



# Men's 3000 Metres

Aviva International Match  
Kelvin Hall - Glasgow  
Saturday 31 January 2009



## RESULTS



31 January 2009

TIME  
Start 15:04

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:24.90	Daniel KOMEN	KEN	21	6 Feb 1998
NR	7:40.99	Mo FARAH	GBR	25	31 Jan 2009
SR	7:40.99	Mo FARAH	GBR	25	31 Jan 2009

POS	BIB	COMPETITOR	AGE	LANE	MARK	POINTS
1		GBR <b>Mo FARAH</b> GREAT BRITAIN & N.I.	25	1	<b>7:40.99</b>	5 <b>NR</b>
2		COM <b>Gideon GATHIMBA</b> KENYA	28	4	<b>7:49.65</b>	4
3		SWE <b>Olle WALLERANG</b> SWEDEN	23	2	<b>8:01.17</b>	3
4		USA <b>Bolota ASMEROM</b> UNITED STATES	30	5	<b>8:01.37</b>	2
5		GER <b>Christian KLEIN</b> GERMANY	25	3	<b>8:02.76</b>	1

### INTERMEDIATE TIMES

1000m	18	Mo FARAH	2:36.86
2000m	18	Mo FARAH	5:11.90

### WORLD TOP ALL-TIME

MARK	COMPETITOR	COUNTRY	DATE
7:24.90	Daniel KOMEN	KEN	6 Feb 98
7:26.15	Haile GEBRSELASSIE	ETH	25 Jan 98
7:30.77	Kenenisa BEKELE	ETH	31 Jan 04
7:31.09	Tariku BEKELE	ETH	2 Feb 08
7:32.43	Bernard LAGAT	KEN	17 Feb 07
7:32.69	Markos GENETI	ETH	17 Feb 07
7:32.98	Alberto GARCIA	ESP	22 Feb 03
7:33.07	Eliud KIPCHOGE	KEN	29 Jan 06
7:33.09	Augustine CHOGE	KEN	17 Feb 07
7:33.46	Paul K KOECH	KEN	17 Feb 07

### WORLD TOP 2009

MARK	COMPETITOR	COUNTRY	DATE
7:40.99	Mo FARAH	GBR	31 Jan

### TEAM STANDINGS after 8 events

1	COMMONWEALTH SELECT	29
2	GREAT BRITAIN & N.I.	26
3	UNITED STATES	22
4	GERMANY	22
5	SWEDEN	19

Issued Saturday, 31 January 2009 at 15:17



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