

# RACE ANALYSIS



## 3000 Metres Steeplechase Women - Round 1

First 5 of each heat (Q) qualify to Final

Heat 2 **3**

23 August 2023 20:08 START TIME 29° C TEMPERATURE 57 % 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 1074 Faith CHEROTICH KEN 13 Jul 04 9:19.55																			
1	17.06 (1)	2	19.28 (1)	3	18.81 (1)	4	18.21 (1)	5	18.99 (1)	6	19.24 (1)	7	19.72 (1)	8	19.58 (1)	9	19.19 (1)	10	19.31 (1)
			36.34 (4)		55.15 (3)		1:13.36 (4)		1:32.35 (5)		1:51.59 (4)		2:11.31 (3)		2:30.89 (4)		2:50.08 (4)		3:09.39 (4)
11	18.54 (3)	12	18.66 (3)	13	19.01 (4)	14	18.02 (3)	15	18.44 (3)	16	18.18 (3)	17	18.70 (5)	18	18.73 (2)	19	18.93 (3)	20	18.93 (2)
	3:27.93 (3)		3:46.59 (3)		4:05.60 (4)		4:23.62 (3)		4:42.06 (3)		5:00.24 (3)		5:18.94 (5)		5:37.67 (2)		5:56.60 (3)		6:15.53 (2)
21	18.97 (2)	22	18.35 (2)	23	18.52 (2)	24	18.79 (2)	25	18.99 (2)	26	19.14 (2)	27	18.66 (2)	28	18.25 (1)	29	18.07 (1)		16.28
	6:34.50 (2)		6:52.85 (2)		7:11.37 (2)		7:30.16 (2)		7:49.15 (2)		8:08.29 (3)		8:26.95 (2)		8:45.20 (1)		9:03.27 (1)		

2 757 Sembo ALMAYEW ETH 24 Jan 05 9:19.60																			
1	17.19 (3)	2	19.00 (2)	3	18.76 (3)	4	18.21 (2)	5	15.85 (1)	6	22.45 (2)	7	19.63 (2)	8	19.62 (2)	9	17.05 (1)	10	21.42 (3)
	17.19 (3)		36.19 (2)		54.95 (2)		1:13.16 (2)		1:29.01 (1)		1:51.46 (2)		2:11.09 (2)		2:30.71 (2)		2:47.76 (1)		3:09.18 (3)
11	18.65 (2)	12	18.62 (2)	13	16.55 (1)	14	20.14 (5)	15	18.26 (2)	16	18.40 (2)	17	18.80 (3)	18	18.74 (3)	19	18.87 (3)	20	19.22 (4)
	3:27.83 (2)		3:46.46 (2)		4:03.01 (1)		4:23.51 (2)		4:41.77 (2)		5:00.17 (2)		5:18.97 (6)		5:37.71 (3)		5:56.58 (2)		6:15.80 (3)
21	19.24 (4)	22	18.06 (3)	23	18.60 (3)	24	18.78 (3)	25	18.69 (3)	26	19.03 (3)	27	19.06 (3)	28	18.38 (3)	29	17.79 (3)		16.17
	6:35.04 (4)		6:53.10 (3)		7:11.70 (3)		7:30.48 (3)		7:49.17 (4)		8:08.20 (2)		8:27.26 (3)		8:45.64 (3)		9:03.43 (3)		

3 1350 Peruth CHEMUTAI UGA 10 Jul 99 9:20.03																			
1	23.62 (12)	2	12.34 (1)	3	19.29 (4)	4	18.02 (3)	5	18.68 (2)	6	19.46 (1)	7	19.67 (1)	8	19.58 (1)	9	17.76 (2)	10	20.74 (1)
	23.62 (12)		35.96 (1)		55.25 (4)		1:13.27 (3)		1:31.95 (2)		1:51.41 (1)		2:11.08 (1)		2:30.66 (1)		2:48.42 (2)		3:09.16 (1)
11	18.60 (6)	12	18.62 (6)	13	16.79 (5)	14	20.14 (5)	15	18.42 (3)	16	18.28 (2)	17	15.06 (1)	18	22.44 (4)	19	18.90 (3)	20	18.90 (3)
	3:27.76 (1)		3:46.38 (1)		4:03.17 (2)		4:23.31 (1)		4:41.73 (1)		5:00.01 (1)		5:15.07 (1)		5:37.51 (1)		5:56.41 (1)		6:15.31 (1)
21	19.02 (5)	22	18.25 (5)	23	18.57 (5)	24	18.80 (5)	25	19.22 (5)	26	18.97 (5)	27	18.78 (5)	28	18.46 (5)	29	17.93 (5)		16.72
	6:34.33 (1)		6:52.58 (1)		7:11.15 (1)		7:29.95 (1)		7:49.17 (3)		8:08.14 (1)		8:26.92 (1)		8:45.38 (2)		9:03.31 (2)		

4 1281 Maruša MIŠMAŠ ZRIMŠEK SLO 24 Oct 94 9:21.79																			
1	17.24 (4)	2	19.12 (5)	3	19.07 (5)	4	18.09 (5)	5	18.90 (6)	6	19.21 (5)	7	19.89 (6)	8	19.64 (6)	9	17.58 (3)	10	20.76 (5)
	17.24 (4)		36.36 (5)		55.43 (5)		1:13.52 (5)		1:32.42 (6)		1:51.63 (5)		2:11.52 (6)		2:31.16 (6)		2:48.74 (3)		3:09.50 (5)
11	18.81 (6)	12	18.76 (6)	13	19.09 (6)	14	18.44 (6)	15	18.86 (6)	16	19.06 (6)	17	16.01 (1)	18	21.62 (5)	19	18.45 (5)	20	18.50 (4)
	3:28.31 (6)		3:47.07 (6)		4:06.16 (6)		4:24.60 (6)		4:43.46 (6)		5:02.52 (6)		5:18.53 (3)		5:40.15 (5)		5:58.60 (5)		6:17.10 (4)
21	18.63 (5)	22	18.51 (4)	23	18.41 (4)	24	18.42 (4)	25	15.81 (1)	26	21.55 (4)	27	18.91 (4)	28	18.56 (4)	29	18.17 (4)		17.72
	6:35.73 (5)		6:54.24 (4)		7:12.65 (4)		7:31.07 (4)		7:46.88 (1)		8:08.43 (4)		8:27.34 (4)		8:45.90 (4)		9:04.07 (4)		

5 954 Parul CHAUDHARY IND 15 Apr 95 9:24.29 PB																			
1	17.84 (10)	2	19.29 (11)	3	18.88 (11)	4	18.42 (11)	5	18.93 (11)	6	18.48 (7)	7	19.82 (7)	8	19.70 (7)	9	19.38 (7)	10	18.91 (7)
	17.84 (10)		37.13 (11)		56.01 (11)		1:14.43 (11)		1:33.36 (11)		1:51.84 (7)		2:11.66 (7)		2:31.36 (7)		2:50.74 (7)		3:09.65 (7)
11	18.78 (7)	12	18.82 (7)	13	19.08 (7)	14	18.66 (7)	15	18.60 (7)	16	19.13 (7)	17	19.20 (7)	18	18.69 (7)	19	18.14 (6)	20	18.88 (6)
	3:28.43 (7)		3:47.25 (7)		4:06.33 (7)		4:24.99 (7)		4:43.59 (7)		5:02.72 (7)		5:21.92 (9)		5:40.61 (7)		5:58.75 (6)		6:17.63 (6)
21	19.00 (6)	22	18.63 (6)	23	18.71 (6)	24	18.86 (6)	25	19.07 (6)	26	19.05 (6)	27	18.86 (6)	28	18.63 (6)	29	18.44 (6)		17.41
	6:36.63 (6)		6:55.26 (5)		7:13.97 (5)		7:32.83 (5)		7:51.90 (5)		8:10.95 (5)		8:29.81 (5)		8:48.44 (5)		9:06.88 (5)		

6 614 Ceili MCCABE CAN 17 Sep 01 9:29.30																			
1	17.98 (11)	2	19.17 (12)	3	18.59 (8)	4	18.46 (9)	5	18.25 (7)	6	19.88 (10)	7	19.78 (11)	8	19.97 (11)	9	19.44 (10)	10	18.94 (10)
	17.98 (11)		37.15 (12)		55.74 (8)		1:14.20 (9)		1:32.45 (7)		1:52.33 (10)		2:12.11 (11)		2:32.08 (11)		2:51.52 (10)		3:10.46 (10)
11	18.63 (10)	12	18.97 (10)	13	19.29 (11)	14	18.78 (11)	15	18.81 (11)	16	18.74 (11)	17	19.17 (11)	18	19.11 (11)	19	19.20 (11)	20	19.34 (11)
	3:29.09 (10)		3:48.06 (10)		4:07.35 (11)		4:26.13 (11)		4:44.94 (11)		5:03.68 (10)		5:22.85 (10)		5:41.96 (10)		6:01.16 (10)		6:20.50 (10)
21	19.25 (9)	22	19.21 (9)	23	19.56 (9)	24	19.69 (9)	25	19.97 (9)	26	18.84 (8)	27	18.76 (8)	28	18.57 (8)	29	18.67 (8)		16.28
	6:39.75 (9)		6:58.96 (9)		7:18.52 (9)		7:38.21 (9)		7:58.18 (10)		8:17.02 (8)		8:35.78 (8)		8:54.35 (7)		9:13.02 (7)		

7 517 Cara FEAIN-RYAN AUS 5 Feb 99 9:29.60 PB																			
1	17.72 (8)	2	19.24 (10)	3	19.08 (12)	4	18.44 (12)	5	18.55 (10)	6	19.39 (11)	7	19.83 (12)	8	19.87 (12)	9	19.67 (12)	10	18.91 (11)
	17.72 (8)		36.96 (10)		56.04 (12)		1:14.48 (12)		1:33.03 (10)		1:52.42 (11)		2:12.25 (12)		2:32.12 (12)		2:51.79 (12)		3:10.70 (11)
11	18.48 (11)	12	18.95 (11)	13	18.95 (11)	14	18.73 (11)	15	18.58 (11)	16	19.02 (11)	17	15.89 (1)	18	22.06 (4)	19	18.70 (11)	20	18.68 (11)
	3:29.18 (11)		3:48.13 (11)		4:07.08 (10)		4:25.81 (9)		4:44.39 (9)		5:03.41 (9)		5:19.30 (7)		5:41.36 (8)		6:00.06 (8)		6:18.74 (8)
21	18.95 (8)	22	19.11 (8)	23	19.44 (8)	24	19.50 (8)	25	19.34 (8)	26	19.10 (8)	27	18.81 (8)	28	18.27 (6)	29	20.39 (12)		17.95
	6:37.69 (8)		6:56.80 (8)		7:16.24 (8)		7:35.74 (7)		7:55.08 (6)		8:14.18 (6)		8:32.99 (6)		8:51.26 (6)		9:11.65 (6)		

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

<b>8 745 Carolina ROBLES</b>										ESP	4 Dec 91	<b>9:34.41</b>							
1	17.81	2	18.41	3	18.62	4	18.26	5	18.96	6	19.40	7	19.87	8	19.52	9	19.47	10	18.85
	17.81 (9)		36.22 (3)		<b>54.84 (1)</b>		<b>1:13.10 (1)</b>		1:32.06 (3)		1:51.46 (3)		2:11.33 (4)		2:30.85 (3)		2:50.32 (5)		3:09.17 (2)
11	18.92	12	18.71	13	17.86	14	19.89	15	18.85	16	19.00	17	19.05	18	18.69	19	18.91	20	18.94
	3:28.09 (4)		3:46.80 (4)		4:04.66 (3)		4:24.55 (5)		4:43.40 (5)		5:02.40 (4)		5:21.45 (8)		5:40.14 (4)		5:59.05 (7)		6:17.99 (7)
21	16.54	22	21.84	23	19.58	24	19.62	25	19.97	26	19.75	27	19.85	28	19.97	29	20.34		18.96
	6:34.53 (3)		6:56.37 (7)		7:15.95 (7)		7:35.57 (6)		7:55.54 (7)		8:15.29 (7)		8:35.14 (7)		8:55.11 (8)		9:15.45 (8)		

<b>9 827 Flavie RENOARD</b>										FRA	10 Sep 00	<b>9:39.91</b>							
1	17.56	2	19.12	3	19.12	4	18.61	5	19.12	6	18.74	7	19.65	8	19.86	9	19.70	10	18.89
	17.56 (7)		36.68 (9)		55.80 (9)		1:14.41 (10)		1:33.53 (12)		1:52.27 (9)		2:11.92 (9)		2:31.78 (10)		2:51.48 (9)		3:10.37 (9)
11	18.38	12	19.04	13	19.26	14	18.93	15	18.93	16	18.88	17	19.43	18	19.08	19	19.31	20	19.71
	3:28.75 (9)		3:47.79 (9)		4:07.05 (9)		4:25.98 (10)		4:44.91 (10)		5:03.79 (11)		5:23.22 (11)		5:42.30 (11)		6:01.61 (11)		6:21.32 (11)
21	19.69	22	19.14	23	19.01	24	20.15	25	18.70	26	21.85	27	20.75	28	21.53	29	20.12		17.65
	6:41.01 (11)		7:00.15 (11)		7:19.16 (10)		7:39.31 (10)		7:58.01 (9)		8:19.86 (10)		8:40.61 (10)		9:02.14 (10)		9:22.26 (10)		

<b>10 1382 Emma COBURN</b>										USA	19 Oct 90	<b>9:41.52</b>							
1	17.48	2	19.06	3	19.03	4	18.17	5	18.89	6	19.13	7	19.70	8	19.63	9	19.46	10	19.00
	17.48 (5)		36.54 (7)		55.57 (7)		1:13.74 (6)		1:32.63 (8)		1:51.76 (6)		2:11.46 (5)		2:31.09 (5)		2:50.55 (6)		3:09.55 (6)
11	18.59	12	18.75	13	19.10	14	18.47	15	18.83	16	19.11	17	15.14	18	22.85	19	18.09	20	18.98
	3:28.14 (5)		3:46.89 (5)		4:05.99 (5)		4:24.46 (4)		4:43.29 (4)		5:02.40 (4)		5:17.54 (2)		5:40.39 (6)		5:58.48 (4)		6:17.46 (5)
21	19.30	22	19.48	23	19.66	24	20.34	25	20.80	26	21.09	27	21.19	28	21.53	29	21.29		19.38
	6:36.76 (7)		6:56.24 (6)		7:15.90 (6)		7:36.24 (8)		7:57.04 (8)		8:18.13 (9)		8:39.32 (9)		9:00.85 (9)		9:22.14 (9)		

<b>11 1211 Aneta KONIECZEK</b>										POL	8 Jun 97	<b>9:45.61</b>							
1	17.48	2	19.18	3	19.18	4	18.24	5	18.79	6	19.05	7	19.97	8	19.77	9	19.54	10	18.68
	17.48 (6)		36.66 (8)		55.84 (10)		1:14.08 (8)		1:32.87 (9)		1:51.92 (8)		2:11.89 (8)		2:31.66 (9)		2:51.20 (8)		3:09.88 (8)
11	18.76	12	18.86	13	19.05	14	18.75	15	18.75	16	19.06	17	15.74	18	22.76	19	19.15	20	19.70
	3:28.64 (8)		3:47.50 (8)		4:06.55 (8)		4:25.30 (8)		4:44.05 (8)		5:03.11 (8)		5:18.85 (4)		5:41.61 (9)		6:00.76 (9)		6:20.46 (9)
21	20.10	22	19.33	23	21.64	24	21.04	25	20.95	26	21.42	27	21.28	28	21.81	29	20.43		17.15
	6:40.56 (10)		6:59.89 (10)		7:21.53 (11)		7:42.57 (11)		8:03.52 (11)		8:24.94 (11)		8:46.22 (11)		9:08.03 (11)		9:28.46 (12)		

<b>12 1064 Daisy JEPKEMEI</b>										KAZ	13 Feb 96	<b>9:46.23</b> <sup>SB</sup>							
1	17.07	2	19.33	3	19.07	4	18.55	5	18.14	6	20.38	7	19.57	8	19.42	9	20.04	10	19.16
	17.07 (2)		36.40 (6)		55.47 (6)		1:14.02 (7)		1:32.16 (4)		1:52.54 (12)		2:12.11 (10)		2:31.53 (8)		2:51.57 (11)		3:10.73 (12)
11	18.60	12	19.17	13	19.77	14	19.02	15	19.41	16	19.56	17	20.10	18	19.44	19	19.62	20	20.59
	3:29.33 (12)		3:48.50 (12)		4:08.27 (12)		4:27.29 (12)		4:46.70 (12)		5:06.26 (12)		5:26.36 (12)		5:45.80 (12)		6:05.42 (12)		6:26.01 (12)
21	20.72	22	19.84	23	20.17	24	20.52	25	21.37	26	19.32	27	20.07	28	20.10	29	19.99		18.12
	6:46.73 (12)		7:06.57 (12)		7:26.74 (12)		7:47.26 (12)		8:08.63 (12)		8:27.95 (12)		8:48.02 (12)		9:08.12 (12)		9:28.11 (11)		