

RACE ANALYSIS



3000 Metres Women - Final

18 March 2022 20:25 START TIME

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		

1 188 Lemlem HAILU										ETH 25 May 01										8:41.82 SB																			
1	17.68	2	18.67	3	18.00	4	17.81	5	18.75	6	18.93	7	19.39	8	19.15	9	17.43	10	17.91	11	17.68 (18)	12	36.35 (19)	13	54.35 (17)	14	1:12.16 (9)	15	1:30.91 (8)	16	1:49.84 (6)	17	2:09.23 (8)	18	2:28.38 (9)	19	2:45.81 (4)	20	3:03.72 (4)
11	18.68	12	18.06	13	18.05	14	17.46	15	17.47	16	16.82	17	17.62	18	17.09	19	17.33	20	17.29	21	3:22.40 (5)	22	3:40.46 (6)	23	3:58.51 (12)	24	4:15.97 (4)	25	4:33.44 (5)	26	4:50.26 (3)	27	5:07.88 (6)	28	5:24.97 (4)	29	5:42.30 (4)	30	5:59.59 (7)
21	17.31	22	17.30	23	17.02	24	16.70	25	16.46	26	16.77	27	15.91	28	15.13	29	14.74		14.89	6:16.90 (3)	6:34.20 (4)	6:51.22 (3)	7:07.92 (1)	7:24.38 (1)	7:41.15 (1)	7:57.06 (1)	8:12.19 (1)	8:26.93 (1)											

2 399 Elinor PURRIER ST. PIERRE										USA 20 Feb 95										8:42.04																			
1	16.55	2	18.01	3	18.15	4	18.68	5	19.00	6	19.06	7	19.14	8	19.35	9	18.08	10	17.99	11	18.56	12	17.96	13	17.52	14	18.10	15	17.11	16	17.24	17	16.98	18	17.35	19	17.31	20	17.34
21	17.45	22	17.23	23	17.10	24	16.92	25	16.61	26	16.51	27	15.95	28	15.35	29	14.41		15.03	3:22.57 (7)	3:40.53 (8)	3:58.05 (7)	4:16.15 (7)	4:33.26 (3)	4:50.50 (5)	5:07.48 (3)	5:24.83 (3)	5:42.14 (3)	5:59.48 (6)										
6:16.90 (4)	6:34.16 (4)	6:51.22 (4)	7:08.18 (4)	7:24.79 (5)	7:41.30 (3)	7:57.25 (3)	8:12.60 (5)	8:27.01 (2)																															

3 191 Ejgayehu TAYE										ETH 10 Feb 00										8:42.23																			
1	17.27	2	17.65	3	18.27	4	18.66	5	18.97	6	19.12	7	19.29	8	18.90	9	17.53	10	17.95	11	18.57	12	17.78	13	17.65	14	18.18	15	17.30	16	16.79	17	17.36	18	17.39	19	17.31	20	17.15
21	17.52	22	17.20	23	17.09	24	17.16	25	16.43	26	16.75	27	15.94	28	15.40	29	14.62		15.03	3:22.18 (2)	3:39.96 (1)	3:57.61 (2)	4:15.79 (2)	4:33.09 (1)	4:49.88 (1)	5:07.24 (1)	5:24.63 (1)	5:41.94 (1)	5:59.09 (1)										
6:16.61 (1)	6:33.81 (1)	6:50.90 (1)	7:08.06 (2)	7:24.49 (2)	7:41.24 (2)	7:57.18 (2)	8:12.58 (4)	8:27.20 (3)																															

4 136 Gabriela DEBUES-STAFFORD										CAN 13 Sep 95										8:42.89																			
1	16.62	2	17.69	3	18.15	4	18.76	5	18.96	6	19.08	7	19.21	8	19.24	9	18.17	10	18.02	11	18.44	12	17.93	13	17.66	14	18.30	15	17.44	16	17.09	17	17.02	18	17.49	19	17.35	20	17.13
21	17.42	22	17.27	23	17.02	24	16.93	25	16.23	26	16.81	27	16.01	28	15.11	29	14.95		15.39	3:22.34 (4)	3:40.27 (4)	3:57.93 (6)	4:16.23 (8)	4:33.67 (7)	4:50.76 (8)	5:07.78 (5)	5:25.27 (6)	5:42.62 (6)	5:59.75 (11)										
6:17.17 (6)	6:34.44 (6)	6:51.46 (6)	7:08.39 (6)	7:24.62 (4)	7:41.43 (4)	7:57.44 (5)	8:12.55 (3)	8:27.50 (5)																															

5 190 Dawit SEYAUM										ETH 27 Jul 96										8:44.55																			
1	16.74	2	18.00	3	18.17	4	18.59	5	19.03	6	19.02	7	19.22	8	19.20	9	17.44	10	17.90	11	18.68	12	18.16	13	17.64	14	18.19	15	17.29	16	17.09	17	17.28	18	17.49	19	17.24	20	17.31
21	17.39	22	17.27	23	17.03	24	16.72	25	16.53	26	16.95	27	15.78	28	14.93	29	15.09		17.18	3:21.99 (1)	3:40.15 (3)	3:57.79 (4)	4:15.98 (5)	4:33.27 (4)	4:50.36 (4)	5:07.64 (4)	5:25.13 (5)	5:42.37 (5)	5:59.68 (10)										
6:17.07 (5)	6:34.34 (5)	6:51.37 (5)	7:08.09 (3)	7:24.62 (3)	7:41.57 (5)	7:57.35 (4)	8:12.28 (2)	8:27.37 (4)																															

6 105 Jessica HULL										AUS 22 Oct 96										8:44.97																			
1	17.57	2	17.93	3	18.06	4	18.73	5	18.94	6	18.93	7	18.98	8	19.36	9	17.70	10	17.98	11	18.64	12	17.87	13	17.22	14	18.19	15	17.60	16	17.06	17	17.32	18	17.35	19	17.28	20	17.32
21	17.46	22	17.19	23	17.13	24	16.98	25	16.42	26	16.58	27	16.42	28	15.95	29	15.34		15.47	3:22.82 (11)	3:40.69 (11)	3:57.91 (5)	4:16.10 (6)	4:33.70 (8)	4:50.76 (7)	5:08.08 (8)	5:25.43 (8)	5:42.71 (8)	6:00.03 (13)										
6:17.49 (8)	6:34.68 (8)	6:51.81 (8)	7:08.79 (9)	7:25.21 (8)	7:41.79 (8)	7:58.21 (7)	8:14.16 (6)	8:29.50 (6)																															

7 393 Alicia MONSON										USA 13 May 98										8:46.39																			
1	17.41	2	17.83	3	18.08	4	18.69	5	19.03	6	18.97	7	18.93	8	19.33	9	17.58	10	18.17	11	18.54	12	17.91	13	17.27	14	18.16	15	17.66	16	17.03	17	17.33	18	17.36	19	17.37	20	17.23
21	17.48	22	17.18	23	17.03	24	16.99	25	16.90	26	16.30	27	16.50	28	16.33	29	16.34		15.46	3:22.56 (6)	3:40.47 (7)	3:57.74 (3)	4:15.90 (3)	4:33.56 (6)	4:50.59 (6)	5:07.92 (7)	5:25.28 (7)	5:42.65 (7)	5:59.88 (12)										
6:17.36 (7)	6:34.54 (7)	6:51.57 (7)	7:08.56 (7)	7:25.46 (9)	7:41.76 (7)	7:58.26 (8)	8:14.59 (9)	8:30.93 (9)																															



RACE ANALYSIS

3000 Metres Women - Final

8 169 Rahel DANIEL										ERI	16 Nov 01	8:46.53	NIR																										
1	17.30	2	18.60	3	18.14	4	18.69	5	18.99	6	19.19	7	19.50	8	19.13	9	17.58	10	17.92	11	17.30 (12)	12	35.90 (14)	13	54.04 (14)	14	1:12.73 (14)	15	1:31.72 (18)	16	1:50.91 (19)	17	2:10.41 (19)	18	2:29.54 (19)	19	2:47.12 (18)	20	3:05.04 (15)
11	18.08	12	17.93	13	17.79	14	17.84	15	19.48	16	15.32	17	17.04	18	17.42	19	17.45	20	17.31	21	3:23.12 (15)	22	3:41.05 (14)	23	3:58.84 (14)	24	4:16.68 (13)	25	4:36.16 (19)	26	4:51.48 (12)	27	5:08.52 (12)	28	5:25.94 (12)	29	5:43.39 (12)	30	6:00.70 (17)
21	17.20	22	16.96	23	17.01	24	16.87	25	16.46	26	16.92	27	16.23	28	15.92	29	15.79		16.47	31	6:17.90 (12)	32	6:34.86 (9)	33	6:51.87 (9)	34	7:08.74 (8)	35	7:25.20 (7)	36	7:42.12 (9)	37	7:58.35 (9)	38	8:14.27 (7)	39	8:30.06 (7)		

9 296 Laura GALVÁN										MEX	5 Oct 91	8:46.65																											
1	18.13	2	18.09	3	18.36	4	18.68	5	18.57	6	18.95	7	19.31	8	19.12	9	17.93	10	18.24	11	18.13 (20)	12	36.22 (18)	13	54.58 (19)	14	1:13.26 (19)	15	1:31.83 (19)	16	1:50.78 (18)	17	2:10.09 (18)	18	2:29.21 (18)	19	2:47.14 (19)	20	3:05.38 (19)
21	17.71	22	17.24	23	18.29	24	16.07	25	16.22	26	16.82	27	16.52	28	16.08	29	16.67		14.58	31	3:22.62 (9)	32	3:40.29 (5)	33	3:58.07 (8)	34	4:16.44 (11)	35	4:34.11 (12)	36	4:51.61 (13)	37	5:10.13 (17)	38	5:26.09 (13)	39	5:43.64 (13)	40	6:00.45 (14)
21	17.71	22	17.24	23	18.29	24	16.07	25	16.22	26	16.82	27	16.52	28	16.08	29	16.67		14.58	41	6:18.16 (13)	42	6:35.40 (13)	43	6:53.69 (15)	44	7:09.76 (13)	45	7:25.98 (11)	46	7:42.80 (10)	47	7:59.32 (10)	48	8:15.40 (10)	49	8:32.07 (10)		

10 283 Beatrice CHEBET										KEN	5 Mar 00	8:47.50																											
1	16.44	2	18.02	3	18.15	4	18.71	5	18.99	6	19.07	7	19.19	8	19.33	9	17.88	10	17.81	11	16.44 (1)	12	34.46 (2)	13	52.61 (2)	14	1:11.32 (2)	15	1:30.31 (2)	16	1:49.38 (2)	17	2:08.57 (2)	18	2:27.90 (2)	19	2:45.78 (3)	20	3:03.59 (2)
21	18.68	22	17.86	23	17.33	24	18.23	25	17.50	26	16.97	27	17.31	28	17.33	29	17.26	30	17.30	21	3:22.27 (3)	22	3:40.13 (2)	23	3:57.46 (1)	24	4:15.69 (1)	25	4:33.19 (2)	26	4:50.16 (2)	27	5:07.47 (2)	28	5:24.80 (2)	29	5:42.06 (2)	30	5:59.36 (5)
21	17.41	22	17.27	23	17.06	24	17.16	25	16.56	26	16.81	27	16.46	28	16.32	29	16.43		16.66	31	6:17.72 (2)	32	6:34.04 (2)	33	6:51.10 (2)	34	7:08.26 (5)	35	7:24.82 (6)	36	7:41.63 (6)	37	7:58.09 (6)	38	8:14.41 (8)	39	8:30.84 (8)		

11 225 Hanna KLEIN										GER	6 Apr 93	8:48.73																											
1	17.17	2	18.61	3	18.24	4	18.92	5	18.77	6	18.89	7	19.24	8	19.10	9	17.44	10	18.06	11	17.17 (9)	12	35.78 (13)	13	54.02 (13)	14	1:12.94 (16)	15	1:31.71 (17)	16	1:50.60 (16)	17	2:09.84 (15)	18	2:28.94 (15)	19	2:46.38 (12)	20	3:04.44 (11)
21	18.34	22	18.09	23	17.54	24	18.16	25	17.34	26	17.35	27	17.15	28	17.31	29	17.24	30	17.49	21	3:22.78 (10)	22	3:40.87 (12)	23	3:58.41 (11)	24	4:16.57 (12)	25	4:33.91 (11)	26	4:51.26 (11)	27	5:08.41 (11)	28	5:25.72 (11)	29	5:42.96 (10)	30	6:00.45 (14)
21	17.33	22	17.09	23	17.34	24	16.79	25	16.92	26	17.01	27	16.95	28	16.45	29	16.14		16.26	31	6:17.78 (9)	32	6:34.87 (10)	33	6:52.21 (10)	34	7:09.00 (10)	35	7:25.92 (10)	36	7:42.93 (11)	37	7:59.88 (11)	38	8:16.33 (11)	39	8:32.47 (11)		

12 254 Selamawit TEFERI										ISR	24 Mar 94	8:50.91																											
1	16.89	2	18.02	3	18.18	4	18.65	5	18.99	6	19.02	7	19.27	8	19.16	9	18.08	10	18.12	11	16.89 (5)	12	34.91 (5)	13	53.09 (5)	14	1:11.74 (5)	15	1:30.73 (5)	16	1:49.75 (5)	17	2:09.02 (6)	18	2:28.18 (6)	19	2:46.26 (10)	20	3:04.38 (10)
21	18.65	22	17.62	23	17.58	24	18.13	25	17.48	26	17.21	27	17.19	28	17.37	29	17.22	30	16.76	21	3:23.03 (14)	22	3:40.65 (9)	23	3:58.23 (9)	24	4:16.36 (10)	25	4:33.84 (10)	26	4:51.05 (10)	27	5:08.24 (10)	28	5:25.61 (10)	29	5:42.83 (9)	30	5:59.59 (7)
21	18.27	22	17.16	23	17.43	24	16.91	25	16.98	26	16.93	27	16.93	28	16.92	29	17.11		16.68	31	6:17.86 (10)	32	6:35.02 (11)	33	6:52.45 (12)	34	7:09.36 (11)	35	7:26.34 (12)	36	7:43.27 (12)	37	8:00.20 (12)	38	8:17.12 (12)	39	8:34.23 (12)		

13 100 Luiza GEGA										ALB	5 Nov 88	8:53.14																											
1	17.37	2	18.17	3	18.64	4	18.89	5	18.44	6	18.92	7	19.21	8	19.15	9	17.80	10	17.97	11	17.37 (13)	12	35.54 (11)	13	54.18 (15)	14	1:13.07 (18)	15	1:31.51 (14)	16	1:50.43 (14)	17	2:09.64 (14)	18	2:28.79 (14)	19	2:46.59 (15)	20	3:04.56 (12)
21	18.35	22	18.22	23	17.79	24	17.89	25	17.91	26	17.36	27	17.11	28	17.48	29	17.04	30	17.35	21	3:22.91 (12)	22	3:41.13 (15)	23	3:58.92 (15)	24	4:16.81 (15)	25	4:34.72 (14)	26	4:52.08 (14)	27	5:09.19 (13)	28	5:26.67 (14)	29	5:43.71 (14)	30	6:01.06 (18)
21	20.17	22	14.73	23	17.35	24	16.90	25	17.52	26	17.43	27	17.37	28	17.34	29	16.88		16.39	31	6:21.23 (18)	32	6:35.96 (14)	33	6:53.31 (14)	34	7:10.21 (14)	35	7:27.73 (14)	36	7:45.16 (14)	37	8:02.53 (14)	38	8:19.87 (13)	39	8:36.75 (13)		

14 284 Edinah JEBITOK										KEN	10 Nov 01	8:53.25																											
1	17.61	2	18.50	3	17.66	4	18.65	5	18.90	6	18.95	7	19.15	8	19.19	9	17.40	10	17.92	11	17.61 (17)	12	36.11 (17)	13	53.77 (12)	14	1:12.42 (12)	15	1:31.32 (12)	16	1:50.27 (11)	17	2:09.42 (10)	18	2:28.61 (12)	19	2:46.01 (7)	20	3:03.93 (6)
21	18.65	22	18.09	23	17.62	24	17.94	25	17.60	26	17.09	27	17.24	28	17.37	29	17.61	30	17.92	21	3:22.58 (8)	22	3:40.67 (10)	23	3:58.29 (10)	24	4:16.23 (9)	25	4:33.83 (9)	26	4:50.92 (9)	27	5:08.16 (9)	28	5:25.53 (9)	29	5:43.14 (11)	30	6:01.06 (18)
21	16.82	22	17.32	23	17.34	24	17.07	25	17.31	26	17.34	27	17.97	28	18.05	29	17.30		15.67	31	6:17.88 (11)	32	6:35.20 (12)	33	6:52.54 (13)	34	7:09.61 (12)	35	7:26.92 (13)	36	7:44.26 (13)	37	8:02.23 (13)	38	8:20.28 (15)	39	8:37.58 (15)		

15 209 Amy-Eloise MARKOVIC										GBR	5 Aug 95	8:53.57																											
1	17.43	2	18.67	3	18.40	4	18.47	5	18.35	6	19.04	7	19.27	8	19.07	9	17.87	10	18.65	11	17.43 (15)	12	36.10 (16)	13	54.50 (18)	14	1:12.97 (17)	15	1:31.32 (13)	16	1:50.36 (13)	17	2:09.63 (13)	18	2:28.70 (13)	19	2:46.57 (14)	20	3:05.22 (18)
21	18.96	22	17.42	23	17.96	24	17.88	25	17.92	26	17.74	27	16.91	28	17.37	29	17.24	30	16.44	21	3:24.18 (19)	22	3:41.60 (19)	23	3:59.56 (19)	24	4:17.44 (19)	25	4:35.36 (18)	26	4:53.10 (20)	27	5:10.01 (16)	28	5:27.38 (17)	29	5:44.62 (17)	30	6:01.06 (18)
21	18.30	22	17.20	23	17.37	24	17.28	25	17.43	26	17.16	27	17.06	28	17.29	29	16.76		16.66	31	6:19.36 (15)	32	6:36.56 (15)	33	6:53.93 (16)	34	7:11.21 (15)	35	7:28.64 (15)	36	7:45.80 (15)	37	8:02.86 (15)	38	8:20.15 (14)	39	8:36.91 (14)		

16 181 Marta PÉREZ										ESP	19 Apr 93	8:57.81																											
1	17.23	2	18.71	3	18.36	4	18.45	5	18.89	6	19.06	7	19.27	8	19.09	9	17.84	10	18.16	11	17.23 (10)	12	35.94 (15)	13	54.30 (16)	14	1:12.75 (15)	15	1:31.64 (16)	16	1:50.70 (17)	17	2:09.97 (17)	18	2:29.06 (17)	19	2:46.90 (16)	20	3:05.06 (16)
21	18.08	22	18.24	23	17.73	24	17.92	25	17.91	26	17.62	27	17.27	28	17.32	29	17.34	30	14.60	21	3:23.14 (16)	22	3:41.38 (17)	23	3:59.11 (16)	24	4:17.03 (16)	25	4:34.94 (15)	26	4:52.56 (15)	27	5:09.83 (15)	28	5:27.15 (16)	29	5:44.49 (16)	30	5:59.09 (1)
21	20.31	22	17.43	23	17.56	24	17.39	25	17.38	26	17.53	27	17.70	28	17.58	29	17.80		18.04	31	6:19.40 (16)	32	6:36.83 (16)	33	6:54.39 (17)	34	7:11.78 (16)	35	7:29.16 (16)	36	7:46.69 (16)	37	8:04.39 (16)	38	8:21.97 (16)	39	8:39.77 (16)		

RACE ANALYSIS
3000 Metres Women - Final

17 360 Meraf BAHTA										SWE		24 Jun 89		8:58.68					
1	17.03	2	18.52	3	18.20	4	18.79	5	18.97	6	18.97	7	19.45	8	19.02	9	18.13	10	17.99
	17.03 (7)		35.55 (12)		53.75 (11)		1:12.54 (13)		1:31.51 (15)		1:50.48 (15)		2:09.93 (16)		2:28.95 (16)		2:47.08 (17)		3:05.07 (17)
11	18.33	12	18.12	13	17.96	14	17.75	15	17.85	16	17.51	17	17.02	18	17.15	19	17.64	20	14.69
	3:23.40 (18)		3:41.52 (18)		3:59.48 (18)		4:17.23 (17)		4:35.08 (16)		4:52.59 (16)		5:09.61 (14)		5:26.76 (15)		5:44.40 (15)		5:59.09 (1)
21	20.17	22	17.80	23	17.72	24	17.52	25	18.00	26	17.67	27	17.98	28	17.87	29	17.61		17.25
	6:19.26 (14)		6:37.06 (17)		6:54.78 (18)		7:12.30 (17)		7:30.30 (17)		7:47.97 (17)		8:05.95 (17)		8:23.82 (17)		8:41.43 (17)		

18 143 Julie-Anne STAEHLI										CAN		21 Dec 93		8:58.73					
1	16.93	2	18.12	3	18.18	4	18.71	5	18.93	6	19.17	7	19.43	8	18.87	9	17.97	10	18.38
	16.93 (6)		35.05 (7)		53.23 (7)		1:11.94 (7)		1:30.87 (7)		1:50.04 (9)		2:09.47 (11)		2:28.34 (8)		2:46.31 (11)		3:04.69 (14)
11	18.68	12	17.97	13	18.09	14	17.81	15	17.89	16	17.92	17	17.51	18	17.26	19	17.67	20	14.96
	3:23.37 (17)		3:41.34 (16)		3:59.43 (17)		4:17.24 (18)		4:35.13 (17)		4:53.05 (19)		5:10.56 (18)		5:27.82 (18)		5:45.49 (18)		6:00.45 (14)
21	19.74	22	17.56	23	17.60	24	17.81	25	17.97	26	17.96	27	18.05	28	17.60	29	17.25		16.74
	6:20.19 (17)		6:37.75 (18)		6:55.35 (19)		7:13.16 (18)		7:31.13 (18)		7:49.09 (18)		8:07.14 (18)		8:24.74 (18)		8:41.99 (18)		

19 107 Lauren RYAN										AUS		15 Mar 98		9:13.93					
1	17.13	2	18.30	3	18.20	4	18.55	5	18.96	6	19.13	7	19.28	8	19.03	9	17.82	10	18.17
	17.13 (8)		35.43 (9)		53.63 (10)		1:12.18 (10)		1:31.14 (10)		1:50.27 (12)		2:09.55 (12)		2:28.58 (11)		2:46.40 (13)		3:04.57 (13)
11	18.44	12	17.97	13	17.82	14	17.91	15	17.84	16	18.07	17	17.94	18	17.75	19	18.30	20	12.48
	3:23.01 (13)		3:40.98 (13)		3:58.80 (13)		4:16.71 (14)		4:34.55 (13)		4:52.62 (17)		5:10.56 (19)		5:28.31 (19)		5:46.61 (19)		5:59.09 (1)
21	24.44	22	18.82	23	19.25	24	19.29	25	19.53	26	19.19	27	19.81	28	19.01	29	18.31		17.19
	6:23.53 (19)		6:42.35 (19)		7:01.60 (20)		7:20.89 (19)		7:40.42 (19)		7:59.61 (19)		8:19.42 (19)		8:38.43 (19)		8:56.74 (19)		

20 124 Jhoselyn CAMARGO ALIAGA										BOL		21 Jul 96		9:28.98 NIR					
1	17.98	2	18.42	3	18.29	4	18.98	5	19.14	6	18.38	7	19.41	8	19.05	9	18.31	10	18.09
	17.98 (19)		36.40 (20)		54.69 (20)		1:13.67 (20)		1:32.81 (20)		1:51.19 (20)		2:10.60 (20)		2:29.65 (20)		2:47.96 (20)		3:06.05 (20)
11	18.48	12	18.12	13	18.48	14	18.76	15	19.08	16	13.65	17	24.55	18	19.40	19	19.82	20	3.20
	3:24.53 (20)		3:42.65 (20)		4:01.13 (20)		4:19.89 (20)		4:38.97 (20)		4:52.62 (17)		5:17.17 (20)		5:36.57 (20)		5:56.39 (20)		5:59.59 (7)
21	35.90	22	19.69	23		24	42.39	25	19.88	26	19.53	27	19.44	28	18.68	29	18.73		18.12
	6:35.49 (20)		6:55.18 (20)		6:52.21 (10)		7:34.60 (20)		7:54.48 (20)		8:14.01 (20)		8:33.45 (20)		8:52.13 (20)		9:10.86 (20)		