

2022 World Indoor Championships Statistics – Men's 3000m - by K Ken Nakamura

- Can Barega become the second (after Kejelcha) to win World Youth, World Junior and World Indoor? Can he become fourth Olympic Champion to win the World Indoor?

Summary page:

All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	7:34.71	Haile Gebreselassie	ETH	1	Paris	1997
2	2	7:37.74	Hicham El Guerouj	MAR	1	Lisboa	2001
3	3	7:37.97	Bernard Lagat	USA	1	Doha	2010
4	4	7:38.84	Paul Bitok	KEN	2	Paris	1997
5	5	7:38.94	Mohammed Mourhit	BEL	2	Lisboa	2001
6	6	7:39.32	Kenenisa Bekele	ETH	1	Moskva	2006

Slowest winning time: 8:14.41 by Yomif Kejelcha (ETH) in 2018 is the slowest winning time, 8:03.32 by Frank O'Mara (IRL) in 1987 is the second slowest winning time

Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	4.13	7:34.71	Haile Gebrselassie	ETH	Paris	1997
Min	0.09	7:50.89	Gennaro Di Napoli	ITA	Barcelona	1995

Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	7:34.71	Haile Gebreselassie	ETH	Final	Paris	1997
First round	7:42.75	Caleb Mwangangi Ndiku	KEN	1h2	Sopot	2014

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
7:46.36	7h2	Antonio Abadia	ESP	Sopot	2014

Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	7:34.71	Haile Gebreselassie	ETH	Paris	1997
2	7:38.84	Paul Bitok	KEN	Paris	1997
3	7:39.90	Sammy Alex Mutahi	KEN	Doha	2010

Multiple Gold Medalists:

Yomif Kejelcha (ETH): 2016, 2018
 Bernard Lagat (KEN/USA): 2004, 2010, 2012
 Haile Gebrselassie (ETH): 1997, 1999, 2003
 Gennaro Di Napoli (ITA): 1993, 1995
 Frank O'Mara (IRL): 1989, 1991

Fastest (Indoor) Performances in Beograd

Performance	Performer	Time	Name	Nat	Pos	DMY
1		7:54.92	Jonas Glans	SWE	1h1	3 Mar 2017
2		7:55.17	Marouan Razine	ITA	2h1	3 Mar 2017
3		7:55.26	Henrik Ingebrigtsen	NOR	3h1	3 Mar 2017

Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:34.03	Selemon Barega	ETH	1	Madrid	2 Mar 2022
2	2	7:34.09	Lamecha Girma	ETH	2	Madrid	2 Mar 2022
3	3	7:34.71	Haile Gebrselassie	ETH	1	Paris – WIC	9 Mar 1997
4	4	7:35.26	Adel Mechaal	ESP	3	Madrid	2 Mar 2022

All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	7:34.71	Haile Gebreselassie	ETH	1	Paris	1997
2	2	7:37.74	Hicham El Guerouj	MAR	1	Lisboa	2001
3	3	7:37.97	Bernard Lagat	USA	1	Doha	2010
4	4	7:38.84	Paul Bitok	KEN	2	Paris	1997
5	5	7:38.94	Mohammed Mourhit	BEL	2	Lisboa	2001
6	6	7:39.32	Kenenisa Bekele	ETH	1	Moskva	2006
7	7	7:39.55	Sergio Sanchez	ESP	2	Doha	2010
8	8	7:39.90	Sammy Alex Mutahi	KEN	3	Doha	2010
9	9	7:39.96	Alberto Garcia	ESP	3	Lisboa	2001
10	10	7:40.01	Ismail Sghir	MAR	3	Paris	1997
11	11	7:40.10	Tariku Bekele	ETH	4	Doha	2010
12		7:40.97	Haile Gebrselassie		1	Birmingham	2003
13	12	7:41.05	Gennaro Di Napoli	ITA	4	Paris	1997
14	13	7:41.14	Frank O'Mara	IRL	1	Sevilla	1991
15	14	7:41.28	Saif Saaeed Shaheen	QAT	2	Moskva	2006
16		7:41.44	Bernard Lagat		1	Istanbul	2012
17	15	7:41.77	Augustine Choge	KEN	2	Istanbul	2012
18	16	7:41.78	Edwin Soi	KEN	3	Istanbul	2012
19	17	7:41.79	Mohamed Farah	GBR	4	Istanbul	2012
20	18	7:41.87	Moses Kiptanui	KEN	5	Paris	1997
21		7:42.08	Alberto Garcia		2	Birmingham	2003
22	19	7:42.40	Galen Rupp	USA	5	Doha	2010
23	20	7:42.56	Luke Kipkosgei	KEN	3	Birmingham	2003
24	21	7:42.58	Eliud Kipchoge	KEN	3	Moskva	2006
25	22	7:42.60	Dejen Gebremeskel	ETH	5	Istanbul	2012
26	23	7:42.70	Jesus España	ESP	4	Birmingham	2003
27	24	7:42.75	Caleb Mwangangi Ndiku	KEN	1h2	Sopot	2014
28		7:42.82	Jesus España	ESP	6	Doha	2010
29	25	7:42.83	Yomif Kejelcha	ETH	1h1	Birmingham	2018
30	26	7:42.95	Hagos Gebrhiwet	ETH	2h2	Sopot	2014
31		7:42.98	Bernard Lagat		3h2	Sopot	2014
32	27	7:43.15	Hayle Ibrahimov	AZE	4h2	Sopot	2014
33	28	7:43.21	Abiyote Abate	ETH	5	Birmingham	2003
34		7:43.55	Hagos Gebrhiwet		2h1	Birmingham	2018
35	29	7:43.64	Hammou Boutayeb	MAR	2	Sevilla	1991
36		7:43.80	Augustine Choge		1h1	Doha	2010
37	30	7:43.83	Adel Mechaal	ESP	3h1	Birmingham	2018
38	31	7:43.90	Rob Denmark	GBR	3	Sevilla	1991
39	32	7:44.03	Birhanu Balew	BRN	4h1	Birmingham	2018
40	33	7:44.04	Cameron Levins	CAN	5h2	Sopot	2014
41	34	7:44.08	John Mayock	GBR	4	Lisboa	2001
42	35	7:44.15	Hicham Bellani	MAR	7	Doha	2010
43	36	7:44.16	Lopez Lomong	USA	6	Istanbul	2012
43	36	7:44.16	Zane Robertson	NZL	6h2	Sopot	2014
45		7:44.26	Dejen Gebremeskel		2h1	Doha	2010
46		7:44.31	John Mayock		6	Paris	1997
47		7:44.33	Sergio Sanchez		3h1	Doha	2010
48	38	7:44.34	Gert-Jan Liefers	NED	6	Birmingham	2003
49	39	7:44.54	Million Wolde	ETH	5	Lisboa	2001
50	40	7:44.59	Moses Ndiema Kipsiro	UGA	7	Istanbul	2012
51	41	7:44.61	James Kwalia C'Kurui	QAT	4h1	Doha	2010
52	42	7:44.76	Mogens Guldberg	DEN	4	Sevilla	1991
53	43	7:44.83	Leonard Mucheru	KEN	7	Birmingham	2003
54		7:44.85	Augustine Choge		1h1	Sopot	2014
55	44	7:45.01	Arne Gabius	GER	8	Istanbul	2012
56	45	7:45.06	Bethwell Birgen	KEN	5h1	Birmingham	2018
57	46	7:45.07	Youness Essalhi	MAR	6h1	Birmingham	2018
58		7:45.09	Dejen Gebremeskel		2h1	Sopot	2014
59	47	7:45.12	John Scherer	USA	5	Sevilla	1991

60	48	7:45.15	Yenew Alamirew	ETH	9	Istanbul	2012
61		7:45.23	Galen Rupp		3h1	Sopot	2014
62		7:45.32	John Mayock		8	Birmingham	2003
63	49	7:45.44	Hais Welday	ERI	5h1	Doha	2010
64	50	7:45.49	Andrew Vernon	GBR	4h1	Sopot	2014

Slowest winning time: 8:14.41 by Yomif Kejelcha (ETH) in 2018 is the slowest winning time, 8:03.32 by Frank O'Mara (IRL) in 1987 is the second slowest winning time, and 7:57.63 by João Campos (POR) in 1985 World Indoor Games is the third slowest winning time.

Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	4.13	7:34.71	Haile Gebrselassie	ETH	Paris	1997
	2.50	7:41.14	Frank O'Mara	IRL	Sevilla	1991
Min	0.09	7:50.89	Gennaro Di Napoli	ITA	Barcelona	1995
	0.15	7:57.63	João Campos	POR	Paris	1985**

** 1985 World Indoor Games

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	5.30	7:34.71	7:40.01	Haile Gebrselassie	ETH	Paris	1997
	3.26	7:39.32	7:42.58	Kenenisa Bekele	ETH	Moskva	2006
Min	0.22	7:57.21	7:57.43	Yomif Kejelcha	ETH	Portland	2016
	0.28	7:53.57	7:53.85	Haile Gebrselassie	ETH	Maebashi	1999
	0.29	7:57.63	7:57.92	Ivan Uvizil	TCH	Paris	1985**

** 1985 World Indoor Games

Difference between third and fourth (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	4.12	7:39.96	Alberto Garcia	ESP	Lisboa	2001
	3.85	7:42.58	Eliud Kipchoge	KEN	Moskva	2006
Min	0.01	7:41.78	Edwin Soi	KEN	Istanbul	2012
	0.06	8:15.70	Bethwell Birgen	KEN	Birmingham	2018
	0.14	7:42.56	Luke Kipkosgei	KEN	Birmingham	2003
	0.17	7:51.10	Enrique Molina	ESP	Toronto	1993

Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	7:34.71	Haile Gebreselassie	ETH	Final	Paris	1997
First round	7:42.75	Caleb Mwangangi Ndiku	KEN	1h2	Sopot	2014
	7:42.83	Yomif Kejelcha	ETH	1h1	Birmingham	2018
	7:42.95	Hagos Gebrhiwet	KEN	2h2	Sopot	2014
	7:42.98	Bernard Lagat	USA	3h2	Sopot	2014
	7:43.15	Hayle Ibrahimov	AZE	4h2	Sopot	2014
	7:43.55	Hagos Gebrhiwet	ETH	2h1	Birmingham	2018
	7:43.80	Augustine Choge	KEN	1h1	Doha	2010
	7:43.83	Adel Mechaal	ESP	3h1	Birmingham	2018
	7:44.03	Birhanu Balew	BRN	4h1	Birmingham	2018
	7:44.04	Cameron Levins	CAN	5h2	Sopot	2014
	7:44.16	Zane Robertson	NZL	6h2	Sopot	2014
	7:44.26	Dejen Gebremeskel	ETH	2h1	Doha	2010

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
7:46.36	7h2	Antonio Abadia	ESP	Sopot	2014
7:48.83	7h1	Othmane El Goumri	MAR	Sopot	2014
7:51.27	8h1	Ali Kaya	TUR	Sopot	2014
7:51.67	7h2	Anacleto Jimenez	ESP	Sevilla	1991
7:52.91	9h1	Lukasz Parszczyński	POL	Sopot	2014

7.53.02	5h1	Moses Kiptanui	KEN	Sevilla	1991
---------	-----	----------------	-----	---------	------

Average of last ten (21st century) World Indoor Championships

	Average	2018	2016	2014	2012	2010	2008	2006	2004	2003	2001
Winning Time	7:48.86	8:14.41	7:57.21	7:54.94	7:41.44	7:37.97	7:48.23	7:39.32	7:56.34	7:40.97	7:37.74
Winning Medal	7:50.31	8:15.70	7:57.43	7:55.39	7:41.78	7:39.90	7:49.96	7:42.58	7:57.87	7:42.56	7:39.96
8 th place	7:55.83	8:18.24	8:01.70	7:57.37	7:45.01	7:46.12	7:59.74	7:52.91	8:03.50	7:45.32	7:48.34

1500m – 3000m double medalists:

Name	Nation	Venue	Year
Haile Gebrselassie	ETH	Maebashi	1999

Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	7:34.71	Haile Gebreselassie	ETH	Paris	1997
2	7:38.84	Paul Bitok	KEN	Paris	1997
	7:38.94	Mohammed Mourhit	BEL	Lisboa	2001
3	7:39.90	Sammy Alex Mutahi	KEN	Doha	2010
	7:39.96	Alberto Garcia	ESP	Lisboa	2001
4	7:40.10	Tariku Bekele	ETH	Doha	2010
	7:41.05	Gennaro Di Napoli	ITA	Paris	1997
5	7:41.87	Moses Kiptanui	KEN	Paris	1997
6	7:42.82	Jesus España	ESP	Doha	2010
	7:44.16	Lopez Lomong	USA	Istanbul	2012
	7:44.31	John Mayock	GBR	Paris	1997
7	7:44.15	Hicham Bellani	MAR	Doha	2010
	7:44.83	Leonard Mucheru	KEN	Birmingham	2003
8	7:45.32	John Mayock	GBR	Birmingham	2003

Best Marks for Places – all competitions (indoor)

Pos	Time	Name	Nat	Venue	Day Month Year
1	7:24.90	Daniel Komen	KEN	Budapest	6 Feb 1998
2	7:26.10	Selemon Barega	ETH	Lievin	9 Feb 2021
	7:28.00	Augustine Choge	KEN	Stuttgart	5 Feb 2011
	7:29.94	Edwin Soi	KEN	Karlsruhe	12 Feb 2012
3	7:27.98	Lamecha Girma	ETH	Lievin	9 Feb 2021
	7:29.37	Eliud Kipchoge	KEN	Stuttgart	5 Feb 2011
	7:30.88	Getnet Wale	ETH	Lievin	17 Feb 2022
4	7:29.24	Berihu Aregawi	ETH	Lievin	9 Feb 2021
	7:31.77	Birhanu Yemataw	BRN	Lievin	17 Feb 2022
5	7:33.73	Bubdellah Tahri	FRA	Stockholm	10 Feb 2010
6	7:34.38	Abreham Cherkos	ETH	Stockholm	10 Feb 2010
7	7:36.62	Mohamed Katir	ESP	Lievin	17 Feb 2022

Multiple Gold Medalists:

Yomif Kejelcha (ETH): 2016, 2018
 Bernard Lagat (KEN/USA): 2004, 2010, 2012
 Haile Gebrselassie (ETH): 1997, 1999, 2003
 Gennaro Di Napoli (ITA): 1993, 1995
 Frank O'Mara (IRL): 1987, 1991

Multiple Medalists:

Yomif Kejelcha (ETH): 2016 Gold, 2018 Gold
 Bernard Lagat (KEN/USA): 2004 Gold, 2010 Gold, 2012 Gold, 2014 Silver
 Alberto Garcia (ESP): 2001 Bronze, 2003 Silver
 Paul Bitok (KEN): 1997 Silver, 1999 Silver
 Haile Gebrselassie (ETH): 1997 Gold, 1999 Gold, 2003 Gold

Gennaro Di Napoli (ITA): 1993 Gold, 1995 Gold
 Frank O'Mara (IRL): 1989 Gold, 1991 Gold

Multiple Medals by athletes from a single nation:

Nation	Year	Gold	Silver	Bronze
ETH	2018	Yomif Kejelcha	Selemon Barega	
KEN	2012		Augustine Choge	Edwin Soi
ETH	2008	Tariku Bekele		Abreham Cherkos
ETH	1999	Haile Gebrselassie		Million Wolde
IRL	1987	Frank O'Mara	Paul Donovan	

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

Nation	Men	Women	Venue	Year
ETH	Yomif Kejelcha	Genzebe Dibaba	Portland Birmingham	2016 2018
ETH	Tariku Bekele	Meseret Defar	Valencia	2008
ETH	Kenenisa Bekele	Meseret Defar	Moskva	2006
ETH	Haile Gebrselassie	Berhane Adere	Birmingham	2003

Medals by Countries:

Nation	Gold	Silver	Bronze
ETH	7	1	4
KEN	2	4	6
USA	2	2+1**	1
MAR	2	1	2
IRL	2	1	
ITA	2		
POR	1**	1	
ESP		4	2
FRA		1	
BEL		1	
QAT		1	
FRG			1
GBR			1
TCH			1**

** medal count in 1985 World Indoor Games

Fastest splits/laps are indicated in **Bold**, slowest in *Italics*

	1000m	2000m	3000m
2018	3:08.24	5:51.71	8:14.41
2016	2:52.18	5:34.33	7:57.21
2014	2:48.83	5:32.36	7:54.94
2012	2:38.45	5:16.92	7:41.44
2010	2:36.19	5:12.32	7:37.97
2008	2:48.58	5:25.71	7:48.23
2006	2:43.12	5:15.99	7:39.32
2004	<i>2:56.59</i>	<i>5:33.01</i>	7:56.34
2003	2:35.62	5:14.87	7:40.97
2001	2:39.62	5:12.98	7:37.74
1999	2:45.47	5:26.85	7:53.57
1997	2:33.94	4:59.90	7:34.71
1995			7:50.89
1993			7:50.26
1991		5:13.48	7:41.14
1989		5:24.02	7:47.94

1987	2:55.43		<u>8:03.32</u>
------	---------	--	----------------

	1000m	2000m	3000m
2018	3:08.24	2:43.47	2:22.70
2016	2:52.18	2:42.15	2:22.88
2014	2:48.83	2:43.53	2:22.58
2012	2:38.45	2:38.47	2:24.52
2010	2:36.19	2:36.13	2:25.65
2008	2:48:58	2:37:13	2:22.52
2006	2:43.12	2:32.87	2:23.33
2004	<u>2:56.59</u>	2:36.42	2:23.33
2003	2:35:62	2:39.25	2:26.10
2001	2:39.62	2:33.36	2:24.76
1999	2:45.47	<u>2:41.38</u>	2:26.72
1997	2:33.94	2:25.96	<u>2:34.81</u>
1995			
1993			
1991			2:27.66
1989			2:23.92
1987	2:55.43		

World Indoor Champion (3000m) with World Championships (5000m) Gold medal

Name	Nat	World Indoor Championships	World Championships
Kenenisa Bekele	ETH	2006	2009
Bernard Lagat	KEN/USA	2004, 2010, 2012	2007
Said Aouita	MAR	1989	1987

World Indoor Champion (3000m) 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

World Indoor Champion who previously won World Junior Championships

Name	Nat	World Indoor Championships	World Junior Championships
Yomif Kejelcha	ETH	2016, 2018	2014 (5000m)
Caleb Ndiku	KEN	2014	2010 (1500m)
Tariku Bekele	ETH	2008	2006
Haile Gebrselassie	ETH	1997, 1999, 2003	1992

World Indoor Championships medalist who previously won World Youth medal:

Name	Nat	World Indoor Championships	Year	World Youth Championships	Year
Yomif Kejelcha	ETH	Gold	2016 2018	Gold	2013
Caleb Ndiku	KEN	Gold	2014	Silver (1500m)	2009
Augustine Choge	KEN	Silver	2012	Gold	2003
Abreham Cherkos	ETH	Bronze	2008	Gold	2005
Tariku Bekele	ETH	Gold	2008	Silver	2003
Kenenisa Bekele	ETH	Gold	2006	Silver	1999
Markos Geneti	ETH	Bronze	2004	Gold	2001

World Indoor Championships medalist with European Championships medal (at 5000m)

Name	Nat	World Indoor Championships	Year	European Championships	Year
Alberto Garcia	ESP	Silver	2003	Gold	2002

Ismail Sghir	MAR/FRA	Bronze	1997	Silver	2002
Rob Denmark	GBR	Bronze	1991	Silver	1994
Dieter Baumann	FRG/GER	Bronze	1989	Gold	1994

World Indoor Championships medalist with European Championships medal (at 1500m)

Name	Nat	World Indoor Championships	Year	European Championships	Year
Gennaro Di Napoli	ITA	Gold	1993,1995	Silver	1990

World Indoor Championships medalists with Asian Games medal: None

World Indoor Championships medalists with Asian Championships medal:

Name	Nat	World Indoor Championships	Year	Asian Championships	Year
Saif Saaeed Shaheen	QAT	Silver	2006	Silver	2003

World Indoor Champion with All Africa Games/African Championships gold medal

Name	Nat	World Indoor Championships	All-Africa Games	African Championships
Yomif Kejelcha	ETH	2016, 2018		2015 (5000m)
Caleb Ndiku	KEN	2014	2011 (1500m)	2012 (1500m)
Kenenisa Bekele	ETH	2006	2003	2006, 2008

World Indoor Championships medalist with Pan American Games' medal: None

World Indoor Championships medalists with Commonwealth Games medal

Name	Nat	World Indoor Championships	Year	Commonwealth Games	Year
Caleb Ndiku	KEN	Gold	2014	Gold	2014
Augustine Choge	KEN	Silver	2012	Gold	2006
Eliud Kipchoge	KEN	Bronze	2006	Silver	2010
Rob Denmark	GBR	Bronze	1991	Gold	1994

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	Bethwell 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 Championships: (5000m)

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 Gebrihiwet	ETH	13:51.86
2013	Mo Farah	GBR	13:26.98	Hagos Gebrihiwet	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 eight Olympics: (5000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Joshua Cheptegei	UGA	12:58.15	Mohammed Ahmed	CAN	12:58.61	Paul Chelimo	USA	12:59.05
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	Thomas 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

Last twelve World Junior Championships: (5000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2020	Benson Kiplangat	KEN	13:20.37	Tadese Worku	ETH	13:20.65	Levy Kibet	KEN	13:26.01
2018	Edward Zakayo	KEN	13:20.16	Stanley Waithaka	KEN	13:20.57	Jakob Ingebrigtsen	NO	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 Osman	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
1998	Million Wolde	ETH	13:47.49	Kipchumba Mitei	KEN	13:49.60	Kihara Kamzee	KEN	13:51.22

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
2013	Yomif Kejelcha	ETH	7:53.56	Vedic Kipkoech	KEN	7:56.60	Alexander Mutiso	KEN	7:56.86
2013	Yomif Kejelcha	ETH	7:53.56	Vedic Kipkoech	KEN	7:56.60	Alexander Mutiso Munyao	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 eight 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	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	ESP	13:46.48
2002	Alberto Garcia	ESP	13:38.18	Ismail Sghir	FRA	13:39.81	Sergey Lebid	UKR	13:40.00
1998	Isaac Viciosa	ESP	13:37.46	Manuel Pancorbo	ESP	13:38.03	Mark Carroll	IRL	13:38.15

Last six 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	QAT	13:45.91
2002	Moukhled Al-Outaibi	KSA	13:41.58	Abdulahk Zakaria	BRN	13:43.82	Khamis Abdullah	QAT	13:44.42
1998	Mohamed Sulaiman	QAT	13:55.79	Ahmed I Warsama	QAS	13:56.65	Baek Seung-Do	KOR	13:57.11

Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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	13:40.7	Alemu Bekele Gebre	BRN	13:41.93
2009	James Kwalia	QAT	14:02.90	Hasan Mahboob Ali	BRN	14:03.4	Essa Ismail Rasheed	QAT	14:04.52
2007	Felix Kibore	QAT	14:07.12	Abdullah Ahmad	QAT	14:08.6	Issa Ishaq Abdeen	BRN	14:18.47
2005	James Kwalia	QAT	14:08.56	Daham Najim Bashir	QAT	14:15.9	Wu Wen-Chien	TPE	14:32.43
2003	Abdul Aziz Al-Amri	QAT	13:58.89	Saif Saeed Shaheen	QAT	13:58.9	Nobuya Matsunaga	JPN	14:12.73
2002	Khamis Seif Abdullah	QAT	14:16.81	Abdulahk Zakaria	BRN	14:19.9	Nasser Sulaiman	QAT	14:19.97
2000	Ahmed I Warsama	QAT	13:53.10	Gong Ke	CHN	14:04.6	Moham Suleiman	QAT	14:10.79

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 ten 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 Haileilassie	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
2000	Ali Saidi Sief	ALG	13:26.86	Said Berioui	MAR	13:31.75	Moh Said El Wardi	MAR	13:30.01

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 Louis Barrios	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	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 (Indoor) Performances in Beograd

Performance	Performer	Time	Name	Nat	Pos	DMY
1		7:54.92	Jonas Glans	SWE	1h1	3 Mar 2017
2		7:55.17	Marouan Razine	ITA	2h1	3 Mar 2017
3		7:55.26	Henrik Ingebrigtsen	NOR	3h1	3 Mar 2017

Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:34.03	Selemon Barega	ETH	1	Madrid	2 Mar 2022
2	2	7:34.09	Lamecha Girma	ETH	2	Madrid	2 Mar 2022
3	3	7:34.71	Haile Gebrselassie	ETH	1	Paris – WIC	9 Mar 1997
4	4	7:35.26	Adel Mechaal	ESP	3	Madrid	2 Mar 2022
5	5	7:35.73	Mohamed Katir	ESP	4	Madrid	2 Mar 2022
6	6	7:36.66	Said Aouita	MAR	1	Pireas	11 Mar 1992
7	7	7:37.74	Hicham El Guerrouj	MAR	1	Lisboa – WIC	11 Mar 2001

Combined 2021 & 2022 World Indoor List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:24.98	Getnet Wale	ETH	1	Lievin	9 Feb 2021
2	2	7:26.10	Selemon Barega	ETH	2	Lievin	9 Feb 2021
3	3	7:26.20	Berihu Aregawi	ETH	1	Karlsruhe	28 Jan 2022
4	4	7:27.98	Lamecha Girma	ETH	3	Lievin	9 Feb 2021
5	5	7:29.24	Berihu Aregawi	ETH	4	Lievin	9 Feb 2021
6		7:30.54	Lamecha Girma	ETH	1	Lievin	17 Feb 2022
7		7:30.66	Selemon Barega	ETH	2	Lievin	17 Feb 2022
8	6	7:30.82	Adel Mechaal	ESP	1	Staten Island	6 Feb 2022
9	7	7:30.88	Getnet Wale	ETH	3	Lievin	17 Feb 2022

Please send corrections to KKenNakamura@gmail.com

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