.17	9	18.72	10	20.53
	19.66 (10)		38.08 (4)		57.39 (4)		1:16.28 (4)		1:36.24 (5)		1:56.77 (6)		2:16.87 (6)		2:36.04 (6)		2:54.76 (6)		3:15.29 (6)
11	20.55	12	20.83	13	17.27	14	17.59	15	17.29	16	17.42	17	17.79	18	17.88	19	17.53	20	17.76
	3:35.84 (7)		3:56.67 (9)		4:13.94 (4)		4:31.53 (7)		4:48.82 (9)		5:06.24 (9)		5:24.03 (9)		5:41.91 (8)		5:59.44 (10)		6:17.20 (10)
21	17.64	22	17.60	23	17.40	24	17.07	25	16.95	26	17.00	27	16.40	28	16.44	29	16.54		17.53
	6:34.84 (8)		6:52.44 (11)		7:09.84 (11)		7:26.91 (11)		7:43.86 (12)		8:00.86 (12)		8:17.26 (13)		8:33.70 (13)		8:50.24 (14)		

14 796 Margot APPLETON										USA		30 Sep 02		9:12.57					
1	20.36	2	18.58	3	19.26	4	18.89	5	19.72	6	20.36	7	20.29	8	19.16	9	18.38	10	20.56
	20.36 (14)		38.94 (13)		58.20 (11)		1:17.09 (12)		1:36.81 (11)		1:57.17 (11)		2:17.46 (12)		2:36.62 (11)		2:55.00 (10)		3:15.56 (11)
11	20.99	12	20.62	13	17.85	14	16.94	15	17.05	16	17.32	17	18.00	18	18.09	19	17.14	20	17.70
	3:36.55 (15)		3:57.17 (15)		4:15.02 (14)		4:31.96 (12)		4:49.01 (11)		5:06.33 (11)		5:24.33 (13)		5:42.42 (12)		5:59.56 (11)		6:17.26 (11)
21	17.94	22	17.32	23	17.46	24	17.15	25	16.87	26	17.07	27	16.50	28	17.54	29	18.39		19.07
	6:35.20 (14)		6:52.52 (12)		7:09.98 (13)		7:27.13 (13)		7:44.00 (13)		8:01.07 (14)		8:17.57 (14)		8:35.11 (15)		8:53.50 (15)		

569 Marta GARCÍA										ESP		1 Jan 98		DQ					
1	17.46	2	20.35	3	19.18	4	18.94	5	19.94	6	20.45	7	20.19	8	18.90	9	18.80	10	20.90
	17.46 (1)		37.81 (1)		56.99 (2)		1:15.93 (2)		1:35.87 (2)		1:56.32 (2)		2:16.51 (2)		2:35.41 (2)		2:54.21 (2)		3:15.11 (4)
11	20.63	12	20.80	13	17.59	14	17.39	15	17.06	16	17.53	17	17.74	18	17.92	19	17.37	20	17.82
	3:35.74 (3)		3:56.54 (7)		4:14.13 (7)		4:31.52 (6)		4:48.58 (6)		5:06.11 (8)		5:23.85 (7)		5:41.77 (6)		5:59.14 (7)		6:16.96 (7)
21	17.74	22	17.39	23	17.26	24	16.92	25	16.99	26	16.45	27	15.95	28	16.20	29	15.73		
	6:34.70 (6)		6:52.09 (6)		7:09.35 (8)		7:26.27 (3)		7:43.26 (7)		7:59.71 (5)		8:15.66 (7)		8:31.86 (7)		8:47.59 (7)		

TR17.1.2

NOTE WA Rule TR17.1.2 - Jostling: BIB 569 [Marta GARCÍA]