Race analysis
3000m Men

START TIME
20:00 **16 MAY 2026**

WORLD RECORD	7:17.55	INGEBRIGTSEN Jakob	NOR	Chorzów (POL)	25 AUG 2024
AREA RECORD	7:20.67	KOMEN Daniel	KEN	Rieti (ITA)	1 SEP 1996
AREA RECORD	7:30.76	SALEM Jamal Bilal	QAT	Doha (QAT)	13 MAY 2005
AREA RECORD	7:22.91	FISHER Grant	USA	New York, NY (USA)	8 FEB 2025
AREA RECORD	7:27.57	MYERS Cameron	AUS	Boston, MA (USA)	24 JAN 2026
AREA RECORD	7:34.10	SOCA Valentin	URU	Boston, MA (USA)	2 MAR 2025
DIAMOND LEAGUE RECORD	7:17.55	INGEBRIGTSEN Jakob	NOR	Chorzów (POL)	25 AUG 2024
MEETING RECORD	7:36.36	BEKELE Kenenisa	ETH		17 SEP 2005
WORLD LEAD	7:27.57	MYERS Cameron	AUS	Boston, MA (USA)	24 JAN 2026

Rank	Name	Nat	Result	Time Behind

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
2800m	2900m	Finish							

1 ABDILAAHI Mohamed — GER — **7:25.77** — MR WL NR

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.0 (7)	2:00.7 (6)	2:30.2 (4)	3:00.4 (4)	3:59.9 (3)	5:00.4 (2)	6:00.1 (1)	6:14.8 (1)	6:29.6 (1)	6:43.7 (1)
	59.7	29.5	30.2	59.5	1:00.5	59.7	14.7	14.8	14.1
6:58.2 (1)	7:11.9 (1)	7:25.77 (1)							
14.5	13.7	13.8							

2 CHERUIYOT Reynold — KEN — **7:26.11** — **0.34** — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:00.7 (5)	2:00.7 (7)	2:30.6 (7)	3:01.1 (8)	4:00.9 (9)	5:00.8 (6)	6:01.2 (4)	6:16.2 (5)	6:30.9 (5)	6:45.1 (2)
	1:00.0	29.9	30.5	59.8	59.9	1:00.4	15.0	14.7	14.2
6:59.0 (2)	7:12.6 (2)	7:26.11 (2)							
13.9	13.6	13.5							

3 ALMGREN Andreas — SWE — **7:26.48** — **0.71** — NR

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.1 (10)	2:01.1 (11)	2:31.0 (10)	3:01.4 (10)	4:01.1 (10)	5:01.2 (8)	6:01.3 (5)	6:16.1 (4)	6:30.9 (4)	6:45.4 (4)
	1:00.0	29.9	30.4	59.7	1:00.1	1:00.1	14.8	14.8	14.5
6:59.5 (4)	7:13.0 (3)	7:26.48 (3)							
14.1	13.5	13.4							

4 CHERUIYOT Timothy — KEN — **7:27.24** — **1.47** — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.1 (9)	2:00.8 (8)	2:30.4 (6)	3:00.6 (5)	4:00.4 (5)	5:00.8 (5)	6:01.4 (6)	6:16.5 (7)	6:31.5 (9)	6:46.0 (9)
	59.7	29.6	30.2	59.8	1:00.4	1:00.6	15.1	15.0	14.5
7:00.1 (7)	7:13.7 (7)	7:27.24 (4)							
14.1	13.6	13.5							

5 KEMBOI Cornelius — KEN — **7:27.46** — **1.69** — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:00.4 (4)	2:00.4 (4)	2:30.4 (5)	3:00.8 (6)	4:00.7 (6)	5:00.6 (3)	6:00.9 (2)	6:15.8 (2)	6:30.7 (3)	6:45.6 (7)
	1:00.0	30.0	30.4	59.9	59.9	1:00.3	14.9	14.9	14.9
6:59.6 (5)	7:13.4 (4)	7:27.46 (5)							
14.0	13.8	14.0							

6 KIPSANG Mathew Kipchumba — KEN — **7:27.58** — **1.81** — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.0 (8)	2:00.9 (9)	2:30.8 (9)	3:01.3 (9)	4:00.9 (8)	5:01.0 (7)	6:01.5 (7)	6:16.4 (6)	6:31.1 (6)	6:45.2 (3)
	59.9	29.9	30.5	59.6	1:00.1	1:00.5	14.9	14.7	14.1
6:59.3 (3)	7:13.5 (5)	7:27.58 (6)							
14.1	14.2	14.0							

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万达WANDA DIAMOND LEAGUE

Race analysis
3000m Men

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20:00 16 MAY 2026

Rank	Name	Nat	Result	Time Behind

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
2800m	2900m	Finish							

7 HERRERA Eduardo — MEX — 7:27.63 — 1.86 — NR

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.8 (17)	2:02.2 (18)	2:32.1 (17)	3:02.2 (17)	4:01.9 (17)	5:01.7 (12)	6:02.0 (10)	6:16.7 (9)	6:31.3 (7)	6:45.5 (6)
	1:00.4	29.9	30.1	59.7	59.8	1:00.3	14.7	14.6	14.2
6:59.7 (6)	7:13.5 (6)	7:27.63 (7)							
14.2	13.8	14.1							

8 KROP Jacob — KEN — 7:28.72 — 2.95 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.4 (12)	2:02.0 (16)	2:32.2 (18)	3:02.6 (19)	4:02.9 (20)	5:02.8 (18)	6:03.1 (16)	6:17.8 (15)	6:32.4 (15)	6:46.7 (13)
	1:00.6	30.2	30.4	1:00.3	59.9	1:00.3	14.7	14.6	14.3
7:00.6 (11)	7:14.8 (9)	7:28.72 (8)							
13.9	14.2	13.9							

9 GIRMA Kuma — ETH — 7:29.20 — 3.43 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:00.9 (6)	2:00.6 (5)	2:30.6 (8)	3:01.1 (7)	4:01.4 (12)	5:02.6 (17)	6:02.6 (14)	6:17.6 (14)	6:32.1 (12)	6:46.4 (11)
	59.7	30.0	30.5	1:00.3	1:01.2	1:00.0	15.0	14.5	14.3
7:00.5 (10)	7:14.9 (10)	7:29.20 (9)							
14.1	14.4	14.3							

10 KIPKURUI Ishmael Rokitto — KEN — 7:29.31 — 3.54 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.4 (13)	2:01.0 (10)	2:31.2 (11)	3:01.7 (14)	4:01.6 (14)	5:01.3 (9)	6:01.9 (9)	6:16.9 (10)	6:31.7 (10)	6:46.1 (10)
	59.6	30.2	30.5	59.9	59.7	1:00.6	15.0	14.8	14.4
7:00.6 (12)	7:15.1 (12)	7:29.31 (10)							
14.5	14.5	14.2							

11 O'DONNELL Seth — AUS — 7:29.49 — 3.72 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.9 (19)	2:01.9 (15)	2:31.8 (16)	3:02.1 (16)	4:01.9 (16)	5:02.1 (14)	6:02.1 (11)	6:17.1 (11)	6:31.8 (11)	6:46.5 (12)
	1:00.0	29.9	30.3	59.8	1:00.2	1:00.0	15.0	14.7	14.7
7:01.2 (13)	7:15.5 (13)	7:29.49 (11)							
14.7	14.3	13.9							

12 BALEW Birhanu — BRN — 7:29.60 — 3.83 — AR

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:02.1 (21)	2:02.1 (17)	2:31.6 (14)	3:01.6 (12)	4:01.2 (11)	5:01.8 (13)	6:02.8 (15)	6:17.9 (16)	6:32.9 (16)	6:47.7 (16)
	1:00.0	29.5	30.0	59.6	1:00.6	1:01.0	15.1	15.0	14.8
7:01.7 (14)	7:15.6 (14)	7:29.60 (12)							
14.0	13.9	14.0							

13 CATROFE Santiago — URU — 7:29.72 — 3.95 — AR

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.6 (14)	2:02.3 (19)	2:32.5 (19)	3:02.4 (18)	4:02.2 (18)	5:02.3 (15)	6:01.8 (8)	6:16.6 (8)	6:31.4 (8)	6:45.9 (8)
	1:00.7	30.2	29.9	59.8	1:00.1	59.5	14.8	14.8	14.5
7:00.2 (8)	7:14.8 (8)	7:29.72 (13)							
14.3	14.6	14.9							

14 WALE Getnet — ETH — 7:29.98 — 4.21 — SB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.7 (16)	2:01.5 (13)	2:31.4 (13)	3:01.5 (11)	4:00.8 (7)	5:00.7 (4)	6:01.1 (3)	6:16.0 (3)	6:30.6 (2)	6:45.5 (5)
	59.8	29.9	30.1	59.3	59.9	1:00.4	14.9	14.6	14.9
7:00.5 (9)	7:15.1 (11)	7:29.98 (14)							
15.0	14.6	14.8							

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400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
2800m	2900m	Finish							

15 VERBAANDERT Tim — NED — 7:30.42 — 4.65 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:00.1 (3)	2:00.1 (3)	2:30.0 (3)	3:00.2 (3)	4:00.3 (4)	5:01.4 (10)	6:02.5 (13)	6:17.5 (13)	6:32.4 (14)	6:47.3 (15)
	1:00.0	29.9	30.2	1:00.1	1:01.1	1:01.1	15.0	14.9	14.9
7:02.0 (15)	7:16.3 (15)	7:30.42 (15)							
14.7	14.3	14.1							

16 KIPROP Keneth — UGA — 7:33.70 — 7.93 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:02.1 (20)	2:02.7 (21)	2:33.0 (21)	3:03.1 (21)	4:03.4 (21)	5:04.3 (20)	6:05.0 (19)	6:20.0 (18)	6:34.9 (18)	6:49.7 (18)
	1:00.6	30.3	30.1	1:00.3	1:00.9	1:00.7	15.0	14.9	14.8
7:04.2 (17)	7:18.8 (17)	7:33.70 (16)							
14.5	14.6	14.9							

17 KURGAT Edwin — KEN — 7:33.91 — 8.14 — SB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.2 (11)	2:01.3 (12)	2:31.3 (12)	3:01.6 (13)	4:01.4 (13)	5:01.6 (11)	6:02.3 (12)	6:17.3 (12)	6:32.2 (13)	6:47.3 (14)
	1:00.1	30.0	30.3	59.8	1:00.2	1:00.7	15.0	14.9	15.1
7:02.4 (16)	7:17.9 (16)	7:33.91 (17)							
15.1	15.5	16.0							

18 KINDE Nibret — ETH — 7:34.61 — 8.84 — SB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.6 (15)	2:02.5 (20)	2:32.6 (20)	3:02.9 (20)	4:02.5 (19)	5:03.1 (19)	6:04.0 (17)	6:19.3 (17)	6:34.5 (17)	6:49.7 (17)
	1:00.9	30.1	30.3	59.6	1:00.6	1:00.9	15.3	15.2	15.2
7:04.7 (18)	7:19.6 (18)	7:34.61 (18)							
15.0	14.9	15.0							

19 FAYISA Abdisa — ETH — 7:36.73 — 10.96 — PB

400m	800m	1000m	1200m	1600m	2000m	2400m	2500m	2600m	2700m
1:01.9 (18)	2:01.7 (14)	2:31.6 (15)	3:02.0 (15)	4:01.7 (15)	5:02.4 (16)	6:04.6 (18)	6:20.5 (19)	6:36.1 (19)	6:51.2 (19)
	59.8	29.9	30.4	59.7	1:00.7	1:02.2	15.9	15.6	15.1
7:06.3 (19)	7:21.5 (19)	7:36.73 (19)							
15.1	15.2	15.2							

KIPRUGUT Boaz — KEN — DNF

400m	800m	1000m	1200m	1600m	2000m
59.8 (2)	1:59.8 (2)	2:29.8 (2)	2:59.9 (2)	3:59.7 (2)	5:00.2 (1)
	1:00.0	30.0	30.1	59.8	1:00.5

SASÍNEK Filip — CZE — DNF

400m	800m	1000m	1200m	1600m
59.6 (1)	1:59.6 (1)	2:29.5 (1)	2:59.6 (1)	3:59.5 (1)
	1:00.0	29.9	30.1	59.9

Weather conditions
Temperature: 23 °C Humidity: 58 % Conditions: Partly cloudy

Legend
AR Area Record **DNF** Did Not Finish **MR** Meeting Record **NR** National Record
PB Personal Best **PM** Pacemaker **SB** Season Best **WL** World Lead

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