

RACE ANALYSIS



3000 Metres Steeplechase Men - Final

22 August 2023 21:45 START TIME 28° C 55 %
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 2659 Soufiane EL BAKKALI										MAR 7 Jan 96					8:03.53				
1	17.72	2	17.16	3	17.43	4	17.12	5	17.22	6	17.53	7	17.20	8	16.42	9	17.31	10	16.56
	17.72 (15)		34.88 (10)		52.31 (14)		1:09.43 (13)		1:26.65 (13)		1:44.18 (9)		2:01.38 (11)		2:17.80 (11)		2:35.11 (12)		2:51.67 (8)
11	16.36	12	15.85	13	16.12	14	16.42	15	16.57	16	15.93	17	16.69	18	16.66	19	16.42	20	15.94
	3:08.03 (5)		3:23.88 (3)		3:40.00 (3)		3:56.42 (3)		4:12.99 (4)		4:28.92 (4)		4:45.61 (4)		5:02.27 (4)		5:18.69 (5)		5:34.63 (5)
21	15.75	22	15.01	23	15.02	24	14.95	25	15.12	26	14.80	27	14.29	28	14.12	29	14.87		14.97
	5:50.38 (2)		6:05.39 (2)		6:20.41 (2)		6:35.36 (2)		6:50.48 (2)		7:05.28 (2)		7:19.57 (2)		7:33.69 (2)		7:48.56 (1)		

2 2276 Lamecha GIRMA										ETH 26 Nov 00					8:05.44				
1	17.43	2	20.24	3	17.43	4	17.15	5	17.01	6	17.62	7	17.20	8	16.52	9	17.28	10	16.59
	17.43 (12)		37.67 (14)		52.08 (12)		1:09.23 (12)		1:26.24 (10)		1:43.86 (7)		2:01.06 (10)		2:17.58 (8)		2:34.86 (9)		2:51.45 (5)
11	16.33	12	15.83	13	16.15	14	16.58	15	16.31	16	16.18	17	16.69	18	16.55	19	16.26	20	15.96
	3:07.78 (3)		3:23.61 (2)		3:39.76 (1)		3:56.34 (2)		4:12.65 (2)		4:28.83 (2)		4:45.52 (1)		5:02.07 (2)		5:18.33 (2)		5:34.29 (1)
21	15.70	22	15.18	23	14.95	24	14.92	25	15.10	26	14.68	27	14.33	28	14.52	29	15.84		15.93
	5:49.99 (1)		6:05.17 (1)		6:20.12 (1)		6:35.04 (1)		6:50.14 (1)		7:04.82 (1)		7:19.15 (1)		7:33.67 (1)		7:49.51 (2)		

3 2612 Abraham KIBIWOT										KEN 6 Apr 96					8:11.98				
1	16.50	2	19.63	3	15.23	4	17.15	5	17.31	6	17.43	7	17.26	8	16.85	9	17.23	10	16.92
	16.50 (2)		36.13 (12)		51.36 (6)		1:08.51 (7)		1:25.82 (6)		1:43.25 (4)		2:00.51 (6)		2:17.36 (7)		2:34.59 (6)		2:51.51 (7)
11	16.71	12	15.82	13	16.14	14	16.40	15	16.08	16	16.25	17	16.61	18	16.61	19	16.25	20	16.04
	3:08.22 (8)		3:24.04 (4)		3:40.18 (4)		3:56.58 (4)		4:12.66 (3)		4:28.91 (3)		4:45.52 (2)		5:02.13 (3)		5:18.38 (3)		5:34.42 (3)
21	16.32	22	14.90	23	15.08	24	15.05	25	15.48	26	15.49	27	17.91	28	15.88	29	16.32		15.13
	5:50.74 (4)		6:05.64 (3)		6:20.72 (3)		6:35.77 (3)		6:51.25 (3)		7:06.74 (3)		7:24.65 (3)		7:40.53 (4)		7:56.85 (3)		

4 2605 Leonard Kipkemai BETT										KEN 3 Nov 00					8:12.26				
1	17.22	2	16.85	3	16.67	4	17.10	5	17.18	6	17.04	7	17.10	8	16.84	9	17.24	10	17.17
	17.22 (10)		34.07 (3)		50.74 (3)		1:07.84 (3)		1:25.02 (2)		1:42.06 (1)		1:59.16 (1)		2:16.00 (1)		2:33.24 (1)		2:50.41 (1)
11	16.37	12	15.92	13	17.09	14	16.40	15	16.24	16	16.17	17	16.97	18	16.42	19	16.28	20	16.03
	3:06.78 (1)		3:22.70 (1)		3:39.79 (2)		3:56.19 (1)		4:12.43 (1)		4:28.60 (1)		4:45.57 (3)		5:01.99 (1)		5:18.27 (1)		5:34.30 (2)
21	16.73	22	15.08	23	15.14	24	15.54	25	16.23	26	16.02	27	15.81	28	15.25	29	16.87		15.29
	5:51.03 (5)		6:06.11 (4)		6:21.25 (4)		6:36.79 (4)		6:53.02 (4)		7:09.04 (4)		7:24.85 (4)		7:40.10 (3)		7:56.97 (4)		

5 2744 George BEAMISH										NZL 24 Oct 96					8:13.46				
1	16.79	2	17.47	3	17.25	4	17.06	5	17.31	6	17.49	7	17.42	8	16.88	9	17.04	10	21.46
	16.79 (6)		34.26 (5)		51.51 (8)		1:08.57 (8)		1:25.88 (7)		1:43.37 (5)		2:00.79 (8)		2:17.67 (9)		2:34.71 (7)		2:56.17 (15)
11	12.46	12	16.25	13	16.50	14	16.84	15	15.98	16	16.42	17	16.91	18	18.88	19	13.79	20	16.29
	3:08.63 (11)		3:24.88 (11)		3:41.38 (12)		3:58.22 (12)		4:14.20 (11)		4:30.62 (10)		4:47.53 (12)		5:06.41 (14)		5:20.20 (10)		5:36.49 (10)
21	16.47	22	16.02	23	15.90	24	15.60	25	16.54	26	15.80	27	16.07	28	15.73	29	15.58		13.26
	5:52.96 (10)		6:08.98 (8)		6:24.88 (9)		6:40.48 (8)		6:57.02 (8)		7:12.82 (8)		7:28.89 (7)		7:44.62 (7)		8:00.20 (7)		

6 2580 Ryuji MIURA										JPN 21 Feb 02					8:13.70				
1	17.62	2	17.75	3	16.89	4	17.24	5	17.41	6	17.55	7	17.16	8	16.48	9	17.33	10	16.39
	17.62 (14)		35.37 (11)		52.26 (13)		1:09.50 (14)		1:26.91 (14)		1:44.46 (11)		2:01.62 (14)		2:18.10 (13)		2:35.43 (14)		2:51.82 (9)
11	17.08	12	16.20	13	16.22	14	16.04	15	16.52	16	16.03	17	16.36	18	16.39	19	16.68	20	15.93
	3:08.90 (12)		3:25.10 (12)		3:41.32 (10)		3:57.36 (9)		4:13.88 (9)		4:29.91 (8)		4:46.27 (7)		5:02.66 (6)		5:19.34 (7)		5:35.27 (7)
21	16.38	22	16.00	23	15.31	24	15.70	25	16.20	26	16.09	27	15.75	28	15.51	29	16.06		15.43
	5:51.65 (6)		6:07.65 (7)		6:22.96 (7)		6:38.66 (6)		6:54.86 (6)		7:10.95 (6)		7:26.70 (6)		7:42.21 (5)		7:58.27 (5)		

7 2620 Simon Kiprof KOECH										KEN 10 Jun 03					8:14.37				
1	16.98	2	17.46	3	17.06	4	16.90	5	17.40	6	17.15	7	17.21	8	16.80	9	17.31	10	17.18
	16.98 (8)		34.44 (8)		51.50 (7)		1:08.40 (6)		1:25.80 (5)		1:42.95 (3)		2:00.16 (4)		2:16.96 (4)		2:34.27 (5)		2:51.45 (4)
11	16.70	12	15.99	13	16.33	14	16.25	15	16.45	16	15.93	17	16.63	18	16.63	19	16.18	20	15.96
	3:08.15 (7)		3:24.14 (6)		3:40.47 (6)		3:56.72 (5)		4:13.17 (5)		4:29.10 (5)		4:45.73 (5)		5:02.36 (5)		5:18.54 (4)		5:34.50 (4)
21	16.04	22	15.71	23	15.67	24	15.95	25	16.38	26	16.11	27	16.01	28	16.28	29	16.26		15.46
	5:50.54 (3)		6:06.25 (5)		6:21.92 (5)		6:37.87 (5)		6:54.25 (5)		7:10.36 (5)		7:26.37 (5)		7:42.65 (6)		7:58.91 (6)		

RACE ANALYSIS
3000 Metres Steeplechase Men - Final

8 2141 Jean-Simon DESGAGNÉS										CAN		26 Jul 98	8:15.58 ^{PB}						
1	16.52	2	17.14	3	16.91	4	17.25	5	17.29	6	21.91	7	12.72	8	17.04	9	17.18	10	17.45
	16.52 (3)		33.66 (2)		50.57 (2)		1:07.82 (2)		1:25.11 (3)		1:47.02 (14)		1:59.74 (3)		2:16.78 (3)		2:33.96 (3)		2:51.41 (3)
11	16.38	12	16.36	13	16.48	14	16.40	15	16.43	16	16.07	17	16.87	18	17.62	19	15.55	20	15.87
	3:07.79 (4)		3:24.15 (7)		3:40.63 (8)		3:57.03 (7)		4:13.46 (7)		4:29.53 (7)		4:46.40 (8)		5:04.02 (9)		5:19.57 (8)		5:35.44 (8)
21	16.68	22	18.75	23	13.68	24	16.07	25	16.68	26	16.18	27	16.05	28	15.79	29	15.88		14.38
	5:52.12 (8)		6:10.87 (13)		6:24.55 (8)		6:40.62 (9)		6:57.30 (9)		7:13.48 (9)		7:29.53 (9)		7:45.32 (8)		8:01.20 (8)		
9 2235 Daniel ARCE										ESP		22 Apr 92	8:18.31						
1	17.62	2	18.56	3	16.46	4	17.59	5	16.90	6	17.57	7	17.27	8	16.68	9	17.17	10	16.76
	17.62 (13)		36.18 (13)		52.64 (15)		1:10.23 (15)		1:27.13 (15)		1:44.70 (12)		2:01.97 (15)		2:18.65 (15)		2:35.82 (15)		2:52.58 (12)
11	16.96	12	16.23	13	16.42	14	16.49	15	16.50	16	16.30	17	16.63	18	16.45	19	16.48	20	16.12
	3:09.54 (15)		3:25.77 (15)		3:42.19 (15)		3:58.68 (14)		4:15.18 (15)		4:31.48 (15)		4:48.11 (14)		5:04.56 (11)		5:21.04 (13)		5:37.16 (13)
21	16.82	22	16.03	23	16.00	24	16.29	25	16.21	26	16.45	27	15.87	28	15.76	29	16.21		15.51
	5:53.98 (13)		6:10.01 (10)		6:26.01 (11)		6:42.30 (11)		6:58.51 (10)		7:14.96 (10)		7:30.83 (10)		7:46.59 (10)		8:02.80 (9)		
10 3027 Kenneth ROOKS										USA		21 Oct 99	8:20.02						
1	16.64	2	22.38	3	11.86	4	17.25	5	17.11	6	20.47	7	14.45	8	16.90	9	16.99	10	19.00
	16.64 (4)		39.02 (15)		50.88 (4)		1:08.13 (4)		1:25.24 (4)		1:45.71 (13)		2:00.16 (4)		2:17.06 (5)		2:34.05 (4)		2:53.05 (14)
11	15.09	12	16.27	13	16.21	14	16.50	15	16.41	16	16.60	17	16.60	18	16.67	19	16.49	20	16.20
	3:08.14 (6)		3:24.41 (9)		3:40.62 (7)		3:57.12 (8)		4:13.53 (8)		4:30.13 (9)		4:46.73 (9)		5:03.40 (7)		5:19.89 (9)		5:36.09 (9)
21	16.87	22	16.52	23	16.08	24	16.30	25	16.82	26	16.74	27	15.88	28	17.07	29	17.07		14.58
	5:52.96 (9)		6:09.48 (9)		6:25.56 (10)		6:41.86 (10)		6:58.68 (11)		7:15.42 (11)		7:31.30 (11)		7:48.37 (11)		8:05.44 (11)		
11 2282 Getnet WALE										ETH		16 Jul 00	8:21.03						
1	16.73	2	17.35	3	17.25	4	17.00	5	17.55	6	17.62	7	17.16	8	16.53	9	17.57	10	16.73
	16.73 (5)		34.08 (4)		51.33 (5)		1:08.33 (5)		1:25.88 (7)		1:43.50 (6)		2:00.66 (7)		2:17.19 (6)		2:34.76 (8)		2:51.49 (6)
11	17.10	12	15.67	13	16.08	14	16.38	15	16.62	16	16.03	17	16.65	18	21.08	19	11.85	20	16.17
	3:08.59 (10)		3:24.26 (8)		3:40.34 (5)		3:56.72 (6)		4:13.34 (6)		4:29.37 (6)		4:46.02 (6)		5:07.10 (15)		5:18.95 (6)		5:35.12 (6)
21	16.66	22	15.50	23	15.57	24	16.34	25	17.22	26	16.33	27	16.58	28	17.24	29	17.95		16.52
	5:51.78 (7)		6:07.28 (6)		6:22.85 (6)		6:39.19 (7)		6:56.41 (7)		7:12.74 (7)		7:29.32 (8)		7:46.56 (9)		8:04.51 (10)		
12 2939 Leonard CHEMUTAI										UGA		5 May 03	8:21.61						
13 2926 Mohamed Amin JHINAQUI										TUN		2 Apr 97	8:23.08						
1	16.93	2	17.49	3	17.32	4	16.97	5	17.39	6	22.16	7	12.65	8	16.78	9	17.26	10	16.91
	16.93 (7)		34.42 (7)		51.74 (9)		1:08.71 (9)		1:26.10 (9)		1:48.26 (15)		2:00.91 (9)		2:17.69 (10)		2:34.95 (10)		2:51.86 (10)
11	16.73	12	16.24	13	16.50	14	21.17	15	12.06	16	16.27	17	16.66	18	16.54	19	16.58	20	16.28
	3:08.59 (9)		3:24.83 (10)		3:41.33 (11)		4:02.50 (15)		4:14.56 (12)		4:30.83 (12)		4:47.49 (11)		5:04.03 (10)		5:20.61 (12)		5:36.89 (12)
21	17.04	22	16.43	23	16.12	24	16.54	25	17.30	26	16.53	27	16.08	28	16.73	29	16.84		16.58
	5:53.93 (12)		6:10.36 (11)		6:26.48 (12)		6:43.02 (12)		7:00.32 (12)		7:16.85 (12)		7:32.93 (12)		7:49.66 (12)		8:06.50 (12)		
14 2563 Ryoma AOKI										JPN		16 Jun 97	8:24.77						
1	17.01	2	17.37	3	17.41	4	17.28	5	17.21	6	17.84	7	17.30	8	16.66	9	17.00	10	17.33
	17.01 (9)		34.38 (6)		51.79 (10)		1:09.07 (10)		1:26.28 (11)		1:44.12 (8)		2:01.42 (12)		2:18.08 (12)		2:35.08 (11)		2:52.41 (11)
11	16.51	12	16.28	13	16.48	14	16.43	15	16.64	16	16.06	17	16.15	18	16.73	19	16.59	20	16.50
	3:08.92 (13)		3:25.20 (13)		3:41.68 (13)		3:58.11 (11)		4:14.75 (13)		4:30.81 (11)		4:46.96 (10)		5:03.69 (8)		5:20.28 (11)		5:36.78 (11)
21	16.82	22	17.05	23	17.03	24	17.32	25	17.09	26	16.58	27	16.71	28	17.25	29	16.55		15.59
	5:53.60 (11)		6:10.65 (12)		6:27.68 (13)		6:45.00 (13)		7:02.09 (13)		7:18.67 (13)		7:35.38 (13)		7:52.63 (13)		8:09.18 (13)		
15 2903 Simon SUNDSTRÖM										SWE		4 Feb 98	8:27.68						
1	16.19	2	17.18	3	16.86	4	17.21	5	17.45	6	17.64	7	16.83	8	17.13	9	17.27	10	16.98
	16.19 (1)		33.37 (1)		50.23 (1)		1:07.44 (1)		1:24.89 (1)		1:42.53 (2)		1:59.36 (2)		2:16.49 (2)		2:33.76 (2)		2:50.74 (2)
11	16.66	12	16.68	13	16.90	14	16.67	15	16.28	16	16.91	17	17.20	18	16.80	19	16.63	20	16.40
	3:07.40 (2)		3:24.08 (5)		3:40.98 (9)		3:57.65 (10)		4:13.93 (10)		4:30.84 (13)		4:48.04 (13)		5:04.84 (12)		5:21.47 (14)		5:37.87 (14)
21	16.91	22	16.70	23	16.60	24	17.06	25	17.46	26	16.89	27	16.91	28	17.37	29	17.27		16.64
	5:54.78 (14)		6:11.48 (14)		6:28.08 (14)		6:45.14 (14)		7:02.60 (14)		7:19.49 (14)		7:36.40 (14)		7:53.77 (14)		8:11.04 (14)		
16 3035 Isaac UPDIKE										USA		21 Mar 92	8:30.67 ^{PB}						
1	17.31	2	17.56	3	17.16	4	17.11	5	17.44	6	17.61	7	17.42	8	16.62	9	17.14	10	17.42
	17.31 (11)		34.87 (9)		52.03 (11)		1:09.14 (11)		1:26.58 (12)		1:44.19 (10)		2:01.61 (13)		2:18.23 (14)		2:35.37 (13)		2:52.79 (13)
11	16.40	12	16.32	13	16.31	14	16.69	15	16.52	16	16.39	17	17.01	18	16.54	19	16.81	20	16.40
	3:09.19 (14)		3:25.51 (14)		3:41.82 (14)		3:58.51 (13)		4:15.03 (14)		4:31.42 (14)		4:48.43 (15)		5:04.97 (13)		5:21.78 (15)		5:38.18 (15)
21	17.17	22	16.74	23	17.05	24	17.09	25	17.82	26	17.21	27	17.11	28	17.58	29	17.86		16.86
	5:55.35 (15)		6:12.09 (15)		6:29.14 (15)		6:46.23 (15)		7:04.05 (15)		7:21.26 (15)		7:38.37 (15)		7:55.95 (15)		8:13.81 (15)		