

800	1:47.18	3	Torino	02 Jun 1995
1.000	2:16.85	6	Nice, <i>Nik/GP</i>	12 Jul 1995
	2:18.8	1+	Roma, <i>G.Gala/GL</i>	14 Jul 1998
	2:20.11 i	1+	Lievin	22 Feb 1998
1.500	3:22.48	1	Sevilla, <i>Dip/gp</i>	09 Jun 2000
	3:26.00	1	Roma, <i>G.Gala/GL</i>	14 Jul 1998
	3:26.12	1	Bruxelles, <i>VD/GL</i>	24 Aug 2001
	3:26.45	1	Zürich, <i>WK/GL</i>	12 Aug 1998
	3:26.89	1	Zürich, <i>WK/GL</i>	16 Aug 2002
	3:26.96	1	Rieti, <i>MdR/gp</i>	08 Sep 2002
	3:27.21	1	Zürich, <i>WK/GL</i>	11 Aug 2000
	3:27.34	1	Monaco, <i>Her/GL</i>	19 Jul 2002
	3:27.64	2	Zürich, <i>WK/GL</i>	06 Aug 2004
	3:27.65	1	Sevilla, <i>WCh</i>	24 Aug 1999
	3:28.21	1+	Roma, <i>G.Gala/GL</i>	07 Jul 1999
	3:28.37	1	Monaco, <i>Her/GL</i>	08 Aug 1998
	3:28.38	1	Paris, <i>Gaz/GL</i>	06 Jul 2001
	3:28.40	1	Bruxelles, <i>VD/GL</i>	05 Sep 2003
	3:28.57	1	Zürich, <i>WK/GL</i>	11 Aug 1999
	3:28.91	1	Zürich, <i>WK/GP</i>	13 Aug 1997
	3:28.92	1	Bruxelles, <i>VD/GP</i>	22 Aug 1997
	3:29.05	1	Bruxelles, <i>VD/GP</i>	23 Aug 1996
	3:29.06	1	Zürich, <i>WK/GL</i>	17 Aug 2001
	3:29.08	1	Rieti, <i>MdR/gp</i>	02 Sep 2001
	3:29.12	1	Oslo, <i>Bisl/GL</i>	09 Jul 1998
	3:29.13	1	Zürich, <i>WK/GL</i>	15 Aug 2003
	3:29.18	1	Heusden, <i>NA/gp</i>	31 Jul 2004
	3:29.27	1	Paris, <i>GPF</i>	14 Sep 2002
	3:29.30	1	Stockholm, <i>DNG/GP</i>	07 Jul 1997
	3:29.51	1	Hengelo, <i>APM/gp</i>	31 May 1997
	3:29.59	1	Stockholm, <i>DNG/GP</i>	08 Jul 1996
	3:29.67	1	Bruxelles, <i>VD/GL</i>	28 Aug 1998
	3:29.7	1+	Nice, <i>Nik/GP</i>	16 Jul 1998
	3:29.72	1+	Oslo, <i>Bisl/GP</i>	04 Jul 1997
	3:29.76	1	Roma, <i>G.Gala/GL</i>	11 Jul 2003
	3:29.85	1+	Roma, <i>G.Gala/GL</i>	29 Jun 2001
	3:29.95	1	Bruxelles, <i>VD/GL</i>	30 Aug 2002
	3:29.96	1	Paris, <i>Gaz/GL</i>	05 Jul 2002
	3:30.00	1	Berlin, <i>ISTAF/GL</i>	06 Sep 2002
	3:30.2	1+	London, <i>Brit/GP</i>	05 Aug 2000

3:30.22	1	Zürich, <i>WK/GP</i>	14 Aug 1996
3:30.23	1	Berlin, <i>ISTAF/GL</i>	01 Sep 1998
3:30.32	1	Nice, <i>Nik/GP</i>	16 Jul 1997
3:30.59	1	Roma, <i>G.Gala/GP</i>	05 Jun 1997
3:30.61	1	Nice, <i>Nik/GP</i>	10 Jul 1996
3:30.68	1	Edmonton, <i>WCh</i>	12 Aug 2001
3:30.75	1	Paris, <i>Gaz/GL</i>	23 Jun 2000
3:30.90	1	Berlin, <i>ISTAF/GL</i>	01 Sep 2000
3:31.16	1	Köln, <i>ASV</i>	18 Aug 1995
3:31.18 i	1	Stuttgart	02 Feb 1997
3:31.19	1	Hengelo, <i>APM/gp</i>	01 Jun 1998
3:31.25	1	Melbourne, <i>GPF</i>	09 Sep 2001
3:31.3	1+	London, <i>Brit/GP</i>	07 Aug 1999
3:31.34	1	Milano, <i>Nott</i>	09 Jun 1999
3:31.53	2	Oslo, <i>Bisl/GP</i>	21 Jul 1995
3:31.61	1	Hechtel	06 Jul 1996
3:31.76	1	Saint Denis, <i>l'Hum/gp</i>	02 Jun 1997
3:31.77	1	Paris, <i>WCh</i>	27 Aug 2003
3:31.87	1	Paris, <i>Gaz/GP</i>	25 Jun 1997
3:32.01 i	1	Lievin	22 Feb 1998
3:32.03	1	Moskva, <i>GPF</i>	05 Sep 1998
3:32.07	2	Sydney, <i>OG</i>	29 Sep 2000
3:32.13	2+	Zürich, <i>WK/GP</i>	16 Aug 1995
3:32.20	1	Lausanne, <i>Athl/SGP</i>	06 Jul 2004
3:32.34	1	Saint Denis, <i>l'Hum/gp</i>	04 Jun 1998
3:32.40	1	Nürberg, <i>Live</i>	13 Jun 1999
3:32.68	9	Roma, <i>G.Gala/GL</i>	02 Jul 2004
3:32.80	1+	Roma, <i>G.Gala/GL</i>	12 Jul 2002
3:32.9	1+	Paris, <i>Gaz/GP</i>	29 Jul 1998
3:32.93	1+	Bruxelles, <i>VD/GL</i>	25 Aug 2000
3:32.94	1	Sevilla, <i>GDP/gp</i>	06 Jun 1996
3:33.0 i	1+	Gent	12 Feb 1997
3:33.2	1+	London, <i>Brit/GP</i>	22 Jul 2001
3:33.41	1	Gateshead, <i>Norw/SGP</i>	13 Jul 2003
3:33.45	1	Köln, <i>ASV</i>	16 Aug 1996
3:33.51	1	Torino	14 Sep 1996
3:33.61	3	Nice, <i>Nik/GP</i>	18 Jul 1994
3:33.68	1+	Oslo, <i>Bisl/GL</i>	28 Jun 2002
3:33.78	1	Duisburg	18 Jun 1995
3:33.88	3	Lausanne, <i>Athl/GP</i>	05 Jul 1995
3:33.89	1	Duisburg	12 Jun 1996
3:34.18	1	Athinai, <i>OG</i>	24 Aug 2004

3:34.28	1	Hengelo, <i>APM</i>	05 Jun 1995
3:34.38	1	Sarajevo	09 Sep 1996
3:35.24	1+	Eugene, <i>Pre/GP</i>	27 May 2001
3:35.27	1+	London, <i>Brit/GP</i>	23 Aug 2002
3:35.28	2	Göteborg, <i>WCh</i>	13 Aug 1995
3:35.29	1 s2	Atlanta, <i>OG</i>	01 Aug 1996
3:35.31 i	1	Paris, <i>WiCh</i>	08 Mar 1997
3:35.63	1 h1	Sevilla, <i>WCh</i>	21 Aug 1999
3:35.83	1	Athinai, <i>WCh</i>	06 Aug 1997
3:36.22	1+	Rieti, <i>MdR/GP</i>	07 Sep 2003
3:36.44	1	Moskva	20 Sep 2003
3:36.46	1	Zaragoza	08 Jun 2004
3:36.97	1 h1	Edmonton, <i>WCh</i>	09 Aug 2001
3:37.20 i	1	Lievin	25 Feb 2001
3:37.34	1 s1	Sevilla, <i>WCh</i>	22 Aug 1999
3:37.47	1 s2	Göteborg, <i>WCh</i>	11 Aug 1995
3:37.60	1 s2	Sydney, <i>OG</i>	27 Sep 2000
3:37.66	1 h4	Atlanta, <i>OG</i>	29 Jul 1996
3:37.72	1 h4	Athinai, <i>WCh</i>	03 Aug 1997
3:37.86	1 h1	Athinai, <i>OG</i>	20 Aug 2004
3:38.25	1 s1	Paris, <i>WCh</i>	25 Aug 2003
3:38.39	13	Berlin, <i>ISTAF/GP</i>	30 Aug 1994
3:38.57	1 h1	Sydney, <i>OG</i>	25 Sep 2000
3:38.80	1	Milano, <i>GPF</i>	07 Sep 1996
3:38.92	1 s1	Athinai, <i>WCh</i>	04 Aug 1997
3:38.93	1 h4	Göteborg, <i>WCh</i>	10 Aug 1995
3:39.54	1 s2	Edmonton, <i>WCh</i>	10 Aug 2001
3:40.18 i	1 h1	Paris, <i>WiCh</i>	07 Mar 1997
3:40.20	1	Sheffield, <i>Norw/gp</i>	30 Jun 2002
3:40.78	12	Atlanta, <i>OG</i>	03 Aug 1996
3:40.87	1 s2	Athinai, <i>OG</i>	22 Aug 2004
3:42.24	1 h2	Paris, <i>WCh</i>	23 Aug 2003
3:43.54	3	Boundoufle, <i>Franc G</i>	12 Jul 1994
3:50.11	2+	Fukuoka, <i>GPF</i>	13 Sep 1997
Mile			
3:43.13	1	Roma, <i>G.Gala/GL</i>	07 Jul 1999
3:44.60	1	Nice, <i>Nik/GP</i>	16 Jul 1998
3:44.90	1	Oslo, <i>Bisl/GP</i>	04 Jul 1997
3:44.95	1	Roma, <i>G.Gala/GL</i>	29 Jun 2001
3:45.64	1	Berlin, <i>ISTAF/GP</i>	26 Aug 1997
3:45.96	1	London, <i>Brit/GP</i>	05 Aug 2000
3:46.24	1	Oslo, <i>Bisl/GL</i>	28 Jul 2000

	3:47.10	1	London, <i>Brit/GP</i>	07 Aug 1999
	3:47.91	1	Bruxelles, <i>VD/GL</i>	25 Aug 2000
	3:48.28	1	Roma, <i>G.Gala/GL</i>	12 Jul 2002
	3:48.45 i	1	Gent	12 Feb 1997
	3:48.69	2	Zürich, <i>WK/GP</i>	16 Aug 1995
	3:49.01	1	Paris, <i>Gaz/GP</i>	29 Jul 1998
	3:49.41	1	London, <i>Brit/GP</i>	22 Jul 2001
	3:49.92	1	Eugene, <i>Pre/GP</i>	27 May 2001
	3:50.13	1	Oslo, <i>Bisl/GL</i>	28 Jun 2002
	3:50.20	1	Rieti, <i>MdR/GP</i>	07 Sep 2003
	3:50.86	1	London, <i>Brit/GP</i>	23 Aug 2002
	3:50.89	1	Eugene, <i>Pre/GP</i>	26 May 2002
	3:53.71	8	Oslo, <i>Bisl/GP</i>	22 Jul 1994
	4:04.55	2	Fukuoka, <i>GPF</i>	13 Sep 1997
2.000	4:44.79	1	Berlin, <i>ISTAF/GL</i>	07 Sep 1999
	4:48.36	1	Gateshead, <i>Bupa/gp</i>	19 Jul 1998
	4:51.17	1	Berlin, <i>ISTAF/GL</i>	31 Aug 2001
	4:53.55	1+	Bruxelles, <i>VD/GL</i>	03 Sep 1999
	5:01.31 i	1+	Lievin	23 Feb 2003
	5:12.78 i	1+	Lisboa, <i>WiCh</i>	11 Mar 2001
3.000	7:23.09	1	Bruxelles, <i>VD/GL</i>	03 Sep 1999
	7:30.23	1	Torino, <i>Neb/gp</i>	06 Jun 2003
	7:33.73 i	1+	Lievin	23 Feb 2003
	7:34.71 i	1	Lievin	28 Feb 2004
	7:36.85 i	1+	Gent	23 Feb 2001
	7:37.74 i	1	Lisboa, <i>WiCh</i>	11 Mar 2001
	8:05.50 i	1 h1	Lisboa, <i>WiCh</i>	09 Mar 2001
2 Miles	8:06.61 i	1	Lievin	23 Feb 2003
	8:09.89 i	1	Gent	23 Feb 2001
5.000	12:50.24	2	Ostrava, <i>GS/SGP</i>	12 Jun 2003
	12:52.83	2	Paris, <i>WCh</i>	31 Aug 2003
	13:14.39	1	Athinai, <i>OG</i>	28 Aug 2004
	13:21.87	3 h1	Athinai, <i>OG</i>	25 Aug 2004
	13:32.88	4 h2	Paris, <i>WCh</i>	28 Aug 2003
	13:46.79			1992