



Race analysis 3000m Steeplechase Men

START TIME
20:46 31 MAY 2026

WORLD RECORD	7:52.11	GIRMA Lamecha	ETH	Paris (FRA)	9 JUN 2023
AREA RECORD	8:00.09	MEKHISSI Mahiedine	FRA	Paris-St-Denis (FRA)	6 JUL 2013
AREA RECORD	8:00.45	JAGER Evan	USA	Paris-St-Denis (FRA)	4 JUL 2015
AREA RECORD	8:09.64	BEAMISH Geordie	NZL	Paris (FRA)	7 JUL 2024
DIAMOND LEAGUE RECORD	7:52.11	GIRMA Lamecha	ETH	Paris (FRA)	9 JUN 2023
MEETING RECORD	7:56.68	EL BAKKALI Soufiane	MAR	Rabat (MAR)	28 MAY 2023
WORLD LEAD	8:08.10	KIRWA Geoffrey Kipkemoi	KEN	Azusa, CA (USA)	16 APR 2026

Rank	Name	Nat	Result										Time Behind		
			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m			
			2800m	2900m	Finish										
1	EL BAKKALI Soufiane	MAR	7:57.25										WL		
	1:00.5 (3)	2:05.7 (3)	2:38.1 (3)	3:10.5 (3)	4:15.2 (2)	5:20.2 (2)	6:25.0 (2)	6:41.5 (2)	6:56.7 (1)	7:12.0 (1)					
	1:05.2	1:05.2	32.4	32.4	1:04.7	1:05.0	1:04.8	16.5	15.2	15.3					
	7:27.2 (1)	7:42.5 (1)	7:57.25 (1)												
	15.2	15.3	14.7												
2	RUPPERT Frederik	GER	7:57.80										0.55	AR	
	1:01.9 (6)	2:07.8 (8)	2:40.6 (8)	3:12.5 (6)	4:16.9 (5)	5:21.6 (4)	6:26.0 (4)	6:42.4 (4)	6:58.0 (4)	7:12.9 (3)					
	1:05.9		32.8	31.9	1:04.4	1:04.7	1:04.4	16.4	15.6	14.9					
			7:57.80 (2)												
3	KOECH Simon Kiprop	KEN	7:59.44										2.19	PB	
	1:01.9 (7)	2:06.3 (5)	2:39.0 (5)	3:11.2 (5)	4:15.9 (4)	5:20.0 (1)	6:24.7 (1)	6:41.4 (1)	6:57.1 (2)	7:12.4 (2)					
		1:04.4	32.7	32.2	1:04.7	1:04.1	1:04.7	16.7	15.7	15.3					
	7:28.1 (2)	7:44.1 (2)	7:59.44 (3)												
	15.7	16.0	15.3												
4	SEREM Edmund	KEN	8:01.61										4.36	PB	
	1:00.9 (4)	2:06.0 (4)	2:38.4 (4)	3:10.9 (4)	4:15.6 (3)	5:20.6 (3)	6:25.4 (3)	6:41.9 (3)	6:57.6 (3)	7:13.5 (4)					
		1:05.1	32.4	32.5	1:04.7	1:05.0	1:04.8	16.5	15.7	15.9					
	7:29.5 (3)	7:45.9 (3)	8:01.61 (4)												
	16.0	16.4	15.7												
5	WILKINSON Matthew	USA	8:09.56										12.31	PB	
	1:04.2 (18)	2:10.2 (18)	2:43.8 (18)	3:16.5 (17)	4:22.9 (13)	5:28.1 (12)	6:33.6 (5)	6:50.4 (5)	7:06.5 (5)	7:22.5 (5)					
		1:06.0	33.6	32.7	1:06.4	1:05.2	1:05.5	16.8	16.1	16.0					
	7:38.6 (4)	7:54.8 (4)	8:09.56 (5)												
	16.1	16.2	14.7												
6	BEN YAZIDE Salah Eddine	MAR	8:10.64										13.39	SB	
	1:03.2 (12)	2:08.3 (10)	2:41.5 (12)	3:14.3 (12)	4:20.8 (11)	5:27.0 (9)	6:34.0 (8)	6:51.5 (10)	7:07.1 (7)	7:22.9 (6)					
		1:05.1	33.2	32.8	1:06.5	1:06.2	1:07.0	17.5	15.6	15.8					
	7:39.1 (5)	7:55.6 (5)	8:10.64 (6)												
	16.2	16.5	15.0												





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			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m			
			2800m	2900m	Finish										
7	TINDOUFT Mohamed	MAR	8:10.77										13.52	SB	
			1:03.5 (15)	2:08.4 (12)	2:41.3 (11)	3:14.1 (11)	4:20.3 (10)	5:26.7 (8)	6:34.2 (10)	6:51.3 (9)	7:07.3 (9)	7:23.1 (7)	15.8		
			1:04.9	32.9		32.8	1:06.2	1:06.4	1:07.5	17.1	16.0				
			7:39.4 (6)	7:55.8 (6)	8:10.77 (7)										
			16.3	16.4	14.9										
8	ARCE Daniel	ESP	8:11.42										14.17	SB	
			1:01.3 (5)	2:07.0 (7)	2:40.2 (7)	3:13.3 (9)	4:19.9 (8)	5:26.6 (7)	6:33.9 (7)	6:50.9 (7)	7:07.0 (6)	7:23.4 (9)	16.4		
			1:05.7	33.2		33.1	1:06.6	1:06.7	1:07.3	17.0	16.1				
			7:39.9 (8)	7:56.6 (8)	8:11.42 (8)										
			16.5	16.7	14.8										
9	EL MOSTAFA Faid	MAR	8:11.64										14.39	PB	
			1:03.8 (16)	2:08.7 (13)	2:41.8 (13)	3:14.6 (13)	4:21.1 (12)	5:27.9 (11)	6:34.5 (12)	6:52.0 (12)	7:08.5 (12)	7:24.9 (12)	16.4		
			1:04.9	33.1		32.8	1:06.5	1:06.8	1:06.6	17.5	16.5				
			7:40.7 (11)	7:56.7 (9)	8:11.64 (9)										
			15.8	16.0	14.9										
10	DARU Nicolas-Marie	FRA	8:11.81										14.56	SB	
			1:03.0 (10)	2:08.1 (9)	2:41.0 (10)	3:13.7 (10)	4:20.1 (9)	5:27.0 (10)	6:33.9 (6)	6:50.7 (6)	7:07.3 (8)	7:23.4 (8)	16.1		
			1:05.1	32.9		32.7	1:06.4	1:06.9	1:06.9	16.8	16.6				
			7:39.7 (7)	7:56.3 (7)	8:11.81 (10)										
			16.3	16.6	15.5										
11	KIBIWOT Abraham	KEN	8:12.39										15.14	SB	
			1:02.1 (8)	2:06.8 (6)	2:39.8 (6)	3:12.8 (7)	4:19.6 (7)	5:26.4 (6)	6:34.2 (9)	6:51.3 (8)	7:07.7 (11)	7:24.2 (11)	16.5		
			1:04.7	33.0		33.0	1:06.8	1:06.8	1:07.8	17.1	16.4				
			7:40.6 (10)	7:57.4 (11)	8:12.39 (11)										
			16.4	16.8	14.9										
12	FIREWU Samuel	ETH	8:12.55										15.30	SB	
			1:03.3 (13)	2:08.4 (11)	2:40.9 (9)	3:13.1 (8)	4:19.1 (6)	5:26.1 (5)	6:34.5 (11)	6:51.6 (11)	7:07.6 (10)	7:23.9 (10)	16.3		
			1:05.1	32.5		32.2	1:06.0	1:07.0	1:08.4	17.1	16.0				
			7:40.3 (9)	7:57.0 (10)	8:12.55 (12)										
			16.4	16.7	15.5										
13	BEAMISH Geordie	NZL	8:16.80										19.55	SB	
			1:04.3 (19)	2:10.3 (19)	2:43.9 (19)	3:16.8 (18)	4:23.4 (15)	5:29.7 (13)	6:37.6 (13)	6:54.8 (13)	7:11.3 (13)	7:27.8 (13)	16.5		
			1:06.0	33.6		32.9	1:06.6	1:06.3	1:07.9	17.2	16.5				
			7:44.7 (12)	8:01.4 (12)	8:16.80 (13)										
			16.9	16.7	15.4										
14	FOURMONT Baptiste	FRA	8:18.46										21.21	SB	
			1:03.5 (14)	2:09.5 (16)	2:43.0 (16)	3:15.8 (16)	4:23.3 (14)	5:30.1 (14)	6:37.7 (14)	6:55.1 (14)	7:11.6 (14)	7:28.1 (14)	16.5		
			1:06.0	33.5		32.8	1:07.5	1:06.8	1:07.6	17.4	16.5				
			7:45.0 (13)	8:01.9 (13)	8:18.46 (14)										
			16.9	16.9	16.5										





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Rank	Name	Nat	Result Time Behind											
			400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m		
			2800m	2900m	Finish									
15	BEDRANI Djalali	FRA												
	1:04.0 (17)	2:10.0 (17)	2:43.6 (17)	3:17.1 (19)	4:25.1 (18)	5:33.7 (17)	6:42.4 (15)	6:59.8 (15)	7:17.0 (15)	7:34.0 (15)				
	7:51.9 (14)	8:09.9 (14)	8:28.03 (15)	33.6	1:08.0	1:08.6	1:08.7	17.4	17.2	17.0				
	17.9	18.0	18.1											
16	JHINAOUI Mohamed Amin	TUN												
	1:02.7 (9)	2:08.8 (14)	2:42.4 (14)	3:15.4 (14)	4:23.8 (16)	5:33.7 (16)	6:45.4 (16)	7:03.3 (16)	7:21.3 (16)	7:38.7 (16)				
	7:56.8 (15)	8:14.7 (15)	8:32.18 (16)	33.0	1:08.4	1:09.9	1:11.7	17.9	18.0	17.4				
	18.1	17.9	17.4											
	MIELLET Alexis	FRA												
	1:03.2 (11)	2:09.3 (15)	2:42.6 (15)	3:15.6 (15)	4:23.9 (17)	5:30.7 (15)								
		1:06.1	33.3	33.0	1:08.3	1:06.8								
	CARABAÑA Nahuel	AND												
	1:00.2 (2)	2:05.2 (2)	2:37.4 (2)	3:09.6 (2)	4:14.3 (1)									
		1:05.0	32.2	32.2	1:04.7									
	BOUASSEL Abderrafia	MAR												
	59.9 (1)	2:04.9 (1)	2:37.2 (1)	3:09.5 (1)										
		1:05.0	32.3	32.3										

Weather conditions

Temperature: 22°C Humidity: 81% Conditions: Sunny

Legend
AR Area Record **DNF** Did Not Finish **PB** Personal Best **PM** Pacemaker
SB Season Best **WL** World Lead

