

SUMMARY



3000 Metres Men - Round 1

First 4 in each heat (Q) and the next 3 fastest (q) advance to the Final

RECORDS	RESULT	NAME	COUNTRY	AGE	VENUE	DATE
World Indoor Record WIR	7:24.90	Daniel KOMEN	KEN	22	Budapest (HUN)	6 Feb 1998
Championship Record CR	7:34.71	Haile GEBRESELASSIE	ETH	24	Palais Omnisports de Paris-Bercy, Paris	9 Mar 1997
World Leading WL	7:26.20	Berihu AREGAWI	ETH	21	Messehalle, Karlsruhe (GER)	28 Jan 2022
Area Indoor Record AIR	National Indoor Record NIR	Personal Best PB	Season Best SB			

18 March 2022

RANK	PLACE	HEAT	BIB	NAME	COUNTRY	DATE of BIRTH	RESULT	
1	1	1	200	Lamecha GIRMA	ETH	26 Nov 00	7:46.21	Q
2	2	1	305	Jacob KROP	KEN	4 Jun 01	7:46.43	Q
3	3	1	321	Zouhair TALBI	MAR	8 Apr 95	7:48.03	Q
4	4	1	459	Dillon MAGGARD	USA	16 Oct 95	7:48.58	Q
5	5	1	412	Jonas RAESS	SUI	8 Mar 94	7:49.31	q
6	6	1	274	Baldvin MAGNUSSON	ISL	7 Apr 99	7:49.34	q
7	1	2	199	Selemon BAREGA	ETH	20 Jan 00	7:51.42	Q
8	2	2	353	George BEAMISH	NZL	24 Oct 96	7:51.71	Q
9	7	1	131	Michael SOMERS	BEL	2 Mar 95	7:51.89	q
10	3	2	112	Matthew RAMSDEN	AUS	23 Jul 97	7:52.04	Q SB
11	4	2	190	Adel MECHAAL	ESP	5 Dec 90	7:52.27	Q
12	5	2	317	Hicham AKANKAM	MAR	4 Apr 98	7:52.38	
13	6	2	400	Elzan BIBIĆ	SRB	8 Jan 99	7:52.78	
14	1	3	227	Marc SCOTT	GBR	21 Dec 93	7:54.90	Q
15	2	3	301	Daniel Simiu EBENYO	KEN	18 Sep 95	7:54.97	Q
16	3	3	128	Isaac KIMELI	BEL	9 Mar 94	7:55.75	Q
17	7	2	238	Sam PARSONS	GER	18 Jun 94	7:55.97	
18	4	3	241	Maximilian THORWIRTH	GER	9 Jan 95	7:56.20	Q
19	8	2	472	Tim VERBAANDERT	NED	17 Jul 00	7:56.61	
20	5	3	285	Ossama MESLEK	ITA	8 Jan 97	7:57.24	
21	8	1	154	John GAY	CAN	7 Nov 96	7:57.56	
22	9	2	439	Ahmed JAZIRI	TUN	16 Dec 97	7:58.44	
23	6	3	198	Berihu AREGAWI	ETH	28 Feb 01	7:58.59	
24	10	2	278	Yassin BOUIH	ITA	24 Nov 96	7:58.63	
25	9	1	307	Nursultan KENESHBEKOV	KGZ	25 Mar 00	7:59.39	
26	10	1	174	Joel Ibler LILLESØ	DEN	17 Nov 03	8:00.07	
27	11	2	153	Ehab EL-SANDALI	CAN	1 Jan 97	8:00.64	
28	7	3	329	Jordan GUSMAN	MLT	30 Jan 94	8:02.13	
29	8	3	381	Mohamed AL GARNI	QAT	2 Jul 92	8:02.86	
30	9	3	271	Darragh MCELHINNEY	IRL	9 Nov 00	8:06.31	
31	10	3	392	Adriaan WILDSCHUTT	RSA	3 May 98	8:09.24	
32	11	1	213	Jamaine COLEMAN	GBR	22 Sep 95	8:12.76	
33	11	3	325	Fernando Daniel MARTÍNEZ	MEX	30 May 93	8:15.58	
		2	157	Ali Moussa BARAK	CHA	1 Jan 98	DNF	

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ALL-TIME TOP LIST				SEASON TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2022
7:24.90	Daniel KOMEN (KEN)	Budapest (HUN)	6 Feb 98	7:26.20	Berihu AREGAWI (ETH)	Messehalle, Karlsruhe (GER)	28 Jan
7:24.98	Getnet WALE (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21	7:30.54	Lamecha GIRMA (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:26.10	Selemon BAREGA (ETH)	rena Stade Couvert, Liévin (FRA)	9 Feb 21	7:30.66	Selemon BAREGA (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:26.15	Haile GEBRSELASSIE (ETH)	Karlsruhe (GER)	25 Jan 98	7:30.82	Adel MECHAAL (ESP)	Icean Breeze Athl. Complex, New York, NY	6 Feb
7:26.20	Berihu AREGAWI (ETH)	Messehalle, Karlsruhe (GER)	28 Jan 22	7:30.88	Getnet WALE (ETH)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:27.80	Yenew ALAMIREW (ETH)	Schleyer Halle, Stuttgart (GER)	5 Feb 11	7:31.77	Birhanu BALEW (BRN)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:27.98	Lamecha GIRMA (ETH)	Arena Stade Couvert, Liévin (FRA)	9 Feb 21	7:31.90	Jacob KROP (KEN)	Arena, Torun (POL)	22 Feb
7:28.00	Augustine Kiprono CHOGE (KEN)	Halle, Stuttgart (GER)	5 Feb 11	7:34.31	Andreas ALMGREN (SWE)	Arena Stade Couvert, Liévin (FRA)	17 Feb
7:29.37	Eliud KIPCHOGE (KEN)	Schleyer Halle, Stuttgart (GER)	5 Feb 11	7:35.73	Mohamed KATIR (ESP)	Gallur, Madrid (ESP)	2 Mar
7:29.94	Edwin Cheruiyot SOI (KEN)	Karlsruhe (GER)	12 Feb 12	7:37.42	Luis GRIJALVA (GUA)	Icean Breeze Athl. Complex, New York, NY	6 Feb
				7:37.42	Andrew BUTCHART (GBR)	Breeze Athl. Complex, New York, NY	6 Feb