



Men's 3000 Metres

Aviva Grand Prix
NIA - Birmingham
Saturday 21 February 2009



RESULTS



21 February 2009

TIME
Start 16:15

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:24.90	Daniel KOMEN	KEN	21	6 Feb 1998
NR	7:34.47	Mo FARAH	GBR	25	21 Feb 2009
SR	7:32.43	Bernard LAGAT	USA	32	17 Feb 2007

POS	COMPETITOR	AGE	LANE	MARK	
1	Mo FARAH GREAT BRITAIN & N.I.	25	7	7:34.47	NR
2	Shedrack KORIR KENYA	30	9	7:38.61	
3	Nick MCCORMICK GREAT BRITAIN & N.I.	27	5	7:50.50	PB
4	Edwin KIPKORIR KENYA	19	8	7:54.08	
5	Mark DRAPER GREAT BRITAIN & N.I.	24	4	7:56.44	PB
6	Jonathan TAYLOR GREAT BRITAIN & N.I.	21	3	7:58.60	PB
7	Ryan MCLEOD GREAT BRITAIN & N.I.	23	2	8:00.14	PB
8	Neil GAMESTER GREAT BRITAIN & N.I.	26	1	8:16.32	
	Gideon GITHIMBA KENYA	28	6	DNF	

INTERMEDIATE TIMES

1000	103	Gideon GITHIMBA	2:28.79
2000	106	Shedrack KORIR	5:01.45

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
7:32.80	Paul K KOECH	KEN	18 Feb 09
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

WORLD TOP 2009

MARK	COMPETITOR	COUNTRY	DATE
7:32.80	Paul K KOECH	KEN	18 Feb
7:34.05	Abraham CHERKOS	ETH	14 Feb
7:34.47	Augustine CHOGE	KEN	14 Feb
7:34.47	Mo FARAH	GBR	21 Feb
7:35.41	Bernard LAGAT	USA	7 Feb
7:35.98	Shedrack KORIR	KEN	14 Feb
7:37.98	Daniel K KOMEN	KEN	14 Feb
7:40.00	Bouabadallah TAHRI	FRA	18 Feb
7:41.88	Bekana DABA	ETH	13 Feb
7:43.08	Mohammed MOUSTAOU	MAR	14 Feb

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