



RACE ANALYSIS / 比赛分析

3000 Metres Women - Final / 女子 3000 米 - 决赛

22 March 2025 19:15 START TIME

PLACE		BIB	NAME												COUNTRY	DATE OF BIRTH		RESULT		
1	100 m	2	200 m	3	300 m	4	400 m	5	500 m	6	600 m	7	700 m	8	800 m	9	900 m	10	1000 m	
11	1100 m	12	1200 m	13	1300 m	14	1400 m	15	1500 m	16	1600 m	17	1700 m	18	1800 m	19	1900 m	20	2000 m	
21	2100 m	22	2200 m	23	2300 m	24	2400 m	25	2500 m	26	2600 m	27	2700 m	28	2800 m	29	2900 m			
1		583	Freweyni HAILU				弗雷韦妮·海卢				ETH				12 Feb 01		8:37.21			
1	18.24	2	18.02	3	17.01	4	17.54	5	17.27	6	17.16	7	17.22	8	18.07	9	17.44	10	17.76	
	18.24 (12)		36.26 (12)		53.27 (12)		1:10.81 (12)		1:28.08 (12)		1:45.24 (12)		2:02.46 (12)		2:20.53 (12)		2:37.97 (12)		2:55.73 (12)	
11	17.94	12	17.74	13	17.15	14	17.81	15	17.51	16	18.60	17	17.82	18	18.47	19	18.21	20	18.46	
	3:13.67 (12)		3:31.41 (12)		3:48.56 (10)		4:06.37 (8)		4:23.88 (7)		4:42.48 (8)		5:00.30 (7)		5:18.77 (7)		5:36.98 (7)		5:55.44 (7)	
21	17.29	22	17.25	23	17.05	24	17.60	25	16.57	26	16.94	27	15.40	28	14.97	29	13.91		14.79	
	6:12.73 (7)		6:29.98 (7)		6:47.03 (7)		7:04.63 (7)		7:21.20 (6)		7:38.14 (2)		7:53.54 (2)		8:08.51 (1)		8:22.42 (1)			
2		733	Shelby HOULIHAN				谢尔比·霍利汉				USA				8 Feb 93		8:38.26			
1	17.35	2	17.62	3	16.90	4	17.55	5	16.93	6	17.27	7	17.35	8	17.81	9	17.51	10	17.95	
	17.35 (4)		34.97 (4)		51.87 (4)		1:09.42 (4)		1:26.35 (4)		1:43.62 (4)		2:00.97 (4)		2:18.78 (3)		2:36.29 (4)		2:54.24 (4)	
11	17.58	12	17.98	13	17.76	14	18.32	15	17.51	16	18.39	17	18.03	18	18.55	19	18.03	20	18.55	
	3:11.82 (4)		3:29.80 (4)		3:47.56 (4)		4:05.88 (4)		4:23.39 (4)		4:41.78 (4)		4:59.81 (4)		5:18.36 (4)		5:36.39 (4)		5:54.94 (4)	
21	17.26	22	17.38	23	17.07	24	17.51	25	16.92	26	17.09	27	15.51	28	15.39	29	14.34		14.85	
	6:12.20 (4)		6:29.58 (4)		6:46.65 (5)		7:04.16 (4)		7:21.08 (5)		7:38.17 (3)		7:53.68 (3)		8:09.07 (3)		8:23.41 (3)			
3		508	Jessica HULL				杰西卡·赫尔				AUS				22 Oct 96		8:38.28			
1	17.13	2	17.10	3	16.99	4	17.55	5	16.91	6	17.43	7	17.29	8	17.94	9	17.42	10	18.04	
	17.13 (1)		34.23 (1)		51.22 (1)		1:08.77 (1)		1:25.68 (1)		1:43.11 (1)		2:00.40 (1)		2:18.34 (1)		2:35.76 (1)		2:53.80 (1)	
11	17.42	12	17.98	13	18.03	14	18.28	15	17.48	16	18.51	17	17.89	18	18.79	19	17.98	20	18.47	
	3:11.22 (1)		3:29.20 (1)		3:47.23 (2)		4:05.51 (2)		4:22.99 (2)		4:41.50 (2)		4:59.39 (2)		5:18.18 (2)		5:36.16 (2)		5:54.63 (2)	
21	17.23	22	17.57	23	16.85	24	17.57	25	16.93	26	17.35	27	15.27	28	15.30	29	14.51		15.07	
	6:11.86 (2)		6:29.43 (2)		6:46.28 (2)		7:03.85 (2)		7:20.78 (2)		7:38.13 (1)		7:53.40 (1)		8:08.70 (2)		8:23.21 (2)			
4		743	Whitni MORGAN				惠特尼·摩根				USA				22 Oct 97		8:39.18			
1	17.28	2	17.45	3	16.92	4	17.65	5	16.90	6	17.30	7	17.42	8	18.34	9	16.95	10	17.89	
	17.28 (2)		34.73 (3)		51.65 (3)		1:09.30 (3)		1:26.20 (3)		1:43.50 (3)		2:00.92 (3)		2:19.26 (5)		2:36.21 (3)		2:54.10 (3)	
11	17.60	12	17.95	13	17.81	14	18.30	15	17.48	16	18.45	17	18.03	18	18.59	19	17.98	20	18.56	
	3:11.70 (3)		3:29.65 (3)		3:47.46 (3)		4:05.76 (3)		4:23.24 (3)		4:41.69 (3)		4:59.72 (3)		5:18.31 (3)		5:36.29 (3)		5:54.85 (3)	
21	17.26	22	17.36	23	17.03	24	17.37	25	17.12	26	17.24	27	16.02	28	15.19	29	14.37		15.37	
	6:12.11 (3)		6:29.47 (3)		6:46.50 (3)		7:03.87 (3)		7:20.99 (3)		7:38.23 (4)		7:54.25 (5)		8:09.44 (5)		8:23.81 (4)			
5		584	Birke HAYLOM				伯克·海洛姆				ETH				6 Jan 06		8:39.28			
1	17.51	2	17.69	3	17.08	4	17.49	5	16.95	6	17.27	7	17.23	8	17.88	9	17.45	10	18.05	
	17.51 (6)		35.20 (6)		52.28 (6)		1:09.77 (6)		1:26.72 (6)		1:43.99 (6)		2:01.22 (6)		2:19.10 (4)		2:36.55 (6)		2:54.60 (7)	
11	17.69	12	17.91	13	17.92	14	18.16	15	17.63	16	18.42	17	18.10	18	18.40	19	18.28	20	18.58	
	3:12.29 (7)		3:30.20 (7)		3:48.12 (7)		4:06.28 (7)		4:23.91 (8)		4:42.33 (7)		5:00.43 (8)		5:18.83 (8)		5:37.11 (8)		5:55.69 (8)	
21	17.17	22	17.29	23	17.02	24	17.53	25	16.80	26	16.82	27	15.67	28	15.23	29	14.86		15.20	
	6:12.86 (8)		6:30.15 (8)		6:47.17 (8)		7:04.70 (8)		7:21.50 (8)		7:38.32 (5)		7:53.99 (4)		8:09.22 (4)		8:24.08 (5)			
6		611	Sarah HEALY				萨拉·希利				IRL				13 Feb 01		8:40.00			
1	17.48	2	17.64	3	16.94	4	17.50	5	16.85	6	17.37	7	17.29	8	18.34	9	16.89	10	18.08	
	17.48 (5)		35.12 (5)		52.06 (5)		1:09.56 (5)		1:26.41 (5)		1:43.78 (5)		2:01.07 (5)		2:19.41 (7)		2:36.30 (5)		2:54.38 (5)	
11	17.49	12	17.98	13	17.73	14	18.34	15	17.55	16	18.46	17	17.93	18	18.68	19	17.94	20	18.59	
	3:11.87 (5)		3:29.85 (5)		3:47.58 (5)		4:05.92 (5)		4:23.47 (5)		4:41.93 (5)		4:59.86 (5)		5:18.54 (5)		5:36.48 (5)		5:55.07 (5)	
21	17.16	22	17.44	23	16.97	24	17.59	25	16.84	26	17.28	27	15.95	28	15.50	29	14.98		15.22	
	6:12.23 (5)		6:29.67 (5)		6:46.64 (4)		7:04.23 (5)		7:21.07 (4)		7:38.35 (7)		7:54.30 (6)		8:09.80 (6)		8:24.78 (6)			
7		573	Marta GARCÍA				玛尔塔·加西亚				ESP				1 Jan 98		8:40.80 ^{SB}			
1	17.63	2	18.04	3	17.18	4	17.44	5	16.80	6	17.29	7	17.29	8	17.85	9	17.49	10	17.54	
	17.63 (9)		35.67 (9)		52.85 (9)		1:10.29 (9)		1:27.09 (8)		1:44.38 (9)		2:01.67 (8)		2:19.52 (8)		2:37.01 (8)		2:54.55 (6)	
11	17.50	12	18.00	13	17.75	14	18.30	15	17.57	16	18.44	17	17.99	18	18.51	19	18.07	20	18.54	
	3:12.05 (6)		3:30.05 (6)		3:47.80 (6)		4:06.10 (6)		4:23.67 (6)		4:42.11 (6)		5:00.10 (6)		5:18.61 (6)		5:36.68 (6)		5:55.22 (6)	
21	17.27	22	17.30	23	17.05	24	17.56	25	16.89	26	17.30	27	16.02	28	15.52	29	14.95		15.72	
	6:12.49 (6)		6:29.79 (6)		6:46.84 (6)		7:04.40 (6)		7:21.29 (7)		7:38.59 (8)		7:54.61 (7)		8:10.13 (7)		8:25.08 (7)			

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3000 Metres Women - Final / 女子 3000 米 - 决赛

8		638		Purity Kajuju GITONGA				普丽蒂·卡玖玖·吉通加				KEN		12 May 96		8:44.56			
1	17.53	2	17.89	3	17.04	4	17.57	5	16.93	6	17.30	7	17.68	8	17.91	9	17.43	10	18.01
17.53 (7)		35.42 (7)		52.46 (7)		1:10.03 (7)		1:26.96 (7)		1:44.26 (8)		2:01.94 (9)		2:19.85 (9)		2:37.28 (9)		2:55.29 (9)	
11	17.62	12	18.01	13	17.52	14	18.31	15	17.62	16	18.49	17	17.97	18	18.20	19	18.42	20	18.64
3:12.91 (9)		3:30.92 (9)		3:48.44 (9)		4:06.75 (10)		4:24.37 (10)		4:42.86 (10)		5:00.83 (10)		5:19.03 (10)		5:37.45 (10)		5:56.09 (10)	
21	17.15	22	17.17	23	16.97	24	17.46	25	16.81	26	17.01	27	16.43	28	16.39	29	16.10	16.98	
6:13.24 (9)		6:30.41 (9)		6:47.38 (9)		7:04.84 (9)		7:21.65 (9)		7:38.66 (9)		7:55.09 (8)		8:11.48 (8)		8:27.58 (8)			
9		507		Linden HALL				林登·霍尔				AUS		20 Jun 91		8:44.99			
1	17.62	2	17.95	3	17.09	4	17.44	5	17.20	6	16.92	7	17.33	8	17.80	9	17.45	10	18.26
17.62 (8)		35.57 (8)		52.66 (8)		1:10.10 (8)		1:27.30 (9)		1:44.22 (7)		2:01.55 (7)		2:19.35 (6)		2:36.80 (7)		2:55.06 (8)	
11	17.56	12	17.92	13	17.61	14	18.22	15	17.73	16	18.55	17	17.96	18	18.33	19	18.25	20	18.68
3:12.62 (8)		3:30.54 (8)		3:48.15 (8)		4:06.37 (8)		4:24.10 (9)		4:42.65 (9)		5:00.61 (9)		5:18.94 (9)		5:37.19 (9)		5:55.87 (9)	
21	17.53	22	17.53	23	17.11	24	17.27	25	17.14	26	17.28	27	16.55	28	16.61	29	16.15	15.95	
6:13.40 (10)		6:30.93 (10)		6:48.04 (10)		7:05.31 (10)		7:22.45 (10)		7:39.73 (10)		7:56.28 (10)		8:12.89 (9)		8:29.04 (9)			
10		634		Nozomi TANAKA				希实·田中				JPN		4 Sep 99		8:47.93			
1	17.29	2	17.20	3	17.00	4	17.56	5	16.77	6	17.48	7	17.25	8	17.91	9	17.44	10	18.17
17.29 (3)		34.49 (2)		51.49 (2)		1:09.05 (2)		1:25.82 (2)		1:43.30 (2)		2:00.55 (2)		2:18.46 (2)		2:35.90 (2)		2:54.07 (2)	
11	17.36	12	18.04	13	17.66	14	18.29	15	17.41	16	18.42	17	18.00	18	18.75	19	17.91	20	18.58
3:11.43 (2)		3:29.47 (2)		3:47.13 (1)		4:05.42 (1)		4:22.83 (1)		4:41.25 (1)		4:59.25 (1)		5:18.00 (1)		5:35.91 (1)		5:54.49 (1)	
21	17.25	22	17.38	23	17.09	24	17.50	25	16.96	26	17.66	27	17.46	28	17.75	29	16.73	17.66	
6:11.74 (1)		6:29.12 (1)		6:46.21 (1)		7:03.71 (1)		7:20.67 (1)		7:38.33 (6)		7:55.79 (9)		8:13.54 (10)		8:30.27 (10)			
11		615		Adva COHEN				艾德华·科恩				ISR		24 Mar 96		8:59.62			
1	17.68	2	18.04	3	17.14	4	17.54	5	17.18	6	17.12	7	17.42	8	17.92	9	17.44	10	17.98
17.68 (10)		35.72 (10)		52.86 (10)		1:10.40 (10)		1:27.58 (10)		1:44.70 (10)		2:02.12 (10)		2:20.04 (10)		2:37.48 (10)		2:55.46 (10)	
11	17.72	12	17.84	13	17.65	14	18.27	15	17.78	16	18.44	17	18.04	18	18.23	19	18.38	20	18.54
3:13.18 (10)		3:31.02 (10)		3:48.67 (11)		4:06.94 (11)		4:24.72 (11)		4:43.16 (11)		5:01.20 (11)		5:19.43 (11)		5:37.81 (11)		5:56.35 (11)	
21	17.85	22	17.67	23	17.92	24	18.44	25	18.34	26	18.88	27	18.87	28	18.87	29	17.86	18.57	
6:14.20 (11)		6:31.87 (11)		6:49.79 (11)		7:08.23 (11)		7:26.57 (11)		7:45.45 (11)		8:04.32 (11)		8:23.19 (11)		8:41.05 (11)			
12		549		Yuan LI				李媛				CHN		3 Mar 06		9:14.14			
1	17.94	2	18.07	3	16.95	4	17.64	5	17.13	6	17.17	7	17.38	8	18.02	9	17.40	10	17.96
17.94 (11)		36.01 (11)		52.96 (11)		1:10.60 (11)		1:27.73 (11)		1:44.90 (11)		2:02.28 (11)		2:20.30 (11)		2:37.70 (11)		2:55.66 (11)	
11	17.70	12	17.89	13	18.06	14	19.74	15	19.50	16	19.49	17	19.49	18	19.73	19	19.10	20	19.62
3:13.36 (11)		3:31.25 (11)		3:49.31 (12)		4:09.05 (12)		4:28.55 (12)		4:48.04 (12)		5:07.53 (12)		5:27.26 (12)		5:46.36 (12)		6:05.98 (12)	
21	18.98	22	19.07	23	19.20	24	20.19	25	20.02	26	20.70	27	19.03	28	18.98	29	16.22	15.77	
6:24.96 (12)		6:44.03 (12)		7:03.23 (12)		7:23.42 (12)		7:43.44 (12)		8:04.14 (12)		8:23.17 (12)		8:42.15 (12)		8:58.37 (12)			