



Women's 3000 Metres

Aviva International Match
Kelvin Hall - Glasgow
Saturday 31 January 2009



RESULTS



31 January 2009

TIME
Start 14:29

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	8:23.72	Meseret DEFAR	ETH	23	3 Feb 2007
NR	8:31.50	Joanne PAVEY	GBR	33	3 Feb 2007
SR	8:54.81	Liz MCCOLGAN	GBR	24	15 Jan 1989

POS	BIB	COMPETITOR	AGE	LANE	MARK	POINTS
1		COM Zakia MRISHO TANZANIA	24	2	9:00.55	5 PB
2		USA Amy BEGLEY UNITED STATES	31	3	9:02.58	4 PB
3		GBR Helen CLITHEROE GREAT BRITAIN & N.I.	35	4	9:07.43	3
4		GER Julia HILLER GERMANY	21	1	9:21.11	2 PB
5		SWE Ulrika JOHANSSON SWEDEN	33	5	9:21.72	1 PB

INTERMEDIATE TIMES

1000m	28	Helen CLITHEROE	3:01.22
2000m	28	Helen CLITHEROE	6:06.94

WORLD TOP ALL-TIME

MARK	COMPETITOR	COUNTRY	DATE
8:23.72	Meseret DEFAR	ETH	3 Feb 07
8:23.74	Meselech MELKAMU	ETH	3 Feb 07
8:27.86	Liliya SHOBUKHOVA	RUS	17 Feb 06
8:29.00	Olesya SYRYEVA	RUS	17 Feb 06
8:29.15	Berhane ADERE	ETH	3 Feb 02
8:31.50	Joanne PAVEY	GBR	3 Feb 07
8:31.94	Gelete BURKA	ETH	16 Feb 08
8:32.88	Gabriela SZABO	ROU	18 Feb 01
8:33.25	Shalane FLANAGAN	USA	27 Jan 07
8:33.37	Tirunesh DIBABA	ETH	26 Jan 08

WORLD TOP 2009

MARK	COMPETITOR	COUNTRY	DATE
8:57.80	Mariya KONOVALOVA	RUS	25 Jan
9:00.55	Zakia MRISHO	TAN	31 Jan
9:01.08	Kseniya AGAFONOVA	RUS	25 Jan
9:02.58	Amy BEGLEY	USA	31 Jan
9:03.47	Kara GOUCHER	USA	17 Jan

TEAM STANDINGS after 3 events

1	COMMONWEALTH SELECT	12
2	UNITED STATES	11
3	GREAT BRITAIN & N.I.	11
4	GERMANY	8
5	SWEDEN	3

Issued Saturday, 31 January 2009 at 14:42



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