



# Men's 3000 Metres

Aviva British Grand Prix  
Gateshead International Stadium  
Monday 31 August 2009



## RESULTS



31 August 2009

Start      TIME      TEMPERATURE      HUMIDITY  
16:22      20 °C      68 %

	MARK	COMPETITOR	NAT	AGE	Record Date
WR	7:20.67	Daniel KOMEN	KEN	20	1 Sep 1996
NR	7:32.79	David MOORCROFT	GBR	29	17 Jul 1982
SR	7:31.94	Kenenisa BEKELE	ETH	26	31 Aug 2008
ACR	7:29.69	Haile GEBRSELASSIE	ETH	26	7 Aug 1999

POS	COMPETITOR	AGE	LANE	MARK	
1	<b>Moses KIPSIRO</b> UGANDA	22	8	7:35.69	
2	<b>Bernard LAGAT</b> UNITED STATES	34	14	7:36.68	
3	<b>Sammy MUTAHI</b> KENYA	20	9	7:37.19	
4	<b>Mark KIPTOO</b> KENYA	33	12	7:37.44	
5	<b>Silas KIPRUTO</b> KENYA		10	7:37.65	
6	<b>Chris SOLINSKY</b> UNITED STATES	24	3	7:39.16	
7	<b>Abraham CHEBII</b> KENYA	29	5	7:41.43	SB
8	<b>Mike KIGEN</b> KENYA	23	1	7:43.76	SB
9	<b>Mo FARAH</b> GREAT BRITAIN & N.I.	26	6	7:47.02	
10	<b>Moumin GEELE</b> SOMALIA	23	11	7:51.82	PB
11	<b>Nick MCCORMICK</b> GREAT BRITAIN & N.I.	27	7	7:59.07	SB
12	<b>Mark DRAPER</b> GREAT BRITAIN & N.I.	25	2	8:06.65	
13	<b>Chris THOMPSON</b> GREAT BRITAIN & N.I.	28	4	8:12.79	
	<b>David KRUMMENACKER</b> UNITED STATES	34	13	DNF	

# 3000 Metres Men RESULTS



POS	COMPETITOR	AGE	LANE	MARK
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## INTERMEDIATE TIMES

1000	250	David KRUMMENACKER		2:33.01
2000	206	Moses KIPSIRO		5:09.73

## WORLD TOP ALL-TIME

MARK	COMPETITOR	COUNTRY	DATE
7:20.67	Daniel KOMEN	KEN	1 Sep 96
7:23.09	Hicham EL GUERROUJ	MAR	3 Sep 99
7:25.02	Ali SAIDI SIEF	ALG	18 Aug 00
7:25.09	Haile GEBRSELASSIE	ETH	28 Aug 98
7:25.11	Noureddine MORCELI	ALG	2 Aug 94
7:25.79	Kenenisa BEKELE	ETH	7 Aug 07
7:26.62	Mohamed MOURHIT	BEL	18 Aug 00
7:27.18	Moses KIPTANUI	KEN	25 Jul 95
7:27.59	Luke KIPKOSKEI	KEN	8 Aug 98
7:27.72	Eliud KIPCHOGE	KEN	5 Nov 84

## WORLD TOP 2009

MARK	COMPETITOR	COUNTRY	DATE
7:28.37	Eliud KIPCHOGE	KEN	8 May
7:28.64	Kenenisa BEKELE	ETH	17 Jul
7:30.09	Thomas LONGOSIWA	KEN	8 May
7:30.95	Moses KIPSIRO	UGA	28 Jul
7:31.50	Edwin SOI	KEN	8 May
7:32.46	Saif Saaeed SHAHEEN	QAT	8 May
7:32.52	Silas KIPRUTO	KEN	28 Jul
7:32.91	Daniel K KOMEN	KEN	8 May
7:32.97	Mark KIPTOO	KEN	8 May
7:33.02	Sammy MUTAHI	KEN	28 Jul