

RACE ANALYSIS

Marathon Women - Final



BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

26 August 2023 06:59 START TIME 23° C 77 %
TEMPERATURE HUMIDITY
10:00 END TIME 29° C 57 %

1	1 km	2	2 km	3	3 km	4	4 km	5	5 km	6	6 km	7	7 km	8	8 km	9	9 km	10	10 km
11	11 km	12	12 km	13	13 km	14	14 km	15	15 km	16	16 km	17	17 km	18	18 km	19	19 km	20	20 km
21	21 km	22	Half Marathon	23	22 km	24	23 km	25	24 km	26	25 km	27	26 km	28	27 km	29	28 km	30	29 km
31	30 km	32	31 km	33	32 km	34	33 km	35	34 km	36	35 km	37	36 km	38	37 km	39	38 km	40	39 km
41	40 km	42	41 km	43	42 km														

1 770 Amane Beriso SHANKULE										ETH 13 Oct 91										2:24:23	SB
1	3:45	2	3:35	3	3:28	4	3:34	5	3:30	6	3:41	7	3:37	8	3:34	9	3:27	10	3:21		
	3:45 (17)		7:20 (21)		10:48 (31)		14:22 (18)		17:52 (16)		21:33 (23)		25:10 (22)		28:44 (31)		32:11 (11)		35:32 (8)		
11	3:38	12	3:39	13	3:22	14	3:18	15	3:27	16	3:36	17	3:32	18	3:33	19	3:33	20	3:25		
	39:10 (17)		42:49 (18)		46:11 (1)		49:29 (3)		52:56 (6)		56:32 (10)		1:00:04 (9)		1:03:37 (9)		1:07:10 (7)		1:10:35 (9)		
21	3:36	22	3:19	23	3:13	24	3:18	25	3:30	26	3:20	27	3:19	28	3:20	29	3:19	30	3:16		
	1:14:11 (8)		1:14:30 (8)		1:17:43 (9)		1:21:01 (7)		1:24:31 (10)		1:27:51 (1)		1:31:10 (3)		1:34:30 (5)		1:37:49 (7)		1:41:05 (5)		
31	3:22	32	3:14	33	3:18	34	3:12	35	3:12	36	3:12	37	3:12	38	3:13	39	3:11	40	3:17		
	1:44:27 (6)		1:47:41 (1)		1:50:59 (6)		1:54:11 (1)		1:57:23 (1)		2:00:35 (1)		2:03:47 (1)		2:07:00 (1)		2:10:11 (1)		2:13:28 (1)		
41	3:22	42	3:23	43	3:29		41														
	2:16:50 (1)		2:20:13 (1)		2:23:42 (1)																

2 760 Gotytom GEBRESLASE										ETH 15 Jan 95										2:24:34	SB
1	3:44	2	3:35	3	3:28	4	3:35	5	3:30	6	3:41	7	3:36	8	3:34	9	3:28	10	3:21		
	3:44 (10)		7:19 (12)		10:47 (17)		14:22 (20)		17:52 (12)		21:33 (14)		25:09 (13)		28:43 (20)		32:11 (6)		35:32 (4)		
11	3:38	12	3:38	13	3:24	14	3:18	15	3:26	16	3:35	17	3:32	18	3:34	19	3:33	20	3:25		
	39:10 (15)		42:48 (8)		46:12 (3)		49:30 (5)		52:56 (7)		56:31 (5)		1:00:03 (5)		1:03:37 (12)		1:07:10 (6)		1:10:35 (5)		
21	3:36	22	3:19	23	3:12	24	3:18	25	3:31	26	3:21	27	3:18	28	3:19	29	3:20	30	3:15		
	1:14:11 (6)		1:14:30 (7)		1:17:42 (3)		1:21:00 (5)		1:24:31 (1)		1:27:52 (4)		1:31:10 (4)		1:34:29 (4)		1:37:49 (4)		1:41:04 (3)		
31	3:23	32	3:14	33	3:18	34	3:12	35	3:12	36	3:12	37	3:15	38	3:24	39	3:17	40	3:20		
	1:44:27 (3)		1:47:41 (4)		1:50:59 (3)		1:54:11 (3)		1:57:23 (3)		2:00:35 (3)		2:03:50 (3)		2:07:14 (3)		2:10:31 (3)		2:13:51 (2)		
41	3:23	42	3:23	43	3:21		36														
	2:17:14 (2)		2:20:37 (2)		2:23:58 (2)																

3 1120 Fatima Ezzahra GARDADI										MAR 20 Mar 92										2:25:17	
1	3:47	2	3:33	3	3:27	4	3:36	5	3:30	6	3:40	7	3:37	8	3:33	9	3:30	10	3:24		
	3:47 (36)		7:20 (15)		10:47 (18)		14:23 (30)		17:53 (36)		21:33 (21)		25:10 (18)		28:43 (22)		32:13 (26)		35:37 (29)		
11	3:34	12	3:38	13	3:26	14	3:27	15	3:25	16	3:28	17	3:29	18	3:33	19	3:34	20	3:25		
	39:11 (26)		42:49 (29)		46:15 (27)		49:42 (25)		53:07 (24)		56:35 (23)		1:00:04 (17)		1:03:37 (13)		1:07:11 (11)		1:10:36 (17)		
21	3:35	22	3:19	23	3:13	24	3:20	25	3:29	26	3:20	27	3:19	28	3:19	29	3:20	30	3:18		
	1:14:10 (16)		1:14:30 (16)		1:17:43 (15)		1:21:03 (14)		1:24:32 (11)		1:27:52 (9)		1:31:11 (9)		1:34:30 (6)		1:37:50 (10)		1:41:08 (9)		
31	3:19	32	3:16	33	3:19	34	3:17	35	3:21	36	3:20	37	3:19	38	3:23	39	3:22	40	3:25		
	1:44:27 (9)		1:47:43 (7)		1:51:02 (7)		1:54:19 (7)		1:57:40 (6)		2:01:00 (6)		2:04:19 (4)		2:07:42 (4)		2:11:04 (4)		2:14:29 (4)		
41	3:24	42	3:21	43	3:24		39														
	2:17:53 (4)		2:21:14 (3)		2:24:38 (3)																

4 972 Lonah Chemtai SALPETER										ISR 12 Dec 88										2:25:38	SB
1	3:44	2	3:35	3	3:28	4	3:33	5	3:32	6	3:40	7	3:37	8	3:34	9	3:28	10	3:21		
	3:44 (9)		7:19 (13)		10:47 (15)		14:20 (1)		17:52 (6)		21:32 (6)		25:09 (5)		28:43 (5)		32:11 (3)		35:32 (14)		
11	3:38	12	3:38	13	3:24	14	3:18	15	3:26	16	3:35	17	3:32	18	3:34	19	3:33	20	3:25		
	39:10 (6)		42:48 (3)		46:12 (5)		49:30 (8)		52:56 (3)		56:31 (1)		1:00:03 (3)		1:03:37 (4)		1:07:10 (3)		1:10:35 (3)		
21	3:35	22	3:20	23	3:12	24	3:18	25	3:31	26	3:21	27	3:18	28	3:19	29	3:20	30	3:16		
	1:14:10 (2)		1:14:30 (2)		1:17:42 (1)		1:21:00 (3)		1:24:31 (2)		1:27:52 (5)		1:31:10 (5)		1:34:29 (1)		1:37:49 (5)		1:41:05 (6)		
31	3:21	32	3:16	33	3:17	34	3:14	35	3:19	36	3:24	37	3:24	38	3:23	39	3:26	40	3:26		
	1:44:26 (1)		1:47:42 (5)		1:50:59 (5)		1:54:13 (6)		1:57:32 (4)		2:00:56 (4)		2:04:20 (5)		2:07:43 (5)		2:11:09 (5)		2:14:35 (5)		
41	3:29	42	3:23	43	3:30		41														
	2:18:04 (5)		2:21:27 (5)		2:24:57 (4)																

RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

5 775 Yalemzerf YEHUALAW ETH 3 Aug 99 **2:26:13**

1	3:46	2	3:35	3	3:28	4	3:35	5	3:29	6	3:41	7	3:36	8	3:33	9	3:28	10	3:21
	3:46 (23)		7:21 (39)		10:49 (45)		14:24 (39)		17:53 (26)		21:34 (36)		25:10 (32)		28:43 (11)		32:11 (7)		35:32 (13)
11	3:39	12	3:38	13	3:23	14	3:18	15	3:26	16	3:36	17	3:32	18	3:33	19	3:34	20	3:24
	39:11 (32)		42:49 (28)		46:12 (4)		49:30 (6)		52:56 (5)		56:32 (16)		1:00:04 (11)		1:03:37 (7)		1:07:11 (13)		1:10:35 (4)
21	3:36	22	19	23	3:13	24	3:18	25	3:30	26	3:21	27	3:19	28	3:19	29	3:19	30	3:15
	1:14:11 (13)		1:14:30 (12)		1:17:43 (8)		1:21:01 (6)		1:24:31 (8)		1:27:52 (6)		1:31:11 (7)		1:34:30 (8)		1:37:49 (3)		1:41:04 (4)
31	3:23	32	3:15	33	3:17	34	3:12	35	3:12	36	3:12	37	3:12	38	3:19	39	3:22	40	3:29
	1:44:27 (4)		1:47:42 (6)		1:50:59 (4)		1:54:11 (2)		1:57:23 (2)		2:00:35 (2)		2:03:47 (2)		2:07:06 (2)		2:10:28 (2)		2:13:57 (3)
41	3:36	42	3:53	43	4:02		45												
	2:17:33 (3)		2:21:26 (4)		2:25:28 (5)														

6 1091 Rosemary WANJIRU KEN 9 Dec 94 **2:26:42**

1	3:44	2	3:35	3	3:28	4	3:34	5	3:31	6	3:40	7	3:37	8	3:34	9	3:28	10	3:20
	3:44 (8)		7:19 (9)		10:47 (12)		14:21 (8)		17:52 (9)		21:32 (5)		25:09 (6)		28:43 (12)		32:11 (4)		35:31 (2)
11	3:39	12	3:38	13	3:24	14	3:17	15	3:27	16	3:36	17	3:32	18	3:33	19	3:33	20	3:25
	39:10 (4)		42:48 (4)		46:12 (6)		49:29 (2)		52:56 (2)		56:32 (7)		1:00:04 (6)		1:03:37 (5)		1:07:10 (5)		1:10:35 (7)
21	3:36	22	19	23	3:12	24	3:18	25	3:31	26	3:20	27	3:19	28	3:19	29	3:20	30	3:15
	1:14:11 (5)		1:14:30 (5)		1:17:42 (2)		1:21:00 (1)		1:24:31 (3)		1:27:51 (2)		1:31:10 (1)		1:34:29 (3)		1:37:49 (2)		1:41:04 (1)
31	3:23	32	3:14	33	3:18	34	3:13	35	3:21	36	3:25	37	3:33	38	3:36	39	3:26	40	3:33
	1:44:27 (5)		1:47:41 (3)		1:50:59 (1)		1:54:12 (5)		1:57:33 (5)		2:00:58 (5)		2:04:31 (6)		2:08:07 (6)		2:11:33 (6)		2:15:06 (6)
41	3:35	42	3:37	43	3:43		41												
	2:18:41 (6)		2:22:18 (6)		2:26:01 (6)														

7 1076 Selly Chepyego KAPTICH KEN 3 Oct 85 **2:27:09**

1	3:45	2	3:35	3	3:27	4	3:35	5	3:30	6	3:40	7	3:37	8	3:34	9	3:28	10	3:21
	3:45 (20)		7:20 (14)		10:47 (13)		14:22 (12)		17:52 (5)		21:32 (10)		25:09 (9)		28:43 (15)		32:11 (5)		35:32 (12)
11	3:38	12	3:38	13	3:24	14	3:18	15	3:26	16	3:35	17	3:32	18	3:34	19	3:33	20	3:26
	39:10 (13)		42:48 (7)		46:12 (13)		49:30 (4)		52:56 (4)		56:31 (4)		1:00:03 (4)		1:03:37 (1)		1:07:10 (1)		1:10:36 (11)
21	3:35	22	19	23	3:12	24	3:18	25	3:31	26	3:21	27	3:19	28	3:19	29	3:19	30	3:16
	1:14:11 (9)		1:14:30 (11)		1:17:42 (5)		1:21:00 (2)		1:24:31 (7)		1:27:52 (7)		1:31:11 (8)		1:34:30 (9)		1:37:49 (6)		1:41:05 (7)
31	3:22	32	3:18	33	3:20	34	3:16	35	3:23	36	3:27	37	3:30	38	3:35	39	3:34	40	3:39
	1:44:27 (7)		1:47:45 (8)		1:51:05 (8)		1:54:21 (8)		1:57:44 (7)		2:01:11 (7)		2:04:41 (7)		2:08:16 (7)		2:11:50 (7)		2:15:29 (7)
41	3:36	42	3:39	43	3:44		41												
	2:19:05 (7)		2:22:44 (7)		2:26:28 (7)														

8 723 Nazret WELDU ERI 1 Jan 90 **2:27:23** SB

1	3:45	2	3:35	3	3:28	4	3:35	5	3:29	6	3:41	7	3:37	8	3:33	9	3:28	10	3:21
	3:45 (22)		7:20 (27)		10:48 (25)		14:23 (26)		17:52 (18)		21:33 (26)		25:10 (28)		28:43 (21)		32:11 (10)		35:32 (7)
11	3:39	12	3:38	13	3:23	14	3:18	15	3:26	16	3:36	17	3:32	18	3:33	19	3:34	20	3:24
	39:11 (20)		42:49 (20)		46:12 (7)		49:30 (9)		52:56 (10)		56:32 (9)		1:00:04 (13)		1:03:37 (10)		1:07:11 (14)		1:10:35 (6)
21	3:36	22	19	23	3:13	24	3:18	25	3:30	26	3:21	27	3:19	28	3:19	29	3:20	30	3:15
	1:14:11 (10)		1:14:30 (10)		1:17:43 (11)		1:21:01 (10)		1:24:31 (5)		1:27:52 (8)		1:31:11 (6)		1:34:30 (7)		1:37:50 (8)		1:41:05 (8)
31	3:22	32	3:18	33	3:29	34	3:27	35	3:35	36	3:32	37	3:34	38	3:39	39	3:31	40	3:33
	1:44:27 (8)		1:47:48 (9)		1:51:17 (9)		1:54:44 (9)		1:58:19 (8)		2:01:51 (8)		2:05:25 (8)		2:09:04 (8)		2:12:35 (8)		2:16:08 (8)
41	3:35	42	3:33	43	3:31		36												
	2:19:43 (8)		2:23:16 (8)		2:26:47 (8)														

9 1397 Lindsay FLANAGAN USA 24 Jan 91 **2:27:47**

1	3:45	2	3:34	3	3:28	4	3:36	5	3:29	6	3:41	7	3:37	8	3:34	9	3:29	10	3:23
	3:45 (15)		7:19 (10)		10:47 (14)		14:23 (29)		17:52 (15)		21:33 (16)		25:10 (27)		28:44 (34)		32:13 (29)		35:36 (23)
11	3:35	12	3:38	13	3:25	14	3:25	15	3:26	16	3:28	17	3:31	18	3:33	19	3:34	20	3:25
	39:11 (21)		42:49 (23)		46:14 (21)		49:39 (20)		53:05 (19)		56:33 (18)		1:00:04 (16)		1:03:37 (11)		1:07:11 (15)		1:10:36 (14)
21	3:35	22	19	23	3:13	24	3:21	25	3:28	26	3:25	27	3:25	28	3:29	29	3:23	30	3:27
	1:14:11 (11)		1:14:30 (9)		1:17:43 (19)		1:21:04 (20)		1:24:32 (14)		1:27:57 (15)		1:31:22 (13)		1:34:51 (12)		1:38:14 (13)		1:41:41 (13)
31	3:27	32	3:25	33	3:28	34	3:24	35	3:28	36	3:30	37	3:34	38	3:36	39	3:29	40	3:33
	1:45:08 (13)		1:48:33 (12)		1:52:01 (11)		1:55:25 (11)		1:58:53 (9)		2:02:23 (9)		2:05:57 (9)		2:09:33 (9)		2:13:02 (9)		2:16:35 (9)
41	3:30	42	3:32	43	3:32		38												
	2:20:05 (9)		2:23:37 (9)		2:27:09 (9)														



RACE ANALYSIS
Marathon Women
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED
10 722 Dolshi TEFU

 ERI 17 Jun 99 **2:28:54**

1	3:46 3:46 (29)	2	3:34 7:20 (28)	3	3:28 10:48 (27)	4	3:35 14:23 (32)	5	3:29 17:52 (11)	6	3:41 21:33 (19)	7	3:37 25:10 (23)	8	3:34 28:44 (26)	9	3:28 32:12 (12)	10	3:20 35:32 (9)
11	3:38 39:10 (12)	12	3:38 42:48 (12)	13	3:24 46:12 (8)	14	3:19 49:31 (15)	15	3:25 52:56 (9)	16	3:36 56:32 (12)	17	3:32 1:00:04 (14)	18	3:34 1:03:38 (15)	19	3:33 1:07:11 (8)	20	3:25 1:10:36 (10)
21	3:35 1:14:11 (7)	22	19 1:14:30 (6)	23	3:13 1:17:43 (7)	24	3:18 1:21:01 (12)	25	3:30 1:24:31 (9)	26	3:23 1:27:54 (12)	27	3:28 1:31:22 (12)	28	3:29 1:34:51 (13)	29	3:23 1:38:14 (12)	30	3:27 1:41:41 (12)
31	3:26 1:45:07 (12)	32	3:27 1:48:34 (13)	33	3:32 1:52:06 (13)	34	3:26 1:55:32 (13)	35	3:36 1:59:08 (12)	36	3:36 2:02:44 (11)	37	3:41 2:06:25 (11)	38	3:45 2:10:10 (11)	39	3:39 2:13:49 (11)	40	3:43 2:17:32 (11)
41	3:38 2:21:10 (11)	42	3:39 2:24:49 (11)	43	3:30 2:28:19 (10)		35												

11 883 Melat Yisak KEJETA

 GER 27 Sep 92 **2:29:04**

1	3:47 3:47 (45)	2	3:34 7:21 (32)	3	3:27 10:48 (36)	4	3:36 14:24 (34)	5	3:29 17:53 (37)	6	3:41 21:34 (35)	7	3:36 25:10 (35)	8	3:34 28:44 (44)	9	3:29 32:13 (23)	10	3:19 35:32 (17)
11	3:39 39:11 (31)	12	3:38 42:49 (30)	13	3:24 46:13 (15)	14	3:17 49:30 (12)	15	3:26 52:56 (15)	16	3:36 56:32 (17)	17	3:33 1:00:05 (23)	18	3:33 1:03:38 (25)	19	3:33 1:07:11 (19)	20	3:25 1:10:36 (12)
21	3:35 1:14:11 (18)	22	20 1:14:31 (21)	23	3:12 1:17:43 (17)	24	3:18 1:21:01 (13)	25	3:31 1:24:32 (15)	26	3:20 1:27:52 (11)	27	3:19 1:31:11 (10)	28	3:20 1:34:31 (10)	29	3:19 1:37:50 (9)	30	3:21 1:41:11 (10)
31	3:29 1:44:40 (10)	32	3:33 1:48:13 (10)	33	3:36 1:51:49 (10)	34	3:31 1:55:20 (10)	35	3:41 1:59:01 (10)	36	3:38 2:02:39 (10)	37	3:42 2:06:21 (10)	38	3:41 2:10:02 (10)	39	3:43 2:13:45 (10)	40	3:42 2:17:27 (10)
41	3:39 2:21:06 (10)	42	3:40 2:24:46 (10)	43	3:39 2:28:25 (11)		39												

12 985 Giovanna EPIS

 ITA 11 Oct 88 **2:29:10**

1	3:46 3:46 (26)	2	3:32 7:18 (5)	3	3:29 10:47 (4)	4	3:34 14:21 (6)	5	3:31 17:52 (10)	6	3:41 21:33 (18)	7	3:36 25:09 (10)	8	3:34 28:43 (10)	9	3:29 32:12 (17)	10	3:21 35:33 (20)
11	3:37 39:10 (10)	12	3:38 42:48 (9)	13	3:25 46:13 (19)	14	3:26 49:39 (19)	15	3:26 53:05 (22)	16	3:28 56:33 (21)	17	3:31 1:00:04 (18)	18	3:34 1:03:38 (17)	19	3:33 1:07:11 (10)	20	3:25 1:10:36 (16)
21	3:35 1:14:11 (14)	22	19 1:14:30 (14)	23	3:14 1:17:44 (11)	24	3:20 1:21:04 (18)	25	3:29 1:24:33 (17)	26	3:28 1:28:01 (18)	27	3:30 1:31:31 (17)	28	3:32 1:35:03 (17)	29	3:26 1:38:29 (16)	30	3:31 1:42:00 (15)
31	3:30 1:45:30 (15)	32	3:33 1:49:03 (15)	33	3:38 1:52:41 (15)	34	3:31 1:56:12 (14)	35	3:35 1:59:47 (14)	36	3:35 2:03:22 (14)	37	3:36 2:06:58 (14)	38	3:40 2:10:38 (14)	39	3:35 2:14:13 (14)	40	3:36 2:17:49 (14)
41	3:33 2:21:22 (13)	42	3:36 2:24:58 (13)	43	3:35 2:28:33 (12)		37												

13 1049 Mizuki MATSUDA

 JPN 31 May 95 **2:29:15**

1	3:47 3:47 (43)	2	3:34 7:21 (30)	3	3:27 10:48 (23)	4	3:35 14:23 (28)	5	3:30 17:53 (32)	6	3:40 21:33 (22)	7	3:37 25:10 (21)	8	3:33 28:43 (17)	9	3:30 32:13 (21)	10	3:20 35:33 (21)
11	3:37 39:10 (5)	12	3:38 42:48 (5)	13	3:26 46:14 (20)	14	3:26 49:40 (22)	15	3:27 53:07 (25)	16	3:31 56:38 (25)	17	3:31 1:00:09 (25)	18	3:29 1:03:38 (18)	19	3:33 1:07:11 (18)	20	3:24 1:10:35 (8)
21	3:36 1:14:11 (3)	22	19 1:14:30 (3)	23	3:12 1:17:42 (6)	24	3:19 1:21:01 (11)	25	3:31 1:24:32 (12)	26	3:26 1:27:58 (16)	27	3:29 1:31:27 (16)	28	3:34 1:35:01 (16)	29	3:29 1:38:30 (17)	30	3:31 1:42:01 (16)
31	3:32 1:45:33 (16)	32	3:31 1:49:04 (16)	33	3:37 1:52:41 (14)	34	3:32 1:56:13 (16)	35	3:36 1:59:49 (15)	36	3:31 2:03:20 (13)	37	3:34 2:06:54 (13)	38	3:39 2:10:33 (13)	39	3:32 2:14:05 (13)	40	3:40 2:17:45 (12)
41	3:34 2:21:19 (12)	42	3:39 2:24:58 (12)	43	3:38 2:28:36 (13)		39												

14 1351 Rebecca CHEPTEGEI

 UGA 22 Feb 91 **2:29:34** **SB**

1	3:44 3:44 (6)	2	3:36 7:20 (16)	3	3:27 10:47 (16)	4	3:35 14:22 (10)	5	3:30 17:52 (4)	6	3:40 21:32 (3)	7	3:37 25:09 (4)	8	3:34 28:43 (6)	9	3:28 32:11 (8)	10	3:21 35:32 (5)
11	3:38 39:10 (9)	12	3:38 42:48 (13)	13	3:24 46:12 (12)	14	3:18 49:30 (7)	15	3:26 52:56 (1)	16	3:35 56:31 (2)	17	3:32 1:00:03 (1)	18	3:34 1:03:37 (3)	19	3:33 1:07:10 (4)	20	3:25 1:10:35 (1)
21	3:36 1:14:11 (17)	22	20 1:14:31 (19)	23	3:12 1:17:43 (12)	24	3:18 1:21:01 (8)	25	3:30 1:24:31 (4)	26	3:21 1:27:52 (10)	27	3:20 1:31:12 (11)	28	3:25 1:34:37 (11)	29	3:25 1:38:02 (11)	30	3:29 1:41:31 (11)
31	3:32 1:45:03 (11)	32	3:30 1:48:33 (11)	33	3:32 1:52:05 (12)	34	3:26 1:55:31 (12)	35	3:37 1:59:08 (11)	36	3:40 2:02:48 (12)	37	3:45 2:06:33 (12)	38	3:50 2:10:23 (12)	39	3:40 2:14:03 (12)	40	3:45 2:17:48 (13)
41	3:39 2:21:27 (14)	42	3:40 2:25:07 (14)	43	3:47 2:28:54 (14)		40												



RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

15 633 Natasha WODAK CAN 17 Dec 81 **2:30:09** SB

1	3:44 3:44 (7)	2	3:35 7:19 (8)	3	3:28 10:47 (7)	4	3:35 14:22 (22)	5	3:31 17:53 (34)	6	3:40 21:33 (31)	7	3:37 25:10 (31)	8	3:34 28:44 (30)	9	3:29 32:13 (27)	10	3:26 35:39 (32)
11	3:37 39:11 (24)	12	3:38 42:49 (21)	13	3:26 46:15 (25)	14	3:28 49:43 (26)	15	3:30 53:13 (26)	16	3:30 56:43 (26)	17	3:33 1:00:16 (26)	18	3:29 1:03:45 (26)	19	3:32 1:07:17 (26)	20	3:26 1:10:43 (25)
21	3:29 1:14:12 (23)	22	19 1:14:31 (24)	23	3:12 1:17:43 (16)	24	3:21 1:21:04 (15)	25	3:28 1:24:32 (16)	26	3:24 1:27:56 (14)	27	3:28 1:31:24 (14)	28	3:32 1:34:56 (14)	29	3:30 1:38:26 (14)	30	3:33 1:41:59 (14)
31	3:30 1:45:29 (14)	32	3:34 1:49:03 (14)	33	3:39 1:52:42 (16)	34	3:30 1:56:12 (15)	35	3:34 1:59:46 (13)	36	3:40 2:03:26 (15)	37	3:46 2:07:12 (15)	38	3:46 2:10:58 (15)	39	3:39 2:14:37 (15)	40	3:48 2:18:25 (15)
41	3:45 2:22:10 (15)	42	3:41 2:25:51 (15)	43	3:38 2:29:29 (15)				40										

16 537 Lisa WEIGHTMAN AUS 16 Jan 79 **2:30:50**

1	3:46 3:46 (25)	2	3:36 7:22 (43)	3	3:27 10:49 (38)	4	3:36 14:25 (52)	5	3:29 17:54 (46)	6	3:39 21:33 (15)	7	3:38 25:11 (41)	8	3:32 28:43 (19)	9	3:31 32:14 (32)	10	3:28 35:42 (35)
11	3:30 39:12 (36)	12	3:38 42:50 (37)	13	3:28 46:18 (35)	14	3:35 49:53 (34)	15	3:35 53:28 (34)	16	3:35 57:03 (34)	17	3:37 1:00:40 (33)	18	3:32 1:04:12 (33)	19	3:37 1:07:49 (33)	20	3:37 1:11:26 (32)
21	3:40 1:15:06 (32)	22	19 1:15:25 (32)	23	3:20 1:18:45 (30)	24	3:28 1:22:13 (30)	25	3:38 1:25:51 (30)	26	3:37 1:29:28 (29)	27	3:35 1:33:03 (27)	28	3:35 1:36:38 (25)	29	3:36 1:40:14 (26)	30	3:37 1:43:51 (26)
31	3:37 1:47:28 (26)	32	3:36 1:51:04 (25)	33	3:37 1:54:41 (24)	34	3:28 1:58:09 (23)	35	3:35 2:01:44 (21)	36	3:35 2:05:19 (21)	37	3:36 2:08:55 (19)	38	3:38 2:12:33 (17)	39	3:33 2:16:06 (17)	40	3:36 2:19:42 (16)
41	3:33 2:23:15 (16)	42	3:32 2:26:47 (16)	43	3:26 2:30:13 (16)				37										

17 1386 Keira D'AMATO USA 21 Oct 84 **2:31:35** SB

1	3:45 3:45 (14)	2	3:33 7:18 (6)	3	3:29 10:47 (9)	4	3:35 14:22 (13)	5	3:30 17:52 (8)	6	3:40 21:32 (4)	7	3:37 25:09 (7)	8	3:34 28:43 (4)	9	3:28 32:11 (9)	10	3:21 35:32 (10)
11	3:38 39:10 (3)	12	3:38 42:48 (6)	13	3:24 46:12 (9)	14	3:19 49:31 (13)	15	3:26 52:57 (17)	16	3:34 56:31 (3)	17	3:33 1:00:04 (8)	18	3:34 1:03:38 (22)	19	3:34 1:07:12 (22)	20	3:26 1:10:38 (21)
21	3:32 1:14:10 (1)	22	19 1:14:29 (1)	23	3:13 1:17:42 (4)	24	3:22 1:21:04 (16)	25	3:30 1:24:34 (21)	26	3:33 1:28:07 (21)	27	3:35 1:31:42 (21)	28	3:46 1:35:28 (21)	29	3:42 1:39:10 (22)	30	3:43 1:42:53 (22)
31	3:41 1:46:34 (21)	32	3:41 1:50:15 (21)	33	3:45 1:54:00 (21)	34	3:40 1:57:40 (20)	35	3:46 2:01:26 (19)	36	3:42 2:05:08 (18)	37	3:43 2:08:51 (18)	38	3:42 2:12:33 (18)	39	3:47 2:16:20 (18)	40	3:47 2:20:07 (18)
41	3:41 2:23:48 (18)	42	3:40 2:27:28 (18)	43	3:31 2:30:59 (17)				36										

18 1348 Mercylene CHELANGAT UGA 17 Dec 97 **2:31:40**

1	3:46 3:46 (30)	2	3:35 7:21 (33)	3	3:27 10:48 (26)	4	3:34 14:22 (16)	5	3:30 17:52 (7)	6	3:41 21:33 (20)	7	3:37 25:10 (19)	8	3:33 28:43 (14)	9	3:29 32:12 (18)	10	3:20 35:32 (16)
11	3:39 39:11 (19)	12	3:38 42:49 (25)	13	3:24 46:13 (14)	14	3:18 49:31 (16)	15	3:26 52:57 (16)	16	3:35 56:32 (15)	17	3:33 1:00:05 (21)	18	3:33 1:03:38 (20)	19	3:37 1:07:15 (25)	20	3:29 1:10:44 (26)
21	3:30 1:14:14 (25)	22	19 1:14:33 (25)	23	3:19 1:17:52 (25)	24	3:31 1:21:23 (24)	25	3:42 1:25:05 (24)	26	3:40 1:28:45 (24)	27	3:35 1:32:20 (23)	28	3:42 1:36:02 (23)	29	3:37 1:39:39 (23)	30	3:46 1:43:25 (23)
31	3:41 1:47:06 (23)	32	3:45 1:50:51 (23)	33	3:42 1:54:33 (23)	34	3:38 1:58:11 (24)	35	3:45 2:01:56 (24)	36	3:47 2:05:43 (24)	37	3:48 2:09:31 (23)	38	3:46 2:13:17 (22)	39	3:39 2:16:56 (22)	40	3:37 2:20:33 (22)
41	3:27 2:24:00 (19)	42	3:32 2:27:32 (19)	43	3:30 2:31:02 (18)				38										

19 1046 Rika KASEDA JPN 2 Mar 99 **2:31:53** SB

1	3:40 3:40 (2)	2	3:38 7:18 (2)	3	3:28 10:46 (2)	4	3:35 14:21 (7)	5	3:32 17:53 (25)	6	3:39 21:32 (9)	7	3:37 25:09 (11)	8	3:34 28:43 (9)	9	3:29 32:12 (15)	10	3:20 35:32 (11)
11	3:35 39:07 (2)	12	3:38 42:45 (2)	13	3:28 46:13 (18)	14	3:18 49:31 (17)	15	3:25 52:56 (12)	16	3:36 56:32 (11)	17	3:32 1:00:04 (10)	18	3:33 1:03:37 (14)	19	3:34 1:07:11 (20)	20	3:25 1:10:36 (19)
21	3:35 1:14:11 (15)	22	19 1:14:30 (13)	23	3:13 1:17:43 (14)	24	3:21 1:21:04 (17)	25	3:29 1:24:33 (20)	26	3:27 1:28:00 (17)	27	3:31 1:31:31 (18)	28	3:34 1:35:05 (18)	29	3:34 1:38:39 (18)	30	3:38 1:42:17 (18)
31	3:38 1:45:55 (18)	32	3:41 1:49:36 (17)	33	3:47 1:53:23 (17)	34	3:39 1:57:02 (17)	35	3:44 2:00:46 (16)	36	3:47 2:04:33 (16)	37	3:47 2:08:20 (16)	38	3:52 2:12:12 (16)	39	3:46 2:15:58 (16)	40	3:47 2:19:45 (17)
41	3:48 2:23:33 (17)	42	3:49 2:27:22 (17)	43	3:50 2:31:12 (19)				41										



RACE ANALYSIS
Marathon Women
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

20 1053 Sayaka SATO										JPN	27 May 94	2:31:57	SB															
1	3:47	2	3:34	3	3:27	4	3:36	5	3:29	6	3:41	7	3:36	8	3:34	9	3:31	10	3:21									
	3:47 (40)		7:21 (38)		10:48 (30)		14:24 (33)		17:53 (38)		21:34 (40)		25:10 (34)		28:44 (36)		32:15 (33)		35:36 (24)									
11	3:34	12	3:39	13	3:25	14	3:25	15	3:26	16	3:28	17	3:32	18	3:33	19	3:33	20	3:27									
	39:10 (16)		42:49 (26)		46:14 (22)		49:39 (18)		53:05 (20)		56:33 (20)		1:00:05 (22)		1:03:38 (21)		1:07:11 (21)		1:10:38 (22)									
21	3:34	22	19	23	3:13	24	3:22	25	3:28	26	3:34	27	3:40	28	3:41	29	3:40	30	3:44									
	1:14:12 (22)		1:14:31 (23)		1:17:44 (22)		1:21:06 (22)		1:24:34 (22)		1:28:08 (22)		1:31:48 (22)		1:35:29 (22)		1:39:09 (21)		1:42:53 (21)									
31	3:42	32	3:42	33	3:47	34	3:39	35	3:46	36	3:45	37	3:44	38	3:50	39	3:47	40	3:49									
	1:46:35 (22)		1:50:17 (22)		1:54:04 (22)		1:57:43 (21)		2:01:29 (20)		2:05:14 (20)		2:08:58 (20)		2:12:48 (20)		2:16:35 (20)		2:20:24 (20)									
41	3:43	42	3:37	43	3:35							38																
	2:24:07 (21)		2:27:44 (20)		2:31:19 (20)																							

21 1352 Doreen CHESANG										UGA	16 Apr 90	2:32:11																
1	3:44	2	3:36	3	3:28	4	3:34	5	3:30	6	3:41	7	3:37	8	3:33	9	3:29	10	3:20									
	3:44 (11)		7:20 (25)		10:48 (24)		14:22 (21)		17:52 (14)		21:33 (25)		25:10 (20)		28:43 (24)		32:12 (16)		35:32 (15)									
11	3:39	12	3:38	13	3:23	14	3:18	15	3:26	16	3:36	17	3:32	18	3:33	19	3:34	20	3:25									
	39:11 (27)		42:49 (19)		46:12 (10)		49:30 (11)		52:56 (14)		56:32 (8)		1:00:04 (12)		1:03:37 (8)		1:07:11 (9)		1:10:36 (15)									
21	3:35	22	19	23	3:13	24	3:21	25	3:29	26	3:32	27	3:37	28	3:34	29	3:33	30	3:40									
	1:14:11 (20)		1:14:30 (17)		1:17:43 (18)		1:21:04 (19)		1:24:33 (18)		1:28:05 (20)		1:31:42 (20)		1:35:16 (20)		1:38:49 (20)		1:42:29 (20)									
31	3:47	32	3:48	33	3:45	34	3:35	35	3:41	36	3:49	37	3:54	38	3:54	39	3:50	40	3:49									
	1:46:16 (20)		1:50:04 (20)		1:53:49 (20)		1:57:24 (19)		2:01:05 (17)		2:04:54 (17)		2:08:48 (17)		2:12:42 (19)		2:16:32 (19)		2:20:21 (19)									
41	3:44	42	3:43	43	3:42							41																
	2:24:05 (20)		2:27:48 (21)		2:31:30 (21)																							

22 802 Alisa VAINIO										FIN	16 Nov 97	2:32:14																
1	3:45	2	3:34	3	3:28	4	3:35	5	3:31	6	3:39	7	3:37	8	3:34	9	3:29	10	3:24									
	3:45 (13)		7:19 (7)		10:47 (6)		14:22 (14)		17:53 (21)		21:32 (13)		25:09 (14)		28:43 (16)		32:12 (20)		35:36 (25)									
11	3:34	12	3:39	13	3:27	14	3:33	15	3:31	16	3:36	17	3:37	18	3:33	19	3:35	20	3:35									
	39:10 (11)		42:49 (17)		46:16 (31)		49:49 (32)		53:20 (31)		56:56 (29)		1:00:33 (29)		1:04:06 (28)		1:07:41 (30)		1:11:16 (28)									
21	3:37	22	19	23	3:18	24	3:33	25	3:39	26	3:38	27	3:43	28	3:37	29	3:34	30	3:36									
	1:14:53 (28)		1:15:12 (28)		1:18:30 (27)		1:22:03 (26)		1:25:42 (26)		1:29:20 (26)		1:33:03 (26)		1:36:40 (26)		1:40:14 (25)		1:43:50 (25)									
31	3:36	32	3:37	33	3:39	34	3:31	35	3:41	36	3:42	37	3:46	38	3:47	39	3:40	40	3:43									
	1:47:26 (25)		1:51:03 (24)		1:54:42 (25)		1:58:13 (25)		2:01:54 (23)		2:05:36 (22)		2:09:22 (21)		2:13:09 (21)		2:16:49 (21)		2:20:32 (21)									
41	3:40	42	3:43	43	3:40							39																
	2:24:12 (22)		2:27:55 (22)		2:31:35 (22)																							

23 1345 Ümmü KIRAZ										TUR	27 Sep 82	2:33:23	PB															
1	3:48	2	3:33	3	3:31	4	3:42	5	3:34	6	3:39	7	3:36	8	3:35	9	3:38	10	3:35									
	3:48 (52)		7:21 (37)		10:52 (61)		14:34 (61)		18:08 (62)		21:47 (62)		25:23 (61)		28:58 (62)		32:36 (61)		36:11 (61)									
11	3:31	12	3:32	13	3:26	14	3:35	15	3:32	16	3:37	17	3:36	18	3:37	19	3:37	20	3:33									
	39:42 (60)		43:14 (50)		46:40 (49)		50:15 (46)		53:47 (42)		57:24 (41)		1:01:00 (38)		1:04:37 (39)		1:08:14 (38)		1:11:47 (37)									
21	3:36	22	19	23	3:15	24	3:28	25	3:38	26	3:40	27	3:39	28	3:44	29	3:42	30	3:40									
	1:15:23 (36)		1:15:42 (36)		1:18:57 (35)		1:22:25 (32)		1:26:03 (32)		1:29:43 (31)		1:33:22 (30)		1:37:06 (30)		1:40:48 (30)		1:44:28 (30)									
31	3:36	32	3:40	33	3:41	34	3:36	35	3:42	36	3:41	37	3:45	38	3:50	39	3:43	40	3:46									
	1:48:04 (28)		1:51:44 (27)		1:55:25 (27)		1:59:01 (27)		2:02:43 (25)		2:06:24 (25)		2:10:09 (25)		2:13:59 (24)		2:17:42 (24)		2:21:28 (24)									
41	3:44	42	3:44	43	3:46							41																
	2:25:12 (23)		2:28:56 (23)		2:32:42 (23)																							

24 947 Nóra SZABÓ										HUN	1 Mar 88	2:33:28																
1	3:40	2	3:37	3	3:29	4	3:36	5	3:31	6	3:40	7	3:37	8	3:34	9	3:33	10	3:31									
	3:40 (1)		7:17 (1)		10:46 (1)		14:22 (9)		17:53 (28)		21:33 (27)		25:10 (26)		28:44 (27)		32:17 (40)		35:48 (44)									
11	3:31	12	3:32	13	3:30	14	3:38	15	3:39	16	3:40	17	3:42	18	3:36	19	3:39	20	3:39									
	39:19 (40)		42:51 (39)		46:21 (39)		49:59 (38)		53:38 (37)		57:18 (38)		1:01:00 (36)		1:04:36 (38)		1:08:15 (41)		1:11:54 (39)									
21	3:42	22	20	23	3:24	24	3:35	25	3:39	26	3:38	27	3:41	28	3:40	29	3:37	30	3:38									
	1:15:36 (39)		1:15:56 (38)		1:19:20 (38)		1:22:55 (36)		1:26:34 (36)		1:30:12 (36)		1:33:53 (35)		1:37:33 (34)		1:41:10 (33)		1:44:48 (32)									
31	3:39	32	3:41	33	3:42	34	3:35	35	3:46	36	3:45	37	3:42	38	3:45	39	3:40	40	3:43									
	1:48:27 (32)		1:52:08 (31)		1:55:50 (29)		1:59:25 (29)		2:03:11 (27)		2:06:56 (27)		2:10:38 (26)		2:14:23 (25)		2:18:03 (25)		2:21:46 (25)									
41	3:44	42	3:39	43	3:40							39																
	2:25:30 (25)		2:29:09 (24)		2:32:49 (24)																							

RACE ANALYSIS
Marathon Women
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

25	1118	Rkia EL MOUKIM	MAR	22 Feb 88	2:33:54														
1	3:45	2	3:35	3	3:28	4	3:35	5	3:30	6	3:40	7	3:37	8	3:34	9	3:29	10	3:23
	3:45 (21)		7:20 (23)		10:48 (28)		14:23 (27)		17:53 (29)		21:33 (29)		25:10 (25)		28:44 (32)		32:13 (25)		35:36 (27)
11	3:34	12	3:39	13	3:25	14	3:26	15	3:25	16	3:29	17	3:31	18	3:33	19	3:33	20	3:25
	39:10 (18)		42:49 (24)		46:14 (23)		49:40 (23)		53:05 (21)		56:34 (22)		1:00:05 (20)		1:03:38 (19)		1:07:11 (16)		1:10:36 (18)
21	3:35	22	19	23	3:14	24	3:22	25	3:27	26	3:28	27	3:32	28	3:37	29	3:36	30	3:40
	1:14:11 (19)		1:14:30 (18)		1:17:44 (20)		1:21:06 (21)		1:24:33 (19)		1:28:01 (19)		1:31:33 (19)		1:35:10 (19)		1:38:46 (19)		1:42:26 (19)
31	3:46	32	3:45	33	3:48	34	4:03	35	3:56	36	3:57	37	4:04	38	4:02	39	3:46	40	3:54
	1:46:12 (19)		1:49:57 (19)		1:53:45 (19)		1:57:48 (23)		2:01:44 (22)		2:05:41 (23)		2:09:45 (24)		2:13:47 (23)		2:17:33 (23)		2:21:27 (23)
41	4:02	42	3:55	43	3:49					41									
	2:25:29 (24)		2:29:24 (25)		2:33:13 (25)														

26	695	Moira STEWARTOVÁ	CZE	9 Jun 95	2:34:02														
1	3:46	2	3:34	3	3:29	4	3:36	5	3:28	6	3:41	7	3:37	8	3:33	9	3:29	10	3:24
	3:46 (33)		7:20 (20)		10:49 (41)		14:25 (46)		17:53 (35)		21:34 (39)		25:11 (42)		28:44 (37)		32:13 (28)		35:37 (30)
11	3:34	12	3:38	13	3:27	14	3:30	15	3:31	16	3:35	17	3:37	18	3:32	19	3:39	20	3:36
	39:11 (29)		42:49 (31)		46:16 (33)		49:46 (29)		53:17 (27)		56:52 (27)		1:00:29 (27)		1:04:01 (27)		1:07:40 (27)		1:11:16 (29)
21	3:37	22	19	23	3:18	24	3:33	25	3:39	26	3:38	27	3:43	28	3:42	29	3:38	30	3:45
	1:14:53 (27)		1:15:12 (27)		1:18:30 (26)		1:22:03 (27)		1:25:42 (27)		1:29:20 (27)		1:33:03 (28)		1:36:45 (28)		1:40:23 (28)		1:44:08 (27)
31	3:48	32	3:48	33	3:50	34	3:47	35	3:50	36	3:47	37	3:49	38	3:52	39	3:47	40	3:51
	1:47:56 (27)		1:51:44 (28)		1:55:34 (28)		1:59:21 (28)		2:03:11 (28)		2:06:58 (28)		2:10:47 (27)		2:14:39 (26)		2:18:26 (26)		2:22:17 (26)
41	3:46	42	3:41	43	3:39					39									
	2:26:03 (26)		2:29:44 (26)		2:33:23 (26)														

27	750	Meritxell SOLER	ESP	20 Jul 92	2:34:38														
1	3:48	2	3:34	3	3:28	4	3:34	5	3:29	6	3:41	7	3:37	8	3:34	9	3:33	10	3:30
	3:48 (48)		7:22 (54)		10:50 (51)		14:24 (41)		17:53 (40)		21:34 (44)		25:11 (44)		28:45 (47)		32:18 (45)		35:48 (45)
11	3:31	12	3:32	13	3:30	14	3:39	15	3:41	16	3:42	17	3:46	18	3:39	19	3:44	20	3:42
	39:19 (39)		42:51 (38)		46:21 (38)		50:00 (39)		53:41 (40)		57:23 (40)		1:01:09 (43)		1:04:48 (43)		1:08:32 (43)		1:12:14 (42)
21	3:41	22	19	23	3:23	24	3:37	25	3:46	26	3:45	27	3:43	28	3:46	29	3:45	30	3:40
	1:15:55 (42)		1:16:14 (42)		1:19:37 (41)		1:23:14 (41)		1:27:00 (41)		1:30:45 (39)		1:34:28 (38)		1:38:14 (37)		1:41:59 (37)		1:45:39 (36)
31	3:40	32	3:40	33	3:43	34	3:38	35	3:41	36	3:45	37	3:42	38	3:46	39	3:43	40	3:47
	1:49:19 (36)		1:52:59 (35)		1:56:42 (35)		2:00:20 (34)		2:04:01 (31)		2:07:46 (31)		2:11:28 (30)		2:15:14 (28)		2:18:57 (28)		2:22:44 (27)
41	3:46	42	3:42	43	3:44					42									
	2:26:30 (27)		2:30:12 (27)		2:33:56 (27)														

28	1092	Gulshanoi SATAROVA	KGZ	1 Sep 92	2:35:06	SB													
1	3:46	2	3:43	3	3:39	4	3:43	5	3:41	6	3:47	7	3:44	8	3:41	9	3:40	10	3:39
	3:46 (28)		7:29 (70)		11:08 (70)		14:51 (67)		18:32 (67)		22:19 (68)		26:03 (66)		29:44 (67)		33:24 (66)		37:03 (66)
11	3:42	12	3:43	13	3:37	14	3:42	15	3:40	16	3:44	17	3:41	18	3:41	19	3:40	20	3:40
	40:45 (66)		44:28 (66)		48:05 (66)		51:47 (64)		55:27 (64)		59:11 (64)		1:02:52 (64)		1:06:33 (63)		1:10:13 (63)		1:13:53 (60)
21	3:40	22	19	23	3:21	24	3:36	25	3:40	26	3:39	27	3:40	28	3:40	29	3:40	30	3:40
	1:17:33 (60)		1:17:52 (58)		1:21:13 (55)		1:24:49 (55)		1:28:29 (54)		1:32:08 (53)		1:35:48 (52)		1:39:28 (50)		1:43:08 (50)		1:46:48 (47)
31	3:39	32	3:41	33	3:41	34	3:35	35	3:42	36	3:39	37	3:45	38	3:44	39	3:39	40	3:38
	1:50:27 (46)		1:54:08 (45)		1:57:49 (44)		2:01:24 (43)		2:05:06 (40)		2:08:45 (39)		2:12:30 (37)		2:16:14 (33)		2:19:53 (33)		2:23:31 (30)
41	3:37	42	3:41	43	3:38					39									
	2:27:08 (29)		2:30:49 (29)		2:34:27 (28)														

29	718	Silvia ORTIZ	ECU	30 Jun 92	2:35:09														
1	3:50	2	3:33	3	3:27	4	3:32	5	3:30	6	3:40	7	3:38	8	3:34	9	3:31	10	3:27
	3:50 (68)		7:23 (59)		10:50 (48)		14:22 (19)		17:52 (17)		21:32 (12)		25:10 (29)		28:44 (29)		32:15 (36)		35:42 (34)
11	3:30	12	3:37	13	3:30	14	3:40	15	3:39	16	3:40	17	3:42	18	3:36	19	3:38	20	3:39
	39:12 (35)		42:49 (33)		46:19 (37)		49:59 (37)		53:38 (38)		57:18 (37)		1:01:00 (37)		1:04:36 (37)		1:08:14 (39)		1:11:53 (38)
21	3:43	22	20	23	3:24	24	3:42	25	3:57	26	3:56	27	3:49	28	3:46	29	3:39	30	3:41
	1:15:36 (38)		1:15:56 (39)		1:19:20 (37)		1:23:02 (40)		1:26:59 (39)		1:30:55 (40)		1:34:44 (40)		1:38:30 (40)		1:42:09 (39)		1:45:50 (39)
31	3:37	32	3:41	33	3:45	34	3:40	35	3:46	36	3:44	37	3:48	38	3:53	39	3:43	40	3:48
	1:49:27 (37)		1:53:08 (37)		1:56:53 (36)		2:00:33 (35)		2:04:19 (34)		2:08:03 (32)		2:11:51 (32)		2:15:44 (31)		2:19:27 (29)		2:23:15 (29)
41	3:40	42	3:48	43	3:45					41									
	2:26:55 (28)		2:30:43 (28)		2:34:28 (29)														

RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

30 844 Natasha COCKRAM

GBR 12 Nov 92 **2:35:34** SB

1	3:48	2	3:33	3	3:27	4	3:35	5	3:30	6	3:42	7	3:36	8	3:33	9	3:30	10	3:28
	3:48 (47)		7:21 (41)		10:48 (32)		14:23 (31)		17:53 (30)		21:35 (46)		25:11 (40)		28:44 (33)		32:14 (31)		35:42 (36)
11	3:29	12	3:38	13	3:26	14	3:39	15	3:36	16	3:46	17	3:47	18	3:34	19	3:36	20	3:43
	39:11 (33)		42:49 (22)		46:15 (28)		49:54 (36)		53:30 (35)		57:16 (35)		1:01:03 (41)		1:04:37 (41)		1:08:13 (37)		1:11:56 (41)
21	3:41	22	19	23	3:24	24	3:39	25	3:48	26	3:46	27	3:54	28	3:55	29	3:39	30	3:45
	1:15:37 (41)		1:15:56 (41)		1:19:20 (39)		1:22:59 (38)		1:26:47 (38)		1:30:33 (37)		1:34:27 (37)		1:38:22 (38)		1:42:01 (38)		1:45:46 (37)
31	3:44	32	3:53	33	3:54	34	3:43	35	3:48	36	3:46	37	3:54	38	3:53	39	3:40	40	3:43
	1:49:30 (39)		1:53:23 (41)		1:57:17 (41)		2:01:00 (40)		2:04:48 (38)		2:08:34 (37)		2:12:28 (36)		2:16:21 (35)		2:20:01 (35)		2:23:44 (34)
41	3:45	42	3:44	43	3:46		35												
	2:27:29 (32)		2:31:13 (30)		2:34:59 (30)														

31 1131 Khshigsaikhan GALBADRAKH

MGL 28 Aug 90 **2:35:38** SB

1	3:45	2	3:36	3	3:27	4	3:37	5	3:28	6	3:41	7	3:37	8	3:34	9	3:35	10	3:35
	3:45 (12)		7:21 (35)		10:48 (37)		14:25 (48)		17:53 (39)		21:34 (38)		25:11 (43)		28:45 (48)		32:20 (51)		35:55 (51)
11	3:40	12	3:43	13	3:36	14	3:42	15	3:40	16	3:41	17	3:44	18	3:34	19	3:40	20	3:38
	39:35 (51)		43:18 (52)		46:54 (53)		50:36 (51)		54:16 (51)		57:57 (48)		1:01:41 (49)		1:05:15 (47)		1:08:55 (46)		1:12:33 (46)
21	3:42	22	20	23	3:23	24	3:36	25	3:44	26	3:41	27	3:45	28	3:46	29	3:39	30	3:41
	1:16:15 (44)		1:16:35 (44)		1:19:58 (44)		1:23:34 (43)		1:27:18 (42)		1:30:59 (42)		1:34:44 (39)		1:38:30 (39)		1:42:09 (40)		1:45:50 (40)
31	3:37	32	3:42	33	3:44	34	3:40	35	3:47	36	3:48	37	3:53	38	3:56	39	3:49	40	3:48
	1:49:27 (38)		1:53:09 (38)		1:56:53 (37)		2:00:33 (36)		2:04:20 (35)		2:08:08 (33)		2:12:01 (33)		2:15:57 (32)		2:19:46 (32)		2:23:34 (33)
41	3:48	42	3:53	43	3:45		38												
	2:27:22 (31)		2:31:15 (31)		2:35:00 (31)														

32 644 Zhixuan LI

CHN 23 Mar 94 **2:35:48**

1	3:47	2	3:35	3	3:27	4	3:36	5	3:29	6	3:40	7	3:36	8	3:34	9	3:31	10	3:26
	3:47 (35)		7:22 (47)		10:49 (47)		14:25 (50)		17:54 (43)		21:34 (42)		25:10 (36)		28:44 (38)		32:15 (35)		35:41 (33)
11	3:30	12	3:39	13	3:29	14	3:33	15	3:33	16	3:37	17	3:40	18	3:36	19	3:41	20	3:40
	39:11 (34)		42:50 (36)		46:19 (36)		49:52 (33)		53:25 (33)		57:02 (33)		1:00:42 (34)		1:04:18 (34)		1:07:59 (34)		1:11:39 (34)
21	3:37	22	20	23	3:20	24	3:29	25	3:41	26	3:45	27	3:46	28	3:49	29	3:47	30	3:50
	1:15:16 (34)		1:15:36 (34)		1:18:56 (33)		1:22:25 (34)		1:26:06 (34)		1:29:51 (34)		1:33:37 (33)		1:37:26 (33)		1:41:13 (34)		1:45:03 (34)
31	3:45	32	3:49	33	3:49	34	3:33	35	3:47	36	3:48	37	3:57	38	4:02	39	3:56	40	4:04
	1:48:48 (34)		1:52:37 (34)		1:56:26 (34)		1:59:59 (31)		2:03:46 (30)		2:07:34 (30)		2:11:31 (31)		2:15:33 (30)		2:19:29 (30)		2:23:33 (31)
41	3:57	42	3:48	43	3:51		39												
	2:27:30 (33)		2:31:18 (32)		2:35:09 (32)														

33 667 Bojana BJELJAC

CRO 10 Apr 89 **2:35:49** SB

1	3:47	2	3:34	3	3:28	4	3:36	5	3:31	6	3:39	7	3:37	8	3:33	9	3:35	10	3:32
	3:47 (37)		7:21 (36)		10:49 (46)		14:25 (45)		17:56 (49)		21:35 (49)		25:12 (48)		28:45 (50)		32:20 (49)		35:52 (47)
11	3:30	12	3:34	13	3:30	14	3:37	15	3:35	16	3:40	17	3:41	18	3:37	19	3:38	20	3:41
	39:22 (43)		42:56 (41)		46:26 (41)		50:03 (40)		53:38 (39)		57:18 (36)		1:00:59 (35)		1:04:36 (35)		1:08:14 (40)		1:11:55 (40)
21	3:41	22	20	23	3:24	24	3:39	25	3:47	26	3:48	27	3:50	28	3:50	29	3:44	30	3:48
	1:15:36 (40)		1:15:56 (40)		1:19:20 (40)		1:22:59 (37)		1:26:46 (37)		1:30:34 (38)		1:34:24 (36)		1:38:14 (36)		1:41:58 (36)		1:45:46 (38)
31	3:45	32	3:46	33	3:47	34	3:42	35	3:49	36	3:53	37	3:53	38	3:55	39	3:44	40	3:52
	1:49:31 (40)		1:53:17 (39)		1:57:04 (39)		2:00:46 (37)		2:04:35 (36)		2:08:28 (36)		2:12:21 (34)		2:16:16 (34)		2:20:00 (34)		2:23:52 (35)
41	3:49	42	3:45	43	3:45		38												
	2:27:41 (35)		2:31:26 (33)		2:35:11 (33)														

34 1125 Citlali CRISTIAN MOSCOTE

MEX 15 Apr 95 **2:36:03**

1	3:44	2	3:34	3	3:29	4	3:34	5	3:32	6	3:39	7	3:37	8	3:34	9	3:31	10	3:23
	3:44 (5)		7:18 (3)		10:47 (5)		14:21 (4)		17:53 (19)		21:32 (11)		25:09 (12)		28:43 (8)		32:14 (30)		35:37 (28)
11	3:34	12	3:38	13	3:26	14	3:31	15	3:33	16	3:38	17	3:36	18	3:33	19	3:35	20	3:39
	39:11 (28)		42:49 (27)		46:15 (24)		49:46 (28)		53:19 (28)		56:57 (32)		1:00:33 (31)		1:04:06 (29)		1:07:41 (28)		1:11:20 (31)
21	3:41	22	19	23	3:25	24	3:37	25	3:40	26	3:41	27	3:45	28	3:50	29	3:42	30	3:48
	1:15:01 (31)		1:15:20 (31)		1:18:45 (31)		1:22:22 (31)		1:26:02 (31)		1:29:43 (32)		1:33:28 (32)		1:37:18 (32)		1:41:00 (32)		1:44:48 (33)
31	3:46	32	3:52	33	3:58	34	3:48	35	4:03	36	4:00	37	4:08	38	4:07	39	3:50	40	3:55
	1:48:34 (33)		1:52:26 (33)		1:56:24 (33)		2:00:12 (33)		2:04:15 (32)		2:08:15 (34)		2:12:23 (35)		2:16:30 (36)		2:20:20 (36)		2:24:15 (36)
41	3:51	42	3:43	43	3:35		39												
	2:28:06 (36)		2:31:49 (36)		2:35:24 (34)														



RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

35 1199 Zaida RAMOS										PER	11 Nov 95	2:36:23							
1	3:47	2	3:33	3	3:27	4	3:34	5	3:30	6	3:41	7	3:37	8	3:34	9	3:29	10	3:20
	3:47 (41)		7:20 (26)		10:47 (10)		14:21 (5)		17:51 (3)		21:32 (7)		25:09 (8)		28:43 (3)		32:12 (14)		35:32 (18)
11	3:48	12	3:38	13	3:25	14	3:26	15	3:26	16	3:28	17	3:31	18	3:33	19	3:34	20	3:30
	39:10 (7)		42:48 (10)		46:13 (17)		49:39 (21)		53:05 (18)		56:33 (19)		1:00:04 (15)		1:03:37 (6)		1:07:11 (12)		1:10:41 (24)
21	3:31	22	19	23	3:15	24	3:31	25	3:40	26	3:40	27	3:44	28	3:45	29	3:39	30	3:47
	1:14:12 (21)		1:14:31 (20)		1:17:46 (23)		1:21:17 (23)		1:24:57 (23)		1:28:37 (23)		1:32:21 (24)		1:36:06 (24)		1:39:45 (24)		1:43:32 (24)
31	3:46	32	3:47	33	3:55	34	3:47	35	3:59	36	3:57	37	4:04	38	4:03	39	4:03	40	4:04
	1:47:18 (24)		1:51:05 (26)		1:55:00 (26)		1:58:47 (26)		2:02:46 (26)		2:06:43 (26)		2:10:47 (28)		2:14:50 (27)		2:18:53 (27)		2:22:57 (28)
41	4:14	42	4:16	43	4:11			45											
	2:27:11 (30)		2:31:27 (34)		2:35:38 (35)														

36 603 Militsa MIRCHEVA										BUL	24 May 94	2:36:45	SB						
1	3:46	2	3:35	3	3:27	4	3:36	5	3:30	6	3:41	7	3:37	8	3:33	9	3:32	10	3:30
	3:46 (32)		7:21 (34)		10:48 (33)		14:24 (42)		17:54 (45)		21:35 (48)		25:12 (50)		28:45 (46)		32:17 (42)		35:47 (40)
11	3:36	12	3:35	13	3:31	14	3:42	15	3:36	16	3:37	17	3:36	18	3:36	19	3:37	20	3:31
	39:23 (47)		42:58 (45)		46:29 (45)		50:11 (43)		53:47 (43)		57:24 (42)		1:01:00 (39)		1:04:36 (36)		1:08:13 (36)		1:11:44 (36)
21	3:33	22	19	23	3:20	24	3:29	25	3:38	26	3:40	27	3:40	28	3:43	29	3:42	30	3:40
	1:15:17 (35)		1:15:36 (35)		1:18:56 (34)		1:22:25 (33)		1:26:03 (33)		1:29:43 (33)		1:33:23 (31)		1:37:06 (31)		1:40:48 (31)		1:44:28 (31)
31	3:40	32	3:48	33	3:54	34	3:36	35	3:45	36	3:51	37	4:09	38	4:14	39	4:04	40	4:04
	1:48:08 (29)		1:51:56 (29)		1:55:50 (30)		1:59:26 (30)		2:03:11 (29)		2:07:02 (29)		2:11:11 (29)		2:15:25 (29)		2:19:29 (31)		2:23:33 (32)
41	4:01	42	4:09	43	4:14			48											
	2:27:34 (34)		2:31:43 (35)		2:35:57 (36)														

37 1271 Clementine MUKANDANGA										RWA	8 Dec 85	2:37:09	SB						
1	3:49	2	3:32	3	3:28	4	3:35	5	3:30	6	3:39	7	3:38	8	3:33	9	3:33	10	3:29
	3:49 (65)		7:21 (42)		10:49 (39)		14:24 (38)		17:54 (42)		21:33 (32)		25:11 (38)		28:44 (40)		32:17 (43)		35:46 (39)
11	3:37	12	3:41	13	3:34	14	3:47	15	3:48	16	3:44	17	3:44	18	3:34	19	3:41	20	3:37
	39:23 (45)		43:04 (46)		46:38 (46)		50:25 (47)		54:13 (48)		57:57 (50)		1:01:41 (50)		1:05:15 (48)		1:08:56 (49)		1:12:33 (45)
21	3:42	22	20	23	3:23	24	3:38	25	3:44	26	3:44	27	3:40	28	3:46	29	3:40	30	3:49
	1:16:15 (47)		1:16:35 (47)		1:19:58 (48)		1:23:36 (49)		1:27:20 (46)		1:31:04 (44)		1:34:44 (42)		1:38:30 (42)		1:42:10 (41)		1:45:59 (42)
31	3:48	32	3:44	33	3:57	34	3:55	35	3:59	36	3:47	37	3:58	38	4:01	39	3:49	40	3:57
	1:49:47 (43)		1:53:31 (43)		1:57:28 (43)		2:01:23 (42)		2:05:22 (42)		2:09:09 (41)		2:13:07 (41)		2:17:08 (38)		2:20:57 (38)		2:24:54 (38)
41	3:55	42	3:57	43	3:47			36											
	2:28:49 (38)		2:32:46 (38)		2:36:33 (38)														

38 732 Marta GALIMANY										ESP	5 Oct 85	2:37:10	SB						
1	3:49	2	3:34	3	3:27	4	3:36	5	3:33	6	3:37	7	3:40	8	3:31	9	3:37	10	3:36
	3:49 (63)		7:23 (60)		10:50 (55)		14:26 (56)		17:59 (55)		21:36 (57)		25:16 (60)		28:47 (58)		32:24 (57)		36:00 (57)
11	3:40	12	3:40	13	3:33	14	3:43	15	3:40	16	3:41	17	3:43	18	3:35	19	3:41	20	3:41
	39:40 (55)		43:20 (56)		46:53 (51)		50:36 (54)		54:16 (50)		57:57 (49)		1:01:40 (47)		1:05:15 (49)		1:08:56 (47)		1:12:37 (50)
21	3:38	22	20	23	3:23	24	3:36	25	3:46	26	3:45	27	3:45	28	3:46	29	3:40	30	3:44
	1:16:15 (48)		1:16:35 (47)		1:19:58 (48)		1:23:34 (44)		1:27:20 (45)		1:31:05 (45)		1:34:50 (43)		1:38:36 (43)		1:42:16 (43)		1:46:00 (43)
31	3:42	32	3:40	33	3:48	34	3:42	35	3:50	36	3:53	37	4:02	38	4:06	39	3:59	40	4:00
	1:49:42 (42)		1:53:22 (40)		1:57:10 (40)		2:00:52 (39)		2:04:42 (37)		2:08:35 (38)		2:12:37 (38)		2:16:43 (37)		2:20:42 (37)		2:24:42 (37)
41	3:55	42	3:54	43	3:57			42											
	2:28:37 (37)		2:32:31 (37)		2:36:28 (37)														

39 562 Hanne VERBRUGGEN										BEL	27 May 93	2:37:15							
1	3:48	2	3:34	3	3:27	4	3:36	5	3:31	6	3:38	7	3:38	8	3:33	9	3:34	10	3:33
	3:48 (51)		7:22 (44)		10:49 (42)		14:25 (44)		17:56 (48)		21:34 (41)		25:12 (45)		28:45 (51)		32:19 (47)		35:52 (46)
11	3:30	12	3:34	13	3:32	14	3:43	15	3:41	16	3:44	17	3:54	18	3:44	19	3:45	20	3:38
	39:22 (44)		42:56 (42)		46:28 (42)		50:11 (44)		53:52 (46)		57:36 (46)		1:01:30 (46)		1:05:14 (46)		1:08:59 (52)		1:12:37 (51)
21	3:39	22	20	23	3:22	24	3:36	25	3:50	26	5:08	27	3:45	28	3:54	29	3:46	30	3:54
	1:16:16 (50)		1:16:36 (50)		1:19:58 (43)		1:23:34 (42)		1:27:24 (48)		1:32:32 (55)		1:36:17 (55)		1:40:11 (55)		1:43:57 (55)		1:47:51 (55)
31	3:46	32	3:44	33	3:45	34	3:40	35	3:50	36	3:53	37	3:52	38	3:53	39	3:39	40	3:43
	1:51:37 (54)		1:55:21 (52)		1:59:06 (50)		2:02:46 (48)		2:06:36 (47)		2:10:29 (47)		2:14:21 (47)		2:18:14 (46)		2:21:53 (45)		2:25:36 (43)
41	3:41	42	3:38	43	3:41			39											
	2:29:17 (41)		2:32:55 (39)		2:36:36 (39)														



RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

40 1206 Monika JACKIEWICZ											POL	18 Dec 92	2:37:18						
1	3:47	2	3:34	3	3:29	4	3:36	5	3:34	6	3:36	7	3:39	8	3:33	9	3:37	10	3:35
	3:47 (38)		7:21 (40)		10:50 (54)		14:26 (55)		18:00 (57)		21:36 (58)		25:15 (58)		28:48 (59)		32:25 (60)		36:00 (56)
11	3:40	12	3:40	13	3:34	14	3:42	15	3:40	16	3:42	17	3:43	18	3:34	19	3:41	20	3:37
	39:40 (57)		43:20 (55)		46:54 (55)		50:36 (56)		54:16 (56)		57:58 (51)		1:01:41 (51)		1:05:15 (51)		1:08:56 (48)		1:12:33 (44)
21	3:42	22	20	23	3:23	24	3:36	25	3:46	26	3:47	27	3:55	28	3:59	29	3:49	30	3:57
	1:16:15 (45)		1:16:35 (46)		1:19:58 (47)		1:23:34 (45)		1:27:20 (44)		1:31:07 (47)		1:35:02 (47)		1:39:01 (45)		1:42:50 (46)		1:46:47 (46)
31	3:48	32	3:53	33	3:53	34	3:46	35	3:56	36	3:57	37	3:57	38	3:53	39	3:48	40	3:50
	1:50:35 (47)		1:54:28 (47)		1:58:21 (47)		2:02:07 (46)		2:06:03 (45)		2:10:00 (45)		2:13:57 (45)		2:17:50 (43)		2:21:38 (43)		2:25:28 (41)
41	3:50	42	3:47	43	3:46		37												
	2:29:18 (42)		2:33:05 (42)		2:36:41 (40)														

41 524 Sarah KLEIN											AUS	19 Apr 85	2:37:31						
1	3:49	2	3:34	3	3:28	4	3:35	5	3:32	6	3:37	7	3:38	8	3:34	9	3:36	10	3:37
	3:49 (66)		7:23 (61)		10:51 (56)		14:26 (53)		17:58 (54)		21:35 (47)		25:13 (51)		28:47 (55)		32:23 (55)		36:00 (55)
11	3:40	12	3:40	13	3:34	14	3:42	15	4:17	16	3:41	17	3:45	18	3:38	19	3:44	20	3:38
	39:40 (54)		43:20 (54)		46:54 (57)		50:36 (57)		54:53 (63)		58:34 (60)		1:02:19 (59)		1:05:57 (59)		1:09:41 (58)		1:13:19 (54)
21	3:41	22	20	23	3:24	24	3:37	25	3:42	26	3:43	27	3:39	28	3:42	29	3:40	30	3:49
	1:17:00 (55)		1:17:20 (54)		1:20:44 (53)		1:24:21 (53)		1:28:03 (52)		1:31:46 (51)		1:35:25 (51)		1:39:07 (47)		1:42:47 (45)		1:46:36 (45)
31	3:45	32	3:50	33	3:55	34	3:46	35	3:57	36	3:55	37	3:55	38	4:00	39	3:48	40	3:53
	1:50:21 (45)		1:54:11 (46)		1:58:06 (46)		2:01:52 (45)		2:05:49 (44)		2:09:44 (43)		2:13:39 (43)		2:17:39 (42)		2:21:27 (41)		2:25:20 (40)
41	3:51	42	3:50	43	3:49		41												
	2:29:11 (39)		2:33:01 (40)		2:36:50 (41)														

42 1105 Mokulubete Blandina MAKATISI											LES	1 Sep 95	2:37:49	SB					
1	3:48	2	3:34	3	3:27	4	3:36	5	3:32	6	3:38	7	3:37	8	3:32	9	3:35	10	3:35
	3:48 (53)		7:22 (53)		10:49 (44)		14:25 (49)		17:57 (53)		21:35 (52)		25:12 (49)		28:44 (43)		32:19 (48)		35:54 (49)
11	3:37	12	3:38	13	3:31	14	3:46	15	3:41	16	3:40	17	3:42	18	3:42	19	3:42	20	3:42
	39:31 (49)		43:09 (48)		46:40 (48)		50:26 (49)		54:07 (47)		57:47 (47)		1:01:29 (45)		1:05:11 (45)		1:08:53 (44)		1:12:35 (48)
21	3:40	22	20	23	3:23	24	3:36	25	3:44	26	3:41	27	3:45	28	3:46	29	3:40	30	3:40
	1:16:15 (46)		1:16:35 (46)		1:19:58 (45)		1:23:34 (46)		1:27:18 (43)		1:30:59 (43)		1:34:44 (41)		1:38:30 (41)		1:42:10 (42)		1:45:50 (41)
31	3:49	32	3:52	33	3:57	34	3:55	35	3:59	36	4:01	37	4:03	38	4:01	39	3:54	40	3:56
	1:49:39 (41)		1:53:31 (42)		1:57:28 (42)		2:01:23 (41)		2:05:22 (41)		2:09:23 (42)		2:13:26 (42)		2:17:27 (41)		2:21:21 (39)		2:25:17 (39)
41	3:54	42	3:51	43	4:02		45												
	2:29:11 (40)		2:33:02 (41)		2:37:04 (42)														

43 506 Isobel BATT-DOYLE											AUS	14 Sep 95	2:37:53						
1	3:46	2	3:36	3	3:28	4	3:35	5	3:29	6	3:41	7	3:37	8	3:35	9	3:36	10	3:37
	3:46 (31)		7:22 (52)		10:50 (50)		14:25 (51)		17:54 (47)		21:35 (45)		25:12 (46)		28:47 (54)		32:23 (52)		36:00 (54)
11	3:39	12	3:40	13	3:34	14	3:43	15	3:40	16	3:42	17	3:45	18	3:40	19	3:44	20	3:42
	39:39 (53)		43:19 (53)		46:53 (52)		50:36 (52)		54:16 (52)		57:58 (55)		1:01:43 (56)		1:05:23 (56)		1:09:07 (55)		1:12:49 (53)
21	3:47	22	21	23	3:24	24	3:39	25	3:50	26	3:46	27	3:49	28	3:55	29	3:44	30	3:48
	1:16:36 (53)		1:16:57 (52)		1:20:21 (51)		1:24:00 (51)		1:27:50 (51)		1:31:36 (50)		1:35:25 (50)		1:39:20 (49)		1:43:04 (48)		1:46:52 (48)
31	3:48	32	3:51	33	3:53	34	3:48	35	3:59	36	3:55	37	3:55	38	3:58	39	3:52	40	3:55
	1:50:40 (48)		1:54:31 (48)		1:58:24 (48)		2:02:12 (47)		2:06:11 (46)		2:10:06 (46)		2:14:01 (46)		2:17:59 (44)		2:21:51 (44)		2:25:46 (44)
41	3:51	42	3:52	43	3:44		40												
	2:29:37 (44)		2:33:29 (43)		2:37:13 (43)														

44 1127 Risper GESABWA											MEX	10 Feb 89	2:38:29						
1	3:46	2	3:35	3	3:27	4	3:35	5	3:30	6	3:41	7	3:35	8	3:34	9	3:30	10	3:23
	3:46 (27)		7:21 (31)		10:48 (21)		14:23 (23)		17:53 (31)		21:34 (34)		25:09 (16)		28:43 (23)		32:13 (24)		35:36 (22)
11	3:35	12	3:38	13	3:27	14	3:30	15	3:33	16	3:37	17	3:38	18	3:33	19	3:39	20	3:40
	39:11 (22)		42:49 (32)		46:16 (32)		49:46 (27)		53:19 (29)		56:56 (31)		1:00:34 (32)		1:04:07 (32)		1:07:46 (32)		1:11:26 (33)
21	3:41	22	19	23	3:24	24	3:35	25	3:42	26	3:46	27	3:53	28	3:51	29	3:50	30	3:52
	1:15:07 (33)		1:15:26 (33)		1:18:50 (32)		1:22:25 (35)		1:26:07 (35)		1:29:53 (35)		1:33:46 (34)		1:37:37 (35)		1:41:27 (35)		1:45:19 (35)
31	3:53	32	3:54	33	3:55	34	3:51	35	4:00	36	4:05	37	4:10	38	4:09	39	4:07	40	4:07
	1:49:12 (35)		1:53:06 (36)		1:57:01 (38)		2:00:52 (38)		2:04:52 (39)		2:08:57 (40)		2:13:07 (40)		2:17:16 (40)		2:21:23 (40)		2:25:30 (42)
41	4:05	42	4:03	43	4:09		42												
	2:29:35 (43)		2:33:38 (44)		2:37:47 (44)														

**RACE ANALYSIS
Marathon Women**
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

45 1268 Irvette VAN ZYL										RSA	5 Jul 87	2:38:32	SB						
1	3:50	2	3:32	3	3:26	4	3:36	5	3:33	6	3:38	7	3:38	8	3:34	9	3:36	10	3:36
	3:50 (71)		7:22 (50)		10:48 (34)		14:24 (35)		17:57 (52)		21:35 (51)		25:13 (52)		28:47 (56)		32:23 (54)		35:59 (52)
11	3:40	12	3:41	13	3:35	14	3:44	15	3:46	16	3:48	17	3:51	18	3:43	19	3:49	20	3:44
	39:39 (52)		43:20 (57)		46:55 (59)		50:39 (59)		54:25 (58)		58:13 (58)		1:02:04 (58)		1:05:47 (57)		1:09:36 (57)		1:13:20 (55)
21	3:49	22	20	23	3:30	24	3:42	25	3:53	26	3:52	27	3:50	28	3:51	29	3:44	30	3:51
	1:17:09 (56)		1:17:29 (55)		1:20:59 (54)		1:24:41 (54)		1:28:34 (55)		1:32:26 (54)		1:36:16 (54)		1:40:07 (54)		1:43:51 (54)		1:47:42 (53)
31	3:52	32	3:49	33	3:52	34	3:46	35	3:58	36	3:59	37	3:58	38	3:56	39	3:48	40	3:52
	1:51:34 (53)		1:55:23 (53)		1:59:15 (52)		2:03:01 (50)		2:06:59 (48)		2:10:58 (48)		2:14:56 (48)		2:18:52 (47)		2:22:40 (47)		2:26:32 (46)
41	3:46	42	3:50	43	3:46		38												
	2:30:18 (45)		2:34:08 (45)		2:37:54 (45)														

46 1109 Loreta KANČYTĖ										LTU	20 Jul 94	2:38:52							
1	3:49	2	3:39	3	3:38	4	3:45	5	3:44	6	3:46	7	3:46	8	3:46	9	3:49	10	3:46
	3:49 (60)		7:28 (68)		11:06 (67)		14:51 (66)		18:35 (70)		22:21 (69)		26:07 (69)		29:53 (69)		33:42 (69)		37:28 (69)
11	3:47	12	3:46	13	3:42	14	3:48	15	3:46	16	3:50	17	3:48	18	3:47	19	3:50	20	3:45
	41:15 (70)		45:01 (71)		48:43 (71)		52:31 (71)		56:17 (71)		1:00:07 (72)		1:03:55 (71)		1:07:42 (70)		1:11:32 (68)		1:15:17 (65)
21	3:46	22	20	23	3:28	24	3:42	25	3:50	26	3:46	27	3:50	28	3:49	29	3:44	30	3:50
	1:19:03 (66)		1:19:23 (65)		1:22:51 (64)		1:26:33 (63)		1:30:23 (62)		1:34:09 (62)		1:37:59 (62)		1:41:48 (61)		1:45:32 (58)		1:49:22 (57)
31	3:43	32	3:48	33	3:47	34	3:43	35	3:50	36	3:47	37	3:50	38	3:50	39	3:45	40	3:48
	1:53:05 (56)		1:56:53 (56)		2:00:40 (55)		2:04:23 (54)		2:08:13 (53)		2:12:00 (52)		2:15:50 (51)		2:19:40 (49)		2:23:25 (49)		2:27:13 (47)
41	3:41	42	3:42	43	3:38		38												
	2:30:54 (47)		2:34:36 (46)		2:38:14 (46)														

47 584 Valdilene DOS SANTOS SILVA										BRA	18 Dec 91	2:39:58							
1	3:49	2	3:34	3	3:28	4	3:35	5	3:34	6	3:36	7	3:37	8	3:31	9	3:35	10	3:35
	3:49 (62)		7:23 (56)		10:51 (57)		14:26 (57)		18:00 (58)		21:36 (59)		25:13 (54)		28:44 (41)		32:19 (46)		35:54 (50)
11	3:41	12	3:43	13	3:36	14	3:42	15	3:40	16	3:42	17	3:44	18	3:41	19	3:43	20	3:43
	39:35 (50)		43:18 (51)		46:54 (54)		50:36 (53)		54:16 (53)		57:58 (52)		1:01:42 (55)		1:05:23 (55)		1:09:06 (54)		1:12:49 (52)
21	3:47	22	21	23	3:31	24	3:44	25	3:52	26	3:51	27	3:54	28	3:55	29	3:50	30	3:56
	1:16:36 (52)		1:16:57 (53)		1:20:28 (52)		1:24:12 (52)		1:28:04 (53)		1:31:55 (52)		1:35:49 (53)		1:39:44 (53)		1:43:34 (53)		1:47:30 (52)
31	3:50	32	3:56	33	3:58	34	3:50	35	4:02	36	3:58	37	4:05	38	4:10	39	4:04	40	4:07
	1:51:20 (51)		1:55:16 (51)		1:59:14 (51)		2:03:04 (51)		2:07:06 (49)		2:11:04 (49)		2:15:09 (49)		2:19:19 (48)		2:23:23 (48)		2:27:30 (48)
41	3:58	42	3:59	43	3:51		40												
	2:31:28 (48)		2:35:27 (48)		2:39:18 (47)														

48 651 Deshun ZHANG										CHN	21 Feb 96	2:40:17							
1	3:47	2	3:35	3	3:27	4	3:35	5	3:29	6	3:41	7	3:37	8	3:33	9	3:33	10	3:19
	3:47 (42)		7:22 (51)		10:49 (40)		14:24 (37)		17:53 (27)		21:34 (43)		25:11 (39)		28:44 (45)		32:17 (41)		35:36 (26)
11	3:35	12	3:39	13	3:25	14	3:26	15	3:25	16	3:32	17	3:30	18	3:30	19	3:34	20	3:26
	39:11 (30)		42:50 (35)		46:15 (29)		49:41 (24)		53:06 (23)		56:38 (24)		1:00:08 (24)		1:03:38 (24)		1:07:12 (23)		1:10:38 (20)
21	3:34	22	19	23	3:17	24	3:36	25	3:47	26	3:44	27	3:51	28	3:55	29	3:47	30	3:56
	1:14:12 (24)		1:14:31 (22)		1:17:48 (24)		1:21:24 (25)		1:25:11 (25)		1:28:55 (25)		1:32:46 (25)		1:36:41 (27)		1:40:28 (29)		1:44:24 (29)
31	3:50	32	3:55	33	4:02	34	3:52	35	4:14	36	4:07	37	4:22	38	4:28	39	4:18	40	4:29
	1:48:14 (31)		1:52:09 (32)		1:56:11 (32)		2:00:03 (32)		2:04:17 (33)		2:08:24 (35)		2:12:46 (39)		2:17:14 (39)		2:21:32 (42)		2:26:01 (45)
41	4:25	42	4:33	43	4:31		47												
	2:30:26 (46)		2:34:59 (47)		2:39:30 (48)														

49 1135 Alina ARMAS										NAM	10 Dec 83	2:40:49	SB						
1	3:48	2	3:36	3	3:35	4	3:46	5	3:46	6	3:46	7	3:47	8	3:41	9	3:46	10	3:46
	3:48 (46)		7:24 (65)		10:59 (64)		14:45 (65)		18:31 (66)		22:17 (66)		26:04 (68)		29:45 (68)		33:31 (68)		37:17 (68)
11	3:42	12	3:44	13	3:37	14	3:47	15	3:47	16	3:46	17	3:53	18	3:46	19	3:47	20	3:51
	40:59 (68)		44:43 (68)		48:20 (68)		52:07 (68)		55:54 (68)		59:40 (67)		1:03:33 (67)		1:07:19 (67)		1:11:06 (67)		1:14:57 (64)
21	3:47	22	21	23	3:27	24	3:39	25	3:47	26	3:51	27	3:52	28	3:51	29	3:48	30	3:52
	1:18:44 (65)		1:19:05 (64)		1:22:32 (63)		1:26:11 (61)		1:29:58 (59)		1:33:49 (59)		1:37:41 (59)		1:41:32 (56)		1:45:20 (56)		1:49:12 (56)
31	3:59	32	3:54	33	3:56	34	3:49	35	3:59	36	3:57	37	3:58	38	4:06	39	3:59	40	3:54
	1:53:11 (57)		1:57:05 (57)		2:01:01 (56)		2:04:50 (55)		2:08:49 (54)		2:12:46 (54)		2:16:44 (53)		2:20:50 (52)		2:24:49 (52)		2:28:43 (51)
41	3:48	42	3:53	43	3:47		38												
	2:32:31 (50)		2:36:24 (49)		2:40:11 (49)														

**RACE ANALYSIS
Marathon Women**
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

50		541		Julia MAYER		AUT		20 Jan 93		2:41:54									
1	3:50	2	3:33	3	3:27	4	3:36	5	3:33	6	3:36	7	3:38	8	3:32	9	3:39	10	3:37
	3:50 (69)		7:23 (62)		10:50 (53)		14:26 (54)		17:59 (56)		21:35 (54)		25:13 (56)		28:45 (52)		32:24 (58)		36:01 (58)
11	3:39	12	3:41	13	3:33	14	3:43	15	3:39	16	3:42	17	3:43	18	3:34	19	3:41	20	3:38
	39:40 (58)		43:21 (59)		46:54 (58)		50:37 (58)		54:16 (57)		57:58 (53)		1:01:41 (52)		1:05:15 (50)		1:08:56 (50)		1:12:34 (47)
21	3:41	22	20	23	3:24	24	3:35	25	3:46	26	3:46	27	3:46	28	3:51	29	3:50	30	3:47
	1:16:15 (49)		1:16:35 (49)		1:19:59 (49)		1:23:34 (47)		1:27:20 (47)		1:31:06 (46)		1:34:52 (44)		1:38:43 (44)		1:42:33 (44)		1:46:20 (44)
31	3:48	32	3:55	33	3:51	34	3:51	35	3:59	36	4:01	37	4:05	38	4:11	39	4:38	40	4:53
	1:50:08 (44)		1:54:03 (44)		1:57:54 (45)		2:01:45 (44)		2:05:44 (43)		2:09:45 (44)		2:13:50 (44)		2:18:01 (45)		2:22:39 (46)		2:27:32 (49)
41	4:42	42	4:30	43	4:24		46												
	2:32:14 (49)		2:36:44 (50)		2:41:08 (50)														

51		717		Rosa CHACHA		ECU		8 Dec 82		2:42:00									
1	3:49	2	3:31	3	3:27	4	3:34	5	3:27	6	3:37	7	3:36	8	3:38	9	3:36	10	3:30
	3:49 (58)		7:20 (22)		10:47 (8)		14:21 (2)		17:48 (1)		21:25 (2)		25:01 (2)		28:39 (2)		32:15 (34)		35:45 (38)
11	3:33	12	3:37	13	3:31	14	3:39	15	3:36	16	3:43	17	3:43	18	3:30	19	3:36	20	3:31
	39:18 (38)		42:55 (40)		46:26 (40)		50:05 (41)		53:41 (41)		57:24 (43)		1:01:07 (42)		1:04:37 (40)		1:08:13 (35)		1:11:44 (35)
21	3:43	22	21	23	3:31	24	3:43	25	3:57	26	3:56	27	4:02	28	4:07	29	3:56	30	4:02
	1:15:27 (37)		1:15:48 (37)		1:19:19 (36)		1:23:02 (39)		1:26:59 (40)		1:30:55 (41)		1:34:57 (46)		1:39:04 (46)		1:43:00 (47)		1:47:02 (49)
31	3:58	32	4:05	33	4:11	34	4:00	35	4:15	36	4:08	37	4:17	38	4:16	39	4:06	40	4:14
	1:51:00 (49)		1:55:05 (50)		1:59:16 (53)		2:03:16 (52)		2:07:31 (51)		2:11:39 (51)		2:15:56 (52)		2:20:12 (51)		2:24:18 (50)		2:28:32 (50)
41	4:03	42	4:17	43	4:21		47												
	2:32:35 (51)		2:36:52 (51)		2:41:13 (51)														

52		585		Andreia HESSEL		BRA		10 Aug 84		2:42:23		SB							
1	3:48	2	3:35	3	3:32	4	3:40	5	3:40	6	3:42	7	3:46	8	3:42	9	3:45	10	3:43
	3:48 (50)		7:23 (55)		10:55 (63)		14:35 (63)		18:15 (64)		21:57 (64)		25:43 (64)		29:25 (64)		33:10 (64)		36:53 (65)
11	3:45	12	3:43	13	3:41	14	3:45	15	3:49	16	3:51	17	3:53	18	3:43	19	3:48	20	3:49
	40:38 (64)		44:21 (64)		48:02 (64)		51:47 (65)		55:36 (65)		59:27 (65)		1:03:20 (65)		1:07:03 (65)		1:10:51 (65)		1:14:40 (62)
21	3:49	22	20	23	3:31	24	3:45	25	3:54	26	3:54	27	3:57	28	3:58	29	3:43	30	3:51
	1:18:29 (63)		1:18:49 (62)		1:22:20 (61)		1:26:05 (60)		1:29:59 (60)		1:33:53 (60)		1:37:50 (60)		1:41:48 (60)		1:45:31 (57)		1:49:22 (58)
31	3:55	32	3:56	33	4:01	34	3:55	35	3:59	36	4:06	37	4:10	38	4:12	39	3:56	40	4:06
	1:53:17 (59)		1:57:13 (59)		2:01:14 (58)		2:05:09 (57)		2:09:08 (56)		2:13:14 (55)		2:17:24 (55)		2:21:36 (54)		2:25:32 (53)		2:29:38 (53)
41	4:04	42	4:01	43	4:01		39												
	2:33:42 (52)		2:37:43 (52)		2:41:44 (52)														

53		1197		Nicolasa CONDORI		PER		6 Dec 88		2:42:25									
1	3:48	2	3:36	3	3:37	4	3:43	5	3:38	6	3:43	7	3:41	8	3:44	9	3:42	10	3:41
	3:48 (49)		7:24 (64)		11:01 (65)		14:44 (64)		18:22 (65)		22:05 (65)		25:46 (65)		29:30 (65)		33:12 (65)		36:53 (64)
11	3:45	12	3:44	13	3:41	14	3:52	15	3:57	16	4:03	17	4:02	18	3:54	19	3:57	20	3:58
	40:38 (65)		44:22 (65)		48:03 (65)		51:55 (66)		55:52 (67)		59:55 (68)		1:03:57 (72)		1:07:51 (72)		1:11:48 (72)		1:15:46 (69)
21	3:57	22	20	23	3:35	24	3:48	25	3:56	26	3:51	27	4:00	28	3:59	29	3:57	30	3:59
	1:19:43 (70)		1:20:03 (69)		1:23:38 (68)		1:27:26 (67)		1:31:22 (67)		1:35:13 (66)		1:39:13 (66)		1:43:12 (65)		1:47:09 (65)		1:51:08 (65)
31	3:55	32	3:57	33	3:56	34	3:49	35	3:58	36	3:55	37	3:58	38	3:56	39	3:54	40	3:56
	1:55:03 (64)		1:59:00 (64)		2:02:56 (63)		2:06:45 (61)		2:10:43 (60)		2:14:38 (61)		2:18:36 (60)		2:22:32 (59)		2:26:26 (57)		2:30:22 (57)
41	3:55	42	3:44	43	3:45		39												
	2:34:17 (54)		2:38:01 (53)		2:41:46 (53)														

54		781		Nina CHYDENIUS		FIN		28 Jan 90		2:42:36									
1	4:01	2	3:57	3	3:46	4	3:56	5	3:51	6	3:53	7	3:52	8	3:50	9	3:53	10	3:48
	4:01 (76)		7:58 (75)		11:44 (75)		15:40 (75)		19:31 (76)		23:24 (76)		27:16 (76)		31:06 (76)		34:59 (76)		38:47 (76)
11	3:51	12	3:50	13	3:45	14	3:52	15	3:50	16	3:56	17	3:57	18	3:53	19	3:56	20	3:51
	42:38 (76)		46:28 (76)		50:13 (76)		54:05 (75)		57:55 (75)		1:01:51 (75)		1:05:48 (75)		1:09:41 (75)		1:13:37 (75)		1:17:28 (72)
21	3:53	22	20	23	3:33	24	3:49	25	3:54	26	3:50	27	3:49	28	3:47	29	3:45	30	3:46
	1:21:21 (73)		1:21:41 (72)		1:25:14 (71)		1:29:03 (69)		1:32:57 (69)		1:36:47 (69)		1:40:36 (68)		1:44:23 (67)		1:48:08 (67)		1:51:54 (67)
31	3:47	32	3:48	33	3:46	34	3:42	35	3:50	36	3:50	37	3:59	38	3:55	39	3:54	40	3:57
	1:55:41 (66)		1:59:29 (65)		2:03:15 (64)		2:06:57 (63)		2:10:47 (61)		2:14:37 (60)		2:18:36 (59)		2:22:31 (58)		2:26:25 (56)		2:30:22 (56)
41	3:56	42	3:49	43	3:50		39												
	2:34:18 (55)		2:38:07 (54)		2:41:57 (54)														

RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

55 1460 Fortunate CHIDZIVO										ZIM	16 Mar 87	2:43:28							
1	3:50	2	3:38	3	3:38	4	3:45	5	3:44	6	3:46	7	3:46	8	3:47	9	3:49	10	3:45
	3:50 (70)		7:28 (69)		11:06 (68)		14:51 (69)		18:35 (68)		22:21 (70)		26:07 (70)		29:54 (70)		33:43 (70)		37:28 (70)
11	3:47	12	3:45	13	3:42	14	3:47	15	3:46	16	3:52	17	3:48	18	3:47	19	3:50	20	3:46
	41:15 (71)		45:00 (70)		48:42 (70)		52:29 (69)		56:15 (69)		1:00:07 (69)		1:03:55 (68)		1:07:42 (69)		1:11:32 (70)		1:15:18 (66)
21	3:45	22	20	23	3:29	24	3:41	25	3:51	26	3:53	27	3:58	28	4:01	29	3:57	30	3:59
	1:19:03 (67)		1:19:23 (66)		1:22:52 (66)		1:26:33 (65)		1:30:24 (65)		1:34:17 (64)		1:38:15 (64)		1:42:16 (64)		1:46:13 (64)		1:50:12 (64)
31	3:56	32	3:55	33	4:11	34	3:54	35	4:03	36	3:59	37	4:11	38	4:07	39	3:59	40	3:55
	1:54:08 (63)		1:58:03 (62)		2:02:14 (61)		2:06:08 (60)		2:10:11 (58)		2:14:10 (58)		2:18:21 (58)		2:22:28 (56)		2:26:27 (58)		2:30:22 (55)
41	4:01	42	4:00	43	4:17		48												
	2:34:23 (56)		2:38:23 (55)		2:42:40 (55)														

56 1130 Argentina VALDEPEÑAS CERNA										MEX	7 Jun 81	2:43:35							
1	3:49	2	3:38	3	3:38	4	3:46	5	3:44	6	3:43	7	3:45	8	3:41	9	3:43	10	3:44
	3:49 (67)		7:27 (67)		11:05 (66)		14:51 (68)		18:35 (69)		22:18 (67)		26:03 (67)		29:44 (66)		33:27 (67)		37:11 (67)
11	3:44	12	3:45	13	3:38	14	3:47	15	3:44	16	3:45	17	3:51	18	3:44	19	3:50	20	3:50
	40:55 (67)		44:40 (67)		48:18 (67)		52:05 (67)		55:49 (66)		59:34 (66)		1:03:25 (66)		1:07:09 (66)		1:10:59 (66)		1:14:49 (63)
21	3:46	22	20	23	3:31	24	3:47	25	3:50	26	3:55	27	3:57	28	3:54	29	3:52	30	3:57
	1:18:35 (64)		1:18:55 (63)		1:22:26 (62)		1:26:13 (62)		1:30:03 (61)		1:33:58 (61)		1:37:55 (61)		1:41:49 (63)		1:45:41 (61)		1:49:38 (61)
31	3:57	32	4:00	33	4:03	34	3:58	35	4:06	36	4:13	37	4:17	38	4:16	39	4:13	40	4:07
	1:53:35 (60)		1:57:35 (60)		2:01:38 (59)		2:05:36 (58)		2:09:42 (57)		2:13:55 (57)		2:18:12 (57)		2:22:28 (57)		2:26:41 (59)		2:30:48 (59)
41	4:05	42	4:02	43	3:59		41												
	2:34:53 (58)		2:38:55 (57)		2:42:54 (56)														

57 931 Katalin KOVÁCS-GARAMI										HUN	27 Nov 79	2:44:02							
1	3:49	2	3:38	3	3:39	4	3:45	5	3:46	6	3:45	7	3:46	8	3:46	9	3:49	10	3:48
	3:49 (64)		7:27 (66)		11:06 (69)		14:51 (70)		18:37 (71)		22:22 (71)		26:08 (71)		29:54 (71)		33:43 (71)		37:31 (72)
11	3:46	12	3:45	13	3:43	14	3:50	15	3:45	16	3:47	17	3:48	18	3:47	19	3:50	20	3:47
	41:17 (72)		45:02 (72)		48:45 (72)		52:35 (72)		56:20 (72)		1:00:07 (71)		1:03:55 (69)		1:07:42 (68)		1:11:32 (69)		1:15:19 (67)
21	3:44	22	20	23	3:29	24	3:41	25	3:50	26	3:49	27	3:50	28	3:47	29	3:44	30	3:49
	1:19:03 (68)		1:19:23 (67)		1:22:52 (65)		1:26:33 (64)		1:30:23 (63)		1:34:12 (63)		1:38:02 (63)		1:41:49 (62)		1:45:33 (59)		1:49:22 (59)
31	3:52	32	3:52	33	3:58	34	3:56	35	4:02	36	4:53	37	4:08	38	4:13	39	4:07	40	4:15
	1:53:14 (58)		1:57:06 (58)		2:01:04 (57)		2:05:00 (56)		2:09:02 (55)		2:13:55 (56)		2:18:03 (56)		2:22:16 (55)		2:26:23 (55)		2:30:38 (58)
41	4:14	42	4:12	43	4:13		45												
	2:34:52 (57)		2:39:04 (58)		2:43:17 (57)														

58 1439 Susanna SULLIVAN										USA	13 May 90	2:44:24							
1	3:43	2	3:35	3	3:28	4	3:35	5	3:30	6	3:34	7	3:32	8	3:26	9	3:33	10	3:35
	3:43 (3)		7:18 (4)		10:46 (3)		14:21 (3)		17:51 (2)		21:25 (1)		24:57 (1)		28:23 (1)		31:56 (1)		35:31 (1)
11	3:36	12	3:37	13	3:31	14	3:39	15	3:41	16	3:43	17	3:44	18	3:39	19	3:45	20	3:48
	39:07 (1)		42:44 (1)		46:15 (26)		49:54 (35)		53:35 (36)		57:18 (39)		1:01:02 (40)		1:04:41 (42)		1:08:26 (42)		1:12:14 (43)
21	3:46	22	21	23	3:30	24	3:43	25	3:53	26	3:54	27	3:58	28	3:55	29	3:52	30	3:58
	1:16:00 (43)		1:16:21 (43)		1:19:51 (42)		1:23:34 (48)		1:27:27 (49)		1:31:21 (48)		1:35:19 (49)		1:39:14 (48)		1:43:06 (49)		1:47:04 (50)
31	3:57	32	3:59	33	4:03	34	3:57	35	4:07	36	4:11	37	4:23	38	4:20	39	4:23	40	4:55
	1:51:01 (50)		1:55:00 (49)		1:59:03 (49)		2:03:00 (49)		2:07:07 (50)		2:11:18 (50)		2:15:41 (50)		2:20:01 (50)		2:24:24 (51)		2:29:19 (52)
41	4:34	42	4:55	43	4:46		50												
	2:33:53 (53)		2:38:48 (56)		2:43:34 (58)														

59 699 Karen EHRENREICH										DEN	24 Sep 84	2:44:46							
1	3:50	2	3:33	3	3:29	4	3:34	5	3:35	6	3:35	7	3:39	8	3:33	9	3:36	10	3:40
	3:50 (73)		7:23 (63)		10:52 (62)		14:26 (58)		18:01 (60)		21:36 (60)		25:15 (59)		28:48 (60)		32:24 (59)		36:04 (60)
11	3:41	12	3:44	13	3:40	14	3:47	15	3:55	16	3:49	17	3:45	18	3:41	19	3:51	20	3:54
	39:45 (62)		43:29 (62)		47:09 (62)		50:56 (62)		54:51 (61)		58:40 (62)		1:02:25 (61)		1:06:06 (60)		1:09:57 (61)		1:13:51 (59)
21	3:56	22	21	23	3:39	24	3:53	25	4:00	26	3:57	27	3:58	28	4:02	29	3:56	30	4:04
	1:17:47 (61)		1:18:08 (60)		1:21:47 (58)		1:25:40 (57)		1:29:40 (58)		1:33:37 (58)		1:37:35 (57)		1:41:37 (57)		1:45:33 (60)		1:49:37 (60)
31	4:03	32	4:05	33	4:07	34	4:05	35	4:14	36	4:09	37	4:17	38	4:18	39	4:14	40	4:08
	1:53:40 (61)		1:57:45 (61)		2:01:52 (60)		2:05:57 (59)		2:10:11 (59)		2:14:20 (59)		2:18:37 (61)		2:22:55 (60)		2:27:09 (60)		2:31:17 (60)
41	4:11	42	4:18	43	4:18		42												
	2:35:28 (60)		2:39:46 (60)		2:44:04 (59)														

**RACE ANALYSIS
Marathon Women**
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED
60 1243 Solange JESUS
POR 7 Jan 87 2:45:08

1	3:45	2	3:35	3	3:27	4	3:35	5	3:31	6	3:39	7	3:37	8	3:34	9	3:30	10	3:25
	3:45 (19)		7:20 (19)		10:47 (19)		14:22 (17)		17:53 (22)		21:32 (8)		25:09 (3)		28:43 (13)		32:13 (22)		35:38 (31)
11	3:33	12	3:38	13	3:27	14	3:30	15	3:34	16	3:36	17	3:37	18	3:33	19	3:35	20	3:35
	39:11 (25)		42:49 (16)		46:16 (30)		49:46 (30)		53:20 (30)		56:56 (30)		1:00:33 (28)		1:04:06 (31)		1:07:41 (29)		1:11:16 (27)
21	3:37	22	19	23	3:20	24	3:34	25	3:44	26	3:46	27	5:19	28	4:43	29	3:55	30	4:16
	1:14:53 (29)		1:15:12 (29)		1:18:32 (29)		1:22:06 (29)		1:25:50 (29)		1:29:36 (30)		1:34:55 (45)		1:39:38 (52)		1:43:33 (52)		1:47:49 (54)
31	4:39	32	3:50	33	3:52	34	3:51	35	3:59	36	4:31	37	4:44	38	4:13	39	4:08	40	4:33
	1:52:28 (55)		1:56:18 (55)		2:00:10 (54)		2:04:01 (53)		2:08:00 (52)		2:12:31 (53)		2:17:15 (54)		2:21:28 (53)		2:25:36 (54)		2:30:09 (54)
41	4:47	42	4:27	43	5:00		45												
	2:34:56 (59)		2:39:23 (59)		2:44:23 (60)														

61 610 Sasha GOLLISH
CAN 27 Dec 81 2:45:09 SB

1	3:54	2	3:48	3	3:47	4	3:52	5	3:48	6	3:53	7	3:47	8	3:47	9	3:47	10	3:48
	3:54 (74)		7:42 (73)		11:29 (73)		15:21 (73)		19:09 (74)		23:02 (74)		26:49 (74)		30:36 (74)		34:23 (73)		38:11 (73)
11	3:52	12	3:50	13	3:47	14	3:53	15	3:50	16	3:52	17	3:53	18	3:53	19	3:52	20	3:50
	42:03 (73)		45:53 (73)		49:40 (73)		53:33 (73)		57:23 (73)		1:01:15 (73)		1:05:08 (73)		1:09:01 (73)		1:12:53 (73)		1:16:43 (70)
21	3:49	22	21	23	3:31	24	3:48	25	3:55	26	3:54	27	3:56	28	3:55	29	3:53	30	3:55
	1:20:32 (71)		1:20:53 (70)		1:24:24 (69)		1:28:12 (68)		1:32:07 (68)		1:36:01 (68)		1:39:57 (67)		1:43:52 (66)		1:47:45 (66)		1:51:40 (66)
31	3:55	32	3:59	33	4:00	34	3:58	35	4:07	36	4:11	37	4:08	38	4:10	39	4:10	40	4:14
	1:55:35 (65)		1:59:34 (66)		2:03:34 (65)		2:07:32 (64)		2:11:39 (63)		2:15:50 (63)		2:19:58 (62)		2:24:08 (61)		2:28:18 (61)		2:32:32 (61)
41	4:08	42	4:02	43	3:48		39												
	2:36:40 (61)		2:40:42 (61)		2:44:30 (61)														

62 1198 Aydee LOAYZA HUAMAN
PER 5 Dec 94 2:45:40

1	3:49	2	3:33	3	3:27	4	3:37	5	3:28	6	3:40	7	3:36	8	3:34	9	3:32	10	3:32
	3:49 (55)		7:22 (77)		10:49 (77)		14:26 (77)		17:54 (41)		21:34 (33)		25:10 (17)		28:44 (25)		32:16 (37)		35:48 (42)
11	3:33	12	3:36	13	3:32	14	3:41	15	3:38	16	3:45	17	4:08	18	3:36	19	3:49	20	3:47
	39:21 (41)		42:57 (43)		46:29 (43)		50:10 (42)		53:48 (44)		57:33 (44)		1:01:41 (48)		1:05:17 (52)		1:09:06 (53)		1:12:53 (75)
21	3:49	22	21	23	3:34	24	3:48	25	3:52	26	3:51	27	3:57	28	4:37	29	3:42	30	3:41
	1:16:42 (54)		1:17:03 (75)		1:20:37 (74)		1:24:25 (72)		1:28:17 (72)		1:32:08 (72)		1:36:05 (71)		1:40:42 (70)		1:44:24 (70)		1:48:05 (70)
31	3:36	32	3:35	33	3:38	34	3:37	35	3:45	36	3:45	37	3:47	38	3:49	39	3:43	40	11:38
	1:51:41 (69)		1:55:16 (69)		1:58:54 (68)		2:02:31 (67)		2:06:16 (66)		2:10:01 (66)		2:13:48 (66)		2:17:37 (65)		2:21:20 (65)		2:32:58 (65)
41	4:02	42	3:58	43	4:00		42												
	2:37:00 (65)		2:40:58 (65)		2:44:58 (65)														

63 1279 Neja KRŠINAR
SLO 27 Mar 91 2:46:55 SB

1	4:00	2	3:53	3	3:48	4	3:56	5	3:51	6	3:54	7	3:53	8	3:51	9	3:52	10	3:47
	4:00 (75)		7:53 (74)		11:41 (74)		15:37 (74)		19:28 (75)		23:22 (75)		27:15 (75)		31:06 (75)		34:58 (75)		38:45 (75)
11	3:52	12	3:51	13	3:45	14	3:51	15	3:51	16	3:55	17	3:58	18	3:53	19	3:56	20	3:51
	42:37 (75)		46:28 (75)		50:13 (75)		54:04 (74)		57:55 (74)		1:01:50 (74)		1:05:48 (74)		1:09:41 (74)		1:13:37 (74)		1:17:28 (71)
21	3:52	22	21	23	3:33	24	3:51	25	3:56	26	3:58	27	4:02	28	4:04	29	3:56	30	4:01
	1:21:20 (72)		1:21:41 (71)		1:25:14 (70)		1:29:05 (70)		1:33:01 (70)		1:36:59 (70)		1:41:01 (69)		1:45:05 (68)		1:49:01 (68)		1:53:02 (68)
31	3:57	32	4:01	33	4:01	34	3:59	35	4:03	36	4:07	37	4:12	38	4:15	39	4:08	40	4:15
	1:56:59 (67)		2:01:00 (67)		2:05:01 (66)		2:09:00 (65)		2:13:03 (64)		2:17:10 (64)		2:21:22 (64)		2:25:37 (63)		2:29:45 (63)		2:34:00 (63)
41	4:10	42	3:58	43	4:02		45												
	2:38:10 (63)		2:42:08 (62)		2:46:10 (62)														

64 595 Mirela SATURNINO DE ANDRADE
BRA 9 Feb 91 2:47:29

1	3:45	2	3:35	3	3:30	4	3:34	5	3:32	6	3:40	7	3:37	8	3:33	9	3:37	10	3:38
	3:45 (18)		7:20 (24)		10:50 (49)		14:24 (43)		17:56 (51)		21:36 (56)		25:13 (57)		28:46 (53)		32:23 (53)		36:01 (59)
11	3:39	12	3:42	13	3:39	14	3:43	15	3:48	16	3:55	17	3:56	18	3:46	19	3:54	20	3:53
	39:40 (59)		43:22 (61)		47:01 (61)		50:44 (60)		54:32 (59)		58:27 (59)		1:02:23 (60)		1:06:09 (62)		1:10:03 (62)		1:13:56 (61)
21	3:53	22	21	23	3:37	24	3:53	25	4:00	26	3:56	27	4:05	28	4:06	29	3:55	30	4:07
	1:17:49 (62)		1:18:10 (61)		1:21:47 (59)		1:25:40 (58)		1:29:40 (57)		1:33:36 (57)		1:37:41 (58)		1:41:47 (58)		1:45:42 (62)		1:49:49 (62)
31	4:08	32	4:15	33	4:23	34	4:17	35	4:27	36	4:19	37	4:48	38	4:38	39	4:12	40	4:29
	1:53:57 (62)		1:58:12 (63)		2:02:35 (62)		2:06:52 (62)		2:11:19 (62)		2:15:38 (62)		2:20:26 (63)		2:25:04 (62)		2:29:16 (62)		2:33:45 (62)
41	4:17	42	4:25	43	4:15		47												
	2:38:02 (62)		2:42:27 (63)		2:46:42 (63)														

**RACE ANALYSIS
Marathon Women**
BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

65 1334 Chun-Yu TSAO										TPE 5 Nov 91										2:55:33																																																																																										
1	4:05	2	4:07	3	4:03	4	4:11	5	4:12	6	4:16	7	4:17	8	4:12	9	4:12	10	4:10	11	4:10	12	4:10	13	4:04	14	4:11	15	4:11	16	4:15	17	4:15	18	4:10	19	4:13	20	4:11	21	4:09	22	22	23	3:49	24	4:04	25	4:09	26	4:10	27	4:14	28	4:14	29	4:08	30	4:12	31	4:08	32	4:05	33	4:10	34	4:02	35	4:10	36	4:07	37	4:14	38	4:13	39	4:07	40	4:12	41	4:07	42	4:02	43	4:05	44		45													2:05:14 (68)	2:09:19 (68)	2:13:29 (67)	2:17:31 (66)	2:21:41 (65)	2:25:48 (65)	2:30:02 (65)	2:34:15 (64)	2:38:22 (64)	2:42:34 (64)
	4:05 (77)		8:12 (76)		12:15 (76)		16:26 (76)		20:38 (77)		24:54 (77)		29:11 (77)		33:23 (77)		37:35 (77)		41:45 (77)	45:55 (77)	50:05 (77)	54:09 (77)	58:20 (77)	1:02:31 (77)	1:06:46 (77)	1:11:01 (77)	1:15:11 (77)	1:19:24 (77)	1:23:35 (74)	1:27:44 (75)	1:28:06 (74)	1:31:55 (73)	1:35:59 (71)	1:40:08 (71)	1:44:18 (71)	1:48:32 (70)	1:52:46 (69)	1:56:54 (69)	2:01:06 (69)	2:05:14 (68)	2:09:19 (68)	2:13:29 (67)	2:17:31 (66)	2:21:41 (65)	2:25:48 (65)	2:30:02 (65)	2:34:15 (64)	2:38:22 (64)	2:42:34 (64)																																																													

1250 Beverly RAMOS										PUR 24 Aug 87										DNF																										
1	3:45	2	3:37	3	3:29	4	3:36	5	3:33	6	3:36	7	3:37	8	3:34	9	3:37	10	3:35	11	3:41	12	3:41	13	3:38	14	3:51	15	3:53	16	3:54	17	3:57	18	4:00	19	4:12	39:40 (56)	43:21 (60)	46:59 (60)	50:50 (61)	54:43 (60)	58:37 (61)	1:02:34 (63)	1:06:34 (64)	1:10:46 (64)
	3:45 (16)		7:22 (46)		10:51 (58)		14:27 (59)		18:00 (59)		21:36 (55)		25:13 (55)		28:47 (57)		32:24 (56)		35:59 (53)	39:40 (56)	43:21 (60)	46:59 (60)	50:50 (61)	54:43 (60)	58:37 (61)	1:02:34 (63)	1:06:34 (64)	1:10:46 (64)																		

501 Amina BETTICHE										ALG 14 Dec 87										DNF																																							
1	3:47	2	3:35	3	3:30	4	3:43	5	3:38	6	3:41	7	3:41	8	3:36	9	3:39	10	3:38	11	3:38	12	3:41	13	3:38	14	3:47	15	3:41	16	3:48	17	3:46	18	3:40	19	3:47	20	3:48	40:06 (63)	43:47 (63)	47:25 (63)	51:12 (63)	54:53 (62)	58:41 (63)	1:02:27 (62)	1:06:07 (61)	1:09:54 (60)	1:13:42 (58)	1:17:27 (58)	1:17:47 (57)	1:21:20 (56)	1:25:11 (56)	1:29:15 (56)	1:33:21 (56)	1:37:33 (56)	1:41:47 (59)	1:45:49 (63)	1:50:03 (63)
	3:47 (44)		7:22 (48)		10:52 (60)		14:35 (62)		18:13 (63)		21:54 (63)		25:35 (63)		29:11 (63)		32:50 (63)		36:28 (63)	40:06 (63)	43:47 (63)	47:25 (63)	51:12 (63)	54:53 (62)	58:41 (63)	1:02:27 (62)	1:06:07 (61)	1:09:54 (60)	1:13:42 (58)	1:17:27 (58)	1:17:47 (57)	1:21:20 (56)	1:25:11 (56)	1:29:15 (56)	1:33:21 (56)	1:37:33 (56)	1:41:47 (59)	1:45:49 (63)	1:50:03 (63)																				

1066 Zhanna MAMAZHANOVA										KAZ 26 Jan 94										DNF																																							
1	3:47	2	3:33	3	3:27	4	3:35	5	3:31	6	3:41	7	3:36	8	3:34	9	3:33	10	3:30	11	3:34	12	3:36	13	3:32	14	3:43	15	3:39	16	3:43	17	3:44	18	3:47	19	3:49	20	3:42	39:21 (42)	42:57 (44)	46:29 (44)	50:12 (45)	53:51 (45)	57:34 (45)	1:01:18 (44)	1:05:05 (44)	1:08:54 (45)	1:12:36 (49)	1:16:18 (51)	1:16:37 (51)	1:20:02 (50)	1:23:43 (50)	1:27:33 (50)	1:31:25 (49)	1:35:19 (48)	1:39:30 (51)	1:43:14 (51)	1:47:25 (51)
	3:47 (34)		7:20 (18)		10:47 (11)		14:22 (15)		17:53 (23)		21:34 (37)		25:10 (37)		28:44 (42)		32:17 (44)		35:47 (41)	39:21 (42)	42:57 (44)	46:29 (44)	50:12 (45)	53:51 (45)	57:34 (45)	1:01:18 (44)	1:05:05 (44)	1:08:54 (45)	1:12:36 (49)	1:16:18 (51)	1:16:37 (51)	1:20:02 (50)	1:23:43 (50)	1:27:33 (50)	1:31:25 (49)	1:35:19 (48)	1:39:30 (51)	1:43:14 (51)	1:47:25 (51)																				

1343 Yayla GÖNEN										TUR 1 Mar 97										DNF																										
1	3:49	2	3:34	3	3:29	4	3:42	5	3:34	6	3:39	7	3:36	8	3:35	9	3:38	10	3:35	11	3:32	12	3:38	13	3:33	14	3:42	15	3:40	16	3:42	17	3:43	18	3:36	19	3:41	39:43 (61)	43:21 (58)	46:54 (56)	50:36 (55)	54:16 (54)	57:58 (54)	1:01:41 (53)	1:05:17 (53)	1:08:58 (51)
	3:49 (59)		7:23 (57)		10:52 (59)		14:34 (60)		18:08 (61)		21:47 (61)		25:23 (62)		28:58 (61)		32:36 (62)		36:11 (62)	39:43 (61)	43:21 (58)	46:54 (56)	50:36 (55)	54:16 (54)	57:58 (54)	1:01:41 (53)	1:05:17 (53)	1:08:58 (51)																		

740 Fatima Azzahraa OUHADDU NAFIE										ESP 30 Aug 93										DNF																																			
1	3:48	2	3:35	3	3:27	4	3:35	5	3:31	6	3:39	7	3:38	8	3:32	9	3:35	10	3:34	11	3:37	12	3:39	13	3:37	14	3:45	15	3:44	16	3:42	17	3:44	18	3:41	19	3:57	20	4:04	39:31 (48)	43:10 (49)	46:47 (50)	50:32 (50)	54:16 (55)	57:58 (56)	1:01:42 (54)	1:05:23 (54)	1:09:20 (56)	1:13:24 (56)	1:17:32 (59)	1:17:54 (59)	1:21:49 (60)	1:26:00 (59)	1:30:23 (64)	1:35:32 (67)
	3:48 (54)		7:23 (58)		10:50 (52)		14:25 (47)		17:56 (50)		21:35 (53)		25:13 (53)		28:45 (49)		32:20 (50)		35:54 (48)	39:31 (48)	43:10 (49)	46:47 (50)	50:32 (50)	54:16 (55)	57:58 (56)	1:01:42 (54)	1:05:23 (54)	1:09:20 (56)	1:13:24 (56)	1:17:32 (59)	1:17:54 (59)	1:21:49 (60)	1:26:00 (59)	1:30:23 (64)	1:35:32 (67)																				

1132 Adrijana POP ARSOVA										MKD 18 Jan 90										DNF																																
1	3:50	2	3:39	3	3:44	4	3:46	5	3:50	6	3:56	7	3:55	8	3:54	9	3:53	10	3:56	11	3:55	12	3:59	13	3:53	14	3:57	15	4:06	16	4:11	17	4:09	18	4:08	19	4:08	20	5:20	42:18 (74)	46:17 (74)	50:10 (74)	54:07 (76)	58:13 (76)	1:02:24 (76)	1:06:33 (76)	1:10:41 (76)	1:14:49 (76)	1:20:09 (73)	1:24:09 (74)	1:24:41 (73)	1:28:37 (72)
	3:50 (72)		7:29 (71)		11:13 (72)		14:59 (72)		18:49 (73)		22:45 (73)		26:40 (73)		30:34 (73)		34:27 (74)		38:23 (74)	42:18 (74)	46:17 (74)	50:10 (74)	54:07 (76)	58:13 (76)	1:02:24 (76)	1:06:33 (76)	1:10:41 (76)	1:14:49 (76)	1:20:09 (73)	1:24:09 (74)	1:24:41 (73)	1:28:37 (72)																				

1216 Aleksandra LISOWSKA										POL 12 Dec 90										DNF																																							
1	3:49	2	3:33	3	3:26	4	3:36	5	3:30	6	3:41	7	3:37	8	3:32	9	3:32	10	3:28	11	3:31	12	3:35	13	3:27	14	3:32	15	3:31	16	3:36	17	3:37	18	3:33	19	3:35	20	3:35	39:15 (37)	42:50 (34)	46:17 (34)	49:49 (31)	53:20 (32)	56:56 (28)	1:00:33 (30)	1:04:06 (30)	1:07:41 (31)	1:11:16 (30)	1:14:53 (30)	1:15:12 (30)	1:18:31 (28)	1:22:03 (28)	1:25:42 (28)	1:29:23 (28)	1:33:04 (29)	1:36:45 (29)	1:40:23 (27)	1:44:12 (28)
	3:49 (57)		7:22 (49)		10:48 (35)		14:24 (40)		17:54 (44)		21:35 (50)		25:12 (47)		28:44 (39)		32:16 (39)		35:44 (37)	39:15 (37)	42:50 (34)	46:17 (34)	49:49 (31)	53:20 (32)	56:56 (28)	1:00:33 (30)	1:04:06 (30)	1:07:41 (31)	1:11:16 (30)	1:14:53 (30)	1:15:12 (30)	1:18:31 (28)	1:22:03 (28)	1:25:42 (28)	1:29:23 (28)	1:33:04 (29)	1:36:45 (29)	1:40:23 (27)	1:44:12 (28)																				

RACE ANALYSIS
Marathon Women

BIB 1198 AND KM 21 INTERMEDIATE TIMES UPDATED

715										Andrea Paola BONILLA										ECU										5 Dec 86										DNF									
1	3:49	2	3:40	3	3:43	4	3:47	5	3:45	6	3:47	7	3:43	8	3:45	9	3:44	10	3:45	11	3:47	12	3:45	13	3:42	14	3:48	15	3:46	16	3:51	17	3:48	18	3:48	19	3:49	20	3:47										
	3:49 (61)		7:29 (72)		11:12 (71)		14:59 (71)		18:44 (72)		22:31 (72)		26:14 (72)		29:59 (72)		33:43 (72)		37:28 (71)		41:15 (69)		45:00 (69)		48:42 (69)		52:30 (70)		56:16 (70)		1:00:07 (70)		1:03:55 (70)		1:07:43 (71)		1:11:32 (71)		1:15:19 (68)										
21	3:45	22	20	23	3:28	24	3:42	25	3:51	26	4:10	27	4:24																																				
	1:19:04 (69)		1:19:24 (68)		1:22:52 (67)		1:26:34 (66)		1:30:25 (66)		1:34:35 (65)		1:38:59 (65)																																				

600										Rose CHELIMO										BRN										12 Jul 89										DNF									
1	3:43	2	3:36	3	3:29	4	3:34	5	3:31	6	3:40	7	3:36	8	3:34	9	3:29	10	3:20	11	3:38	12	3:39	13	3:23	14	3:19	15	3:25	16	3:36	17	3:32	18	3:34	19	3:34	20	3:29										
	3:43 (4)		7:19 (11)		10:48 (22)		14:22 (11)		17:53 (20)		21:33 (17)		25:09 (15)		28:43 (18)		32:12 (13)		35:32 (6)		39:10 (14)		42:49 (15)		46:12 (11)		49:31 (14)		52:56 (13)		56:32 (14)		1:00:04 (7)		1:03:38 (16)		1:07:12 (24)		1:10:41 (23)										
21	3:33	22	19																																														
	1:14:14 (26)		1:14:33 (26)																																														

550										Cavaline NAHIMANA										BDI										14 Jan 97										DNF									
1	3:49	2	3:33	3	3:27	4	3:35	5	3:29	6	3:40	7	3:37	8	3:34	9	3:32	10	3:32	11	3:35	12	3:42	13	3:33	14	3:47	15	3:48	16	3:52	17	3:58	18	3:45	19	3:58	20	3:56										
	3:49 (56)		7:22 (45)		10:49 (43)		14:24 (36)		17:53 (33)		21:33 (30)		25:10 (33)		28:44 (35)		32:16 (38)		35:48 (43)		39:23 (46)		43:05 (47)		46:38 (47)		50:25 (48)		54:13 (49)		58:05 (57)		1:02:03 (57)		1:05:48 (58)		1:09:46 (59)		1:13:42 (57)										
21	3:41	22	20	23	3:44																																												
	1:17:23 (57)		1:17:43 (56)		1:21:27 (57)																																												

1090										Shyline Jepkorir TOROITICH										KEN										20 Oct 94										DNF									
1	3:46	2	3:35	3	3:27	4	3:35	5	3:30	6	3:40	7	3:37	8	3:34	9	3:28	10	3:20	11	3:39	12	3:38	13	3:24	14	3:17	15	3:26	16	3:36	17	3:32	18	3:34	19	3:33	20	3:25										
	3:46 (24)		7:21 (29)		10:48 (29)		14:23 (25)		17:53 (24)		21:33 (24)		25:10 (24)		28:44 (28)		32:12 (19)		35:32 (19)		39:11 (23)		42:49 (14)		46:13 (16)		49:30 (10)		52:56 (8)		56:32 (13)		1:00:04 (19)		1:03:38 (23)		1:07:11 (17)		1:10:36 (13)										
21	3:35	22	19	23	3:13	24	3:18	25	3:31	26	3:22	27	3:33	28	3:32	29	3:29	30	3:42	31	3:45	32	3:41	33	3:53	34	3:47	35	4:01	36	3:56	37	4:12																
	1:14:11 (12)		1:14:30 (15)		1:17:43 (13)		1:21:01 (9)		1:24:32 (13)		1:27:54 (13)		1:31:27 (15)		1:34:59 (15)		1:38:28 (15)		1:42:10 (17)		1:45:55 (17)		1:49:36 (18)		1:53:29 (18)		1:57:16 (18)		2:01:17 (18)		2:05:13 (19)		2:09:25 (22)																

761										Tsehay GEMECHU										ETH										12 Dec 98										DNF									
1	3:47	2	3:33	3	3:27	4	3:36	5	3:29	6	3:41	7	3:37	8	3:33	9	3:28	10	3:20	11	3:39	12	3:38	13	3:24	14	3:17	15	3:27	16	3:35	17	3:32	18	3:34	19	3:33	20	3:25										
	3:47 (39)		7:20 (17)		10:47 (20)		14:23 (24)		17:52 (13)		21:33 (28)		25:10 (30)		28:43 (7)		32:11 (2)		35:31 (3)		39:10 (8)		42:48 (11)		46:12 (2)		49:29 (1)		52:56 (11)		56:31 (6)		1:00:03 (2)		1:03:37 (2)		1:07:10 (2)		1:10:35 (2)										
21	3:36	22	19	23	3:13	24	3:17	25	3:31	26	3:20	27	3:19	28	3:19	29	3:20	30	3:15	31	3:23	32	3:14	33	3:18	34	3:13																						
	1:14:11 (4)		1:14:30 (4)		1:17:43 (10)		1:21:00 (4)		1:24:31 (6)		1:27:51 (3)		1:31:10 (2)		1:34:29 (2)		1:37:49 (1)		1:41:04 (2)		1:44:27 (2)		1:47:41 (2)		1:50:59 (2)		1:54:12 (4)																						

1347 Alia SAEED MOHAMMED UAE 18 May 91 DNS