

## Start List

### 3000 m W40

EUROPEAN RECORD MASTERS (40) **08:58.2** Nuria Fernandez ESP Belgrade, SRB 17-03-03

L/O	Bib	Athlete	Cat.	Country	2026
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**Final** **26-03-27 15:10**

<b>1</b>	844	<b>Evelyn KIWUS</b>	<b>W40</b>	Germany	<b>13:00</b>
<b>2</b>	1625	<b>Irina STULA PANKOKA</b>	<b>W40</b>	Latvia	<b>12:30</b>
<b>3</b>	446	<b>Jenny VUONORANTA</b>	<b>W40</b>	Finland	<b>11:25</b>
<b>4</b>	2636	<b>Laura CEBOLLADA MARTÍNEZ</b>	<b>W40</b>	Spain	<b>10:41.58</b>
<b>5</b>	1749	<b>Marina VORONINA</b>	<b>W40</b>	Netherlands	<b>10:38</b>
<b>6</b>	3161	<b>Ewelina CIESIELSKA</b>	<b>W40</b>	United Kingdom	<b>10:37</b>
<b>7</b>	3228	<b>Lisa GAWTHORNE</b>	<b>W40</b>	United Kingdom	<b>10:30</b>
<b>8</b>	2138	<b>Marta ŁOSIN</b>	<b>W40</b>	Poland	<b>10:30</b>
<b>9</b>	1307	<b>Rachel MURPHY</b>	<b>W40</b>	Ireland	<b>10:24</b>
<b>10</b>	1985	<b>Ewa JAGIELSKA</b>	<b>W40</b>	Poland	<b>10:15</b>

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SB-Season Best, WR-World Record, NR-National R.

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