



RESULTS

3000m Steeplechase Men - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record WU20R	7:58.66	Saif Saaeed SHAHEEN	KEN 19	Bruxelles (BEL)	24 Aug 2001
Championships Record CR	8:06.10	Conseslus KIPRUTO	KEN 18	Barcelona (ESP)	15 Jul 2012
World U20 Leading WU20L	8:01.61	Edmund SEREM	KEN 19	Rabat (MAR)	31 May 2026
Area U20 Record AU20R		National U20 Record NU20R		Personal Best PB	Season Best SB

9 August 2026 14:07 START TIME 30° C 29 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT	
1	1743	Bakr EL ASRI	ESP 28 Jan 07	13	8:28.35	AU20R
2	2081	Emmanuel Lemiso SOMEKI	KEN 3 Jun 08	17	8:32.81	PB
3	2078	Nicholas Kitum LOSIWARENG	KEN 17 Dec 07	14	8:38.05	
4	1764	Marti TORREGROSSA	ESP 20 Jul 07	16	8:38.13	
5	1705	Adam ČERVINKA	CZE 18 Mar 07	10	8:44.77	SB
6	1789	Basile ASTIER	FRA 24 Jan 08	15	8:48.68	
7	2054	KOGA Sota	JPN 5 Oct 07	4	8:49.72	
8	2361	Jeremiah KWEMOI	UGA 7 Apr 08	7	8:49.84	PB
9	1504	Soheib DISSA	ALG 19 Sep 07	2	8:50.63	
10	1881	Levin SAVEUR	GER 11 Sep 07	8	8:50.91	
11	1512	Zakaria TOUAHRIA	ALG 27 Feb 08	11	8:51.00	
12	2351	Mohamed Ali HAMDI	TUN 23 Apr 08	9	8:52.82	
13	2353	Mohamed Ali ZINOUBI	TUN 12 Oct 07	1	8:53.38	PB
14	2157	Ulrik Jåvøll HAGEN	NOR 25 Aug 08	3	8:58.32	
15	2116	Mahfoud BELLAL	MAR 26 Feb 07	12	9:04.54	
16	2385	Austen CARRERA	USA 28 Mar 07	5	9:05.25	
2191		Michał GAJDUS	POL 10 Jan 08	6	DNF	

INTERMEDIATE TIMES

100 m	16.15 Soheib DISSA	200 m	33.62 Soheib DISSA
300 m	50.48 Bakr EL ASRI	400 m	1:07.38 Bakr EL ASRI
500 m	1:24.96 Bakr EL ASRI	600 m	1:43.48 Bakr EL ASRI
700 m	2:01.85 Bakr EL ASRI	800 m	2:20.75 Bakr EL ASRI
900 m	2:39.02 Zakaria TOUAHRIA	1000 m	2:58.00 Zakaria TOUAHRIA
1100 m	3:16.30 Zakaria TOUAHRIA	1200 m	3:34.77 Bakr EL ASRI
1300 m	3:52.69 Emmanuel Lemiso SOMEKI	1400 m	4:10.25 Emmanuel Lemiso SOMEKI
1500 m	4:25.96 Emmanuel Lemiso SOMEKI	1600 m	4:41.81 Emmanuel Lemiso SOMEKI
1700 m	4:57.70 Emmanuel Lemiso SOMEKI	1800 m	5:13.60 Emmanuel Lemiso SOMEKI
1900 m	5:29.60 Emmanuel Lemiso SOMEKI	2000 m	5:46.29 Emmanuel Lemiso SOMEKI
2100 m	6:03.22 Emmanuel Lemiso SOMEKI	2200 m	6:19.42 Emmanuel Lemiso SOMEKI
2300 m	6:36.31 Emmanuel Lemiso SOMEKI	2400 m	6:52.80 Emmanuel Lemiso SOMEKI
2500 m	7:09.66 Emmanuel Lemiso SOMEKI	2600 m	7:26.02 Bakr EL ASRI
2700 m	7:41.38 Bakr EL ASRI	2800 m	7:57.06 Bakr EL ASRI
2900 m	8:12.67 Bakr EL ASRI		

RESULTS

3000m Steeplechase Men - Final

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
7:58.66	Saif Saaed SHAHEEN (KEN)	Bruxelles (BEL)	24 Aug 01	8:01.61	Edmund SEREM (KEN)	Rabat (MAR)	31 May
8:01.16	Conseslus KIPRUTO (KEN)	Shanghai (CHN)	18 May 13	8:22.91	Hailu AYALEW (ETH)	Bruxelles (BEL)	24 May
8:01.36	Lamecha GIRMA (ETH)	Doha (QAT)	4 Oct 19	8:23.59	Eisa GIRMA (ETH)	Bruxelles (BEL)	24 May
8:01.61	Edmund SEREM (KEN)	Rabat (MAR)	31 May 26	8:24.40	Bakr EL ASRI (ESP)	Wien (AUT)	20 Jun
8:03.74	Raymond Kipkorir YATOR (KEN)	Monaco (MON)	18 Aug 00	8:24.93	Isa ABDO (ETH)	Oordegem (BEL)	1 Aug
8:05.21	Getnet WALE (ETH)	Doha (QAT)	4 Oct 19	8:29.64	Ezekiel PIITRENG (KEN)	Raleigh, NC (USA)	26 Mar
8:05.52	Brimin Kiprop KIPRUTO (KEN)	Hengelo (NED)	31 May 04	8:32.81	Emmanuel Lemiso SOMEKI (KEN)	Oregon	9 Aug
8:06.96	Gilbert KIRUI (KEN)	London (GBR)	27 Jul 13	8:35.33	Jemal JEWARO (ETH)	Addis Ababa (ETH)	18 Apr
8:07.18	Musa Amer OBAID (QAT)	Athina (GRE)	24 Aug 04	8:35.43	Marti TORREGROSSA (ESP)	Barcelona (ESP)	7 Jul
8:07.69	Paul Malakwen KOSGEI (KEN)	Stockholm (SWE)	7 Jul 97	8:37.98	Nicholas Kitum LOSIWARENG (KEN)	Nairobi (KEN)	23 May