

2023 European Indoor Championships Statistics – Men's 3000m by K Ken Nakamura

Summary Page:

All time performance list at the European Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	7:40.17	Mo Farah	GBR	1	Torino	2009
2	2	7:42.14	Bouavdellah Tahri	FRA	2	Torino	2009
3	3	7:43.29	Jesus España	ESP	3	Torino	2009
4	4	7:43.61	Ali Kaya	TUR	1	Praha	2015
5	5	7:43.89	Alberto Garcia	ESP	1	Wien	2002
6	6	7:44.43	Markus Ryffel	SUI	1	Wien	1979
7	7	7:44.48	Lee Emanuel	GBR	2	Praha	2015
8	8	7:44.51	Emiel Puttemans	BEL	1	Rotterdam	1973

Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	7.35	7:44.51	Emiel Puttemans	BEL	Rotterdam	1973
Min	0.0h	7:58.6	Ian Stewart	GBR	Katowice	1975
	0.03	7:52.34	Kim Bauermeister	GER	Paris	1994

Best Marks for Places in the European Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	7:40.17	Mo Farah	GBR	Torino	2009
2	7:42.14	Bouavdellah Tahri	FRA	Torino	2009
3	7:43.29	Jesus España	ESP	Torino	2009
4	7:45.29	Sergio Sanchez	ESP	Torino	2009
5	7:45.46	Selim Bayrak	TUR	Torino	2009
6	7:47.5	Dietmar Millonig	AUT	Wien	1979

Fastest time in each round at European Indoor Championships

Round	Time	Name	Nat	Position	Venue	Year
Final	7:40.17	Mo Farah	GBR	1 st	Torino	2009
First round	7:45.65	Ali Kaya	TUR	1h2	Praha	2015
	7:46.46	Andrew Butchart	GBR	1h2	Torun	2021

Multiple Gold Medalists:

Jakob Ingebrigtsen (NOR)	2019, 2021
Mo Farah (GBR):	2009, 2011
Jose Luis Gonzalez (ESP):	1987, 1988
Markus Ryffel (SUI):	1978, 1979
Karl Fleschen (FRG):	1977, 1980
Emiel Puttemans (BEL):	1973, 1974
Ian Stewart (GBR):	1969, 1975

Last seven European Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Jakob Ingebrigtsen	NOR	7:48.20	Isaac Kimeli	BEL	7:49.41	Adel Mechaal	ESP	7:49.47
2019	Jakob Ingebrigtsen	NOR	7:56.15	Chris O'Hare	GBR	7:57.19	Henrik Ingebrigtsen	NOR	7:57.19
2017	Adel Mechaal	ESP	8:00.60	Henrik Ingebrigtsen	NOR	8:00.93	Richard Ringer	GER	8:01.01
2015	Ali Kaya	TUR	7:43.61	Lee Emanuel	GBR	7:44.48	Henrik Ingebrigtsen	NOR	7:45.54
2013	Hayle Ibrahimov	AZE	7:49.74	Juan Carlos Higuero	ESP	7:50.26	Ciaran O'Lionaird	IRL	7:50.40
2011	Mo Farah	GBR	7:53.00	Hayle Ibrahimov	AZE	7:53.32	Halil Akkas	TUR	7:54.19
2009	Mo Farah	GBR	7:40.17	Bouabdellah Tahri	FRA	7:42.14	Jesus España	ESP	7:43.29

All time performance list at the European Indoor Championships

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4	4	7:43.61	Ali Kaya	TUR	1	Praha	2015
5	5	7:43.89	Alberto Garcia	ESP	1	Wien	2002
6	6	7:44.43	Markus Ryffel	SUI	1	Wien	1979
7	7	7:44.48	Lee Emanuel	GBR	2	Praha	2015
8	8	7:44.51	Emiel Puttemans	BEL	1	Rotterdam	1973
9	9	7:45.29	Sergio Sanchez	ESP	4	Torino	2009
10	10	7:45.44	Christoph Herle	FRG	2	Wien	1979
11	11	7:45.46	Selim Bayrak	TUR	5	Torino	2009
12	12	7:45.50	Aleksandr Fedotkin	URS	3	Wien	1979
13	13	7:45.51	Andreas Bäsig	GDR	4	Wien	1979
14	14	7:45.54	Henrik Ingebrigtsen	NOR	3	Praha	2015
15		7:45.65	Ali Kaya		1h2	Praha	2015
16	15	7:46.32	Alistair Cragg	IRL	1	Madrid	2005
17	16	7:46.46	Andrew Butchart	GBR	1h2	Torun	2021
18	17	7:46.49	Antonio Jimenez	ESP	2	Wien	2002
19	18	7:46.52	Adel Mechaal	ESP	2h2	Torun	2021
20	19	7:46.7	Nick Rose	GBR	5	Wien	1979
21	20	7:46.76	Robin Hendrix	BEL	3h2	Torun	2021
22	21	7:46.85	Ricky Wilde	GBR	1	Wien	1970
23		7:46.92	Adel Mechaal		2h2	Praha	2015
24	22	7:47.12	Jesus España	ESP	4	Praha	2015
25	23	7:47.24	Gennaro Di Napoli	ITA	1	Genova	1992
26	24	7:47.30	Hugo Hay	FRA	4h2	Torun	2021
27	25	7:47.5	Dietmar Millonig	AUT	6	Wien	1979
28	26	7:47.55	Pieter Jan Hannes	BEL	3h2	Praha	2015
29	27	7:47.71	Sean Tobin	IRL	5h2	Torun	2021
30		7:47.83	Henrik Ingebrigtsen		4h2	Praha	2015
31	28	7:48.06	Marcel Fehr	GER	6h2	Torun	2021
32		7:48.08	Jesus España		3=	Wien	2002
33	29	7:48.08	John Mayock	GBR	3=	Wien	2002
34	30	7:48.20	Jakob Ingebrigtsen	NOR	1	Torun	2021
35	31	7:48.44	Richard Ringer	GER	5	Praha	2015
36		7:48.47	John Mayock		2	Genova	1992
37		7:48.48	Emiel Puttemans		1	Göteborg	1974
38	33	7:48.59	Florian Carvalho	FRA	5h2	Praha	2015
39	34	7:48.82	Jose Luis Gonzalez	ESP	3	Genova	1992
40	35	7:48.93	Jimmy Gressier	FRA	1h3	Torun	2021
41	36	7:49.24	Mark Carroll	IRL	1	Ghent	2000
41	36	7:49.24	Yegor Nikolayev	RUS	6h2	Praha	2015
43	38	7:49.40	Eric Debus	FRA	4	Genova	1992
44	39	7:49.41	Isaac Kimeli	BEL	2	Torun	2021
45		7:49.46	Isaac Kimeli		2h3	Torun	2021
46		7:49.47	Adel Mechaal		3	Torun	2021
47	40	7:49.50	Harald Norpoth	FRG	2	Wien	1970
48		7:49.5	Markus Ryffel		1	Milano	1978
49		7:49.52	Jakob Ingebrigtsen		3h3	Torun	2021
50	41	7:49.70	Rui Silva	POR	2	Ghent	2000
51	42	7:49.72	Mohamed Katir	ESP	4	Torun	2021
52	43	7:49.74	Hayle Ibrahimov	AZE	1	Göteborg	2013

53		7:49.9	Emiel Puttemans		2	Milano	1978
54		7:49.97	John Mayock		3	Ghent	2000
54	44	7:49.97	Mohammed Mourhit	BEL	4	Ghent	2000
56	45	7:49.99	Mike Foppen	NED	4h3	Torun	2021
57	46	7:50.04	Victor Rojas	ESP	5	Genova	1992
58	47	7:50.05	Alessandro Lambruschini	ITA	6	Genova	1992
59	48	7:50.06	Anacleto Jimenez	ESP	1	Stockholm	1996
60	49	7:50.1	Jörg Peter	GDR	3	Milano	1978
61	50	7:50.11	Lukasz Parszcynski	POL	7	Praha	2015
62	51	7:50.19	Christophe Impens	BEL	2	Stockholm	1996
63	52	7:50.21	Narve Gilje Nordas	NOR	5	Torun	2021
64	53	7:50.26	Juan Carlos Higuero	ESP	2	Göteborg	2013
65	54	7:50.40	Ciaran O'Lionaird	IRL	3	Göteborg	2013

Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	7.35	7:44.51	Emiel Puttemans	BEL	Rotterdam	1973
Min	0.0h	7:58.6	Ian Stewart	GBR	Katowice	1975
	0.03	7:52.34	Kim Bauermeister	GER	Paris	1994

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place Time	Name	Nat	Venue	Year
Max	7.9h	7:59.9	Hans-Jürgen Orthmann	FRG	Sindelfingen	1980
Min	0.01	7:45.50	Aleksandr Fedotkin	URS	Wien	1979
		7:56.51	Mikhail Dashko	URS	Budapest	1988

Best Marks for Places in the European Indoor Championships

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1	7:40.17	Mo Farah	GBR	Torino	2009
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3	7:43.29	Jesus España	ESP	Torino	2009
4	7:45.29	Sergio Sanchez	ESP	Torino	2009
5	7:45.46	Selim Bayrak	TUR	Torino	2009
6	7:47.5	Dietmar Millonig	AUT	Wien	1979

Best Marks for Places - all competitions

Pos	Time	Name	Nat	Venue	DMY
1	7:23.81	Lamecha Girma	ETH	Lievin	15 Feb 2023
	7:24.90	Daniel Komen	KEN	Budapest	6 Feb 1998
2	7:24.68	Mohamed Katir	ESP	Lievin	15 Feb 2023
	7:26.10	Selemon Barega	ETH	Lievin	9 Feb 2021
	7:28:00	Augustine Choge	KEN	Stuttgart	5 Feb 2011
3	7:27.98	Laecha Girma	ETH	Lievin	9 Feb 2021
	7:29.37	Eliud Kipchoge	KEN	Stuttgart	5 Feb 2011
4	7:29.24	Berihu Aregawi	ETH	Lievin	9 Feb 2021
	7:31.77	Birhanu Balew	BRN	Lievin	17 Feb 2022

Fastest time in each round at European Indoor Championships

Round	Time	Name	Nat	Position	Venue	Year
Final	7:40.17	Mo Farah	GBR	1 st	Torino	2009

First round	7:45.65	Ali Kaya	TUR	1h2	Praha	2015
	7:46.46	Andrew Butchart	GBR	1h2	Torun	2021

Multiple Gold Medalists:

Jakob Ingebrigtsen (NOR)	2019, 2021
Mo Farah (GBR):	2009, 2011
Jose Luis Gonzalez (ESP):	1987, 1988
Markus Ryffel (SUI):	1978, 1979
Karl Fleschen (FRG):	1977, 1980
Emiel Puttemans (BEL):	1973, 1974
Ian Stewart (GBR):	1969, 1975

Multiple Medalists:

Jakob Ingebrigtsen (NOR):	2019 Gold, 2021 Gold
Henrik Ingebrigtsen (NOR):	2015 Bronze, 2017 Silver, 2019 Bronze
Hayle Ibrahimov (AZE):	2011 Silver; 2013 Gold
Bouabdellah Tahri (FRA):	2007 Silver; 2009 Silver
Jesus España (ESP):	2007 Bronze; 2009 Bronze
Alberto Garcia (ESP):	1998 Bronze; 2002 Gold
John Mayock (GBR):	1998 Gold; 2000 Bronze; 2002 Bronze; 2005 Silver
Dieter Baumann (FRG):	1987 Silver; 1989 Gold
Jose Luis Gonzalez (ESP):	1987 Gold, 1988 Gold; 1992 Bronze
Valeriy Abramov (URS):	1981 Bronze; 1982 Bronze; 1983 Silver
Markus Ryffel (SUI):	1977 Bronze; 1978 Gold, 1979 Gold; 1984 Silver
Karl Fleschen (FRG):	1977 Gold; 1980 Gold; 1984 Bronze
Emiel Puttemans (BEL):	1973 Gold, 1974 Gold; 1978 Silver
Pekka Pälvärinta (FIN):	1973 Bronze; 1975 Silver; 1977 Silver
Yuriy Aleksashin (URS):	1971 Broze; 1972 Silver
Javier Alvarez Salgado (ESP):	1969 Silver; 1970 Bronze
Ian Stewart (GBR):	1969 Gold, 1975 Gold
Harald Norpoth (FRG):	1966 Gold; 1970 Silver

Medals by Countries

Nation	Gold	Silver	Bronze
GBR	7	5	4
FRG	7	4	6
ESP	5	4	10
BEL	3	5	
IRL	3		
FRA	2	4	2
URS	2	3	7
SUI	2	2	1
ITA	2	2	
NOR	2	1	2
AZE	1	1	
YUG	1		1
TCH	1		1
GER	1		1

TUR	1		1
AUT	1		
GDR		3	1
FIN		2	1
POR		1	1
POL		1	
NED		1	
BUL		1	
ROU		1	
HUN			2
GRE			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
NOR	2019	Jakob Ingebrigtsen		Henrik Ingebrigtsen
ESP	2002	Alberto Garcia	Antonio Jimenez	Jesus España (tie)
ESP	1998		Manuel Pancorbo	Alberto Garcia
FRA	1990	Eric Dubus	Jacky Carlier	
FRG	1980	Karl Feschnen		Hans Jurgen Orthmann
BEL	1974	Emiel Puttemans	Paul Thijs	
BEL	1973	Emiel Puttemans	Willy Polleunis	
URS	1972	Juris Grustins	Yuriy Aleksashin	

European Indoor champions who also won European Championships

Name	Nat	Year (Euro Indoor)	European Championships
Jakob Ingebrigtsen	NOR	2019, 2021	2018, 2022 (at 5000m)
Mo Farah	GBR	2009, 2011	2010, 2012, 2014
Alberto Garcia	ESP	2002	2002
Dieter Baumann	GER	1989	1994
Ian Stewart	GBR	1969, 1975	1969

European Indoor champions who also medaled at World Indoor Championships

Name	Nat	Year	World Indoor Championships	Year
Alberto Garcia	ESP	2002	Silver	2003
Anacleto Jimenez	ESP	1996	Silver	1995
Gennaro Di Napoli	ITA	1992	Gold	1993, 1995
Eric Dubus	FRA	1990	Silver	1993
Dieter Baumann	FRG	1989	Bronze	1989
Jose Luis Gonzalez	ESP	1987, 1988	Silver	1989

European Indoor champion who also medaled at European Junior Championships

Name	Nat	Year	European Junior Championships	Year
Jakob Ingebrigtsen	NOR	2019, 2021	Gold at 5000m, 3000mSC	2017
Ali Kaya	TUR	2015	Gold in 5000m	2013
Hayle Ibrahimov	AZE	2013	Gold in 5000m	2009
Mo Farah	GBR	2009, 2011	Gold at 5000m	2001
Mark Carroll	IRL	2000	Gold at 5000m	1991

John Mayock	GBR	1998	Silver at 5000m	1989
Patriz Ilg	FRG	1982	Silver	1975

European Indoor champion who also medaled at World Junior Championships

Name	Nat	Year	World Junior Championships	Year
Jakob Ingebrigtsen	NOR	2019, 2021	Bronze at 5000m	2018

Man & Woman from the same team winning the corresponding event

Nation	Men	Women	Venue	Year
GBR	Mo Farah	Helen Clitheroe	Paris	2011
ESP	Alberto Garcia	Marta Dominguez	Wien	2002

Last twelve European Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Jakob Ingebrigtsen	NOR	7:48.20	Isaac Kimeli	BEL	7:49.41	Adel Mechaal	ESP	7:49.47
2019	Jakob Ingebrigtsen	NOR	7:56.15	Chris O'Hare	GBR	7:57.19	Henrik Ingebrigtsen	NOR	7:57.19
2017	Adel Mechaal	ESP	8:00.60	Henrik Ingebrigtsen	NOR	8:00.93	Richard Ringer	GER	8:01.01
2015	Ali Kaya	TUR	7:43.61	Lee Emanuel	GBR	7:44.48	Henrik Ingebrigtsen	NOR	7:45.54
2013	Hayle Ibrahimov	AZE	7:49.74	Juan Carlos Higuero	ESP	7:50.26	Ciaran O'Lionaird	IRL	7:50.40
2011	Mo Farah	GBR	7:53.00	Hayle Ibrahimov	AZE	7:53.32	Halil Akkas	TUR	7:54.19
2009	Mo Farah	GBR	7:40.17	Bouabdellah Tahri	FRA	7:42.14	Jesus España	ESP	7:43.29
2007	Cosimo Caliandro	ITA	8:02.44	Bouabdellah Tahri	FRA	8:02.85	Jesus España	ESP	8:02.91
2005	Alistair Cragg	IRL	7:46.32	John Mayock	GBR	7:51.46	Reyes Estevez	ESP	7:51.65
2002	Alberto Garcia	ESP	7:43.89	Antonio Jimenez	ESP	7:46.49	Jesus España John Mayock	ESP GBR	7:48.08
2000	Mark Carroll	IRL	7:49.24	Rui Silva	POR	7:49.70	John Mayock	GBR	7:49.97
1998	John Mayock	GBR	7:55.09	Manuel Pancorbo	ESP	7:55.23	Alberto Garcia	ESP	7:55.24

Last twelve European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jakob Ingebrigtsen	NOR	13:21.13	Mohamed Katir	ESP	13:22.98	Yemaneberhan Crippa	ITA	13:24.83
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	Andy 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 Sghyr	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
1994	Dieter Baumann	GER	13:36.93	Rob Denmark	GBR	13:37.50	Abel Anton	ESP	13:38.04
1990	Salvatore Antibo	ITA	13:22.00	Gary Staines	GBR	13:22.45	Slawomir Majuslak	POL	13:22.92
1986	Jack Buckner	GBR	13:10.15	Stefano Mei	ITA	13:11.57	Tim Hutchings	GBR	13:12.88

European U-23 Championships (5000m):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Mohamed Mohamed	GER	13:38.6	Aaron Las Heras	ESP	13:43.14	Baldvin Magnusson	ISL	13:45.00
2019	Jimmy Gressier	FRA	14:16.55	Hugo Hay	FRA	14:17.00	Abdessamad Oukhelfen	ESP	14:17.23
2017	Yemaneberhan Crippa	ITA	14:14.28	Simon Debognies	BEL	14:14.71	Carlos Mayo	ESP	14:15.07
2015	Ali Kaya	TUR	13:20.16	Isaac Kimeli	BEL	13:54.33	Carlos Mayo	ESP	13:55.19
2013	Henrik Ingebrigtsen	NOR	14:19.39	Thomas Farrell	GBR	14:19.94	Aitor Fernandez	ESP	14:20.65
2011	Sindre Buraas	NOR	14:22.69	Ross Milington	GBR	14:22.78	Jesper van der	NED	14:23.31
2009	Mohamed Elbendir	ESP	13:55.10	Noureddine Smail	FRA	13:59.23	David McCarthy	IRL	14:00.78

2007	Noureddine Smail	FRA	13:53.15	Andrey Safronov	RUS	13:54.04	Kemal Koyuncu	TUR	13:54.32
2005	Anatoliy Rybakov	RUS	14:06.69	Mo Farah	GBR	14:10.96	Aleksey Aleksandrov	RUS	14:11.10
2003	Chris Thompson	GBR	13:58.62	Mo Farah	GBR	13:58.88	Robert Connolly	IRL	14:03.75
2001	Yusef El Nasri	ESP	14:02.97	Dmitriy Baranovskiy	UKR	14:03.67	BalazsCsillag	HUN	14:04.84
1999	Yusef El Nasri	ESP	13:30.48	Marius Bakken	NOR	13:31.53	Marco Mazza	ITA	13:47.17
1997	Simon Zanon	ITA	13:45.60	Rachid Berradi	ITA	13:47.08	Sergen Lukin	RUS	13:48.04

Last thirteen European Junior (U20) Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Joel Ibler Lilleso	DEN	14:32.93	David Cantero	ESP	14:33.55	Bastian Mrochen	GER	14:34.04
2019	Aaron Las Heras	ESP	14:02.76	Ayetullah Aslanhan	TUR	14:05.01	Darragh McElhinney	IRL	14:06.05
2017	Jakob Ingebrigtsen	NOR	14:41.67	Tariku Novales	ESP	14:44.66	Dorin Andrei Rusu	ROU	14:46.07
2015	Alex George	GBR	14:34.42	Simon Debognies	BEL	14:34.67	Yemaneberhan	ITA	14:35.39
2013	Ali Kaya	TUR	13:49.76	Samuele Dini	ITA	14:36.25	Jonathan Davies	GBR	14:36.62
2011	Gabriel Navarro	ESP	14:07.06	Bartosz Kowalczyk	POL	14:07.17	Jonathan Hay	GBR	14:07.78
2009	Hayle Ibrahimov	AZE	14:01.19	Jakub Zivec	CZE	14:10.58	Aitor Fernandez	ESP	14:20.14
2007	Mourad Amdouni	FRA	14:08.27	Mohamed Elbendir	ESP	14:14.79	Dmytro Lashyn	UKR	14:15.26
2005	Barnabas Bene	HUN	14:22.30	Dusko Markesevic	SCG	14:24.04	Laszlo Toth	HUN	14:25.46
2003	Anatoliy Rybakov	RUS	14:13.41	Marius Ionescu	ROU	14:16.12	Cristinel Irimia	ROU	14:17.30
2001	Mohamed Farah	GBR	14:09.91	Bruno Saramago	POR	14:11.65	Neol Cutillas	ESP	14:12.43
1999	Wolfram Müller	GER	14:05.98	Radu Stroia	ROU	14:11.05	Mattia Maccagnan	ITA	14:12.51
1997	Boubdellah Tahri	FRA	14:25.71	Ferenc Bekesi	HUN	14:27.87	Juan Carlos Higuero	ESP	14:31.79

Various Performance Lists (only indoor performances are listed)

Fastest Performances by Europeans

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:24.68	Mohamed Katir	ESP	2	Lievin	15 Feb 2023
2	2	7:30.82	Adel Mechaal	ESP	1	Staten Island	6 Feb 2022
3	3	7:31.97	Sam Atkin	GBR	2	Boston	27 Jan 2023
4	4	7:32.41	Sergio Sanchez	ESP	1	Valencia	13 Feb 2010
5	5	7:32.98	Alberto Garcia	ESP	1	Sevilla	22 Feb 2003
6	6	7:33.1enr	Mo Farah	GBR	1	Birmingham	21 Feb 2015
7	7	7:33.47	Josh Kerr	GBR	1	New York	11 Feb 2023

Fastest Performances in Europe

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:23.81	Lamecha Girma	ETH	1	Lievin	15 Feb 2023
2	2	7:24.68	Mohamed Katir	ESP	2	Lievin	15 Feb 2023
3	3	7:24.90	Daniel Komen	KEN	1	Budapest	6 Feb 1998
4	4	7:24.98	Genet Wale	ETH	1	Lievin	9 Feb 2021
5	5	7:26.10	Selemon Barega	ETH	2	ievin	9 Feb 2021
6	6	7:26.15	Haile Gebrselassie	ETH	1	Karlsruhe	25 Jan 1998
7	7	7:26.20	Berihu Aregawi	ETH	1	Rheinstetten	28 Jan 2022
8		7:26.80	Haile Gebrselassie		1	Karlsruhe	24 Jan 1999

Fastest Performances in Europe by Europeans

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1	1	7:24.68	Mohamed Katir	ESP	2	Lievin	15 Feb 2023
2	2	7:32.41	Sergio Sanchez	ESP	1	Valencia	13 Feb 2010
3	3	7:32.98	Alberto Garcia	ESP	1	Sevilla	22 Feb 2003
4	4	7:33.1enr	Mo Farah	GBR	1	Birmingham	21 Feb 2015

5	5	7:33.73	Bouabdellah Tahri	FRA	5	Stockholm	10 Feb 2010
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Fastest Performances in March

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	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	11 Mar 2001
8	8	7:37.97	Bernard Lagat	USA	1	Doha	14 Mar 2010
9	9	7:38.39	Bouadellah Tahri	FRA	1	Lievin	5 Mar 2010

Fastest Performances in March by Europeans

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:35.26	Adel Mechaal	ESP	3	Madrid	2 Mar 2022
2	2	7:35.73	Mohamed Katir	ESP	4	Madrid	2 Mar 2022
3	3	7:38.39	Bouadellah Tahri	FRA	1	Lievin	5 Mar 2010
4	4	7:38.42	Ali Kaya	TUR	1	Praha	7 Mar 2015
5	5	7:38.94	Mohammed Mourhit	BEL	2	Lisboa	11 Mar 2001

Combined 2022 & 2023 European Indoor List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:24.68	Mohamed Katir	ESP	2	Lievin	15 Feb 2023
2	2	7:30.82	Adel Mechaal	ESP	1	Staten Island	6 Feb 2022
3	3	7:31.97	Sam Atkin	GBR	2	Boston	27 Jan 2023
4	4	7:33.47	Josh Kerr	GBR	1	New York	11 Feb 2023
5	5	7:34.31	Andreas Almgren	SWE	5	Lievin	17 Feb 2022
6	6	7:34.74	Mario Garcia	ESP	3	Boston	27 Jan 2023
7	7	7:35.24	Jonas Raess	SUI	5	New York	11 Feb 2023
8		7:35.26	Adel Mechaal		3	Madrid	2 Mar 2022
9		7:35.73	Mohamed Katir		4	Madrid	2 Mar 2022