

SUN
11 AUG 2019
17:38

3000m Men
Final
Start List

EUROPEAN RECORD	7:26.62 MOURHIT Mohammed	BEL Monaco (MON)	18 AUG 2000
CHAMPIONSHIP RECORD	7:50.99 RINGER Richard	GER Braunschweig (GER)	22 JUN 2014

Order	Bib	Name	Ctry Code	Date of Birth	PB	SB
1	226	RINGER Richard Germany	GER	27 FEB 1989	7:46.18	
2	136	GRESSIER Jimmy France	FRA	4 MAY 1997	7:51.45	7:51.45
3	197	WEST James Great Britain & Northern Ireland	GBR	30 JAN 1996	7:51.18	7:51.18
4	394	BERGLUND Kalle Sweden	SWE	11 MAR 1996	8:06.66	
5	102	GRANBERG Hannu Finland	FIN	2 FEB 1990	8:07.18	8:07.18
6	377	RAESS Jonas Switzerland	SUI	8 MAR 1994	7:59.82	
7	325	KOZLOWSKI Patryk Poland	POL	10 NOV 1998		
8	247	DIMITRÁKIS Andréas Greece	GRE	8 SEP 1990	7:57.13	7:57.13
9	77	MECHAAL Adel Spain	ESP	5 DEC 1990	7:35.28	7:45.56
10	445	MASLOV Stanislav Ukraine	UKR	19 JAN 1989	7:47.22	8:14.12
11	17	CRIPPA Yemaneberhan Italy	ITA	15 OCT 1996	7:43.30	
12	32	FRIŠ Jan Czech Republic	CZE	19 DEC 1995	8:03.54	8:03.54

All Time Best European Performers

7:26.62	MOURHIT M	BEL	Monaco (MON)	18 AUG 2000
7:29.34	VICIOSA Isaac	ESP	Oslo (NOR)	9 JUL 1998
7:30.36	CARROLL Mark	IRL	Monaco (MON)	4 AUG 1999
7:30.50	BAUMANN Dieter	GER	Monaco (MON)	8 AUG 1998
7:30.78	ESSAÏD Mustapha	FRA	Monaco (MON)	8 AUG 1998
7:31.59	PANCORBO Manuel	ESP	Oslo (NOR)	9 JUL 1998
7:32.32	MOLINA Enrique	ESP	Oslo (NOR)	4 JUL 1997
7:32.49	CRAGG Alistair	IRL	Monaco (MON)	25 JUL 2007
7:32.62	FARAH Mo	GBR	Birmingham (GBR)	5 JUN 2016
7:32.79	MOORCROFT Dave	GBR	London (GBR)	17 JUL 1982

2019 Best European Performers

7:36.85	INGEBRIGTSEN H	NOR	Oslo (NOR)	13 JUN
7:43.03	BUTCHART Andrew	GBR	Székesfehérvár (HUN)	9 JUL
7:43.62	WANDERS Julien	SUI	Luzern (SUI)	9 JUL
7:44.43	PARSONS Sam	GER	Luzern (SUI)	9 JUL
7:50.84	ZOGLHAMI Osama	ITA	Sotheville-lès-Rouen (FRA)	16 JUL
7:52.21	FOPPEN Mike	NED	Rehlingen (GER)	9 JUN
7:52.82	RAITANEN Topi	FIN	Joensuu (FIN)	24 JUL
7:53.16	BIBIC Elzan	SRB	Bergen (NOR)	22 MAY
7:54.95	VEDVIK Marius Øyre	NOR	Bergen (NOR)	15 MAY
7:55.16	BERTAŠIUS Simas	LTU	Castellón (ESP)	26 MAY

Legend:
PB Personal Best **SB** Season Best

OFFICIAL PARTNERS
