

RACE ANALYSIS

10,000 Metres Women - Final



16 July 2022 12:21 START TIME 20° C TEMPERATURE 76 % 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	30	3000 m
31	3100 m	32	3200 m	33	3300 m	34	3400 m	35	3500 m	36	3600 m	37	3700 m	38	3800 m	39	3900 m	40	4000 m
41	4100 m	42	4200 m	43	4300 m	44	4400 m	45	4500 m	46	4600 m	47	4700 m	48	4800 m	49	4900 m	50	5000 m
51	5100 m	52	5200 m	53	5300 m	54	5400 m	55	5500 m	56	5600 m	57	5700 m	58	5800 m	59	5900 m	60	6000 m
61	6100 m	62	6200 m	63	6300 m	64	6400 m	65	6500 m	66	6600 m	67	6700 m	68	6800 m	69	6900 m	70	7000 m
71	7100 m	72	7200 m	73	7300 m	74	7400 m	75	7500 m	76	7600 m	77	7700 m	78	7800 m	79	7900 m	80	8000 m
81	8100 m	82	8200 m	83	8300 m	84	8400 m	85	8500 m	86	8600 m	87	8700 m	88	8800 m	89	8900 m	90	9000 m
91	9100 m	92	9200 m	93	9300 m	94	9400 m	95	9500 m	96	9600 m	97	9700 m	98	9800 m	99	9900 m		

1 636 Letesenbet GIDEY										ETH 20 Mar 98										30:09.94 WL
1	18.66	2	18.87	3	19.55	4	19.18	5	18.94	6	18.38	7	19.17	8	17.65	9	18.05	10	17.53	
	18.66 (6)		37.53 (6)		57.08 (6)		1:16.26 (8)		1:35.20 (8)		1:53.58 (9)		2:12.75 (9)		2:30.40 (6)		2:48.45 (6)		3:05.98 (6)	
11	18.21	12	18.17	13	18.21	14	18.08	15	18.16	16	18.64	17	18.66	18	18.61	19	18.56	20	18.83	
	3:24.19 (6)		3:42.36 (6)		4:00.57 (6)		4:18.65 (7)		4:36.81 (6)		4:55.45 (6)		5:14.11 (6)		5:32.72 (6)		5:51.28 (6)		6:10.11 (6)	
21	18.63	22	18.40	23	18.36	24	18.24	25	18.57	26	18.27	27	17.91	28	18.29	29	18.37	30	17.97	
	6:28.74 (6)		6:47.14 (7)		7:05.50 (6)		7:23.74 (6)		7:42.31 (6)		8:00.58 (6)		8:18.49 (6)		8:36.78 (6)		8:55.15 (6)		9:13.12 (6)	
31	18.38	32	18.08	33	18.65	34	18.25	35	18.01	36	18.24	37	18.54	38	18.59	39	18.15	40	18.52	
	9:31.50 (6)		9:49.58 (6)		10:08.23 (7)		10:26.48 (11)		10:44.49 (7)		11:02.73 (6)		11:21.27 (6)		11:39.86 (6)		11:58.01 (6)		12:16.53 (6)	
41	18.70	42	17.87	43	18.69	44	17.70	45	18.71	46	18.37	47	17.89	48	18.75	49	18.57	50	18.00	
	12:35.23 (7)		12:53.10 (7)		13:11.79 (7)		13:29.49 (7)		13:48.20 (9)		14:06.57 (8)		14:24.46 (6)		14:43.21 (7)		15:01.78 (13)		15:19.78 (13)	
51	19.04	52	17.84	53	18.97	54	18.61	55	19.36	56	18.83	57	18.56	58	18.73	59	18.52	60	18.93	
	15:38.82 (7)		15:56.66 (3)		16:15.63 (3)		16:34.24 (9)		16:53.60 (8)		17:12.43 (10)		17:30.99 (8)		17:49.72 (13)		18:08.24 (9)		18:27.17 (10)	
61	18.87	62	18.50	63	17.89	64	18.45	65	19.05	66	17.59	67	18.57	68	17.90	69	18.04	70	17.72	
	18:46.04 (10)		19:04.54 (14)		19:22.43 (14)		19:40.88 (10)		19:59.93 (9)		20:17.52 (9)		20:36.09 (9)		20:53.99 (11)		21:12.03 (11)		21:29.75 (11)	
71	17.84	72	17.77	73	17.91	74	17.63	75	18.07	76	17.84	77	17.59	78	17.39	79	17.50	80	17.57	
	21:47.59 (1)		22:05.36 (2)		22:23.27 (3)		22:40.90 (11)		22:58.97 (2)		23:16.81 (1)		23:34.40 (1)		23:51.79 (1)		24:09.29 (1)		24:26.86 (8)	
81	17.84	82	18.19	83	17.91	84	17.22	85	17.55	86	18.04	87	18.11	88	17.79	89	17.96	90	17.49	
	24:44.70 (4)		25:02.89 (3)		25:20.80 (8)		25:38.02 (1)		25:55.57 (1)		26:13.61 (1)		26:31.72 (1)		26:49.51 (3)		27:07.47 (7)		27:24.96 (2)	
91	18.10	92	17.08	93	17.58	94	17.45	95	17.26	96	16.70	97	16.24	98	14.98	99	14.96		14.63	
	27:43.06 (3)		28:00.14 (3)		28:17.72 (3)		28:35.17 (4)		28:52.43 (1)		29:09.13 (4)		29:25.37 (1)		29:40.35 (1)		29:55.31 (1)			

2 914 Hellen OBIRI										KEN 13 Dec 89										30:10.02 PB
1	19.25	2	18.82	3	18.98	4	18.67	5	18.70	6	18.36	7	18.91	8	18.16	9	17.86	10	17.90	
	19.25 (14)		38.07 (12)		57.05 (5)		1:15.72 (4)		1:34.42 (3)		1:52.78 (3)		2:11.69 (3)		2:29.85 (3)		2:47.71 (3)		3:05.61 (3)	
11	17.91	12	18.04	13	18.27	14	18.05	15	18.22	16	18.62	17	18.71	18	18.57	19	18.44	20	18.69	
	3:23.52 (3)		3:41.56 (3)		3:59.83 (3)		4:17.88 (3)		4:36.10 (3)		4:54.72 (3)		5:13.43 (3)		5:32.00 (4)		5:50.44 (3)		6:09.13 (3)	
21	18.70	22	18.34	23	18.43	24	18.39	25	18.51	26	17.92	27	18.20	28	18.32	29	18.41	30	17.84	
	6:27.83 (1)		6:46.17 (4)		7:04.60 (3)		7:22.99 (3)		7:41.50 (3)		7:59.42 (3)		8:17.62 (3)		8:35.94 (3)		8:54.35 (3)		9:12.19 (3)	
31	18.35	32	18.19	33	18.62	34	18.28	35	18.08	36	18.39	37	18.67	38	18.09	39	18.21	40	18.39	
	9:30.54 (3)		9:48.73 (3)		10:07.35 (4)		10:25.63 (6)		10:43.71 (4)		11:02.10 (3)		11:20.77 (3)		11:38.86 (3)		11:57.07 (3)		12:15.46 (3)	
41	18.84	42	18.18	43	18.27	44	18.13	45	18.50	46	18.20	47	18.65	48	18.38	49	18.63	50	18.19	
	12:34.30 (3)		12:52.48 (3)		13:10.75 (3)		13:28.88 (4)		13:47.38 (6)		14:05.58 (5)		14:24.23 (5)		14:42.61 (4)		15:01.24 (8)		15:19.43 (6)	
51	18.78	52	18.26	53	19.02	54	18.62	55	18.71	56	18.79	57	18.65	58	18.60	59	18.57	60	18.75	
	15:38.21 (4)		15:56.47 (2)		16:15.49 (2)		16:34.11 (2)		16:52.82 (2)		17:11.61 (2)		17:30.26 (2)		17:48.86 (2)		18:07.43 (2)		18:26.18 (2)	
61	18.70	62	18.43	63	18.62	64	18.77	65	18.68	66	18.38	67	18.42	68	18.05	69	17.97	70	17.77	
	18:44.88 (2)		19:03.31 (2)		19:21.93 (2)		19:40.70 (7)		19:59.38 (3)		20:17.76 (13)		20:36.18 (11)		20:54.23 (4)		21:12.20 (4)		21:29.97 (3)	
71	17.82	72	17.63	73	17.76	74	17.69	75	18.17	76	17.94	77	17.59	78	17.33	79	17.57	80	17.37	
	21:47.79 (10)		22:05.42 (3)		22:23.18 (2)		22:40.87 (10)		22:59.04 (3)		23:16.98 (4)		23:34.57 (4)		23:51.90 (8)		24:09.47 (3)		24:26.84 (7)	
81	17.81	82	18.13	83	18.07	84	17.32	85	17.55	86	17.95	87	18.19	88	17.64	89	17.86	90	17.62	
	24:44.65 (3)		25:02.78 (2)		25:20.85 (10)		25:38.17 (3)		25:55.72 (3)		26:13.67 (3)		26:31.86 (5)		26:49.50 (2)		27:07.36 (6)		27:24.98 (3)	
91	17.82	92	17.28	93	17.54	94	17.57	95	17.26	96	16.61	97	16.33	98	15.01	99	15.00		14.62	
	27:42.80 (2)		28:00.08 (2)		28:17.62 (2)		28:35.19 (6)		28:52.45 (2)		29:09.06 (1)		29:25.39 (4)		29:40.40 (11)		29:55.40 (2)			



RACE ANALYSIS
10,000 Metres Women - Final

18 605 Dolshi TESFU										ERI 17 Jun 99										31:49.29 ^{SB}																			
1	19.13	2	19.12	3	19.59	4	18.96	5	19.10	6	18.78	7	19.03	8	18.31	9	18.61	10	15.92	11	19.13 (12)	12	38.25 (15)	13	57.84 (15)	14	1:16.80 (15)	15	1:35.90 (14)	16	1:54.68 (16)	17	2:13.71 (16)	18	2:32.02 (17)	19	2:50.63 (17)	20	3:06.55 (9)
11	20.15	12	17.50	13	18.45	14	17.70	15	18.18	16	18.52	17	18.88	18	18.80	19	18.31	20	18.86	21	3:26.70 (19)	22	3:44.20 (18)	23	4:02.65 (19)	24	4:20.35 (17)	25	4:38.53 (18)	26	4:57.05 (19)	27	5:15.93 (19)	28	5:34.73 (19)	29	5:53.04 (18)	30	6:11.90 (18)
21	18.96	22	17.09	23	19.35	24	18.54	25	18.79	26	17.02	27	20.17	28	18.71	29	15.66	30	21.95	31	6:30.86 (18)	32	6:47.95 (15)	33	7:07.30 (18)	34	7:25.84 (18)	35	7:44.63 (19)	36	8:01.65 (14)	37	8:21.82 (19)	38	8:40.53 (19)	39	8:56.19 (12)	40	9:18.14 (19)
31	18.98	32	18.96	33	13.25	34	16.73	35	27.69	36	18.91	37	19.46	38	19.11	39	18.83	40	18.84	41	9:37.12 (19)	42	9:56.08 (19)	43	10:09.33 (16)	44	10:26.06 (8)	45	10:53.75 (18)	46	11:12.66 (18)	47	11:32.12 (18)	48	11:51.23 (18)	49	12:10.06 (18)	50	12:28.90 (18)
41	19.35	42	19.31	43	19.05	44	18.79	45	19.47	46	19.40	47	19.39	48	3.77	49	14.52	50	17.83	51	12:48.25 (18)	52	13:07.56 (19)	53	13:26.61 (18)	54	13:45.40 (18)	55	14:04.87 (18)	56	14:24.27 (18)	57	14:43.66 (18)	58	14:47.43 (16)	59	15:01.95 (14)	60	15:19.78 (13)
51	24.24	52	13.13	53	18.48	54	18.61	55	28.74	56	34.45	57	1.99	58	9.68	59	31.56	60	35.33	61	15:44.02 (16)	62	15:57.15 (18)	63	16:15.63 (3)	64	16:34.24 (9)	65	17:02.98 (17)	66	17:37.43 (19)	67	17:39.42 (16)	68	17:49.10 (7)	69	18:20.66 (17)	70	18:55.99 (19)
61	0.83	62	6.93	63	18.68	64	18.87	65	33.65	66	2.77	67	18.63	68	19.32	69	17.09	70	20.55	71	18:56.82 (16)	72	19:03.75 (7)	73	19:22.43 (14)	74	19:41.30 (18)	75	20:14.95 (17)	76	20:17.72 (11)	77	20:36.35 (13)	78	20:55.67 (14)	79	21:12.76 (9)	80	21:33.31 (17)
71	14.75	72	44.71	73		74	16.75	75	1:06.64	76	3.32	77		78	2.92	79	30.06	80	4.87	81	21:48.06 (13)	82	22:32.77 (16)	83	22:24.22 (8)	84	22:40.97 (14)	85	23:47.61 (18)	86	23:50.93 (16)	87	23:49.47 (18)	88	23:52.39 (18)	89	24:22.45 (18)	90	24:27.32 (15)
81	40.38	82		83	17.19	84	1:06.19	85	0.16	86	10.35	87		88	17.63	89	17.19	90	1:16.01	91	25:07.70 (15)	92	25:03.82 (11)	93	25:21.01 (12)	94	26:27.20 (16)	95	26:27.36 (15)	96	26:37.71 (14)	97	26:32.79 (13)	98	26:50.42 (12)	99	27:07.61 (10)	100	28:23.62 (16)
91	1.42	92	8.37	93	19.88	94		95	17.73	96	15.65	97	16.29	98	15.29	99	1:50.74	100	17.36	101	28:25.04 (15)	102	28:33.41 (13)	103	28:53.29 (17)	104	28:36.23 (17)	105	28:53.96 (14)	106	29:09.61 (14)	107	29:25.90 (15)	108	29:41.19 (17)	109	31:31.93 (18)	110	

19 867 Rino GOSHIMA										JPN 29 Oct 97										32:08.68																			
1	19.45	2	18.90	3	19.29	4	19.21	5	19.17	6	18.11	7	18.99	8	18.53	9	18.68	10	17.66	11	19.45 (16)	12	38.35 (16)	13	57.64 (12)	14	1:16.85 (16)	15	1:36.02 (15)	16	1:54.13 (12)	17	2:13.12 (12)	18	2:31.65 (14)	19	2:50.33 (15)	20	3:07.99 (17)
11	18.50	12	17.82	13	18.28	14	18.09	15	18.23	16	17.92	17	18.89	18	18.89	19	18.52	20	18.80	21	3:26.49 (18)	22	3:44.31 (19)	23	4:02.59 (18)	24	4:20.68 (18)	25	4:38.91 (19)	26	4:56.83 (18)	27	5:15.72 (18)	28	5:34.61 (18)	29	5:53.13 (19)	30	6:11.93 (19)
21	19.17	22	18.09	23	18.55	24	18.32	25	18.45	26	18.34	27	18.53	28	18.80	29	19.20	30	18.64	31	6:31.10 (19)	32	6:49.19 (19)	33	7:07.74 (19)	34	7:26.06 (19)	35	7:44.51 (18)	36	8:02.85 (19)	37	8:21.38 (18)	38	8:40.18 (18)	39	8:59.38 (19)	40	9:18.02 (18)
31	18.96	32	18.98	33	19.41	34	11.16	35	27.25	36	19.05	37	19.42	38	19.05	39	19.03	40	18.68	41	9:36.98 (18)	42	9:55.96 (18)	43	10:15.37 (19)	44	10:26.53 (12)	45	10:53.78 (19)	46	11:12.83 (19)	47	11:32.25 (19)	48	11:51.30 (19)	49	12:10.33 (19)	50	12:29.01 (19)
41	19.30	42	19.25	43	19.33	44	18.61	45	19.47	46	19.34	47	19.51	48	18.94	49		50	18.94	51	12:48.31 (19)	52	13:07.56 (18)	53	13:26.89 (19)	54	13:45.50 (19)	55	14:04.97 (19)	56	14:24.31 (19)	57	14:43.82 (19)	58	15:02.76 (19)	59	15:00.73 (1)	60	15:19.67 (9)
51	41.25	52		53	19.14	54	18.62	55	43.41	56	19.41	57	19.69	58	19.64	59	19.75	60	19.47	61	16:00.92 (19)	62	15:56.70 (7)	63	16:15.84 (17)	64	16:34.46 (15)	65	17:17.87 (19)	66	17:37.28 (18)	67	17:56.97 (19)	68	18:16.61 (19)	69	18:36.36 (19)	70	18:55.83 (18)
61	19.97	62	19.42	63		64	18.27	65	54.12	66		67	18.63	68	57.70	69		70	1:00.73	71	19:15.80 (19)	72	19:35.22 (19)	73	19:22.23 (5)	74	19:40.50 (1)	75	20:34.62 (19)	76	20:17.45 (1)	77	20:36.08 (1)	78	21:33.78 (19)	79	21:12.93 (11)	80	22:13.66 (19)
71		72	1:05.47	73	20.01	74		75	1:12.23	76	19.50	77		78	15.94	79	20.18	80	1:20.50	81	21:47.68 (3)	82	22:53.15 (19)	83	23:13.16 (19)	84	22:40.82 (1)	85	23:53.05 (19)	86	24:12.55 (19)	87	23:35.90 (11)	88	23:51.84 (3)	89	24:12.02 (11)	90	25:32.52 (19)
81	20.10	82		83	12.01	84	1:32.41	85	19.82	86	20.39	87		88	28.62	89	6.86	90	1:46.22	91	25:52.62 (19)	92	25:08.76 (14)	93	25:20.77 (1)	94	26:53.18 (19)	95	27:13.00 (19)	96	27:33.39 (19)	97	26:31.80 (2)	98	27:00.42 (15)	99	27:07.28 (1)	100	28:53.50 (19)
91	20.40	92	20.02	93		94	1.57	95	36.66	96		97	16.13	98	14.94	99	2:10.14	100	18.16	101	29:13.90 (19)	102	29:33.92 (19)	103	28:33.54 (12)	104	28:35.11 (1)	105	29:11.77 (17)	106	29:09.31 (6)	107	29:25.44 (6)	108	29:40.38 (3)	109	31:50.52 (19)	110	

905 Sheila Chepkirui KIPROTICH

KEN 27 Dec 90

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