ESSAYAH SARI

21 - 02 - 1967

Personal Best



5.000 mt.	*(track)*	**20:28.62**	Tuusula (Fin)	09.07.1994
10.000 mt.	*(track)*	**42:37.00**	Fana (Nor)	08.05.1993
10 km.	*(road)*	**42:20**	Göteborg (Swe)	07.08.1995
20 km.	*(road)*	**1:32:05**	Vantaa (Fin)	05.05.1996

Ranking 10 km. (average = 42:50)

01	***42:20***	Göteborg	08.05.1995	06	***42:54***	Eisenhüttenst.	11.05.1996
02	*(t)* ***42:37***	Fana	08.05.1993	07	*(t)* ***42:58***	Brunflo	04.07.1992
03	***42:37***	Helsinki	09.08.1994	08	***42:59***	Stüttgart	14.08.1993
04	*(t)* ***42:45***	St. Petersburg	26.07.1994	09	***43:10***	Eisenhüttenst.	15.05.1994
05	***42:48***	Marietta	02.09.1995	10	***43:13***	Tokyo	24.08.1991

Career Highlights

	10 km.			*5.000 mt.*
Olympic Games	**World Championships**	**World Cup**	**European Championships**	**European U20 Championships**
1992 = 4°	1987 = 19°	1983 = 52°	1990 = 5°	1985 = 11°
1996 = 16°	1991 = 3°	1985 = Dnf.	1994 = 1°	
	1993 = 1°	1989 = 37°		
	1995 = 4°	1991 = 16°		
		1993 = 2°		
		1995 = 11°		