

10,000m MEN START LIST - Heat A

European Record	Mohamed Farah (GBR)	26:46.57	Eugene (USA)	03/06/2011
Cup Record	Fabián Roncero (ESP)	27:14.44	Lisbon (POR)	04/04/1998

Bib	Name	Country	Date of Birth	SB	PB
1	CASTILLEJO Carles	ESP	18/08/1978		27:39.79
2	LAMDASSEM Ayad	ESP	11/10/1981		27:45.58
3	MARTÍNEZ José Manuel	ESP	22/10/1971		27:30.56
4	PENAS Manuel Ángel	ESP	09/11/1977	28:17.69	27:58.76
5	SANZ Daniel	ESP	25/02/1979	28:49.36	28:46.60
6	SOLIS David	ESP	22/12/1981	28:48.76	28:48.76
9	KOCOUREK Milan	CZE	06/12/1987	29:33.56	29:09.64
16	BENHARI Mokhtar	FRA	22/05/1974		28:18.89
17	LEFRAND Stéphane	FRA	15/06/1983		28:38.82
18	MALATY Benjamin	FRA	07/05/1986		29:42.85
19	MAYAUD Denis	FRA	22/04/1986		28:21.50
20	BEATTIE John	GBR	20/01/1986		28:32.21
21	GERRARD Keith	GBR	24/03/1986	28:34.90	28:27.03
22	WALSH James	GBR	22/09/1981		28:37.30
23	BROSIUS Hagen	GER	23/08/1988	28:59.67	28:59.67
25	VÉGH Tibor	HUN	26/03/1984	29:02.41	28:48.14
29	YOSSEF Gezachw	ISR	01/01/1975		28:37.48
33	LA ROSA Stefano	ITA	22/09/1985	28:13.62	28:13.62
34	LALLI Andrea	ITA	20/05/1987		28:17.64
36	PERTILE Ruggero	ITA	08/08/1974		28:56.63
39	EL KALAI Youssef	POR	01/03/1981		28:20.03
42	RIBAS Ricardo	POR	08/10/1977	28:47.16	28:47.16
43	ROCHA José	POR	06/07/1976	28:37.95	28:15.44
44	SILVA RUI Pedro	POR	06/05/1981		28:01.63
46	MOHAMED Mustafa	SWE	01/03/1979		28:49.14
48	ARIKAN Polat Kemboi	TUR	12/12/1990		
49	GIRMALEGESE Mert	TUR	30/11/1987		
52	CHERUIYOT Jonas (P)	KEN	11/01/1984		
53	RONO Vincent (P)	KEN	01/01/1990		

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10,000m WOMEN RESULTS

European Record	Elvan Abeylegesse (TUR)	29:56.34	Beijing (CHN)	15/09/2008
Cup Record	Elvan Abeylegesse (TUR)	30:21.67	Antalya (TUR)	15/04/2006

Rank	Bib	Name	Country	Date of Birth	Result
1	95	MOREIRA Sara	POR	17/10/1985	31:23.51 PB
2	73	PAVEAY Jo	GBR	20/09/1973	31:32.22 SB
3	70	DAUNAY Christelle	FRA	05/12/1974	31:35.81 NR
4	80	MOCKENHAUPT Sabrina	GER	06/12/1980	31:36.76 SB
5	83	EJJAFINI Nadia	ITA	08/11/1977	31:45.14 PB
6	86	STRANEO Valeria	ITA	05/04/1976	32:15.87 PB
7	74	PURDUE Charlotte	GBR	10/06/1991	32:18.44
8	93	DIAS Ana	POR	15/01/1974	32:20.89
9	76	STEEL Gemma	GBR	12/11/1985	32:34.81 PB
10	85	ROMAGNOLO Elena	ITA	05/10/1982	32:39.12 PB
11	91	LEWANDOWSKA Iwona	POL	19/02/1985	33:00.05 PB
12	84	PINNA Claudia	ITA	04/12/1977	33:02.37 PB
13	92	CARNEIRO Leonor	POR	18/05/1978	33:06.86 PB
14	77	WALKER Hannah	GBR	09/08/1991	33:10.95 PB
15	75	SAMUELS Sonia	GBR	16/05/1979	33:11.53
16	61	KOUHAN Sviatlana	BLR	26/08/1980	33:12.89 PB
17	87	WEISSTEINER Silvia	ITA	13/07/1979	33:13.67 SB
18	67	RODRÍGUEZ Lidia	ESP	26/05/1986	33:14.82
19	72	MURRAY Freya	GBR	20/09/1983	33:16.13 SB
20	68	SILVESTRE Marta	ESP	04/04/1982	33:20.39 PB
21	63	STARAVOITAVA Nastassia	BLR	04/11/1982	33:21.97 PB
22	88	LOBACEVSKE Diana	LTU	07/08/1980	33:22.47 PB
23	94	FERREIRA Ana Mafalda	POR	22/04/1988	33:36.53
24	60	DAMANTSEVICH Maryna	BLR	10/02/1984	33:37.80 PB
25	79	HAHNER Lisa	GER	20/11/1989	33:38.49 PB
26	66	NAVASCUES Estela	ESP	03/02/1981	33:42.33
27	100	KAYA Özlem	TUR	20/04/1990	33:51.32 PB
28	101	SIZMAZ Mehtap	TUR	16/11/1978	33:56.02 PB
29	82	DAL RI Federica	ITA	25/09/1980	34:12.88
30	69	VEIGA Vanessa	ESP	20/07/1979	34:20.99 SB

10,000m WOMEN RESULTS

European Record	Elvan Abeylegesse (TUR)	29:56.34	Beijing (CHN)	15/09/2008
Cup Record	Elvan Abeylegesse (TUR)	30:21.67	Antalya (TUR)	15/04/2006

Rank	Bib	Name	Country	Date of Birth	Result
31	98	WIKER Louise	SWE	01/01/1979	34:21.73 PB
32	62	MAZURONAK Volha	BLR	14/04/1989	34:27.86 PB
33	90	HOLTH Christina Bus	NOR	22/04/1980	34:29.23 SB
34	64	MATOŠEVIĆ Matea	CRO	14/03/1989	34:34.76
35	65	GARCÍA Alba	ESP	23/11/1983	34:39.25
36	89	BLOM Veronika Brennhovd	NOR	27/10/1990	35:10.64 PB
37	71	PICOICHE Laurane	FRA	17/07/1985	DNF
38	78	HAHNER Anna	GER	20/11/1989	DNF
39	96	PEIXOTO Doroteia	POR	07/10/1983	DNF
40	97	SILVA Mónica	POR	25/11/1983	DNF
41	99	HAYDAR Sultan	TUR	23/05/1987	DNF
42	103	TAYE Meseret (P)	ETH		DNF
43	102	GEBRE Trihas (P)	ETH	29/04/1990	DNF

Intermediate (Bib and Time):			5000 m	103	15:46.70
1000 m	102	03:04.06	6000 m	103	18:55.12
2000 m	102	06:16.23	7000 m	103	22:09.32
3000 m	102	09:27.33	8000 m	73	25:17.30
4000 m	102	12:35.40	9000 m	95	28:24.50

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10,000m WOMEN TEAM RESULTS

Rank	Country	Result
1	GREAT BRITAIN & NORTHERN IRELAND	1h36:25.47
	PAVEAY Jo	31:32.22
	PURDUE Charlotte	32:18.44
	STEEL Gemma	32:34.81
	WALKER Hannah	33:10.95
	SAMUELS Sonia	33:11.53
	MURRAY Freya	33:16.13
2	ITALY	1h36:40.13
	EJJAFINI Nadia	31:45.14
	STRANEO Valeria	32:15.87
	ROMAGNOLO Elena	32:39.12
	PINNA Claudia	33:02.37
	WEISSTEINER Silvia	33:13.67
	DAL RI Federica	34:12.88
3	PORTUGAL	1h36:51.26
	MOREIRA Sara	31:23.51
	DIAS Ana	32:20.89
	CARNEIRO Leonor	33:06.86
	FERREIRA Ana Mafalda	33:36.53
	PEIXOTO Doroteia	DNF
	SILVA Mónica	DNF
4	BELARUS	1h40:12.66
	KOUHAN Sviatlana	33:12.89
	STARAVOITAVA Nastassia	33:21.97
	DAMANTSEVICH Maryna	33:37.80
	MAZURONAK Volha	34:27.86
5	SPAIN	1h40:17.54
	RODRÍGUEZ Lidia	33:14.82
	SILVESTRE Marta	33:20.39
	NAVASCUES Estela	33:42.33
	VEIGA Vanessa	34:20.99
	GARCÍA Alba	34:39.25

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10,000m MEN RESULTS - Heat A

European Record	Mohamed Farah (GBR)	26:46.57	Eugene (USA)	03/06/2011
Cup Record	Fabián Roncero (ESP)	27:14.44	Lisbon (POR)	04/04/1998

Rank	Bib	Name	Country	Date of Birth	Result
1	48	ARIKAN Polat Kemboi	TUR	12/12/1990	27:56.28 PB
2	2	LAMDASSEM Ayad	ESP	11/10/1981	28:04.22 SB
3	1	CASTILLEJO Carles	ESP	18/08/1978	28:07.50 SB
4	4	PENAS Manuel Ángel	ESP	09/11/1977	28:33.99
5	33	LA ROSA Stefano	ITA	22/09/1985	28:34.54
6	44	SILVA RUI Pedro	POR	06/05/1981	28:36.32 SB
7	19	MAYAUD Denis	FRA	22/04/1986	28:38.59 SB
8	46	MOHAMED Mustafa	SWE	01/03/1979	28:40.71 PB
9	39	EL KALAI Youssef	POR	01/03/1981	28:46.64 SB
10	43	ROCHA José	POR	06/07/1976	28:50.38
11	36	PERTILE Ruggero	ITA	08/08/1974	28:54.45 PB
12	5	SANZ Daniel	ESP	25/02/1979	28:54.87
13	18	MALATY Benjamin	FRA	07/05/1986	28:54.99 PB
14	17	LEFRAND Stéphane	FRA	15/06/1983	29:00.02 SB
15	9	KOCOUREK Milan	CZE	06/12/1987	29:06.21 PB
16	3	MARTÍNEZ José Manuel	ESP	22/10/1971	29:06.96 SB
17	23	BROSIUS Hagen	GER	23/08/1988	29:22.98
18	20	BEATTIE John	GBR	20/01/1986	29:49.59 SB
19	25	VÉGH Tibor	HUN	26/03/1984	29:52.24
20	22	WALSH James	GBR	22/09/1981	29:53.44 SB
21	6	SOLIS David	ESP	22/12/1981	30:52.01
22	16	BENHARI Mokhtar	FRA	22/05/1974	DNF
23	21	GERRARD Keith	GBR	24/03/1986	DNF
24	29	YOSSEF Gezachw	ISR	01/01/1975	DNF
25	34	LALLI Andrea	ITA	20/05/1987	DNF
26	42	RIBAS Ricardo	POR	08/10/1977	DNF
27	49	GIRMALEGESE Mert	TUR	30/11/1987	DNF
28	52	CHERUIYOT Jonas (P)	KEN	11/01/1984	DNF
29	53	RONO Vincent (P)	KEN	01/01/1990	DNF

Intermediate (Bib and Time):			5000 m	53	13:52.18
1000 m	52	02:45.95	6000 m	53	16:41.29
2000 m	52	05:31.62	7000 m	48	19:30.58
3000 m	52	08:18.77	8000 m	48	22:23.45
4000 m	52	11:05.71	9000 m	48	25:13.37

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10,000m MEN RESULTS - Heat B

European Record	Mohamed Farah (GBR)	26:46.57	Eugene (USA)	03/06/2011
Cup Record	Fabián Roncero (ESP)	27:14.44	Lisbon (POR)	04/04/1998

Rank	Bib	Name	Country	Date of Birth	Result
1	13	ULAD Abdi Hakin	DEN	14/06/1991	28:57.06 PB
2	40	PINTO Luis	POR	09/11/1975	29:37.52 SB
3	41	RAMOS José	POR	27/07/1968	29:38.73
4	12	NIELSEN Michael	DEN	23/11/1980	29:39.88 PB
5	15	UTRIAINEN Jussi	FIN	28/11/1978	29:40.18 SB
6	47	SEORSKI Eric	SWE	25/07/1989	29:41.45 PB
7	32	GARIBOLDI Simone	ITA	16/07/1987	29:45.70
8	45	EKVALL Mikael	SWE	18/06/1989	29:49.34 SB
9	31	CAIMMI Daniele	ITA	17/12/1972	29:56.10
10	38	PERSEN Asbjørn Ellefsen	NOR	19/05/1987	30:00.11 PB
11	11	DAMKJær Johan	DEN	17/10/1984	30:04.20
12	10	ANDERSEN Henrik Them	DEN	16/06/1982	30:06.42 PB
13	7	BERNADÓ Toni	AND	09/12/1966	30:16.69 SB
14	50	KARAYEL Bekir	TUR	10/05/1982	30:20.54 SB
15	14	JÄRVENPÄÄ Jarkko	FIN	22/08/1986	30:27.51
16	27	AMARE Girmaw	ISR	26/10/1987	30:35.99
17	8	STEFANOV Hristo	BUL	21/12/1970	30:36.66 SB
18	51	KUS Erkan	TUR	05/10/1998	30:39.07 SB
19	30	ZEGEYE Demsew	ISR	17/12/1990	31:22.00
20	54	FIKRE Woknerh(P)	ETH	11/05/1998	DNF

Intermediate (Bib and Time):			5000 m	54	14:32.51
1000 m	54	02:56.09	6000 m	54	17:27.67
2000 m	54	05:47.85	7000 m	13	20:23.19
3000 m	54	08:40.89	8000 m	13	23:16.27
4000 m	54	11:35.78	9000 m	13	26:09.25

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10,000m MEN RESULTS (summary)

European Record	Mohamed Farah (GBR)	26:46.57	Eugene (USA)	03/06/2011
Cup Record	Fabián Roncero (ESP)	27:14.44	Lisbon (POR)	04/04/1998

Rank	Bib	Heat	Name	Country	Date of Birth	Result	
1	48	A	ARIKAN Polat Kemboi	TUR	12/12/1990	27:56.28	PB
2	2	A	LAMDASSEM Ayad	ESP	11/10/1981	28:04.22	SB
3	1	A	CASTILLEJO Carles	ESP	18/08/1978	28:07.50	SB
4	4	A	PENAS Manuel Ángel	ESP	09/11/1977	28:33.99	
5	33	A	LA ROSA Stefano	ITA	22/09/1985	28:34.54	
6	44	A	SILVA RUI Pedro	POR	06/05/1981	28:36.32	SB
7	19	A	MAYAUD Denis	FRA	22/04/1986	28:38.59	SB
8	46	A	MOHAMED Mustafa	SWE	01/03/1979	28:40.71	PB
9	39	A	EL KALAI Youssef	POR	01/03/1981	28:46.64	SB
10	43	A	ROCHA José	POR	06/07/1976	28:50.38	
11	36	A	PERTILE Ruggero	ITA	08/08/1974	28:54.45	PB
12	5	A	SANZ Daniel	ESP	25/02/1979	28:54.87	
13	18	A	MALATY Benjamin	FRA	07/05/1986	28:54.99	PB
14	13	B	ULAD Abdi Hakin	DEN	14/06/1991	28:57.06	PB
15	17	A	LEFRAND Stéphane	FRA	15/06/1983	29:00.02	SB
16	9	A	KOCOUREK Milan	CZE	06/12/1987	29:06.21	PB
17	3	A	MARTÍNEZ José Manuel	ESP	22/10/1971	29:06.96	SB
18	23	A	BROSIUS Hagen	GER	23/08/1988	29:22.98	
19	40	B	PINTO Luís	POR	09/11/1975	29:37.52	SB
20	41	B	RAMOS José	POR	27/07/1968	29:38.73	
21	12	B	NIELSEN Michael	DEN	23/11/1980	29:39.88	PB
22	15	B	UTRIAINEN Jussi	FIN	28/11/1978	29:40.18	SB
23	47	B	SEORSKI Eric	SWE	25/07/1989	29:41.45	PB
24	32	B	GARIBOLDI Simone	ITA	16/07/1987	29:45.70	
25	45	B	EKVALL Mikael	SWE	18/06/1989	29:49.34	SB
26	20	A	BEATTIE John	GBR	20/01/1986	29:49.59	SB
27	25	A	VÉGH Tibor	HUN	26/03/1984	29:52.24	
28	22	A	WALSH James	GBR	22/09/1981	29:53.44	SB
29	31	B	CAIMMI Daniele	ITA	17/12/1972	29:56.10	
30	38	B	PERSEN Asbjørn Ellefsen	NOR	19/05/1987	30:00.11	PB

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10,000m MEN RESULTS (summary)

European Record	Mohamed Farah (GBR)	26:46.57	Eugene (USA)	03/06/2011
Cup Record	Fabián Roncero (ESP)	27:14.44	Lisbon (POR)	04/04/1998

Rank	Bib	Heat	Name	Country	Date of Birth	Result
31	11	B	DAMKJærR Johan	DEN	17/10/1984	30:04.20
32	10	B	ANDERSEN Henrik Them	DEN	16/06/1982	30:06.42 PB
33	7	B	BERNADÓ Toni	AND	09/12/1966	30:16.69 SB
34	50	B	KARAYEL Bekir	TUR	10/05/1982	30:20.54 SB
35	14	B	JÄRVENPÄÄ Jarkko	FIN	22/08/1986	30:27.51
36	27	B	AMARE Girmaw	ISR	26/10/1987	30:35.99
37	8	B	STEFANOV Hristo	BUL	21/12/1970	30:36.66 SB
38	51	B	KUS Erkan	TUR	05/10/1998	30:39.07 SB
39	6	A	SOLIS David	ESP	22/12/1981	30:52.01
40	30	B	ZEGEYE Demsew	ISR	17/12/1990	31:22.00
41	54	B	FIKRE Woknerh(P)	ETH	11/05/1998	DNF
42	16	A	BENHARI Mokhtar	FRA	22/05/1974	DNF
43	21	A	GERRARD Keith	GBR	24/03/1986	DNF
44	29	A	YOSSEF Gezachw	ISR	01/01/1975	DNF
45	34	A	LALLI Andrea	ITA	20/05/1987	DNF
46	42	A	RIBAS Ricardo	POR	08/10/1977	DNF
47	49	A	GIRMALEGESE Mert	TUR	30/11/1987	DNF
48	52	A	CHERUIYOT Jonas (P)	KEN	11/01/1984	DNF
49	53	A	RONO Vincent (P)	KEN	01/01/1990	DNF

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10,000m MEN TEAM RESULTS

Rank	Country	Result
1	SPAIN	1h24:45.71
	LAMDASSEM Ayad	28:04.22
	CASTILLEJO Carles	28:07.50
	PENAS Manuel Ángel	28:33.99
	SANZ Daniel	28:54.87
	MARTÍNEZ José Manuel	29:06.96
	SOLIS David	30:52.01
2	PORTUGAL	1h26:13.34
	SILVA RUI Pedro	28:36.32
	EL KALAI Youssef	28:46.64
	ROCHA José	28:50.38
	PINTO Luís	29:37.52
	RAMOS José	29:38.73
	RIBAS Ricardo	DNF
3	FRANCE	1h26:33.60
	MAYAUD Denis	28:38.59
	MALATY Benjamin	28:54.99
	LEFRAND Stéphane	29:00.02
	BENHARI Mokhtar	DNF
4	ITALY	1h27:14.69
	LA ROSA Stefano	28:34.54
	PERTILE Ruggero	28:54.45
	GARIBOLDI Simone	29:45.70
	CAIMMI Daniele	29:56.10
	LALLI Andrea	DNF
5	SWEDEN	1h28:11.50
	MOHAMED Mustafa	28:40.71
	SEORSKI Eric	29:41.45
	EKVALL Mikael	29:49.34

10,000m MEN TEAM RESULTS

Rank	Country	Result
6	DENMARK	1h28:41.14
	ULAD Abdi Hakin	28:57.06
	NIELSEN Michael	29:39.88
	DAMKJÆR Johan	30:04.20
	ANDERSEN Henrik Them	30:06.42
7	TURKEY	1h28:55.89
	ARIKAN Polat Kemboi	27:56.28
	KARAYEL Bekir	30:20.54
	KUS Erkan	30:39.07
	GIRMALEGESE Mert	DNF