

3.000 METRES - BEST 10 PERFORMANCES AVERAGE

1 7:28.31 Daniel Komen	KEN 17May76 170/60	7:20.67	1	MdR/gp	Rieti	01 Sep 96
		7:25.87	1	VD/GP	Bruxelles	23 Aug 96
		7:27.0 +	e 1		Sydney	28 Feb 98
		7:27.3 +	1	NA	Hechtel	19 Jul 97
		7:28.92	3	Herc/GL	Monaco	18 Aug 00
		7:29.43	4	Herc/GL	Monaco	04 Aug 99
		7:30.49	1	Bisl/GP	Oslo	04 Jul 97
		7:30.62	1	Athl/GP	Lausanne	02 Jul 99
		7:31.33	1	Athl/GP	Lausanne	03 Jul 96
		7:31.47	2	Gaz/GL	Paris	23 Jun 00
2 7:28.44 Haile Gebrselassie	ETH 18Apr 73 164/53	7:25.09	1	VD/GL	Bruxelles	28 Aug 98
		7:25.54	1	Herc/GL	Monaco	08 Aug 98
		7:26.02	1	VD/GP	Bruxelles	22 Aug 97
		7:26.03	1	WG/gp	Helsinki	10 Jun 99
		7:27.42	1	Bisl/GP	Oslo	09 Jul 98
		7:29.5 +	1	APM/gp	Hengelo	31 May 97
		7:29.7 +	1	Brit/GP	London	07 Aug 99
		7:29.9 +	e 1	APM/gp	Hengelo	30 May 99
		7:30.58	1	Nik/GP	Nice	17 Jul 99
		7:34.66	1	APM/gp	Hengelo	27 May 96
3 7:31.46 Kenenisa Bekele	ETH 13Jun 82 160/54	7:25.79	1	DNG/SGP	Stockholm	07 Aug 07
		7:26.69	1	Norw/GP	Sheffield	15 Jul 07
		7:29.32	1	Herc/SGP	Monaco	25 Jul 07
		7:30.67	2	VD/GL	Bruxelles	24 Aug 01
		7:31.94	1	Aviva/GP	Gateshead	31 Aug 08
		7:32.59	1	WK/GL	Zürich	19 Aug 05
		7:32.71 +	1	Gaz/GL	Paris	01 Jul 05
		7:34.12 +	1	VD/GL	Bruxelles	25 Aug 06
		7:34.57	1	Athl/SGP	Lausanne	05 Jul 05
		7:36.25	2	WP	Athína	17 Sep 06
4 7:31.46 Eliud Kipchoge	KEN 05Nov84 167/52	7:27.72	1	VD/GL	Bruxelles	03 Sep 04
		7:28.56	1	Qat/SGP	Doha	13 May 05
		7:30.48	3	Qat/SGP	Doha	12 May 06
		7:30.56	2	FBK/GP	Hengelo	29 May 05
		7:30.91	2	VD/GL	Bruxelles	05 Sep 03
		7:33.06	1	Qat/SGP	Doha	11 May 07
		7:33.14	4	Qat/SGP	Doha	09 May 08
		7:33.35	3	Athl/SGP	Lausanne	11 Jul 06
		7:33.37	1	Qat/SGP	Doha	14 May 04
		7:33.54	1	Norw/GP	Gateshead	11 Jun 06
5 7:31.50 Paul Bitok	KEN 26Jun 70 173/58	7:28.41	3	Herc/GP	Monaco	10 Aug 96
		7:29.55	1	Bisl/GP	Oslo	05 Jul 96
		7:30.23	1	Herc/GP	Monaco	16 Aug 97
		7:31.00	3	VD/GL	Bruxelles	24 Aug 01
		7:31.78	3	Nik/GP	Nice	16 Jul 97
		7:32.05	1	Nik/GP	Nice	10 Jul 96
		7:32.11	1	Herc/GL	Monaco	20 Jul 01
		7:32.61	1	Athl/GP	Lausanne	04 Jul 01
		7:33.28	2	ASV/GP	Köln	16 Aug 92
		7:34.01	2	ASV/GP	Köln	16 Aug 96