



The 1st Asian U23 Athletics Championships 2026



Friday

10 Jul 2026

START TIME 20:45

Men's 3000m Steeplechase Final

Ordos, China

RESULTS

World Record	7:52.11	Lamecha GIRMA	ETH	Paris (FRA)
Asian Record	7:53.63	Saif Saaeed SHAHEEN	QAT	Bruxelles (BEL)

Rank	Bib	Name	C/R	DoB	Order	Result	Remark
1	356	Zakaria ELAHLAAMI	QAT	7 Jul 2004	2	8:54.32	
2	235	Tetsu SASAKI	JPN	24 Nov 2006	1	8:56.99	
3	129	Wenjie CHEN	CHN	26 Jan 2004	5	9:05.00	
4	208	Sharuk KHAN	IND	25 Jul 2006	3	9:14.14	
5	246	Rinat KULYGIN	KAZ	1 Sep 2005	6	9:31.52	
6	427	Yahya Ibrahim ABDULLAH	IRQ	15 Jan 2006	8	9:35.11	
7	158	Che Wei LIN	TPE	20 Mar 2005	7	9:52.86	
8	244	Bagzhan SERIKKAN	KAZ	27 Oct 2006	9	10:08.42	
	425	Mustafa Mohsin AL-KHAZAALI	IRQ	26 Mar 2006	4	DNF	

Legend:
DNF Did Not Finish