

RACE ANALYSIS

Marathon Men - Final



27 August 2023 06:59 START TIME 22° C 77%
 TEMPERATURE HUMIDITY
 09:42 END TIME 28° C 61%

1	1 km	2	2 km	3	3 km	4	4 km	5	5 km	6	6 km	7	7 km	8	8 km	9	9 km	10	10 km
11	11 km	12	12 km	13	13 km	14	14 km	15	15 km	16	16 km	17	17 km	18	18 km	19	19 km	20	20 km
21	21 km	22	Half Marathon	23	22 km	24	23 km	25	24 km	26	25 km	27	26 km	28	27 km	29	28 km	30	29 km
31	30 km	32	31 km	33	32 km	34	33 km	35	34 km	36	35 km	37	36 km	38	37 km	39	38 km	40	39 km
41	40 km	42	41 km	43	42 km														

1 2943 Victor KIPLANGAT UGA 10 Nov 99 2:08:53

1	3:08	2	3:10	3	3:06	4	3:09	5	3:02	6	3:00	7	3:12	8	2:56	9	3:02	10	2:53
	3:08 (31)		6:18 (34)		9:24 (30)		12:33 (32)		15:35 (16)		18:35 (15)		21:47 (17)		24:43 (15)		27:45 (16)		30:38 (9)
11	3:16	12	3:09	13	3:04	14	3:06	15	2:58	16	3:13	17	3:08	18	3:01	19	3:08	20	2:56
	33:54 (19)		37:03 (19)		40:07 (22)		43:13 (15)		46:11 (6)		49:24 (16)		52:32 (13)		55:33 (20)		58:41 (22)		1:01:37 (10)
21	3:08	22	18	23	2:47	24	3:07	25	3:05	26	3:03	27	3:02	28	3:09	29	3:06	30	2:58
	1:04:45 (11)		1:05:03 (9)		1:07:50 (12)		1:10:57 (17)		1:14:02 (3)		1:17:05 (9)		1:20:07 (6)		1:23:16 (13)		1:26:22 (18)		1:29:20 (2)
31	2:54	32	3:09	33	2:53	34	2:52	35	2:49	36	2:56	37	2:57	38	3:02	39	2:55	40	3:03
	1:32:14 (1)		1:35:23 (4)		1:38:16 (1)		1:41:08 (1)		1:43:57 (1)		1:46:53 (1)		1:49:50 (1)		1:52:52 (1)		1:55:47 (1)		1:58:50 (1)
41	3:02	42	3:08	43	3:15		38												
	2:01:52 (1)		2:05:00 (1)		2:08:15 (1)														

2 2485 Maru TEFERI ISR 17 Aug 92 2:09:12 SB

1	3:06	2	3:12	3	3:06	4	3:10	5	3:04	6	3:04	7	3:08	8	2:55	9	3:01	10	3:00
	3:06 (12)		6:18 (19)		9:24 (26)		12:34 (42)		15:38 (42)		18:42 (37)		21:50 (36)		24:45 (25)		27:46 (25)		30:46 (28)
11	3:08	12	3:10	13	3:04	14	3:07	15	3:04	16	3:06	17	3:09	18	2:59	19	3:08	20	3:02
	33:54 (32)		37:04 (35)		40:08 (30)		43:15 (31)		46:19 (31)		49:25 (31)		52:34 (27)		55:33 (23)		58:41 (25)		1:01:43 (26)
21	3:03	22	18	23	2:46	24	3:07	25	3:07	26	3:06	27	3:00	28	3:06	29	3:06	30	3:01
	1:04:46 (26)		1:05:04 (26)		1:07:50 (21)		1:10:57 (24)		1:14:04 (25)		1:17:10 (22)		1:20:10 (19)		1:23:16 (20)		1:26:22 (20)		1:29:23 (13)
31	3:02	32	2:59	33	2:56	34	2:55	35	2:59	36	3:01	37	3:02	38	3:07	39	3:00	40	3:05
	1:32:25 (11)		1:35:24 (12)		1:38:20 (5)		1:41:15 (4)		1:44:14 (5)		1:47:15 (5)		1:50:17 (4)		1:53:24 (4)		1:56:24 (3)		1:59:29 (3)
41	3:07	42	3:02	43	3:03		31												
	2:02:36 (3)		2:05:38 (3)		2:08:41 (3)														

3 2272 Leul GEBRESILASE ETH 20 Sep 92 2:09:19

1	3:09	2	3:10	3	3:05	4	3:09	5	3:02	6	2:59	7	3:12	8	2:56	9	3:02	10	2:54
	3:09 (44)		6:19 (42)		9:24 (34)		12:33 (24)		15:35 (12)		18:34 (10)		21:46 (2)		24:42 (2)		27:44 (3)		30:38 (10)
11	3:15	12	3:09	13	3:04	14	3:07	15	2:59	16	3:13	17	3:08	18	2:59	19	3:09	20	2:56
	33:53 (8)		37:02 (9)		40:06 (8)		43:13 (8)		46:12 (9)		49:25 (23)		52:33 (18)		55:32 (15)		58:41 (19)		1:01:37 (5)
21	3:08	22	18	23	2:46	24	3:08	25	3:06	26	3:02	27	3:02	28	3:08	29	3:06	30	3:00
	1:04:45 (8)		1:05:03 (6)		1:07:49 (6)		1:10:57 (13)		1:14:03 (8)		1:17:05 (4)		1:20:07 (4)		1:23:15 (4)		1:26:21 (8)		1:29:21 (5)
31	2:54	32	3:08	33	2:53	34	2:52	35	2:49	36	2:56	37	2:57	38	3:03	39	2:55	40	3:05
	1:32:15 (3)		1:35:23 (6)		1:38:16 (3)		1:41:08 (2)		1:43:57 (2)		1:46:53 (2)		1:49:50 (2)		1:52:53 (2)		1:55:48 (2)		1:58:53 (2)
41	3:12	42	3:14	43	3:18		42												
	2:02:05 (2)		2:05:19 (2)		2:08:37 (2)														

4 2647 Tebello RAMAKONGOANA LES 13 Oct 96 2:09:57 PB

1	3:10	2	3:10	3	3:05	4	3:10	5	3:04	6	3:04	7	3:08	8	2:58	9	2:59	10	3:02
	3:10 (57)		6:20 (46)		9:25 (58)		12:35 (54)		15:39 (46)		18:43 (44)		21:51 (42)		24:49 (41)		27:48 (35)		30:50 (37)
11	3:04	12	3:11	13	3:04	14	3:08	15	3:06	16	3:03	17	3:12	18	3:02	19	3:04	20	3:06
	33:54 (34)		37:05 (41)		40:09 (39)		43:17 (42)		46:23 (40)		49:26 (35)		52:38 (37)		55:40 (36)		58:44 (35)		1:01:50 (34)
21	3:01	22	18	23	2:44	24	3:05	25	3:08	26	3:06	27	2:59	28	3:05	29	3:05	30	3:03
	1:04:51 (33)		1:05:09 (32)		1:07:53 (30)		1:10:58 (32)		1:14:06 (32)		1:17:12 (30)		1:20:11 (20)		1:23:16 (19)		1:26:21 (11)		1:29:24 (17)
31	3:01	32	2:58	33	3:00	34	2:59	35	3:00	36	3:03	37	3:06	38	3:08	39	3:00	40	3:10
	1:32:25 (12)		1:35:23 (5)		1:38:23 (9)		1:41:22 (10)		1:44:22 (10)		1:47:25 (7)		1:50:31 (8)		1:53:39 (6)		1:56:39 (5)		1:59:49 (4)
41	3:08	42	3:11	43	3:13		36												
	2:02:57 (4)		2:06:08 (4)		2:09:21 (4)														



RACE ANALYSIS
Marathon Men

5 2945 Stephen KISSA										UGA 1 Dec 88										2:10:22																																																																																																					
1	3:06	2	3:11	3	3:06	4	3:09	5	3:02	6	3:00	7	3:12	8	2:56	9	3:03	10	2:53	11	3:15	12	3:10	13	3:04	14	3:06	15	2:58	16	3:12	17	3:08	18	3:01	19	3:08	20	2:57	21	3:09	22	18	23	2:46	24	3:07	25	3:06	26	3:03	27	3:01	28	3:08	29	3:06	30	2:59	31	2:55	32	3:08	33	3:04	34	2:53	35	2:51	36	2:59	37	3:07	38	3:15	39	3:17	40	3:23	41	3:22	42	3:04	43	3:06		38														2:03:34 (8)	2:06:38 (6)	2:09:44 (5)																		

6 2279 Milkesa MENGESHA										ETH 16 Apr 00										2:10:43																																																																																																					
1	3:10	2	3:10	3	3:04	4	3:08	5	3:03	6	2:59	7	3:12	8	2:56	9	3:03	10	2:53	11	3:15	12	3:09	13	3:04	14	3:07	15	3:00	16	3:10	17	3:09	18	3:00	19	3:08	20	2:58	21	3:07	22	18	23	2:47	24	3:06	25	3:06	26	3:04	27	3:02	28	3:07	29	3:07	30	3:01	31	3:02	32	2:59	33	3:04	34	3:06	35	3:00	36	2:59	37	3:07	38	3:16	39	3:09	40	3:15	41	3:00	42	3:16	43	3:31		36														2:03:20 (6)	2:06:36 (5)	2:10:07 (6)																		

7 2301 Hassan CHAHDI										FRA 7 May 89										2:10:45	SB																																																																																																				
1	3:13	2	3:09	3	3:08	4	3:11	5	3:06	6	3:05	7	3:08	8	3:03	9	3:06	10	3:05	11	3:05	12	3:07	13	3:04	14	3:05	15	3:06	16	3:09	17	3:11	18	3:02	19	3:05	20	3:07	21	3:06	22	18	23	2:48	24	3:01	25	3:05	26	3:04	27	3:03	28	3:09	29	3:04	30	3:07	31	3:02	32	3:07	33	3:10	34	2:57	35	3:03	36	3:05	37	3:08	38	3:14	39	3:06	40	3:05	41	3:02	42	3:08	43	3:02		33														2:04:02 (11)	2:07:10 (11)	2:10:12 (7)																		

8 2618 Titus KIPRUTO										KEN 25 Jun 98										2:10:47																																																																																																					
1	3:07	2	3:11	3	3:05	4	3:10	5	3:02	6	3:00	7	3:12	8	2:56	9	3:02	10	2:53	11	3:16	12	3:09	13	3:04	14	3:06	15	2:58	16	3:13	17	3:08	18	3:00	19	3:08	20	2:59	21	3:07	22	17	23	2:46	24	3:08	25	3:07	26	3:01	27	3:02	28	3:08	29	3:06	30	3:00	31	2:58	32	3:05	33	2:59	34	2:59	35	3:00	36	3:09	37	3:17	38	3:21	39	3:08	40	3:17	41	3:16	42	3:15	43	3:09		33														2:03:50 (10)	2:07:05 (10)	2:10:14 (9)																		

9 2844 John HAKIZIMANA										RWA 26 Oct 96										2:10:50																																																																																																					
1	3:05	2	3:12	3	3:06	4	3:09	5	3:03	6	2:59	7	3:12	8	2:56	9	3:02	10	2:54	11	3:15	12	3:09	13	3:03	14	3:08	15	2:57	16	3:13	17	3:08	18	3:01	19	3:07	20	2:57	21	3:08	22	18	23	2:47	24	3:07	25	3:06	26	3:03	27	3:03	28	3:07	29	3:06	30	3:00	31	2:57	32	3:06	33	3:00	34	3:00	35	3:12	36	3:06	37	3:17	38	3:18	39	3:08	40	3:09	41	3:16	42	3:14	43	3:09		37														2:03:50 (9)	2:07:04 (9)	2:10:13 (8)																		

RACE ANALYSIS
Marathon Men

10 2508 Daniele MEUCCI ITA 7 Oct 85 2:11:06 SB

1	3:11	2	3:10	3	3:04	4	3:11	5	3:08	6	3:03	7	3:05	8	2:57	9	3:01	10	3:02
	3:11 (61)		6:21 (65)		9:25 (49)		12:36 (62)		15:44 (61)		18:47 (52)		21:52 (49)		24:49 (37)		27:50 (40)		30:52 (38)
11	3:03	12	3:08	13	3:05	14	3:08	15	3:07	16	3:05	17	3:10	18	3:03	19	3:02	20	3:06
	33:55 (38)		37:03 (17)		40:08 (35)		43:16 (35)		46:23 (39)		49:28 (38)		52:38 (38)		55:41 (38)		58:43 (32)		1:01:49 (33)
21	3:02	22	18	23	2:45	24	3:02	25	3:08	26	3:08	27	3:07	28	3:09	29	3:03	30	3:08
	1:04:51 (32)		1:05:09 (33)		1:07:54 (31)		1:10:56 (4)		1:14:04 (17)		1:17:12 (27)		1:20:19 (26)		1:23:28 (23)		1:26:31 (22)		1:29:39 (22)
31	3:07	32	3:05	33	3:07	34	3:01	35	3:02	36	3:10	37	3:10	38	3:12	39	3:10	40	3:13
	1:32:46 (22)		1:35:51 (21)		1:38:58 (20)		1:41:59 (18)		1:45:01 (16)		1:48:11 (15)		1:51:21 (15)		1:54:33 (14)		1:57:43 (14)		2:00:56 (13)
41	3:11	42	3:13	43	3:13		33												
	2:04:07 (13)		2:07:20 (12)		2:10:33 (11)														

11 2494 Yohanes CHIAPPINELLI ITA 18 Aug 97 2:11:12

1	3:08	2	3:10	3	3:06	4	3:09	5	3:04	6	3:05	7	3:08	8	2:59	9	2:59	10	3:01
	3:08 (30)		6:18 (28)		9:24 (26)		12:33 (29)		15:37 (34)		18:42 (30)		21:50 (38)		24:49 (36)		27:48 (36)		30:49 (34)
11	3:04	12	3:10	13	3:04	14	3:06	15	3:02	16	3:09	17	3:09	18	3:01	19	3:07	20	3:01
	33:53 (9)		37:03 (10)		40:07 (14)		43:13 (18)		46:15 (23)		49:24 (21)		52:33 (22)		55:34 (28)		58:41 (28)		1:01:42 (23)
21	3:04	22	18	23	2:46	24	3:06	25	3:07	26	3:02	27	3:01	28	3:09	29	3:07	30	3:03
	1:04:46 (22)		1:05:04 (21)		1:07:50 (11)		1:10:56 (1)		1:14:03 (10)		1:17:05 (1)		1:20:06 (1)		1:23:15 (8)		1:26:22 (15)		1:29:25 (19)
31	3:05	32	3:02	33	3:03	34	3:01	35	3:00	36	3:06	37	3:07	38	3:12	39	3:07	40	3:13
	1:32:30 (18)		1:35:32 (15)		1:38:35 (14)		1:41:36 (13)		1:44:36 (13)		1:47:42 (12)		1:50:49 (12)		1:54:01 (10)		1:57:08 (9)		2:00:21 (8)
41	3:12	42	3:19	43	3:37		43												
	2:03:33 (7)		2:06:52 (8)		2:10:29 (10)														

12 2599 Ichitaka YAMASHITA JPN 29 Jul 97 2:11:19

1	3:09	2	3:11	3	3:05	4	3:10	5	3:07	6	3:06	7	3:05	8	3:00	9	3:00	10	3:01
	3:09 (48)		6:20 (57)		9:25 (60)		12:35 (56)		15:42 (53)		18:48 (55)		21:53 (51)		24:53 (48)		27:53 (45)		30:54 (40)
11	3:01	12	3:09	13	3:05	14	3:06	15	3:02	16	3:08	17	3:10	18	2:58	19	3:08	20	2:58
	33:55 (39)		37:04 (34)		40:09 (37)		43:15 (32)		46:17 (29)		49:25 (28)		52:35 (31)		55:33 (26)		58:41 (24)		1:01:39 (19)
21	3:05	22	18	23	2:48	24	3:07	25	3:07	26	3:03	27	3:01	28	3:07	29	3:06	30	3:01
	1:04:44 (1)		1:05:02 (2)		1:07:50 (14)		1:10:57 (18)		1:14:04 (22)		1:17:07 (17)		1:20:08 (13)		1:23:15 (9)		1:26:21 (4)		1:29:22 (12)
31	2:57	32	3:04	33	3:00	34	2:59	35	2:59	36	3:04	37	3:06	38	3:09	39	3:01	40	3:11
	1:32:19 (9)		1:35:23 (1)		1:38:23 (7)		1:41:22 (9)		1:44:21 (8)		1:47:25 (8)		1:50:31 (7)		1:53:40 (7)		1:56:41 (6)		1:59:52 (5)
41	3:17	42	3:39	43	3:49		42												
	2:03:09 (5)		2:06:48 (7)		2:10:37 (12)														

13 3022 Zach PANNING USA 29 Mar 95 2:11:21 SB

1	3:10	2	3:09	3	3:05	4	3:10	5	3:06	6	3:08	7	3:08	8	3:04	9	3:04	10	3:02
	3:10 (49)		6:19 (39)		9:24 (40)		12:34 (43)		15:40 (48)		18:48 (54)		21:56 (54)		25:00 (55)		28:04 (54)		31:06 (49)
11	3:06	12	3:07	13	3:01	14	3:06	15	3:05	16	3:08	17	3:11	18	3:04	19	3:05	20	3:03
	34:12 (48)		37:19 (48)		40:20 (46)		43:26 (45)		46:31 (43)		49:39 (42)		52:50 (42)		55:54 (40)		58:59 (40)		1:02:02 (39)
21	3:05	22	18	23	2:47	24	3:02	25	3:04	26	3:05	27	3:07	28	3:10	29	3:03	30	3:05
	1:05:07 (40)		1:05:25 (39)		1:08:12 (38)		1:11:14 (37)		1:14:18 (35)		1:17:23 (33)		1:20:30 (32)		1:23:40 (28)		1:26:43 (28)		1:29:48 (25)
31	3:03	32	3:07	33	3:09	34	3:04	35	3:04	36	3:09	37	3:11	38	3:13	39	3:09	40	3:12
	1:32:51 (25)		1:35:58 (24)		1:39:07 (24)		1:42:11 (21)		1:45:15 (21)		1:48:24 (18)		1:51:35 (17)		1:54:48 (16)		1:57:57 (17)		2:01:09 (16)
41	3:10	42	3:12	43	3:14		36												
	2:04:19 (16)		2:07:31 (14)		2:10:45 (13)														

14 2616 Timothy KIPLAGAT KEN 18 Sep 93 2:11:25

1	3:05	2	3:12	3	3:06	4	3:09	5	3:04	6	2:59	7	3:12	8	2:56	9	3:02	10	2:50
	3:05 (4)		6:17 (8)		9:23 (12)		12:32 (8)		15:36 (24)		18:35 (20)		21:47 (21)		24:43 (12)		27:45 (7)		30:35 (1)
11	3:19	12	3:09	13	3:03	14	3:06	15	3:00	16	3:12	17	3:09	18	2:59	19	3:07	20	2:57
	33:54 (22)		37:03 (20)		40:06 (13)		43:12 (1)		46:12 (12)		49:24 (18)		52:33 (20)		55:32 (4)		58:39 (4)		1:01:36 (1)
21	3:09	22	18	23	2:47	24	3:07	25	3:05	26	3:03	27	3:04	28	3:06	29	3:06	30	2:59
	1:04:45 (12)		1:05:03 (11)		1:07:50 (15)		1:10:57 (11)		1:14:02 (1)		1:17:05 (8)		1:20:09 (16)		1:23:15 (3)		1:26:21 (1)		1:29:20 (1)
31	2:55	32	3:08	33	2:56	34	2:56	35	3:05	36	3:10	37	3:12	38	3:26	39	3:13	40	3:22
	1:32:15 (5)		1:35:23 (8)		1:38:19 (4)		1:41:15 (5)		1:44:20 (7)		1:47:30 (9)		1:50:42 (10)		1:54:08 (11)		1:57:21 (12)		2:00:43 (12)
41	3:20	42	3:24	43	3:24		34												
	2:04:03 (12)		2:07:27 (13)		2:10:51 (14)														

RACE ANALYSIS
Marathon Men

15 2395 Haftom WELDAY										GER 13 Mar 90										2:11:25																																																																																
1	3:08	2	3:10	3	3:06	4	3:10	5	3:04	6	3:04	7	3:07	8	2:57	9	3:00	10	3:01	11	3:07	12	3:10	13	3:04	14	3:07	15	3:03	16	3:07	17	3:08	18	3:00	19	3:08	20	3:02	21	3:03	22	18	23	2:47	24	3:05	25	3:06	26	3:06	27	3:08	28	3:12	29	3:03	30	3:09	31	3:07	32	3:04	33	3:08	34	3:04	35	3:11	36	3:14	37	3:14	38	3:18	39	3:09	40	3:14	41	3:11	42	3:10	43	3:10		31													
	3:08 (35)		6:18 (30)		9:24 (36)		12:34 (44)		15:38 (44)		18:42 (35)		21:49 (31)		24:46 (28)		27:46 (24)		30:47 (30)		33:54 (31)		37:04 (29)		40:08 (29)		43:15 (28)		46:18 (30)		49:25 (26)		52:33 (23)		55:33 (25)		58:41 (23)		1:01:43 (25)		1:04:46 (29)		1:05:04 (28)		1:07:51 (26)		1:10:56 (2)		1:14:02 (2)		1:17:08 (19)		1:20:16 (25)		1:23:28 (24)		1:26:31 (24)		1:29:40 (24)		1:32:47 (24)		1:35:51 (22)		1:38:59 (21)		1:42:03 (19)		1:45:14 (19)		1:48:28 (21)		1:51:42 (20)		1:55:00 (19)		1:58:09 (18)		2:01:23 (17)		2:04:34 (17)		2:07:44 (17)		2:10:54 (15)															

16 3052 Isaac MPOFU										ZIM 20 Aug 88										2:11:33	SB																																																																															
1	3:07	2	3:11	3	3:05	4	3:10	5	3:02	6	3:00	7	3:12	8	2:57	9	3:01	10	2:57	11	3:11	12	3:10	13	3:04	14	3:06	15	3:00	16	3:11	17	3:08	18	3:01	19	3:07	20	2:57	21	3:08	22	18	23	2:46	24	3:08	25	3:06	26	3:03	27	3:02	28	3:08	29	3:06	30	3:02	31	3:02	32	3:04	33	3:10	34	3:07	35	3:07	36	3:08	37	3:15	38	3:17	39	3:10	40	3:17	41	3:15	42	3:16	43	3:23		38													
	3:07 (20)		6:18 (22)		9:23 (17)		12:33 (18)		15:35 (11)		18:35 (19)		21:47 (19)		24:44 (21)		27:45 (21)		30:42 (18)		33:53 (16)		37:03 (13)		40:07 (19)		43:13 (14)		46:13 (16)		49:24 (10)		52:32 (14)		55:33 (19)		58:40 (14)		1:01:37 (9)		1:04:45 (14)		1:05:03 (16)		1:07:49 (9)		1:10:57 (8)		1:14:03 (15)		1:17:06 (11)		1:20:08 (15)		1:23:16 (18)		1:26:22 (12)		1:29:24 (18)		1:32:26 (15)		1:35:30 (14)		1:38:40 (15)		1:41:47 (15)		1:44:54 (14)		1:48:02 (14)		1:51:17 (14)		1:54:34 (15)		1:57:44 (15)		2:01:01 (15)		2:04:16 (15)		2:07:32 (15)		2:10:55 (16)															

17 2274 Tsegaye GETACHEW										ETH 30 Nov 96										2:11:56																																																																																
1	3:07	2	3:11	3	3:06	4	3:09	5	3:02	6	3:00	7	3:12	8	2:56	9	3:02	10	2:54	11	3:15	12	3:09	13	3:03	14	3:07	15	2:59	16	3:12	17	3:09	18	2:59	19	3:09	20	2:56	21	3:08	22	18	23	2:46	24	3:08	25	3:06	26	3:02	27	3:02	28	3:09	29	3:06	30	2:59	31	2:54	32	3:08	33	2:57	34	2:56	35	2:58	36	3:01	37	3:15	38	3:22	39	3:20	40	3:27	41	3:29	42	3:34	43	3:35		39													
	3:07 (26)		6:18 (21)		9:24 (33)		12:33 (36)		15:35 (15)		18:35 (12)		21:47 (15)		24:43 (14)		27:45 (13)		30:39 (12)		33:54 (23)		37:03 (14)		40:06 (12)		43:13 (19)		46:12 (14)		49:24 (20)		52:33 (21)		55:32 (16)		58:41 (20)		1:01:37 (8)		1:04:45 (16)		1:05:03 (18)		1:07:49 (3)		1:10:57 (10)		1:14:03 (9)		1:17:05 (3)		1:20:07 (5)		1:23:16 (10)		1:26:22 (13)		1:29:21 (6)		1:32:15 (16)		1:35:23 (7)		1:38:20 (6)		1:41:16 (6)		1:44:14 (6)		1:47:15 (6)		1:50:30 (6)		1:53:52 (8)		1:57:12 (10)		2:00:39 (11)		2:04:08 (14)		2:07:42 (16)		2:11:17 (17)															

18 2307 Mehdi FRÈRE										FRA 27 Jul 96										2:11:59																																																																																
1	3:09	2	3:10	3	3:05	4	3:09	5	3:04	6	3:05	7	3:08	8	2:59	9	3:00	10	3:01	11	3:04	12	3:10	13	3:03	14	3:07	15	3:02	16	3:08	17	3:09	18	3:00	19	3:08	20	3:03	21	3:02	22	18	23	2:48	24	3:05	25	3:07	26	3:06	27	3:03	28	3:03	29	3:05	30	3:02	31	3:05	32	3:05	33	3:11	34	3:10	35	3:07	36	3:16	37	3:18	38	3:22	39	3:14	40	3:22	41	3:20	42	3:17	43	3:14		35													
	3:09 (43)		6:19 (41)		9:24 (37)		12:33 (28)		15:37 (39)		18:42 (32)		21:50 (40)		24:49 (40)		27:49 (38)		30:50 (36)		33:54 (30)		37:04 (37)		40:07 (25)		43:14 (22)		46:16 (27)		49:24 (22)		52:33 (24)		55:33 (24)		58:41 (27)		1:01:44 (28)		1:04:46 (27)		1:05:04 (27)		1:07:52 (29)		1:10:57 (16)		1:14:04 (21)		1:17:10 (23)		1:20:13 (21)		1:23:16 (14)		1:26:21 (7)		1:29:23 (16)		1:32:28 (17)		1:35:33 (16)		1:38:44 (16)		1:41:54 (16)		1:45:01 (17)		1:48:17 (16)		1:51:35 (18)		1:54:57 (18)		1:58:11 (19)		2:01:33 (18)		2:04:53 (18)		2:08:10 (18)		2:11:24 (18)															

19 2149 Rory LINKLETTER										CAN 12 Aug 96										2:12:16	SB																																																																															
1	3:10	2	3:10	3	3:06	4	3:08	5	3:10	6	3:09	7	3:11	8	3:03	9	3:10	10	3:07	11	3:11	12	3:11	13	3:07	14	3:07	15	3:14	16	3:11	17	3:08	18	3:02	19	3:06	20	3:03	21	3:04	22	18	23	2:49	24	3:03	25	3:03	26	3:08	27	3:05	28	3:06	29	3:01	30	3:05	31	3:06	32	3:06	33	3:11	34	3:07	35	3:07	36	3:13	37	3:11	38	3:15	39	3:11	40	3:16	41	3:10	42	3:13	43	3:09		35													
	3:10 (55)		6:20 (49)		9:26 (64)		12:34 (46)		15:44 (64)		18:53 (65)		22:04 (64)		25:07 (61)		28:17 (62)		31:24 (60)		34:35 (59)		37:46 (59)		40:53 (59)		44:00 (58)		47:14 (57)		50:25 (59)		53:33 (56)		56:35 (54)		59:41 (53)		1:02:44 (50)		1:05:48 (47)		1:06:06 (46)		1:08:55 (44)		1:11:58 (44)		1:15:01 (43)		1:18:09 (43)		1:21:14 (41)		1:24:20 (39)		1:27:21 (37)		1:30:26 (35)		1:33:32 (34)		1:36:38 (31)		1:39:49 (31)		1:42:56 (28)		1:46:03 (26)		1:49:16 (26)		1:52:27 (23)		1:55:42 (23)		1:58:53 (22)		2:02:09 (21)		2:05:19 (19)		2:08:32 (19)		2:11:41 (19)															

RACE ANALYSIS
Marathon Men

20 2483 Haimro ALAME ISR 8 Jun 90 2:12:32

1	3:12	2	3:09	3	3:04	4	3:11	5	3:07	6	3:05	7	3:03	8	2:59	9	2:58	10	2:59
	3:12 (78)		6:21 (71)		9:25 (51)		12:36 (66)		15:43 (58)		18:48 (56)		21:51 (47)		24:50 (42)		27:48 (34)		30:47 (31)
11	3:07	12	3:10	13	3:04	14	3:07	15	3:04	16	3:06	17	3:11	18	3:04	19	3:04	20	3:08
	33:54 (36)		37:04 (36)		40:08 (33)		43:15 (33)		46:19 (32)		49:25 (32)		52:36 (33)		55:40 (34)		58:44 (36)		1:01:52 (36)
21	3:11	22	18	23	2:48	24	3:05	25	3:04	26	3:10	27	3:12	28	3:09	29	3:05	30	3:06
	1:05:03 (36)		1:05:21 (36)		1:08:09 (36)		1:11:14 (36)		1:14:18 (36)		1:17:28 (35)		1:20:40 (34)		1:23:49 (33)		1:26:54 (32)		1:30:00 (31)
31	3:09	32	3:17	33	3:16	34	3:11	35	3:10	36	3:17	37	3:17	38	3:17	39	3:12	40	3:15
	1:33:09 (28)		1:36:26 (28)		1:39:42 (29)		1:42:53 (27)		1:46:03 (28)		1:49:20 (27)		1:52:37 (25)		1:55:54 (25)		1:59:06 (25)		2:02:21 (23)
41	3:13	42	3:11	43	3:13		34												
	2:05:34 (22)		2:08:45 (21)		2:11:58 (20)														

21 2255 Tariku NOVALES ESP 8 Mar 98 2:12:39 SB

1	3:05	2	3:12	3	3:06	4	3:10	5	3:03	6	3:06	7	3:08	8	3:00	9	3:02	10	3:04
	3:05 (5)		6:17 (11)		9:23 (21)		12:33 (16)		15:36 (25)		18:42 (29)		21:50 (35)		24:50 (43)		27:52 (43)		30:56 (44)
11	3:00	12	3:09	13	3:05	14	3:13	15	3:05	16	3:06	17	3:10	18	3:04	19	3:08	20	3:06
	33:56 (40)		37:05 (42)		40:10 (41)		43:23 (44)		46:28 (41)		49:34 (40)		52:44 (39)		55:48 (39)		58:56 (39)		1:02:02 (40)
21	3:03	22	17	23	2:47	24	3:04	25	3:03	26	3:08	27	3:05	28	3:11	29	3:08	30	3:12
	1:05:05 (38)		1:05:22 (38)		1:08:09 (35)		1:11:13 (35)		1:14:16 (33)		1:17:24 (34)		1:20:29 (31)		1:23:40 (29)		1:26:48 (29)		1:30:00 (29)
31	3:13	32	3:14	33	3:15	34	3:11	35	3:10	36	3:13	37	3:14	38	3:21	39	3:14	40	3:16
	1:33:13 (29)		1:36:27 (29)		1:39:42 (28)		1:42:53 (26)		1:46:03 (27)		1:49:16 (25)		1:52:30 (24)		1:55:51 (24)		1:59:05 (24)		2:02:21 (22)
41	3:17	42	3:16	43	3:08		37												
	2:05:38 (23)		2:08:54 (22)		2:12:02 (21)														

22 2251 Ayad LAMDASSEM ESP 11 Oct 81 2:12:59

1	3:05	2	3:12	3	3:06	4	3:09	5	3:03	6	3:01	7	3:11	8	2:59	9	3:01	10	2:58
	3:05 (3)		6:17 (5)		9:23 (7)		12:32 (11)		15:35 (14)		18:36 (23)		21:47 (20)		24:46 (26)		27:47 (31)		30:45 (26)
11	3:09	12	3:11	13	3:05	14	3:07	15	3:05	16	3:06	17	3:09	18	3:02	19	3:05	20	3:02
	33:54 (37)		37:05 (38)		40:10 (42)		43:17 (39)		46:22 (38)		49:28 (37)		52:37 (36)		55:39 (33)		58:44 (37)		1:01:46 (30)
21	3:00	22	17	23	2:47	24	3:07	25	3:06	26	3:06	27	3:00	28	3:07	29	3:06	30	3:04
	1:04:46 (17)		1:05:03 (14)		1:07:50 (18)		1:10:57 (9)		1:14:03 (14)		1:17:09 (21)		1:20:09 (17)		1:23:16 (21)		1:26:22 (19)		1:29:26 (20)
31	3:07	32	3:05	33	3:09	34	3:09	35	3:12	36	3:21	37	3:22	38	3:23	39	3:18	40	3:24
	1:32:33 (20)		1:35:38 (19)		1:38:47 (17)		1:41:56 (17)		1:45:08 (18)		1:48:29 (22)		1:51:51 (22)		1:55:14 (21)		1:58:32 (20)		2:01:56 (19)
41	3:25	42	3:23	43	3:32		43												
	2:05:21 (20)		2:08:44 (20)		2:12:16 (22)														

23 2735 Sondre Nordstad MOEN NOR 12 Jan 91 2:13:12

1	3:06	2	3:11	3	3:06	4	3:10	5	3:02	6	2:59	7	3:13	8	2:56	9	3:02	10	2:58
	3:06 (15)		6:17 (6)		9:23 (10)		12:33 (15)		15:35 (9)		18:34 (11)		21:47 (12)		24:43 (19)		27:45 (18)		30:43 (21)
11	3:10	12	3:09	13	3:04	14	3:07	15	3:00	16	3:10	17	3:09	18	3:00	19	3:08	20	3:01
	33:53 (6)		37:02 (7)		40:06 (6)		43:13 (12)		46:13 (18)		49:23 (7)		52:32 (12)		55:32 (14)		58:40 (16)		1:01:41 (22)
21	3:05	22	18	23	2:47	24	3:06	25	3:08	26	3:07	27	3:03	28	3:13	29	3:03	30	3:08
	1:04:46 (24)		1:05:04 (24)		1:07:51 (27)		1:10:57 (19)		1:14:05 (30)		1:17:12 (26)		1:20:15 (24)		1:23:28 (22)		1:26:31 (23)		1:29:39 (23)
31	3:07	32	3:05	33	3:08	34	3:06	35	3:09	36	3:13	37	3:15	38	3:26	39	3:25	40	3:29
	1:32:46 (23)		1:35:51 (23)		1:38:59 (22)		1:42:05 (20)		1:45:14 (20)		1:48:27 (19)		1:51:42 (19)		1:55:08 (20)		1:58:33 (21)		2:02:02 (20)
41	3:25	42	3:30	43	3:34		41												
	2:05:27 (21)		2:08:57 (23)		2:12:31 (23)														

24 2239 Ibrahim CHAKIR ESP 4 Sep 94 2:13:44

1	3:06	2	3:11	3	3:06	4	3:09	5	3:04	6	3:01	7	3:11	8	2:58	9	3:00	10	3:00
	3:06 (17)		6:17 (14)		9:23 (8)		12:32 (13)		15:36 (19)		18:37 (25)		21:48 (24)		24:46 (27)		27:46 (30)		30:46 (27)
11	3:07	12	3:11	13	3:03	14	3:09	15	3:04	16	3:05	17	3:10	18	2:59	19	3:07	20	3:04
	33:53 (4)		37:04 (28)		40:07 (24)		43:16 (34)		46:20 (34)		49:25 (34)		52:35 (30)		55:34 (30)		58:41 (26)		1:01:45 (29)
21	3:03	22	18	23	2:49	24	3:03	25	3:07	26	3:07	27	3:07	28	3:14	29	3:06	30	3:09
	1:04:48 (31)		1:05:06 (31)		1:07:55 (32)		1:10:58 (29)		1:14:05 (28)		1:17:12 (28)		1:20:19 (27)		1:23:33 (27)		1:26:39 (25)		1:29:48 (26)
31	3:11	32	3:12	33	3:16	34	3:10	35	3:14	36	3:20	37	3:26	38	3:28	39	3:19	40	3:27
	1:32:59 (26)		1:36:11 (26)		1:39:27 (26)		1:42:37 (25)		1:45:51 (24)		1:49:11 (24)		1:52:37 (26)		1:56:05 (26)		1:59:24 (26)		2:02:51 (24)
41	3:25	42	3:25	43	3:25		38												
	2:06:16 (24)		2:09:41 (24)		2:13:06 (24)														

RACE ANALYSIS
Marathon Men

25 2658 Mohamed Reda EL AARABY MAR 12 Nov 89 2:13:55 SB

1	3:08	2	3:12	3	3:04	4	3:10	5	3:07	6	3:06	7	3:06	8	3:04	9	3:07	10	3:03
	3:08 (34)		6:20 (53)		9:24 (43)		12:34 (47)		15:41 (51)		18:47 (53)		21:53 (53)		24:57 (53)		28:04 (51)		31:07 (50)
11	3:05	12	3:07	13	3:02	14	3:05	15	3:05	16	3:08	17	3:12	18	3:04	19	3:05	20	3:06
	34:12 (49)		37:19 (49)		40:21 (47)		43:26 (46)		46:31 (44)		49:39 (43)		52:51 (43)		55:55 (41)		59:00 (41)		1:02:06 (41)
21	3:10	22	18	23	2:51	24	3:04	25	3:04	26	3:06	27	3:10	28	3:09	29	3:07	30	3:11
	1:05:16 (41)		1:05:34 (41)		1:08:25 (40)		1:11:29 (41)		1:14:33 (41)		1:17:39 (38)		1:20:49 (38)		1:23:58 (36)		1:27:05 (34)		1:30:16 (34)
31	3:13	32	3:11	33	3:14	34	3:09	35	3:17	36	3:15	37	3:18	38	3:26	39	3:21	40	3:27
	1:33:29 (33)		1:36:40 (34)		1:39:54 (33)		1:43:03 (30)		1:46:20 (29)		1:49:35 (28)		1:52:53 (28)		1:56:19 (27)		1:59:40 (27)		2:03:07 (26)
41	3:24	42	3:22	43	3:25		37												
	2:06:31 (25)		2:09:53 (25)		2:13:18 (25)														

26 2383 Johannes MOTSCHMANN GER 3 Aug 94 2:14:19

1	3:09	2	3:11	3	3:05	4	3:10	5	3:09	6	3:10	7	3:10	8	3:04	9	3:09	10	3:08
	3:09 (45)		6:20 (50)		9:25 (63)		12:35 (57)		15:44 (65)		18:54 (66)		22:04 (65)		25:08 (66)		28:17 (65)		31:25 (61)
11	3:10	12	3:12	13	3:06	14	3:08	15	3:13	16	3:10	17	3:13	18	3:10	19	3:10	20	3:08
	34:35 (61)		37:47 (62)		40:53 (60)		44:01 (61)		47:14 (60)		50:24 (57)		53:37 (58)		56:47 (59)		59:57 (57)		1:03:05 (55)
21	3:14	22	18	23	2:52	24	3:08	25	3:06	26	3:06	27	3:10	28	3:17	29	3:09	30	3:11
	1:06:19 (57)		1:06:37 (57)		1:09:29 (53)		1:12:37 (52)		1:15:43 (50)		1:18:49 (48)		1:21:59 (45)		1:25:16 (42)		1:28:25 (40)		1:31:36 (39)
31	3:10	32	3:12	33	3:14	34	3:10	35	3:10	36	3:17	37	3:20	38	3:20	39	3:15	40	3:23
	1:34:46 (38)		1:37:58 (38)		1:41:12 (37)		1:44:22 (34)		1:47:32 (33)		1:50:49 (32)		1:54:09 (32)		1:57:29 (31)		2:00:44 (31)		2:04:07 (30)
41	3:15	42	3:17	43	3:07		33												
	2:07:22 (28)		2:10:39 (27)		2:13:46 (26)														

27 2662 Mustapha HOUDADI MAR 5 Aug 86 2:14:30

1	3:09	2	3:12	3	3:06	4	3:09	5	3:07	6	3:07	7	3:09	8	3:04	9	3:06	10	3:04
	3:09 (40)		6:21 (66)		9:27 (69)		12:36 (64)		15:43 (60)		18:50 (59)		21:59 (58)		25:03 (57)		28:09 (57)		31:13 (56)
11	3:05	12	3:07	13	3:05	14	3:05	15	3:06	16	3:09	17	3:10	18	3:03	19	3:05	20	3:07
	34:18 (51)		37:25 (50)		40:30 (50)		43:35 (51)		46:41 (50)		49:50 (48)		53:00 (46)		56:03 (45)		59:08 (42)		1:02:15 (43)
21	3:06	22	18	23	2:48	24	3:02	25	3:04	26	3:08	27	3:08	28	3:09	29	3:07	30	3:10
	1:05:21 (43)		1:05:39 (43)		1:08:27 (42)		1:11:29 (42)		1:14:33 (40)		1:17:41 (40)		1:20:49 (37)		1:23:58 (35)		1:27:05 (33)		1:30:15 (33)
31	3:13	32	3:11	33	3:15	34	3:09	35	3:19	36	3:25	37	3:24	38	3:31	39	3:20	40	3:30
	1:33:28 (32)		1:36:39 (33)		1:39:54 (32)		1:43:03 (29)		1:46:22 (31)		1:49:47 (29)		1:53:11 (29)		1:56:42 (29)		2:00:02 (29)		2:03:32 (27)
41	3:25	42	3:27	43	3:29		37												
	2:06:57 (26)		2:10:24 (26)		2:13:53 (27)														

28 2154 Ben PREISNER CAN 22 Mar 96 2:15:02 SB

1	3:12	2	3:12	3	3:11	4	3:11	5	3:14	6	3:12	7	3:14	8	3:12	9	3:13	10	3:11
	3:12 (77)		6:24 (83)		9:35 (82)		12:46 (82)		16:00 (80)		19:12 (76)		22:26 (76)		25:38 (76)		28:51 (75)		32:02 (74)
11	3:13	12	3:13	13	3:11	14	3:12	15	3:15	16	3:15	17	3:16	18	3:08	19	3:14	20	3:12
	35:15 (75)		38:28 (74)		41:39 (73)		44:51 (73)		48:06 (73)		51:21 (72)		54:37 (70)		57:45 (70)		1:00:59 (68)		1:04:11 (68)
21	3:14	22	18	23	2:56	24	3:12	25	3:11	26	3:15	27	3:16	28	3:18	29	3:13	30	3:14
	1:07:25 (67)		1:07:43 (67)		1:10:39 (66)		1:13:51 (64)		1:17:02 (63)		1:20:17 (62)		1:23:33 (61)		1:26:51 (54)		1:30:04 (54)		1:33:18 (53)
31	3:14	32	3:15	33	3:11	34	3:09	35	3:09	36	3:10	37	3:14	38	3:13	39	3:05	40	3:05
	1:36:32 (51)		1:39:47 (51)		1:42:58 (49)		1:46:07 (44)		1:49:16 (44)		1:52:26 (40)		1:55:40 (40)		1:58:53 (38)		2:01:58 (34)		2:05:03 (32)
41	3:07	42	3:09	43	3:09		34												
	2:08:10 (32)		2:11:19 (29)		2:14:28 (28)														

29 2111 Johnatas DE OLIVEIRA BRA 18 Sep 90 2:15:13

1	3:11	2	3:09	3	3:04	4	3:10	5	3:06	6	3:02	7	3:07	8	2:56	9	3:00	10	2:59
	3:11 (59)		6:20 (58)		9:24 (41)		12:34 (37)		15:40 (49)		18:42 (39)		21:49 (27)		24:45 (24)		27:45 (19)		30:44 (25)
11	3:09	12	3:11	13	3:03	14	3:07	15	3:03	16	3:08	17	3:09	18	3:00	19	3:08	20	3:04
	33:53 (14)		37:04 (31)		40:07 (27)		43:14 (26)		46:17 (28)		49:25 (24)		52:34 (26)		55:34 (29)		58:42 (30)		1:01:46 (31)
21	3:00	22	18	23	2:47	24	3:07	25	3:08	26	3:11	27	3:10	28	3:14	29	3:08	30	3:12
	1:04:46 (28)		1:05:04 (29)		1:07:51 (24)		1:10:58 (30)		1:14:06 (31)		1:17:17 (32)		1:20:27 (30)		1:23:41 (30)		1:26:49 (30)		1:30:01 (32)
31	3:13	32	3:15	33	3:16	34	3:18	35	3:18	36	3:27	37	3:30	38	3:34	39	3:32	40	3:33
	1:33:14 (30)		1:36:29 (30)		1:39:45 (30)		1:43:03 (31)		1:46:21 (30)		1:49:48 (30)		1:53:18 (30)		1:56:52 (30)		2:00:24 (30)		2:03:57 (29)
41	3:30	42	3:30	43	3:36		40												
	2:07:27 (29)		2:10:57 (28)		2:14:33 (29)														

RACE ANALYSIS
Marathon Men
30 2147 Justin KENT CAN 30 Apr 92 **2:15:26**

1	3:12	2	3:12	3	3:11	4	3:11	5	3:14	6	3:12	7	3:14	8	3:12	9	3:13	10	3:11
	3:12 (76)		6:24 (82)		9:35 (81)		12:46 (81)		16:00 (82)		19:12 (75)		22:26 (75)		25:38 (75)		28:51 (76)		32:02 (75)
11	3:13	12	3:13	13	3:10	14	3:13	15	3:15	16	3:15	17	3:16	18	3:08	19	3:14	20	3:12
	35:15 (74)		38:28 (73)		41:38 (72)		44:51 (72)		48:06 (72)		51:21 (71)		54:37 (71)		57:45 (71)		1:00:59 (69)		1:04:11 (67)
21	3:14	22	18	23	2:56	24	3:12	25	3:11	26	3:15	27	3:16	28	3:18	29	3:12	30	3:15
	1:07:25 (66)		1:07:43 (66)		1:10:39 (67)		1:13:51 (63)		1:17:02 (62)		1:20:17 (61)		1:23:33 (59)		1:26:51 (55)		1:30:03 (53)		1:33:18 (52)
31	3:14	32	3:14	33	3:11	34	3:07	35	3:07	36	3:11	37	3:12	38	3:16	39	3:10	40	3:15
	1:36:32 (50)		1:39:46 (50)		1:42:57 (48)		1:46:04 (43)		1:49:11 (43)		1:52:22 (39)		1:55:34 (38)		1:58:50 (34)		2:02:00 (35)		2:05:15 (33)
41	3:13	42	3:13	43	3:11		34												
	2:08:28 (33)		2:11:41 (32)		2:14:52 (30)														

31 2262 Tiidrek NURME EST 18 Nov 85 **2:15:42**

1	3:13	2	3:10	3	3:07	4	3:11	5	3:07	6	3:09	7	3:12	8	3:05	9	3:09	10	3:07
	3:13 (82)		6:23 (81)		9:30 (75)		12:41 (73)		15:48 (72)		18:57 (72)		22:09 (71)		25:14 (69)		28:23 (68)		31:30 (68)
11	3:10	12	3:11	13	3:08	14	3:10	15	3:13	16	3:12	17	3:17	18	3:09	19	3:13	20	3:12
	34:40 (67)		37:51 (66)		40:59 (65)		44:09 (65)		47:22 (65)		50:34 (64)		53:51 (63)		57:00 (63)		1:00:13 (63)		1:03:25 (62)
21	3:11	22	19	23	2:55	24	3:11	25	3:13	26	3:18	27	3:17	28	3:21	29	3:12	30	3:17
	1:06:36 (61)		1:06:55 (61)		1:09:50 (57)		1:13:01 (56)		1:16:14 (56)		1:19:32 (55)		1:22:49 (53)		1:26:10 (52)		1:29:22 (51)		1:32:39 (50)
31	3:15	32	3:13	33	3:15	34	3:13	35	3:13	36	3:19	37	3:21	38	3:23	39	3:14	40	3:19
	1:35:54 (48)		1:39:07 (47)		1:42:22 (43)		1:45:35 (40)		1:48:48 (40)		1:52:07 (37)		1:55:28 (36)		1:58:51 (35)		2:02:05 (36)		2:05:24 (34)
41	3:17	42	3:16	43	3:10		35												
	2:08:41 (34)		2:11:57 (33)		2:15:07 (31)														

32 2681 Jose Luis SANTANA MARIN MEX 26 Sep 89 **2:15:51**

1	3:08	2	3:09	3	3:05	4	3:10	5	3:04	6	3:00	7	3:12	8	2:58	9	3:03	10	2:59
	3:08 (29)		6:17 (12)		9:22 (2)		12:32 (3)		15:36 (21)		18:36 (24)		21:48 (23)		24:46 (29)		27:49 (39)		30:48 (33)
11	3:06	12	3:08	13	3:03	14	3:07	15	3:03	16	3:10	17	3:12	18	3:03	19	3:07	20	3:07
	33:54 (35)		37:02 (1)		40:05 (5)		43:12 (4)		46:15 (25)		49:25 (30)		52:37 (35)		55:40 (37)		58:47 (38)		1:01:54 (38)
21	3:10	22	17	23	2:51	24	3:07	25	3:10	26	3:14	27	3:10	28	3:16	29	3:08	30	3:17
	1:05:04 (37)		1:05:21 (37)		1:08:12 (37)		1:11:19 (38)		1:14:29 (38)		1:17:43 (41)		1:20:53 (39)		1:24:09 (37)		1:27:17 (36)		1:30:34 (37)
31	3:17	32	3:17	33	3:20	34	3:22	35	3:20	36	3:28	37	3:28	38	3:29	39	3:24	40	3:35
	1:33:51 (35)		1:37:08 (35)		1:40:28 (35)		1:43:50 (32)		1:47:10 (32)		1:50:38 (31)		1:54:06 (31)		1:57:35 (32)		2:00:59 (32)		2:04:34 (31)
41	3:30	42	3:32	43	3:34		41												
	2:08:04 (31)		2:11:36 (31)		2:15:10 (32)														

33 2233 Berhane Tsegay TEKLE ERI 1 Jan 83 **2:16:08**

1	3:07	2	3:11	3	3:06	4	3:09	5	3:03	6	2:59	7	3:12	8	2:56	9	3:02	10	2:53
	3:07 (24)		6:18 (24)		9:24 (25)		12:33 (23)		15:36 (20)		18:35 (13)		21:47 (11)		24:43 (13)		27:45 (14)		30:38 (7)
11	3:15	12	3:10	13	3:03	14	3:06	15	2:59	16	3:13	17	3:09	18	3:00	19	3:07	20	3:02
	33:53 (13)		37:03 (11)		40:06 (10)		43:12 (2)		46:11 (5)		49:24 (19)		52:33 (17)		55:33 (18)		58:40 (15)		1:01:42 (24)
21	3:04	22	18	23	2:47	24	3:06	25	3:06	26	3:02	27	3:03	28	3:08	29	3:06	30	3:00
	1:04:46 (23)		1:05:04 (23)		1:07:51 (23)		1:10:57 (21)		1:14:03 (12)		1:17:05 (2)		1:20:08 (11)		1:23:16 (15)		1:26:22 (14)		1:29:22 (11)
31	3:04	32	3:07	33	3:21	34	3:17	35	3:21	36	3:30	37	3:36	38	3:43	39	3:36	40	3:47
	1:32:26 (14)		1:35:33 (17)		1:38:54 (18)		1:42:11 (22)		1:45:32 (23)		1:49:02 (23)		1:52:38 (27)		1:56:21 (28)		1:59:57 (28)		2:03:44 (28)
41	3:44	42	3:57	43	4:00		43												
	2:07:28 (30)		2:11:25 (30)		2:15:25 (33)														

34 2779 Adam NOWICKI POL 24 Aug 90 **2:16:22**

1	3:09	2	3:10	3	3:07	4	3:10	5	3:10	6	3:08	7	3:10	8	3:04	9	3:09	10	3:08
	3:09 (42)		6:19 (44)		9:26 (65)		12:36 (67)		15:46 (69)		18:54 (68)		22:04 (66)		25:08 (63)		28:17 (64)		31:25 (63)
11	3:10	12	3:11	13	3:07	14	3:08	15	3:13	16	3:11	17	3:12	18	3:10	19	3:10	20	3:09
	34:35 (60)		37:46 (61)		40:53 (58)		44:01 (59)		47:14 (59)		50:25 (58)		53:37 (59)		56:47 (57)		59:57 (58)		1:03:06 (57)
21	3:13	22	18	23	2:53	24	3:07	25	3:08	26	3:14	27	3:13	28	3:18	29	3:14	30	3:16
	1:06:19 (55)		1:06:37 (55)		1:09:30 (54)		1:12:37 (53)		1:15:45 (51)		1:18:59 (51)		1:22:12 (49)		1:25:30 (47)		1:28:44 (44)		1:32:00 (42)
31	3:17	32	3:20	33	3:21	34	3:19	35	3:18	36	3:23	37	3:25	38	3:29	39	3:19	40	3:24
	1:35:17 (41)		1:38:37 (40)		1:41:58 (40)		1:45:17 (37)		1:48:35 (36)		1:51:58 (35)		1:55:23 (35)		1:58:52 (36)		2:02:11 (37)		2:05:35 (36)
41	3:24	42	3:23	43	3:22		38												
	2:08:59 (35)		2:12:22 (34)		2:15:44 (34)														

RACE ANALYSIS
Marathon Men

35 2593 Kenya SONOTA										JPN 10 May 93 2:16:40									
1	3:11	2	3:10	3	3:04	4	3:11	5	3:07	6	3:02	7	3:06	8	3:02	9	3:03	10	3:04
	3:11 (69)		6:21 (60)		9:25 (56)		12:36 (65)		15:43 (57)		18:45 (47)		21:51 (44)		24:53 (49)		27:56 (48)		31:00 (48)
11	3:07	12	3:09	13	3:05	14	3:06	15	3:11	16	3:12	17	3:12	18	3:06	19	3:11	20	3:13
	34:07 (47)		37:16 (47)		40:21 (49)		43:27 (48)		46:38 (48)		49:50 (50)		53:02 (49)		56:08 (49)		59:19 (48)		1:02:32 (46)
21	3:16	22	19	23	2:58	24	3:12	25	3:12	26	3:14	27	3:15	28	3:22	29	3:16	30	3:21
	1:05:48 (46)		1:06:07 (47)		1:09:05 (47)		1:12:17 (48)		1:15:29 (46)		1:18:43 (45)		1:21:58 (44)		1:25:20 (44)		1:28:36 (43)		1:31:57 (41)
31	3:20	32	3:20	33	3:21	34	3:21	35	3:24	36	3:25	37	3:28	38	3:32	39	3:22	40	3:27
	1:35:17 (40)		1:38:37 (41)		1:41:58 (39)		1:45:19 (38)		1:48:43 (38)		1:52:08 (38)		1:55:36 (39)		1:59:08 (40)		2:02:30 (40)		2:05:57 (38)
41	3:23	42	3:21	43	3:22		37												
	2:09:20 (38)		2:12:41 (35)		2:16:03 (35)														

36 2224 Segundo JAMI										ECU 12 May 86 2:16:49									
1	3:08	2	3:10	3	3:06	4	3:09	5	3:03	6	3:02	7	3:10	8	2:58	9	3:01	10	3:06
	3:08 (32)		6:18 (33)		9:24 (23)		12:33 (33)		15:36 (27)		18:38 (27)		21:48 (26)		24:46 (30)		27:47 (33)		30:53 (39)
11	3:08	12	3:11	13	3:08	14	3:07	15	3:12	16	3:12	17	3:12	18	3:10	19	3:13	20	3:14
	34:01 (44)		37:12 (45)		40:20 (45)		43:27 (49)		46:39 (49)		49:51 (52)		53:03 (52)		56:13 (51)		59:26 (51)		1:02:40 (49)
21	3:15	22	18	23	2:56	24	3:08	25	3:12	26	3:14	27	3:17	28	3:17	29	3:14	30	3:14
	1:05:55 (49)		1:06:13 (49)		1:09:09 (48)		1:12:17 (47)		1:15:29 (45)		1:18:43 (46)		1:22:00 (46)		1:25:17 (43)		1:28:31 (42)		1:31:45 (40)
31	3:16	32	3:19	33	3:20	34	3:16	35	3:19	36	3:24	37	3:23	38	3:26	39	3:27	40	3:40
	1:35:01 (39)		1:38:20 (39)		1:41:40 (38)		1:44:56 (36)		1:48:15 (35)		1:51:39 (34)		1:55:02 (33)		1:58:28 (33)		2:01:55 (33)		2:05:35 (35)
41	3:33	42	3:36	43	3:28		37												
	2:09:08 (36)		2:12:44 (36)		2:16:12 (36)														

37 3053 Ngonidzasho NCUBE										ZIM 12 Jul 86 2:17:02 SB									
1	3:07	2	3:11	3	3:06	4	3:09	5	3:03	6	3:06	7	3:08	8	3:00	9	3:04	10	3:03
	3:07 (21)		6:18 (27)		9:24 (27)		12:33 (22)		15:36 (31)		18:42 (31)		21:50 (41)		24:50 (45)		27:54 (47)		30:57 (46)
11	3:07	12	3:11	13	3:06	14	3:06	15	3:09	16	3:12	17	3:13	18	3:06	19	3:12	20	3:11
	34:04 (45)		37:15 (46)		40:21 (48)		43:27 (47)		46:36 (47)		49:48 (47)		53:01 (48)		56:07 (48)		59:19 (47)		1:02:30 (44)
21	3:15	22	19	23	2:57	24	3:13	25	3:16	26	3:15	27	3:20	28	3:23	29	3:17	30	3:18
	1:05:45 (45)		1:06:04 (45)		1:09:01 (45)		1:12:14 (45)		1:15:30 (47)		1:18:45 (47)		1:22:05 (47)		1:25:28 (45)		1:28:45 (45)		1:32:03 (44)
31	3:19	32	3:21	33	3:24	34	3:15	35	3:20	36	3:21	37	3:26	38	3:26	39	3:23	40	3:29
	1:35:22 (42)		1:38:43 (42)		1:42:07 (41)		1:45:22 (39)		1:48:42 (37)		1:52:03 (36)		1:55:29 (37)		1:58:55 (39)		2:02:18 (38)		2:05:47 (37)
41	3:25	42	3:34	43	3:40		36												
	2:09:12 (37)		2:12:46 (37)		2:16:26 (37)														

38 2172 Shaohui YANG										CHN 9 Jul 92 2:17:12									
1	3:10	2	3:09	3	3:05	4	3:08	5	3:04	6	3:08	7	3:07	8	3:03	9	3:10	10	3:08
	3:10 (51)		6:19 (40)		9:24 (44)		12:32 (2)		15:36 (29)		18:44 (45)		21:51 (46)		24:54 (51)		28:04 (52)		31:12 (54)
11	3:06	12	3:08	13	3:04	14	3:07	15	3:17	16	3:14	17	3:16	18	3:11	19	3:11	20	3:11
	34:18 (53)		37:26 (53)		40:30 (52)		43:37 (54)		46:54 (55)		50:08 (55)		53:24 (55)		56:35 (56)		59:46 (55)		1:02:57 (52)
21	3:15	22	18	23	2:54	24	3:11	25	3:12	26	3:17	27	3:17	28	3:25	29	3:18	30	3:20
	1:06:12 (53)		1:06:30 (53)		1:09:24 (52)		1:12:35 (51)		1:15:47 (54)		1:19:04 (53)		1:22:21 (51)		1:25:46 (50)		1:29:04 (50)		1:32:24 (46)
31	3:19	32	3:22	33	3:22	34	3:20	35	3:22	36	3:25	37	3:29	38	3:30	39	3:22	40	3:29
	1:35:43 (44)		1:39:05 (46)		1:42:27 (45)		1:45:47 (42)		1:49:09 (42)		1:52:34 (41)		1:56:03 (42)		1:59:33 (42)		2:02:55 (41)		2:06:24 (41)
41	3:25	42	3:25	43	3:23		35												
	2:09:49 (39)		2:13:14 (38)		2:16:37 (38)														

39 2118 Paulo Roberto PAULA										BRA 8 Jul 79 2:17:18									
1	3:11	2	3:10	3	3:04	4	3:10	5	3:09	6	3:05	7	3:07	8	3:04	9	3:05	10	3:08
	3:11 (68)		6:21 (68)		9:25 (55)		12:35 (60)		15:44 (62)		18:49 (58)		21:56 (55)		25:00 (54)		28:05 (55)		31:13 (55)
11	3:07	12	3:07	13	3:06	14	3:08	15	3:13	16	3:13	17	3:17	18	3:11	19	3:11	20	3:13
	34:20 (56)		37:27 (56)		40:33 (55)		43:41 (55)		46:54 (54)		50:07 (54)		53:24 (54)		56:35 (55)		59:46 (56)		1:02:59 (53)
21	3:12	22	18	23	2:54	24	3:11	25	3:12	26	3:18	27	3:17	28	3:23	29	3:18	30	3:21
	1:06:12 (53)		1:06:30 (53)		1:09:24 (51)		1:12:35 (50)		1:15:47 (53)		1:19:05 (54)		1:22:22 (52)		1:25:45 (49)		1:29:03 (48)		1:32:24 (47)
31	3:20	32	3:21	33	3:22	34	3:19	35	3:23	36	3:26	37	3:28	38	3:30	39	3:23	40	3:27
	1:35:44 (45)		1:39:05 (45)		1:42:27 (44)		1:45:46 (41)		1:49:09 (41)		1:52:35 (43)		1:56:03 (41)		1:59:33 (41)		2:02:56 (42)		2:06:23 (40)
41	3:26	42	3:26	43	3:25		38												
	2:09:49 (40)		2:13:15 (39)		2:16:40 (39)														

RACE ANALYSIS
Marathon Men

40 2440 Levente SZEMEREI HUN 25 Jan 00 **2:17:20**

1	3:12	2	3:10	3	3:11	4	3:12	5	3:13	6	3:16	7	3:18	8	3:10	9	3:14	10	3:11
	3:12 (70)		6:22 (80)		9:33 (80)		12:45 (80)		15:58 (77)		19:14 (77)		22:32 (77)		25:42 (77)		28:56 (77)		32:07 (77)
11	3:13	12	3:12	13	3:11	14	3:11	15	3:17	16	3:17	17	3:22	18	3:11	19	3:15	20	3:14
	35:20 (76)		38:32 (76)		41:43 (75)		44:54 (75)		48:11 (74)		51:28 (74)		54:50 (74)		58:01 (74)		1:01:16 (73)		1:04:30 (72)
21	3:14	22	19	23	2:54	24	3:09	25	3:13	26	3:17	27	3:21	28	3:21	29	3:14	30	3:14
	1:07:44 (72)		1:08:03 (71)		1:10:57 (68)		1:14:06 (67)		1:17:19 (66)		1:20:36 (66)		1:23:57 (63)		1:27:18 (61)		1:30:32 (58)		1:33:46 (57)
31	3:15	32	3:18	33	3:17	34	3:12	35	3:16	36	3:21	37	3:23	38	3:24	39	3:21	40	3:24
	1:37:01 (55)		1:40:19 (55)		1:43:36 (53)		1:46:48 (49)		1:50:04 (48)		1:53:25 (47)		1:56:48 (47)		2:00:12 (44)		2:03:33 (45)		2:06:57 (44)
41	3:20	42	3:16	43	3:11		36												
	2:10:17 (44)		2:13:33 (41)		2:16:44 (40)														

41 2026 Omar HASSAN ART 11 Nov 90 **2:17:23**

1	3:13	2	3:08	3	3:06	4	3:10	5	3:09	6	3:09	7	3:10	8	3:03	9	3:09	10	3:08
	3:13 (80)		6:21 (70)		9:27 (70)		12:37 (69)		15:46 (67)		18:55 (69)		22:05 (68)		25:08 (67)		28:17 (67)		31:25 (66)
11	3:10	12	3:12	13	3:07	14	3:07	15	3:14	16	3:10	17	3:13	18	3:09	19	3:11	20	3:18
	34:35 (64)		37:47 (64)		40:54 (62)		44:01 (62)		47:15 (62)		50:25 (62)		53:38 (60)		56:47 (62)		59:58 (61)		1:03:16 (60)
21	3:17	22	19	23	2:59	24	3:15	25	3:15	26	3:25	27	3:20	28	3:25	29	3:16	30	3:23
	1:06:33 (60)		1:06:52 (59)		1:09:51 (58)		1:13:06 (57)		1:16:21 (57)		1:19:46 (57)		1:23:06 (54)		1:26:31 (53)		1:29:47 (52)		1:33:10 (51)
31	3:23	32	3:14	33	3:20	34	3:14	35	3:21	36	3:30	37	3:26	38	3:32	39	3:21	40	3:22
	1:36:33 (52)		1:39:47 (52)		1:43:07 (50)		1:46:21 (47)		1:49:42 (46)		1:53:12 (46)		1:56:38 (46)		2:00:10 (43)		2:03:31 (43)		2:06:53 (42)
41	3:22	42	3:17	43	3:17		34												
	2:10:15 (42)		2:13:32 (40)		2:16:49 (41)														

42 2583 Kazuya NISHIYAMA JPN 5 Nov 98 **2:17:41**

1	3:10	2	3:11	3	3:04	4	3:10	5	3:08	6	3:03	7	3:05	8	3:00	9	3:03	10	3:05
	3:10 (56)		6:21 (63)		9:25 (52)		12:35 (59)		15:43 (56)		18:46 (50)		21:51 (45)		24:51 (47)		27:54 (46)		30:59 (47)
11	3:06	12	3:03	13	3:02	14	3:07	15	3:13	16	3:11	17	3:17	18	3:09	19	3:11	20	3:12
	34:05 (46)		37:08 (44)		40:10 (40)		43:17 (38)		46:30 (42)		49:41 (44)		52:58 (44)		56:07 (47)		59:18 (46)		1:02:30 (45)
21	3:15	22	19	23	2:57	24	3:13	25	3:18	26	3:22	27	3:17	28	3:26	29	3:21	30	3:24
	1:05:45 (44)		1:06:04 (44)		1:09:01 (46)		1:12:14 (46)		1:15:32 (48)		1:18:54 (49)		1:22:11 (48)		1:25:37 (48)		1:28:58 (47)		1:32:22 (45)
31	3:31	32	3:26	33	3:31	34	3:19	35	3:23	36	3:29	37	3:37	38	3:36	39	3:18	40	3:21
	1:35:53 (47)		1:39:19 (45)		1:42:50 (47)		1:46:09 (45)		1:49:32 (45)		1:53:01 (44)		1:56:38 (45)		2:00:14 (45)		2:03:32 (44)		2:06:53 (43)
41	3:22	42	3:22	43	3:25		39												
	2:10:15 (43)		2:13:37 (42)		2:17:02 (42)														

43 2072 Onesphore NZIKWINKUNDA BDI 10 Jun 97 **2:18:27**

1	3:10	2	3:10	3	3:04	4	3:09	5	3:03	6	3:02	7	3:11	8	2:56	9	3:01	10	2:57
	3:10 (54)		6:20 (48)		9:24 (35)		12:33 (34)		15:36 (23)		18:38 (26)		21:49 (32)		24:45 (23)		27:46 (23)		30:43 (22)
11	3:11	12	3:09	13	3:04	14	3:06	15	3:01	16	3:11	17	3:09	18	3:00	19	3:07	20	3:02
	33:54 (27)		37:03 (26)		40:07 (21)		43:13 (21)		46:14 (21)		49:25 (27)		52:34 (28)		55:34 (27)		58:41 (29)		1:01:43 (27)
21	3:04	22	18	23	2:50	24	3:09	25	3:12	26	3:13	27	3:17	28	3:25	29	3:15	30	3:21
	1:04:47 (30)		1:05:05 (30)		1:07:55 (33)		1:11:04 (33)		1:14:16 (34)		1:17:29 (36)		1:20:46 (36)		1:24:11 (38)		1:27:26 (39)		1:30:47 (38)
31	3:24	32	3:26	33	3:29	34	3:26	35	3:26	36	3:31	37	3:38	38	3:45	39	3:34	40	3:46
	1:34:11 (37)		1:37:37 (37)		1:41:06 (36)		1:44:32 (35)		1:47:58 (34)		1:51:29 (33)		1:55:07 (34)		1:58:52 (37)		2:02:26 (39)		2:06:12 (39)
41	3:48	42	3:50	43	3:54		43												
	2:10:00 (41)		2:13:50 (43)		2:17:44 (43)														

44 2959 Nicolás CUESTAS URU 8 Dec 86 **2:19:20**

1	3:14	2	3:08	3	3:10	4	3:11	5	3:14	6	3:17	7	3:21	8	3:12	9	3:13	10	3:12
	3:14 (83)		6:22 (76)		9:32 (76)		12:43 (76)		15:57 (76)		19:14 (78)		22:35 (78)		25:47 (79)		29:00 (79)		32:12 (78)
11	3:13	12	3:13	13	3:12	14	3:13	15	3:15	16	3:14	17	3:15	18	3:10	19	3:11	20	3:08
	35:25 (77)		38:38 (77)		41:50 (76)		45:03 (76)		48:18 (76)		51:32 (75)		54:47 (73)		57:57 (72)		1:01:08 (72)		1:04:16 (69)
21	3:10	22	19	23	2:54	24	3:12	25	3:13	26	3:13	27	3:16	28	3:18	29	3:13	30	3:15
	1:07:26 (68)		1:07:45 (68)		1:10:39 (65)		1:13:51 (65)		1:17:04 (64)		1:20:17 (63)		1:23:33 (60)		1:26:51 (57)		1:30:04 (55)		1:33:19 (54)
31	3:14	32	3:15	33	3:19	34	3:14	35	3:21	36	3:24	37	3:24	38	3:55	39	3:21	40	3:29
	1:36:33 (53)		1:39:48 (53)		1:43:07 (51)		1:46:21 (46)		1:49:42 (47)		1:53:06 (45)		1:56:30 (44)		2:00:25 (46)		2:03:46 (46)		2:07:15 (45)
41	3:31	42	4:25	43	3:27		42												
	2:10:46 (45)		2:15:11 (44)		2:18:38 (44)														

RACE ANALYSIS
Marathon Men
45 2167 Jie HE CHN 27 Dec 98 2:19:48

1	3:06	2	3:10	3	3:06	4	3:10	5	3:05	6	3:05	7	3:10	8	3:02	9	3:10	10	3:06
	3:06 (9)		6:16 (3)		9:22 (4)		12:32 (4)		15:37 (36)		18:42 (36)		21:52 (48)		24:54 (50)		28:04 (50)		31:10 (52)
11	3:08	12	3:08	13	3:04	14	3:05	15	3:06	16	3:14	17	3:20	18	3:10	19	3:20	20	3:22
	34:18 (52)		37:26 (54)		40:30 (54)		43:35 (52)		46:41 (51)		49:55 (53)		53:15 (53)		56:25 (53)		59:45 (54)		1:03:07 (58)
21	3:19	22	3:21	23	3:08	24	3:22	25	3:18	26	3:22	27	3:23	28	3:31	29	3:14	30	3:23
	1:06:26 (58)		1:06:47 (58)		1:09:55 (59)		1:13:17 (59)		1:16:35 (58)		1:19:57 (58)		1:23:20 (57)		1:26:51 (58)		1:30:05 (56)		1:33:28 (55)
31	3:24	32	3:25	33	3:28	34	3:25	35	3:26	36	3:26	37	3:34	38	3:41	39	3:28	40	3:40
	1:36:52 (54)		1:40:17 (54)		1:43:45 (54)		1:47:10 (51)		1:50:36 (50)		1:54:02 (49)		1:57:36 (48)		2:01:17 (47)		2:04:45 (47)		2:08:25 (46)
41	3:33	42	3:39	43	3:33		38												
	2:11:58 (46)		2:15:37 (45)		2:19:10 (45)														

46 2758 Nelson ITO CCURO PER 12 Apr 90 2:20:00

1	3:12	2	3:09	3	3:12	4	3:12	5	3:14	6	3:16	7	3:21	8	3:12	9	3:16	10	3:14
	3:12 (74)		6:21 (72)		9:33 (79)		12:45 (79)		15:59 (78)		19:15 (81)		22:36 (81)		25:48 (80)		29:04 (81)		32:18 (80)
11	3:17	12	3:17	13	3:15	14	3:15	15	3:18	16	3:21	17	3:21	18	3:14	19	3:17	20	3:16
	35:35 (80)		38:52 (80)		42:07 (81)		45:22 (80)		48:40 (78)		52:01 (79)		55:22 (77)		58:36 (76)		1:01:53 (76)		1:05:09 (75)
21	3:21	22	3:19	23	2:59	24	3:16	25	3:19	26	3:22	27	3:22	28	3:26	29	3:20	30	3:26
	1:08:30 (75)		1:08:49 (75)		1:11:48 (72)		1:15:04 (72)		1:18:23 (70)		1:21:45 (70)		1:25:07 (68)		1:28:33 (66)		1:31:53 (65)		1:35:19 (62)
31	3:27	32	3:26	33	3:26	34	3:23	35	3:18	36	3:21	37	3:26	38	3:31	39	3:20	40	3:24
	1:38:46 (61)		1:42:12 (61)		1:45:38 (59)		1:49:01 (56)		1:52:19 (54)		1:55:40 (52)		1:59:06 (51)		2:02:37 (51)		2:05:57 (49)		2:09:21 (47)
41	3:20	42	3:22	43	3:22		35												
	2:12:41 (47)		2:16:03 (46)		2:19:25 (46)														

47 2963 Ernesto Andrés ZAMORA URU 13 Apr 83 2:20:59

1	3:12	2	3:10	3	3:10	4	3:12	5	3:16	6	3:15	7	3:21	8	3:13	9	3:15	10	3:14
	3:12 (75)		6:22 (78)		9:32 (77)		12:44 (78)		16:00 (81)		19:15 (82)		22:36 (80)		25:49 (81)		29:04 (80)		32:18 (81)
11	3:17	12	3:16	13	3:15	14	3:15	15	3:19	16	3:20	17	3:20	18	3:17	19	3:15	20	3:17
	35:35 (81)		38:51 (79)		42:06 (80)		45:21 (79)		48:40 (79)		52:00 (78)		55:20 (76)		58:37 (78)		1:01:52 (75)		1:05:09 (74)
21	3:21	22	3:19	23	3:00	24	3:14	25	3:20	26	3:24	27	4:15	28	3:22	29	3:16	30	3:17
	1:08:30 (74)		1:08:49 (74)		1:11:49 (74)		1:15:03 (70)		1:18:23 (71)		1:21:47 (71)		1:26:02 (72)		1:29:24 (69)		1:32:40 (68)		1:35:57 (65)
31	3:17	32	3:18	33	3:19	34	3:17	35	3:20	36	3:27	37	3:31	38	3:36	39	3:29	40	3:35
	1:39:14 (62)		1:42:32 (62)		1:45:51 (60)		1:49:08 (57)		1:52:28 (56)		1:55:55 (54)		1:59:26 (53)		2:03:02 (52)		2:06:31 (52)		2:10:06 (51)
41	3:25	42	3:27	43	3:24		37												
	2:13:31 (49)		2:16:58 (47)		2:20:22 (47)														

48 2230 Goitom KIFLE ERI 3 Dec 93 2:21:28

1	3:07	2	3:11	3	3:05	4	3:10	5	3:03	6	2:59	7	3:12	8	2:55	9	3:03	10	2:54
	3:07 (22)		6:18 (21)		9:23 (22)		12:33 (35)		15:36 (18)		18:35 (17)		21:47 (10)		24:42 (8)		27:45 (9)		30:39 (13)
11	3:14	12	3:10	13	3:03	14	3:07	15	2:59	16	3:12	17	3:08	18	3:00	19	3:08	20	2:58
	33:53 (15)		37:03 (12)		40:06 (9)		43:13 (10)		46:12 (10)		49:24 (14)		52:32 (7)		55:32 (9)		58:40 (11)		1:01:38 (12)
21	3:07	22	3:18	23	2:46	24	3:08	25	3:06	26	3:02	27	3:01	28	3:09	29	3:06	30	3:01
	1:04:45 (9)		1:05:03 (10)		1:07:49 (8)		1:10:57 (12)		1:14:03 (13)		1:17:05 (6)		1:20:06 (2)		1:23:15 (7)		1:26:21 (6)		1:29:22 (10)
31	3:09	32	3:12	33	3:19	34	5:08	35	4:38	36	3:47	37	3:50	38	4:52	39	4:02	40	4:08
	1:32:31 (19)		1:35:43 (20)		1:39:02 (23)		1:44:10 (33)		1:48:48 (39)		1:52:35 (42)		1:56:25 (43)		2:01:17 (48)		2:05:19 (48)		2:09:27 (48)
41	3:52	42	3:40	43	3:44		45												
	2:13:19 (48)		2:16:59 (48)		2:20:43 (48)														

49 2166 Peiyu FENG CHN 1 Aug 01 2:22:00

1	3:10	2	3:10	3	3:05	4	3:10	5	3:03	6	3:07	7	3:14	8	3:08	9	3:10	10	3:10
	3:10 (52)		6:20 (52)		9:25 (53)		12:35 (55)		15:38 (45)		18:45 (48)		21:59 (59)		25:07 (62)		28:17 (63)		31:27 (67)
11	3:13	12	3:18	13	3:12	14	3:11	15	3:11	16	3:20	17	3:31	18	3:21	19	3:23	20	3:21
	34:40 (66)		37:58 (67)		41:10 (68)		44:21 (67)		47:32 (67)		50:52 (67)		54:23 (68)		57:44 (69)		1:01:07 (71)		1:04:28 (71)
21	3:16	22	3:19	23	3:04	24	3:17	25	3:20	26	3:21	27	3:24	28	3:35	29	3:27	30	3:31
	1:07:44 (71)		1:08:03 (72)		1:11:07 (71)		1:14:24 (68)		1:17:44 (68)		1:21:05 (68)		1:24:29 (66)		1:28:04 (65)		1:31:31 (62)		1:35:02 (61)
31	3:27	32	3:26	33	3:30	34	3:26	35	3:27	36	3:30	37	3:36	38	3:50	39	3:38	40	3:48
	1:38:29 (60)		1:41:55 (59)		1:45:25 (58)		1:48:51 (54)		1:52:18 (53)		1:55:48 (53)		1:59:24 (52)		2:03:14 (53)		2:06:52 (53)		2:10:40 (52)
41	3:36	42	3:36	43	3:31		37												
	2:14:16 (52)		2:17:52 (51)		2:21:23 (49)														

RACE ANALYSIS
Marathon Men
50 2928 Hüseyin CAN TUR 27 Jan 99 2:22:11 SB

1	3:06	2	3:11	3	3:06	4	3:10	5	3:02	6	2:59	7	3:12	8	2:57	9	3:03	10	3:00
	3:06 (14)		6:17 (10)		9:23 (13)		12:33 (26)		15:35 (6)		18:34 (7)		21:46 (5)		24:43 (17)		27:46 (22)		30:46 (29)
11	3:08	12	3:10	13	3:05	14	3:08	15	3:03	16	3:05	17	3:10	18	3:00	19	3:08	20	3:07
	33:54 (29)		37:04 (30)		40:09 (34)		43:17 (40)		46:20 (33)		49:25 (33)		52:35 (29)		55:35 (31)		58:43 (33)		1:01:50 (35)
21	3:12	22	3:19	23	2:53	24	3:11	25	3:15	26	3:18	27	3:29	28	3:39	29	3:23	30	3:33
	1:05:02 (35)		1:05:21 (35)		1:08:14 (39)		1:11:25 (39)		1:14:40 (42)		1:17:58 (42)		1:21:27 (42)		1:25:06 (41)		1:28:29 (41)		1:32:02 (43)
31	3:27	32	3:33	33	3:44	34	3:37	35	3:44	36	3:50	37	4:03	38	4:17	39	3:53	40	3:46
	1:35:29 (43)		1:39:02 (44)		1:42:46 (46)		1:46:23 (48)		1:50:07 (49)		1:53:57 (48)		1:58:00 (49)		2:02:17 (49)		2:06:10 (50)		2:09:56 (49)
41	3:40	42	3:54	43	3:58		43												
	2:13:36 (50)		2:17:30 (49)		2:21:28 (50)														

51 2830 Tumelo MOTLAGALE RSA 21 Feb 95 2:22:14

1	3:11	2	3:09	3	3:05	4	3:10	5	3:02	6	3:05	7	3:08	8	2:58	9	2:58	10	2:57
	3:11 (64)		6:20 (56)		9:25 (57)		12:35 (50)		15:37 (38)		18:42 (40)		21:50 (39)		24:48 (35)		27:46 (26)		30:43 (24)
11	3:11	12	3:09	13	3:04	14	3:07	15	3:01	16	3:09	17	3:12	18	2:59	19	3:09	20	3:10
	33:54 (26)		37:03 (27)		40:07 (26)		43:14 (27)		46:15 (24)		49:24 (15)		52:36 (32)		55:35 (32)		58:44 (34)		1:01:54 (37)
21	3:12	22	19	23	3:03	24	3:15	25	3:19	26	3:23	27	3:30	28	3:34	29	3:25	30	3:31
	1:05:06 (39)		1:05:25 (40)		1:08:28 (43)		1:11:43 (43)		1:15:02 (44)		1:18:25 (44)		1:21:55 (43)		1:25:29 (46)		1:28:54 (46)		1:32:25 (48)
31	3:31	32	3:39	33	3:44	34	3:39	35	3:46	36	3:54	37	3:56	38	3:59	39	3:39	40	3:50
	1:35:56 (49)		1:39:35 (49)		1:43:19 (52)		1:46:58 (50)		1:50:44 (51)		1:54:38 (50)		1:58:34 (50)		2:02:33 (50)		2:06:12 (51)		2:10:02 (50)
41	3:46	42	3:51	43	3:54		41												
	2:13:48 (51)		2:17:39 (50)		2:21:33 (51)														

52 2561 Moath ALKHAWALDEH JOR 22 Oct 88 2:22:33 SB

1	3:18	2	3:15	3	3:16	4	3:16	5	3:18	6	3:20	7	3:26	8	3:15	9	3:18	10	3:16
	3:18 (84)		6:33 (84)		9:49 (83)		13:05 (83)		16:23 (83)		19:43 (83)		23:09 (83)		26:24 (83)		29:42 (83)		32:58 (83)
11	3:20	12	3:18	13	3:15	14	3:18	15	3:16	16	3:20	17	3:26	18	3:19	19	3:26	20	3:14
	36:18 (83)		39:36 (83)		42:51 (82)		46:09 (82)		49:25 (82)		52:45 (82)		56:11 (81)		59:30 (81)		1:02:56 (81)		1:06:10 (79)
21	3:21	22	20	23	3:03	24	3:20	25	3:18	26	3:25	27	3:29	28	3:34	29	3:22	30	3:23
	1:09:31 (79)		1:09:51 (79)		1:12:54 (78)		1:16:14 (77)		1:19:32 (77)		1:22:57 (77)		1:26:26 (74)		1:30:00 (72)		1:33:22 (71)		1:36:45 (68)
31	3:23	32	3:29	33	3:22	34	3:28	35	3:26	36	3:28	37	3:35	38	3:38	39	3:27	40	3:36
	1:40:08 (65)		1:43:37 (65)		1:46:59 (64)		1:50:27 (60)		1:53:53 (60)		1:57:21 (58)		2:00:56 (57)		2:04:34 (56)		2:08:01 (56)		2:11:37 (54)
41	3:25	42	3:30	43	3:23		38												
	2:15:02 (54)		2:18:32 (53)		2:21:55 (52)														

53 2673 Maxim RĂILEANU MDA 4 Oct 94 2:22:46

1	3:12	2	3:09	3	3:05	4	3:09	5	3:10	6	3:09	7	3:13	8	3:07	9	3:11	10	3:11
	3:12 (71)		6:21 (69)		9:26 (66)		12:35 (53)		15:45 (66)		18:54 (67)		22:07 (69)		25:14 (70)		28:25 (70)		31:36 (69)
11	3:11	12	3:16	13	3:09	14	3:11	15	3:13	16	3:16	17	3:22	18	3:10	19	3:15	20	3:15
	34:47 (69)		38:03 (69)		41:12 (69)		44:23 (68)		47:36 (68)		50:52 (68)		54:14 (67)		57:24 (67)		1:00:39 (66)		1:03:54 (65)
21	3:17	22	19	23	3:01	24	3:18	25	3:20	26	3:25	27	3:28	28	3:33	29	3:26	30	3:30
	1:07:11 (64)		1:07:30 (64)		1:10:31 (63)		1:13:49 (62)		1:17:09 (65)		1:20:34 (65)		1:24:02 (64)		1:27:35 (63)		1:31:01 (61)		1:34:31 (60)
31	3:32	32	3:34	33	3:38	34	3:34	35	3:37	36	3:42	37	3:43	38	3:48	39	3:39	40	3:45
	1:38:03 (58)		1:41:37 (58)		1:45:15 (56)		1:48:49 (53)		1:52:26 (55)		1:56:08 (55)		1:59:51 (55)		2:03:39 (54)		2:07:18 (54)		2:11:03 (53)
41	3:42	42	3:41	43	3:40		40												
	2:14:45 (53)		2:18:26 (52)		2:22:06 (53)														

54 2693 Tomas Hilifa RAINHOLD NAM 7 Feb 91 2:23:36

1	3:11	2	3:10	3	3:05	4	3:12	5	3:16	6	3:21	7	3:26	8	3:12	9	3:13	10	3:12
	3:11 (65)		6:21 (62)		9:26 (67)		12:38 (71)		15:54 (75)		19:15 (80)		22:41 (82)		25:53 (82)		29:06 (82)		32:18 (82)
11	3:17	12	3:17	13	3:13	14	3:16	15	3:20	16	3:20	17	3:26	18	3:16	19	3:20	20	3:18
	35:35 (82)		38:52 (82)		42:05 (79)		45:21 (78)		48:41 (80)		52:01 (80)		55:27 (79)		58:43 (79)		1:02:03 (79)		1:05:21 (77)
21	3:20	22	19	23	3:03	24	3:18	25	3:23	26	3:22	27	3:28	28	3:37	29	3:25	30	3:30
	1:08:41 (76)		1:09:00 (76)		1:12:03 (75)		1:15:21 (74)		1:18:44 (72)		1:22:06 (72)		1:25:34 (69)		1:29:11 (68)		1:32:36 (67)		1:36:06 (66)
31	3:25	32	3:30	33	3:30	34	3:29	35	3:35	36	3:37	37	3:47	38	3:49	39	3:35	40	3:45
	1:39:31 (64)		1:43:01 (63)		1:46:31 (62)		1:50:00 (59)		1:53:35 (58)		1:57:12 (57)		2:00:59 (58)		2:04:48 (57)		2:08:23 (57)		2:12:08 (56)
41	3:31	42	3:41	43	3:38		38												
	2:15:39 (55)		2:19:20 (54)		2:22:58 (54)														

RACE ANALYSIS
Marathon Men

55 3014 Nico MONTANEZ				USA				7 Sep 93				2:24:58	SB						
1	3:10	2	3:10	3	3:05	4	3:11	5	3:08	6	3:09	7	3:11	8	3:04	9	3:08	10	3:09
	3:10 (58)		6:20 (51)		9:25 (62)		12:36 (61)		15:44 (63)		18:53 (64)		22:04 (63)		25:08 (64)		28:16 (61)		31:25 (62)
11	3:10	12	3:11	13	3:07	14	3:07	15	3:14	16	3:11	17	3:13	18	3:09	19	3:11	20	3:13
	34:35 (62)		37:46 (60)		40:53 (57)		44:00 (57)		47:14 (58)		50:25 (60)		53:38 (62)		56:47 (58)		59:58 (60)		1:03:11 (59)
21	3:21	22	3:20	23	3:07	24	3:18	25	3:23	26	3:30	27	3:29	28	3:35	29	3:30	30	3:40
	1:06:32 (59)		1:06:52 (60)		1:09:59 (60)		1:13:17 (58)		1:16:40 (59)		1:20:10 (60)		1:23:39 (62)		1:27:14 (60)		1:30:44 (60)		1:34:24 (58)
31	3:32	32	3:39	33	3:41	34	3:37	35	3:46	36	3:59	37	4:04	38	4:06	39	3:55	40	3:57
	1:37:56 (57)		1:41:35 (57)		1:45:16 (57)		1:48:53 (55)		1:52:39 (57)		1:56:38 (56)		2:00:42 (56)		2:04:48 (58)		2:08:43 (58)		2:12:40 (57)
41	3:47	42	3:53	43	3:55		43												
	2:16:27 (57)		2:20:20 (56)		2:24:15 (55)														

56 2819 Nicolae Alexandru SOARE				ROU				20 Sep 91				2:25:14							
1	3:12	2	3:10	3	3:07	4	3:12	5	3:09	6	3:13	7	3:15	8	3:06	9	3:11	10	3:06
	3:12 (72)		6:22 (75)		9:29 (73)		12:41 (74)		15:50 (73)		19:03 (73)		22:18 (73)		25:24 (72)		28:35 (71)		31:41 (71)
11	3:10	12	3:11	13	3:08	14	3:10	15	3:12	16	3:14	17	3:19	18	3:09	19	3:12	20	3:12
	34:51 (70)		38:02 (68)		41:10 (67)		44:20 (66)		47:32 (66)		50:46 (66)		54:05 (66)		57:14 (65)		1:00:26 (64)		1:03:38 (63)
21	3:15	22	3:19	23	3:00	24	3:13	25	3:15	26	3:22	27	3:22	28	3:27	29	3:14	30	3:26
	1:06:53 (63)		1:07:12 (63)		1:10:12 (62)		1:13:25 (60)		1:16:40 (60)		1:20:02 (59)		1:23:24 (58)		1:26:51 (56)		1:30:05 (57)		1:33:31 (56)
31	3:30	32	3:58	33	3:34	34	3:28	35	3:35	36	3:57	37	3:57	38	4:28	39	3:54	40	4:06
	1:37:01 (56)		1:40:59 (56)		1:44:33 (55)		1:48:01 (52)		1:51:36 (52)		1:55:33 (51)		1:59:30 (54)		2:03:58 (55)		2:07:52 (55)		2:11:58 (55)
41	4:09	42	4:00	43	4:22		45												
	2:16:07 (56)		2:20:07 (55)		2:24:29 (56)														

57 2760 Luis Fernando OSTOS CRUZ				PER				9 Aug 92				2:25:50							
1	3:12	2	3:10	3	3:05	4	3:10	5	3:09	6	3:09	7	3:09	8	3:06	9	3:14	10	3:15
	3:12 (73)		6:22 (73)		9:27 (71)		12:37 (70)		15:46 (70)		18:55 (70)		22:04 (67)		25:10 (68)		28:24 (69)		31:39 (70)
11	3:12	12	3:12	13	3:13	14	3:17	15	3:18	16	3:20	17	3:28	18	3:22	19	3:28	20	3:25
	34:51 (71)		38:03 (70)		41:16 (70)		44:33 (70)		47:51 (69)		51:11 (70)		54:39 (72)		58:01 (73)		1:01:29 (74)		1:04:54 (73)
21	3:27	22	3:20	23	3:08	24	3:22	25	3:33	26	3:31	27	3:36	28	3:39	29	3:42	30	3:36
	1:08:21 (73)		1:08:41 (73)		1:11:49 (73)		1:15:11 (73)		1:18:44 (73)		1:22:15 (73)		1:25:51 (70)		1:29:30 (71)		1:33:12 (70)		1:36:48 (70)
31	3:39	32	3:45	33	3:51	34	3:44	35	3:48	36	3:42	37	3:49	38	3:58	39	3:43	40	3:48
	1:40:27 (67)		1:44:12 (68)		1:48:03 (67)		1:51:47 (62)		1:55:35 (62)		1:59:17 (61)		2:03:06 (60)		2:07:04 (60)		2:10:47 (60)		2:14:35 (59)
41	3:36	42	3:34	43	3:30		35												
	2:18:11 (59)		2:21:45 (58)		2:25:15 (58)														

58 2119 Justino PEDRO DA SILVA				BRA				1 Jun 85				2:25:53							
1	3:11	2	3:10	3	3:03	4	3:10	5	3:07	6	3:02	7	3:06	8	2:58	9	3:03	10	3:05
	3:11 (63)		6:21 (64)		9:24 (46)		12:34 (41)		15:41 (50)		18:43 (42)		21:49 (28)		24:47 (32)		27:50 (41)		30:55 (42)
11	3:06	12	3:06	13	3:03	14	3:06	15	3:05	16	3:12	17	3:16	18	3:09	19	3:17	20	3:18
	34:01 (43)		37:07 (43)		40:10 (43)		43:16 (37)		46:21 (36)		49:33 (39)		52:49 (40)		55:58 (43)		59:15 (45)		1:02:33 (47)
21	3:19	22	3:20	23	3:05	24	3:23	25	3:28	26	3:31	27	3:36	28	3:47	29	3:38	30	3:48
	1:05:52 (48)		1:06:12 (48)		1:09:17 (49)		1:12:40 (55)		1:16:08 (55)		1:19:39 (56)		1:23:15 (56)		1:27:02 (59)		1:30:40 (59)		1:34:28 (59)
31	3:46	32	3:49	33	3:54	34	3:51	35	3:52	36	3:57	37	3:58	38	4:11	39	3:56	40	3:59
	1:38:14 (59)		1:42:03 (60)		1:45:57 (61)		1:49:48 (58)		1:53:40 (59)		1:57:37 (59)		2:01:35 (59)		2:05:46 (59)		2:09:42 (59)		2:13:41 (58)
41	3:48	42	3:53	43	3:49		42												
	2:17:29 (58)		2:21:22 (57)		2:25:11 (57)														

59 2684 Byambajav TSEVEENRAVDAN				MGL				7 Jul 90				2:30:28							
1	3:09	2	3:09	3	3:06	4	3:09	5	3:04	6	3:07	7	3:09	8	3:04	9	3:07	10	3:08
	3:09 (47)		6:18 (23)		9:24 (24)		12:33 (21)		15:37 (41)		18:44 (46)		21:53 (52)		24:57 (52)		28:04 (53)		31:12 (53)
11	3:08	12	3:06	13	3:09	14	3:12	15	3:13	16	3:15	17	3:23	18	3:09	19	3:12	20	3:17
	34:20 (57)		37:26 (55)		40:35 (56)		43:47 (56)		47:00 (56)		50:15 (56)		53:38 (61)		56:47 (61)		59:59 (62)		1:03:16 (61)
21	3:23	22	3:20	23	3:09	24	3:16	25	3:27	26	3:34	27	3:46	28	3:50	29	3:44	30	3:57
	1:06:39 (62)		1:06:59 (60)		1:10:08 (61)		1:13:26 (61)		1:16:53 (61)		1:20:27 (64)		1:24:13 (65)		1:28:03 (64)		1:31:47 (64)		1:35:44 (63)
31	4:50	32	3:34	33	3:35	34	3:43	35	3:52	36	3:55	37	4:16	38	4:27	39	4:32	40	4:28
	1:40:34 (68)		1:44:08 (67)		1:47:43 (66)		1:51:26 (61)		1:55:18 (61)		1:59:13 (60)		2:03:29 (61)		2:07:56 (61)		2:12:28 (61)		2:16:56 (60)
41	4:14	42	4:18	43	4:18		42												
	2:21:10 (60)		2:25:28 (59)		2:29:46 (59)														

RACE ANALYSIS
Marathon Men

60 2838 Simon SIBEKO										RSA 15 Jan 95										2:31:59																			
1	3:09	2	3:11	3	3:05	4	3:10	5	3:02	6	3:06	7	3:08	8	2:59	9	3:06	10	3:13	11	3:09 (46)	12	6:20 (47)	13	9:25 (54)	14	12:35 (51)	15	15:37 (40)	16	18:43 (43)	17	21:51 (43)	18	24:50 (44)	19	27:56 (49)	20	31:09 (51)
11	3:11	12	3:25	13	3:22	14	3:22	15	3:26	16	3:32	17	3:42	18	3:23	19	3:22	20	3:22	21	34:20 (55)	22	37:45 (57)	23	41:07 (66)	24	44:29 (69)	25	47:55 (71)	26	51:27 (73)	27	55:09 (75)	28	58:32 (75)	29	1:01:54 (77)	30	1:05:16 (76)
21	3:26	22	19	23	3:13	24	3:30	25	3:32	26	3:40	27	3:45	28	4:02	29	3:51	30	3:56	31	1:08:42 (77)	32	1:09:01 (77)	33	1:12:14 (77)	34	1:15:44 (76)	35	1:19:16 (75)	36	1:22:56 (76)	37	1:26:41 (75)	38	1:30:43 (74)	39	1:34:34 (73)	40	1:38:30 (72)
31	3:50	32	3:50	33	3:50	34	3:48	35	3:52	36	3:51	37	3:52	38	4:07	39	3:56	40	4:07	41	1:42:20 (70)	42	1:46:10 (70)	43	1:50:00 (69)	44	1:53:48 (63)	45	1:57:40 (63)	46	2:01:31 (62)	47	2:05:23 (62)	48	2:09:30 (62)	49	2:13:26 (62)	50	2:17:33 (61)
41	4:05	42	4:31	43	5:02	44	48																																
44	2:21:38 (61)	45	2:26:09 (60)	46	2:31:11 (60)																																		

2501 Eyob GHEBREHIWET FANIEL										ITA 26 Nov 92										DNF																			
1	3:07	2	3:12	3	3:06	4	3:09	5	3:04	6	3:04	7	3:07	8	2:59	9	2:59	10	2:55	11	3:07 (18)	12	6:19 (36)	13	9:25 (50)	14	12:34 (45)	15	15:38 (43)	16	18:42 (34)	17	21:49 (33)	18	24:48 (33)	19	27:47 (32)	20	30:42 (17)
11	3:12	12	3:11	13	3:03	14	3:07	15	3:01	16	3:09	17	3:12	18	3:03	19	3:03	20	2:55	21	33:54 (28)	22	37:05 (39)	23	40:08 (31)	24	43:15 (29)	25	46:16 (26)	26	49:25 (29)	27	52:37 (34)	28	55:40 (35)	29	58:43 (31)	30	1:01:38 (13)
21	3:07	22	18	23	2:48	24	3:07	25	3:06	26	3:08	27	3:11	28	3:26	29	3:35			31	1:04:45 (7)	32	1:05:03 (12)	33	1:07:51 (22)	34	1:10:58 (31)	35	1:14:04 (24)	36	1:17:12 (25)	37	1:20:23 (28)	38	1:23:49 (31)	39	1:27:24 (38)		

2069 Olivier IRABARUTA										BDI 25 Aug 90										DNF																			
1	3:11	2	3:09	3	3:04	4	3:09	5	3:03	6	3:05	7	3:08	8	3:00	9	3:02	10	3:06	11	3:11 (62)	12	6:20 (55)	13	9:24 (45)	14	12:33 (27)	15	15:36 (30)	16	18:41 (28)	17	21:49 (29)	18	24:49 (39)	19	27:51 (42)	20	30:57 (45)
11	3:02	12	3:06	13	3:08	14	3:06	15	3:13	16	3:16	17	3:15	18	3:14	19	3:20	20	3:19	21	33:59 (42)	22	37:05 (40)	23	40:13 (44)	24	43:19 (43)	25	46:32 (45)	26	49:48 (46)	27	53:03 (51)	28	56:17 (52)	29	59:37 (52)	30	1:02:56 (51)
21	3:20	22	19	23	3:00																																		
41	1:06:16 (54)	42	1:06:35 (54)	43	1:09:35 (56)																																		

2905 Alphonse Felix SIMBU										TAN 14 Feb 92										DNF																			
1	3:09	2	3:09	3	3:06	4	3:10	5	3:02	6	2:59	7	3:12	8	2:56	9	3:02	10	2:54	11	3:09 (41)	12	6:18 (32)	13	9:24 (38)	14	12:34 (40)	15	15:36 (17)	16	18:35 (18)	17	21:47 (22)	18	24:43 (18)	19	27:45 (20)	20	30:39 (14)
11	3:14	12	3:10	13	3:05	14	3:05	15	2:58	16	3:13	17	3:09	18	2:59	19	3:09	20	2:58	21	33:53 (12)	22	37:03 (24)	23	40:08 (28)	24	43:13 (20)	25	46:11 (7)	26	49:24 (17)	27	52:33 (16)	28	55:32 (12)	29	58:41 (18)	30	1:01:39 (16)
21	3:07	22	18	23	2:46	24	3:07	25	3:07	26	3:02	27	3:02	28	3:08	29	3:06	30	3:00	31	1:04:46 (25)	32	1:05:04 (25)	33	1:07:50 (17)	34	1:10:57 (25)	35	1:14:04 (16)	36	1:17:06 (13)	37	1:20:08 (14)	38	1:23:16 (16)	39	1:26:22 (17)	40	1:29:22 (9)
31	2:58	32	3:04	33	3:05	34	3:11	35	3:20	36	3:23	37	3:25	38	3:42	39	3:33	40	3:56	41	1:32:20 (10)	42	1:35:24 (13)	43	1:38:29 (13)	44	1:41:40 (14)	45	1:45:00 (15)	46	1:48:23 (17)	47	1:51:48 (21)	48	1:55:30 (22)	49	1:59:03 (23)	50	2:02:59 (25)
41	4:23																																						
44	2:07:22 (27)																																						

2295 Morhad AMDOUNI										FRA 21 Jun 88										DNF																			
1	3:09	2	3:09	3	3:06	4	3:09	5	3:03	6	2:59	7	3:12	8	2:56	9	3:02	10	2:58	11	3:09 (38)	12	6:18 (31)	13	9:24 (32)	14	12:33 (30)	15	15:36 (26)	16	18:35 (22)	17	21:47 (14)	18	24:43 (20)	19	27:45 (15)	20	30:43 (20)
11	3:11	12	3:09	13	3:04	14	3:06	15	3:00	16	3:11	17	3:08	18	3:00	19	3:08	20	3:01	21	33:54 (20)	22	37:03 (16)	23	40:07 (16)	24	43:13 (11)	25	46:13 (19)	26	49:24 (12)	27	52:32 (15)	28	55:32 (13)	29	58:40 (10)	30	1:01:41 (21)
21	3:05	22	18	23	2:46	24	3:07	25	3:07	26	3:03	27	3:06	28	3:16	29	3:10	30	3:20	31	1:04:46 (21)	32	1:05:04 (20)	33	1:07:50 (16)	34	1:10:57 (15)	35	1:14:04 (18)	36	1:17:07 (18)	37	1:20:13 (22)	38	1:23:29 (25)	39	1:26:39 (26)	40	1:29:59 (27)

2015 Joaquin ARBE										ARG 25 Aug 90										DNF																			
1	3:10	2	3:10	3	3:08	4	3:13	5	3:11	6	3:12	7	3:14	8	3:09	9	3:11	10	3:09	11	3:10 (50)	12	6:20 (54)	13	9:28 (72)	14	12:41 (75)	15	15:52 (74)	16	19:04 (74)	17	22:18 (74)	18	25:27 (74)	19	28:38 (72)	20	31:47 (72)
11	3:13	12	3:15	13	3:10	14	3:14	15	3:13	16	3:17	17	3:21	18	3:14	19	3:17	20	3:19	21	35:00 (72)	22	38:15 (71)	23	41:25 (71)	24	44:39 (71)	25	47:52 (70)	26	51:09 (69)	27	54:30 (69)	28	57:44 (68)	29	1:01:01 (70)	30	1:04:20 (70)
21	3:20	22	20	23	3:05	24	3:22	25	3:30	26	3:27	27	3:31	28	3:39	29	3:31	30	3:40	31	1:07:40 (70)	32	1:08:00 (70)	33	1:11:05 (70)	34	1:14:27 (69)	35	1:17:57 (69)	36	1:21:24 (69)	37	1:24:55 (67)	38	1:28:34 (67)	39	1:32:05 (66)	40	1:35:45 (64)
31	3:38	32	3:44	33	3:47	34	4:01																																
41	1:39:23 (63)	42	1:43:07 (64)	43	1:46:54 (63)	44	2:27:35 (64)																																

2883 Simon TESHAY										SUI 15 Mar 85										DNF																			
1	3:11	2	3:10	3	3:04	4	3:10	5	3:05	6	3:06	7	3:11	8	3:06	9	3:06	10	3:09	11	3:11 (66)	12	6:21 (59)	13	9:25 (59)	14	12:35 (49)	15	15:40 (47)	16	18:46 (49)	17	21:57 (56)	18	25:03 (59)	19	28:09 (58)	20	31:18 (59)
11	3:12	12	3:15	13	3:09	14	3:07	15	3:15	16	3:17	17	3:28	18	3:14	19	3:28	20	3:25	21	34:30 (58)	22	37:45 (58)	23	40:54 (61)	24	44:01 (60)	25	47:16 (63)	26	50:33 (63)	27	54:01 (65)	28	57:15 (66)	29	1:00:43 (67)	30	1:04:08 (66)
21	3:26	22	20	23	3:06	24	4:03	25	4:19	26	3:33	27	3:31	28	3:35	29	3:29	30	3:54	31	1:07:34 (69)	32	1:07:54 (69)	33	1:11:00 (69)	34	1:15:03 (71)	35	1:19:22 (76)	36	1:22:55 (75)	37	1:26:26 (73)	38	1:30:01 (73)	39	1:33:30 (72)	40	1:37:24 (71)
31	3:35	32	3:45	33	3:52																																		
41	1:40:59 (69)	42	1:44:44 (69)	43	1:48:36 (68)																																		

2933 Kaan Kigen ÖZBİLEN										TUR 15 Jan 86										DNF
1	3:11	2	3:11																	
41	3:11 (67)	42	6:22 (74)																	

RACE ANALYSIS
Marathon Men

2217 Ibrahim HASSAN					DJI					1 Jan 97					DNF				
1	3:07	2	3:12	3	3:04	4	3:09	5	3:05	6	3:05	7	3:06	8	2:59	9	2:59	10	2:57
	3:07 (27)		6:19 (37)		9:23 (20)		12:32 (14)		15:37 (32)		18:42 (38)		21:48 (25)		24:47 (31)		27:46 (28)		30:43 (23)
11	3:10	12	3:09	13	3:04	14	3:07	15	3:01	16	3:09	17	3:08	18	3:01	19	3:07	20	3:00
	33:53 (10)		37:02 (8)		40:06 (11)		43:13 (17)		46:14 (20)		49:23 (5)		52:31 (4)		55:32 (5)		58:39 (3)		1:01:39 (15)
21	3:06	22	3:18	23	2:47	24	3:07	25	3:07	26	3:04	27	3:02	28	3:06	29	3:05	30	3:02
	1:04:45 (13)		1:05:03 (13)		1:07:50 (20)		1:10:57 (26)		1:14:04 (26)		1:17:08 (20)		1:20:10 (18)		1:23:16 (12)		1:26:21 (9)		1:29:23 (15)
31	3:05	32	3:09	33	3:20	34	3:18	35	3:42										
	1:32:28 (16)		1:35:37 (18)		1:38:57 (19)		1:42:15 (23)		1:45:57 (25)										
2962 Cristhian ZAMORA					URU					15 Jan 91					DNS				