

2020 Olympic Games Statistics - Men's 5000m

by K Ken Nakamura

Records to look for in Tokyo:

- 1) Can Chelimo become 13th (& first American) 5000m runner to win multiple Olympic medal?
- 2) Can Cheptegei become only the second CWG champion to win the Olympic gold?
- 3) Cheptegei and Kiplimo could be the first UGA medalist at this event.
- 4) Ahmed and Katir could win first medal for CAN and ESP, respectively.

Summary Page:

All time Performance List at the Olympic Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	12:57.82	Kenenisa Bekele	ETH	1	Beijing	2008
2	2	13:02.80	Eliud Kipchoge	KEN	2	Beijing	2008
3	3	13:03.30	Mo Farah	GBR	1	Rio de Janeiro	2016
4	4	13:03.90	Paul Chelimo	USA	2	Rio de Janeiro	2016
5	5	13:04.35	Hagos Gebrhiwet	ETH	3	Rio de Janeiro	2016
6	6	13:05.59	Said Aouita	MAR	1	Los Angeles	1984

Slowest winning time since 1972: 13:41.66 by Mo Farah in 2012; 13:35.49 by Million Wolde in 2000

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	10.92	13:39.86	Vladimir Kuts	URS	Melbourne	1956
	4.98	12:57.82	Kenenisa Bekele	ETH	Beijing	2008
Min	0.19	13:12.52	Dieter Baumann	GER	Barcelona	1992
	0.15	14:05.01	Mohamed Gammoudi	TUN	Mexico City	1968

Fastest time in each round (3 rounds in 1996)

Round	Time	Name	Nat	Venue	Year
Final	12:57.82	Kenenisa Bekele	ETH	Beijing	2008
Semi-final	13:22.44	Domingos Castro	POR	Seoul	1988
First round	13:15.15 (2 rounds)	Dejen Gebremeskel	ETH	London	2012
	13:18.94 (2 rounds)	Ali Saidi-Sief	ALG	Beijing	2004

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
13:23.43	7h3	Lasse Orimus	FIN	Montreal	1976

Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	12:57.82	Kenenisa Bekele	ETH	Beijing	2008
2	13:02.80	Eliud Kipchoge	KEN	Beijing	2008
3	13:04.35	Hagos Gebrhiwet	ETH	Rio de Janeiro	2016
	13:06.22	Edwin Soi	KEN	Beijing	2008
4	13:05.94	Mohammed Ahmed	CAN	Rio de Janeiro	2016

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2016	Mo Farah	GBR	13:03.30	Paul Chelimo	USA	13:03.90	Hagos Gebrhiwet	ETH	13:04.35
2012	Mo Farah	GBR	13:41.66	Dejen Gebremeskel	ETH	13:41.98	Tom Longosiwa	KEN	13:42.36
2008	Kenenisa Bekele	ETH	12:57.82	Eliud Kipchoge	KEN	13:02.80	Edwin Soi	KEN	13:06.22
2004	Hicham El Guerrouj	MAR	13:14.39	Kenenisa Bekele	ETH	13:14.59	Eliud Kipchoge	KEN	13:15.10
2000	Million Wolde	ETH	13:35.49	Ali Saidi Sief	ALG	13:36.20	Brahim Lahlafi	MAR	13:36.47
1996	Venuste Niyongabo	BDI	13:07.96	Paul Bitok	KEN	13:08.16	Khalid Boulami	MAR	13:08.37
1992	Dieter Baumann	GER	13:12.52	Paul Bitok	KEN	13:12.71	Fita Bayissa	ETH	13:13.03
1988	John Ngugi	KEN	13:11.70	Dieter Baumann	FRG	13:15.52	Hansjorg Kunze	GDR	13:15.73
1984	Said Aouita	MAR	13:05.59	Markus Ryffel	SUI	13:07.54	Antonio Leitao	POR	13:09.20

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4	4	13:03.90	Paul Chelimo	USA	2	Rio de Janeiro	2016
5	5	13:04.35	Hagos Gebrhiwet	ETH	3	Rio de Janeiro	2016
6	6	13:05.59	Said Aouita	MAR	1	Los Angeles	1984
7	7	13:05.94	Mohammed Ahmed	CAN	4	Rio de Janeiro	2016
8	8	13:06.22	Edwin Soi	KEN	3	Beijing	2008
9	9	13:06.78	Bernard Lagat	USA	5	Rio de Janeiro	2016
10	10	13:07.54	Markus Ryffel	SUI	2	Los Angeles	1984
11	11	13:07.96	Venuste Niyongabo	BDI	1	Atlanta	1996
12	12	13:08.16	Paul Bitok	KEN	2	Atlanta	1996
13	13	13:08.37	Khalid Boulami	MAR	3	Atlanta	1996
14	14	13:08.61	Andrew Butchart	GBR	6	Rio de Janeiro	2016
15	15	13:08.79	Albert Rop	BRN	7	Rio de Janeiro	2016
16	16	13:08.81	Dieter Baumann	GER	4	Atlanta	1996
17	17	13:09.17	Joshua Cheptegei	UGA	8	Rio de Janeiro	2016
18	18	13:09.20	Antonio Leitão	POR	3	Los Angeles	1984
19	19	13:09.26	Birhannu Balew	BRN	9	Rio de Janeiro	2016
20	20	13:09.56	Abrar Osman	ERI	10	Rio de Janeiro	2016
21	21	13:09.81	Hassa Mead	USA	11	Rio de Janeiro	2016
22	22	13:10.56	Moses Kipsiro	UGA	4	Beijing	2008
23	23	13:11.50	Tim Hutchings	GBR	4	Los Angeles	1984
24	24	13:11.70	John Ngugi	KEN	1	Seoul	1988
25	25	13:12.29	Tom Nyariki	KEN	5	Atlanta	1996
26	26	13:12.35	Bob Kennedy	USA	6	Atlanta	1996
27		13:12.52	Dieter Baumann		1	Barcelona	1992
28		13:12.71	Paul Bitok		2	Barcelona	1992
29	27	13:12.91	Enrique Molina	ESP	7	Atlanta	1996
30	28	13:13.03	Fita Bayissa	ETH	3	Barcelona	1992
31	29	13:13.26	Brahim Lahlafi	MAR	8	Atlanta	1996
32	30	13:13.27	Brahim Boutayeb	MAR	4	Barcelona	1992
33	31	13:14.39	Hicham El Guerrouj	MAR	1	Athinai	2004
34	32	13:14.40	Paul Koech	KEN	5	Los Angeles	1984
35		13:14.59	Kenenisa Bekele		2	Athinai	2004
36	33	13:14.63	Shem Kororia	KEN	9	Atlanta	1996

Slowest winning time since 1972: 13:41.66 by Mo Farah in 2012; 13:35.49 by Million Wolde in 2000

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	10.92	13:39.86	Vladimir Kuts	URS	Melbourne	1956
	4.98	12:57.82	Kenenisa Bekele	ETH	Beijing	2008
Min	0.19	13:12.52	Dieter Baumann	GER	Barcelona	1992
	0.15	14:05.01	Mohamed Gammoudi	TUN	Mexico City	1968
	0.09	14:29.91	Lauri Lehtinen	FIN	Los Angeles	1932
	0.1h	14:36.6h	Hannes Kolehmainen	FIN	Stockholm	1912

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	31.0h	14:36.6h	15:07.6h	Hannes Kolehmainen	FIN	Stockholm	1912

	30.6h 17.4h 14.74	14:31.2h 14:55.6h 13:39.86	15:01.8h 15:13.0h 13:54.60	Paavo Nurmi Joseph Guillemont Vladimir Kuts	FIN FRA URS	Paris Antwerp Melbourne	1924 1920 1956
Min	0.41	13:07.96	13:08.37	Venuste Niyongabo	BDI	Atlanta	1996

Difference between third and fourth (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	10.5h	15:01.8h	Edvin Wide	SWE	Paris	1924
	9.4h	14:08.6h	Herbert Schade	FRG	Helsinki	1952
	9.0h	13:54.4h	Derek Ibbotson	GBR	Melbourne	1956
	8.8h	14:41.2h	Edvin Wide	SWE	Amsterdam	1928
	5.6h	14:44.0h	Lauri Virtanen	FIN	Los Angeles	1932
	4.4h	14:06.4h	Naftali Temu	KEN	Mexico City	1968
	4.34	13:06.22	Edwin Soi	KEN	Beijing	2008
Min	0.12	13:25.38	Klaus Hildebrand	FRG	Montreal	1976
	0.0h	13:49.8h	Bill Dellinger	USA	Tokyo	1964

Fastest time in each round (3 rounds in 1996)

Round	Time	Name	Nat	Venue	Year
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First round	13:15.15 (2 rounds)	Dejen Gebremeskel	ETH	London	2012
	13:18.94 (2 rounds)	Ali Saidi-Sief	ALG	Beijing	2004
	13:42.96 (3 rounds)	Stefano Mei	ITA	Seoul	1988

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
13:23.43	7h3	Lasse Orimus	FIN	Montreal	1976

Average of last nine Olympics

	Average	2016	2012	2008	2004	2000	1996	1992	1988	1984
Winning Time	13:14.49	13:03.30	13:41.66	12:57.82	13:14.39	13:35.49	13:07.96	13:12.52	13:11.70	13:05.59
Winning Medal	13:16.76	13:04.35	13:42.36	13:06.22	13:15.10	13:36.47	13:08.37	13:13.03	13:15.73	13:09.20
Missing medal (4 th)	13:17.95	13:05.94	13:42.99	13:10.56	13:15.35	13:37.03	13:08.81	13:13.27	13:16.09	13:11.50
8 th place	13:26.02	13:09.17	13:45.30	13:23.48	13:25.70	13:38.57	13:13.26	13:27.80	13:26.41	13:24.46
Slowest to make final	13:36.11	13:26.02	13:26.16	13:48.88	13:24.98	13:30.12	14:04.56	13:37.27	13:25.25	13:41.73

Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	12:57.82	Kenenisa Bekele	ETH	Beijing	2008
2	13:02.80	Eliud Kipchoge	KEN	Beijing	2008
3	13:04.35	Hagos Gebrhiwet	ETH	Rio de Janeiro	2016
	13:06.22	Edwin Soi	KEN	Beijing	2008
4	13:05.94	Mohammed Ahmed	CAN	Rio de Janeiro	2016
	13:08.81	Dieter Baumann	GER	Atlanta	1996
5	13:06.78	Bernard Lagat	USA	Rio de Janeiro	2016
	13:12.29	Tom Nyariki	KEN	Atlanta	1996
6	13:08.61	Andrew Butchart	GBR	Rio de Janeiro	2016
	13:12.35	Bob Kennedy	USA	Atlanta	1996
7	13:08.79	Albert Rop	BRN	Rio de Janeiro	2016
	13:12.91	Enrique Molina	ESP	Atlanta	1996

8	13:09.17 13:13.26	Joshua Cheptegei Brahim Lahlafi	UGA MAR	Rio de Janeiro Atlanta	2016 1996
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Best Marks for Places – All Competitions

Place	Time	Name	Nat	Venue	Date
1	12:35.36	Joshua Cheptegei	UGA	Monaco	14 Aug 2020
	12:37.35	Kenenisa Bekele	ETH	Hengelo	31 May 2004
	12:39.36	Haile Gebrselassie	ETH	Helsinki	13 June 1998
2	12:44.90	Daniel Komen	KEN	Zürich	13 Aug 1997
	12:45.82	Hagos Gebrhiwet	ETH	Bruxelles	31 Aug 2018
	12:47.04	Silesh Sihine	ETH	Roma	2 July 2004
3	12:46.79	Yomif Kejelcha	ETH	Bruxelles	31 Aug 2018
	12:48.64	Isiah Koech	KEN	Paris	6 July 2012
	12:49.87	Paul Tergat	KEN	Zürich	13 Aug 1997
4	12:48.77	Yenew Alamirew	ETH	Paris	6 July 2012
	12:50.79	Mohamed Katir	ESP	Firenze	10 June 2021
	12:51.00	Joseph Ebuya	KEN	Bruxelles	14 Sept 2007
	12:52.99	Abraham Chebii	KEN	Oslo	27 June 2003
5	12:49.04	Thomas Longosiwa	KEN	Paris	6 July 2012
	12:51.93	Justyn Knight	CAN	Firenze	10 June 2021
	12:51.95	Thomas Longosiwa	KEN	Bruxelles	14 Sept 2007
	12:54.19	Abreham Feleke Cherkos	ETH	Roma	14 July 2006
6	12:49.50	John Kipkoech	KEN	Paris	6 July 2012
	12:54.89	Joshua Cheptegei	UGA	Firenze	10 June 2021
	12:54.94	Eliud Kipchoge	KEN	Roma	14 July 2006
	12:56.27	Albert Chepkurui (Hassan)	KEN	Oslo	27 June 2003

Comparison of known 1000m splits/laps in the last 10 Olympic 5000m

	1000	2000	3000	4000	5000
2016	2:37.40	5:15.96	7:57.15	10:39.38	13:03.30
2012	2:55.40	5:56.70	8:42.95	11:16.47	13:41.66
2008	2:45.59	5:22.29	8:00.85	10:32.52	12:57.82
2004	2:58.46	5:35.99	8:10.89	10:48.62	13:14.39
2000	2:45.36	5:39.54	8:21.79	11:09.84	13:35.49
1996	2:45.40	5:20.87	8:00.05	10:40.42	13:07.96
1992	2:36.35	5:16.48	7:55.03	10:38.35	13:12.52
1988	2:42.8	5:15.0	7:56.1	10:36.2	13:11.70
1984	2:37.22	5:17.77	7:59.24	10:38.76	13:05.59
1980	2:38.4	5:22.9	8:08.1	10:51.1	13:21.0
1976	2:41.3	5:26.4	8:16.2	10:55.4	13:24.8
1972	2:46.4	5:32.6	8:20.2	11:00.0	13:26.4

	1000	2000	3000	4000	5000	Last 400m
2016	2:37.40	2:38.56	2:41.19	2:42.23	2:23.94	
2012	2:55.40	3:01.30	2:46.25	2:33.52	2:25.19	52.94

2008	2:45:59	2:36.70	2:38.56	2:31.67	2:25.30	53.87
2004	2:58.46	2:37.53	2:34.90	2:37.73	2:25.77	52.6
2000	2:45.36	2:54.18	2:42.25	2:48.05	2:25.65	
1996	2:45.40	2:45.47	2:39.18	2:40.37	2:27.54	
1992	2:36.35	2:40.13	2:39.55	2:43.32	2:34.17	
1988	2:42.8	2:32.2	2:41.1	2:40.1	2:35.5	
1984	2:37.22	2:40.55	2:41.47	2:39.52	2:26.83	55.08
1980	2:38.4	2:44.5	2:45.2	2:43.0	2:29.9	
1976	2:41.3	2:45.1	2:49.8	2:39.2	2:29.4	
1972	2:46.4	2:46.2	2:47.6	2:39.8	2:26.4	56.2

Multiple Gold Medalists:

Lasse Viren 1972, 1976

Mo Farah 2012, 2016

Multiple Medalists:

Mo Farah 2012 Gold; 2016 Gold
Eliud Kipchoge 2004 Bronze; 2008 Silver
Kenenisa Bekele 2004 Silver; 2008 Gold
Paul Bitok: 1992 Silver; 1996 Silver
Dieter Baumann: 1988 Silver, 1992 Gold
Lasse Viren 1972 Gold, 1976 Gold
Mohamed Gammoudi: 1968 Gold, 1972 Silver
Emil Zatopek 1948 Silver; 1952 Gold
Lauri Lehtinen: 1932 Gold; 1936 Silver
Edvin Wide: 1924 Bronze; 1928 Bronze
Ville Ritola: 1924 Silver; 1928 Gold
Paavo Nurmi: 1920 Silver; 1924 Gold; 1928 Silver

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2008		Eliud Kipchoge	Edwin Soi
KEN	1968		Kip Keino	Naftali Temu
USA	1964	Bob Schul		Bill Dellinger
GBR	1956		Gordon Pirie	Derek Ibbotson
FIN	1936	Gunnar Höckert	Lauri Lehtinen	
FIN	1932	Lauri Lehtinen		Lauri Virtanen
FIN	1928	Ville Ritola	Paavo Nurmi	
FIN	1924	Paavo Nurmi	Ville Ritola	

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

Nation	Men	Women	Venue	Year
ETH	Kenenisa Bekele	Tirunesh Dibaba	Beijing	2008

Individual Medals by Countries:

Nation	Gold	Silver	Bronze
FIN	7	4	2

ETH	3	2	2
GBR	2	1	3
MAR	2		2
KEN	1	4	4
GER	1	2	1
USA	1	2	1
FRA	1	2	
TUN	1	1	
TCH	1	1	
NZL	1	1	
BEL	1		
BDI	1		
URS	1		
FRG		1	1
TAN		1	
SUI		1	
ALG		1	
SWE			4
NED			1
POL			1
POR			1
GDR			1

World Champion with Olympic Gold medal

Name	Nat	World Championships	Olympics
Mo Farah	GBR	2011, 2013, 2015	2012, 2016
Kenenisa Bekele	ETH	2009	2008
Said Aouita	MAR	1987	1984

World Indoor Champion with Olympic Gold medal

Name	Nat	World Indoor Championships	Olympics
Kenenisa Bekele	ETH	2006	2008
Hicham El Guerrouj	MAR	2001	2004
Said Aouita	MAR	1989	1984

Olympic Champion who previously won World Junior gold medal

Name	Nat	Olympics	World Junior Championships	Year
Kenenisa Bekele	ETH	2008	Silver	2000
Hicham El Guerrouj	MAR	2004	Bronze	1992

Olympic champion who previously won World Youth medal (at 3000m)

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

Olympic Champion with European Championships gold medal

Name	Nat	Olympics	European Championships
Mo Farah	GBR	2012, 2016	2010, 2012, 2014

Dieter Baumann	GER	1992	1994
Vladir Kuts	URS	1956	1954
Emil Zatopek	TCH	1952	1950

Olympic champion with Asian Games/Asian Championships medal: None

Olympic champion with All Africa Games gold medal:

Name	Nat	Olympics	All African Games	African Championships
Kenenisa Bekele	ETH	2008	2003	2006, 2008
John Ngugi	KEN	1988	1987	1989

Olympic champion with Pan American Games medal:

Name	Nat	Olympics	Pan American Games	Year
Bob Schul	USA	1964	Bronze	1963

Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Murray Halberg	NZL	1960	1958, 1962

Last nine Olympics:

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2016	Mo Farah	GBR	13:03.30	Paul Chelimo	USA	13:03.90	Hagos Gebrhiwet	ETH	13:04.35
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1992	Dieter Baumann	GER	13:12.52	Paul Bitok	KEN	13:12.71	Fita Bayissa	ETH	13:13.03
1988	John Ngugi	KEN	13:11.70	Dieter Baumann	FRG	13:15.52	Hansjorg Kunze	GDR	13:15.73
1984	Said Aouita	MAR	13:05.59	Markus Ryffel	SUI	13:07.54	Antonio Leitao	POR	13:09.20

Last ten World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Muktar Edris	ETH	12:58.85	Selemon Barega	ETH	12:59.70	Mohammed Ahmed	CAN	13:01.11
2017	Muktar Edris	ETH	13:32.79	Mo Farah	GBR	13:33.22	Paul Chelimo	USA	13:33.30
2015	Mo Farah	GBR	13:50.38	Caleb Ndiku	KEN	13:51.75	Hagos Gebrhiwet	ETH	13:51.86
2013	Mo Farah	GBR	13:26.98	Hagos Gebrhiwet	ETH	13:27.26	Isiah Koech	KEN	13:27.26
2011	Mo Farah	GBR	13:23.36	Bernard Lagat	USA	13:23.64	Dejen Gebremeskel	ETH	13:23.92
2009	Kenenisa Bekele	ETH	13:17.09	Bernard Lagat	USA	13:17.33	James Kwalia C'Kurui	QAT	13:17.78
2007	Bernard Lagat	USA	13:45.87	Eliud Kipchoge	KEN	13:46.00	Moses Kipsiro	UGA	13:46.75
2005	Benjamin Limo	KEN	13:32.55	Sileshi Sihine	ETH	13:32.81	Craig Mottram	AUS	13:32.96
2003	Eliud Kipchoge	KEN	12:52.79	Hicham El Guerrouj	MAR	12:52.83	Kenenisa Bekele	ETH	13:53.12
2001	Richard Limo	KEN	13:00.77	Million Wolde	ETH	13:03.47	John Kibowen	KEN	13:05.20

Last ten World Indoor Championships: (3000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Yomif Kejelcha	ETH	8:14.41	Selemon Barega	ETH	8:15.59	Bethwel Birgen	KEN	8:15.70
2016	Yomif Kejelcha	ETH	7:57.21	Ryan Hill	USA	7:57.39	Augustine Choge	KEN	7:57.43
2014	Caleb Ndiku	KEN	7:54.94	Bernard Lagat	USA	7:55.22	Dejen Gebremeskel	ETH	7:55.39
2012	Bernard Lagat	USA	7:41.44	Augustine Choge	KEN	7:41.77	Edwin Soi	KEN	7:41.78

2010	Bernard Lagat	USA	7:37.97	Sergio Sanchez	ESP	7:39.55	Sammy Alex Mutahi	KEN	7:39.90
2008	Tariku Bekele	ETH	7:48.23	Paul Kipsiele Koech	KEN	7:49.05	Abreham Cherkos	ETH	7:49.96
2006	Kenenisa Bekele	ETH	7:39.32	Saif Saaeed Shaheen	QAT	7:41.28	Eliud Kipchoge	KEN	7:42.58
2004	Bernard Lagat	KEN	7:56.34	Rui Silva	POR	7:57.08	Markos Geneti	ETH	7:57.87
2003	Haile Gebrselassie	ETH	7:40.97	Alberto Garcia	ESP	7:42.06	Luke Kipkosgei	KEN	7:42.56
2001	Hicham El Guerrouj	MAR	7:37.74	Mohamed Mourhit	BEL	7:38.94	Alberto Garcia	ESP	7:39.96

Last ten World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Edward Zakayo	KEN	13:20.16	Stanley Waithaka	KEN	13:20.57	Jakob Ingebrigtsen	NOR	13:20.78
2016	Selemon Birega	ETH	13:21.21	Djamal Dirieh	DJI	13:21.50	Wesley Ladema	KEN	13:23.34
2014	Yomif Kejelcha	ETH	13:25.19	Yasin Haji	ETH	13:26.21	Moses Letoyie	KEN	13:28.11
2012	Muktar Edris	ETH	13:38.95	Abrar Osma Adem	ERI	13:40.52	William Malel Sitonik	KEN	13:40.52
2010	David Bett	KEN	13:23.76	John Kipkoech	KEN	13:26.03	Aziz Lahbabi	MAR	13:28.92
2008	Abraham Cherkos	ETH	13:08.57	Mathew Kisorio	KEN	13:11.57	Dejen Gebremeskel	ETH	13:11.97
2006	Tariku Bekele	ETH	13:31.34	Abreham Cherkos	ETH	13:35.95	Joseph Ebuya	KEN	13:42.93
2004	Augustine Choge	KEN	13:28.93	Bado Worku	ETH	13:30.45	Tariku Bekele	ETH	13:30.86
2002	Hillary Chenonge	KEN	13:28.30	Markos Geneti	ETH	13:28.83	Geb Gebremariam	ETH	13:29.13
2000	Gordon Mugi	KEN	13:44.93	Kenenisa Bekele	ETH	13:45.43	Cyrus Kataron	KEN	13:46.12

Last ten World Youth Championships (3000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Selemon Barega	ETH	7:47.16	Edward Zakayo	KEN	7:49.17	Stanley Mburu	KEN	7:50.64
2015	Richrad Yator	KEN	7:54.45	Davis Kiplangat	KEN	7:54.52	Tefera 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 seven European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Jakob Ingebrigtsen	NOR	13:17.06	Henrik Ingebrigtsen	NOR	13:18.75	Morhad Amdouni	FRA	13:19.14
2016	Ilias Fifi	ESP	13:40.85	Adel Mechaal	ESP	13:40.85	Robert Ringer	GER	13:40.85
2014	Mo Farah	GBR	14:05.82	Hayle Ibrahimov	AZE	14:08.32	Andrew Vernon	GBR	14:09.48
2012	Mo Farah	GBR	13:29.91	Arne Gabius	GER	13:31.83	Polat Kemboi Arikan	TUR	13:32.63
2010	Mo Farah	GBR	13:31.18	Jesus España	ESP	13:33.12	Hayle Ibrahimov	AZE	13:34.15
2006	Jesus España	ESP	13:44.70	Mo Farah	GBR	13:44.79	Juan Carlos Higuero	ESP	13:46.48
2002	Alberto Garcia	ESP	13:38.18	Ismail Sghir	FRA	13:39.81	Sergey Lebid	UKR	13:40.00

Last five Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Birhanu Balew	BRN	13:43.17	Albert Rop	BRN	13:45.76	Tariq Ahmed Al-Amri	KSA	13:56.49
2014	Mohamed Al-Garni	QAT	13:26.13	Alemu Bekele	BRN	13:27.98	Albert Rop	BRN	13:28.08
2010	Ali Hasan Mahboub	BRN	13:47.86	James Kwalia	QAT	13:48.55	Felix Kobore	QAT	13:49.31
2006	James Kwalia	QAT	13:38.90	Musir Salem Jawher	BRN	13:41.10	Sultan Khamis Zaman	QAT	13:45.91
2002	Moukhled Al-Outaibi	KSA	13:41.58	Abdulhak Zakaria	BRN	13:43.82	Khamis Abdullah	QAT	13:44.42

Last ten Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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2019	Birhanu Yemataw	BRN	13:37.42	Albert Rop	BRN	13:37.57	Hiroki Matsueda	JPN	13:45.44
2017	G Lakshmanan	IND	14:54.48	Yaser Salem	QAT	14:55.89	Tariq Ahmeds	KSA	14:56.83
2015	Mohamed Al-Garni	QAT	13:34.47	Albert Rop	BRN	13:35.26	Govindan Lakshaman	IND	13:36.62
2013	Dejene Regassa	BRN	13:53.25	Alemu Bekele	BRN	13:57.23	Hamed Noor	KSA	14:05.88
2011	Dejene Regasa M	BRN	13:39.71	Yuki Sato	JPN	13:40.78	Alemu Bekele Gebre	BRN	13:41.93
2009	James Kwalia	QAT	14:02.90	Hasan Mahboob Ali	BRN	14:03.44	Essa Ismail Rasheed	QAT	14:04.52
2007	Felix Kibore	QAT	14:07.12	Abdullah Ahmad	QAT	14:08.66	Issa Ishaq Abdeen	BRN	14:18.47
2005	James Kwalia	QAT	14:08.56	Daham Najim Bashir	QAT	14:15.92	Wu Wen-Chien	TPE	14:32.43
2003	Abdul Aziz Al-Amri	QAT	13:58.89	Saif Saeed Shaheen	QAT	13:58.92	Nobuya Matsunaga	JPN	14:12.73
2002	Khamis Seif	QAT	14:16.81	Abdulkhak Zakaria	BRN	14:19.92	Nasser Sulaiman	QAT	14:19.97

Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Robert Kiprop	KEN	13:30.96	Edward Zakayo	KEN	13:31.40	Richard Kimunyan	KEN	13:31.41
2015	Getaneh Tamire	ETH	13:21.88	Leul Gebrselassie	ETH	13:22.13	Thomas Longosiwa	KEN	13:22.72
2011	Moses Kipsiro	UGA	13:43.08	Yenew Alamirew	ETH	13:43.33	Abayneh Ayele	ETH	13:43.51
2007	Moses Kipsiro	UGA	13:12.51	Josephat K Menjo	KEN	13:12.64	Tariku Bekele	ETH	13:13.43
2003	Kenenisa Bekele	ETH	13:26.16	Hailu Mekonnen	ETH	13:26.73	John Kibowen	KEN	13:29.14
1999	Julius Gitahi	KEN	13:49.06	Fita Bayissa	ETH	13:49.79	Tom Nyariki	KEN	13:50.40

Last nine African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Edward Zakayo	KEN	13:48.58	Getaneh Tamire	ETH	13:49.06	Yemane Hailesilassie	ERI	13:49.58
2016	Douglas Kipserem	KEN	13:13.35	Gelant	RSA	13:15.13	M Ndiwa	KEN	13:16.85
2014	Caleb Ndiku	KEN	13:34.27	Isaiah Koech	KEN	13:35.73	Abrar Osman	ERI	13:38.42
2012	Mark Kiptoo	KEN	13:22.38	Jonathan Maiyo	KEN	13:22.89	Timothy Kiptoo	KEN	13:24.67
2010	Edwin Soi	KEN	13:30.46	Vincent Yator	KEN	13:30.53	Mark Kiptoo	KEN	13:32.45
2008	Kenenisa Bekele	ETH	13:49.67	Isaac Songok	KEN	13:49.91	Ali Abdosh	ETH	13:50.64
2006	Kenenisa Bekele	ETH	14:03.41	Mike Kigen	KEN	14:05.12	Moses Kipsiro	UGA	14:05.20
2004	Zwedo Maregu	ETH	13:47.77	Boniface Songok	KEN	13:48.06	Hillary Chenonge	KEN	13:48.44
2002	Paul Bitok	KEN	13:31.95	Benjamin Limo	KEN	13:32.10	Mohamed Amine	MAR	13:33.98

Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2019	Fernando Martinez	MEX	13:53.87	Altobelli da Silva	BRA	13:54.42	Carlos Diaz	CHI	13:54.43
2015	Juan Luis Barrios	MEX	13:46.47	David Torrence	USA	13:46.60	Victor Aravena	CHI	13:46.94
2011	Juan Luis Barrios	MEX	14:13.77	Byron Piedra	ECU	14:15.74	Joilson da Silva	BRA	14:16.11
2007	Ed Moran	USA	13:25.60	Juan LouisBarrios	MEX	13:29.87	Marilson dos Santos	BRA	13:30.68
2003	Hudson de Souza	BRA	13:50.71	Jose D Galvan	MEX	13:52.92	Marilson dos Santos	BRA	13:56.90
1999	Jose D Galvan	MEX	13:42.04	Elenilson da Silva	BRA	13:43.13	Jeff Schiebler	CAN	13:43.66

Last six Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Joshua Cheptegei	UGA	13:50.83	Mo Ahmed	CAN	13:52.78	Edward Zakayo	KEN	13:54.06
2014	Caleb Ndiku	KEN	13:12.07	Isiah Koech	KEN	13:14.06	Zane Robertson	NZL	13:16.52
2010	Moses Kipsiro	UGA	13:31.25	Eliud Kipchoge	KEN	13:31.32	Mark Kiptoo	KEN	13:32.58
2006	Augustine Choge	KEN	12:56.41	Craig Mottram	AUS	12:58.19	Ben Limo	KEN	13:05.30
2002	Sammy Kipketer	KEN	13:13.51	Ben Limo	KEN	13:13.57	William Kirui	KEN	13:18.02
1998	Daniel Komen	KEN	13:22.57	Tom Nyariki	KEN	13:28.09	Richard Limo	KEN	13:37.42

Fastest 5000m in Tokyo

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	13:05.05	James Mwangi Murigi	KEN	1	3 June 2005

2	2	13:05.33	Josphat Ndambiri	KEN	2	3 June 2005
3	3	13:05.99	Martin Mathathi	KEN	3	3 June 2005

Fastest 5000m in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:35.36	Joshua Cheptegei	UGA	1	Monaco	14 Aug 2020
2	2	12:39.74	Daniel Komen	KEN	1	Bruxelles	22 Aug 1997
3	3	12:41.86	Haile Gebrselassie	ETH	1	Zürich	13 Aug 1997
4	4	12:43.02	Selemon Barega	ETH	1	Bruxelles	31 Aug 2018
5		12:44.39	Haile Gebrselassie		1	Zürich	15 Aug 1995
6		12:44.90	Daniel Komen		2	Zürich	13 Aug 1997
7		12:45.09	Daniel Komen		1	Zürich	14 Aug 1996

Combined 2020 & 2021 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	12:35.36	Joshua Cheptegei	UGA	1	Monaco	14 Aug 2020
2	2	12:47.20	Mohammed Ahmed	CAN	1	Portland	10 July 2020
3	3	12:48.45	Jakob Ingebrigtsen	NOR	1	Firenze	10 June 2021
4	4	12:48.63	Jacob Kiplimo	UGA	1	Ostrava	8 Sept 2020
5	5	12:49.02	Hagos Gebrhiwet	ETH	2	Firenze	10 June 2021
6	6	12:49.08	Selemon Barega	ETH	2	Ostrava	8 Sept 2020
7		12:50.12	Mohammed Ahmed		3	Firenze	10 June 2021
8	7	12:50.79	Mohamed Katir	ESP	4	Firenze	10 June 2021
9	8	12:51.78	Nicholas Kimeli	KEN	2	Monaco	14 Aug 2020
10	9	12:51.93	Justyn Knight	CAN	5	Firenze	10 June 2021
11	10	12:53.28	Getnet Wale	ETH	1	Hengelo	8 June 2021
12	11	12:54.22	Nibret Melak	ETH	2	Hengelo	8 June 2021
13		12:54.69	Joshua Cheptegei		6	Firenze	10 June 2021
14		12:55.60	Jacob Kiplimo		1	Luzern	29 June 2021
15	12	12:55.88	Daniel Simiyu	KEN	2	Luzern	29 June 2021
16	13	12:57.71	Birhanu Yemataw	BRN	7	Firenze	10 June 2021
17	14	12:58.28	Milkesa Mengesha	ETH	3	Hengelo	8 June 2021

Please send any corrections to KKenNakamura@gmail.com