

Race analysis 3000m Men

START TIME
18:39 **2 JUN 2024**


WORLD RECORD	7:20.67	KOMEN Daniel	KEN	Rieti (ITA)	1 SEP 1996
AREA RECORD	7:30.76	SALEM Jamal Bilal	QAT	Doha (QAT)	13 MAY 2005
AREA RECORD	7:23.63	INGEBRIGTSEN Jakob	NOR	Hayward Field, Eugene, OR (USA)	17 SEP 2023
AREA RECORD	7:25.47	FISHER Grant	USA	Hayward Field, Eugene, OR (USA)	17 SEP 2023
AREA RECORD	7:28.02	McSWEYN Stewart	AUS	Stadio Olimpico, Roma (ITA)	17 SEP 2020
WORLD LEAD	7:25.82	BAREGA Selemon	ETH	Arena, Torun (POL)	6 FEB 2024
DIAMOND LEAGUE RECORD	7:23.63	INGEBRIGTSEN Jakob	NOR	Hayward Field, Eugene, OR (USA)	17 SEP 2023
MEETING RECORD	7:25.79	BEKELE Kenenisa	ETH		7 AUG 2007

Rank	Name	Nat	Result										Time Behind		
			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m			
			2800m	2900m	Finish										
1	NORDÅS Narve Gilje	NOR	7:33.49										PB		
	1:01.4 (7)	2:02.7 (7)	2:34.0 (7)	3:04.0 (7)	4:05.1 (6)	5:06.9 (6)	6:09.2 (7)	6:24.5 (7)	6:39.6 (10)	6:53.8 (5)					
		1:01.3	31.3	30.0	1:01.1	1:01.8	1:02.3	15.3	15.1	14.2					
	7:06.7 (2)	7:20.3 (2)	7:33.49 (1)												
	12.9	13.6	13.1												
2	LOBALU Dominic Lokinyomo	SUI	7:33.68										0.19	SB	
	1:00.6 (3)	2:02.1 (4)	2:33.1 (3)	3:03.2 (3)	4:04.3 (2)	5:06.0 (1)	6:08.7 (1)	6:24.0 (1)	6:39.0 (=1)	6:53.4 (1)					
		1:01.5	31.0	30.1	1:01.1	1:01.7	1:02.7	15.3	15.0	14.4					
	7:06.6 (1)	7:20.2 (1)	7:33.68 (2)												
	13.2	13.6	13.4												
3	GRIJALVA Luis	GUA	7:33.96										0.47	SB	
	1:01.2 (6)	2:02.3 (5)	2:33.5 (5)	3:03.6 (5)	4:04.8 (4)	5:06.5 (4)	6:08.9 (3)	6:24.2 (4)	6:39.0 (=1)	6:53.5 (2)					
		1:01.1	31.2	30.1	1:01.2	1:01.7	1:02.4	15.3	14.8	14.5					
	7:06.8 (3)	7:20.5 (3)	7:33.96 (3)												
	13.3	13.7	13.4												
4	ALMGREN Andreas	SWE	7:34.28										0.79	NR PB	
	1:01.0 (5)	2:02.5 (6)	2:33.7 (6)	3:03.8 (6)	4:04.9 (5)	5:06.7 (5)	6:08.7 (2)	6:24.1 (2)	6:39.2 (=2)	6:53.7 (4)					
		1:01.5	31.2	30.1	1:01.1	1:01.8	1:02.0	15.4	15.1	14.5					
	7:07.1 (5)	7:20.7 (4)	7:34.28 (4)												
	13.4	13.6	13.5												
5	ISMAIL Mohamed	DJI	7:36.29										2.80	NR PB	
	1:00.8 (4)	2:02.0 (3)	2:33.3 (4)	3:03.4 (4)	4:04.5 (3)	5:06.2 (=2)	6:08.9 (4)	6:24.2 (3)	6:39.2 (=2)	6:53.6 (3)					
		1:01.2	31.3	30.1	1:01.1	1:01.7	1:02.7	15.3	15.0	14.4					
	7:06.9 (4)	7:21.3 (5)	7:36.29 (5)												
	13.3	14.4	14.9												
6	WILDSCHUTT Adriaan	RSA	7:36.77										3.28	NR PB	
	1:02.4 (12)	2:03.0 (=8)	2:34.1 (8)	3:04.3 (8)	4:05.4 (7)	5:07.1 (7)	6:09.0 (5)	6:24.4 (6)	6:39.5 (7)	6:54.4 (=9)					
		1:00.6	31.1	30.2	1:01.1	1:01.7	1:01.9	15.4	15.1	14.9					
	7:08.2 (7)	7:22.4 (7)	7:36.77 (6)												
	13.8	14.2	14.3												
7	McSWEYN Stewart	AUS	7:36.78										3.29	SB	
	1:02.0 (9)	2:03.3 (11)	2:34.6 (12)	3:05.1 (12)	4:06.5 (11)	5:07.5 (9)	6:09.4 (8)	6:24.6 (8)	6:39.2 (=2)	6:54.0 (6)					
		1:01.3	31.3	30.5	1:01.4	1:01.0	1:01.9	15.2	14.6	14.8					
	7:07.8 (6)	7:22.2 (6)	7:36.78 (7)												
	13.8	14.4	14.5												

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Rank	Name	Nat	Result										Time Behind
			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m	
	2800m	2900m	Finish										
8	MECHAAL Adel	ESP	7:37.28										3.79
	1:02.8 (15)	2:03.8 (15)	2:35.0 (15)	3:05.4 (14)	4:06.7 (12)	5:07.7 (11)	6:09.4 (9)	6:24.7 (9)	6:39.5 (9)	6:54.4 (=9)			
		1:01.0	31.2	30.4	1:01.3	1:01.0	1:01.7	15.3	14.8	14.9			
	7:08.5 (8)	7:22.6 (8)	7:37.28 (8)										
	14.1	14.1	14.6										
9	SIME Mezgebu	ETH	7:39.40										5.91
	1:02.1 (10)	2:03.0 (=8)	2:34.3 (=9)	3:04.7 (10)	4:05.9 (9)	5:07.7 (10)	6:09.6 (10)	6:24.9 (10)	6:39.3 (4)	6:54.3 (8)			
		1:00.9	31.3	30.4	1:01.2	1:01.8	1:01.9	15.3	14.4	15.0			
	7:08.6 (9)	7:23.7 (9)	7:39.40 (9)										
	14.3	15.1	15.7										
10	PARSONS Sam	GER	7:40.01										6.52
	1:02.5 (13)	2:03.6 (14)	2:34.9 (14)	3:05.6 (15)	4:07.0 (13)	5:07.9 (12)	6:09.1 (6)	6:24.3 (5)	6:39.3 (6)	6:54.2 (7)			
		1:01.1	31.3	30.7	1:01.4	1:00.9	1:01.2	15.2	15.0	14.9			
	7:08.8 (10)	7:24.0 (10)	7:40.01 (10)										
	14.6	15.2	16.0										
11	BALEW Birhanu	BRN	7:46.10										12.61
	1:02.6 (14)	2:03.2 (10)	2:34.3 (=9)	3:04.5 (9)	4:05.7 (8)	5:07.3 (8)	6:09.9 (11)	6:25.6 (11)	6:41.5 (11)	6:57.5 (11)			
		1:00.6	31.1	30.2	1:01.2	1:01.6	1:02.6	15.7	15.9	16.0			
	7:13.6 (11)	7:29.6 (11)	7:46.10 (11)										
	16.1	16.0	16.5										
12	DANIELSSON Emil	SWE	7:49.03										15.54
	1:02.9 (16)	2:03.9 (16)	2:35.1 (16)	3:05.8 (16)	4:07.4 (15)	5:08.4 (13)	6:12.1 (12)	6:28.2 (12)	6:44.5 (12)	7:01.0 (12)			
		1:01.0	31.2	30.7	1:01.6	1:01.0	1:03.7	16.1	16.3	16.5			
	7:17.2 (12)	7:33.2 (12)	7:49.03 (12)										
	16.2	16.0	15.8										
13	BEKELE Telahun Haile	ETH	7:50.13										16.64
	1:01.7 (8)	2:03.4 (12)	2:34.5 (11)	3:04.9 (11)	4:06.3 (10)	5:10.2 (14)	6:15.6 (13)	6:31.9 (13)	6:47.9 (13)	7:03.5 (13)			
		1:01.7	31.1	30.4	1:01.4	1:03.9	1:05.4	16.3	16.0	15.6			
	7:19.0 (13)	7:34.8 (13)	7:50.13 (13)										
	15.5	15.8	15.3										
	THOMAS Jude	AUS	DNF										
	1:00.0 (2)	2:00.5 (2)	2:32.4 (2)	3:02.9 (2)	4:04.0 (1)	5:06.3 (=2)							
		1:00.5	31.9	30.5	1:01.1	1:02.3							
	ROWE Jack	GBR	DNF										
	1:02.2 (11)	2:03.5 (13)	2:34.7 (13)	3:05.3 (13)	4:07.2 (14)	5:10.6 (15)							
		1:01.3	31.2	30.6	1:01.9	1:03.4							



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Rank	Name		Nat		Result	Time Behind					
		400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
		2800m	2900m	Finish							
		CZERWINSKI Adam		POL	DNF						
	59.7	(1)	1:59.8	(1)	2:32.0	(1)	3:02.5	(1)			
			1:00.1		32.2		30.5				

Weather conditions

Temperature: 23 °C Humidity: 49 % Conditions: Sunny

Legend
DNF Did Not Finish NR National Record PB Personal Best PM Pacemaker
SB Season Best