

Andrew BAYER

Lane 1-1

USA - 03.02.90 - Age: 26 years 204 days

SB: 8:17.39 Monaco (MON) 15.07 (17th T-L 2016) | PB: 8:17.39 Monaco (MON) 15.07.16 (200th A-T) | All-Athletics.com World Rankings: 24th

Personal bests

Event	Result	Venue	Date
800m	1:48.97	Lignano Sabbiadoro (ITA)	16.07.13
800m ind.	1:50.73	Bloomington (USA)	08.01.11
1500m	3:34.47	Oordegem (BEL)	06.07.13
Mile	3:52.90	London (GBR)	27.07.13
Mile ind.	3:57.75	Bloomington (USA)	28.01.11
2000m	4:59.99	Reims (FRA)	28.06.13
3000m	7:43.84	Zagreb (CRO)	03.09.13
3000m ind.	7:42.33	New York (USA)	20.02.16
5000m	13:32.74	Palo Alto (USA)	25.03.11
5000m ind.	13:51.58	Lincoln (USA)	25.02.12
3000mSC	8:17.39	Monaco (MON)	15.07.16
Mile Road	*3:56.9h	New York (USA)	13.09.14
4x800m ind.	7:37.34	Bloomington (USA)	12.01.13
Distance Medley	9:29.02	Philadelphia (USA)	26.04.13
Distance Medley ind.	9:29.65	College Station (USA)	11.03.11
4xMile	16:18.20	Philadelphia (USA)	28.04.12

Honours

NACAC U23 Championships

Pl.	Event	Competition	Date
1.	5000m	Irapuato NACAC U23 Championships	07.07.12

NACAC Championships

Pl.	Event	Competition	Date
1.	3000mSC	San José NACAC Open Championships	09.08.15

Further honours

1x NCAA champion

Progression

Year	Result	Venue	Date
16	8:17.39	Monaco (MON)	15.07.16
15	8:18.08	London (GBR)	25.07.15
14	8:25.71	Luzern (SUI)	15.07.14

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
3000mSC	01.05	Palo Alto	F1	14.	8:41.75
3000mSC	20.05	Los Angeles	F3	7.	8:24.37
1500m	23.06	Portland	F1	5.	3:41.16
3000mSC	04.07	Eugene	F1	2.	8:27.66
3000mSC	08.07	Eugene	F	4.	8:28.59
3000mSC	15.07	Monaco	F	6.	8:17.39
1500m	18.07	Székesfehérvár	F	6.	3:39.24
Mile	22.07	London	F	8.	3:55.46
3000mSC	29.07	Eugene	F	3.	8:22.79

Nicholas Kiptanui BETT

Lane 2-1

KEN - 20.12.96 - Age: 19 years 249 days

SB: 8:14.04 Heusden-Zolder (BEL) 16.07 (10th T-L 2016) | PB: 8:14.04 Heusden-Zolder (BEL) 16.07.16 (135th A-T) | All-Athletics.com World Rankings: 26th

Personal bests

Event	Result	Venue	Date
5000m	14:26.7h	Nakuru (KEN)	17.04.15
2000mSC	5:20.92	Donetsk (UKR)	12.07.13
3000mSC	8:14.04	Heusden-Zolder (BEL)	16.07.16

Honours

World Youth Championships

Pl.	Event	Competition	Date
2.	2000mSC	Donetsk IAAF World Youth Championships	12.07.13

Progression

Year	Result	Venue	Date
16	8:14.04	Heusden-Zolder (BEL)	16.07.16
15	8:19.26	Heusden-Zolder (BEL)	18.07.15
14	8:28.83	Dessau (GER)	11.06.14
13	8:52.1h	Nairobi (KEN)	19.04.13

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
5000m	18.03	Nakuru	H2	16.	14:33.6h
3000mSC	18.05	Beijing	F	4.	8:19.91
3000mSC	22.05	Rabat	F	11.	8:29.21
3000mSC	02.06	Roma	F	-	DNF
3000mSC	30.06	Eldoret	H2	9.	8:55.0h
3000mSC	16.07	Heusden-Zolder	F	1.	8:14.04

Jairus Kipchoge BIRECH

Lane 3-1

KEN - 14.12.92 - Age: 23 years 255 days

SB: 8:03.90 Rabat (MAR) 22.05 (2nd T-L 2016) | PB: 7:58.41 Bruxelles (BEL) 05.09.14 (10th A-T) | All-Athletics.com World Rankings: 2nd

Personal bests

Event	Result	Venue	Date
1500m	3:48.0h	Eldoret (KEN)	15.04.16
2000m	4:58.76	Reims (FRA)	05.07.11
3000m	7:41.83	Doha (QAT)	10.05.13
5000m	13:38.4h	Nakuru (KEN)	18.04.15
10,000m	28:35.7h	Eldoret (KEN)	16.04.16
3000mSC	7:58.41	Bruxelles (BEL)	05.09.14
10 km Road	28:58	Bolzano (ITA)	31.12.15

Honours

World Championships

Pl.	Event	Competition	Date
4.	3000mSC	Beijing IAAF World Championships	24.08.15

Commonwealth Games

Pl.	Event	Competition	Date
2.	3000mSC	Glasgow Commonwealth Games	01.08.14

All-African Games

Pl.	Event	Competition	Date
4.	3000mSC	Maputo All-Africa Games	11.09.11

African Championships

Pl.	Event	Competition	Date
1.	3000mSC	Marrakesh African Championships	12.08.14

World (Continental) Cup

Pl.	Event	Competition	Date
1.	3000mSC	Marrakesh IAAF Continental Cup	14.09.14

African Junior Championships

Pl.	Event	Competition	Date
2.	3000mSC	Gaborone African Junior Championships	12.05.11

Diamond Race wins

Year	Event
2014	3000mSC
2015	3000mSC

Further honours

10x Diamond League meeting winner
1x National champion

Progression

Year	Result	Venue	Date
16	8:03.90	Rabat (MAR)	22.05.16
15	7:58.83	Paris (FRA)	04.07.15
14	7:58.41	Bruxelles (BEL)	05.09.14
13	8:08.72	Zürich (SUI)	29.08.13
12	8:03.43	Paris (FRA)	06.07.12
11	8:11.31	Paris (FRA)	08.07.11
10	8:50.0h	Nairobi (KEN)	17.06.10
09	9:08.1h	Nairobi (KEN)	16.06.09

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
5000m	26.02	Mumias	F1	5.	13:52.26
5000m	18.03	Nakuru	H2	2.	13:48.8h
10,000m	19.03	Nakuru	F	1.	28:51.9h
1500m	14.04	Eldoret	H6	2.	3:49.4h
1500m	15.04	Eldoret	SF3	3.	3:48.0h
10,000m	16.04	Eldoret	F1	1.	28:35.7h
10,000m	27.04	Paris	F	1.	29:02.30
3000mSC	06.05	Doha	F	2.	8:08.28
3000mSC	22.05	Rabat	F	2.	8:03.90
3000mSC	02.06	Roma	F	2.	8:11.39
3000mSC	05.06	Birmingham	F	5.	8:20.31
3000mSC	30.06	Eldoret	H2	3.	8:34.2h

Donald CABRAL**Lane 4-1**

USA - 12.12.89 - Age: 26 years 257 days

SB: 8:20.72 Eugene (USA) 29.07 (34th T-L 2016) | **PB: 8:13.37** Eugene (USA) 28.06.15 (121st A-T) | [All-Athletics.com World Rankings: 17th](#)**Personal bests**

Event	Result	Venue	Date
800m	1:56.32	Princeton (USA)	23.04.11
1500m	3:40.03	Lignano Sabbiadoro (ITA)	17.07.12
Mile	4:00.64	Ewing (USA)	20.05.10
Mile ind.	4:00.21	New York (USA)	16.02.13
2000m ind.	5:00.18	New York (USA)	15.02.14
3000m	7:53.48	Szczecin (POL)	21.07.12
3000m ind.	7:47.18	New York (USA)	20.02.16
5000m	13:22.19	Palo Alto (USA)	04.05.14
5000m ind.	13:28.64	New York (USA)	14.02.15
10,000m	29:32.92	Philadelphia (USA)	05.05.12
3000mSC	8:13.37	Eugene (USA)	28.06.15
Mile Road	4:11.5h	Boston (USA)	14.04.13
Mile Road	*3:59.1h	New York (USA)	22.09.12
5 km Road	*14:19	New York (USA)	31.10.15
10 km Road	29:22	San Juan (PUR)	01.03.15
12 km Road	35:02	Alexandria (USA)	15.11.15
15 km Road	44:20	Jacksonville (USA)	09.03.13
4x800m ind.	7:45.23	New Haven (USA)	12.02.11
Distance Medley	9:42.45	Philadelphia (USA)	27.04.12
4xMile	16:16.79	Philadelphia (USA)	28.04.12

Honours**Olympic Games**

Pl.	Event	Competition	Date
8.	3000mSC	Rio de Janeiro Olympic Games	17.08.16
8.	3000mSC	London Olympic Games	05.08.12

NACAC U23 Championships

Pl.	Event	Competition	Date
1.	3000mSC	Miramar NACAC U23 Championships	10.07.10

Daniel HULING**Lane 5-1**

USA - 16.07.83 - Age: 33 years 40 days

SB: 8:18.58 Los Angeles (USA) 20.05 (23rd T-L 2016) | **PB: 8:13.29** Lausanne (SUI) 08.07.10 (120th A-T) | [All-Athletics.com World Rankings: 66th](#)**Personal bests**

Event	Result	Venue	Date
1500m	3:37.53	Swarthmore (USA)	14.05.12
Mile	4:04.51	Oxford (GBR)	08.04.06
Mile ind.	4:00.13	Bloomington (USA)	29.01.10
2000m ind.	5:02.41	New York (USA)	15.02.14
3000m	7:44.42	Luzern (SUI)	17.07.13
3000m ind.	7:49.93	Boston (USA)	05.02.11
5000m	13:18.42	Palo Alto (USA)	28.04.13
5000m ind.	13:57.09	Bloomington (USA)	31.01.09
10,000m	30:37.25	Toledo (ESP)	11.05.06
3000mSC	8:13.29	Lausanne (SUI)	08.07.10
Mile Road	3:55.0h	New York (USA)	26.09.09
Mile Road	*3:52.9h	New York (USA)	13.09.14
5 km Road	13:59	Providence (USA)	20.09.15

Honours**World Championships**

Pl.	Event	Competition	Date
5.	3000mSC	Beijing IAAF World Championships	24.08.15

Abraham KIBIWOTT**Lane 6-1**

KEN - 04.06.96 - Age: 20 years 82 days

SB: 8:09.25 Doha (QAT) 06.05 (6th T-L 2016) | **PB: 8:09.25** Doha (QAT) 06.05.16 (67th A-T) | [All-Athletics.com World Rankings: 9th](#)**Personal bests**

Event	Result	Venue	Date
3000m	8:02.95	Birmingham (GBR)	05.06.16
5000m	14:10.8h	Eldoret (KEN)	23.05.15
2000mSC	5:53.90	Warri (NGR)	29.03.13
3000mSC	8:09.25	Doha (QAT)	06.05.16

Honours**African Championships**

Pl.	Event	Competition	Date
3.	3000mSC	Durban African Championships	24.06.16

African Junior Championships

Pl.	Event	Competition	Date
1.	3000mSC	Addis Abeba African Junior Championships	05.03.15

Further honours

1x NCAA champion

Progression

Year	Result	Venue	Date
16	8:20.72	Eugene (USA)	29.07.16
15	8:13.37	Eugene (USA)	28.06.15
14	8:20.04	Sacramento (USA)	29.06.14
13	8:34.23	Los Angeles (USA)	17.05.13
12	8:19.14	Los Angeles (USA)	18.05.12
11	8:32.14	Des Moines (USA)	10.06.11
10	8:35.60	Greensboro (USA)	29.05.10

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
5000m	01.05	Palo Alto	F1	11.	13:29.87
10 km Road	14.05	Jersey City	F	1.	29:40
Mile	28.05	Eugene	F	8.	4:02.29
3000mSC	17.06	Burnaby	F	1.	8:29.37
1500m	19.06	Victoria	F2	4.	3:44.13
3000mSC	04.07	Eugene	H1	1.	8:26.96
3000mSC	08.07	Eugene	F	3.	8:26.37
3000mSC	29.07	Eugene	F	1.	8:20.72
3000mSC	15.08	Rio de Janeiro	H3	3.	8:21.96
3000mSC	17.08	Rio de Janeiro	F	8.	8:25.81

World (Continental) Cup

Pl.	Event	Competition	Date
8.	3000mSC	Split IAAF/VTB Bank Continental Cup	05.09.10

Further honours

1x National champion

Progression

Year	Result	Venue	Date
16	8:18.58	Los Angeles (USA)	20.05.16
15	8:14.11	Eugene (USA)	28.06.15
14	8:15.61	Bruxelles (BEL)	05.09.14
13	8:21.92	Stockholm (SWE)	22.08.13
12	8:20.81	Los Angeles (USA)	18.05.12
11	8:25.95	Eugene (USA)	04.06.11
10	8:13.29	Lausanne (SUI)	08.07.10
09	8:14.69	Bruxelles (BEL)	04.09.09
08	8:20.84	Monaco (MON)	29.07.08
06	8:27.41	Indianapolis (USA)	25.06.06
05	8:43.59	Bloomington (USA)	28.05.05
04	8:58.88	Oxford (GBR)	14.05.04

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
1500m	01.05	Palo Alto	F1	9.	3:43.43
3000mSC	20.05	Los Angeles	F3	2.	8:18.58
1500m	23.06	Portland	F1	11.	3:44.62
3000mSC	04.07	Eugene	H1	4.	8:30.34
3000mSC	08.07	Eugene	F	9.	8:39.50

Progression

Year	Result	Venue	Date
16	8:09.25	Doha (QAT)	06.05.16
15	8:22.10	London (GBR)	25.07.15
14	8:52.36	Nairobi (KEN)	25.06.14

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
3000m	02.04	Kisii	F	1.	8:18.6h
3000mSC	06.05	Doha	F	3.	8:09.25
3000mSC	18.05	Beijing	F	2.	8:14.58
3000mSC	26.05	Nairobi	F1	2.	8:31.99
3000mSC	28.05	Nairobi	F	1.	8:20.5h
3000m	05.06	Birmingham	F	9.	8:02.95
3000mSC	24.06	Durban	F	3.	8:24.19
3000mSC	30.06	Eldoret	H2	4.	8:34.4h
3000mSC	15.07	Monaco	F	5.	8:14.84

Brimin Kiprof KIPRUTO**Lane 7-1**

KEN - 31.07.85 - Age: 31 years 25 days

SB: 8:18.79 Rio de Janeiro (BRA) 17.08 (24th T-L 2016) | PB: 7:53.64 Monaco (MON) 22.07.11 (2nd A-T) | All-Athletics.com World Rankings: 11th

Personal bests

Event	Result	Venue	Date
1500m	3:35.23	Stockholm (SWE)	25.07.06
1500m ind.	3:37.17	Düsseldorf (GER)	11.02.11
2000m ind.	4:58.76	Birmingham (GBR)	17.02.07
3000m	7:47.33	Doha (QAT)	12.05.06
3000m ind.	7:39.07	Liévin (FRA)	14.02.12
2000mSC	5:36.81	Debrecen (HUN)	15.07.01
3000mSC	7:53.64	Monaco (MON)	22.07.11
Mile Road	4:13.0h	South Shields (GBR)	04.10.08
4 Miles Road	17:13	Groningen (NED)	14.10.12

Records

Record	Result	Event	Venue	Date
AR	7:53.64	3000mSC	Monaco (MON)	22.07.11

Honours**Olympic Games**

Pl.	Event	Competition	Date
1.	3000mSC	Beijing Olympic Games	18.08.08
2.	3000mSC	Athens Olympic Games	24.08.04
5.	3000mSC	London Olympic Games	05.08.12
6.	3000mSC	Rio de Janeiro Olympic Games	17.08.16

World Championships

Pl.	Event	Competition	Date
1.	3000mSC	Osaka IAAF World Championships	28.08.07
2.	3000mSC	Daegu IAAF World Championships	01.09.11
3.	3000mSC	Beijing IAAF World Championships	24.08.15
3.	3000mSC	Heiljink IAAF World Championships	09.08.05
7.	3000mSC	Berlin IAAF World Championships	18.08.09

Commonwealth Games

Pl.	Event	Competition	Date
3.	3000mSC	New Delhi Commonwealth Games	11.10.10

World Junior Championships

Pl.	Event	Competition	Date
3.	1500m	Grosseto IAAF World Junior Championships	15.07.04

World Athletics Final

Pl.	Event	Competition	Date
3.	3000mSC	Stuttgart IAAF World Athletics Final	23.09.07
3.	3000mSC	Monaco IAAF World Athletics Final	09.09.05
6.	3000mSC	Thessaloniki IAAF/VTB Bank WAF	13.09.09
6.	3000mSC	Stuttgart IAAF World Athletics Final	10.09.06
6.	3000mSC	Monaco IAAF World Athletics Final	19.09.04

World Youth Championships

Pl.	Event	Competition	Date
2.	2000mSC	Debrecen IAAF World Youth Championships	15.07.01

African Junior Championships

Pl.	Event	Competition	Date
2.	3000mSC	Garoua African Junior Championships	03.08.03

Further honours

- 6x Diamond League meeting winner
- 3x Golden League meeting winner
- 1x National champion

Progression

Year	Result	Venue	Date
16	8:18.79	Rio de Janeiro (BRA)	17.08.16
15	8:10.09	Paris (FRA)	04.07.15
14	8:04.64	Doha (QAT)	09.05.14
13	8:06.86	London (GBR)	27.07.13
12	8:01.73	Paris (FRA)	06.07.12
11	7:53.64	Monaco (MON)	22.07.11
10	8:00.90	Paris-St-Denis (FRA)	16.07.10
09	8:03.17	Athina (GRE)	13.07.09
08	8:10.26	Bruxelles (BEL)	05.09.08
07	8:02.89	Bruxelles (BEL)	14.09.07
06	8:08.32	Roma (ITA)	14.07.06
05	8:04.22	Roma (ITA)	08.07.05
04	8:05.52	Hengelo (NED)	31.05.04
03	8:34.5h	Nairobi (KEN)	18.06.03
02	8:33.0h	Nairobi (KEN)	17.06.02

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
3000mSC	02.06	Roma	F	14.	8:29.54
3000mSC	05.06	Birmingham	F	4.	8:19.33
3000mSC	30.06	Eldoret	H2	1.	8:33.5h
3000mSC	01.07	Eldoret	F	1.	8:27.68
3000mSC	15.08	Rio de Janeiro	H2	2.	8:26.25
3000mSC	17.08	Rio de Janeiro	F	6.	8:18.79

Barnabas KIPYEGO**Lane 8-1**

KEN - 12.06.95 - Age: 21 years 74 days

SB: 8:09.13 Monaco (MON) 15.07 (5th T-L 2016) | PB: 8:09.13 Monaco (MON) 15.07.16 (64th A-T) | All-Athletics.com World Rankings: 4th

Personal bests

Event	Result	Venue	Date
3000mSC	8:09.13	Monaco (MON)	15.07.16

Honours**World Junior Championships**

Pl.	Event	Competition	Date
1.	3000mSC	Eugene IAAF World Junior Championships	27.07.14

Progression

Year	Result	Venue	Date
16	8:09.13	Monaco (MON)	15.07.16
15	8:21.93	Eugene (USA)	30.05.15
14	8:17.03	Birmingham (GBR)	24.08.14

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
3000mSC	14.04	Eldoret	H1	3.	8:56.9h
3000mSC	06.05	Doha	F	5.	8:10.11
3000mSC	05.06	Birmingham	F	3.	8:14.74
3000mSC	30.06	Eldoret	H1	4.	8:36.43
3000mSC	01.07	Eldoret	F	9.	8:45.53
3000mSC	15.07	Monaco	F	3.	8:09.13
3000mSC	18.07	Sotteville	F	1.	8:15.62

Amos KIRUI**Lane 9-1**

KEN - 09.02.98 - Age: 18 years 198 days

SB: 8:20.43 Bydgoszcz (POL) 24.07 (31st T-L 2016) | PB: 8:20.43 Bydgoszcz (POL) 24.07.16 (284th A-T) | All-Athletics.com World Rankings: 55th

Personal bests

Event	Result	Venue	Date
5000m	13:25.91	Kumamoto (JPN)	02.04.16
10,000m	28:08.98	Gifu (JPN)	07.05.16
2000mSC	5:39.23	Gaborone (BOT)	31.05.14
3000mSC	8:20.43	Bydgoszcz (POL)	24.07.16

Honours**World Junior Championships**

Pl.	Event	Competition	Date
1.	3000mSC	Bydgoszcz IAAF World U20 Championships	24.07.16

Youth Olympic Games

Pl.	Event	Competition	Date
2.	2000mSC	Nanjing Youth Olympic Games	25.08.14

Progression

Year	Result	Venue	Date
16	8:20.43	Bydgoszcz (POL)	24.07.16
15	8:51.0h	Nairobi (KEN)	18.02.15

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
5000m	06.03	Thika	F	3.	13:53.2h
5000m	02.04	Kumamoto	F3	3.	13:25.91
5000m	24.04	Yokohama	F31	5.	13:29.44
10,000m	07.05	Gifu	F	2.	28:08.98
5000m	21.05	Nagoya	F6	3.	13:49.92
3000mSC	22.06	Nairobi	F	2.	8:27.4h
3000mSC	21.07	Bydgoszcz	H1	2.	8:44.32
3000mSC	24.07	Bydgoszcz	F	1.	8:20.43

John KOECH**Lane 10-1**

BRN - 23.08.95 - Age: 21 years 2 days

SB: 8:09.62 Doha (QAT) 06.05 (7th T-L 2016) | PB: 8:09.62 Doha (QAT) 06.05.16 (71st A-T) | All-Athletics.com World Rankings: 12th

Personal bests

Event	Result	Venue	Date
1500m	3:43.4h	Nairobi (KEN)	07.06.14
5000m	13:31.76	Turku (FIN)	29.06.16
3000mSC	8:09.62	Doha (QAT)	06.05.16

Honours**Asian Championships**

Pl.	Event	Competition	Date
1.	3000mSC	Wuhan Asian Championships	06.06.15

World (Continental) Cup

Pl.	Event	Competition	Date
5.	3000mSC	Marrakesh IAAF Continental Cup	14.09.14

Further honours

- 1x National champion

Progression

Year	Result	Venue	Date
16	8:09.62	Doha (QAT)	06.05.16

15	8:14.75	Beijing (CHN)	20.05.15
14	8:19.99	Bydgoszcz (POL)	02.06.14
13	8:16.96	Stockholm (SWE)	22.08.13
12	8:47.1h	Nairobi (KEN)	08.06.12

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
3000mSC	14.04	Eldoret	H4	1.	8:34.3h
3000mSC	16.04	Eldoret	F	1.	8:36.9h
3000mSC	06.05	Doha	F	4.	8:09.62
5000m	14.05	Shanghai	F	-	DNF
3000mSC	18.05	Beijing	F	3.	8:18.53
3000mSC	02.06	Roma	F	12.	8:24.81
5000m	29.06	Turku	F	5.	13:31.76
3000mSC	15.07	Monaco	F	9.	8:20.11
3000mSC	15.08	Rio de Janeiro	H2	6.	8:28.81

Clement Kimutai KEMBOI**Lane 15-1**

KEN - 10.02.92 - Age: 24 years 197 days

SB: **8:10.65** Doha (QAT) 06.05 (8th T-L 2016) | PB: **8:10.65** Doha (QAT) 06.05.16 (83rd A-T) | All-Athletics.com World Rankings: 10th**Personal bests**

Event	Result	Venue	Date
1500m	3:52.4h	Eldoret (KEN)	14.04.16
Mile	4:02.19	Pavia (ITA)	04.05.14
3000m	7:51.65	Göteborg (SWE)	15.07.16
3000mSC	8:10.65	Doha (QAT)	06.05.16
10 km Road	28:33	Rennes (FRA)	12.10.14
Half Marathon	*1:05:30	Bregenz (AUT)	02.10.11

Honours**All-African Games**

Pl.	Event	Competition	Date
1.	3000mSC	Brazzaville All-Africa Games	13.09.15

Lawrence Kemboi KIPSANG**Lane 16-1**

KEN - 15.06.93 - Age: 23 years 71 days

SB: **8:17.79** Doha (QAT) 06.05 (19th T-L 2016) | PB: **8:17.79** Doha (QAT) 06.05.16 (206th A-T) | All-Athletics.com World Rankings: 13th**Personal bests**

Event	Result	Venue	Date
3000m	8:30.8h	Nairobi (KEN)	16.03.13
5000m	14:00.94	Praha (CZE)	09.06.14
3000mSC	8:17.79	Doha (QAT)	06.05.16

Progression

Year	Result	Venue	Date
16	8:17.79	Doha (QAT)	06.05.16

Progression

Year	Result	Venue	Date
16	8:10.65	Doha (QAT)	06.05.16
15	8:12.68	Paris (FRA)	04.07.15
14	8:16.96	Roma (ITA)	05.06.14
13	8:17.18	Budapest (HUN)	10.07.13
12	8:25.67	Luzern (SUI)	17.07.12
11	8:28.13	Königs Wusterhausen (GER)	09.09.11
10	9:03.4h	Nairobi (KEN)	17.06.10

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
1500m	14.04	Eldoret	H7	4.	3:52.4h
3000mSC	06.05	Doha	F	6.	8:10.65
10,000m	13.05	Herzogenaurach	F	-	DNF
3000mSC	22.05	Rabat	F	8.	8:21.46
3000mSC	05.06	Birmingham	F	6.	8:21.07
3000mSC	30.06	Eldoret	H2	5.	8:34.7h
3000m	15.07	Göteborg	F	2.	7:51.65
3000mSC	18.07	Sotheville	F	-	DNF

15	8:18.51	Beijing (CHN)			20.05.15
14	8:19.59	Zagreb (CRO)			02.09.14
13	8:25.0h	Nairobi (KEN)			22.06.13
12	8:31.2h	Nairobi (KEN)			14.06.12
11	9:02.1h	Nairobi (KEN)			08.06.11

Outdoor Results in 2016

Event	Date	Venue	Ht.	Pl.	Result
3000mSC	27.02	Mumias	F	2.	8:45.1h
3000mSC	14.04	Eldoret	H4	2.	8:44.0h
3000mSC	06.05	Doha	F	9.	8:17.79
3000mSC	22.05	Rabat	F	4.	8:17.82
3000mSC	26.05	Nairobi	F2	1.	8:36.37
3000mSC	02.06	Roma	F	13.	8:26.06
3000mSC	05.06	Birmingham	F	-	DNF
3000mSC	30.06	Eldoret	H1	6.	8:45.39
3000mSC	01.07	Eldoret	F	10.	8:46.67
3000mSC	15.07	Monaco	F	7.	8:19.15
3000mSC	18.07	Sotheville	F	11.	8:40.72