



# High-Performance Management Forum Amsterdam 2008

## Performance Analysis Report Middle and Long Distance Events

**Project Leader:**

Piero Incalza  
Italian Athletics Federation (FIDAL)

**Research & Data Processing:**

Luca Del Curto, Francesco Di Stefano

## Introduction

Finnish, British, Hungarian, French, Iberian, Polish, Russian and Italian athletes have taken turns being on the world middle distance running scene for nearly half a century.

The arrival of African runners, beginning at the end of the 60's, produced a considerable difference in race performance. So much, that now it seems almost unbridgeable.

In these years, the IAAF has made remarkable efforts in Africa and Asia for the diffusion and practice of the (improperly labelled) "technical" specialties.

In the same manner, European Athletics should adopt the same approach with European countries and middle distance running disciplines.

The intervention strategies should however be profoundly different since the reasons that have determined the slump in middle distance running in most of the Western countries are opposing.

As already said, Europe doesn't lack traditions, technical culture or sports organization. It's obvious that we must probe into other (social) areas, propose forms of involvement suitable to the new generations (motivational appeal) and revise workout techniques for a profoundly changed population.

The analysis of the data and the results examined in this study don't leave any doubt of interpretation.

## THE EUROPEAN MIDDLE AND LONG DISTANCE RUNNING CRISIS

### HYPOTHESIS ON THE CAUSES

SOCIAL CAUSES	TECHNICAL CAUSES
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- LIFESTYLE HABITS
- DIETARY HABITS
- EXERCISE HABITS
- URBAN SPACES
- SPORTS STRUCTURES
- SCHOLASTIC ORGANIZATION

- APPROACH TOWARDS ENDURANCE SPORTS
- INITIALIZATION TO SPORTS ACTIVITIES
- TIMING OF COMPETITIVE DEVELOPMENT
- SPECIALIZATION
- OCCASIONS FOR COMPARISON
- ATHLETIC SPORT ORGANIZATIONS

## OBSERVATIONS ON THE DATA

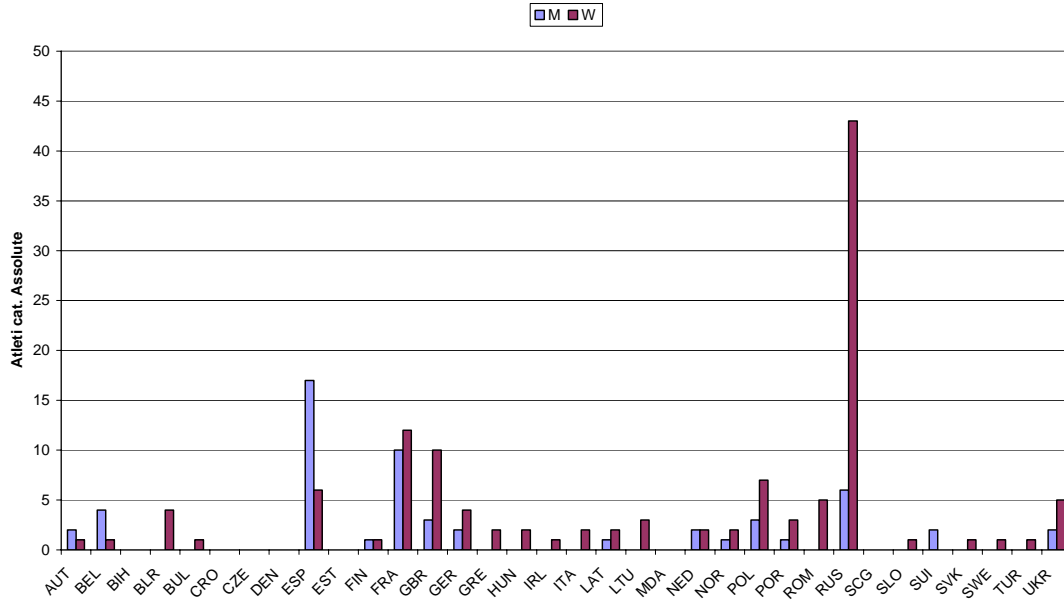
- Difference between males and females: the presence of male European athletes in rankings and championships is almost nil, fairly good for the females.
- Age: the average age for European athletes in the various rankings tends to be higher compared to the general average (even more so if only compared to non European athletes).
- The further the distance of the race, less is the presence of European athletes.
- In the 5000 and 10,000 metre races there are no junior European athletes present in the top 20 positions of world rankings in the examined time span (2004 - 2008).
- The junior English athletes have fairly good results: when a specific goal is focused upon (London 2012) even young Europeans can still run fast.
- The women are able to obtain good results in championships (personal records).
- It would be interesting to study the territorial provenance of the best European athletes (urban city, village, countryside)

In a study of mine of the 2005 results, all the track specialties were taken into account: 800; 1500; 5000; 10,000; 3000 steeple. (for all categories over 18) and 800; 1500; 3000; 2000 steeple (for the under 18).

- *Presence of the first 50 European athletes in the International rankings.*

There's only one "anomalous" datum in respect to the general picture: The excellent results from the female Russian athletes. The same goes for the male Spaniards that maintain a good position.

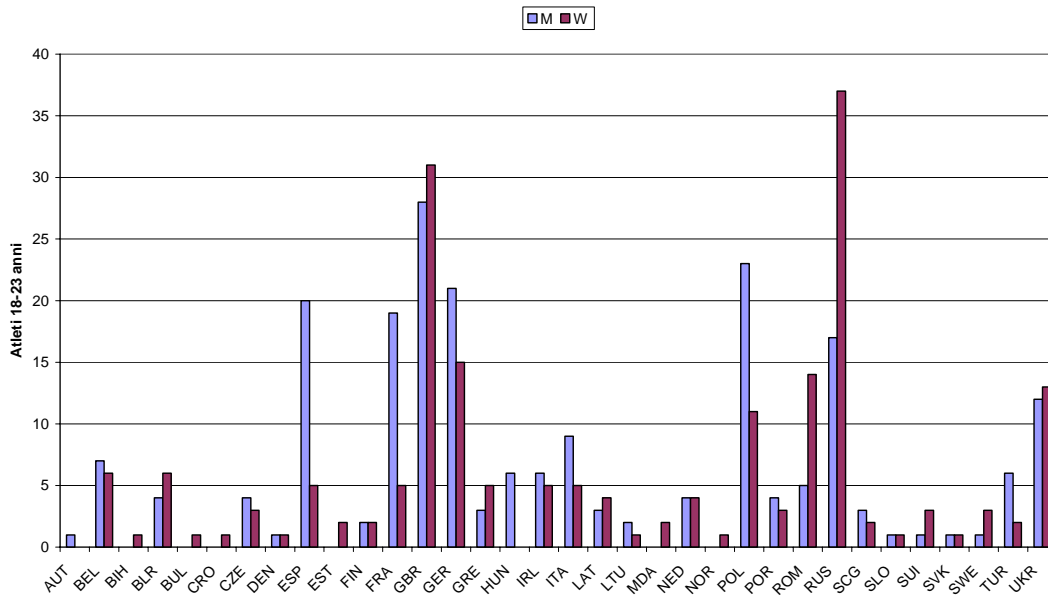
Presenze atleti europei Liste IAAF 2005 (primi 50)



- Territorial distribution of the athletes in the European rankings from 18 to 23 years old (first 30 for each specialty)

This graph gives a picture of the present situation on the number of middle and long distance runners between 18 and 23 years old for each nation present. I want to point out the good results from Poland and a comeback for Great Britain and Germany. The French men have a heavy influence from some of their athletes originating from the Maghreb region.

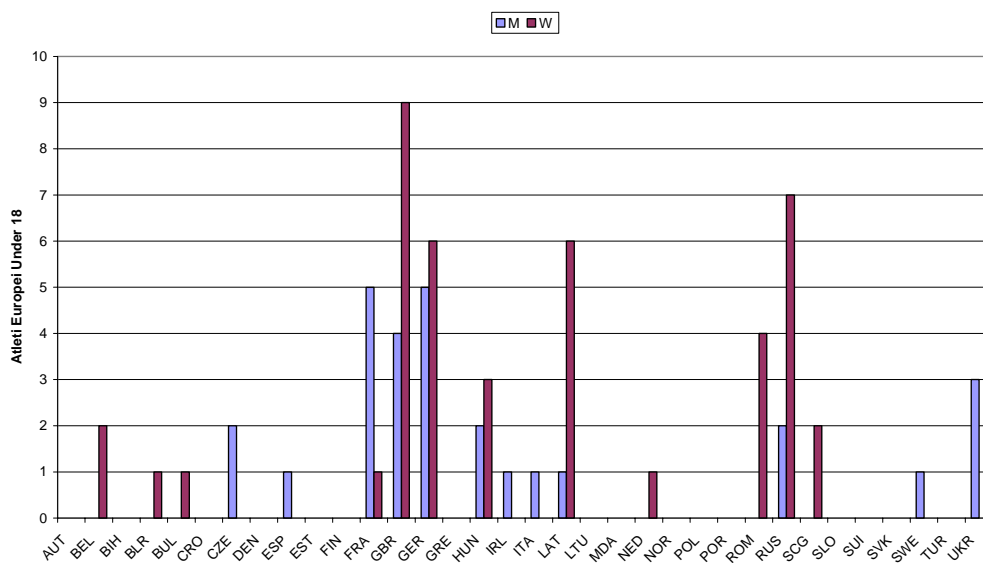
Liste Europee 2005 (primi 30)



- Presence of youths (under 18) in the first 50 positions of the 2005 World rankings

With the presence of the Under 18 group in the World rankings we can give a look to the near future. Even more than with the senior categories, the numbers are unforgiving with the European athletes. The most worrisome is the disappearance of the Spaniards that, with all probability, are feeling the "Barcelona" effect (all the efforts made in the 80s and early 90s in preparation for the 1992 Olympic Games). A good part of the (few) presences is in favour of the female sector.

Presenze Giovanili Liste IAAF 2005 (primi 50)



## LIFESTYLE HABITS OF YOUNG EUROPEANS (OBESITY)

To try and reduce all the causes of the long distance running crisis to technical or ethnic reasons would be limiting. Child obesity, imported from the United States of America, is now spreading in Europe. By now it is well known that excess weight brings upon not only food disturbances, but even more serious is the lack of movement. I don't want to put too much focus on this topic since it might appear that this is the "only" reason for the decline in European Long Distance running. I just want to report some data on the entity of the phenomena and some theories for future development.

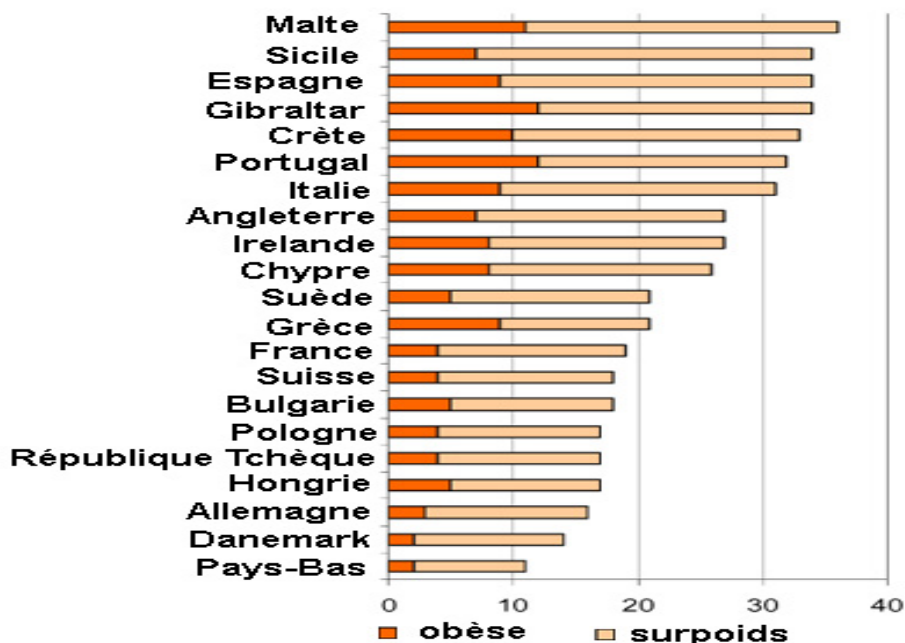
Estimates published today suggest that the proportion of obese school-age children in Europe has risen almost 50 per cent since the late 1990s and will nearly double to 6.4 million by 2010.

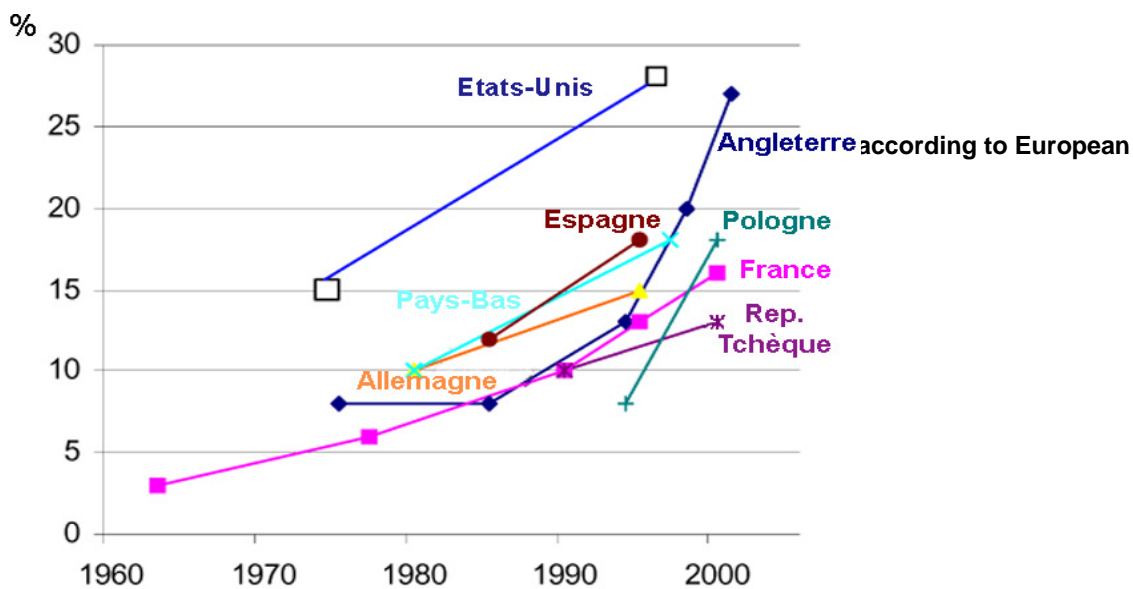
The findings are published in the first edition of the **International Journal of Pediatric Obesity**.

### A 2% annual increase in Europe

According to a report from the International Obesity Task Force (IOTF) published in March 2005, 1 European child in 5 is overweight or obese.

The highest prevalence is to be found in the Mediterranean region. Some countries have an even higher proportion of overweight children than the United States (estimated at 30%).



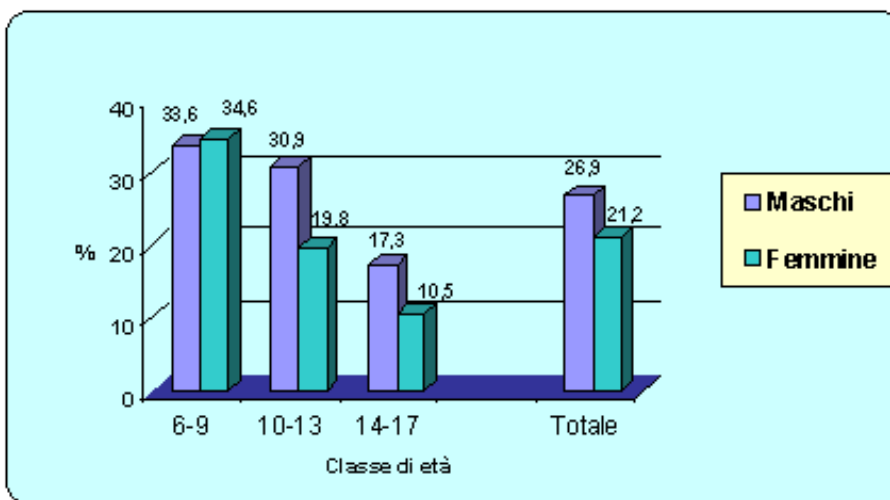


**The prevalence of excess weight among children aged 5 to 11 is increasing everywhere**

The European study is a compilation of national surveys conducted in Europe since the 60s. However, it is difficult to compare results because of the different research methodologies used. Some countries (such as France) use questionnaires to assess the prevalence of obesity, while others measure body mass index directly.

The latest research presented and conducted on Italian children between the ages of 8 and 9 talk about 36% a obesity rate. In some of the southern Italian regions that number gets closer to 50%.

**Fig. 1 - Bambini e adolescenti con eccesso di peso in Italia, 1999 - 2000**



Fonte: *Eccesso di peso nell'infanzia e nell'adolescenza* - S.Brescianini (Istituto Superiore di Sanità), L.Gargiulo (Istat), E.Gianicolo (Istat) - Convegno Istat, settembre 2002

## METHODICAL, TECHNICAL AND MOTIVATIONAL CAUSES

### THE APPROACH TO LONG DISTANCE SPECIALTIES: IS THE NEW GENERATION NOT WILLING TO WORK HARD?

Team managers and coaches often refer to the absence of “vocation” in young athletes, in particular towards the “fatiguing” specialties. Is this statement true? I like to imagine that the pulsion for movement (and by pulsion I mean “pleasure of”) cannot be substituted by anything virtual. I believe that it’s still solidly planted in the human genetic heritage. This is witnessed by the phenomena of millions of people that dedicate themselves to amateur activities and the success in extreme sports. That youngsters don’t want to work hard anymore is a false problem. It’s confirmed by the number of participants and sheer enthusiasm you’ll find at any youth event that has sports and recreation as its central theme.

I believe, therefore, that we need to make a sort of “blank slate” on all the clichés and commit ourselves in a critical way to two aspects that are crucial to me:

- a) Revise social-pedagogical, educative and didactic models;*
- b) offer a more attractive and professional service (club and event organization - formation/updates for coaches and managers).*

It’s just not possible to propose the same clichés and the same educative approaches that we used in past generations.

The overflowing urbanization and the indiscriminate use of cars has drastically reduced the movement experience, along with the elimination of spontaneous playing by small children all the way up to the adolescents.

The educational proposal during the very first training sessions must be suited for and adjusted to the new standards and to the children’s diminished abilities. A while ago we talked about early defection. Now, assigning a task too difficult for a youngster, we can assist to an “immediate” defection. Powerlessness and impotence emerge with the feeling of an unattainable result. The same feeling pervades the minds of junior athletes and the under 18 runners that compete with Africans their own age: Unreachable!

The hard work comes after 300 metres. This is the sensation that a young person feels during his or her first running experience. The reasoning of a young boy is sequential: “if after just a few metres my muscles hurt, my hearts in my throat, I feel like I want to throw up, my head spins...how will I ever be able to run 1, 2 or 10 km without stopping?” and then: “why should I work so hard?” We have to meet the needs of this changing generation. This includes the ability to train children that, until just a few generations ago, picked up their experience by simply playing in a natural environment with peer groups.

Movement games practiced daily for a few hours, produce important bio-functional modifications in children, useful towards future physical development. But even more important, they contribute to acquiring the necessary ability in solving problems by best using one's own motor assets.

To find a boy (in the western world) able to perceive different running intensities and adjust them to time and space, has become very rare. It's hard to think that, without these prerequisites, he'd be capable of distributing his energy in a prolonged effort.

Even messages of gratification and the way we present the peculiarities of the various athletic disciplines have to respond to new models. That's why we must substitute the term "sacrifice" with "commitment, dedication, determination, wanting to give your best". And move the attention, during activity, from the hard work to the task.

The approach towards competition should go directed to measuring against oneself: you run with others but you race against your own personal record.

## **THE GROUP**

The group dynamics are identical at this age in both team and individual sports. To not take this into consideration is a huge error. The most important motivation for a child in practicing a continuative activity is to feel integrated and share with others their life experiences.

## **THE METHODOLOGY**

Along with the social repercussions, could it also be that training techniques have gone through an involution in the past years? I don't want to exclude it. This regards both early competitive activity as well as training methodology applied to mature athletes. I believe that some modern training principles haven't always been interpreted and applied to endurance specialties in the right way. The ideas on multilateral abilities, on precocious specialization, on auxiliary drills, on excessive "fear" (the Israel article on unjustified fears comes to mind) in proposing excessively difficult workloads to an adolescent, have made us lose sight on the experiences and basic exercises needed in the making of a runner. The statistics tell us with hard, cold facts that young Europeans have lost their ability to run fast for an extended amount of time. The structural and functional adaptations go hand in hand with the technical, mechanical and coordinative ones. It seems that, biologically speaking, it's very difficult to recover specific essential functions in the long distances. I

don't know if they weigh more upon the enzymes in aerobic metabolism, the mitochondrial structures, vascular adaption, the structure of muscle fibres used in running, the disposal and the reutilization of lactate, getting used to the discomfort, or simply the mental concentration needed for a long and demanding exercise. Maling and Eisenmann tell us that "intensive endurance training does not disrupt normal growth in children or adolescents". Therefore, it's presumable that without the development of the basic qualities during the topical moments (the phases sensitive to Bauer) it will be nearly impossible to compete with the African athletes.

# MEN'S Categories

## 800 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	1.43,06	1.43,29	1.43,92	1.44,62		14	7	25,45	25,38
WBL 2005	1.43,70	1.44,08	1.44,27	1.44,74		14	6	24,20	25,17
WBL 2006	1.43,09	1.43,31	1.43,68	1.44,70		14	5	25,42	26,20
WBL 2007	1.43,74	1.43,87	1.44,14	1.44,78		14	2	24,42	26,00
WBL 2008	1.42,69	1.42,79	1.43,72	1.44,75		13	3	24,05	24,66
EBL 2004	1.43,88	1.43,92	1.44,48	1.45,70		12			
EBL 2005	1.44,18	1.44,65	1.45,20	1.46,19		11			
EBL 2006	1.43,42	1.43,67	1.44,84	1.45,93		11			
EBL 2007	1.44,37	1.44,94	1.45,61	1.46,48		12			
EBL 2008	1.42,79	1.44,75	1.45,58	1.46,15		11			
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	1.43,30	1.44,32	1.46,79	1.45,67	3	0	1	-	3
WC 2001	1.43,70	1.44,63	1.46,68	1.45,97	3	2	1	2	2
WC 2003	1.44,81	1.44,90	1.46,28	1.46,07	3	1	0	1	2
WC 2005	1.44,24	1.44,55	1.46,20	1.45,40	2	1	1	-	2
WC 2007	1.47,09	1.47,39	1.47,58	1.45,23	1	1	0	-	3
OG 1996	1.42,58	1.42,79	1.45,52	*primi 8	2	1	?	?	1
OG 2000	1.45,08	1.45,16	dq	1.44,85	4	2	0	-	-
OG 2004	1.44,25	1.44,65	1.52,49	1.46,09	2	2	0	1	4
OG 2008	1.44,65	1.44,82	1.47,19	1.46,40	0	0	0	1	2
EC 1998	1.44,89	1.45,23	1.50,13	*primi 8					0
EC 2002	1.47,25	1.47,23	1.49,16	*primi 8					3
EC 2006	1.46,56	1.46,64	1.47,66	1.49,23					1

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	1.45,25	1.45,30	1.47,33	1.48,55		16	5	
JWBL 2005	1.44,27	1.44,45	1.47,21	1.48,43		14	7	
JWBL 2006	1.45,00	1.45,80	1.47,13	1.48,27		14	7	
JWBL 2007	1.43,90	1.44,78	1.47,10	1.48,36		13	7	
JWBL 2008	1.42,69	1.44,71	1.47,38	1.48,20		14	7	
JEBL 2004	1.46,92	1.48,19	1.48,84	1.50,17		16		
JEBL 2005	1.47,21	1.47,95	1.48,43	1.50,16		14		
JEBL 2006	1.46,69	1.47,61	1.48,79	1.49,67		9		
JEBL 2007	1.46,07	1.47,34	1.48,36	1.49,55		11		
JEBL 2008	1.45,98	1.47,52	1.48,29	1.49,73		11		
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	1.47,16	1.47,90	1.50,92	1.50,27	3	2	0	
WJC 2002	1.46,59	1.46,66	1.56,73	1.49,72	3	1	3	
WJC 2004	1.47,33	1.47,71	1.50,59	1.50,05	4	1	5	
WJC 2006	1.47,40	1.47,79	1.53,61	1.48,85	1	0	0	
WJC 2008	1.45,60	1.47,57	1.52,41	1.49,25	2	0	1	
EJC 1999	1.50,38	1.50,96	dnf	*primi 8				
EJC 2001	1.46,98	1.48,43	1.54,03	*primi 8				
EJC 2003	1.49,43	1.49,97	1.52,30	*primi 8				
EJC 2005	1.49,58	1.50,85	1.53,16	1.52,75			-	-
EJC 2007	1.47,98	1.48,10	1.50,26	1.52,00			2	

# 1500 metres

## Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	3.27,40	3.30,04	3.30,90	3.32,81		11	4	24,90	26,00
WBL 2005	3.29,30	3.29,72	3.31,85	3.33,75		14	6	24,37	26,17
WBL 2006	3.29,02	3.29,68	3.31,67	3.33,08		11	3	25,20	27,66
WBL 2007	3.30,54	3.31,01	3.31,75	3.34,09		8	4	25,42	26,50
WBL 2008	3.31,49	3.31,64	3.32,06	3.33,51		8	3	25,70	28,33
EBL 2004	3.30,33	3.31,25	3.32,97	3.37,18		9			
EBL 2005	3.30,80	3.32,91	3.35,29	3.38,59		8			
EBL 2006	3.31,08	3.32,01	3.36,10	3.38,47		8			
EBL 2007	3.31,01	3.33,43	3.35,03	3.38,17		9			
EBL 2008	3.32,00	3.33,14	3.35,33	3.37,90		6			
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	3.27,65	3.30,57	3.34,02	3.38,32	4	1	3	2	5
WC 2001	3.30,68	3.31,54	3.36,54	3.40,57	6	1	0	2	4
WC 2003	3.31,77	3.33,17	3.34,37	3.40,75	9	2	1	1	5
WC 2005	3.37,88	3.38,02	3.41,01	3.40,73	5	1	0	1	4
WC 2007	3.34,77	3.35,04	3.35,29	3.43,34	4	0	1	1	5
OG 1996	3.35,78	3.36,72	3.38,19	*primi 8	2	1			2
OG 2000	3.32,07	3.32,44	3.38,91	3.40,23	5	0	0	?	0
OG 2004	3.34,18	3.34,68	3.37,17	3.41,27	5	1	0	2	2
OG 2008	3.32,94	3.34,16	3.35,23	3.37,77	4	0	0	1	0
EC 1998	3.41,31	3.42,13	3.42,92	*primi 8					3
EC 2002	3.45,25	3.45,43	3.46,68	*primi 12					4
EC 2006	3.39,02	3.39,62	3.42,65	3.47,96					3

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	3.31,13	3.35,53	3.37,95	3.42,92		8	1	
JWBL 2005	3.33,99	3.35,63	3.39,60	3.42,62		11	2	
JWBL 2006	3.32,48	3.33,72	3.39,28	3.42,60		8	1	
JWBL 2007	3.35,10	3.36,04	3.40,76	3.43,14		9	2	
JWBL 2008	3.31,64	3.35,27	3.39,25	3.42,57		12	3	
JEBL 2004	3.42,48	3.44,01	3.45,19	3.47,09		14		
JEBL 2005	3.41,63	3.44,11	3.46,13	3.47,90		15		
JEBL 2006	3.39,28	3.43,84	3.44,93	3.48,06		12		
JEBL 2007	3.42,79	3.43,55	3.46,15	3.48,22		12		
JEBL 2008	3.41,48	3.42,41	3.45,14	3.47,32		10		
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	3.38,80	3.40,77	3.44,46	3.47,89	3	1	2	0
WJC 2002	3.40,72	3.41,75	3.44,67	3.48,23	3	0	6	0
WJC 2004	3.35,73	3.35,96	3.43,62	3.46,60	3	0	6	0
WJC 2006	3.40,44	3.41,36	3.44,67	3.52,39	2	0	1	1
WJC 2008	3.47,40	3.47,65	3.49,59	3.54,64	3	0	0	
EJC 1999	3.44,17	3.45,13	3.47,48	*primi 8				
EJC 2001	3.48,49	3.48,76	3.50,83	*primi 8				
EJC 2003	3.45,01	3.46,17	3.48,70	direct				
EJC 2005	3.45,25	3.47,22	3.49,47	3.55,41			2	1
EJC 2007	4.01,31	4.01,83	4.03,21	3.51,57			-	-

## 5000 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	12.37,35	12.47,04	12.57,01	13.05,72		7	0	23,16	-
WBL 2005	12.40,18	12.50,25	12.55,58	13.01,55		8	0	23,65	-
WBL 2006	12.48,09	12.51,98	12.54,94	13.00,77		8	0	23,05	-
WBL 2007	12.49,53	12.50,38	12.59,63	13.07,10		8	2	23,85	25,5
WBL 2008	12.50,18	12.52,45	13.02,84	13.06,52		6	0	23,00	-
EBL 2004	13.06,39	13.13,03	13.16,13	13.24,60		9			
EBL 2005	13.07,53	13.10,73	13.22,26	13.33,62		10			
EBL 2006	13.08,97	13.09,84	13.22,46	13.31,16		10			
EBL 2007	13.07,00	13.12,29	13.30,24	13.37,47		9			
EBL 2008	13.04,06	13.13,32	13.20,48	13.32,39		10			
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	12.58,13	12.58,80	13.20,81	13.37,51	4	1	1	1	5
WC 2001	13.00,77	13.05,20	13.20,24	13.36,24	4	0	0	1	4
WC 2003	12.52,79	12.53,12	13.05,57	13.42,42	2	0	3	1	3
WC 2005	13.32,55	13.32,96	13.34,98	13.22,44	1	0	0	0	4
WC 2007	13.45,87	13.46,75	13.51,01	13.46,86	2	0	0	0	4
OG 1996	13.07,96	13.08,97	13.13,26	*primi 8	2	0			2
OG 2000	13.35,49	13.36,47	13.38,47	13.30,12	2	0	0		1
OG 2004	13.14,39	13.15,10	13.25,70	13.24,98	1	0	0		1
OG 2008	12.57,82	13.06,22	13.23,48	13.48,88	3	0	0	2	2
EC 1998	13.37,46	13.38,15	13.41,92	*primi 8					1
EC 2002	13.38,18	13.40,00	13.50,53	diretta?					1
EC 2006	13.44,70	13.46,48	13.58,60	13.56,84					1

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	12.57,01	13.03,84	13.11,97	13.26,94		5	0	
JWBL 2005	12.53,66	13.03,79	13.12,40	13.27,14		4	0	
JWBL 2006	12.53,81	12.56,41	13.17,47	13.42,66		5	0	
JWBL 2007	13.04,79	13.06,52	13.21,05	13.38,92		5	0	
JWBL 2008	12.57,56	13.08,96	13.15,54	13.35,22		6	0	
JEBL 2004	13.54,29	14.11,76	14.29,74	nr9		-		
JEBL 2005	13.59,10	14.05,58	14.19,72	nr14		-		
JEBL 2006	13.44,05	14.06,86	14.18,77	nr14		-		
JEBL 2007	13.56,03	14.12,55	14.20,76	nr14		-		
JEBL 2008	13.51,45	14.15,37	14.18,13	nr8		-		
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	13.44,93	13.46,12	14.07,30	14.32,99	4	0	3	
WJC 2002	13.28,30	13.29,13	14.14,83	direct	2	0	3	1
WJC 2004	13.28,93	13.30,86	13.50,82	direct	5	0	9	2
WJC 2006	13.31,34	13.42,93	14.06,86	direct	2	0	5	
WJC 2008	13.08,57	13.11,97	13.50,29	direct	2	0	8	1
EJC 1999	14.05,98	14.12,51	14.26,05	direct				
EJC 2001	14.09,91	14.12,43	nr	direct				
EJC 2003	14.13,41	14.17,30	14.52,92	direct				
EJC 2005	14.22,30	14.25,46	14.38,91	direct			3	
EJC 2007	14.08,27	14.15,26	14.33,93	direct			2	1

## 10,000 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	26.20,31	26.41,58	27.03,51	27.30,66		7	0	22,90	-
WBL 2005	26.17,53	26.39,77	26.57,27	27.28,35		7	1	23,21	29,00
WBL 2006	26.35,63	26.41,95	27.10,51	27.34,72		6	0	22,15	-
WBL 2007	26.46,19	26.49,02	26.58,42	27.12,42		3	0	23,10	-
WBL 2008	26.25,97	26.51,20	27.05,11	27.16,49		4	0	25,00	
EBL 2004	27.41,49	27.57,09	28.23,51	28.52,21		12			
EBL 2005	27.27,80	27.53,16	28.24,32	28.50,54		11			
EBL 2006	27.50,11	28.07,10	28.12,76	28.32,92		10			
EBL 2007	27.39,55	27.56,60	28.24,38	28.40,26		11			
EBL 2008	27.28,31	27.36,46	27.59,36	28.27,77		10			
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	27.57,27	27.59,15	28.15,58	direct	2	0	1	0	5
WC 2001	27.53,25	27.54,41	27.58,06	direct	4	0	1	0	4
WC 2003	26.49,57	27.01,44	27.45,46	direct	3	0	2	5	3
WC 2005	27.08,33	27.08,96	27.14,64	direct	1	0	5	2	2
WC 2007	27.05,90	27.12,17	28.25,67	direct	0	0	0	2	5
OG 1996	27.07,34	27.24,67	27.50,73	*primi 8	?	0	?	?	1
OG 2000	27.18,20	27.19,75	27.44,09	28.09,76	6	0	5	4	2
OG 2004	27.05,10	27.22,57	27.57,09	direct	3	0	1	3	2
OG 2008	27.01,17	27.04,11	27.23,75	direct	7	0	2	4	5
EC 1998	27.48,62	27.59,90	28.26,37	*primi 8					1
EC 2002	27.47,65	27.48,29	28.19,20	direct					3
EC 2006	28.10,94	28.13,73	28.30,99	direct			2	3	2

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	27.04,00	27.22,46	27.59,32	28.49,90		5	0	
JWBL 2005	26.41,75	27.04,45	28.05,60	28.45,64		5	0	
JWBL 2006	27.02,81	28.02,08	28.23,46	28.59,92		7	0	
JWBL 2007	27.06,47	27.28,82	28.11,38	28.50,47		8	0	
JWBL 2008	27.13,85	27.30,85	27.51,92	29.07,39		8	0	
JEBL 2004	29.25,77	29.54,91	30.44,45	nr		-		
JEBL 2005	29.37,70	29.38,44	30.12,76	nr14		-		
JEBL 2006	29.15,04	29.53,12	30.37,77	nr9		-		
JEBL 2007	29.14,49	29.51,58	30.20,57	nr15		-		
JEBL 2008	29.21,92	30.08,54	30.37,52	nr11		-		
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	28.54,87	29.44,65	30.41,23	direct	5	0	2	
WJC 2002	29.02,71	29.05,96	30.04,86	direct	2	0	4	
WJC 2004	28.03,77	28.30,45	29.03,73	direct	6	0	8	1
WJC 2006	28.53,29	28.54,30	29.18,76	direct	4	0	9	1
WJC 2008	27.30,85	28.07,98	29.58,19	direct	7	0	10	1
EJC 1999	29.49,59	30.00,91	30.22,44	direct				
EJC 2001	30.43,19	31.00,36	32.06,09	direct				
EJC 2003	29.40,41	29.42,42	30.42,97	direct				
EJC 2005	30.10,60	30.24,18	31.11,98	direct			4	
EJC 2007	29.51,58	30.13,70	30.54,19	direct			4	1

## Steeplechase

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	7.53,63	8.02,66	8.07,18	8.15,77		7	5	23,90	30,20
WBL 2005	7.55,51	8.04,22	8.09,09	8.13,74		7	4	24,94	28,50
WBL 2006	7.56,32	8.07,50	8.09,29	8.15,37		9	6	23,64	30,50
WBL 2007	7.58,80	8.05,50	8.07,12	8.15,66		8	5	24,33	26,40
WBL 2008	8.00,57	8.08,53	8.11,10	8.15,80		8	5	25,50	29,80
EBL 2004	8.11,64	8.14,26	8.18,05	8.23,48		10			
EBL 2005	8.04,95	8.12,26	8.16,11	8.22,82		10			
EBL 2006	8.09,53	8.12,86	8.16,74	8.24,00		10			
EBL 2007	8.05,75	8.14,22	8.18,43	8.25,42		12			
EBL 2008	8.08,95	8.12,50	8.20,07	8.24,14		12			
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	8.11,76	8.12,73	8.18,17	8.16,62	6	0	0	0	4
WC 2001	8.15,16	8.16,59	8.20,87	8.31,57	7	0	1	1	4
WC 2003	8.04,39	8.09,09	8.17,16	8.22,67	6	1	2	2	6
WC 2005	8.13,31	8.15,30	8.19,96	8.21,68	6	0	0	0	6
WC 2007	8.13,82	8.17,59	8.22,95	8.29,64	5	0	0	1	6
OG 1996	8.07,12	8.11,28	8.23,39			1			3
OG 2000	8.21,43	8.22,15	8.26,70	8.25,70	8	0	0		2
OG 2004	8.05,81	8.06,40	8.15,68	8.24,68	8	0	3	6	4
OG 2008	8.10,34	8.11,01	8.16,59		3	1	3	1	4
EC 1998	8.13,10	8.18,97	8.27,64						2
EC 2002	8.24,34	8.24,72	8.35,41						3
EC 2006	8.24,89	8.27,15	8.30,40	8.32,78					5

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	8.05,52	8.18,51	8.33,00	8.48,18		10	2	
JWBL 2005	8.16,69	8.28,12	8.33,10	8.41,30		8	1	
JWBL 2006	8.14,00	8.20,05	8.33,17	8.47,40		10	2	
JWBL 2007	8.17,21	8.21,73	8.34,59	8.51,46		13	3	
JWBL 2008	8.14,29	8.17,28	8.32,53	8.53,79		11	2	
JEBL 2004	8.37,28	8.50,10	8.57,90	9.06,98		13		
JEBL 2005	8.30,40	8.48,90	8.56,92	Nr.18		-		
JEBL 2006	8.40,93	8.50,86	9.00,08	Nr.19		-		
JEBL 2007	8.50,30	8.50,95	8.57,72	Nr.16		-		
JEBL 2008	8.45,64	8.54,61	9.03,30	Nr.17		-		
	1	3	8	Final	N° E	Medal E	Number PB	
WJC 2000	8.16,34	8.43,57	8.53,48	8.57,24	6	0	5	
WJC 2002	8.29,54	8.33,67	8.52,38	8.57,99	4	0	6	
WJC 2004	8.23,32	8.26,04	8.52,49	8.53,69	3	0	5	
WJC 2006	8.14,00	8.20,05	8.43,60	8.49,53	2	0	6	
WJC 2008	8.17,28	8.25,14	8.45,45	8.55,28	2	0	4	
EJC 1999	8.41,91	8.45,69	8.52,63	direct			?	
EJC 2001	8.46,36	8.51,87	9.00,29	?			?	
EJC 2003	8.46,21	8.55,69	9.07,32	direct			?	
EJC 2005	8.40,88	8.52,31	9.01,97	direct			6	
EJC 2007	8.50,30	8.50,95	9.01,74	direct			6	

# Marathon

## Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	2.06.14	2.06.23	2.07.06	2.08.36		8	1	29,80	30,00
WBL 2005	2.06.20	2.07.09	2.07.41	2.08.29		6	3	28,82	30,00
WBL 2006	2.05.56	2.06.39	2.06.55	2.08.03		8	3	30,53	32,00
WBL 2007	2.04.26	2.06.39	2.07.12	2.07.51		7	1	28,16	33,00
WBL 2008	2.04.53	2.05.24	2.06.38	2.07.37		5	1	29,40	34,00
EBL 2004	2.07.42	2.09.08	2.09.55	2.11.56		9			
EBL 2005	2.07.38	2.08.29	2.10.05	2.11.37		8			
EBL 2006	2.06.52	2.07.22	2.10.21	2.11.39		8			
EBL 2007	2.07.33	2.08.21	2.10.40	2.12.00		11			
EBL 2008	2.07.23	2.09.38	2.10.59	2.12.44		8			
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	2.13.36	2.14.07	2.16.17	direct	6	2	0	1	3
WC 2001	2.12.42	2.13.18	2.17.05	direct	2	1	0	1	3
WC 2003	2.08.31	2.09.14	2.10.35	direct	4	2	3	3	1
WC 2005	2.10.10	2.11.16	2.12.51	direct	2	0	2	6	3
WC 2007	2.15.59	2.17.25	2.19.21	direct	4	1	0	3	2
OG 1996	2.12.36	2.12.44	2.14.55	direct	2	0			0
OG 2000	2.10.11	2.11.10	2.14.04	direct	4	0	0	1	2
OG 2004	2.10.55	2.12.11	2.14.17	direct	3	1	0	2	2
OG 2008	2.06.32	2.10.00	2.11.11	direct	1	0	0	1	0
EC 1998	2.12.01	2.12.53	2.14.02	direct					0
EC 2002	2.12.14	2.13.21	2.14.00	direct					1
EC 2006	2.11.32	2.12.37	2.13.14	direct					2

# WOMEN'S Categories

## 800 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	1:56.23	1:56.43	1:57.45	1:59.32		11	3	29	28
WBL 2005	1:56.07	1:57.33	1:57.99	1:59.74		12	4	26	28
WBL 2006	1:56.66	1:56.91	1:57.28	1:59.21		12	5	27	26
WBL 2007	1:56.04	1:56.98	1:58.37	1:59.35		13	8	27	28
WBL 2008	1:54.01	1:56.00	1:57.32	1:58.78		11	5	27	27
EBL 2004	1:56.23	1:56.43	1:58.06	2:00.04		0	9	0	28
EBL 2005	1:56.07	1:57.33	1:59.33	2:00.56		0	7	0	28
EBL 2006	1:57.07	1:57.23	1:58.26	1:59.93		0	8	0	27
EBL 2007	1:57,62	1:58.11	1:58,63	1:59,85		0	11	0	26
EBL 2008	1:54.85	1:56.64	1:58.12	1:59.60		0	8	0	26
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	01.56,68	01.56,93	01.58,69	02.00,67	6	2	1	1	2
WC 2001	01.57,17	01.57,35	02.04,33	02.02,16	4	1	1	2	2
WC 2003	01.59,89	02.00,29	dns	02.01,01	4	2	0	0	4
WC 2005	01.58,82	01.59,60	02.01,52	02.01,59	4	1	0	0	1
WC 2007	01.56,04	01.57,62	dnf	01.59,32	5	1	2	0	3
OG 1996	01.57,73	01.58,71	02.00,54		5	1	?	?	2
OG 2000	01.56,15	01.56,80	01.59,27	01.59,30	4	2	5	2	2
OG 2004	01.56,38	01.56,43	02.00,45	01.59,44	4	2	1	4	4
OG 2008	01.54,87	01.56,73	02.02,63	01.58,61	3	0	1	4	3
EC 1998	01.58,50	01.59,61	-						1
EC 2002	01.57,65	01.59,83	02.04,24						0
EC 2006	01.57,38	01.58,45	02.03,43	02.00,59			1	1	1

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	2.00.53	2.01.29	2.03.19	2.05.08		12	7	5
JWBL 2005	1:59.74	2:02.46	2:02.84	2:04.72		15	5	1
JWBL 2006	2:02.07	2:02.73	2:03.93	2:04.59		12	4	1
JWBL 2007	2:01.95	2:02.60	2:03.84	2:05.11		11	7	0
JWBL 2008	1:54.01	2:00.33	2:03.0h	2:05.31		12	6	3
JEBL 2004	2.00.53	2.01.29	2.03.34	2.06.18		0	9	4
JEBL 2005	2.02.46	2,02,66	2.05.06	2.06.50		0	10	0
JEBL 2006						0		
JEBL 2007						0		
JEBL 2008						0		
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	02.01,51	02.04,00	dns	02.07,35	5	1	1	0
WJC 2002	02.00,80	02.03,81	02.11,08	02.07,11	5	1	4	-
WJC 2004	02.01,47	02.02,67	02.08,29	02.06,93	7	2	4	-
WJC 2006	02.04,52	02.04,90	02.07,71	02.06,41	4	1	1	1
WJC 2008	02.00,06	02.02,05	02.10,7	02.07,91	5	3	3	1
EJC 1999	02.03,45	02.03,82	02.06,92		-	-		
EJC 2001	02.03,76	02.04,15	02.07,30					
EJC 2003	02.02,76	02.03,42	02.07,82					
EJC 2005	02.02,78	02.03,08	02.08,46	02.09,38	-	-	1	2
EJC 2007	02.02,84	02.03,72	02.12,47	02.07,00	-	-	3	-

## 1500 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	3.57.90	3.58.28	4.00.15	4.03.78		10	7	28	28
WBL 2005	3.56.79	3.58.68	4.00.49	4.03.73		11	7	26	27
WBL 2006	3.55.78	3.56.43	4.00.81	4.03.82		13	9	28	28
WBL 2007	3.57.30	4.00.48	4.01.52	4.05.10		8	5	27	29
WBL 2008	3.56.59	3:59.84	4.00.57	4.04.12		11	6	27	28
EBL 2004	3.57.90	3.58.28	4.00.15	4.03.98		0	9	0	28
EBL 2005	3,57,73	3.59.05	4.01.14	4.05.42		0	9	0	27
EBL 2006	3,55,68	3,56,91	4.01.31	4.05.24		0	8	0	28
EBL 2007	3.57.30	4:00.7h	4:03.2h	4.07.48		0	7	0	28
EBL 2008	3.56.59	4.00.35	4.02.02	4,04,88		0	7	0	28
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	03.59,53	04.00,96	04.04,72	04.05,71	8	1	2	3	4
WC 2001	04.00,57	04.02,40	04.08,17	04.11,46	10	3	0	2	3
WC 2003	03.58,52	03.59,95	04.02,46	04.05,86	10	3	2	4	1
WC 2005	04.00,35	04.02,45	04.04,77	04.09,13	9	3	0	5	0
WC 2007	03.58,75	04.00,69	04.07,61	04.06,99	8	2	3	3	1
OG 1996	04.00,83	04.03,02	04.05,92		5	2			1
OG 2000	04.05,10	04.05,27	04.08,30	04.07,65	8	2	0	1	2
OG 2004	03.57,90	03.58,39	04.00,67	04.07,39	10	3	7	2	3
OG 2008	04.00,23	04.01,78	04.04,86	04.14,34	7	2	4	1	1
EC 1998	04.11,91	04.13,06	04.15,10						1
EC 2002	03.58,79	04.01,28	04.07,11						2
EC 2006	03.56,91	03.59,37	04.04,98	04.08,56			3	2	4

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	4.04.81	4.05.15	4.10.51	4.16.97		12	3	3
JWBL 2005	3:59.60	4:10.13	4:12.85	4:17.21		14	3	2
JWBL 2006	4:07.86	4:08.88	4:11.70	4:16.23		8	4	1
JWBL 2007	4:06.70	4:08.02	4:11.22	4:16.06		8	4	1
JWBL 2008	4:05.83	4:10.02	4:11.80	4:18.50		8	3	1
JEBL 2004	4,04,86	4:13.4h	4.18.42	4.22.08		0	11	0
JEBL 2005	4.15.12	4,15.68	4.19.59	4.22.49		0	11	
JEBL 2006								
JEBL 2007								
JEBL 2008								
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	04.19,93	04.20,21	04.25,17	04.24,28	5	0	0	0
WJC 2002	04.12,57	04.14,32	04.17,32	04.22,89	5	1	4	1
WJC 2004	04.15,90	04.17,39	04.19,72	04.26,56	6	2	2	-
WJC 2006	04.08,88	04.12,88	04.16,58	04.25,49	4	0	5	-
WJC 2008	04.15,09	04.17,06	04.22,41	04.22,40	6	2	0	0
EJC 1999	04.15,62	04.16,56	04.20,53		-	-		
EJC 2001	04.13,13	04.14,48	04.17,96		-	-		
EJC 2003	04.12,57	04.17,56	04.23,58	direct	-	-		
EJC 2005	04.15,12	04.15,77	04.24,76	direct	-	-	7	-
EJC 2007	04.15,30	04.18,19	04.27,59	direct	-	-	1	-

## 3000 metres

### Juniors

	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	09.08,80	09.11,55	09.33,37	direct	4	0	3	-
WJC 2002	09.12,61	09.16,58	09.25,89	direct	7	1	3	-
WJC 2004	08.59,80	09.03,16	09.35,56	direct	4	0	8	1
WJC 2006	09.02,90	09.06,35	09.13,98	direct	5	0	8	1
WJC 2008	08.58,07	09.03,76	09.15,7	direct	4	0	7	2
EJC 1999	09.07,79	09.10,01	09.29,47	direct	-	-	?	?
EJC 2001	08.53,42	09.07,00	09.21,36	direct	-	-	?	?
EJC 2003	09.07,85	09.26,01	09.48,15	direct	-	-	?	?
EJC 2005	09.20,89	09.29,78	09.48,03	direct	-	-	3	1
EJC 2007	09.13,51	09.14,54	09.28,66	direct	-	-	5	-

## 5000 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	14:24.68	14:30.88	14:42.64	14:56.01		8	5	26	28
WBL 2005	14:28.98	14:32.42	14:40.71	14:53.22		11	4	25	28
WBL 2006	14:24.53	14:33.52	14:40.92	14:56.18		7	4	24	29
WBL 2007	14:16.63	14:31.20	14:42.00	14:57.55		6	1	24	26
WBL 2008	14.11.15	14:23.75	14.38.09	14.56.06		6	2	26	31
EBL 2004	14:24.68	14.43.90	14.55.43	15.09.07		0	9	0	29
EBL 2005	14:40.71	14.47.75	15.08.03	15.19.73		0	15	0	29
EBL 2006	14:39.96	14.56.18	15.07.51	15.26.92		0	15	0	27
EBL 2007	14.56.39	15.00.88	15.10.32	15.37.08		0	14	0	29
EBL 2008	14,23,75	14.38.09	14,58,79	15.25.34		0	10	0	29
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	14.41,82	14.44,22	15.03,47	15.34,51	9	1	7	2	2
WC 2001	15.03,39	15.10,17	15.19,55	15.20,16	9	2	0	0	3
WC 2003	14.51,72	14.52,30	14.54,98	15.01,48	6	1	3	0	3
WC 2005	14.38,59	14.42,47	14.45,14	15.18,38	5	0	6	1	3
WC 2007	14.57,91	14.59,21	15.03,86	15.21,23	6	0	2	3	4
OG 1996	14.59,88	15.07,52	15.17,33		4	1			1
OG 2000	14.40,79	14.42,23	14.50,31	15.14,76	9	2	6	1	1
OG 2004	14.45,65	14.51,83	15.07,23	15.05,78	7	0	0	0	3
OG 2008	15.41,40	15.44,12	15.49,03	15.15,12	4	1	0	0	5
EC 1998	15.06,50	15.10,54	15.40,54						-
EC 2002	15.14,76	15.15,22	15.30,19	direct					1
EC 2006	14.56,18	14.59,29	15.16,85	direct			3	6	3

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	14.30.88	15.00.02	15.27.90	15.47.28		5	0	2
JWBL 2005	14:51.47	15.07.17	15.26.50	15:51.95		4	0	0
JWBL 2006	14:45.98	14.57.23	15:31.90	15.42.50		5	1	1
JWBL 2007	14:55.50	15:03.95	15:18.46	15:34.35		4	0	0
JWBL 2008	14.47.14	15:05.38	15:23.81	15:57.81		4	0	0
JEBL 2004	15,58,93	16.05.38	16:26.8h	16,53,98		0	12	2
JEBL 2005	16.04.46	16.18.32	16.45.29			0	10	0
JEBL 2006						0		
JEBL 2007						0		
JEBL 2008						0		
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	16.21,32	16.23,73	16.46,75	direct	2	0	0	0
WJC 2002	15.54,94	15.56,04	16.08,54	direct	3	0	2	-
WJC 2004	15.21,52	15.39,59	15.58,93	direct	2	0	7	2
WJC 2006	15.31,61	15.36,82	16.07,24	direct	1	0	5	-
WJC 2008	16.15,59	16.17,96	16.41,29	direct	2	0	0	-
EJC 1999	16.01,32	16.17,04	16.47,90	direct	-	-		
EJC 2001	15.21,12	16.16,39	-	direct	-	-		
EJC 2003	15.52,20	16.07,26	16.56,72	direct	-	-		
EJC 2005	16.14,71	16.33,07	17.12,27	direct	-	-	4	-
EJC 2007	16.08,95	16.31,30	16.49,54	direct	-	-	4	-

# Steeplechase

## Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	9:01.59	9:29.30	9:35.28	9:49.24		14	9	23	24
WBL 2005	9:15.04	9:25.09	9:31.44	9:42.18		13	6	27	27
WBL 2006	9:17.15	9:20.16	9:25.05	9:40.28		13	10	26	26
WBL 2007	9:06.57	9:11.68	9:26.25	9:32.05		13	7	26	28
WBL 2008	8:58.81	9:07.64	9:18.35	9:29.14		15	9	27	29
EBL 2004	9.01.59	9:31.96	9.43.25	9,52,96		0	13	0	24
EBL 2005	9.20.49	9.30.20	9.40.47	9.50.21		0	12	0	26
EBL 2006	9.17.15	9,21,94	9,32,69	9,47,52		0	12	0	27
EBL 2007	9.06.57	9,11,68	9.28.47	9.41.11		0	11	0	26
EBL 2008	8,58.81	9.12.33	9.24.04	9.35.54		0	14	0	28
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	-	-	-	-	-	-	-	-	-
WC 2001	-	-	-	-	-	-	-	-	-
WC 2003	-	-	-	-	-	-	-	-	-
WC 2005	09.18,24	09.26,95	09.39,66	09.47,19	6	1	3	0	-
WC 2007	09.06,57	09.20,09	09.36,84	09.44,00	11	2	4	0	3
OG 1996	-	-	-	-	-	-	-	-	-
OG 2000	-	-	-	-	-	-	-	-	-
OG 2004	-	-	-	-	-	-	-	-	-
OG 2008	08.58,81	09.07,64	09.21,76	09.28,52	9	2	6	3	-
EC 1998	-	-	-	-	-	-	-	-	-
EC 2002	-	-	-	-	-	-	-	-	-
EC 2006	09.26,05	09.31,62	09.40,36	09.45,87	-	-	2	0	-

## Juniors

	1	3	8	20		N° countries	N° European	N° New PB
JWBL 2004	9.47.26	9.50.04	10:06.70	10:27.65		11	5	8
JWBL 2005	9:50.63	10:04.71	10:14.64	10:28.64		13	7	5
JWBL 2006	9:40.95	9:46.67	10:06.34	10:17.48		13	5	4
JWBL 2007	9:24.51	9:33.19	10:03.91	10:20.64		8	3	4
JWBL 2008	9:31.35	9:37.11	10:00.87	10:18.50		12	7	8
JEBL 2004	9.49.03	9.59.33	10,26,89				8	6
JEBL 2005								
JEBL 2006								
JEBL 2007								
JEBL 2008								
	1	3	8	Final	N° E	Medal E	Number PB	Number SB
WJC 2000	-	-	-	-	-	-	-	-
WJC 2002	-	-	-	-	-	-	-	-
WJC 2004	09.47,26	09.49,03	10.18,50	10.31,25	8	2	6	-
WJC 2006	09.40,95	09.48,67	10.11,73	10.26,82	6	1	6	-
WJC 2008	09.31,35	09.37,81	10.16,31	10.19,20	7	0	8	-
EJC 1999	-	-	-	-	-	-	-	-
EJC 2001	-	-	-	-	-	-	-	-
EJC 2003	2000sp	2000sp	2000sp	2000sp	2000sp	2000sp	2000sp	2000sp
EJC 2005	10.12,82	10.14,96	10.37,86	10.43,96	-	-	4	-
EJC 2007	09.44,34	10.03,91	10.33,34	10.44,70	-	-	6	1

## 10,000 metres

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	30:17.15	30:24.98	31:01.15	31:18.72		12	7	27	31
WBL 2005	30:15.67	30:19.39	30:33.75	31:21.20		9	4	27	29
WBL 2006	30:21.67	32:36,00	30:51.69	31:32.17		10	6	27	28
WBL 2007	31:00.27	31:13.67	31:20.66	31:35.27		10	5	25	27
WBL 2008	29:54.66	30:22.22	30:38.33	31:08.24		8	3	26	29
EBL 2004	30:17.15	31:01.15	31:11.24	32:09.31		0	13	0	30
EBL 2005	30:33.75	31:04.55	31:46.53	32:35.00		0	10	0	30
EBL 2006	30:21.67	30:32.36	30:51.69	32:36.23		0	13	0	30
EBL 2007	31:22.80	31:26.08	31:58.52	32:45.94		0	10	0	29
EBL 2008	29:56.34	30:37.33	31:13.50	32:09.29		0	10	0	31
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	30.24,56	30.32,03	31.44,00	direct	4	1	7	3	3
WC 2001	31.48,81	31.49,98	32.09,21	direct	6	0	0	1	4
WC 2003	30.04,18	30.07,20	30.37,68	direct	4	0	10	2	3
WC 2005	30.24,02	30.26,00	30.33,75	direct	3	0	1	7	8
WC 2007	31.55,41	32.02,05	32.30,74	direct	4	1	0	3	3
OG 1996	31.01,63	31.06,65	31.26,46		2	1			1
OG 2000	30.17,49	30.22,88	31.14,70	32.59,28	7	1	10	5	4
OG 2004	30.24,36	30.26,42	31.04,62	direct	6	0	6	2	2
OG 2008	29.54,66	30.22,22	30.40,27	direct	5	1	8	3	1
EC 1998	31.29,33	31.32,64	32.30,67						1
EC 2002	30.01,09	31.04,00	31.57,02	direct					3
EC 2006	30.31,42	30.32,72	32.01,04	direct			7	5	2

## Juniors

	1	3	8	20	N° countries	N° European	N° New PB
JWBL 2004	32:15.63	32:35.60	33:56.86	34:40.27	6	2	1
JWBL 2005	31:27.35	31:38.81	32:38.66	34:01.64	5	0	1
JWBL 2006	31:16.50	32:17.14	33:29.60	34:33.40	6	0	1
JWBL 2007	31:17.30	31:23.07	32:19.25	33:55.86	7	0	2
JWBL 2008	30:26.50	33:19.42	33:52.06	35:29.0h	6	1	1

## Marathon

### Seniors

	1	3	8	20		N° countries	N° European	Mean age world	Mean Age E
WBL 2004	2:19:41	2:23:10	2:23:57	2:26:10		8	3	30	34
WBL 2005	2:17:42	2:21:01	2:22:56	2:25:22		9	5	29	28
WBL 2006	2:19:36	2:20:42	2:22:36	2:25:10		11	3	30	33
WBL 2007	2:20:38	2:21:45	2:23:55	2:26:27		14	5	30	31
WBL 2008	2:22:38	2:22:53	2:24:14	2:25:51		7	3	29	34
EBL 2004	2:23:10	2:24:33	2:26:51	2:28:48		0	10	0	32
EBL 2005	2:17:42	2:22:56	2:26:29	2:28:34		0	11	0	32
EBL 2006	2:20:47	2:23:48	2:25:37	2:28:39		0	8	0	33
EBL 2007	2:23:09	2:24:46	2:27:35	2:29:28		0	11	0	34
EBL 2008	2:22:53	2:24:14	2:26:39	2:29:03		0	9	0	34
	1	3	8	Final	N° E	Medal E	Number PB	Number SB	Number last time
WC 1999	2:26:59	2:27:41	2:29:11	direct	4	1	3	1	2
WC 2001	2:26:01	2:26:18	2:28:54	direct	7	2	2	1	2
WC 2003	2:23:55	2:25:09	2:26:49	direct	3	0	1	3	2
WC 2005	2:20:57	2:23:19	2:25:46	direct	3	2	4	3	1
WC 2007	2:30:37	2:30:55	2:32:22	direct	4	0	0	5	4
OG 1996	2:26:05	2:28:05	2:31:16	direct	6	1	?	?	4
OG 2000	2:23:14	2:24:45	2:27:07	direct	3	1	1	3	2
OG 2004	2:26:20	2:27:20	2:31:56	direct	4	0	0	1	1
OG 2008	2:26:44	2:27:07	2:27:51	direct	5	0	0	3	1
EC 1998	2:27:10	2:28:31	2:30:09	direct					1
EC 2002	2:26:05	2:28:45	2:36:41	direct					0
EC 2006	2:30:01	2:30:53	2:32:04	direct			3	1	2

