

Race analysis  
**3000m Men**

START TIME  
**16:15 25 AUG 2024**


WORLD RECORD	7:20.67	KOMEN Daniel	KEN	Rieti (ITA)	1 SEP 1996
AREA RECORD	7:28.02	McSWEYN Stewart	AUS	Roma (ITA)	17 SEP 2020
WORLD LEAD	7:25.82	BAREGA Selemon	ETH	Torun (POL)	6 FEB 2024
DIAMOND LEAGUE RECORD	7:23.63	INGEBRIGTSEN Jakob	NOR	Eugene, OR (USA)	17 SEP 2023
MEETING RECORD	7:36.47	WORKU Tadesse	ETH		5 SEP 2021

Rank	Name	Nat	Result										Time Behind		
			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m			
			2800m	2900m	Finish										
<b>1</b>	<b>INGEBRIGTSEN Jakob</b>	<b>NOR</b>	<b>7:17.55</b>										<b>WR</b>		
	59.6 (3)	1:58.2 (3)	2:27.6 (3)	2:57.1 (3)	3:56.0 (3)	4:55.3 (1)	5:53.4 (1)	6:07.7 (1)	6:22.1 (1)	6:36.3 (1)					
	6:50.5 (1)	7:04.1 (1)	7:17.55 (1)	29.5	58.9	59.3	58.1	14.3	14.4	14.2					
	14.2	13.6	13.4												
<b>2</b>	<b>AREGAWI Berihu</b>	<b>ETH</b>	<b>7:21.28</b>										<b>3.73</b>	<b>NR PB</b>	
	1:00.6 (8)	1:59.1 (6)	2:28.2 (6)	2:57.9 (6)	3:56.7 (6)	4:55.9 (3)	5:54.3 (2)	6:08.9 (2)	6:23.5 (2)	6:37.8 (2)					
	6:52.0 (2)	7:06.4 (2)	7:21.28 (2)	29.7	58.8	59.2	58.4	14.6	14.6	14.3					
	14.2	14.4	14.8												
<b>3</b>	<b>KEJELCHA Yomif</b>	<b>ETH</b>	<b>7:28.44</b>										<b>10.89</b>		
	1:00.2 (5)	1:58.7 (5)	2:27.8 (4)	2:57.4 (4)	3:56.3 (4)	4:55.6 (2)	5:55.1 (3)	6:10.5 (3)	6:25.8 (3)	6:41.7 (3)					
	6:57.4 (3)	7:12.8 (3)	7:28.44 (3)	29.6	58.9	59.3	59.5	15.4	15.3	15.9					
	15.7	15.4	15.6												
<b>4</b>	<b>BEKELE Telahun Haile</b>	<b>ETH</b>	<b>7:30.97</b>										<b>13.42</b>		
	1:01.6 (16)	2:00.4 (12)	2:29.8 (12)	2:59.9 (12)	4:01.1 (11)	5:03.0 (6)	6:04.2 (6)	6:19.9 (6)	6:34.8 (5)	6:49.1 (5)					
	7:03.0 (4)	7:17.0 (4)	7:30.97 (4)	30.1	1:01.2	1:01.9	1:01.2	15.7	14.9	14.3					
	13.9	14.0	13.9												
<b>5</b>	<b>KWEMOI Ronald</b>	<b>KEN</b>	<b>7:31.57</b>										<b>14.02</b>		
	1:01.4 (14)	2:00.6 (14)	2:30.1 (13)	3:00.6 (13)	4:02.0 (15)	5:03.4 (10)	6:04.5 (8)	6:20.4 (10)	6:36.0 (11)	6:50.3 (10)					
	7:04.4 (8)	7:18.1 (8)	7:31.57 (5)	30.5	1:01.4	1:01.4	1:01.1	15.9	15.6	14.3					
	14.1	13.7	13.4												
<b>6</b>	<b>AHMED Mohammed</b>	<b>CAN</b>	<b>7:31.96</b>										<b>14.41</b>	<b>NR PB</b>	
	1:00.4 (6)	1:59.4 (7)	2:28.8 (9)	2:59.1 (9)	4:00.5 (8)	5:03.3 (9)	6:04.6 (9)	6:20.2 (8)	6:35.3 (8)	6:49.6 (7)					
	7:03.8 (7)	7:18.0 (6)	7:31.96 (6)	30.3	1:01.4	1:02.8	1:01.3	15.6	15.1	14.3					
	14.2	14.2	13.9												
<b>7</b>	<b>BAREGA Selemon</b>	<b>ETH</b>	<b>7:32.49</b>										<b>14.94</b>		
	1:01.1 (11)	1:59.9 (10)	2:28.8 (8)	2:58.9 (8)	4:00.3 (7)	5:03.0 (7)	6:04.4 (7)	6:20.1 (7)	6:35.1 (6)	6:49.4 (6)					
	7:03.8 (6)	7:17.8 (5)	7:32.49 (7)	30.1	1:01.4	1:02.7	1:01.4	15.7	15.0	14.3					
	14.4	14.0	14.6												

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			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m		
			2800m	2900m	Finish									
8	<b>WILDSCHUTT</b> Adriaan	<b>RSA</b>	<b>7:32.99</b>										<b>15.44</b>	<b>NR PB</b>
	1:00.8 (9)	1:59.8 (9)	2:29.2 (10)	2:59.3 (10)	4:00.7 (9)	5:03.2 (8)	6:04.7 (10)	6:20.3 (9)	6:35.6 (9)	6:50.0 (9)				
	7:04.6 (10)	7:18.9 (9)	7:32.99 (8)	30.1	1:01.4	1:02.5	1:01.5	15.6	15.3	14.4				
	14.6	14.3	14.0											
9	<b>KIPKORIR</b> Nicholas	<b>KEN</b>	<b>7:33.46</b>										<b>15.91</b>	
	1:01.2 (12)	2:00.6 (13)	2:30.6 (15)	3:00.8 (14)	4:01.5 (13)	5:02.8 (5)	6:04.1 (5)	6:19.7 (5)	6:35.2 (7)	6:49.8 (8)				
	7:04.4 (9)	7:19.2 (10)	7:33.46 (9)	30.2	1:00.7	1:01.3	1:01.3	15.6	15.5	14.6				
	14.6	14.8	14.2											
10	<b>YIHUNE</b> Addisu	<b>ETH</b>	<b>7:33.94</b>										<b>16.39</b>	<b>PB</b>
	59.8 (4)	1:58.5 (4)	2:28.0 (5)	2:57.6 (5)	3:56.5 (5)	4:56.0 (4)	5:59.6 (4)	6:16.1 (4)	6:32.2 (4)	6:48.0 (4)				
	7:03.0 (5)	7:18.0 (7)	7:33.94 (10)	29.6	58.9	59.5	1:03.6	16.5	16.1	15.8				
	15.0	15.0	15.9											
11	<b>FOPPEN</b> Mike	<b>NED</b>	<b>7:34.47</b>										<b>16.92</b>	<b>NR</b>
	1:01.6 (15)	2:01.1 (16)	2:30.8 (16)	3:01.2 (16)	4:02.2 (16)	5:03.9 (13)	6:05.2 (11)	6:20.8 (11)	6:35.9 (10)	6:50.7 (11)				
	7:05.2 (11)	7:19.8 (11)	7:34.47 (11)	30.4	1:01.0	1:01.7	1:01.3	15.6	15.1	14.8				
	14.5	14.6	14.6											
12	<b>GRIGGS</b> Nicholas	<b>IRL</b>	<b>7:39.52</b>										<b>21.97</b>	
	1:01.8 (17)	2:01.3 (17)	2:31.0 (17)	3:01.4 (17)	4:02.4 (17)	5:04.1 (14)	6:05.4 (13)	6:21.0 (12)	6:36.3 (12)	6:51.6 (12)				
	7:07.2 (12)	7:23.0 (12)	7:39.52 (12)	30.4	1:01.0	1:01.7	1:01.3	15.6	15.3	15.3				
	15.6	15.8	16.5											
13	<b>McSWEYN</b> Stewart	<b>AUS</b>	<b>7:40.24</b>										<b>22.69</b>	
	1:01.0 (10)	2:00.2 (11)	2:29.4 (11)	2:59.6 (11)	4:00.9 (10)	5:03.5 (11)	6:05.3 (12)	6:21.3 (13)	6:37.0 (13)	6:52.8 (13)				
	7:08.8 (13)	7:24.4 (13)	7:40.24 (13)	30.2	1:01.3	1:02.6	1:01.8	16.0	15.7	15.8				
	16.0	15.6	15.8											
14	<b>McGORTY</b> Sean	<b>USA</b>	<b>7:42.15</b>										<b>24.60</b>	
	1:01.2 (13)	2:00.9 (15)	2:30.4 (14)	3:00.8 (15)	4:01.7 (14)	5:03.9 (12)	6:06.8 (14)	6:22.7 (14)	6:38.7 (14)	6:54.7 (14)				
	7:10.7 (14)	7:26.4 (14)	7:42.15 (14)	30.4	1:00.9	1:02.2	1:02.9	15.9	16.0	16.0				
	16.0	15.7	15.7											
15	<b>FISHER</b> Grant	<b>USA</b>	<b>7:49.79</b>										<b>32.24</b>	
	1:00.6 (7)	1:59.5 (8)	2:28.6 (7)	2:58.7 (7)	4:01.3 (12)	5:05.1 (15)	6:11.1 (15)	6:27.8 (15)	6:44.5 (15)	7:00.9 (15)				
	7:17.2 (15)	7:33.5 (15)	7:49.79 (15)	30.1	1:02.6	1:03.8	1:06.0	16.7	16.7	16.4				
	16.3	16.3	16.2											

 Race analysis  
**3000m Men**

START TIME  
**16:15 25 AUG 2024**

Rank	Name	Nat		Result	Time Behind						
		400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
		2800m	2900m	Finish							
	<b>RAK Filip</b>	POL		DNF							
		1:02.2 (18)	2:01.6 (18)	2:31.3 (18)	3:01.7 (18)	4:03.1 (18)	5:07.1 (16)				
			59.4	29.7	30.4	1:01.4	1:04.0				
	<b>CIATTEI Vincent</b>	USA		DNF							
		59.4 (2)	1:58.0 (2)	2:27.3 (2)	2:56.9 (2)	3:55.8 (2)					
			58.6	29.3	29.6	58.9					
	<b>SISK Pieter</b>	BEL		DNF							
		59.1 (1)	1:57.7 (1)	2:27.1 (1)	2:56.6 (1)	3:55.7 (1)					
			58.6	29.4	29.5	59.1					
	<b>MILLS George</b>	GBR		DNS							

**Weather conditions**

Temperature: 30 °C Humidity: 42 % Conditions: Sunny

**Legend**

DNF Did Not Finish DNS Did Not Start NR National Record PB Personal Best  
PM Pacemaker WR World Record

Internet Service: [silesia.diamondleague.com](http://silesia.diamondleague.com)

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