



5000m Women - Heat 1

558 Cherono Mercy (KEN)

Pos: 1

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:21.24	0:44.06	1:07.93	1:32.30	1:56.87	2:20.64	2:44.03	3:04.54	3:24.55	3:44.12
100m	0:21.24	0:22.82	0:23.87	0:24.37	0:24.57	0:23.77	0:23.39	0:20.51	0:20.01	0:19.57
400m				1:32.30				1:32.24		
1000m										3:44.12

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.31	4:23.14	4:41.13	5:59.51	5:18.53	5:36.83	5:54.50	6:11.71	6:29.30	6:47.16
100m	0:19.19	0:19.83	0:17.99	0:18.38	0:19.02	0:18.30	0:17.67	0:17.21	0:17.59	0:17.86
400m		1:18.60				1:13.69				1:10.33
1000m										3:03.04

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:04.60	7:22.62	7:40.38	7:57.52	8:13.66	8:30.91	8:47.75	9:05.74	9:23.51	9:42.24
100m	0:17.44	0:18.02	0:17.76	0:17.14	0:16.14	0:17.25	0:16.84	0:17.99	0:17.77	0:18.73
400m				1:10.36				1:08.22		
1000m										2:55.08

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:00.47	10:18.49	10:36.34	10:54.32	11:12.46	11:30.30	11:48.52	12:06.60	12:24.80	12:43.04
100m	0:18.23	0:18.02	0:17.85	0:17.98	0:18.14	0:17.84	0:18.22	0:18.08	0:18.20	0:18.24
400m		1:12.75				1:11.81				1:12.74
1000m										3:00.80

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:00.92	13:19.41	13:37.59	13:55.41	14:12.61	14:29.99	14:47.39	15:04.48	15:20.40	15:34.70
100m	0:17.88	0:18.49	0:18.18	0:17.82	0:17.20	0:17.38	0:17.40	0:17.09	0:15.92	0:14.30
400m				1:12.37				1:09.07		
1000m										2:51.66

327 Ayana Almaz (ETH)

Pos: 2

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.46	0:43.56	1:07.20	1:31.41	1:55.99	2:20.27	2:43.81	3:04.31	3:24.29	3:43.90
100m	0:20.46	0:23.10	0:23.64	0:24.21	0:24.58	0:24.28	0:23.54	0:20.50	0:19.98	0:19.61
400m				1:31.41				1:32.90		
1000m										3:43.90

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.08	4:22.87	4:40.82	4:59.27	5:17.90	5:36.01	5:53.58	6:11.39	6:29.05	6:46.88
100m	0:19.18	0:19.79	0:17.95	0:18.45	0:18.63	0:18.11	0:17.57	0:17.81	0:17.66	0:17.83
400m		1:18.56				1:13.14				1:10.87
1000m										3:02.98

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:04.35	7:22.33	7:40.62	7:57.79	8:13.87	8:31.12	8:47.96	9:05.95	9:23.71	9:42.44
100m	0:17.47	0:17.98	0:18.29	0:17.17	0:16.08	0:17.25	0:16.84	0:17.99	0:17.76	0:18.73
400m				1:10.91				1:08.16		
1000m										2:55.56

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:00.14	10:18.14	10:36.02	10:54.03	11:12.16	11:29.100	11:48.20	12:06.32	12:25.05	12:43.28
100m	0:17.70	0:18.00	0:17.88	0:18.01	0:18.13	0:17.84	0:18.20	0:18.12	0:18.73	0:18.23
400m		1:12.19				1:11.86				1:13.28
1000m										3:00.84

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:01.15	13:19.64	13:37.82	13:55.14	14:12.31	14:29.71	14:47.11	15:04.22	15:20.26	15:34.93
100m	0:17.87	0:18.49	0:18.18	0:17.32	0:17.17	0:17.40	0:17.40	0:17.11	0:16.04	0:14.67
400m				1:11.86				1:09.08		
1000m										2:51.65



5000m Women - Heat 1

919 Huddle Molly (USA)

Pos: 3

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.70	0:43.71	1:07.46	1:31.59	1:56.18	2:20.31	2:43.49	3:03.80	3:23.91	3:43.61
100m	0:20.70	0:23.01	0:23.75	0:24.13	0:24.59	0:24.13	0:23.18	0:20.31	0:20.11	0:19.70
400m				1:31.59				1:32.21		
1000m										3:43.61

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:02.80	4:22.61	4:40.88	4:59.30	5:18.39	5:36.72	5:54.29	6:11.99	6:29.89	6:47.100
100m	0:19.19	0:19.81	0:18.27	0:18.42	0:19.09	0:18.33	0:17.57	0:17.70	0:17.90	0:18.11
400m		1:18.81				1:14.11				1:11.28
1000m										3:04.39

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:05.20	7:23.10	7:41.34	7:58.53	8:15.61	8:33.05	8:50.66	9:08.36	9:25.98	9:44.07
100m	0:17.20	0:17.90	0:18.24	0:17.19	0:17.08	0:17.44	0:17.61	0:17.70	0:17.62	0:18.09
400m				1:10.53				1:09.83		
1000m										2:56.07

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:02.37	10:20.53	10:38.48	10:56.55	11:14.45	11:32.63	11:50.70	12:08.78	12:26.83	12:44.98
100m	0:18.30	0:18.16	0:17.95	0:18.07	0:17.90	0:18.18	0:18.07	0:18.08	0:18.05	0:18.15
400m		1:12.17				1:12.10				1:12.35
1000m										3:00.91

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:02.79	13:21.39	13:39.33	13:57.22	14:14.64	14:32.67	14:49.66	15:06.70	15:23.12	15:40.91
100m	0:17.81	0:18.60	0:17.94	0:17.89	0:17.42	0:18.03	0:16.99	0:17.04	0:16.42	0:17.79
400m				1:12.24				1:09.48		
1000m										2:55.93

943 Rowbury Shannon (USA)

Pos: 4

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.80	0:43.96	1:07.49	1:31.75	1:56.30	2:20.57	2:43.98	3:04.41	3:24.57	3:44.31
100m	0:20.80	0:23.16	0:23.53	0:24.26	0:24.55	0:24.27	0:23.41	0:20.43	0:20.16	0:19.74
400m				1:31.75				1:32.66		
1000m										3:44.31

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.49	4:23.33	4:41.48	5:59.90	5:18.88	5:36.97	5:54.68	6:12.41	6:30.15	6:48.31
100m	0:19.18	0:19.84	0:18.15	0:18.42	0:18.98	0:18.09	0:17.71	0:17.73	0:17.74	0:18.16
400m		1:18.92				1:13.64				1:11.34
1000m										3:04.00

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:05.69	7:23.76	7:41.72	7:59.06	8:16.24	8:33.25	8:50.87	9:08.55	9:26.15	9:44.21
100m	0:17.38	0:18.07	0:17.96	0:17.34	0:17.18	0:17.01	0:17.62	0:17.68	0:17.60	0:18.06
400m				1:10.75				1:09.49		
1000m										2:55.90

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:02.56	10:20.73	10:38.69	10:56.77	11:14.59	11:32.83	11:50.87	12:08.98	12:27.04	12:45.17
100m	0:18.35	0:18.17	0:17.96	0:18.08	0:17.82	0:18.24	0:18.04	0:18.11	0:18.06	0:18.13
400m		1:12.18				1:12.10				1:12.34
1000m										3:00.96

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:03.02	13:21.61	13:39.55	13:57.38	14:14.94	14:33.31	14:51.83	15:10.65	15:29.75	15:50.41
100m	0:17.85	0:18.59	0:17.94	0:17.83	0:17.56	0:18.37	0:18.52	0:18.82	0:19.10	0:20.66
400m				1:12.21				1:13.27		
1000m										3:05.24



IAAF World Championships 2013

Moscow, Russia

**OFFICIAL
SPLIT TIMES**

5000m Women - Heat 1

188 Daba Tejitu (BRN)

Pos: 5

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:21.04	0:44.04	1:07.72	1:31.100	1:56.59	2:20.99	2:44.57	3:05.07	3:25.13	3:44.74
100m	0:21.04	0:23.00	0:23.68	0:24.28	0:24.59	0:24.40	0:23.58	0:20.50	0:20.06	0:19.61
400m				1:32.00				1:33.07		
1000m										3:44.74

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.89	4:23.83	4:41.83	4:59.36	5:18.23	5:36.56	5:53.95	6:11.65	6:29.56	6:47.42
100m	0:19.15	0:19.94	0:18.00	0:17.53	0:18.87	0:18.33	0:17.39	0:17.70	0:17.91	0:17.86
400m		1:18.76				1:12.73				1:10.86
1000m										3:02.68

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:04.87	7:22.89	7:40.94	7:58.04	8:14.38	8:31.51	8:48.75	9:06.61	9:24.44	9:42.92
100m	0:17.45	0:18.02	0:18.05	0:17.10	0:16.34	0:17.13	0:17.24	0:17.86	0:17.83	0:18.48
400m				1:10.62				1:08.57		
1000m										2:55.50

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:00.97	10:19.14	10:37.17	10:55.80	11:14.26	11:33.06	11:51.18	12:09.46	12:28.37	12:46.82
100m	0:18.05	0:18.17	0:18.03	0:18.63	0:18.46	0:18.80	0:18.12	0:18.28	0:18.91	0:18.45
400m		1:12.53				1:13.92				1:13.76
1000m										3:03.90

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:06.10	13:24.87	13:43.61	14:02.52	14:21.09	14:39.78	14:57.92	15:16.22	15:35.74	15:56.74
100m	0:19.28	0:18.77	0:18.74	0:18.91	0:18.57	0:18.69	0:18.14	0:18.30	0:19.52	0:21.00
400m				1:15.70				1:13.70		
1000m										3:09.92

145 Belete Almensh (BEL)

Pos: 6

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:21.30	0:44.45	1:08.05	1:32.44	1:56.94	2:21.15	2:44.47	3:04.96	3:24.100	3:44.78
100m	0:21.30	0:23.15	0:23.60	0:24.39	0:24.50	0:24.21	0:23.32	0:20.49	0:20.04	0:19.78
400m				1:32.44				1:32.52		
1000m										3:44.78

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.95	4:23.85	4:41.85	5:00.01	5:19.07	5:37.28	5:54.95	6:12.70	6:30.51	6:48.62
100m	0:19.17	0:19.90	0:18.00	0:18.16	0:19.06	0:18.21	0:17.67	0:17.75	0:17.81	0:18.11
400m		1:18.89				1:13.43				1:11.34
1000m										3:03.84

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:05.92	7:23.54	7:41.84	7:58.82	8:16.15	8:33.47	8:51.28	9:08.82	9:26.32	9:44.55
100m	0:17.30	0:17.62	0:18.30	0:16.98	0:17.33	0:17.32	0:17.81	0:17.54	0:17.50	0:18.23
400m				1:10.20				1:10.00		
1000m										2:55.93

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:02.89	10:21.08	10:39.26	10:57.91	11:17.10	11:36.65	11:55.61	12:14.67	12:34.12	12:53.53
100m	0:18.34	0:18.19	0:18.18	0:18.65	0:19.19	0:19.55	0:18.96	0:19.06	0:19.45	0:19.41
400m		1:12.26				1:15.57				1:16.88
1000m										3:08.98

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:13.36	13:33.30	13:53.26	14:13.14	14:31.96	14:50.78	15:09.26	15:27.67	15:45.66	16:03.03
100m	0:19.83	0:19.94	0:19.96	0:19.88	0:18.82	0:18.82	0:18.48	0:18.41	0:17.99	0:17.37
400m				1:19.61				1:14.53		
1000m										3:09.50



IAAF World Championships 2013

Moscow, Russia

**OFFICIAL
SPLIT TIMES**

5000m Women - Heat 1

358 Duarte Sophie (FRA)

Pos: 7

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.87	0:44.06	1:07.52	1:31.89	1:56.45	2:20.83	2:43.52	3:03.82	3:23.96	3:43.66
100m	0:20.87	0:23.19	0:23.46	0:24.37	0:24.56	0:24.38	0:22.69	0:20.30	0:20.14	0:19.70
400m				1:31.89				1:31.93		
1000m										3:43.66

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:02.83	4:22.59	4:40.64	4:59.10	5:18.13	5:36.30	5:54.08	6:11.89	6:29.71	6:47.74
100m	0:19.17	0:19.76	0:18.05	0:18.46	0:19.03	0:18.17	0:17.78	0:17.81	0:17.82	0:18.03
400m		1:18.77				1:13.71				1:11.44
1000m										3:04.08

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:05.39	7:23.29	7:41.53	7:58.90	8:16.42	8:33.70	8:51.41	9:09.09	9:26.54	9:44.69
100m	0:17.65	0:17.90	0:18.24	0:17.37	0:17.52	0:17.28	0:17.71	0:17.68	0:17.45	0:18.15
400m				1:11.16				1:10.19		
1000m										2:56.95

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:03.03	10:21.37	10:39.51	10:58.09	11:17.25	11:36.44	11:55.26	12:14.28	12:33.50	12:52.50
100m	0:18.34	0:18.34	0:18.14	0:18.58	0:19.16	0:19.19	0:18.82	0:19.02	0:19.22	0:19.00
400m		1:12.28				1:15.07				1:16.06
1000m										3:07.81

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:11.20	13:30.24	13:49.23	14:08.36	14:27.42	14:46.68	15:06.06	15:25.77	15:45.27	16:05.14
100m	0:18.70	0:19.04	0:18.99	0:19.13	0:19.06	0:19.26	0:19.38	0:19.71	0:19.50	0:19.87
400m				1:15.86				1:17.41		
1000m										3:12.64

843 Desalegn Betlhem (UAE)

Pos: 8

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.33	0:43.55	1:07.07	1:31.33	1:55.91	2:20.24	2:43.70	3:04.16	3:24.32	3:44.05
100m	0:20.33	0:23.22	0:23.52	0:24.26	0:24.58	0:24.33	0:23.46	0:20.46	0:20.16	0:19.73
400m				1:31.33				1:32.83		
1000m										3:44.05

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.27	4:23.09	4:41.25	5:59.67	5:18.64	5:36.71	5:54.47	6:12.19	6:30.00	6:48.10
100m	0:19.22	0:19.82	0:18.16	0:18.42	0:18.97	0:18.07	0:17.76	0:17.72	0:17.81	0:18.10
400m		1:18.93				1:13.62				1:11.39
1000m										3:04.05

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:05.35	7:23.08	7:41.21	7:58.28	8:14.88	8:32.19	8:50.22	9:08.56	9:26.60	9:44.75
100m	0:17.25	0:17.73	0:18.13	0:17.07	0:16.60	0:17.31	0:18.03	0:18.34	0:18.04	0:18.15
400m				1:10.18				1:10.28		
1000m										2:56.65

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:03.17	10:21.70	10:40.30	10:59.28	11:18.73	11:38.35	11:57.86	12:17.60	12:37.60	12:57.54
100m	0:18.42	0:18.53	0:18.60	0:18.98	0:19.45	0:19.62	0:19.51	0:19.74	0:20.00	0:19.94
400m		1:13.14				1:16.65				1:19.19
1000m										3:12.79

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:17.52	13:37.34	13:57.21	14:16.70	14:36.15	14:55.43	15:14.84	15:34.42	15:53.67	16:13.27
100m	0:19.98	0:19.82	0:19.87	0:19.49	0:19.45	0:19.28	0:19.41	0:19.58	0:19.25	0:19.60
400m				1:19.16				1:17.72		
1000m										3:15.73



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5000m Women - Heat 1

539 Onishi Misaki (JPN)

Pos: 9

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:20.55	0:43.76	1:07.27	1:31.57	1:56.14	2:20.48	2:43.66	3:04.02	3:24.11	3:43.83
100m	0:20.55	0:23.21	0:23.51	0:24.30	0:24.57	0:24.34	0:23.18	0:20.36	0:20.09	0:19.72
400m				1:31.57				1:32.45		
1000m										3:43.83

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:02.99	4:22.80	4:41.02	4:59.43	5:18.37	5:36.50	5:54.28	6:12.12	6:29.81	6:47.90
100m	0:19.16	0:19.81	0:18.22	0:18.41	0:18.94	0:18.13	0:17.78	0:17.84	0:17.69	0:18.09
400m		1:18.78				1:13.70				1:11.40
1000m										3:04.07

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:05.47	7:23.34	7:41.44	7:58.72	8:15.88	8:33.62	8:51.68	9:09.87	9:28.33	9:47.42
100m	0:17.57	0:17.87	0:18.10	0:17.28	0:17.16	0:17.74	0:18.06	0:18.19	0:18.46	0:19.09
400m				1:10.82				1:11.15		
1000m										3:59.52

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:06.70	10:26.21	10:45.53	11:05.03	11:24.47	11:44.21	12:03.55	12:23.39	12:43.04	13:02.83
100m	0:19.28	0:19.51	0:19.32	0:19.50	0:19.44	0:19.74	0:19.34	0:19.84	0:19.65	0:19.79
400m		1:16.34				1:18.00				1:18.62
1000m										3:15.41

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:22.27	13:42.12	14:01.62	14:21.02	14:40.20	15:59.97	15:19.21	15:38.59	15:57.54	16:16.52
100m	0:19.44	0:19.85	0:19.50	0:19.40	0:19.18	0:19.77	0:19.24	0:19.38	0:18.95	0:18.98
400m				1:18.19				1:17.57		
1000m										3:13.69

269 Tabares Carolina (COL)

Pos: 10

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:21.09	0:44.33	1:07.81	1:32.20	1:56.74	2:20.94	2:44.21	3:04.70	3:24.81	3:44.57
100m	0:21.09	0:23.24	0:23.48	0:24.39	0:24.54	0:24.20	0:23.27	0:20.49	0:20.11	0:19.76
400m				1:32.20				1:32.50		
1000m										3:44.57

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.75	4:23.62	4:41.65	5:59.76	5:18.98	5:37.30	5:54.100	6:12.60	6:30.35	6:48.47
100m	0:19.18	0:19.87	0:18.03	0:18.11	0:19.22	0:18.32	0:17.70	0:17.60	0:17.75	0:18.12
400m		1:18.92				1:13.68				1:11.17
1000m										3:03.90

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time	7:06.20	7:23.99	7:42.08	8:59.92	8:17.75	8:36.21	8:54.89	9:14.04	9:32.54	9:51.90
100m	0:17.73	0:17.79	0:18.09	0:17.84	0:17.83	0:18.46	0:18.68	0:19.15	0:18.50	0:19.36
400m				1:11.45				1:14.12		
1000m										3:03.43

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time	10:10.100	10:30.10	10:48.97	11:08.78	11:27.96	11:47.92	12:07.40	12:27.21	12:46.100	13:06.77
100m	0:19.10	0:19.10	0:18.87	0:19.81	0:19.18	0:19.96	0:19.48	0:19.81	0:19.79	0:19.77
400m		1:16.06				1:17.82				1:18.85
1000m										3:14.87

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time	13:25.89	13:45.95	14:05.57	14:26.03	14:45.67	15:05.76	15:24.84	15:44.52	16:03.77	16:22.81
100m	0:19.12	0:20.06	0:19.62	0:20.46	0:19.64	0:20.09	0:19.08	0:19.68	0:19.25	0:19.04
400m				1:19.26				1:18.49		
1000m										3:16.04



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569 Muriuki Margaret Wangari (KEN)

DNF

	100m	200m	300m	400m	500m	600m	700m	800m	900m	1000m
Race Time	0:21.07	0:44.21	1:07.71	1:32.12	1:56.64	2:20.86	2:44.23	3:04.82	3:24.82	3:44.41
100m	0:21.07	0:23.14	0:23.50	0:24.41	0:24.52	0:24.22	0:23.37	0:20.59	0:20.00	0:19.59
400m				1:32.12				1:32.70		
1000m										3:44.41

	1100m	1200m	1300m	1400m	1500m	1600m	1700m	1800m	1900m	2000m
Race Time	4:03.56	4:23.46	4:41.40	5:59.60	5:18.73	5:37.05	5:54.75	6:20.48		
100m	0:19.15	0:19.90	0:17.94	0:18.20	0:19.13	0:18.32	0:17.70	0:25.73		
400m		1:18.64				1:13.59				
1000m										

	2100m	2200m	2300m	2400m	2500m	2600m	2700m	2800m	2900m	3000m
Race Time										
100m										
400m										
1000m										

	3100m	3200m	3300m	3400m	3500m	3600m	3700m	3800m	3900m	4000m
Race Time										
100m										
400m										
1000m										

	4100m	4200m	4300m	4400m	4500m	4600m	4700m	4800m	4900m	5000m
Race Time										
100m										
400m										
1000m										