

# ESSAYAH SARI

21 - 02 - 1967

## Primati Personali

|                       |                |          |            |
|-----------------------|----------------|----------|------------|
| <b>5 km.</b> (track)  | <b>20:28</b>   | Tuusula  | 09.07.1994 |
| <b>10 km.</b> (road)  | <b>42:20</b>   | Göteborg | 07.07.1995 |
| <b>10 km.</b> (track) | <b>42:37</b>   | Fana     | 08.05.1993 |
| <b>20 km.</b> (road)  | <b>1h32:05</b> | Vantaa   | 05.05.1996 |

## RISULTATI INTERNAZIONALI

*10 km.*

| Olympic Games           | World Championships                               | World Cup  | European Championships |
|-------------------------|---|--|------------------------|
| 1992 = 4°<br>1996 = 16° | 1987 = 19°<br>1991 = 3°<br>1993 = 1°<br>1995 = 4° | 1983 = 52°<br>1985 = Dnf.<br>1989 = 37°<br>1991 = 16°<br>1993 = 2°<br>1995 = 13° | 1990 = 5°<br>1994 = 1° |