



14. European Masters Athletics Championships Indoor

TORUŃ (POL), March 17 - 23, 2024

Official Results

3000 m M40

Judge: MALESZEWSKI Jan

| | | | | | |
|-----------------------------|----------------|---------------------|------|-------------|----------|
| WORLD RECORD MASTERS (40) | 7:37.92 | Bernard Lagat | USA | Metz, FRA | 15-02-25 |
| EUROPEAN RECORD MASTERS (4) | 8:01.44 | Vyacheslav Shabunin | RUS | Moskva, RUS | 10-02-07 |
| POLISH RECORD MASTERS (40) | 8:38.59 | Grzegorz KUJAWSKI | Puck | Toruń | 22-02-19 |

| Place | L/O | Bib | Athlete | Cat. | Country | Result |
|-------|-----|-----|---------|------|---------|--------|
|-------|-----|-----|---------|------|---------|--------|

Heat 1/2

Start: 24-03-17 19:41:10

| | | | | | | | |
|----|----|------|----------------------------|-----|----------------|----------|----|
| 1 | 3 | 1 | Bledar MESI | M40 | Albania | 9:03.98 | SB |
| 2 | 10 | 3372 | Gurmit SINGH | M40 | United Kingdom | 9:28.72 | SB |
| 3 | 7 | 1430 | Craig ROSE | M40 | Latvia | 9:47.64 | SB |
| 4 | 8 | 2484 | Paweł WITKOWSKI | M40 | Poland | 10:06.79 | |
| 5 | 5 | 2414 | Wojciech ŚWIDEREK | M40 | Poland | 10:09.54 | |
| 6 | 9 | 2784 | MENDOZA Juan Manuel GARCIA | M40 | Spain | 10:17.75 | |
| 7 | 6 | 1726 | Jacek DŁUGOSZ | M40 | Poland | 10:20.13 | |
| 8 | 4 | 2455 | Tomasz WASZCZUK | M40 | Poland | 10:33.69 | |
| 9 | 1 | 1317 | Dario MORI | M40 | Italy | 12:06.92 | SB |
| 10 | 2 | 2059 | Robert MACIEJEWSKI | M40 | Poland | 14:15.59 | |

| Intermediate | | | | | | |
|--------------|---|-------------|--|--|--|---------|
| 1000m | 1 | Bledar MESI | | | | 3.39.50 |
| 2000m | 1 | Bledar MESI | | | | 6.04.55 |

Heat 2/2

Start: 24-03-17 19:58:30

| | | | | | | | |
|----|----|------|---------------------|-----|----------|---------|---------------|
| 1 | 10 | 1291 | Antonino LIUZZO | M40 | Italy | 8:56.80 | |
| 2 | 5 | 945 | Christian WIESE | M40 | Germany | 8:57.18 | SB TR17.3.4 L |
| 3 | 9 | 2568 | Bruno LIMA | M40 | Portugal | 8:57.59 | |
| 4 | 6 | 2849 | AZCANO Marcos PEON | M40 | Spain | 8:58.88 | SB |
| 5 | 7 | 1556 | Svein Olav KRAKSTAD | M40 | Norway | 9:09.87 | |
| 6 | 4 | 2561 | António CARVALHO | M40 | Portugal | 9:23.07 | |
| 7 | 2 | 317 | Väinö KLEMOLA | M40 | Finland | 9:23.10 | SB |
| 8 | 3 | 1888 | Zbigniew KALINOWSKI | M40 | Poland | 9:29.67 | |
| 9 | 1 | 1782 | Łukasz GODLEWSKI | M40 | Poland | 9:44.65 | |
| 10 | 8 | 2041 | Wojciech LIZAK | M40 | Poland | 9:46.88 | |

| Intermediate | | | | | | |
|--------------|------|---------------------|--|--|--|---------|
| 1000m | 1888 | Zbigniew KALINOWSKI | | | | 3.08.96 |
| 2000m | 1291 | Antonino LIUZZO | | | | 6.07.80 |

Official Results

| Place | Race/Place | Athlete | Cat. | Country | Result | |
|-------|------------|----------------------------|------|----------------|----------|------------|
| 1 | Heat 2 1 | Antonino LIUZZO | M40 | Italy | 8:56.80 | |
| 2 | Heat 2 2 | Christian WIESE | M40 | Germany | 8:57.18 | TR17.3.4 L |
| 3 | Heat 2 3 | Bruno LIMA | M40 | Portugal | 8:57.59 | |
| 4 | Heat 2 4 | AZCANO Marcos PEON | M40 | Spain | 8:58.88 | SB |
| 5 | Heat 1 1 | Bledar MESI | M40 | Albania | 9:03.98 | SB |
| 6 | Heat 2 5 | Svein Olav KRAKSTAD | M40 | Norway | 9:09.87 | |
| 7 | Heat 2 6 | António CARVALHO | M40 | Portugal | 9:23.07 | |
| 8 | Heat 2 7 | Väinö KLEMOLA | M40 | Finland | 9:23.10 | SB |
| 9 | Heat 1 2 | Gurmit SINGH | M40 | United Kingdom | 9:28.72 | SB |
| 10 | Heat 2 8 | Zbigniew KALINOWSKI | M40 | Poland | 9:29.67 | |
| 11 | Heat 2 9 | Łukasz GODLEWSKI | M40 | Poland | 9:44.65 | |
| 12 | Heat 2 10 | Wojciech LIZAK | M40 | Poland | 9:46.88 | |
| 13 | Heat 1 3 | Craig ROSE | M40 | Latvia | 9:47.64 | SB |
| 14 | Heat 1 4 | Paweł WITKOWSKI | M40 | Poland | 10:06.79 | |
| 15 | Heat 1 5 | Wojciech ŚWIDEREK | M40 | Poland | 10:09.54 | |
| 16 | Heat 1 6 | MENDOZA Juan Manuel GARCIA | M40 | Spain | 10:17.75 | |
| 17 | Heat 1 7 | Jacek DŁUGOSZ | M40 | Poland | 10:20.13 | |
| 18 | Heat 1 8 | Tomasz WASZCZUK | M40 | Poland | 10:33.69 | |
| 19 | Heat 1 9 | Dario MORI | M40 | Italy | 12:06.92 | SB |
| 20 | Heat 1 10 | Robert MACIEJEWSKI | M40 | Poland | 14:15.59 | |

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|----------------------|------------|----------------------------|------|----------------|----------|-----------|
| CATEGORY: M40 | | | | | | |
| 1 | Heat 2 1 | Antonino LIUZZO | | Italy | 8:56.80 | |
| 2 | Heat 2 2 | Christian WIESE | | Germany | 8:57.18 | R17.3.4 L |
| 3 | Heat 2 3 | Bruno LIMA | | Portugal | 8:57.59 | |
| 4 | Heat 2 4 | AZCANO Marcos PEON | | Spain | 8:58.88 | SB |
| 5 | Heat 1 1 | Bledar MESI | | Albania | 9:03.98 | SB |
| 6 | Heat 2 5 | Svein Olav KRAKSTAD | | Norway | 9:09.87 | |
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Note:

SB - Season Best