

## Flash Quotes

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### Anne ZAGRE (BEL)

#### 100m Hurdles Women

It's always a very cool thing to be able to win the Memorial Van Damme, so I am absolutely happy with this victory, but I was definitely hoping for more. I came here to run under 13 seconds and I didn't even come close to it. At practise, I'm feeling not superb, but OK and able to go under those 13 seconds. I still have some details to work on to run quicker, and I hope to do so on Sunday in Heusden. That's where I will close my 2020 season.

04.09.2020 19:20

### Jakob INGEBRIGTSEN (NOR)

#### 1500m Men

That was really fun, finally I could take a win. It went very fast from the start, I think a bit too fast to be honest. In the final metres I missed someone to push me. It's impossible to run a really really fast time if you're all on your own. Normally you know me as a quick finisher, but today I wasn't. The European record was not a goal today, but you never know, I tried to go hard. For the moment it's not sure if my season is over now.

04.09.2020 21:14

### Ismael DEBJANI (BEL)

#### 1500m Men

Ik ben tevreden. Mijn doel was top vier halen, en daar ben ik mooi in geslaagd. Het was nooit mijn bedoeling om de kopgroep te volgen, die ging veel te snel. Er was bovendien enorm veel geduw en getrek, waardoor het moeilijk lopen was. Mijn enige resterende wedstrijd dit seizoen is Heusden, waar ik debuteer op de 5000 meter. Het enige doel daar is de finish halen, niets meer.

04.09.2020 21:20

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### Iga BAUMGART-WITAN (POL)

#### 400m Women

This is my first Diamond League win, so I couldn't be happier. I gave everything I had to take this win, but only in the home straight I felt it was possible. When I saw nobody coming next to me, I started to believe in the victory. The goal was to win, but you still have to do it. How it was to run in an empty stadium? To be honest, I didn't really notice. The virtual crowd noise was excellent and almost real. It really helped me. I have one more race in the Continental Tour now, and then I'm done for 2020.

04.09.2020 21:24

### Jonathan BORLÉE (BEL)

#### 200m Men

Well, that felt pretty bad. I was injured and it hurted a lot. I hoped to be able not to think about it or even not to feel it during the race, but the pain was there from the first meter. At this meet you have to be at 100% if you want to play a role, but I wasn't: not in training the last weeks and not today. Why I came here when I was injured? Because this is a very important meet, both for me and for the organisers. The organisation did everything to put something beautiful in place today, so I had to be there. I took some medication to feel less pain, but it didn't help enough.

04.09.2020 21:29

### Eseosa Fostine DESALU (ITA)

#### 200m Men

Last week I was in bed with the flu, so it's very nice I still managed to win this. The first place is what I came for, a quick time was impossible after being ill. I didn't like to run without spectators, but this stadium is still fantastic and I'm happy that we're allowed to run now after the coronavirus. My season is finished now and I look forward to some holidays in the mountains, I loved it there.

04.09.2020 21:35

## Flash Quotes

### Brigid KOSGEI (KEN)

#### One Hour Women

I am happy about today because it was all about speedwork and my main goal is the London Marathon. That's why I didn't want to push too hard. I was afraid to get injured. I felt Sifan in my back, but didn't want to run faster with the upcoming marathon. I have definitely more in me than what I showed today. I don't have a specific time in my head for London, but I hope that I can show the world what I'm capable of.

04.09.2020 21:40

### Sifan HASSAN (NED)

#### One Hour Women

I didn't feel good before the start of the race, I even puked. After thirty minutes of racing, I finally felt better. It was in the final twenty minutes that I gained the confidence I needed. When there were only two minutes left on the clock, the fun began. I just gave everything I had left. I am so happy with the win and the world record. It wasn't easy. An average of almost 19km/h is a hard if you have to keep the pace up for one hour. I want to thank the pacemaker because she did a really good job. In Monaco I just wasn't ready. With a few extra weeks of altitude training in my legs, I felt a lot stronger, but this result is still a surprise. I will race again in Ostrava next week.

04.09.2020 21:49

### Julien WATRIN (BEL)

#### 200m Men

Ik was alvast blij met baan 8, een hele goeie baan hier in Brussel. Dankzij die buitenbaan moest ik mij niet te veel van de anderen aantrekken en kon ik mijn eigen race lopen. Toen de rest langszij kwam, probeerde ik aan te haken, maar ik zat teveel in mijn comfortzone. Ik zou op het einde meer moeten versnellen. De tijd is wel oke, in de lijn van mijn seizoen, maar ik hoopte stiekem toch onder de 21 seconden te duiken. Er is nog wat werk aan mijn start als ik echt een snelle 200 meter wil lopen.

04.09.2020 22:02

## Flash Quotes

### Rani ROSIUS (BEL)

#### 100m Women

This was crazy. What an amazing experience, it was unforgettable. I was hoping for a good time, but you don't run a PB every race. However it felt good today and I came close to my PB. My second time ever. If I have to give myself points out of ten for this race, I would give myself 8/10. My start could be better and I heard everything around which is something I never have. It was so nice to experience my first race in a Diamond League. It was totally different of what I am used to. To see all the amazing athletes in the changing room and the warming-up track was great. There is so much I can learn from them.

04.09.2020 22:02

### Paulien COUCKUYT (BEL)

#### 400m Women

Dit is nagenoeg een bevestiging van mijn PR, maar een tijd van 52"5 had binnen mijn mogelijkheden moeten liggen. Toen ik de tijd van de winnares zag wist ik al dat ik daar niet meer op moest hopen. Het voelde nochtans alsof er een sneller tijd inzat. In het laatste deel kon ik nog krachtig blijven lopen, hetgeen ik niet had tijdens mij recordrace van enkele weken geleden. Ik heb die betere tijd laten liggen in de tweede bocht denk ik. Ik had daar meer moeten durven meegaan. Als je naar de tijd van de anderen kijkt merk je wel dat zij ook geen geweldige tijden hebben gelopen, dus dat zegt ook al veel. Door het gebrek aan publiek ontbrak de magie van de Memorial Van Damme wel een beetje, maar al bij al hebben ze dat nog mooi opgelost met de muziek. Ik heb er zeker van genoten.

04.09.2020 22:10

## Flash Quotes

### Elise VANDERELST (BEL)

#### 1000m Women

Ik mikte vooral op het Belgisch belofterecord, en dan heb ik nu te pakken. Er was veel geduw, het was precies file, dat was moeilijk lopen. Al bij al voelde ik me wel comfortabel, ik voelde altijd dat ik nog wat over had voor een eindspurt. Op het einde heb ik veel meters buitenom gemaakt om te spurten, dat heeft wat onnodige krachten gekost. Op de kopgroep heb ik nooit gelet, die ging te snel en ik focuste helemaal op mijn eigen race. Zondag ben ik alweer aan zet op de 1500 meter in Heusden.

04.09.2020 22:14

### Faith KIPYEGON (KEN)

It's absolutely no disappointment that I miss the world record. I tried my best, and was on world record pace until the very last moment. The lights helped a lot to keep the pace up, but it was just a bit too fast for me. I am confident that I have the record in me if I could do it again. I give myself 99% for today's performance because I tried so hard and can't blame myself. I have no goals left for this season, but maybe you will see me in Ostrava.

04.09.2020 22:17

### Armand DUPLANTIS (SWE)

#### Pole Vault Men

This was fun. Brussels is history, so it's always nice to jump here. It's a pity the spectators couldn't be there, but we still enjoyed our competition. After Lausanne I was in the right mood to jump high, I felt great, only my body wasn't 100% recovered yet. I feel I have the world record in me for the moment but everything has to fall into place. Next up is ISTAF in Berlin, a very special place for me where I cleared 6 meters for the first time. If I can do the world record somewhere, it's in Berlin. Only thing I miss now, is some freshness. A world record, you don't jump every day, you know, it's still high to fly.

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## Flash Quotes

### Soufiane BOUCHIKHI (BEL)

#### One Hour Men

Ik sloeg mijn voet om op de borduur, en dat gaf heel felle pijn. Ik ben wel drie keer beginnen wandelen omdat de pijn te fel was, maar daarna hernam ik weer omdat ik graag wilde finishen. Uiteindelijk heb ik toch moeten opgeven, omdat ik mijn marathonplannen dit najaar niet in gevaar wilde brengen.

04.09.2020 22:24

### Renée EYKENS (BEL)

#### 1000m Women

Het is echt jammer dat ik alleen viel. Achteraf gezien had ik achter de Spaanse atlete moeten gaan, want ik voelde mij goed. Ik had geen schrik moeten hebben om haar tempo te volgen, maar heb iets te lang getwijfeld waardoor ze te ver uitliep. Ik heb dan maar zelf het initiatief genomen om de anderen op sleeptouw te nemen, want achter mij leek niet echt iemand die rol op zich te willen nemen. Dat heeft mij krachten gekost op het einde. Toch ben ik blij dat ik ervoor heb durven kiezen om door te lopen. Het is anderhalve seconde sneller dan dit indoorseizoen dus dat doet echt wel het beste vermoeden voor de laatste twee wedstrijden die eraan komen. Ik baal toch ergens wel, want mijn wedstrijd is amper twee minuten gedaan en ik zit hier alsof ik nog eens kan lopen. Jammer.

04.09.2020 22:48

### Bashir ABDI (BEL)

#### One Hour Men

Next time it is my turn to take a world record! By not winning today, I gave myself a reason to come back on the track. Since I was running in Belgium, I felt like I had to do something special and that's why I followed Mo until I was dead. I knew he is faster at the end and I tried to take a gap on him, but you just can't get away from Mo Farah. Yesterday I was very worried about what spikes I should wear, because the track is very hard here in Brussels, but I'm happy it turned out well in the end. I've been training very hard in Font Romeu, so I'm glad it resulted in an amazing performance here in my home country.

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## Flash Quotes

### Mo FARAH (GBR)

#### One Hour Men

I was very excited to be back on the track. When the organisation asked me to attack the one hour world record, I was really happy and motivated, certainly with all the meets getting canceled. My first meet back on the track was what was driving me. I knew I was in a great shape after the hard work I did in the last six weeks. My aim was to go after the world record with Bashir. We did a lot of work together the last six weeks and were totally focussed on getting that time.

At a certain point, with just ten laps to go, it became tough so I was happy that Bashir took the lead. However, I felt great with just one minute to go. I kept believing in my speed so I knew I had a good chance to take this win. A last fast lap is still my best tactic.

It isn't supposed to be easy to break a world record, but I can tell you that it was really hard. The record stood for a very long time, so that says a lot.

I love having an audience and the fans. But on the other hand you know that this situation is for all of us. We're just lucky to be able to have such a competition.

04.09.2020 22:48

### Ben BROEDERS (BEL)

#### Pole Vault Men

Today's result is in line with the rest of my season. I know I have it in me to jump 5m80 and break the NR, but I struggled with cramps in my calves. If you are not able to run in an appropriate way, you definitely can't jump as it should be. I cleared most of my jump in my first attempt and took the second place again so that's a positive thing. It shows that I made a lot of progress in the last few months, but I'm not able yet to show my full potential. I have four competitions left where I can try to break that 5m80 barrier. If the conditions are good, it's definitely possible. If I don't succeed, it's ok. It's all part of the process and I know I have to be patient.

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## Flash Quotes

### Katarina JOHNSON-THOMPSON (GBR)

#### High Jump Women

I struggled a lot with my hurdles this season, so I'm so happy that I improved my seasons best tonight. That barrier is finally taken. In the high jump I equalled my seasons best. I can only say that it was a good day. I can't complain. This meet was my biggest goal of the season although I knew I had not much to expect. In this crazy year I didn't had any big targets and my coach always talks about PBs before corona and post-corona PBs. It just doesn't really count. That the shot put was taken out the program was not really a problem for me ofcourse. I was happy that I could just do the hurdles and the high jump. It was difficult to stay motivated and to perform at a certain level, so I'm so happy that I can finally say that season 2020 is over.

04.09.2020 23:09

### Nicola McDERMOTT (AUS)

#### High Jump Women

I'm really happy with todays win although it was seven centimetre under my seasons best and PB. The weather was good and the track here is always amazing. This year is an amazing opportunity to learn how to be competitive and clear my heights in my first attempt. The two metre is my dream for many years now. I know I have it in me. No other Australian (or no athlete from oceania) did it before, so I would love to try and attempt that barrier. It would bring me so much joy. I will compete in Heusden (Belgium) this Sunday. I really hope that I can do it there because my PB is very recent and I came only two centimetre short, so I have it in me.

04.09.2020 23:18



## Flash Quotes

### Nina LAUWAERT (BEL)

#### One Hour Women

Dit BR is waarvoor ik gekomen ben. Verder had ik geen specifieke afstand meer in mijn hoofd. Ik wou wat op gevoel lopen en afwachten wat de benen op de moment zelf zouden zeggen. Ik wou vooral het gevoel van een halve marathon nabootsen in plaats van echt met die tijd bezig te zijn. Het is fantastisch dat ik hier mocht deelnemen. De algemene beleving was zo speciaal. Nog maar gewoon toekijken hoe de anderen hun opwarming afwerken was fantastisch. Dit is toch wat anders dan de kleinschalige wedstrijden die ik meestal voorgeschoteld krijg. Het gevoel van dankbaarheid overheerst. Op zich had ik er geen problemen mee dat de Afrikanen regelmatig voorbij kwamen gesneld, daar was ik op voorbereid. Ik had op voorhand al uitgerekend dat ik ze wellicht vier keer zou zien passeren. Mentaal hielp het ook dat we gelijktijdig moesten stoppen. Mochten zij al zijn aangekomen en ik moest alleen verder, dan was het mentaal veel zwaarder geweest. Het volgende op het programma is het BK 10 kilometer op de weg en het WK halve marathon.

04.09.2020 23:25

### Camille LAUS (BEL)

#### 400m Women

Hier vierde worden met deze tijd is niet waarop ik gehoopt had. Ik weet dat ik veel beter kan en volgens mij had ik hier echt moeten kunnen winnen. Het is wel al beter dan twee weken geleden, dus dat is dan weer een opsteker. Jammer dat ik mijn seizoensbeste niet kon verbeteren, want daar ging ik echt wel voor. Ik bekijk dit seizoen vooral als een jaar waarin ik ervaring kan opdoen. Ik weet nu dat ik nog hard moet werken op mijn eerste deel, want mijn eerste 200 meter is echt veel te traag. Het is mijn zwak punt dus daar zal volgend jaar nog stevig aan gesleuteld moeten worden. In tegenstelling tot op het BK zat het met de motivatie wel al stukken beter. Zondag nog een keer alles geven in Heusden, waar ik de 300 meter loop, en dan zit mijn seizoen erop.

04.09.2020 23:33