

# RACE ANALYSIS



## 3000 Metres Steeplechase Men - Round 1

First 5 of each heat (Q) qualify to Final

Heat 3

3

19 August 2023

13:05 START TIME

22° C TEMPERATURE 88 % 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 2276 Lamecha GIRMA

ETH 26 Nov 00

8:15.89

1	17.45 (8)	2	17.95 (8)	3	17.74 (10)	4	16.27 (3)	5	16.73 (3)	6	17.87 (4)	7	16.81 (3)	8	16.20 (3)	9	16.66 (2)	10	17.17 (3)
11	17.30 (2)	12	16.84 (2)	13	17.58 (2)	14	16.72 (1)	15	17.19 (2)	16	16.43 (2)	17	16.44 (1)	18	16.34 (1)	19	16.20 (1)	20	16.03 (1)
21	16.37 (1)	22	16.10 (1)	23	16.25 (1)														
	5:54.29 (1)		6:10.39 (1)		6:26.64 (1)														

2 2744 George BEAMISH

NZL 24 Oct 96

8:16.36

1	17.72 (12)	2	17.71 (8)	3	17.77 (11)	4	17.28 (11)	5	16.95 (11)	6	17.32 (11)	7	17.76 (12)	8	16.06 (12)	9	16.86 (12)	10	17.07 (11)
11	16.82 (11)	12	16.78 (12)	13	17.58 (10)	14	20.01 (12)	15	13.78 (10)	16	17.11 (10)	17	16.45 (10)	18	16.28 (7)	19	15.66 (7)	20	15.89 (8)
21	17.22 (6)	22	15.32 (4)	23	16.12 (4)														
	5:55.90 (6)		6:11.22 (4)		6:27.34 (4)														

3 2605 Leonard Kipkemai BETT

KEN 3 Nov 00

8:16.74

1	17.66 (10)	2	17.84 (10)	3	16.67 (2)	4	17.06 (2)	5	16.85 (2)	6	17.74 (11)	7	16.83 (2)	8	16.27 (2)	9	17.01 (3)	10	16.75 (1)
11	17.39 (12)	12	16.78 (12)	13	17.58 (10)	14	20.01 (12)	15	17.04 (11)	16	16.24 (11)	17	16.91 (10)	18	16.16 (10)	19	16.26 (2)	20	16.07 (2)
21	16.47 (2)	22	16.03 (2)	23	16.15 (2)														
	5:54.51 (2)		6:10.54 (2)		6:26.69 (2)														

4 2580 Ryuji MIURA

JPN 21 Feb 02

8:18.73

1	17.08 (7)	2	18.00 (4)	3	17.60 (6)	4	17.32 (7)	5	16.93 (7)	6	17.51 (9)	7	17.25 (8)	8	16.29 (8)	9	16.66 (8)	10	17.04 (7)
11	17.12 (12)	12	16.61 (4)	13	17.19 (3)	14	20.22 (11)	15	13.70 (3)	16	16.54 (3)	17	16.70 (4)	18	19.21 (11)	19	13.35 (3)	20	16.07 (3)
21	16.60 (3)	22	15.84 (3)	23	16.25 (3)														
	5:54.99 (3)		6:10.83 (3)		6:27.08 (3)														

5 2903 Simon SUNDSTRÖM

SWE 4 Feb 98

8:20.10 PB

1	17.24 (5)	2	17.92 (6)	3	17.78 (8)	4	17.30 (10)	5	17.01 (9)	6	17.29 (10)	7	17.65 (11)	8	16.31 (11)	9	16.82 (11)	10	16.85 (10)
11	17.18 (12)	12	16.90 (10)	13	17.18 (9)	14	16.81 (5)	15	16.91 (9)	16	16.99 (9)	17	16.40 (8)	18	16.64 (8)	19	16.09 (9)	20	16.42 (9)
21	16.59 (9)	22	16.17 (8)	23	16.40 (9)														
	5:56.28 (9)		6:12.45 (8)		6:28.85 (9)														

6 2258 Víctor RUIZ

ESP 24 Jun 93

8:20.54

1	17.39 (7)	2	17.96 (7)	3	17.54 (7)	4	17.20 (8)	5	17.07 (8)	6	17.17 (8)	7	17.42 (9)	8	16.44 (9)	9	16.88 (10)	10	16.72 (8)
11	17.26 (10)	12	17.46 (11)	13	17.24 (9)	14	16.96 (6)	15	16.97 (11)	16	17.06 (11)	17	16.56 (11)	18	16.82 (9)	19	15.40 (11)	20	16.47 (10)
21	16.35 (10)	22	16.55 (10)	23	16.04 (10)														
	5:56.34 (10)		6:12.89 (10)		6:28.93 (10)														

7 2297 Djitali BEDRANI

FRA 1 Oct 93

8:20.69

1	17.27 (6)	2	17.78 (3)	3	16.94 (1)	4	16.94 (1)	5	16.84 (1)	6	18.20 (3)	7	16.95 (4)	8	16.47 (4)	9	16.82 (4)	10	17.15 (5)
11	17.16 (3)	12	16.73 (3)	13	17.64 (5)	14	18.52 (10)	15	15.35 (5)	16	16.78 (5)	17	16.40 (5)	18	16.82 (4)	19	15.90 (5)	20	16.37 (6)
21	16.66 (5)	22	16.24 (6)	23	16.20 (6)														
	5:55.69 (5)		6:11.93 (6)		6:28.13 (6)														

**RACE ANALYSIS**  
**3000 Metres Steeplechase Men - Round 1**

<b>8 2366 Karl BEBENDORF</b>										GER		7 May 96		<b>8:22.33</b>					
1	17.15	2	18.01	3	17.36	4	17.15	5	16.89	6	17.62	7	17.23	8	16.33	9	16.74	10	17.17
	17.15 (4)		35.16 (5)		52.52 (4)		1:09.67 (6)		1:26.56 (6)		1:44.18 (7)		2:01.41 (7)		2:17.74 (7)		2:34.48 (6)		2:51.65 (6)
11	17.21	12	17.36	13	17.17	14	21.50	15	12.04	16	16.95	17	16.73	18	16.41	19	16.29	20	16.75
	3:08.86 (8)		3:26.22 (9)		3:43.39 (8)		4:04.89 (13)		4:16.93 (7)		4:33.88 (7)		4:50.61 (9)		5:07.02 (6)		5:23.31 (10)		5:40.06 (11)
21	17.04	22	16.15	23	16.16														
	5:57.10 (11)		6:13.25 (11)		6:29.41 (11)														
<b>9 2663 Mohammed MSAAD</b>										MAR		4 Mar 04		<b>8:22.95</b>					
1	17.66	2	17.94	3	17.86	4	17.28	5	16.57	6	17.48	7	17.12	8	16.31	9	16.78	10	16.90
	17.66 (11)		35.60 (12)		53.46 (13)		1:10.74 (13)		1:27.31 (10)		1:44.79 (12)		2:01.91 (10)		2:18.22 (10)		2:35.00 (9)		2:51.90 (9)
11	17.11	12	16.90	13	16.91	14	16.97	15	16.94	16	16.41	17	16.48	18	16.37	19	16.44	20	16.07
	3:09.01 (9)		3:25.91 (7)		3:42.82 (4)		3:59.79 (3)		4:16.73 (4)		4:33.14 (4)		4:49.62 (3)		5:05.99 (3)		5:22.43 (4)		5:38.50 (4)
21	16.66	22	16.32	23	16.51														
	5:55.16 (4)		6:11.48 (5)		6:27.99 (5)														
<b>10 2523 Ala ZOGLAMI</b>										ITA		19 Jun 94		<b>8:28.76</b>					
1	17.05	2	17.93	3	17.62	4	16.97	5	16.88	6	17.48	7	17.30	8	16.32	9	17.04	10	22.80
	17.05 (2)		34.98 (2)		52.60 (5)		1:09.57 (5)		1:26.45 (4)		1:43.93 (2)		2:01.23 (5)		2:17.55 (5)		2:34.59 (7)		2:57.39 (13)
11	11.33	12	17.16	13	17.21	14	16.99	15	16.99	16	16.82	17	16.42	18	16.61	19	15.78	20	16.65
	3:08.72 (6)		3:25.88 (6)		3:43.09 (7)		4:00.08 (4)		4:17.07 (8)		4:33.89 (8)		4:50.31 (7)		5:06.92 (5)		5:22.70 (6)		5:39.35 (8)
21	16.65	22	16.22	23	16.28														
	5:56.00 (7)		6:12.22 (7)		6:28.50 (7)														
<b>11 3035 Isaac UPDIKE</b>										USA		21 Mar 92		<b>8:31.81</b>					
1	16.90	2	18.04	3	17.37	4	17.17	5	17.04	6	17.58	7	17.22	8	16.34	9	16.75	10	16.85
	16.90 (1)		34.94 (1)		52.31 (3)		1:09.48 (4)		1:26.52 (5)		1:44.10 (6)		2:01.32 (6)		2:17.66 (6)		2:34.41 (5)		2:51.26 (4)
11	17.30	12	17.05	13	17.39	14	17.97	15	15.86	16	16.80	17	16.58	18	18.15	19	14.68	20	16.23
	3:08.56 (5)		3:25.61 (5)		3:43.00 (6)		4:00.97 (7)		4:16.83 (6)		4:33.63 (6)		4:50.21 (6)		5:08.36 (10)		5:23.04 (8)		5:39.27 (7)
21	16.85	22	16.47	23	16.13														
	5:56.12 (8)		6:12.59 (9)		6:28.72 (8)														
<b>12 2027 Fouad IDBAFDIL</b>										ART		9 Feb 88		<b>8:39.21</b>					
1	17.85	2	17.95	3	17.48	4	17.42	5	17.54	6	16.57	7	17.97	8	16.38	9	16.91	10	16.63
	17.85 (13)		35.80 (13)		53.28 (12)		1:10.70 (12)		1:28.24 (13)		1:44.81 (13)		2:02.78 (13)		2:19.16 (13)		2:36.07 (13)		2:52.70 (12)
11	16.79	12	17.50	13	17.50	14	16.77	15	16.45	16	17.49	17	17.29	18	16.77	19	16.92	20	17.58
	3:09.49 (13)		3:26.99 (13)		3:44.49 (13)		4:01.26 (9)		4:17.71 (12)		4:35.20 (12)		4:52.49 (12)		5:09.26 (12)		5:26.18 (12)		5:43.76 (12)
21	17.93	22	17.42																
	6:01.69 (12)		6:19.11 (12)																
<b>13 2021 Julián MOLINA</b>										ARG		11 May 93		<b>8:46.44</b>					
1	17.46	2	18.13	3	17.43	4	17.13	5	17.62	6	16.31	7	16.15	8	16.20	9	17.17	10	17.24
	17.46 (9)		35.59 (11)		53.02 (9)		1:10.15 (9)		1:27.77 (12)		1:44.08 (5)		2:00.23 (1)		2:16.43 (1)		2:33.60 (1)		2:50.84 (2)
11	17.71	12	17.47	13	17.57	14	17.41	15	17.16	16	17.15	17	17.75	18	16.93	19	17.58	20	18.28
	3:08.55 (4)		3:26.02 (8)		3:43.59 (11)		4:01.00 (8)		4:18.16 (13)		4:35.31 (13)		4:53.06 (13)		5:09.99 (13)		5:27.57 (13)		5:45.85 (13)
21	18.59	22	17.64																
	6:04.44 (13)		6:22.08 (13)																