

# 2016 Olympic Games Statistics – Men's 10000m

by K Ken Nakamura

Record to look for in Rio de Janeiro:

- 1) Last time KEN won gold at 10000m is back in 1968. Can Kamworor, Tanui or Karoki change that?
- 2) Can Mo Farah become sixth runner to win back to back gold?

## Summary Page:

### All time Performance List at the Olympic Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	27:01.17	Kenenisa Bekele	ETH	1	Beijing	2008
2	2	27:02.77	Sileshi Sihine	ETH	2	Beijing	2008
3	3	27:04.11	Micah Kogo	KEN	3	Beijing	2008
4	4	27:04.11	Moses Masai	KEN	4	Beijing	2008
5		27:05.10	Kenenisa Bekele		1	Athinai	2004
6	5	27:05.11	Zersenay Tadese	ERI	5	Beijing	2008
7	6	27:06.68	Haile Gebrselassie	ETH	6	Beijing	2008
8		27:07.34	Haile Gebrselassie		1	Atlanta	1996

**Slowest winning time since 1972:** 27:47.54 by Alberto Cova (ITA) in 1984

### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	47.8 18.68	29:59.6 27:47.54	Emil Zatopek Alberto Cova	TCH ITA	London Los Angeles	1948 1984
Min	0.09	27:18.20	Haile Gebrselassie	ETH	Sydney	2000

Second line is largest margin since 1952

### Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	27:01.17	Kenenisa Bekele	ETH	Beijing	2008
2	27:02.77	Sileshi Sihine	ETH	Beijing	2008
3	27:04.11	Micah Kogo	KEN	Beijing	2008
4	27:04.11	Moses Masai	KEN	Beijing	2008
5	27:05.11	Zersenay Tadese	ERI	Beijing	2008
6	27:06.68	Haile Gebrselassie	ETH	Beijing	2008
7	27:08.25	Martin Mathathi	KEN	Beijing	2008

### Multiple Gold Medalists:

Kenenisa Bekele (ETH):	2004, 2008
Haile Gebrselassie (ETH):	1996, 2000
Lasse Viren (FIN):	1972, 1976
Emil Zapopek (TCH):	1948, 1952
Paavo Nurmi (FIN):	1920, 1928

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5		27:05.10	Kenenisa Bekele		1	Athinai	2004
6	5	27:05.11	Zersenay Tadese	ERI	5	Beijing	2008
7	6	27:06.68	Haile Gebrselassie	ETH	6	Beijing	2008
8		27:07.34	Haile Gebrselassie		1	Atlanta	1996
9	7	27:08.17	Paul Tergat	KEN	2	Atlanta	1996
10	8	27:08.25	Martin Mathathi	KEN	7	Beijing	2008
11		27:09.39	Sileshi Sihine		2	Athinai	2004
12		27:18.20	Haile Gebrselassie		1	Sydney	2000
13		27:18.29	Paul Tergat		2	Sydney	2000
14	9	27:19.75	Assefa Mezegebu	ETH	3	Sydney	2000
15	10	27:20.44	Patrick Ivuti	KEN	4	Sydney	2000
16	11	27:21.46	Brahim Boutayeb	MAR	1	Seoul	1988
17		27:22.57	Zersenay Tadese		3	Athinai	2004
18	12	27:23.55	Salvatore Antibo	ITA	2	Seoul	1988
19	13	27:23.75	Abdullah Ahmad Hassan	QAT	8	Beijing	2008
20	14	27:24.67	Salah Hissou	MAR	3	Atlanta	1996
21	15	27:24.75	John Korir	KEN	5	Sydney	2000
22	16	27:25.16	Kipkemboi Kimeli	KEN	3	Seoul	1988
23	17	27:25.33	Fabian Joseph	TAN	9	Beijing	2008
24	18	27:25.48	Boniface Kiprop	UGA	4	Athinai	2004
25		27:27.28	Boniface Kiprop		10	Beijing	2008
26		27:27.90	Haile Gebrselassie		5	Athinai	2004
27	19	27:29.33	Selim Bayrak	TUR	11	Beijing	2008
28	20	27:30.42	Mo Farah	GBR	1	London	2012
29	21	27:30.90	Galen Rupp	USA	2	London	2012
30	22	27:31.43	Tariku Bekele	ETH	3	London	2012
31		27:32.44	Kenenisa Bekele		4	London	2012
32	23	27:32.94	Bedan Karoki Muchiri	KEN	5	London	2012
33		27:33.51	Zersenay Tadese		6	London	2012
34	24	27:33.79	Aloys Nizigama	BDI	4	Atlanta	1996
35	25	27:34.76	Teklemariam Medhin	ERI	7	London	2012
36	26	27:35.08	Josephat Machuka	KEN	5	Atlanta	1996
37	27	27:35.19	Paul Koech	KEN	6	Atlanta	1996
38	28	27:36.11	Kidane Tadasse	ERI	12	Beijing	2008
39	29	27:36.34	Gebregziabher Gebremariam	ETH	8	London	2012
40	30	27:36.43	Jean Louis Prianon	FRA	4	Seoul	1988
41	31	27:36.99	Galen Rupp	USA	13	Beijing	2008
42	32	27:37.83	Said Berrioui	MAR	6	Sydney	2000
43	33	27:38.35	Lasse Viren	FIN	1	München	1972

**Slowest winning time since 1972:** 27:47.54 by Alberto Cova (ITA) in 1984

### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	47.8	29:59.6	Emil Zatopek	TCH	London	1948
	18.68	27:47.54	Alberto Cova	ITA	Los Angeles	1984
Min	0.09	27:18.20	Haile Gebrselassie	ETH	Sydney	2000

Second line is largest margin since 1952

### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	1:19.8h	30:23.2	31:43.0	Ville Ritola	FIN	Paris	1924
	54.0h	29:59.6	30:53.6	Emil Zatopek	TCH	London	1948
	18.92	27:47.54	28:06.46	Alberto Cova	ITA	Los Angeles	1984
Min	1.01	27:30.42	27:31.43	Mo Farah	GBR	London	2012
	1.4h	28:24.4	28:25.8	Billy Mills	USA	Tokyo	1964
	1.55	27:18.20	27:19.75	Haile Gebrselassie	ETH	Sydney	2000

Second line is largest margin since 1956

### Difference between third and fourth (medal versus no medal)

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	34.0h	30:35.0h	Lauri Virtanen	FIN	Los Angeles	1932
	11.82	28:53.59	Al Lawrence	AUS	Melbourne	1956
	11.32	28:00.07	Addis Abebe	ETH	Barcelona	1992
Min	0.001	27:04.104	Micah Kogo	KEN	Beijing	2008
	0.04	28:06.46	Mike Musyoki	KEN	Los Angeles	1984

Last two lines are two largest margin since 1932

### Average of last eight Olympics

	Average	2012	2008	2004	2000	1996	1992	1988	1984
Winning Time	27:30.42	27:30.42	27:01.17	27:05.10	27:18.20	27:07.34	27:46.70	27:21.46	27:47.54
Winning Medal	27:31.43	27:31.43	27:04.11	27:22.57	27:19.75	27:24.67	28:00.07	27:25.16	28:06.46
Missing Medal (4 <sup>th</sup> )	27:32.44	27:32.44	27:04.11	27:25.48	27:20.44	27:33.79	28:11.39	27:36.43	28:06.50
8 <sup>th</sup> place	27:36.34	27:36.34	27:23.75	27:57.09	27:44.09	27:50.73	28:27.11	27:47.23	28:28.08

### Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	27:01.17	Kenenisa Bekele	ETH	Beijing	2008
2	27:02.77	Sileshi Sihine	ETH	Beijing	2008
3	27:04.11	Micah Kogo	KEN	Beijing	2008
4	27:04.11	Moses Masai	KEN	Beijing	2008
5	27:05.11	Zersenay Tadese	ERI	Beijing	2008
6	27:06.68	Haile Gebrselassie	ETH	Beijing	2008
7	27:08.25	Martin Mathathi	KEN	Beijing	2008
8	27:23.75	Abdullah Ahmad Hassan	QAT	Beijing	2008

### Best Marks for Places – All Competitions

Pos	Time	Name	Nat	Venue	DayMonthYear
1	26:17.53	Kenenisa Bekele	ETH	Bruxelles	26 Aug 2005
2	26:30.03	Nicholas Kembo	KEN	Bruxelles	5 Sept 2003
	26:30.74	Abebe Dinkesa Negera	ETH	Hengelo	29 May 2005
3	26:38.76	Abdullah Ahmad Hassan	QAT	Bruxelles	5 Sept 2003
	26:41.75	Samuel Wanjiru	KEN	Bruxelles	26 Aug 2005
4	26:50.63	Paul Tanui	KEN	Eugene	3 June 2011
	26:50.67	Albert Chepkurui	KEN	Bruxelles	30 Aug 2002
5	26:51.09	Zersenay Tadese	ERI	Eugene	3 June 2011
	26:52.60	Sammy Kipketer	KEN	Bruxelles	26 Aug 2005
6	26:52.84	Sileshi Sihine	ETH	Eugene	3 June 2011

	26:52.93	Mark Bett	KEN	Bruxelles	26 Aug 2005
7	26:54.25	Matthew Kisorio	KEN	Eugene	3 June 2011
	26:59.81	Titus Mbishei	KEN	Eugene	16 Sept 2011
8	26:54.64	Mark Kiptoo	KEN	Eugene	3 June 2011
	27:06.47	Habtamu Fedaku Ashaw	KEN	Hengelo	26 May 2007
9	26:55.29	Leonard Komon	KEN	Eugene	3 June 2011
	27:11.93	Eshetu Wondimu	ETH	Hengelo	26 May 2007

### Comparison of splits/laps in Olympic 10000m

	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	2 <sup>nd</sup> half
2012	2:54.88	5:59.56	8:42.45	11:23.16	14:05.79	16:52.71	19:32.58	22:15.49	25:01.97	27:30.42	13:24.63
2008	2:50.15	5:27.32	8:09.93	10:59.51	13:48.00	16:33.92	19:14.71	21:53.78	<b>24:34.07</b>	<b>27:01.17</b>	13:13.17
2004	2:50.85	5:45.16	8:33.98	11:15.87	13:50.87	16:34.51	19:11.92	21:57.18	24:37.19	27:05.10	13:14.23
2000	2:39.52	5:23.31	8:08.03	10:55.47	13:45.88	16:31.19	19:24.63	22:04.46	24:44.09	27:18.20	13:32.32
1996	2:48.32	5:31.26	8:16.67	11:06.63	13:55.22	16:35.48	19:18.36	22:01.98	24:35.88	27:07.34	13:12.12
1992	2:50.88	5:40.75	8:26.94	11:09.58	13:53.66	16:40.86	19:23.91	22:11.30	25:03.21	27:46.70	13:53.04
1988	2:41.7	5:28.5	8:07.8	<b>10:50.1</b>	<b>13:35.3</b>	<b>16:20.1</b>	<b>19:04.6</b>	<b>21:50.2</b>	24:35.8	27:21.46	13:46.16
1984	2:53.0	5:47.61	8:39.81	11:32.54	14:19.84	17:00.30	19:41.05	22:24.95	25:11.04	27:47.54	13:26.98
1980	2:53.2	5:42.4	8:27.3	11:14.4	14:03.0	16:49.9	19:36.1	22:24.1	25:10.1	27:42.69	13:39.69
1976	2:53.0	5:44.2	8:33.4	11:22.8	14:09.0	16:52.4	19:36.4	22:20.2	25:03.0	27:40.38	13:31.38
1972	<b>2:37.0</b>	<b>5:18.8</b>	<b>8:06.4</b>	10:55.6	13:44.0	16:35.8	19:27.8	22:17.8	25:09.2	27:38.35	<b>13:54.35</b>

	1000	2000	3000	4000	5000	6000	7000	8000	9000	10000	Last Lap
2012	2:54.88	3:04.68	2:42.89	2:40.71	2:42.63	2:46.92	2:39.87	2:42.91	2:46.48	2:28.45	53.48
2008	2:50.15	2:37.17	2:42.61	2:49.58	2:48.49	2:45.92	2:40.79	<b>2:39.07</b>	2:40.29	<b>2:27.10</b>	53.42
2004	2:50.85	2:54.31	2:48.82	<b>2:41.89</b>	<b>2:35.00</b>	2:43.64	<b>2:37.41</b>	2:45.26	2:40.01	2:27.91	53.0
2000	2:39.52	2:43.79	2:44.72	2:47.44	2:50.41	2:45.31	2:53.44	2:39.83	2:39.63	2:34.11	
1996	2:48.32	2:42.94	2:45.41	2:49.96	2:48.59	<b>2:40.26</b>	2:42.88	2:43.62	<b>2:33.9</b>	2:31.46	57.5
1992	2:50.88	2:49.87	2:47.19	2:42.64	2:44.08	2:47.20	2:43.05	2:47.39	2:51.91	2:43.49	
1988	2:41.7	2:46.8	<b>2:39.3</b>	2:42.3	2:45.2	2:44.8	2:44.5	2:45.6	2:45.6	2:45.7	
1984	2:53.0	2:54.61	2:52.20	2:52.73	2:47.30	2:40.46	2:40.75	2:43.90	2:46.09	2:36.50	
1980	2:53.2	2:49.5	2:44.7	2:47.4	2:48.7	2:46.2	2:45.7	2:48.2	2:45.9	2:33.2	
1976	2:53.0	2:51.2	2:49.2	2:49.4	2:46.2	2:43.4	2:44.0	2:43.8	2:42.8	2:37.4	56.6
1972	<b>2:37.0</b>	<b>2:41.8</b>	2:47.8	2:49.2	2:48.4	2:51.8	2:52.0	2:50.0	2:51.4	2:29.2	
1968	2:58.5	2:58.4	2:58.7	2:58.7	3:00.2	3:03.6	2:58.5	3:00.6	2:53.4	2:36.3	
1964	2:42.2	2:47.4	2:48.0	2:55.8	2:51.4	2:53.2	2:54.8	2:54.6	2:58.6	2:38.6	
1960	2:48.2	2:49.2	2:52.3	2:54.9	2:57.6	2:56.4	2:53.1	2:50.1	2:51.8	2:38.58	
1956	2:43	2:48	2:55	2:50	2:51	2:55	2:59	3:00	2:52	2:52.6	
1952	2:52	2:59	2:57	2:57.6	2:57.8	2:55.8	2:54.8	2:57	2:57	2:49	

### Multiple Gold Medalists:

Kenenisa Bekele (ETH):	2004, 2008
Haile Gebrselassie (ETH):	1996, 2000
Lasse Viren (FIN):	1972, 1976
Emil Zapopek (TCH):	1948, 1952

Paavo Nurmi (FIN): 1920, 1928

### Multiple Medalists:

Kenenisa Bekele (ETH): 2004 Gold, 2008 Gold  
Sileshi Sihine (ETH): 2004 Silver; 2008 Silver  
Haile Gebrselassie (ETH): 1996 Gold, 2000 Gold  
Paul Tergat (KEN): 1996 Silver; 2000 Silver  
Miruts Yifter (ETH): 1972 Bronze, 1980 Gold  
Lasse Viren (FIN): 1972 Gold, 1976 Gold  
Mohamed Gammoudi (TUN): 1964 Silver; 1968 Bronze  
Emil Zapopek (TCH): 1948 Gold, 1952 Gold  
Alain Mimoun (FRA): 1948 Silver; 1952 Silver  
Volmari Iso-Hollo (FIN): 1932 Silver; 1936 Bronze  
Edwin Wilde (SWE): 1924 Silver, 1928 Bronze  
Ville Ritola (FIN): 1924 Gold; 1928 Silver  
Paavo Nurmi (FIN): 1920 Gold; 1928 Gold

### Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
ETH	2008	Kenenisa Bekele	Sileshi Sihine	
ETH	2004	Kenenisa Bekele	Sileshi Sihine	
ETH	2000	Haile Gebrselassie		Assefa Mezegebu
ETH	1980	Miruts Yifter		Mohamed Kedir
FIN	1936	Ilmari Salminen	Arvo Askola	Volmari Iso-Hollo
FIN	1932		Volmari Iso-Hollo	Lauri Virtanen
FIN	1928	Paavo Nurmi	Ville Ritola	
FIN	1924	Ville Ritola		Eero Berg
FIN	1912	Hannes Kolehmainen		Albin Stenroos

### Man & Woman from the same team winning the corresponding event:

Nation	Men	Women	Venue	Year
ETH	Kenenisa Bekele	Tirunesh Dibaba	Beijing	2008
ETH	Haile Gebrselassie	Derartu Tulu	Sydney	2000

### Individual Medals by Countries:

Nation	Gold	Silver	Bronze
FIN	7	4	4
ETH	5	3	5
MAR	2		1
URS	2		1
TCH	2		
KEN	1	3	3
USA	1	2	
GBR	1	1	2
ITA	1	1	
POL	1		
FRA		3	

SWE		1	2
TUN		1	1
HUN		1	
GER		1 (GDR)	
BEL		1	
POR		1	
AUS			3
ERI			1

**World Champion with Olympic Gold medal**

Name	Nat	World Championships	Olympics
Mo Farah	GBR	2013, 2015	2012
Kenenisa Bekele	ETH	2003, 2005, 2007, 2009	2004, 2008
Haile Gebrselassie	ETH	1993, 1995, 1997, 1999	1996, 2000
Alberto Cova	ITA	1983	1984

**World Junior Championships medalist with Olympic Gold medal**

Name	Nat	World Junior Championships	Olympics
Haile Gebrselassie	ETH	1992	1996, 2000

**Olympic Champion who previous won World Youth Championships medal (at 3000m):**

Name	Nat	Olympics	World Youth Championships	Year
Kenenisa Bekele	ETH	2004, 2008	Silver	1999

**Olympic Champion with European Championships gold medal**

Name	Nat	Olympics	European Championships
Mo Farah	GBR	2012	2010, 2014
Alberto Cova	ITA	1984	1982
Pyotr Bolotnikov	URS	1960	1962
Emil Zatopek	TCH	1948, 1952	1950, 1954
Ilmari Salminen	FIN	1936	1934, 1938

**Olympic champion with Asian Games Gold medal:** None

Asian never won a medal in the Olympic 10000m.

**Olympic champion with All Africa Games gold medal:**

Name	Nat	Olympics	All African Games
Miruts Yifter	ETH	1980	1973

**Olympic champion with Africa Championships gold medal:**

Name	Nat	Olympics	All African Games
Khalid Skah	MAR	1992	1990
Brahim Boutayeb	MAR	1988	1988
Miruts Yifter	ETH	1980	1979

**Olympic champion with Pan American Games gold medal:** None

### Olympic medalist with Commonwealth Games Gold medal

Name	Nat	Olympics	Year	Commonwealth Games
Brendan Foster	GBR	Bronze	1976	1978
Dave Powers	AUS	Bronze	1960	1958

### Last eight Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2012	Mo Farah	GBR	27:30.42	Galen Rupp	USA	27:30.90	Tariku Bekele	ETH	27:31.43
2008	Kenenisa Bekele	ETH	27:01.17	Sileshi Sihine	ETH	27:02.77	Micah Kogo	KEN	27:04.11
2004	Kenenisa Bekele	ETH	27:05.10	Sileshi Sihine	ETH	27:09.39	Zersenay Tadese	ERI	27:22.57
2000	Haile Gebrselassie	ETH	27:18.20	Paul Tergat	KEN	27:18.29	Assefa Mezgebu	ETH	27:19.75
1996	Haile Gebrselassie	ETH	27:07.34	Paul Tergat	KEN	27:08.17	Salah Hissou	MAR	27:24.67
1992	Khalid Skah	MAR	27:46.70	Richard Chelimo	KEN	27:47.72	Addis Abebe	ETH	28:00.07
1988	Brahim Boutayeb	MAR	27:21.46	Salvatore Antibo	ITA	27:23.55	Kipkemboi Kimeli	KEN	27:25.16
1984	Alberto Cova	ITA	27:47.54	Mike McLeod	GBR	28:06.22	Mike Musyoki	KEN	28:06.46

### Last eight World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Mo Farah	GBR	27:01.13	Geoffrey Kamworor	KEN	27:01.76	Paul Tanui	KEN	27:02.83
2013	Mo Farah	GBR	27:21.71	Ibrahim Jeilan	ETH	27:22.23	Paul Tanui	KEN	27:22.61
2011	Ibrahim Jeilan	ETH	27:13.81	Mo Farah	GBR	27:14.07	Imane Merga	ETH	27:19.14
2009	Kenenisa Bekele	ETH	26:46.31	Zersenay Tadese	ERI	26:50.12	Moses Masai	KEN	26:57.39
2007	Kenenisa Bekele	ETH	27:05.90	Sileshi Sihine	ETH	27:09.03	Martin Mathathi	KEN	27:12.17
2005	Kenenisa Bekele	ETH	27:08.33	Sileshi Sihine	ETH	27:08.87	Moses Mosop	KEN	27:08.96
2003	Kenenisa Bekele	ETH	26:49.57	Haile Gebrselassie	ETH	26:50.77	Sileshi Sihine	ETH	27:01.44
2001	Charles Kamathi	KEN	27:53.25	Assefa Mezegebu	ETH	27:53.97	Haile Gebrselassie	ETH	27:54.41

### Last nine World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Rodgers Chumo Kwemoi	KEN	27:25.23	Aron Kifle	ERI	27:26.20	Jacob Kiplimo	KEN	27:26.68
2014	Joshua Cheptegei	UG	28:32.8	Elvis Cheboi	KEN	28:35.20	Nicholas Kosimbei	KEN	28:38.68
2012	Yigrem Demelash	ETH	28:16.07	Philemon Cheboi	KEN	28:23.98	Geoffrey Kipkorir Kirui	KEN	28:30.47
2010	Dennis Masai	KEN	27:53.88	Abraham Gebretsadik	ETH	28:03.45	Paul Kipchumba	KEN	28:14.55
2008	Josphat Bett	KEN	27:30.85	Titus Mbishei	KEN	27:31.65	Ibrahim Jeylan	ETH	28:07.98
2006	Ibrahim Jeylan	ETH	28:53.29	Joseph Ebuya	KEN	28:53.46	Adam Ismail Khamis	BRN	28:54.30
2004	Boniface Kiprop	UGA	28:03.77	Fabiano Joseph	TAN	28:04.45	Ryuji Ono	JPN	28:30.45
2002	Geb Gebremariam	ETH	29:02.71	Sileshi Sihine	ETH	29:03.74	Solomon Bushendich	KEN	29:05.96
2000	Robert Kipchumba	KEN	28:54.37	Duncan Lebo	KEN	28:58.39	Abraham Hadush	ETH	29:44.85

### Last nine World Youth Championships (3000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Richard Yator	KEN	7:54.45	Davis Kiplangat	KEN	7:54.52	Tefere Mosisa	ETH	7:55.04
2013	Yomif Kejelcha	ETH	7:53.56	Vedic Kipkoech	KEN	7:56.60	Alexander Mutiso	KEN	7:56.86
2011	William Malel Sitonik	KEN	7:40.10	Patrick Mutunga	KEN	7:40.47	Abar Osman Adem	ERI	7:40.89
2009	Isiah Koech	KEN	7:51.51	David Bett	KEN	7:52.13	Goitom Kifle	ERI	8:05.83
2007	Daniel Salel	KEN	7:57.18	Lucas Rotich	KEN	7:59.67	Hicham El Amrani	MAR	8:00.98
2005	Abreham Cherkos	ETH	8:00.90	Ibrahim Jeylan	ETH	8:04.21	Saleh Bakheet	BRN	8:04.78
2003	Augustine Choge	KEN	7:52.53	Tariku Bekele	ETH	7:54.71	Girma Shimelis	ETH	7:55.12
2001	Markos Geneti	ETH	7:55.82	David Kilel	KEN	7:56.95	James Kwalia	KEN	7:57.71
1999	Pius Muli	KEN	8:08.16	Kenenisa Bekele	ETH	8:09.89	Anouar Assila	MAR	8:13.54

### Last six European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Polat Kemboi Arikan	TUR	28:18.52	Ali Kaya	TUR	28:21.42	Antonio Abadia	ESP	28:26.07
2014	Mo Farah	GB	28:08.1	Andrew Vernon	GBR	28:08.66	Ali Kaya	TUR	28:08.72
2012	Polat Arikan	TUR	28:22.27	Daniele Meucci	ITA	28:22.73	Yevgeniy Rybakov	RU	28:22.95
2010	Mo Farah	GBR	28:24.99	Chris Thompson	GBR	28:27.33	Daniele Meucci	ITA	28:27.33
2006	Jan Fitschen	GER	28:10.94	Jose M Martinez	ESP	28:12.06	Juan Carlos de la Ossa	ESP	28:13.73
2002	Jose Martinez	ESP	27:47.65	Dieter Baumann	GER	27:47.87	Jose Rios	ESP	27:48.29

#### Last four Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2014	El Hassan El Abbassi	BRN	28:11.20	Suguru Osako	JPN	28:11.94	Isaac Korir	BRN	28:45.65
2010	Bilisuma Shume	BRN	27:32.72	Essa Rasheed	QAT	27:33.09	Hasan Mahboob	BRN	27:40.07
2006	Hasan Mahboob Ali	BRN	27:58.88	Essa Ismail Rashed	QAT	27:59.15	Adam Ismail Khamis	BRN	28:02.08
2002	Moukhled Al-Outaibi	KSA	28:41.89	Ahmed Ibrahim	QAT	28:43.53	Abdulah Zakaria	BRN	28:46.11

#### Last eight Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	El Hassan El Abbassi	BR	28:50.7	Govindan Lakshaman	IND	29:42.8	Andrey Petrov	UZB	30:20.68
2013	Alemu Bekele	BRN	28:47.2	Bilisuma Shume	BRN	28:58.67	Rati Ram	IND	29:35.42
2011	Hasan Mahboob Ali	BRN	28:35.49	Bilisuma Shume Gelasa	BRN	28:36.30	Akinobu Murasawa	JPN	28:40.63
2009	Hasan Mahboob Ali	BRN	28:23.70	Nicholas Kemboi	QAT	28:25.22	Abdullah Ahmad	QAT	28:28.38
2007	Abdullah Ahmad Hassan	QAT	29:45.95	Al Saadoun Al-Dawoodi	QAT	29:58.33	Hassan Mahboob	BRN	30:05.12
2005	Essa Ismail Rashid	QAT	29:03.60	Moukhled Al-Outaibi	KSA	29:04.85	Ali S Al-Dawoodi	QAT	29:05.93
2003	Abdullah Ahmed Hassan	QAT	28:45.64	Abdulah Zakaria	BRN	30:04.13	Eduardo Buenavista	PHI	30:06.29
2002	Ahmed Ibrahim Warsama	QAT	30:19.62	Arman Majid Awadh	QAT	30:21.05	Jagannath Lakade	IND	30:39.44

#### Last four All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Tebalu Zawude	ETH	27:27.19	Leonard Barsoton	KEN	27:27.55	Adugna Takele	ETH	27:28.40
2011	Ibrahim Jeylan	ETH	28:18.22	Bedan Karoki	KEN	28:19.32	Azmeraw Bekele	ETH	28:20.61
2007	Zersenay Tadese	ERI	27:00.30	Tadese Tola	ETH	27:28.08	Geb Gebremariam	ETH	27:41.24
2003	Sileshi Sihine	ETH	27:42.13	Geb Gebremariam	ETH	27:43.12	Dejene Birhanu	ETH	27:47.19

#### Last eight African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Stephen Mokoka	RSA	28:02.97	W Kimiti	KEN	28:03.18	Nkhasi	LES	28:06.33
2014	Nguse Amosom	ERI	28:11.07	Mustapha El Aziz	MAR	28:11.36	Josephat Bett	KEN	28:11.61
2012	Kenneth Kipkemoi	KEN	27:19.74	Mark Kiptoo	KEN	27:20.77	Lewis Mosoti	KEN	27:22.54
2010	Wilson Kiprop	KEN	27:32.91	Moses Kipsiro	UGA	27:33.37	Geoffrey Mutai	KEN	27:33.83
2008	Gebre Gebremariam	ETH	28:17.11	Ibrahim Jeylan	ETH	28:30.66	Eshetu Wondimu	ETH	28:56.36
2006	Moses Kipsiro	UGA	28:03.46	Mike Kigen	KEN	28:03.70	Abebe Dinkesa	ETH	28:05.07
2004	Charles Kamathi	KEN	28:07.83	Abebe Dinkesa	ETH	28:10.49	Yebeltal Admasu	ETH	28:28.59
2002	Paul Kosgei	KEN	28:44.81	John Cheruiyot Korir	KEN	28:45.23	Benjamin Maiyo	KEN	28:45.24

#### Last four Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2015	Mo Ahmed	CA	28:49.96	Aron Rono	USA	28:50.83	Juan Luis Barrios	MEX	28:51.57
2011	Marilson dos Santos	BRA	29:00.64	Juan Carlos Romero	MEX	29:41.00	Giovani dos Santos	BRA	29:51.71
2007	David Galvan	MEX	28:08.74	Marilson dos Santos	BRA	28:09.30	Alejandro Suarez	MEX	28:09.95
2003	Teodoro Vega	MEX	28:49.38	Marilson dos Santos	BRA	28:49.48	Dan Browne	USA	29:06.23

#### Last four Commonwealth Games:



Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2014	Moses Kipsiro	UGA	27:56.11	Josphat Bett	KEN	27:56.14	Cameron Levins	CA	27:56.23
2010	Moses Kipsiro	UGA	27:57.39	Daniel Salel	KEN	27:57.57	Joseph Birech	KEN	27:58.58
2006	Boniface Kiprop	UGA	27:50.99	Geoffrey Kipngeno	KEN	27:51.16	Fabiano Joseph	TAN	27:51.99
2002	Wilberfoce Talel	KEN	27:45.39	Paul Kosgei	KEN	27:45.46	John Yuda	TAN	27:45.78

### Fastest 10000m in Rio de Janeiro

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	27:58.83	Marilson dos Santos	BRA	1	4 June 2009
2	2	28:08.74	Jose David Galvan	MEX	1	27 July 2007
3		28:09.30	Marilson dos Santos		2	27 July 2007

### Fastest 10000m in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:17.53	Kenenisa Bekele	ETH	1	Bruxelles	26 Aug 2005
2	2	26:27.85	Paul Tergat	KEN	1	Bruxelles	22 Aug 1997
3	3	26:35.63	Micah Kogo	KEN	1	Bruxelles	25 Aug 2006
4	4	26:36.26	Paul Koech	KEN	2	Bruxelles	22 Aug 1997
5	5	26:37.25	Zersenay Tadese	ERI	2	Bruxelles	25 Aug 2006
6	6	26:38.08	Salah Hissou	MAR	1	Bruxelles	23 Aug 1996
7	7	26:39.77	Boniface Kiprop	UGA	2	Bruxelles	26 Aug 2005
8	8	26:41.75	Samuel Wanjiru	KEN	3	Bruxelles	26 Aug 2005
9		26:41.95	Boniface Kiprop		3	Bruxelles	25 Aug 2006

### Combined 2015 & 2016 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:50.97	Mo Farah	GBR	1	Eugene	29 May 2015
2	2	26:51.11	Yigrem Demelash	ETH	1	Hengelo	29 June 2016
3	3	26:51.86	Paul Kipngetch Tanui	KEN	2	Eugene	29 May 2015
4	4	26:52.65	Geoffrey Kamworor	KEN	3	Eugene	29 May 2015
5		26:53.71	Mo Farah		1	Eugene	27 May 2016
6	5	26:54.66	William Malel Sitonik	KEN	2	Eugene	27 May 2016
7	6	26:57.33	Tamirat Tola	ETH	3	Eugene	27 May 2016
8		26:57.45	Tamirat Tola		2	Hengelo	29 June 2016
9	7	26:57.88	Abadi Embaye	ETH	3	Hengelo	29 June 2016
10	8	26:58.25	Stephen Sambu	KEN	4	Eugene	27 May 2016
11	9	26:58.75	Ibrahim Jeilan	ETH	5	Eugene	27 May 2016
12	10	27:00.66	Zersenay Tadese	ERI	6	Eugene	27 May 2016
13		27:01.13	Mo Farah		1	Beijing	22 Aug 2015
14		27:01.76	Geoffrey Kamworor		2	Beijing	22 Aug 2015

### Gold Medal Contenders:

#### Last three 10000m:

**Mo Farah** (GBR) DOB: 23 Mar 1983

5000m best: 12:53.11 (2011); 10000m best: 26:46.57 (2011)

2<sup>nd</sup> in 2011 World Championships 10000m; 2011 World Champion at 5000m

2010, 2014 European Champion at 5000m, 10000m; 2012 European Champion at 5000m

Last three competitions

	Time	Race	Place	Date
1	26:53.71	Eugene	1	27 May 2016
2	27:01.13	Beijing	1	22 Aug 2015
3	26:50.97	Eugene	1	29 May 2015
Average	<b>26:55.27</b>			

**Geoffrey Kamworor** (KEN) DOB: 22 Nov 1992

2014 & 2016 World Half Marathon Champion; 2015 World Cross Champion;

2<sup>nd</sup> at 10000m in 2015 World Championships

5000m best: 12:59.98 (2016); 10000m best: 26:52.65 (2015); Half marathon Best: 58:54 (2013)

	Time	Race	Place	Date
1	27:01.76	Beijing	2	22 Aug 2015
2	27:11.89	Nairobi	1	1 Aug 2015
3	26:52.65	Eugene	3	29 May 2015
Average	<b>27:02.10</b>			

**Bidan Karoki** (KEN) DOB: 21 Aug 1990

10000m: 2<sup>nd</sup> in 2011 All African Games; 5<sup>th</sup> in 2012 Olympic Games; 6<sup>th</sup> in 2013, 4<sup>th</sup> in 2015 World Champ

2<sup>nd</sup> in 2015 World Cross Country Champ;

5000m best: 13:15.25 (2014); 10000m best: 26:52.36 (2014); Half Marathon best: 59:14 (2015)

Last three competitions

	Time	Race	Place	Date
1	27:04.77	Beijing – WC	4	22 Aug 2015
2	27:15.33	Nairobi	2	1 Aug 2015
3	26:52.36	Eugene	3	30 May 2014
Average	<b>27:04.15</b>			

**Paul Tanui** (KEN) DOB: 22 Dec 1990

4<sup>th</sup> in 2004 Olympics; 3<sup>rd</sup> in 2009 World Championships; 5<sup>th</sup> in 2008 World Cross Country Championships

5000m best: 12:58.69 (2015); 10000m best: 26:49.41 (2014)

Last three competitions

	Time	Race	Place	Date
1	27:46.15	Eldoret	1	1 July 2016
2	27:30.59	Kitakyushu	1	21 May 2016
3	27:22.28	Kobe	1	24 Apr 2016
Average	<b>27:33.01</b>			

**Yigrem Demelash** (ETH) DOB: 28 Jan 1994

2012 World Junior Champion at 10000m

5000m best: 13:03.30 (2011); 10000m best: 26:51.11 (2016)

Last three competitions

	Time	Race	Place	Date
1	26:51.11	Hengelo	1	29 June 2016
2	28:18.03	Hengelo	10	17 June 2015
Average	<b>27:34.57</b>			

**Galen Rupp** (USA) DOB: 8 May 1986

7<sup>th</sup> in 2011, 8<sup>th</sup> in 2009 World Championships;

5000m best: 12:58.90 (2012); 10000m best: 26:48.00 (2011)

	Time	Race	Place	Date
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1	27:55.04	Eugene	1	2 July 2016
2	27:08.91	Beijing – WC	5	22 Aug 2015
3	28:11.61	Eugene	1	25 June 2015
Average	<b>27:45.19</b>			

Please send any corrections to [KKenNakamura@gmail.com](mailto:KKenNakamura@gmail.com)