

3.000 METRES STEEPLECHASE - BEST 10 PERFORMANCES AVERAGE

1 7:56.67 Saïf Saeed Shaheen QAT 15Oct 82 177/64	7:53.63	1	VD/GL	Bruxelles	03 Sep 04
	7:55.51	1	VD/GL	Bruxelles	26 Aug 05
	7:56.32	1	Tsi/SGP	Athína	03 Jul 06
	7:56.34	1	G.Gala/GL	Roma	08 Jul 05
	7:56.54	1	WK/GL	Zürich	18 Aug 06
	7:56.94	1	WAF	Monaco	19 Sep 04
	7:57.28	1	Tsi/SGP	Athína	14 Jun 05
	7:57.38	1	WAF	Monaco	14 Sep 03
	7:58.10	1	Herc/GL	Monaco	19 Jul 02
	7:58.66	3	VD/GL	Bruxelles	24 Aug 01
2 7:59.35 Paul Koech Kipsiele KEN 10Nov81 168/57	7:56.37	2	G.Gala/GL	Roma	08 Jul 05
	7:57.42	2	WAF	Monaco	14 Sep 03
	7:58.80	1	VD/GL	Bruxelles	14 Sep 07
	7:59.42	1	DNG/SGP	Stockholm	07 Aug 07
	7:59.65	1	G.Gala/GL	Roma	02 Jul 04
	7:59.94	1	G.Gala/GL	Roma	14 Jul 06
	8:00.29	1	DNG/SGP	Stockholm	25 Jul 06
	8:00.42	2	VD/GL	Bruxelles	05 Sep 03
	8:00.57	1	NA/apm	Heusden	20 Jul 08
	8:00.67	1	WAF	Stuttgart	23 Sep 07
3 8:00.87 Moses Kiptanui KEN 01Oct 70 175/60	7:56.16	2	ASV/GP	Köln	24 Aug 97
	7:59.18	1	WK/GP	Zürich	16 Aug 95
	7:59.52	1	VD/GP	Bruxelles	25 Aug 95
	8:00.54	1	MdR/gp	Rieti	03 Sep 97
	8:00.78	3	WK/GP	Zürich	13 Aug 97
	8:01.80	1	DNG/GP	Stockholm	07 Jul 97
	8:02.08	1	WK/GP	Zürich	19 Aug 92
	8:02.45	1	GPF	Monaco	09 Sep 95
	8:02.85	1	Herc/GP	Monaco	16 Aug 97
	8:03.36	1	Bisl/GP	Oslo	21 Jul 95
4 8:01.08 Bernard Barmasai KEN 06May74 173/55	7:55.72	1	ASV/GP	Köln	24 Aug 97
	7:58.98	1	Herc/GL	Monaco	04 Aug 99
	8:00.35	2	WK/GP	Zürich	13 Aug 97
	8:00.67	1	Herc/GL	Monaco	08 Aug 98
	8:01.53	1	Nik/GP	Nice	16 Jul 98
	8:01.98	1	WK/GL	Zürich	12 Aug 98
	8:02.76	1	Herc/GL	Monaco	18 Aug 00
	8:02.81	1	Gaz/GP	Paris	29 Jul 98
	8:02.94	2	Herc/GP	Monaco	16 Aug 97
	8:03.08	1	VD/GL	Bruxelles	03 Sep 99
5 8:03.22 Wilson Boit Kipketer KEN 06Oct 73 167/52	7:59.08	1	WK/GP	Zürich	13 Aug 97
	8:00.56	1	DNG/GP	Stockholm	16 Jul 02
	8:01.05	1		Stuttgart	19 Jul 98
	8:01.73	1	Herc/GL	Monaco	20 Jul 01
	8:02.77	2	DNG/GP	Stockholm	07 Jul 97
	8:04.48	1	Metr	Villeneuve d'Ascq	16 Jun 02
	8:04.97	2	Herc/GL	Monaco	08 Aug 98
	8:05.78	1	Nik/GP	Nice	09 Jul 01
	8:05.84	1	WCh	Athína	06 Aug 97
	8:05.98	1	Qat/GP	Doha	15 May 02