

# RACE ANALYSIS



## 3000 Metres Women - Final

19 August 2021 17:40 START TIME 17° C 87 %  
TEMPERATURE HUMIDITY

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 1749 Teresiah Muthoni GATERI KEN 5 Jan 02 8:57.78**

1	19.77	2	18.70	3	18.63	4	18.79	5	18.70	6	18.68	7	18.68	8	18.83	9	19.27	10	18.94
	19.77 (2)		38.47 (2)		57.10 (2)		1:15.89 (2)		1:34.59 (2)		1:53.27 (2)		2:11.95 (2)		2:30.78 (2)		2:50.05 (2)		3:08.99 (2)
11	18.13	12	18.14	13	19.27	14	17.93	15	18.18	16	17.88	17	17.89	18	17.66	19	17.80	20	17.93
	<b>3:27.12</b> (1)		3:45.26 (2)		4:04.53 (3)		<b>4:22.46</b> (1)		<b>4:40.64</b> (1)		4:58.52 (2)		5:16.41 (2)		5:34.07 (2)		<b>5:51.87</b> (1)		6:09.80 (2)
21	18.05	22	17.56	23	18.02	24	17.86	25	17.93	26	17.24	27	15.62	28	15.09	29	15.09		15.52
	6:27.85 (2)		6:45.41 (2)		<b>7:03.43</b> (1)		<b>7:21.29</b> (1)		7:39.22 (2)		<b>7:56.46</b> (1)		<b>8:12.08</b> (1)		<b>8:27.17</b> (1)		<b>8:42.26</b> (1)		

**2 1756 Zenah Jemutai YEGO KEN 2 Dec 02 8:59.59**

1	19.81	2	18.93	3	18.65	4	18.72	5	18.78	6	18.61	7	18.71	8	18.79	9	19.33	10	18.85
	19.81 (3)		38.74 (5)		57.39 (5)		1:16.11 (5)		1:34.89 (5)		1:53.50 (5)		2:12.21 (5)		2:31.00 (5)		2:50.33 (5)		3:09.18 (4)
11	18.25	12	17.80	13	19.06	14	18.18	15	18.19	16	17.86	17	17.88	18	17.58	19	17.93	20	17.86
	3:27.43 (4)		<b>3:45.23</b> (1)		<b>4:04.29</b> (1)		4:22.47 (2)		4:40.66 (2)		<b>4:58.52</b> (1)		<b>5:16.40</b> (1)		<b>5:33.98</b> (1)		5:51.91 (2)		<b>6:09.77</b> (1)
21	18.03	22	17.57	23	18.09	24	17.84	25	17.89	26	17.34	27	15.78	28	15.06	29	15.85		16.37
	6:27.80 (1)		<b>6:45.37</b> (1)		7:03.46 (2)		7:21.30 (2)		<b>7:39.19</b> (1)		7:56.53 (2)		8:12.31 (3)		8:27.37 (2)		8:43.22 (2)		

**3 1628 Melknat WUDU ETH 3 Jan 05 9:00.12 PB**

1	19.95	2	18.64	3	18.64	4	18.79	5	18.75	6	18.61	7	18.68	8	18.87	9	19.27	10	18.89
	19.95 (6)		38.59 (3)		57.23 (3)		1:16.02 (4)		1:34.77 (3)		1:53.38 (4)		2:12.06 (3)		2:30.93 (3)		2:50.20 (3)		3:09.09 (3)
11	18.10	12	18.21	13	18.98	14	18.22	15	18.27	16	17.82	17	17.90	18	17.65	19	17.78	20	18.01
	3:27.19 (2)		3:45.40 (3)		4:04.38 (2)		4:22.60 (3)		4:40.87 (3)		4:58.69 (3)		5:16.59 (4)		5:34.24 (4)		5:52.02 (3)		6:10.03 (3)
21	17.96	22	17.52	23	18.15	24	17.80	25	17.89	26	17.27	27	15.56	28	15.30	29	15.95		16.69
	6:27.99 (4)		6:45.51 (3)		7:03.66 (4)		7:21.46 (3)		7:39.35 (4)		7:56.62 (3)		8:12.18 (2)		8:27.48 (3)		8:43.43 (3)		

**4 1908 Prisca CHESANG UGA 7 Aug 03 9:03.44 PB**

1	19.54	2	18.81	3	18.66	4	18.79	5	18.73	6	18.65	7	18.67	8	18.87	9	19.29	10	18.90
	<b>19.54</b> (1)		<b>38.35</b> (1)		<b>57.01</b> (1)		<b>1:15.80</b> (1)		<b>1:34.53</b> (1)		<b>1:53.18</b> (1)		<b>2:11.85</b> (1)		<b>2:30.72</b> (1)		<b>2:50.01</b> (1)		<b>3:08.91</b> (1)
11	18.40	12	18.22	13	19.14	14	18.08	15	18.14	16	17.92	17	17.61	18	17.71	19	17.92	20	17.99
	3:27.31 (3)		3:45.53 (4)		4:04.67 (4)		4:22.75 (4)		4:40.89 (4)		4:58.81 (4)		5:16.42 (3)		5:34.13 (3)		5:52.05 (4)		6:10.04 (4)
21	17.91	22	17.72	23	17.98	24	17.90	25	17.77	26	17.41	27	16.08	28	16.48	29	16.66		17.49
	6:27.95 (3)		6:45.67 (4)		7:03.65 (3)		7:21.55 (4)		7:39.32 (3)		7:56.73 (4)		8:12.81 (4)		8:29.29 (4)		8:45.95 (4)		

**5 1646 Ilona MONONEN FIN 18 Dec 03 9:30.63**

1	20.53	2	18.93	3	18.52	4	18.48	5	19.16	6	18.74	7	19.19	8	19.09	9	19.31	10	19.45
	20.53 (8)		39.46 (8)		57.98 (8)		1:16.46 (8)		1:35.62 (8)		1:54.36 (8)		2:13.55 (8)		2:32.64 (7)		2:51.95 (7)		3:11.40 (7)
11	19.01	12	18.73	13	18.74	14	18.69	15	18.97	16	18.74	17	18.99	18	19.44	19	19.02	20	19.12
	3:30.41 (7)		3:49.14 (8)		4:07.88 (8)		4:26.57 (6)		4:45.54 (6)		5:04.28 (6)		5:23.27 (6)		5:42.71 (5)		6:01.73 (5)		6:20.85 (5)
21	18.40	22	19.14	23	18.79	24	19.09	25	19.33	26	19.47	27	19.13	28	19.08	29	18.91		18.44
	6:39.25 (5)		6:58.39 (5)		7:17.18 (5)		7:36.27 (5)		7:55.60 (5)		8:15.07 (5)		8:34.20 (5)		8:53.28 (5)		9:12.19 (5)		

**6 1757 Agate CAUNE LAT 7 Aug 04 9:45.26**

1	20.56	2	19.00	3	18.67	4	18.58	5	19.21	6	18.60	7	19.06	8	19.27	9	19.13	10	19.44
	20.56 (9)		39.56 (9)		58.23 (10)		1:16.81 (10)		1:36.02 (10)		1:54.62 (10)		2:13.68 (9)		2:32.95 (9)		2:52.08 (8)		3:11.52 (8)
11	18.89	12	18.65	13	18.66	14	18.95	15	19.05	16	18.78	17	19.13	18	19.18	19	19.35	20	19.51
	3:30.41 (8)		3:49.06 (7)		4:07.72 (7)		4:26.67 (7)		4:45.72 (7)		5:04.50 (7)		5:23.63 (7)		5:42.81 (6)		6:02.16 (7)		6:21.67 (7)
21	19.70	22	20.19	23	20.24	24	20.45	25	20.83	26	20.83	27	20.37	28	20.80	29	20.73		19.45
	6:41.37 (7)		7:01.56 (6)		7:21.80 (6)		7:42.25 (6)		8:03.08 (6)		8:23.91 (6)		8:44.28 (6)		9:05.08 (6)		9:25.81 (6)		

**7 1601 Semhar MEKONEN ERI 29 Dec 05 9:46.35**

1	19.92	2	18.70	3	18.62	4	18.75	5	18.80	6	18.59	7	18.71	8	18.88	9	19.24	10	19.02
	19.92 (4)		38.62 (4)		57.24 (4)		1:15.99 (3)		1:34.79 (4)		1:53.38 (3)		2:12.09 (4)		2:30.97 (4)		2:50.21 (4)		3:09.23 (5)
11	18.73	12	19.33	13	19.89	14	20.08	15	20.15	16	20.43	17	20.80	18	20.46	19	20.35	20	20.46
	3:27.96 (6)		3:47.29 (6)		4:07.18 (6)		4:27.26 (8)		4:47.41 (8)		5:07.84 (8)		5:28.64 (8)		5:49.10 (8)		6:09.45 (8)		6:29.91 (8)
21	20.51	22	20.43	23	20.29	24	20.28	25	20.56	26	20.23	27	19.35	28	18.61	29	18.60		17.58
	6:50.42 (8)		7:10.85 (8)		7:31.14 (8)		7:51.42 (8)		8:11.98 (8)		8:32.21 (8)		8:51.56 (8)		9:10.17 (7)		9:28.77 (7)		



RACE ANALYSIS  
3000 Metres Women - Final

8 1847 Naledi MAKGATHA										RSA	14 Mar 05	9:55.08							
1	20.08	2	18.84	3	18.64	4	18.70	5	18.90	6	18.66	7	18.54	8	18.78	9	19.43	10	18.95
	20.08 (7)		38.92 (7)		57.56 (7)		1:16.26 (6)		1:35.16 (6)		1:53.82 (6)		2:12.36 (6)		2:31.14 (6)		2:50.57 (6)		3:09.52 (6)
11	18.39	12	18.78	13	19.26	14	19.18	15	19.33	16	19.02	17	19.73	18	19.74	19	19.12	20	19.23
	3:27.91 (5)		3:46.69 (5)		4:05.95 (5)		4:25.13 (5)		4:44.46 (5)		5:03.48 (5)		5:23.21 (5)		5:42.95 (7)		6:02.07 (6)		6:21.30 (6)
21	19.79	22	21.27	23	21.40	24	21.95	25	22.65	26	22.27	27	20.68	28	20.93	29	21.59		21.25
	6:41.09 (6)		7:02.36 (7)		7:23.76 (7)		7:45.71 (7)		8:08.36 (7)		8:30.63 (7)		8:51.31 (7)		9:12.24 (8)		9:33.83 (8)		

  

9 1806 Olimpia BREZA										POL	14 Feb 02	10:16.03							
1	20.70	2	19.07	3	18.35	4	18.60	5	19.13	6	18.71	7	19.24	8	19.15	9	19.30	10	19.55
	20.70 (10)		39.77 (10)		58.12 (9)		1:16.72 (9)		1:35.85 (9)		1:54.56 (9)		2:13.80 (10)		2:32.95 (10)		2:52.25 (9)		3:11.80 (9)
11	19.02	12	19.15	13	19.54	14	20.31	15	20.68	16	21.07	17	21.15	18	21.52	19	21.52	20	21.74
	3:30.82 (9)		3:49.97 (9)		4:09.51 (9)		4:29.82 (9)		4:50.50 (9)		5:11.57 (9)		5:32.72 (9)		5:54.24 (9)		6:15.76 (9)		6:37.50 (9)
21	21.85	22	22.61	23	22.16	24	22.61	25	21.66	26	22.02	27	21.90	28	21.48	29	21.16		21.08
	6:59.35 (9)		7:21.96 (9)		7:44.12 (9)		8:06.73 (9)		8:28.39 (9)		8:50.41 (9)		9:12.31 (9)		9:33.79 (9)		9:54.95 (9)		

  

10 1530 Jeanine KEZIMANA										BDI	7 Jul 05	10:33.47							
1	19.94	2	18.83	3	18.78	4	18.83	5	19.01	6	18.84	7	19.23	8	19.34	9	20.69	10	21.53
	19.94 (5)		38.77 (6)		57.55 (6)		1:16.38 (7)		1:35.39 (7)		1:54.23 (7)		2:13.46 (7)		2:32.80 (8)		2:53.49 (10)		3:15.02 (10)
11	21.37	12	21.48	13	22.11	14	22.27	15	23.21	16	22.31	17	22.00	18	21.54	19	22.95	20	22.16
	3:36.39 (10)		3:57.87 (10)		4:19.98 (10)		4:42.25 (10)		5:05.46 (10)		5:27.77 (10)		5:49.77 (10)		6:11.31 (10)		6:34.26 (10)		6:56.42 (10)
21	22.59	22	21.84	23	22.29	24	22.22	25	22.51	26	23.07	27	20.86	28	21.61	29	21.20		18.86
	7:19.01 (10)		7:40.85 (10)		8:03.14 (10)		8:25.36 (10)		8:47.87 (10)		9:10.94 (10)		9:31.80 (10)		9:53.41 (10)		10:14.61 (10)		