

OSLO  
BISLETT  
GAMES

TORSDAG 30. MAI 2024

## Pace chart 3000m Women

- Sarah Billings, AUS will pace
- 8.30 pace for at 1600m



# Wavelight Pace information

3000 meter Women

Pace



pacemaker: Sarah Billings (AUS)

Green



8.25.01

Meeting Record

1500m 4.15.0



## Pace chart 5000m Men

Callum Davies, AUS, Adissu Yihune, ETH, and Jude Thomas, AUS will pace

- Callum Davies and Adissu Yihune will pace the first group for 12.45
  - Callum Davies will go to 2000m
  - Adissu Yihune will go to appr 3000m ( 12.45)
- Jude Thomas will pace the second group for 13.05
  - Thomas will go to 3000m



# Wavelight Pace information

5000 meter Men

Pace



Green



3000m 7.42.0

White (muted)



3000m 7.42.0

Red



Even pace



1<sup>st</sup> pacemaker: Callum Davies (AUS)  
2<sup>nd</sup> pacemaker: Addisu Yihune (ETH)  
2<sup>nd</sup> group: Jude Thomas (AUS)

12.41.73

Meeting Record

12.51.60

World Leading

13:05.00

Olympic Standard

## Pace chart 800m Women

- Agatha Kolakowska , POL, will pace
- 57.5 pace first lap. Kolakowska will go to 500m



# Wavelight Pace information

800 meter Women

Pace



Green



400m 57.5

Pacemaker: Agata Kolakowska (POL)

1.58.00

Target Time



# OSLO BISLETT GAMES

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## Pace chart 1500m Men

- Zan Rudolf and Boaz Kiprugut will pace the 1500m
- Rudolf goes to 1000m and then Kiprugut takes over till 1100m
- Pace 2.20 for first 1000m.



# Wavelight Pace information

1500 meter Men

Pace



Green



800m 1.51.5 | 1000m 2.19.5

1<sup>st</sup> pacemaker: Zan Rudolf (SLO)  
2<sup>nd</sup> pacemaker: Boaz Kiprugut (KEN)

3.31.96

World Leading





## Heights

Pole Vault: 542-552-562-572-582-587-592-597