



RACE ANALYSIS

3000 Metres Women - Final

8 August 2026 19:54 START TIME 21° C 61 %
TEMPERATURE HUMIDITY

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			

Yordanos TSIGAB										ETH										21 Mar 09		8:43.65 PB	
1	18.00	2	17.37	3	19.12	4	19.81	5	19.26	6	18.12	7	17.61	8	17.28	9	17.97	10	18.40				
18.00 (17)		35.37 (10)		54.49 (10)		1:14.30 (10)		1:33.56 (11)		1:51.68 (8)		2:09.29 (9)		2:26.57 (7)		2:44.54 (7)		3:02.94 (8)					
11	17.58	12	17.64	13	18.17	14	16.93	15	16.90	16	16.84	17	18.17	18	17.38	19	16.69	20	16.82				
3:20.52 (8)		3:38.16 (8)		3:56.33 (8)		4:13.26 (7)		4:30.16 (7)		4:47.00 (4)		5:05.17 (4)		5:22.55 (4)		5:39.24 (4)		5:56.06 (4)					
21	16.57	22	16.65	23	17.00	24	16.91	25	17.28	26	17.52	27	17.46	28	16.97	29	16.57	14.66					
6:12.63 (3)		6:29.28 (2)		6:46.28 (2)		7:03.19 (1)		7:20.47 (2)		7:37.99 (2)		7:55.45 (2)		8:12.42 (2)		8:28.99 (2)							

2		539		Shito GUMI								ETH		18 Mar 07		8:45.06			
1	17.70	2	17.45	3	18.93	4	19.55	5	19.20	6	18.29	7	17.61	8	17.44	9	18.09	10	18.34
17.70 (11)		35.15 (7)		54.08 (3)		1:13.63 (3)		1:32.83 (2)		1:51.12 (2)		2:08.73 (4)		2:26.17 (4)		2:44.26 (4)		3:02.60 (3)	
11	17.46	12	17.43	13	18.25	14	16.95	15	16.67	16	17.40	17	17.97	18	17.44	19	16.76	20	16.84
3:20.06 (2)		3:37.49 (2)		3:55.74 (2)		4:12.69 (2)		4:29.36 (1)		4:46.76 (1)		5:04.73 (1)		5:22.17 (1)		5:38.93 (1)		5:55.77 (2)	
21	16.81	22	16.94	23	17.13	24	17.21	25	17.25	26	17.14	27	17.32	28	16.98	29	16.92	15.59	
6:12.58 (2)		6:29.52 (3)		6:46.65 (3)		7:03.86 (3)		7:21.11 (3)		7:38.25 (3)		7:55.57 (3)		8:12.55 (3)		8:29.47 (3)			

3 1070 Charity CHEROP										UGA 4 Jul 07 8:45.59									
1	17.38	2	17.60	3	19.07	4	19.43	5	19.17	6	18.34	7	17.50	8	17.51	9	17.99	10	18.44
17.38 (5)		34.98 (3)		54.05 (2)		1:13.48 (1)		1:32.65 (1)		1:50.99 (1)		2:08.49 (1)		2:26.00 (1)		2:43.99 (1)		3:02.43 (1)	
11	17.59	12	17.49	13	18.20	14	16.97	15	16.86	16	17.27	17	18.08	18	17.44	19	16.65	20	16.56
3:20.02 (1)		3:37.51 (3)		3:55.71 (1)		4:12.68 (1)		4:29.54 (2)		4:46.81 (3)		5:04.89 (3)		5:22.33 (3)		5:38.98 (2)		5:55.54 (1)	
21	16.55	22	16.89	23	17.14	24	17.08	25	17.12	26	17.52	27	17.46	28	17.04	29	16.54	16.71	
6:12.09 (1)		6:28.98 (1)		6:46.12 (1)		7:03.20 (2)		7:20.32 (1)		7:37.84 (1)		7:55.30 (1)		8:12.34 (1)		8:28.88 (1)			

Carmen CERNJUL										SWE										14 Jun 07		8:52.60		NU20R
1	17.75	2	17.39	3	19.13	4	19.80	5	19.08	6	18.32	7	17.64	8	17.37	9	17.86	10	18.46					
17.75 (12)		35.14 (6)		54.27 (6)		1:14.07 (8)		1:33.15 (7)		1:51.47 (7)		2:09.11 (6)		2:26.48 (6)		2:44.34 (5)		3:02.80 (7)						
11	17.54	12	17.58	13	18.15	14	17.05	15	16.86	16	17.43	17	18.05	18	17.49	19	17.23	20	17.39					
3:20.34 (6)		3:37.92 (7)		3:56.07 (6)		4:13.12 (5)		4:29.98 (6)		4:47.41 (7)		5:05.46 (7)		5:22.95 (7)		5:40.18 (5)		5:57.57 (5)						
21	17.39	22	17.53	23	17.83	24	18.10	25	17.67	26	17.65	27	17.36	28	17.26	29	17.15	17.09						
6:14.96 (5)		6:32.49 (5)		6:50.32 (5)		7:08.42 (5)		7:26.09 (4)		7:43.74 (4)		8:01.10 (4)		8:18.36 (4)		8:35.51 (4)								

5783			NAGAMORI Yuua										JPN										5 May 09		8:56.93PB	
1	17.61	2	17.47	3	19.21	4	19.62	5	19.09	6	18.39	7	17.76	8	17.48	9	17.94	10	18.22							
17.61 (10)		35.08 (5)		54.29 (7)		1:13.91 (6)		1:33.00 (5)		1:51.39 (6)		2:09.15 (7)		2:26.63 (8)		2:44.57 (8)		3:02.79 (6)								
11	17.68	12	17.44	13	18.21	14	17.25	15	17.14	16	17.21	17	17.99	18	17.62	19	17.48	20	18.00							
3:20.47 (7)		3:37.91 (6)		3:56.12 (7)		4:13.37 (8)		4:30.51 (9)		4:47.72 (9)		5:05.71 (9)		5:23.33 (9)		5:40.81 (9)		5:58.81 (7)								
21	18.25	22	18.14	23	18.50	24	18.67	25	18.35	26	17.98	27	17.55	28	17.48	29	17.21	15.99								
6:17.06 (6)		6:35.20 (6)		6:53.70 (6)		7:12.37 (6)		7:30.72 (6)		7:48.70 (6)		8:06.25 (6)		8:23.73 (6)		8:40.94 (6)										

6		800		Mercy Chepngeno MAGESO										KEN		10 Oct 08		8:57.43		PB	
1	17.56	2	17.36	3	19.08	4	19.48	5	19.41	6	18.25	7	17.43	8	17.46	9	18.03	10	18.45		
		17.56 (7)		34.92 (1)		54.00 (1)		1:13.48 (1)		1:32.89 (3)		1:51.14 (3)		2:08.57 (2)		2:26.03 (2)		2:44.06 (2)		3:02.51 (2)	
11	17.59	12	17.38	13	18.40	14	16.96	15	16.77	16	17.16	17	18.07	18	17.44	19	16.80	20	16.88		
3:20.10 (3)		3:37.48 (1)		3:55.88 (4)		4:12.84 (4)		4:29.61 (3)		4:46.77 (2)		5:04.84 (2)		5:22.28 (2)		5:39.08 (3)		5:55.96 (3)			
21	17.22	22	17.77	23	18.19	24	18.87	25	18.60	26	18.59	27	18.33	28	17.83	29	18.57	17.50			
6:13.18 (4)		6:30.95 (4)		6:49.14 (4)		7:08.01 (4)		7:26.61 (5)		7:45.20 (5)		8:03.53 (5)		8:21.36 (5)		8:39.93 (5)					

7871 Wilma Bekkemoen TORBÖRNSSON										NOR		31 May 07		9:00.70PB					
1	17.90	2	17.55	3	19.00	4	19.68	5	19.33	6	18.59	7	17.44	8	17.38	9	17.82	10	18.42
	17.90 (15)		35.45 (11)		54.45 (9)		1:14.13 (9)		1:33.46 (10)		1:52.05 (11)		2:09.49 (10)		2:26.87 (10)		2:44.69 (9)		3:03.11 (9)
11	17.61	12	17.65	13	18.12	14	17.15	15	16.66	16	17.20	17	18.07	18	17.51	19	17.43	20	17.94
	3:20.72 (9)		3:38.37 (9)		3:56.49 (9)		4:13.64 (9)		4:30.30 (8)		4:47.50 (8)		5:05.57 (8)		5:23.08 (8)		5:40.51 (6)		5:58.45 (6)
21	18.67	22	18.26	23	18.50	24	18.56	25	18.49	26	18.04	27	17.34	28	17.76	29	18.30		18.33
	6:17.12 (7)		6:35.38 (7)		6:53.88 (7)		7:12.44 (7)		7:30.93 (7)		7:48.97 (7)		8:06.31 (7)		8:24.07 (7)		8:42.37 (7)		

Timing by SEIKO

AT-3000-W-f--1--.RS5..v1

Issued at 20:07 on Saturday, 08 August 2026

RACE ANALYSIS

3000 Metres Women - Final

8 618 Julia EHRLE										GER 12 Aug 07		9:13.61	PB						
1	17.27	2	17.72	3	19.09	4	19.91	5	19.26	6	18.85	7	18.04	8	17.50	9	18.33	10	17.62
	17.27 (2)		34.99 (4)		54.08 (4)		1:13.99 (7)		1:33.25 (8)		1:52.10 (12)		2:10.14 (14)		2:27.64 (14)		2:45.97 (14)		3:03.59 (12)
11	18.19	12	18.09	13	17.90	14	18.29	15	18.75	16	18.73	17	19.05	18	18.98	19	19.19	20	19.30
	3:21.78 (12)		3:39.87 (12)		3:57.77 (12)		4:16.06 (12)		4:34.81 (12)		4:53.54 (11)		5:12.59 (11)		5:31.57 (11)		5:50.76 (11)		6:10.06 (10)
21	19.40	22	19.53	23	19.20	24	19.13	25	19.13	26	18.76	27	18.06	28	18.09	29	16.76		15.49
	6:29.46 (10)		6:48.99 (13)		7:08.19 (13)		7:27.32 (11)		7:46.45 (10)		8:05.21 (11)		8:23.27 (10)		8:41.36 (11)		8:58.12 (10)		
9 329 Eliza LAWTON										AUS 29 Sep 10		9:13.62							
1	17.32	2	18.36	3	19.39	4	19.72	5	19.46	6	18.74	7	18.30	8	17.15	9	18.10	10	18.31
	17.32 (4)		35.68 (13)		55.07 (16)		1:14.79 (17)		1:34.25 (18)		1:52.99 (18)		2:11.29 (18)		2:28.44 (16)		2:46.54 (16)		3:04.85 (17)
11	18.34	12	18.27	13	18.24	14	18.07	15	18.93	16	19.04	17	19.06	18	17.94	19	18.86	20	19.40
	3:23.19 (17)		3:41.46 (17)		3:59.70 (17)		4:17.77 (15)		4:36.70 (15)		4:55.74 (16)		5:14.80 (17)		5:32.74 (14)		5:51.60 (16)		6:11.00 (18)
21	19.63	22	18.01	23	19.32	24	19.29	25	19.06	26	19.00	27	18.44	28	17.26	29	16.47		16.14
	6:30.63 (19)		6:48.64 (10)		7:07.96 (11)		7:27.25 (10)		7:46.31 (9)		8:05.31 (12)		8:23.75 (13)		8:41.01 (9)		8:57.48 (9)		
10 1072 Bentalin YEKO										UGA 6 Nov 07		9:13.74							
1	17.86	2	17.38	3	19.15	4	19.36	5	19.28	6	18.25	7	17.40	8	17.38	9	18.05	10	18.50
	17.86 (14)		35.24 (8)		54.39 (8)		1:13.75 (5)		1:33.03 (6)		1:51.28 (5)		2:08.68 (3)		2:26.06 (3)		2:44.11 (3)		3:02.61 (4)
11	17.53	12	17.59	13	18.13	14	16.92	15	17.02	16	17.39	17	18.09	18	17.55	19	17.81	20	18.76
	3:20.14 (4)		3:37.73 (4)		3:55.86 (3)		4:12.78 (3)		4:29.80 (4)		4:47.19 (5)		5:05.28 (5)		5:22.83 (5)		5:40.64 (7)		5:59.40 (8)
21	19.31	22	19.62	23	19.59	24	20.86	25	20.20	26	19.99	27	19.28	28	20.50	29	18.68		16.31
	6:18.71 (8)		6:38.33 (8)		6:57.92 (8)		7:18.78 (8)		7:38.98 (8)		7:58.97 (8)		8:18.25 (8)		8:38.75 (8)		8:57.43 (8)		
11 739 Sofia FERRARI										ITA 1 Jun 07		9:17.44	PB						
1	18.47	2	18.11	3	18.98	4	19.43	5	19.40	6	18.71	7	18.28	8	17.93	9	18.12	10	18.32
	18.47 (23)		36.58 (23)		55.56 (21)		1:14.99 (19)		1:34.39 (19)		1:53.10 (19)		2:11.38 (19)		2:29.31 (19)		2:47.43 (19)		3:05.75 (19)
11	18.55	12	18.27	13	18.55	14	18.54	15	18.40	16	18.57	17	19.10	18	17.96	19	18.65	20	18.85
	3:24.30 (19)		3:42.57 (18)		4:01.12 (18)		4:19.66 (20)		4:38.06 (20)		4:56.63 (20)		5:15.73 (20)		5:33.69 (20)		5:52.34 (20)		6:11.19 (20)
21	19.61	22	19.01	23	18.96	24	19.33	25	19.28	26	19.01	27	18.25	28	17.91	29	17.90		16.99
	6:30.80 (20)		6:49.81 (19)		7:08.77 (18)		7:28.10 (18)		7:47.38 (17)		8:06.39 (18)		8:24.64 (18)		8:42.55 (14)		9:00.45 (12)		
12 423 Allison WASSON										CAN 21 Apr 08		9:18.13	PB						
1	17.56	2	18.33	3	18.97	4	19.77	5	19.37	6	18.71	7	18.15	8	17.95	9	17.81	10	17.88
	17.56 (8)		35.89 (15)		54.86 (13)		1:14.63 (16)		1:34.00 (16)		1:52.71 (17)		2:10.86 (17)		2:28.81 (18)		2:46.62 (17)		3:04.50 (16)
11	18.13	12	18.41	13	18.52	14	18.53	15	18.98	16	18.84	17	18.64	18	18.60	19	18.44	20	19.00
	3:22.63 (15)		3:41.04 (16)		3:59.56 (16)		4:18.09 (17)		4:37.07 (17)		4:55.91 (17)		5:14.55 (15)		5:33.15 (16)		5:51.59 (15)		6:10.59 (14)
21	19.19	22	18.99	23	19.29	24	19.56	25	19.35	26	18.20	27	17.95	28	18.22	29	18.27		18.52
	6:29.78 (13)		6:48.77 (12)		7:08.06 (12)		7:27.62 (14)		7:46.97 (14)		8:05.17 (10)		8:23.12 (9)		8:41.34 (10)		8:59.61 (11)		
13 439 SU Rongli										CHN 20 Apr 10		9:18.45							
1	18.16	2	17.50	3	19.00	4	19.75	5	19.25	6	18.70	7	16.87	8	17.53	9	18.12	10	18.35
	18.16 (19)		35.66 (12)		54.66 (12)		1:14.41 (12)		1:33.66 (13)		1:52.36 (14)		2:09.23 (8)		2:26.76 (9)		2:44.88 (10)		3:03.23 (10)
11	17.67	12	17.64	13	18.29	14	17.63	15	18.46	16	19.35	17	19.77	18	19.07	19	19.37	20	19.73
	3:20.90 (10)		3:38.54 (10)		3:56.83 (10)		4:14.46 (10)		4:32.92 (10)		4:52.27 (10)		5:12.04 (10)		5:31.11 (10)		5:50.48 (10)		6:10.21 (11)
21	19.43	22	19.39	23	19.21	24	19.71	25	19.50	26	18.77	27	17.97	28	18.39	29	19.03		16.84
	6:29.64 (11)		6:49.03 (14)		7:08.24 (14)		7:27.95 (16)		7:47.45 (18)		8:06.22 (17)		8:24.19 (15)		8:42.58 (15)		9:01.61 (15)		
14 957 Sandrine NIYOMUGENGA										RWA 18 Jul 08		9:18.76	NU						
1	18.55	2	18.00	3	18.54	4	19.74	5	19.36	6	17.96	7	17.71	8	17.22	9	18.31	10	18.45
	18.55 (25)		36.55 (22)		55.09 (17)		1:14.83 (18)		1:34.19 (17)		1:52.15 (13)		2:09.86 (13)		2:27.08 (12)		2:45.39 (12)		3:03.84 (14)
11	18.32	12	17.99	13	18.97	14	18.56	15	18.76	16	19.13	17	19.08	18	18.59	19	18.60	20	19.07
	3:22.16 (13)		3:40.15 (13)		3:59.12 (14)		4:17.68 (14)		4:36.44 (14)		4:55.57 (14)		5:14.65 (16)		5:33.24 (17)		5:51.84 (17)		6:10.91 (17)
21	19.51	22	18.91	23	19.25	24	19.19	25	19.52	26	18.67	27	18.44	28	18.45	29	18.67		17.24
	6:30.42 (17)		6:49.33 (16)		7:08.58 (16)		7:27.77 (15)		7:47.29 (16)		8:05.96 (15)		8:24.40 (16)		8:42.85 (17)		9:01.52 (14)		
15 422 Eleanor VOYKIN										CAN 18 Jul 08		9:18.88	PB						
1	17.46	2	18.33	3	19.10	4	19.70	5	19.26	6	18.55	7	18.00	8	17.62	9	18.20	10	17.88
	17.46 (6)		35.79 (14)		54.89 (14)		1:14.59 (15)		1:33.85 (15)		1:52.40 (16)		2:10.40 (15)		2:28.02 (15)		2:46.22 (15)		3:04.10 (15)
11	18.57	12	18.06	13	18.64	14	18.53	15	18.91	16	18.80	17	18.83	18	18.52	19	18.34	20	19.21
	3:22.67 (16)		3:40.73 (15)		3:59.37 (15)		4:17.90 (16)		4:36.81 (16)		4:55.61 (15)		5:14.44 (14)		5:32.96 (15)		5:51.30 (14)		6:10.51 (13)
21	19.15	22	18.99	23	19.21	24	19.48	25	19.34	26	18.29	27	18.49	28	18.86	29	19.49		17.07
	6:29.66 (12)		6:48.65 (11)		7:07.86 (10)		7:27.34 (12)		7:46.68 (12)		8:04.97 (9)		8:23.46 (11)		8:42.32 (13)		9:01.81 (16)		

RACE ANALYSIS

3000 Metres Women - Final

16 601 Katie PYE										GBR		1 Sep 07		9:19.09					
1	18.54	2	17.75	3	19.19	4	19.76	5	19.62	6	18.74	7	18.28	8	17.89	9	18.02	10	18.00
		18.54 (24)		36.29 (17)		55.48 (20)		1:15.24 (21)		1:34.86 (22)		2:11.88 (20)		2:29.77 (20)		2:47.79 (20)		3:05.79 (20)	
11	18.55	12	18.26	13	18.61	14	18.22	15	18.27	16	18.66	17	18.85	18	18.35	19	18.43	20	18.79
		3:24.34 (20)		3:42.60 (19)		4:01.21 (19)		4:19.43 (18)		4:37.70 (18)		5:15.21 (18)		5:33.56 (18)		5:51.99 (18)		6:10.78 (16)	
21	19.33	22	19.00	23	19.26	24	19.13	25	19.45	26	18.68	27	18.55	28	18.53	29	18.79	17.59	
		6:30.11 (15)		6:49.11 (15)		7:08.37 (15)		7:27.50 (13)		7:46.95 (13)		8:05.63 (14)		8:24.18 (14)		8:42.71 (16)		9:01.50 (13)	
17 849 Kaate MULDER										NED		17 Feb 08		9:20.57					
1	17.60	2	18.64	3	18.97	4	19.83	5	19.40	6	19.22	7	18.64	8	17.93	9	18.12	10	18.15
		17.60 (9)		36.24 (16)		55.21 (18)		1:15.04 (20)		1:34.44 (20)		2:12.30 (23)		2:30.23 (23)		2:48.35 (23)		3:06.50 (23)	
11	18.33	12	18.29	13	18.64	14	18.52	15	20.77	16	18.09	17	18.06	18	18.53	19	18.46	20	19.56
		3:24.83 (23)		3:43.12 (22)		4:01.76 (23)		4:20.28 (24)		4:41.05 (25)		5:17.20 (23)		5:35.73 (23)		5:54.19 (22)		6:13.75 (22)	
21	19.87	22	19.94	23	19.60	24	20.37	25	19.94	26	18.62	27	17.65	28	17.60	29	17.14	16.09	
		6:33.62 (22)		6:53.56 (22)		7:13.16 (22)		7:33.53 (22)		7:53.47 (21)		8:12.09 (21)		8:29.74 (21)		8:47.34 (19)		9:04.48 (19)	
18 864 Venus TEFFERA										NOR		4 Jul 08		9:20.78					
1	18.72	2	17.75	3	19.27	4	19.83	5	19.52	6	18.66	7	18.23	8	17.93	9	17.99	10	18.26
		18.72 (27)		36.47 (21)		55.74 (23)		1:15.57 (25)		1:35.09 (24)		2:11.98 (21)		2:29.91 (21)		2:47.90 (21)		3:06.16 (21)	
11	18.40	12	18.22	13	18.56	14	18.21	15	18.22	16	18.79	17	18.77	18	18.32	19	18.58	20	18.94
		3:24.56 (21)		3:42.78 (20)		4:01.34 (20)		4:19.55 (19)		4:37.77 (19)		5:15.33 (19)		5:33.65 (19)		5:52.23 (19)		6:11.17 (19)	
21	19.37	22	18.99	23	19.20	24	19.29	25	19.18	26	18.90	27	18.46	28	18.37	29	19.01	18.84	
		6:30.54 (18)		6:49.53 (17)		7:08.73 (17)		7:28.02 (17)		7:47.20 (15)		8:06.10 (16)		8:24.56 (17)		8:42.93 (18)		9:01.94 (17)	
19 802 Faith RONO										KEN		1 Jul 10		9:21.35					
1	17.28	2	17.67	3	19.20	4	19.59	5	19.23	6	18.25	7	17.67	8	17.46	9	18.09	10	18.29
		17.28 (3)		34.95 (2)		54.15 (5)		1:13.74 (4)		1:32.97 (4)		2:08.89 (5)		2:26.35 (5)		2:44.44 (6)		3:02.73 (5)	
11	17.54	12	17.58	13	18.16	14	17.15	15	16.81	16	17.42	17	17.92	18	17.59	19	17.76	20	18.75
		3:20.27 (5)		3:37.85 (5)		3:56.01 (5)		4:13.16 (6)		4:29.97 (5)		5:05.31 (6)		5:22.90 (6)		5:40.66 (8)		5:59.41 (9)	
21	20.81	22	21.11	23	20.79	24	22.53	25	21.97	26	18.93	27	18.16	28	18.60	29	19.83	19.21	
		6:20.22 (9)		6:41.33 (9)		7:02.12 (9)		7:24.65 (9)		7:46.62 (11)		8:05.55 (13)		8:23.71 (12)		8:42.31 (12)		9:02.14 (18)	
20 775 ASHIDA Nodoka										JPN		19 Jun 07		9:24.85 SB					
1	18.28	2	18.64	3	18.52	4	18.98	5	19.18	6	18.32	7	17.72	8	17.34	9	18.30	10	18.37
		18.28 (21)		36.92 (27)		55.44 (19)		1:14.42 (13)		1:33.60 (12)		2:09.64 (11)		2:26.98 (11)		2:45.28 (11)		3:03.65 (13)	
11	18.57	12	18.00	13	18.16	14	18.36	15	18.51	16	18.36	17	19.29	18	19.37	19	18.95	20	19.09
		3:22.22 (14)		3:40.22 (14)		3:58.38 (13)		4:16.74 (13)		4:35.25 (13)		5:12.90 (13)		5:32.27 (13)		5:51.22 (13)		6:10.31 (12)	
21	19.68	22	19.70	23	19.62	24	20.03	25	20.09	26	19.91	27	19.92	28	19.80	29	19.22	16.57	
		6:29.99 (14)		6:49.69 (18)		7:09.31 (19)		7:29.34 (19)		7:49.43 (19)		8:09.34 (19)		8:29.26 (19)		8:49.06 (21)		9:08.28 (21)	
21 1090 Chiara DAILEY										USA		4 Nov 07		9:24.92					
1	17.09	2	18.25	3	19.30	4	19.88	5	18.90	6	18.39	7	17.90	8	17.55	9	18.30	10	17.76
		17.09 (1)		35.34 (9)		54.64 (11)		1:14.52 (14)		1:33.42 (9)		2:09.71 (12)		2:27.26 (13)		2:45.56 (13)		3:03.32 (11)	
11	18.16	12	18.06	13	17.88	14	18.36	15	18.70	16	19.10	17	19.13	18	19.22	19	19.23	20	19.59
		3:21.48 (11)		3:39.54 (11)		3:57.42 (11)		4:15.78 (11)		4:34.48 (11)		5:12.71 (12)		5:31.93 (12)		5:51.16 (12)		6:10.75 (15)	
21	19.50	22	19.98	23	19.85	24	20.74	25	20.04	26	20.04	27	18.45	28	19.05	29	19.14	17.38	
		6:30.25 (16)		6:50.23 (20)		7:10.08 (20)		7:30.82 (20)		7:50.86 (20)		8:10.90 (20)		8:29.35 (20)		8:48.40 (20)		9:07.54 (20)	
22 1051 Fanny SZALKAI										SWE		8 Oct 08		9:28.40					
1	17.84	2	18.63	3	19.42	4	19.75	5	19.73	6	18.64	7	18.82	8	17.91	9	18.14	10	18.19
		17.84 (13)		36.47 (20)		55.89 (24)		1:15.64 (26)		1:35.37 (27)		2:12.83 (27)		2:30.74 (25)		2:48.88 (25)		3:07.07 (25)	
11	18.36	12	17.89	13	18.36	14	18.23	15	18.50	16	18.87	17	18.99	18	18.86	19	18.87	20	19.65
		3:25.43 (25)		3:43.32 (23)		4:01.68 (22)		4:19.91 (21)		4:38.41 (21)		5:16.27 (21)		5:35.13 (21)		5:54.00 (21)		6:13.65 (21)	
21	19.88	22	19.91	23	19.60	24	20.39	25	20.09	26	19.60	27	19.08	28	19.82	29	18.43	17.95	
		6:33.53 (21)		6:53.44 (21)		7:13.04 (21)		7:33.43 (21)		7:53.52 (22)		8:13.12 (22)		8:32.20 (22)		8:52.02 (22)		9:10.45 (22)	
23 896 Anna Marianna JĘDRZEJCZYK										POL		19 Jul 08		9:30.57					
1	17.97	2	18.87	3	19.33	4	19.60	5	19.41	6	18.74	7	18.26	8	17.89	9	18.16	10	18.10
		17.97 (16)		36.84 (26)		56.17 (27)		1:15.77 (27)		1:35.18 (25)		2:12.18 (22)		2:30.07 (22)		2:48.23 (22)		3:06.33 (22)	
11	18.40	12	18.16	13	18.71	14	18.52	15	19.01	16	18.84	17	18.82	18	18.90	19	18.77	20	19.60
		3:24.73 (22)		3:42.89 (21)		4:01.60 (21)		4:20.12 (23)		4:39.13 (22)		5:16.79 (22)		5:35.69 (22)		5:54.46 (23)		6:14.06 (23)	
21	19.71	22	19.95	23	19.67	24	20.31	25	20.04	26	19.56	27	19.19	28	19.69	29	19.19	19.20	
		6:33.77 (23)		6:53.72 (23)		7:13.39 (23)		7:33.70 (23)		7:53.74 (23)		8:13.30 (23)		8:32.49 (23)		8:52.18 (23)		9:11.37 (23)	

RACE ANALYSIS

3000 Metres Women - Final

24		850		Rosalie TEN BRUGGENCATE								NED		23 Apr 08		9:32.51			
1	18.09	2	18.26	3	19.27	4	19.69	5	19.65	6	19.19	7	18.58	8	17.78	9	18.11	10	18.09
18.09 (18)		36.35 (19)		55.62 (22)		1:15.31 (23)		1:34.96 (23)		1:54.15 (26)		2:12.73 (26)		2:30.51 (24)		2:48.62 (24)		3:06.71 (24)	
11	18.51	12	18.31	13	18.46	14	18.05	15	21.73	16	18.83	17	19.11	18	18.64	19	19.24	20	19.88
3:25.22 (24)		3:43.53 (25)		4:01.99 (24)		4:20.04 (22)		4:41.77 (26)		5:00.60 (26)		5:19.71 (26)		5:38.35 (24)		5:57.59 (24)		6:17.47 (24)	
21	19.84	22	20.07	23	19.61	24	20.39	25	19.77	26	19.52	27	18.85	28	19.45	29	19.25	18.29	
6:37.31 (24)		6:57.38 (24)		7:16.99 (24)		7:37.38 (24)		7:57.15 (24)		8:16.67 (24)		8:35.52 (24)		8:54.97 (24)		9:14.22 (24)			
25		880		Scarlett ROBB								NZL		4 Aug 08		9:35.78			
1	18.19	2	18.51	3	19.21	4	19.47	5	19.83	6	18.94	7	18.34	8	18.44	9	18.47	10	17.93
18.19 (20)		36.70 (24)		55.91 (25)		1:15.38 (24)		1:35.21 (26)		1:54.15 (27)		2:12.49 (24)		2:30.93 (26)		2:49.40 (27)		3:07.33 (26)	
11	18.29	12	18.25	13	18.98	14	18.87	15	18.93	16	19.18	17	19.45	18	19.53	19	19.55	20	20.08
3:25.62 (26)		3:43.87 (26)		4:02.85 (26)		4:21.72 (25)		4:40.65 (23)		4:59.83 (24)		5:19.28 (24)		5:38.81 (25)		5:58.36 (25)		6:18.44 (26)	
21	19.93	22	19.86	23	19.64	24	20.01	25	20.27	26	20.42	27	18.95	28	19.67	29	19.58	19.01	
6:38.37 (26)		6:58.23 (26)		7:17.87 (26)		7:37.88 (26)		7:58.15 (26)		8:18.57 (26)		8:37.52 (25)		8:57.19 (25)		9:16.77 (25)			
26		748		Viola PAOLETTI								ITA		29 Jan 07		9:38.84			
1	18.71	2	18.10	3	19.27	4	19.22	5	19.40	6	19.19	7	18.72	8	18.54	9	18.13	10	18.33
18.71 (26)		36.81 (25)		56.08 (26)		1:15.30 (22)		1:34.70 (21)		1:53.89 (23)		2:12.61 (25)		2:31.15 (27)		2:49.28 (26)		3:07.61 (27)	
11	18.19	12	18.13	13	19.02	14	18.96	15	18.93	16	19.17	17	19.38	18	19.54	19	19.59	20	19.75
3:25.80 (27)		3:43.93 (27)		4:02.95 (27)		4:21.91 (26)		4:40.84 (24)		5:00.01 (25)		5:19.39 (25)		5:38.93 (26)		5:58.52 (26)		6:18.27 (25)	
21	19.78	22	19.82	23	19.67	24	20.29	25	20.14	26	20.42	27	19.93	28	20.63	29	20.23	19.66	
6:38.05 (25)		6:57.87 (25)		7:17.54 (25)		7:37.83 (25)		7:57.97 (25)		8:18.39 (25)		8:38.32 (26)		8:58.95 (26)		9:19.18 (26)			
27		309		Imogen BAKER								AUS		2 Mar 07		9:58.93			
1	18.37	2	17.96	3	18.67	4	19.32	5	19.42	6	18.64	7	18.40	8	17.67	9	18.56	10	18.38
18.37 (22)		36.33 (18)		55.00 (15)		1:14.32 (11)		1:33.74 (14)		1:52.38 (15)		2:10.78 (16)		2:28.45 (17)		2:47.01 (18)		3:05.39 (18)	
11	18.84	12	19.22	13	19.32	14	19.62	15	19.52	16	20.03	17	20.48	18	20.53	19	20.99	20	21.76
3:24.23 (18)		3:43.45 (24)		4:02.77 (25)		4:22.39 (27)		4:41.91 (27)		5:01.94 (27)		5:22.42 (27)		5:42.95 (27)		6:03.94 (27)		6:25.70 (27)	
21	21.22	22	21.28	23	21.40	24	22.06	25	21.69	26	21.21	27	21.12	28	21.51	29	21.18	20.56	
6:46.92 (27)		7:08.20 (27)		7:29.60 (27)		7:51.66 (27)		8:13.35 (27)		8:34.56 (27)		8:55.68 (27)		9:17.19 (27)		9:38.37 (27)			
824		Kenya CUAHUTLE								MEX		5 May 09		DNS					