

## 2019 World Championships Statistics – Women’s 5000m

by K Ken Nakamura

The records to look for in Doha:

- 1) Can Obiri become fifth woman to win this event multiple times in WC?
- 2) If she runs, can Hassan win first gold (or silver) for NED in this event at WC?

### Summary:

#### All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	14:26.83	Almaz Ayana	ETH	1	Beijing	2015
2	2	14:34.86	Hellen Obiri	KEN	1	London	2017
3	3	14:38.59	Tirunesh Dibaba	ETH	1	Helsinki	2005
4	4	14:39.54	Meseret Defar	ETH	2	Helsinki	2005
5		14:40.35	Almaz Ayana		2	London	2017
6	5	14:41.82	Gabriela Szabo	ROU	1	Sevilla	1999
7	6	14:42.47	Ejegayehu Dibaba	ETH	3	Helsinki	2005
8	7	14:42.73	Sifan Hassan	NED	3	London	2017
9	8	14:43.15	Zahra Ouaziz	MAR	2	Sevilla	1999
10	9	14:43.47	Meselech Melkamu	ETH	4	Helsinki	2005
11	10	14:43.64	Xing Huina	CHN	5	Helsinki	2005

### Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	17.24 seconds	Almaz Ayana	ETH	Beijing	2015
	5.49 seconds	Hellen Obiri	KEN	London	2017
	3.20 seconds	Olga Yegorova	RUS	Edmonton	2001
	2.07 seconds	Sonia O’Sullivan	IRL	Göteborg	1995
Min	0.36 second	Vivian Cheruiyot	KEN	Berlin	2009
	0.54 second	Tirunesh Dibaba	ETH	Paris	2003

### Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	14.26.83	Almaz Ayana	ETH	Beijing	2015
	14:34.86	Hellen Obiri	KEN	London	2017
	14:38.59	Tirunesh Dibaba	ETH	Helsinki	2005
2	14:39.54	Meseret Defar	ETH	Helsinki	2005
3	14:42.47	Ejegayehu Dibaba	ETH	Helsinki	2005
4	14:43.47	Meselech Melkamu	ETH	Helsinki	2005

### Multiple Gold Medalists:

Meseret Defar (ETH): 2007, 2013  
 Vivian Cheruiyot (KEN): 2009, 2011  
 Tirunesh Dibaba (ETH): 2003, 2005  
 Gabriela Szabo (ROU): 1997, 1999

### All time Performance List at the World Championships

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1	1	14:26.83	Almaz Ayana	ETH	1	Beijing	2015
2	2	14:34.86	Hellen Obiri	KEN	1	London	2017
3	3	14:38.59	Tirunesh Dibaba	ETH	1	Helsinki	2005
4	4	14:39.54	Meseret Defar	ETH	2	Helsinki	2005
5		14:40.35	Almaz Ayana		2	London	2017
6	5	14:41.82	Gabriela Szabo	ROU	1	Sevilla	1999
7	6	14:42.47	Ejegayehu Dibaba	ETH	3	Helsinki	2005
8	7	14:42.73	Sifan Hassan	NED	3	London	2017
9	8	14:43.15	Zahra Ouaziz	MAR	2	Sevilla	1999
10	9	14:43.47	Meselech Melkamu	ETH	4	Helsinki	2005
11	10	14:43.64	Xing Huina	CHN	5	Helsinki	2005
12	11	14:43.87	Zakia Mrisho	TAN	6	Helsinki	2005
13	12	14:44.00	Priscah Jepleting	KEN	7	Helsinki	2005
14	13	14:44.07	Senbera Teferi	ETH	2	Beijing	2015
15	14	14:44.14	Genzebe Dibaba	ETH	3	Beijing	2015
16	15	14:44.22	Ayelech Worku	ETH	3	Sevilla	1999
17	16	14:45.14	Isabella Ochichi	KEN	8	Helsinki	2005
18	17	14:45.35	Edith Masai	KEN	1h1	Paris	2003
19		14:45.96	Tirunesh Dibaba		2h1	Paris	2003
20	18	14:46.16	Viola Kibiwot	KEN	4	Beijing	2015
21	19	14:46.47	Sonia O'Sullivan	IRL	1	Göteborg	1995
22	20	14:46.73	Sun Yingjie	CHN	3h1	Paris	2003
23	21	14:47.07	Liliya Shobkhova	RUS	9	Helsinki	2005
24		14:47.45	Senbere Teferi		4	London	2017
25	22	14:47.75	Olga Kravtsova	BLR	10	Helsinki	2005
26	23	14:48.33	Marta Dominguez	ESP	4h1	Paris	2003
27	24	14:48.54	Fernanda Ribeiro	POR	2	Göteborg	1995
28	25	14:48.74	Margaret Kipkemboi	KEN	5	London	2017
29	26	14:50.17	Irina Mikitenko	GER	4	Sevilla	1999
30		14:50.19	Meseret Defar		1	Moskva	2013
31		14:50.98	Tirunesh Dibaba		1h1	Helsinki	2005
32		14:51.19	Sun Yingjie		11	Helsinki	2005
33	27	14:51.22	Mercy Cheron	KEN	2	Moskva	2013
34	28	14:51.33	Almaz Ayana	ETH	3	Moskva	2013
35		14:51.49	Meselech Melkamu		2h1	Helsinki	2005
36	29	14:51.69	Ebru Kavaklioglu	TUR	5	Sevilla	1999
37		14:51.72	Tirunesh Dibaba		1	Paris	2003
38	30	14:52.07	Laura Muir	GBR	6	London	2017
39		14:52.26	Marta Dominguez		2	Paris	2003
40		14:52.30	Edith Masai		3	Paris	2003
41	31	14:52.36	Yelena Zadorozhnaya	RUS	4	Paris	2003
42		14:52.66	Zhara Ouaziz		5h1	Paris	2003
43	32	14:53.56	Elvan Abeylegesse	TUR	5	Paris	2003
44		14:53.77	Zahra Ouaziz		3	Göteborg	1995
45	33	14:53.82	Jo Pavey	GBR	3h1	Helsinki	2005
46	34	14:54.05	Sheila Chepkirui Kiprotich	KEN	7	London	2017
47		14:54.08	Isabella Ochichi		6	Paris	2003
48	35	14:54.38	Gulnara Samitova	RUS	7	Paris	2003
49		14:54.50	Priscah Jepleting		4h1	Helsinki	2005
50		14:54.95	Elvan Abeylegesse		1h2	Paris	2003
51	36	14:54.98	Courtney Babcock	CAN	8	Paris	2003

**Slowest winning time:** 15:03.39 by Olga Yegorova (RUS) in 2001

### Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	17.24 seconds	Almaz Ayana	ETH	Beijing	2015
	5.49 seconds	Hellen Obiri	KEN	London	2017
	3.20 seconds	Olga Yegorova	RUS	Edmonton	2001
	2.07 seconds	Sonia O'Sullivan	IRL	Göteborg	1995
Min	0.36 second	Vivian Cheruiyot	KEN	Berlin	2009
	0.54 second	Tirunesh Dibaba	ETH	Paris	2003

### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	17.31	14:26.83	14:44.14	Almaz Ayana	ETH	Beijing	2015
	7.87	14:34.86	14:42.73	Hellen Obiri	KEN	London	2017
	7.30	14:46.47	14:53.77	Sonia O'Sullivan	IRL	Göteborg	1995
Min	0.44	14:57.97	14:58.41	Vivian Cheruiyot	KEN	Berlin	2009

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

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	11.48	14:51.33	Almaz Ayana	ETH	Moskva	2013
	5.95	14:44.22	Ayelech Worku	ETH	Sevilla	1999
Min	0.05	14:59.21	Priscah Cherono	KEN	Osaka	2007

### Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	14:26.83	Almaz Ayana	ETH	Beijing	2015
	14:34.86	Hellen Obiri	KEN	London	2017
	14:38.59	Tirunesh Dibaba	ETH	Helsinki	2005
First round	14:45.35	Edith Masai	KEN	Paris	2003

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
15:04.00	8h1	Jane Gakunyi	KEN	Paris	2003

### Average from last nine (21<sup>st</sup> century) World Championships

	Average	2017	2015	2013	2011	2009	2007	2005	2003	2001
Winning Time	14:47.36	14:34.86	14:26.83	14:50.19	14:55.36	14:57.97	14:57.91	14:38.59	14:51.72	15:03.39
Winning Medal	14:53.08	14:42.73	14:44.14	14:51.33	14:56.94	14:58.41	14:59.21	14:42.47	14:52.30	15:10.17
8 <sup>th</sup> place	15:05.00	14:58.33	15:08.00	15:14.70	15:09.35	15:11.12	15:03.86	14:45.14	14:54.98	15:19.55

### 5000m – 10000m double gold medalists

Name	Nation	Venue	Year
Vivian Cheruiyot	KEN	Daegu	2011
Tirunesh Dibaba	ETH	Helsinki	2005

**1500m-5000m double gold medalists:** None (1500m-3000m double by Samolenko in 1987)

**Best Marks for Places in the World Championships**

Pos	Time	Name	Nat	Venue	Year
1	14:26.83	Almaz Ayana	ETH	Beijing	2015
	14:34.86	Hellen Obiri	KEN	London	2017
	14:38.59	Tirunesh Dibaba	ETH	Helsinki	2005
2	14:39.54	Meseret Defar	ETH	Helsinki	2005
3	14:42.47	Ejegayehu Dibaba	ETH	Helsinki	2005
4	14:43.47	Meselech Melkamu	ETH	Helsinki	2005
5	14:43.64	Xing Huina	CHN	Helsinki	2005
6	14:43.87	Zakia Mrisho	TAN	Helsinki	2005
7	14:44.00	Priscah Jepleting	KEN	Helsinki	2005
8	14:45.14	Isabella Ochichi	KEN	Helsinki	2005

**Best Marks for Places – all competitions**

Pos	Time	Name	Nat	Venue	Day Month Year
1	14:11.15	Tirunesh Dibaba	ETH	Oslo	6 June 2008
	14:12.59	Almaz Ayana	ETH	Roma	2 June 2016
2	14:20.68	Agnes Tirop	KEN	London	21 July 2019
	14:21.97	Almaz Ayana	ETH	Paris Saint Denis	4 July 2015
	14:22.34	Sifan Hassan	NED	Rabat	13 July 2018
	14:22.51	Vivian Cheruiyot	KEN	Oslo	15 June 2007
	14:25.52	Meseret Defar	ETH	Bruxelles	5 Sept 2008
3	14:22.12	Sifan Hassan	NED	London	21 July 2019
	14:23.14	Letesenbet Gidey	ETH	Rabat	13 July 2018
	14:29.82	Senbere Teferi	ETH	Bruxelles	9 Sept 2016
	14:29.89	Konstanze Klosterhalfen	GER	Bruxelles	6 Sept 2019
	14:31.52	Elvan Abeylegesse	TUR	Paris – Saint Denis	16 July 2010
	14:31.91	Meselech Melkamu	ETH	Shanghai	23 May 2010
4	14:23.33	Senbere Teferi	ETH	Rabat	13 July 2018
	14:31.69	Margaret Kipkemboi	KEN	London	21 July 2019
	14:31.91	Sylvia Kibet	KEN	Shanghai	23 May 2010
	14:32.73	Meselech Melkamu	ETH	Paris - Saint Denis	16 July 2010
5	14:24.24	Agnes Tirop	KEN	Rabat	13 July 2018
	14:36.10	Caroline Kipkirui	KEN	London	21 July 2019
	14:36.44	Senbere Teferi	ETH	Paris – Saint Denis	4 July 2015
	14:36.48	Margaret Kipkemboi	KEN	Bruxelles	6 Sept 2019
	14:37.07	Jessica Augusto	POR	Paris – Saint Denis	16 July 2010
	14:37.17	Mercy Cheronon	KEN	Shanghai	15 May 2011
6	14:37.32	Agnes Tirop	KEN	Bruxelles	6 Sept 2019
	14:37.61	Yasemin Can	TUR	Roma	2 June 2016
	14:38.97	Meselech Melkamu	ETH	Roma	8 July 2005
	14:39.19	Ines Chenonge	KEN	Saint Denis	16 July 2010
7	14:40.71	Joanne Pavey	GBR	Roma	8 July 2005
	14:41.28	Pauline Korikwiang	KEN	Shanghai	15 May 2011
8	14:42.06	Ejegayehu Dibaba	ETH	Oslo	3 July 2009
	14:42.84	Dera Dida	ETH	Roma	2 June 2016
9	14:44.26	Beylanesh Fikadue	ETH	Oslo	3 July 2009
	14:44.76	Molly Huddle	ETH	Bruxelles	27 Aug 2010
10	14:47.04	Caroline Kipkirui	KEN	Bruxelles	6 Sept 2019

	14:47.75 14:48.14	Olga Kravtsova Alemitu Haroye	BLR ETH	Helsinki Eugene	13 Aug 2005 27 May 2016
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### Multiple Gold Medalists:

Meseret Defar (ETH):	2007, 2013
Vivian Cheruiyot (KEN):	2009, 2011
Tirunesh Dibaba (ETH):	2003, 2005
Gabriela Szabo (ROU):	1997, 1999

### Multiple Medalists:

Almaz Ayana (ETH):	2013 Bronze; 2015 Gold, 2017 Silver;
Sylvia Kibet (KEN):	2009 Silver, 2011 Silver
Vivian Cheruiyot (KEN):	2007 Silver, 2009 Gold, 2011 Gold
Meseret Defar (ETH):	2005 Silver, 2007 Gold, 2009 Bronze, 2011 Bronze, 2013 Gold
Tirunesh Dibaba (ETH):	2003 Gold, 2005 Gold
Marta Dominguez (ESP):	2001 Silver, 2003 Silver
Ayelech Worku (ETH):	1999 Bronze, 2001 Bronze
Gabriela Szabo (ROU):	1997 Gold, 1999 Gold
Zahra Ouaziz (MAR):	1995 Bronze, 1999 Silver
Fernanda Ribeiro (POR):	1995 Silver, 1997 Bronze

Ayana & Meseret Defar has a complete set of medals

### Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
ETH	2015	Almaz Ayana	Senbere Teferi	Genzebe Dibaba
ETH	2013	Meseret Defar		Almaz Ayana
KEN	2011	Vivian Cheruiyot	Sylvia Kibet	
KEN	2009	Vivian Cheruiyot	Sylvia Kibet	
KEN	2007		Vivian Cheruiyot	Priscah Cheron
ETH	2005	Tirunesh Dibaba	Meseret Defar	Ejagayou Dibaba

Man & Woman from the same team winning the corresponding event: None

### Medals by Countries:

Nation	Gold	Silver	Bronze
ETH	5	3	7
KEN	3	4	2 {1}
ROU	2	{1}	
URS	{2}	{1}	{1}
CHN	{1}	{1}	{1}
IRL	1		
RUS	1		
USA	{1}		
ESP		2	
POR		1	1

MAR		1	1
ITA		1	
FRG		{1}	
GDR			{1}
NED			1

Number of 3000m Medals in {}

### Lap times in the World Championships

Fastest splits/laps are indicated in **Bold**; slowest in *italics*

Year	400m	1000m	2000m	3000m	4000m	5000m	Last 400m	Final 200m	Winning time
1995	<b>65.3</b>	<b>2:51.95</b>	3:01.53	3:04.72	3:02.87	2:45.40	61.5	28.8	14:46.47
1997	<i>77.2</i>	<i>3:11.74</i>	2:58.66	2:58.22	3:02.21	2:46.85	<i>61.9</i>	29.5	14:57.68
1999		3:00.43	2:55.47	2:56.83	2:59.68	<i>2:49.41</i>	61.4	29.4	14:41.82
2001	75.82	3:10.06	3:03.47	3:03.72	<i>3:04.43</i>	2:41.71	60.4	29.0	15:03.39
2003	70.3	3:04.25	<i>3:05.63</i>	2:59.0	<i>2:57.57</i>	2:45.27	60.1	<i>29.7</i>	14:51.72
2005	71.7	3:02.53	2:51.32	2:58.77	3:01.78	2:44.19	<b>58.19</b>	<b>28.1</b>	14:38.59
2007		2:59.22	3:05.47	<i>3:07.30</i>	3:01.06	2:44.86	58.58	28.13	14:57.91
2009		3:06.02	3:05.02	3:04.01	3:00.74	2:42.18	58.62	28.8	14:57.97
2011		3:02.10	3:05.00	3:03.87	3:02.63	2:41.76	58.68		14:55.36
2013		3:10.78	3:03.24	3:04.33	2:50.66	<b>2:40.90</b>	59.82	29.31	14:50.19
2015		3:02.16	3:04.76	<b>2:48.71</b>	<b>2:43.62</b>	2:47.58			14:26.83
2017		3:18.62	<b>2:48.79</b>	2:50.64	2:51.90	2:44.91	60.6		14:34.86

### Splits

	1000 m	2000 m	3000 m	4000 m	5000 m
2017	3:18.62	6:07.41	8:58.05	11:49.95	14:34.86
2015	3:02.16	6:06.92	8:55.63	11:39.25	14:26.83
2013	3:10.78	6:14.02	9:18.35	12:09.01	14:50.19
2011	3:02.10	6:07.10	9:10.97	12:13.60	14:55.36
2009	3:06.02	6:11.04	9:15.05	12:15.79	14:57.97
2007	2:59.22	6:04.69	9:11.9	12:13.05	14:57.91
2005	3:02.53	5:53.85	8:52.62	11:54.40	14:38.59
2003	3:04.25	6:09.88	9:08.88	12:06.45	14:51.72
2001	3:10.06	<i>6:13.53</i>	<i>9:17.25</i>	<i>12:21.68</i>	<i>15:03.39</i>
1999	3:00.43	5:55.90	<b>8:52.73</b>	<b>11:52.41</b>	<b>14:41.82</b>
1997	<i>3:11.74</i>	6:10.40	9:08.62	12:10.83	14:57.68
1995	<b>2:51.95</b>	<b>5:53.48</b>	8:58.20	12:01.07	14:46.47

### Comparison of World Record Splits

Name	Day Mon Year	Venue	1000m	2000m	3000m	4000m	5000m
Tirunesh Dibaba	6/6/2008	Oslo	2:48.08	5:43.64	8:38.83	11:28.44	14:11.15

Meseret Defar	15/6/2007	Oslo	2:50.74	5:42.60	8:35.76	11:29.44	14:16.63
Meseret Defar	3/6/2006	New York	2:52.9	5:47.9	8:42.8	11:39.1	14:24.53
Elvan Abeylegesse	11/6/2004	Bergen	2:49.56	5:47.36	8:37.84	11:30.43	14:24.68
Jiang Bo	23/10/1997	Shanghai	2:53.4	5:45.95	8:41.09	11:40.6	14:28.09
Dong Yanmei	21/10/1997	Shanghai	2:55	5:43	8:43	11:45	14:31.27
Fernanda Ribeiro	22/7/1995	Hechtel	2:57	5:51	8:50	11:46	14:36.45
Ingrid Kristiansen	5/8/1986	Stockholm	2:52.9	5:48.0	8:48.5	11:43.9	14:37.33
Zola Budd	26/8/1985	London	2:53.7	5:49.0	8:50.5	11:52.2	14:48.07
Ingrid Kristiansen	28/6/1984	Oslo	3:02.0	5:59.6	8:59.8	12:00.8	14:58.89
Zola Budd	5/1/1984	Stellenbosch	2:58.5		8:55.9		15:01.83

### Laps

Name	1000m	2000m	3000m	4000m	5000m
Tirunesh Dibaba	2:48.08	2:55.56	2:55.19	2:49.61	2:42.71
Meseret Defar	2:50.74	2:51.86	2:53.16	2:53.68	2:47.19
Meseret Defar	2:52.9	2:55.0	2:54.9	2:56.3	2:45.4
Abeylegesse	2:49.56	2:57.80	2:50.48	2:52.59	2:54.25
Jiang Bo	2:53.4	2:52.55	2:55.14	2:59.41	2:47.49
Dong Yanmei	2:55	2:48	3:00	3:02	2:46.27
Fernanda Ribeiro	2:57	2:54	2:59	2:56	2:50.45
Ingrid Kristiansen	2:52.9	2:55.1	2:57.5	2:58.4	2:43.5
Zola Budd	2:53.7	2:55.3	3:01.5	3:01.7	2:55.87
Ingrid Kristiansen	3:02.0	2:57.6	3:00.2	3:01.0	2:58.09
Zola Budd	2:58.5				

### World Champion with Olympic gold medal

Name	Nat	World Championships	Olympics
Tirunesh Dibaba	ETH	2003, 2005	2008
Meseret Defar	ETH	2007, 2013	2004, 2012
Gabriela Szabo	ROU	1997, 1999	2000

### World Champion with World Indoor Championships (3000m) gold medal

Name	Nat	World Championships	World Indoor Championships
Hellen Obiri	KEN	2017	2012
Meseret Defar	ETH	2007, 2013	2004, 2006, 2008, 2010
Olga Yegorova	RUS	2001	2001
Gabriela Szabo	ROU	1997, 1999	1995, 1997, 1999

### World Champion who previously won World Junior gold medal

Name	Nat	World Championships	World Junior Championships
Meseret Defar	ETH	2007, 2013	2002

### World Championships medalist who previously won World Youth (3000m) medal

Name	Nat	World Championships	Year	World Youth Championships	Year
Vivian Cheruiyot	KEN	Gold	2009, 2011	Bronze	1999
Meseret Defar	ETH	Gold	2007, 2013	Silver	1999

**World Champion with European Championships gold medal**

Name	Nat	World Championships	European Championships
Sonia O'Sullivan	IRL	1995	1994, 1998

**World Championships medalists with Asian Games medal: None**

Best finish by Asian runner in the World Championships is fourth by Dong Yanmei in 2001

**World Champion with All Africa Games gold medal**

Name	Nat	World Championships	All Africa Games
Meseret Defar	ETH	2007, 2013	2003, 2007

**World Champion with African Championships gold medal**

Name	Nat	World Championships	African Championships
Hellen Obiri	KEN	2017	2018
Vivian Cheruiyot	KEN	2009, 2011	2010
Meseret Defar	ETH	2007, 2013	2006

**World Champion with Pan American Games gold medalist: None****World Champion with Commonwealth Games gold medal**

Name	Nat	World Championships	Commonwealth Games
Hellen Obiri	KEN	2017	2018
Vivian Cheruiyot	KEN	2009, 2011	2010

**World Championships: (3000m before 1995)**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Hellen Obiri	KEN	14:34.86	Almaz Ayana	ETH	14:40.35	Sifan Hassan	NED	14:42.73
2015	Almaz Ayana	ETH	14:26.83	Senbere Teferi	ETH	14:44.07	Genzebe Dibaba	ETH	14:44.14
2013	Meseret Defar	ETH	14:50.19	Mercy Cherono	KEN	14:51.22	Almaz Ayana	ETH	14:51.33
2011	Vivian Cheruiyot	KEN	14:55.36	Sylvia Kibet	KEN	14:56.21	Meseret Defar	ETH	14:56.94
2009	Vivian Cheruiyot	KEN	14:57.97	Sylvia Kibet	KEN	14:58.33	Meseret Defar	ETH	14:58.41
2007	Meseret Defar	ETH	14:57.91	Vivian Cheruiyot	KEN	14:58.50	Priscah Cherono	KEN	14:59.21
2005	Tirunesh Dibaba	ETH	14:38.59	Meseret Defar	ETH	14:39.54	Ejagayeou Dibaba	ETH	14:42.47
2003	Tirunesh Dibaba	ETH	14:51.72	Marta Dominguez	ESP	14:52.26	Edith Masai	KEN	14:52.30
2001	Olga Yegorova	RUS	15:03.39	Marta Dominguez	ESP	15:06.59	Ayelech Worku	ETH	15:10.17
1999	Gabriela Szabo	ROU	14:41.82	Zahra Ouaziz	MAR	14:43.15	Ayelech Worku	ETH	14:44.22
1997	Gabriela Szabo	ROU	14:57.68	Roberta Brunet	ITA	14:58.29	Fernanda Ribeiro	POR	14:58.85
1995	Sonia O'Sullivan	IRL	14:46.47	Fernanda Ribeiro	POR	14:48.54	Zahra Ouaziz	MAR	14:53.77
1993	Qu Yunxia	CHN	8:28.71	Zhang Linli	CHN	8:29.25	Zhang Lirong	CHN	8:31.95
1991	Tatyana Dorovskikh	URS	8:35.82	Yelena Romanova	URS	8:36.06	Susan Sirma	KEN	8:39.41
1987	Tatyana Samolenko	URS	8:38.72	Maricica Puica	ROU	8:39.45	Ulrike Bruns	GDR	8:40.30
1983	Mary Decker	USA	8:34.62	Brigitte Kraus	FRG	8:35.11	Tatyana Kazankina	URS	8:35.13

**Last five Olympics:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Vivian Cheruiyot	KEN	14:26.17	Hellen Obiri	KEN	14:29.77	Almaz Ayana	ETH	14:33.59
2012	Meseret Defar	ETH	15:04.25	Vivian Cheruiyot	KEN	15:04.73	Tirunesh Dibaba	ETH	15:05.15
2008	Tirunesh Dibaba	ETH	15:41.40	Elvan Abeylegesse	TUR	15:42.74	Meseret Defar	ETH	15:44.12



2004	Meseret Defar	ETH	14:45.65	Isabella Ochichi	KEN	14:48.19	Tirunesh Dibaba	ETH	14:51.83
2000	Gabriele Szabo	ROU	14:40.79	Sonia O'Sullivan	IRL	14:41.02	Gete Wami	ETH	14:42.23

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

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Genzebe Dibaba	ETH	8:45.05	Sifan Hassan	NED	8:45.68	Laura Muir	GBR	8:45.78
2016	Genzebe Dibaba	ETH	8:47.43	Meseret Defar	ETH	8:54.26	Shannon Rowbury	USA	8:55.55
2014	Genzebe Dibaba	ETH	8:55.04	Hellen Obiri	KEN	8:57.72	Maryam Yusuf Jamal	BRN	8:59.16
2012	Hellen Obiri	KEN	8:37.16	Meseret Defar	ETH	8:38.26	Gelete Burka	ETH	8:40.18
2010	Meseret Defar	ETH	8:51.17	Vivian Cheruiyot	KEN	8:51.85	Sentayehu Ejigu	ETH	8:52.08
2008	Meseret Defar	ETH	8:38.79	Meselech Melkamu	ETH	8:41.50	Marieam Alaoui Selsouli	MAR	8:41.06
2006	Meseret Defar	ETH	8:38.80	Liliya Shobukhova	RUS	8:42.18	Lidia Chojecka	POL	8:42.59
2004	Meseret Defar	ETH	9:11.22	Berhane Adere	ETH	9:11.43	Shayne Culpepper	USA	9:12.15
2003	Berhane Adere	ETH	8:40.25	Marta Dominguez	ESP	8:42.17	Meseret Defar	ETH	8:42.58

### Last ten World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Beatrice Chebet	KEN	15:30.77	Ejgayehu Taye	ETH	15:30.87	Girmawit Gebrzihair	ETH	15:34.01
2016	Kalkidan Fente	ETH	15:29.64	Imaculata Chepkurui	KEN	15:31.12	Bontu Edao	BEN	15:31.93
2014	Alemitu Heroye	ETH	15:10.08	Alemitu Hawi	ETH	15:10.46	Agnes Jebet Tirop	KEN	15:43.12
2012	Buze Diriba	ETH	15:32.94	Ruti Aga	ETH	15:32.95	Agnes Chebet Tirop	KEN	15:36.74
2010	Genzebe Dibaba	ETH	15:08.06	Mercy Cherono	KEN	15:09.19	Alice Aprot Nawowuna	KEN	15:17.39
2008	Sule Utura	ETH	16:15.59	Genzebe Dibaba	ETH	16:16.75	Nelly Chebet	KEN	16:17.96
2006	Xue Fei	CHN	15:31.61	Florence Kiplagat	KEN	15:32.34	Mary Ngugi	KEN	15:36.82
2004	Meselech Melkamu	ETH	15:21.52	Catherine Chikwakwa	MAW	15:36.22	Chiaki Iwamoto	JPN	15:39.59
2002	Meseret Defar	ETH	15:54.94	Tirunesh Dibaba	ETH	15:55.99	Vivian Cheruiyot	KEN	15:56.04
2000	Dorcus Inzikuru	UGA	16:21.32	Meseret Defar	ETH	16:23.69	Sharon Cherop	KEN	16:23.73

### World Youth Championships (3000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Abersh Minsewo	ETH	9:24.62	Emmculate Chepkirui	KEN	9:24.69	Yitayish Mekonene	ETH	9:28.46
2015	Shuru Bulo	ETH	9:01.12	Emily Chebet	KEN	9:02.92	Sheila Chelangat	KEN	9:04.54
2013	Liian Kasait	KEN	8:58.74	Berhan Demiesa	ETH	9:00.06	Silenat Yismaw	ETH	9:01.63
2011	Gotytom Gebreslase	ETH	8:56.36	Ziporah Wanjiru	KEN	8:56.82	Caroline Chepkoech Kipkirui	KEN	8:58.63
2009	Purity Rionoripo	KEN	9:03.79	Jackline Chepngeno	KEN	9:05.93	Genet Yalew	ETH	9:08.95
2007	Mercy Cherono	KEN	8:53.94	Mahlet Melese	ETH	8:56.98	Sule Utura	ETH	9:06.48
2005	Veronica Wanjiru	KEN	9:01.61	Pauline Korikwang	KEN	9:05.42	Hitomi Niiya	JPN	9:10.34
2003	Siham Hilali	MAR	9:12.70	Pasalia Kipkoech	KEN	9:13.77	Yuko Nohara	JPN	9:14.82
2001	Sally Kipyego	KEN	9:09.05	Mestewat Tula	ETH	9:11.60	Fridah Domongole	KEN	9:12.70
1999	Alice Timbilil	KEN	9:01.99	Meseret Defar	ETH	9:02.08	Vivian Cheruiyot	KEN	9:04.42

### Last seven European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Sifan Hassan	NED	14:46.12	Eilish McColgan	GB	14:53.05	Yasemin Can	TUR	14:57.63
2016	Yasemin Can	TUR	15:18.15	Meraf Bahta	SWE	15:20.54	Stephanie Twell	GBR	15:20.70
2014	Meraf Bahta	SWE	15:31.39	Sifan Hassan	NE	15:31.79	Susan Kuijken	NED	15:32.82
2012	Olga Golovkina	RUS	15:11.70	Lyudmyla Kovalenko	UKR	15:12.03	Sara Moreira	POR	15:12.05
2010	Alemitu Bekele	TUR	14:52.20	Elvan Abeylegesse	TUR	14:54.44	Sara Moreira	POR	14:54.71
2006	Marta Dominguez	ESP	14:56.18	Liliya Shobukhova	RUS	14:56.57	Elvan Abeylegesse	TUR	14:59.29
2002	Marta Dominguez	ESP	15:14.76	Sonia O'Sullivan	IRL	15:14.85	Yelena Zadorozhnaya	RUS	15:15.22

### Last five Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Kalkidan Gezahegne	BRN	15:08.08	Darya Maslova	KGZ	15:30.57	Bontu Edao	BRN	15:36.78
2014	Maryam Jamal	BRN	14:59.69	Mimi Belete	BRN	15:00.87	Ding Changqin	CHN	15:12.51
2010	Mimi Belete	BRN	15:15.59	Preeja Sreedharan	IND	15:15.89	Kavita Raut	IND	15:16.54
2006	Xue Fei	CHN	15:40.12	Kayoko Sugihara	JPN	15:40.87	Orchatteri Jaisha	IND	15:41.91
2002	Sun Yingjie	CHN	14:40.41	Kayoko Fukushi	JPN	14:55.19	Sunita Rani	IND	15:18.77

#### Last ten Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Winfred Yavi	BRN	15:28.87	Bontu Edao Rebitu	BRN	15:29.60	Parul Chaudary	IND	15:36.03
2017	Daria Maslova	KGZ	15:57.95	Alia Mohammed	UAE	15:59.95	Sanjivani Jadhav	IND	16:00.24
2015	Betlhem Desalegn	UAE	15:25.15	Alia Mohamed Saeed	UAE	15:28.74	Daria Maslova	KGZ	15:42.82
2013	Betlhem Desalegn	UAE	15:12.84	Shitaye Eshete	BRN	15:22.17	Tijitu Daba	BR	15:38.63
2011	Tejitu Daba C	BRN	15:22.48	Hitomi Niiya	JPN	15:34.19	Yuriko Kobayashi	JPN	15:42.59
2009	Xue Fei	CHN	16:05.19	Tejitu Daba	BRN	16:05.45	Kavita Raut	IND	16:05.90
2007	Karima SalehJassem	BRN	16:40.87	Preeja Sreedharan	IND	16:56.16	Kim mi Gyong	PRK	18:21.32
2005	Bai Xue	CHN	15:40.89	Lee Eun-Jung	KOR	15:41.67	Yumi Sato	JPN	15:47.14
2003	Sun Yingjie	CHN	15:48.42	Yuko Manabe	JPN	15:59.81	Hiromi Fujii	JPN	16:31.18
2002	Ham Bong-Sil	PRK	15:42.88	Akiko Kawashima	JPN	15:44.08	Mizuho Nasukawa	JPN	16:24.63

#### Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Lilian Rengeruk	KEN	15:33.63	Hawi Feysa	ETH	15:33.99	Alemitu Tariku	ETH	15:37.15
2015	Margaret Chelimo	KEN	15:30.15	Rosemary Wanjiru	KEN	15:30.18	Alice Aprot	KEN	15:31.82
2011	Sule Utura	ETH	15:38.70	Emebet Anteneh	ETH	15:40.13	Pauline Korikwang	KEN	15:40.93
2007	Meseret Defar	ETH	15:02.72	Meselech Melkamu	ETH	15:03.86	Sylvia Kibet	KEN	15:06.39
2003	Meseret Defar	ETH	16:42.0	Dorcus Inzikuru	UGA	16:42.9	Isabella Ochichi	KEN	16:43.4
1999	Ayelech Worku	ETH	15:38.22	Elana Meyer	RSA	15:42.76	Vivian Cheruiyot	KEN	15:42.79

#### Last nine African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Hellen Obiri	KEN	15:47.18	Senbere Teferi	ETH	15:54.48	Meskerem Mamo	ETH	15:57.38
2016	Sheila Chepkirui	KEN	15:05.45	M Chelimo	KEN	15:07.56	D Dida	ETH	15:15.26
2014	Almaz Ayana	ETH	15:32.72	Genzebe Dibaba	ETH	15:42.16	Janet Kisa	KEN	15:54.04
2012	Gladys Cherono	KEN	15:40.04	Veronica Nyaruai	KEN	15:40.65	Gotytom Gebreslase	ETH	15:53.34
2010	Vivian Cheruiyot	KEN	16:18.72	Meseret Defar	ETH	16:20.54	Sentayehu Ejigu	ETH	16:22.32
2008	Meselech Melkamu	ETH	15:49.81	Meseret Defar	ETH	15:50.19	Grace Momanyi	KEN	15:50.19
2006	Meseret Defar	ETH	15:56.00	Tirunesh Dibaba	ETH	15:56.04	Sylvia Kibet	KEN	15:57.14
2004	Etalemahu Kidane	ETH	16:25.83	Priscah Jepleting	KEN	16:26.15	Angele Haronsimana	BDI	16:55.99
2002	Berhane Adere	ETH	15:51.08	Dorcus Inzikuru	UGA	15:54.22	Ejegayehu Dibaba	ETH	15:56.02

#### Last five Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Laura Galvan	MEX	15:35.47	Jessica O'Connell	CAN	15:36.08	Kim Conley	USA	15:36.95
2015	Juliana Paula dos Santos	BRA	15:45.97	Brenda Flores	MEX	15:47.19	Kellyn Taylor	USA	15:52.78
2011	Marisol Romero	MEX	16:24.08	Cruz da Silva	BRA	16:29.75	Ines Melchior	PER	16:41.50
2007	Megan Metcalfe	CAN	15:35.78	Cack Ferrell	USA	15:42.01	Nora Rocha	MEX	15:43.80
2003	Adriana Fernandez	MEX	15:30.65	Nora Rocha	MEX	15:40.98	Nicole Jefferson	USA	15:42.40

#### Last five Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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2018	Hellen Obiri	KEN	15:13.11	Margaret Kipkemboi	KEN	15:15.28	Laura Weightman	ENG	15:25.84
2014	Mercy Cherono	KEN	15:07.21	Janet Kisa	KEN	15:08.90	Jo Pavey	ENG	15:08.96
2010	Vivian Cheruiyot	KEN	15:55.12	Sylvia Kibet	KEN	15:55.61	Ines Chenonge	KEN	16:02.47
2006	Isabella Ochichi	KEN	14:57.84	Jo Pavey	ENG	14:59.08	Lucy Wangui	KEN	15:00.20
2002	Paula Radcliffe	ENG	14:31.42	Edith Masai	KEN	14:53.76	Ines Chenonge	KEN	15:06.06

### Fastest Performances on Asian Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:14.32	Almaz Ayana	ETH	1	Shanghai	17 May 2015
2	2	14:22.47	Hellen Obiri	KEN	1	Shanghai	13 May 2017
3		14:26.83	Almaz Ayana		1	Beijing	30 Aug 2015

### Fastest Performances in Doha:

No performance faster than 15:25

### Fastest Performances in October

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:28.09	Jiang Bo	CHN	1	Shanghai	23 Oct 1997
2	2	14:29.82	Dong Yanmei	CHN	2	Shanghai	23 Oct 1997
3		14:31.27	Dong Yanmei		1h1	Shanghai	21 Oct 1997

### Combined 2018 & 2019 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:20.36	Hellen Obiri	KEN	1	London	21 July <b>2019</b>
2	2	14:20.68	Agnes Tirop	KEN	2	London	21 July <b>2019</b>
3		14:21.75	Hellen Obiri		1	Rabat	13 July 2018
4	3	14:22.12	Sifan Hassan	NED	3	London	21 July <b>2019</b>
5		14:22.34	Sifan Hassan		2	Rabat	13 July 2018
6	4	14:23.14	Letesenbet Gidey	ETH	3	Rabat	13 July 2018
7	5	14:23.33	Senbere Teferi	ETH	4	Rabat	13 July 2018
8		14:24.24	Agnes Tirop		5	Rabat	13 July 2018
9	6	14:26.76	Konstanze Klosterhalfen	GER	1	Berlin	3 Aug <b>2019</b>
10	7	14:26.89	Genzebe Dibaba	ETH	1	Eugene	26 May 2018
11		14:30.29	Letesenbet Gidey		2	Eugene	26 May 2018
12	8	14:31.69	Margaret Kipkemboi	KEN	4	London	21 July 2019
13	9	14:34.45	Shelby Houlihan	USA	1	Heusden	21 July 2018
14		14:35.03	Hellen Obiri		3	Eugene	26 May 2018
15	10	14:36.10	Caroline Kipkirui	KEN	5	London	21 July 2019
16		14:36.13	Agnes Tirop		1	Bellinzona	18 July 2018
17		14:37.22	Margaret Kipkemboi		1	Hengelo	9 June 2019
18		14:38.39	Hellen Obiri		1	Zürich	30 Aug 2018
19		14:38.54	Sifan Hassan		2	Hengelo	9 June 2019
20		14:38.77	Sifan Hassan		2	Zürich	30 Aug 2018

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

The new records set in WC will be reported from Doha through my twitter account @KKenNakamura