



Men's 3000 Metres

Aviva International Match
Kelvin Hall - Glasgow
Saturday 31 January 2009



START LIST



	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:24.90	Daniel KOMEN	KEN	21	6 Feb 1998
NR	7:41.09	John MAYOCK	GBR	31	7 Feb 2002
SR	7:49.63	Paul BITOK	KEN	35	28 Jan 2006

31 January 2009 15:05

START	BIB	COMPETITOR	AGE	PERSONAL BEST	2009 BEST
1	GBR	Mo FARAH GREAT BRITAIN & N.I.	25	7:46.1	
2	SWE	Olle WALLERANG SWEDEN	23		
3	GER	Christian KLEIN GERMANY	25	8:00.16	
4	COM	Gideon GATHIMBA KENYA	28		
5	USA	Bolota ASMEROM UNITED STATES	30	7:46.58	

Issued Friday, 30 January 2009 at 19:40

