

## World Championships Statistics - Women's 10,000

(compiled by K. Ken Nakamura)

### All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	30:04.18	Berhane Adere	ETH	1	Paris	2003
2	2	30:07.15	Worknesh Kidane	ETH	2	Paris	2003
3	3	30:07.20	Sun Yingjie	CHN	3	Paris	2003
4	4	30:12.53	Lornah Kiplagat	NED	4	Paris	2003
5	5	30:23.07	Alla Zhilyayeva	RUS	5	Paris	2003
6	6	30:24.02	Tirunesh Dibaba	ETH	1	Helsinki	2005
7	7	30:24.56	Gete Wami	ETH	1	Sevilla	2005
8		30:25.41	Berhane Adere		2	Helsinki	2005
9	8	30:26.00	Ejegayehu Dibaba	ETH	3	Helsinki	2005
10	9	30:26.20	Galina Bogomolova	RUS	6	Paris	2003
11	10	30:27.13	Paula Radcliffe	GBR	2	Sevilla	1999
12	11	30:27.18	Xing Huina	CHN	4	Helsinki	2005
13	12	30:30.26	Edith Masai	KEN	5	Helsinki	2005
14		30:31.55	Xing Huina		7	Paris	2003
15	13	30:32.03	Tegla Loroupe	KEN	3	Sevilla	1999
16		30:32.47	Worknesh Kidane		6	Helsinki	2005
17		30:33.53	Sun Yingjie		7	Helsinki	2005
18		30:33.75	Galina Bogomolova		8	Helsinki	2005
19	14	30:37.68	Benita Johnson	AUS	8	Paris	2003
20		30:42.75	Paula Radcliffe		9	Helsinki	2005
21	15	30:49.30	Wang Junxia	CHN	1	Stuttgart	1993
22	16	30:55.80	Irene Kwambai	KEN	10	Helsinki	2005
23		31:01.07	Ejegayehu Dibaba		9	Paris	2003
24	17	31:03.75	Kayoko Fukushi	JPN	11	Helsinki	2005
25	18	31:04.55	Jelena Prokopcuka	LAT	12	Helsinki	2005
26	19	31:04.99	Fernanda Ribeiro	POR	1	Göteborg	1995
27	20	31:05.85	Ingrid Kristiansen	NOR	1	Roma	1987
28		31:06.14	Jelena Prokopcuka		10	Paris	2003
29	21	31:08.10	Derartu Tulu		2	Göteborg	1995

### Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	23.25 seconds	Wang Junxia	CHN	Stuttgart	1993
Min	0.04 second	Derartu Tulu	ETH	Edmonton	2001

## Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	30:04.18	Berhane Adere	ETH	Paris	2003
2	30:07.15	Worknesh Kidane	ETH	Paris	2003
3	30:07.20	Sun Yingjie	CHN	Paris	2003
4	30:12.53	Lornah Kiplagat	NED	Paris	2003
5	30:23.07	Alla Zhilyayeva	RUS	Paris	2003
6	30:26.20	Galina Bogomolova	RUS	Paris	2003
7	30:31.55	Xing Huina	CHN	Paris	2003
8	30:33.75	Galina Bogomolova	RUS	Helsinki	2005

### Fastest time in each round (semi held only in 1987-1997)

Round	Time	Name	Nat	Venue	Year
Final	30:04.18	Berhane Adere	ETH	Paris	2003
First round	31:45.95	Derartu Tulu	ETH	Tokyo	1991

## Comparison of 1000m splits/laps in the World Championships 10000m

Fastest lap/splits are in **Bold**; slowest in *italics*

	400m	1000 m	2000 m	3000 m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final 400	Final200
2007		3:27.75	3:25.07	3:11.46	3:16.30	3:18.68	3:13.92	3:15.00	3:07.62	3:02.45	2:47.18	60.11	30.73
2005	73.2	3:02.50	3:01.78	3:02.96	3:04.57	<b>3:04.48</b>	3:07.36	3:04.11	3:03.00	3:04.43	2:48.83	<b>58.4</b>	30.6
2003	69.33	<b>2:59.62</b>	3:03.79	<b>2:56.52</b>	3:00.23	3:06.37	3:00.72	<b>3:00.93</b>	<b>3:02.84</b>	3:03.04	2:50.12	63.0	<b>29.9</b>
2001	78.6	3:22.44	<i>3:16.15</i>	<i>3:16.56</i>	<i>3:18.44</i>	3:16.30	<i>3:12.24</i>	3:12.06	3:09.53	2:58.80	2:46.29	63.2	<i>31.9</i>
1999		3:11.45	3:04.99	3:03.65	3:02.64	3:02.51	<b>2:59.04</b>	3:03.06	3:03.30	2:59.76	2:54.16	64.6	31.7
1997		<i>3:25.55</i>	3:05.7	3:12.28	3:12.74	<i>3:16.54</i>	3:11.86	3:08.4	3:05.71	3:00.79	2:53.35		
1995	<i>83.1</i>	3:22.11	3:10.77	3:13.06	<b>2:56.37</b>	3:04.58	3:05.93	3:08.13	3:05.24	3:02.84	2:55.96	66.2	
1993		3:04.03	3:07.82	3:08.06	3:09.54	3:14.96	3:11.12	<i>3:12.28</i>	3:03.54	<b>2:55.59</b>	<b>2:43.36</b>	61.0	30.4
1991	<b>61.51</b>	3:02.95	3:06.47	3:07.54	3:08.89	3:08.30	3:06.64	3:09.30	3:10.18	3:09.43	3:04.61		
1987	77.8	3:01.2	<b>2:58.8</b>	3:03.7	3:09.8	3:10.1	3:08.0	3:08.3	<i>3:10.6</i>	<i>3:11.6</i>	<i>3:05.8</i>	<i>72.4</i>	

	1000 m	2000 m	3000 m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final 5000m
2007	3:27.75	6:42.82	9:54.28	13:10.58	16:29.24	19:43.16	22:58.16	26:05.78	29:08.23	31:55.41	15:26.17
2005	3:02.50	6:04.28	9:07.24	12:11.81	15:16.29	18:23.65	21:27.76	24:30.76	27:35.19	30:24.02	15:07.73
2003	<b>2:59.62</b>	6:03.41	<b>8:59.93</b>	<b>12:00.16</b>	<b>15:06.53</b>	<b>18:07.25</b>	<b>21:08.18</b>	<b>24:11.02</b>	<b>27:14.06</b>	<b>30:04.18</b>	<b>14:57.65</b>
2001	3:22.44	<i>6:38.59</i>	<i>9:55.15</i>	<i>13:13.59</i>	<i>16:29.89</i>	<i>19:42.13</i>	<i>22:54.19</i>	<i>26:03.72</i>	<i>29:02.52</i>	<i>31:48.81</i>	15:18.92
1999	3:11.45	6:16.44	9:20.09	12:22.73	15:25.24	18:24.28	21:27.34	24:30.64	27:30.40	30:24.56	14:59.32
1997	<i>3:25.55</i>	6:31.25	9:43.53	12:56.27	16:12.81	19:24.67	22:33.07	25:38.78	28:39.57	31:32.92	15:20.11
1995	3:22.11	6:32.88	9:45.94	12:42.31	15:46.89	18:52.82	22:00.95	25:06.19	28:09.03	31:04.99	15:18.10
1993	3:04.03	6:11.85	9:19.91	12:28.45	15:43.41	18:54.53	22:06.81	25:10.35	28:05.94	30:49.30	15:05.89
1991	3:02.95	6:09.42	9:16.96	12:25.85	15:34.15	18:40.79	21:50.09	25:00.27	28:09.70	31:14.31	15:40.26
1987	3:01.2	<b>6:00.0</b>	9:03.7	12:11.5	15:21.6	18:29.6	21:37.9	24:48.5	28:00.1	31:05.85	<i>15:44.25</i>

## World Records Split Times

Name	DMY	1000m	2000m	3000m	4000m	5000m	6000m	7000m	8000m	9000m	10000m	last 5000m
Wang	8/9/93	2:54.7	5:56.6	8:59.2	12:02.8	15:05.7	18:10.1	21:14.4	23:59.9	26:44.8	29:31.78	14:26.1
Kristiansen	5/7/86	3:01.2	6:05.3	9:10.1	12:11.3	15:11.4	18:11.5	21:12.4		27:18.3	30:13.74	15:02.4
Kristiansen	27/7/85	3:13.3	6:18.4	9:22.4	12:27.5	15:34.6	18:41.6	21:47.6	24:54.1	28:00.8	30:59.42	15:24.5

## World Records Lap Times

Name	venue	1000 m	2000 m	3000 m	4000 m	5000 m	6000 m	7000 m	8000 m	9000 m	10000 m	Ave. pace
Wang	Beijing	2:54.7	3:01.9	3:02.6	3:03.6	3:02.9	3:04.4	3:04.3	2:45.5	2:44.9	2:47.0	2:57.18
Kristiansen	Oslo	3:01.2	3:04.1	3:04.8	3:01.2	3:00.1	3:00.1	3:00.9			2:55.44	3:01.37
Kristiansen	Oslo	3:13.3	3:05.1	3:04.0	3:05.1	3:07.1	3:07.0	3:06.0	3:06.5	3:06.7	2:58.62	3:05.94

## German All-Comer's List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:01.09	Paula Radcliffe	GBR	1	München	6 Aug 2002
2	2	30:23.25	Ingrid Kristiansen	NOR	1	Stuttgart	30 Aug 1986
3	3	30:47.59	Sonia O'Sullivan	IRL	2	München	6 Aug 2002
4	4	30:49.30	Wang Junxia	CHN	1	Stuttgart	21 Aug 1993
5	5	30:57.21	Olga Bondarenko	RUS	2	Stuttgart	30 Aug 1986
6	6	31:03.62	Kathrin Wessel	GER	1	Frankfurt	30 June 1991

## Fastest Performances in Berlin

No sub 32 minutes 10000m in Berlin

## Fastest performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:54.66	Tirunesh Dibaba	ETH	1	OG/Beijing	15 Aug 2008
2	2	29:56.34	Elvan Abeylegesse	TUR	2	OG/Beijing	15 Aug 2008
3	3	30:01.09	Paula Radcliffe	GBR	1	EC/München	6 Aug 2002
4	4	30:04.18	Berhane Adere	ETH	1	WC/Paris	23 Aug 2003
5	5	30:07.15	Werknesh Kidane	ETH	2	WC/Paris	23 Aug 2003
6	6	30:07.20	Sun Yingjie	CHN	3	WC/Paris	23 Aug 2003
7	7	30:12.53	Lornah Kiplagat	NED	4	WC/Paris	23 Aug 2003
8	8	30:22.22	Shalane Flanagan	USA	3	OG/Beijing	15 Aug 2008
9	9	30:23.07	Alla Zhilyayeva	RUS	5	WC/Paris	23 Aug 2003
10	10	30:23.25	Ingrid Kristiansen	NOR	1	EC/Stuttgart	30 Aug 1986

### *Fastest performances on August 15 (day of the Final)*

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	29:54.66	Tirunesh Dibaba	ETH	1	OG/Beijing	2008
2	2	29:56.34	Elvan Abeylegesse	TUR	2	OG/Beijing	2008
3	3	30:22.22	Shalane Flanagan	USA	3	OG/Beijing	2008
4	4	30:26.50	Linet Masai	KEN	4	OG/Beijing	2008
5	5	30:35.84	Mariya Kononova	RUS	5	OG/Beijing	2008
6	6	30:37.33	Inga Abitova	RUS	6	OG/Beijing	2008
7	7	30:39.96	Lucy Wangui	KEN	7	OG/Beijing	2008

### *Fastest performances on Saturday (day of the Final)*

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:04.18	Berhane Adere	ETH	1	WC/Paris	23 Aug 2003
2	2	30:07.15	Werknesh Kidane	ETH	2	WC/Paris	23 Aug 2003
3	3	30:07.20	Sun Yingjie	CHN	3	WC/Paris	23 Aug 2003
4	4	30:12.53	Lornah Kiplagat	NED	4	WC/Paris	23 Aug 2003
5	5	30:13.74	Ingrid Kristiansen	NOR	1	Oslo	5 July 1986