

# 2024 Olympic Games Statistics –Women’s 5000m

by K Ken Nakamura

The records to look for in Paris:

- 1) Can Kipyegon become first women to win both 5000m and 1500m?

## Summary Page:

### All time Performance List at the Olympic Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	14:26.17	Vivian Cheruiyot	KEN	1	Rio de Janeiro	2016
2	2	14:29.77	Hellen Obiri	KEN	2	Rio de Janeiro	2016
3	3	14:33.59	Almaz Ayana	ETH	3	Rio de Janeiro	2016
4	4	14:36.79	Sifan Hassan	NED	1	Tokyo	2021
5		14:38.36	Hellen Obiri		2	Tokyo	2021
6	5	14:38.87	Gudaf Tsegay	ETH	3	Tokyo	2021
7	6	14:39.62	Agnes Jebet Tirop	KEN	4	Tokyo	2021
8	7	14:40.79	Gabriela Szabo	ROU	1	Sydney	2000

**Slowest winning time:** 15:41.40 by Tirunesh Dibaba (ETH) in 2008

### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	3.61	14:59.88	Wang Junxia	CHN	Atlanta	1996
	3.60	14:26.17	Vivian Cheruiyot	KEN	Rio de Janeiro	2016
Min	0.23	14:40.79	Gabriela Szabo	ROU	Sydney	2000

### Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	14:26.17	Vivian Cheruiyot	KEN	Rio de Janeiro	2016
	14:29.77	Hellen Obiri	KEN	Rio de Janeiro	2016
First round	14:47.89	Sifan Hassan	NED	Tokyo	2021
	14:48.01	Agnes Jebet Tirop	KEN	Tokyo	2021

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
14:59.93	6h2	Nozomi Tanaka	JPN	Tokyo	2021
15:00.07	7h2	Rachel Schneider	USA	Tokyo	2020

### Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	14:26.17	Vivian Cheruiyot	KEN	Rio de Janeiro	2016
	14:36.79	Sifan Hassan	NED	Tokyo	2021
2	14:29.77	Hellen Obiri	KEN	Rio de Janeiro	2016
	14:38.36	Hellen Obiri	KEN	Tokyo	2021
3	14:33.59	Almaz Ayana	ETH	Rio de Janeiro	2016
	14:38.87	Gudaf Tsegay	ETH	Tokyo	2021
4	14:39.62	Agnes Jebet Tirop	KEN	Tokyo	2021

### Last eight Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Sifan Hassan	NED	14:36.79	Hellen Obiri	KEN	14:38.36	Gudaf Tsegay	ETH	14:38.87
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	Meseret Defar	ETH	15:44.12	Sylvia Kibet	KEN	15:44.96
2004	Meseret Defar	ETH	14:45.65	Isabella Ochichi	KEN	14:48.19	Tirunesh Dibaba	ETH	14:51.83
2000	Gabreila Szabo	ROU	14:40.79	Sonia O'Sullivan	IRL	14:41.02	Gete Wami	ETH	14:42.23
1996	Wang Junxia	CHN	14:59.88	Pauline Konga	KEN	15:03.49	Roberta Brunet	ITA	15:07.52
1992	Yelena Romanova	EUN	8:46.04	Tatyana Dorovskikh	EUN	8:46.85	Angela Chalmers	CAN	8:47.22

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6	5	14:38.87	Gudaf Tsegay	ETH	3	Tokyo	2021
7	6	14:39.62	Agnes Jebet Tirop	KEN	4	Tokyo	2021
8	7	14:40.79	Gabriela Szabo	ROU	1	Sydney	2000
9	8	14:41.02	Sonia O'Sullivan	IRL	2	Sydney	2000
10	9	14:41.24	Ejgayehu Taye	ETH	5	Tokyo	2021
11	10	14:42.23	Gete Wami	ETH	3	Sydney	2000
12	11	14:42.67	Ayelech Worku	ETH	4	Sydney	2000
13	12	14:42.89	Mercy Cheronu	KEN	4	Rio de Janeiro	2016
14	13	14:43.59	Irina Mikitenko	GER	5	Sydney	2000
15	14	14:43.75	Senbere Teferi	ETH	5	Rio de Janeiro	2016
16		14:45.11	Senbere Teferi		6	Tokyo	2021
17	15	14:45.65	Meseret Defar	ETH	1	Athinai	2004
18	16	14:46.29	Nadia Battocletti	ITA	7	Tokyo	2021
19	17	14:46.49	Yasemin Can	TUR	8	Tokyo	2021
20	18	14:47.35	Lydia Cheromei	KEN	6	Sydney	2000
21	19	14:47.40	Worknesh Kidane	ETH	7	Sydney	2000
22		14:47.89	Sifan Hassan		1h1	Tokyo	2021
23		14:48.01	Agnes Jebet Tirop		2h1	Tokyo	2021
24	20	14:48.19	Isabella Ochichi	KEN	2	Athinai	2004
25		14:48.31	Senbere Teferi		3h1	Tokyo	2021
26		14:48.52	Ejgayehu Taye		4h1	Tokyo	2021
27	21	14:50.31	Olga Yegorova	RUS	8	Sydney	2000
28	22	14:50.36	Liliann Kasait Rengeruk	KEN	5h1	Tokyo	2021
29		14:50.92	Yasemin Can		6h1	Tokyo	2021
30	23	14:51.34	Karissa Schweizer	USA	7h1	Tokyo	2021
31	24	14:51.83	Tirunesh Dibaba	ETH	3	Athinai	2004
32		14:52.39	Meseret Defar		1h2	Athinai	2004
33	25	14:52.84	Ririka Hironaka	JPN	9	Tokyo	2021
34	26	14:53.43	Selamawit Teferi	ISR	8h1	Tokyo	2021
35		14:54.39	Selamawit Teferi		10	Tokyo	2021
36	27	14:54.80	Elvan Abeylegesse	TUR	2h2	Athinai	2004
37	28	14:55.45	Jo Pavey	GBR	3h2	Athinai	2004
38	29	14:55.46	Jelena Celnova-Prokopeuka	LAT	9	Sydney	2000
39	30	14:55.52	Yelena Zadorozhnaya	RUS	4	Athinai	2004
40		14:55.69	Isabella Ochichi		4h2	Athinai	2004
41		14:55.74	Gudaf Tsegay		1h2	Tokyo	2021
42		14:55.77	Hellen Obiri		2h2	Tokyo	2021
43		14:55.80	Karissa Schweizer		11	Tokyo	2021
44		14:55.83	Nadia Battocletti		3h2	Tokyo	2021
45		14:55.85	Lilian Kawait Rengeruk		12	Tokyo	2021
46		14:55.87	Ririka Hironaka		9h1	Tokyo	2021
47	31	14:55.98	Elise Cranny	USA	13	Tokyo	2021
48	32	14:56.01	Xing Huina	CHN	5h2	Athinai	2004
49		14:56.14	Elise Cranny		4h2	Tokyo	2021
50		14:56.32	Meseret Defar		1h2	Beijing	2008
51	33	14:56.79	Margaret Maury	FRA	6h2	Athinai	2004

52	34	14:56.82	Karoline Bjerkeli Grovdal	NOR	5h2	Tokyo	2021
53	35	14:56.95	Daniela Yodanova	BUL	10	Sydney	2000
54		14:56.96	Yasemin Can	TUR	6	Rio de Janeiro	2016
55		14:57.27	Vivian Cheruiyot	KEN	2h2	Beijing	2008
56		14:57.53	Karoline Bjerkeli Grovdal		7	Rio de Janeiro	2016
57	36	14:57.77	Liliya Shobukhova	RUS	3h2	Beijing	2008
58		14:57.87	Jo Pavey		5	Athinai	2004
59	37	14:58.07	Rose Cheruiyot	KEN	11	Sydney	2000
60	38	14:58.07	Priscah Cheron	KEN	4h2	Beijing	2008
61		14:58.27	Jo Pavey		12	Sydney	2000
62		14:58.48	Tirunesh Dibaba		1h1	London	2012
63		14:58.70	Meseret Defar		2h1	London	2012
64	39	14:59.31	Viola Kibiwot	KEN	3h1	London	2012
65	40	14:59.55	Andrea Seccafien	CAN	10h1	Tokyo	2021
66		14:59.61	Sonia O'Sullivan		7h2	Athinai	2004
67	41	14:59.69	Shalane Flanagan	USA	5h2	Beijing	2008
68	42	14:59.88	Wang Junxia	CHN	1	Atlanta	1996
69	43	14:59.93	Nozomi Tanaka	JPN	6h2	Tokyo	2021

**Slowest winning time:** 15:41.40 by Tirunesh Dibaba (ETH) in 2008

#### Margin of Victory

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	3.60	14:26.17	Vivian Cheruiyot	KEN	Rio de Janeiro	2016
Min	0.23	14:40.79	Gabriela Szabo	ROU	Sydney	2000

#### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	7.64	14:59.88	15:07.52	Wang Junxia	CHN	Atlanta	1996
Min	0.90	15:04.25	15:05.15	Tirunesh Dibaba	ETH	London	2012
	1.44	14:40.79	14:42.23	Gabriela Szabo	ROU	Sydney	2000

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

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	9.30	14:33.59	Almaz Ayana	ETH	Rio de Janeiro	2016
	3.69	14:51.83	Tirunesh Dibaba	ETH	Athinai	2004
Min	0.44	14:42.23	Gete Wami	ETH	Sydney	2000

#### Fastest time in each round

Round	Time	Name	Nat	Venue	Year
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	14:29.77	Hellen Obiri	KEN	Rio de Janeiro	2016
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First round	14:47.89	Sifan Hassan	NED	Tokyo	2021
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	..... 14:52.39	Meseret Defar	ETH	Athinai	2004

#### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
14:59.93	6h2	Nozomi Tanaka	JPN	Tokyo	2021

15:00.07	7h2	Rachel Schneider	USA	Tokyo	2020
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### Average of last seven Olympics

	Average	2021	2016	2012	2008	2004	2000	1996
Winning Time	14:53.56	14:36.79	14:26.17	15:04.25	15:41.40	14:45.65	14:40.79	14:59.88
Winning Medal	14:57.62	14:38.87	14:33.59	15:05.15	15:44.12	14:51.83	14:42.23	15:07.52
Missing Medal (4 <sup>th</sup> )	15:00.07	14:39.62	14:42.89	15:05.79	15:44.96	14:55.52	14:42.67	15:09.05
8 <sup>th</sup> place	15:09.38	14:46.49	15:00.69	15:14.55	15:49.03	15:07.23	14:50.31	15:17.33
Slowest to make final	15:13.26	14:59.55	15:24.38	15:06.38	15:15.12	15:05.78	15:14.76	15:26.87

### Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
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	14:40.79	Gabriela Szabo	ROU	Sydney	2000
2	14:29.77	Hellen Obiri	KEN	Rio de Janeiro	2016
	14:38.36	Hellen Obiri	KEN	Tokyo	2021
	14:41.02	Sonia O'Sullivan	IRL	Sydney	2000
3	14:33.59	Almaz Ayana	ETH	Rio de Janeiro	2016
	14:38.87	Gudaf Tsegay	ETH	Tokyo	2021
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4	14:39.62	Agnes Jebet Tirop	KEN	Tokyo	2021
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5	14:41.24	Ejgayehu Taye	ETH	Tokyo	2021
	14:43.59	Irina Mikitenko	GER	Sydney	2000
6	14:45.11	Senbere Teferi	ETH	Tokyo	2021
	14:47.35	Lydia Cheromei	KEN	Sydney	2000
7	14:46.29	Nadia Battocletti	ITA	Tokyo	2021
	14:47.40	Worknesh Kidane	ETH	Sydney	2000
8	14:46.49	Yasemin Can	TUR	Tokyo	2021
	14:50.31	Olga Yegorova	RUS	Sydney	2000

### Best Marks for Places – All Competitions

Pos	Time	Name	Nat	Venue	Day Month Year
1	14:00.21	Gudaf Tsegay	ETH	Eugene	17 Sept 2023
	14:05.20	Faith Kipyegon	KEN	Paris	9 June 2023
2	14:05.92	Beatrice Chebet	KEN	Eugene	17 Sept 2023
	14:07.94	Letesenbet Gidey	ETH	Paris	9 June 2023
	14:12.92	Beatrice Chebet	KEN	London	23 July 2023
3	14:13.31	Ejgayehu Taye	ETH	Paris	9 June 2023
	14:13.42	Sifan Hassan	NED	London	23 July 2023
	14:15.24	Senbere Teferi	ETH	Hengelo	8 June 2021
4	14:16.54	Medina Eisa	ETH	London	23 July 2023
	14:22.76	Aynadis Mebratu	ETH	Eugene	25 May 2024
	14:23.05	Lilian Rengeruk	KEN	Paris	9 June 2023
	14:23.33	Senbere Teferi	ETH	Rabat	13 July 2018
5	14:19.45	Alicia Monson	USA	London	23 July 2023
	14:23.45	Freweyni Hailu	ETH	Paris	9 June 2023
	14:23.71	Birke Haylom	ETH	Eugene	25 May 2024
	14:24.24	Agnes Tirop	KEN	Rabat	13 July 2018
6	14:23.67	Margaret Kipkemboi	KEN	Paris	9 June 2023
	14:30.77	Eva Cherono	KEN	Bruxelles	3 Sept 2021

	14:32.17 14:33.44	Almaz Ayana Hirut Meshesha	ETH ETH	Oslo Eugene	16 June 2022 25 May 2024
7	14:31.26 14:33.66 14:34.38 14:34.53	Eilish McColgan Hawi Feysa Sifan Hassan Lemlem Hailu	GBR ETH NED ETH	Bruxelles Oslo Eugene Paris	3 Sept 2021 16 June 2022 25 May 2024 9 June 2023
8	14:34.88 14:35.27 14:35.88	Alicia Monson Fantaye Belayneh Konstanze Klosterhalfen	USA ETH GER	Paris Eugene Bruxelles	9 June 2023 25 May 2024 3 Sept 2021
9	14:35.43 14:36.70	Weini Kelati Agnes Ngetich	USA KEN	Eugene Paris	25 May 2024 9 June 2023
10	14:37.38	Senayit Getachew	ETH	Eugene	25 May 2024

### Comparison of known 5Km splits/laps in the fastest 5000m in the Olympics

	1000	2000	3000	4000	5000
2021	3:00.7	6:00.3	8:59.9	11:57.1	14:36.79
2016	2:59.86	6:00.36	8:47.80	11:39.75	14:26.17
2012	3:07.58	6:17.35	9:27.75	12:24.81	15:04.25
2008	3:39.20	6:45.41	9:58.13	13:04.77	15:41.40
2004	3:12.26	6:05.57	8:52.23	11:47.76	14:45.65
2000	3:03.84	5:57.33	8:58.33	11:53.60	14:40.79
1996	3:06.15	6:08.76	9:08.02	12:05.25	14:59.88

	1000	2000	3000	4000	5000	Last 400	Last 200
2021	3:00.7	2:59.6	2:59.6	2:57.2	2:39.69	57.1	27.7
2016	2:59.86	3:00.50	2:47.44	2:51.95	2:46.42	65.59	
2012	3:07.58	3:09.77	3:10.40	2:57.06	2:39.44	60.20	
2008	3:39.20	3:06.21	3:12:72	3:06.64	2:36.63	59.54	
2004	3:12.26	2:53.31	2:46.66	2:55.53	2:57.89	68.56	
2000	3:03.84	2:53.49	3:01.00	2:55.27	2:47.39	60.01	28.6
1996	3:06.15	3:02.61	2:59.26	2:57.23	2:54.63	69.8	

### Multiple Gold Medalists:

Meseret Defar (ETH): 2004, 2012

### Multiple Medalists:

Vivian Cheruiyot (KEN): 2012 Silver, 2016 Gold

Meseret Defar (ETH): 2004 Gold, 2008 Bronze, 2012 Gold

Tirunesh Dibaba (ETH): 2004 Bronze, 2008 Gold, 2012 Bronze

### Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2016	Vivian Cheruiyot	Hellen Obiri	
ETH	2012	Meseret Defar		Tirunesh Dibaba
ETH	2008	Tirunesh Dibaba	Meseret Defar	
ETH	2004	Meseret Defar		Tirunesh Dibaba

**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
ETH	3	1	5
KEN	1	5	
ROU	1		
CHN	1		
NED	1		
IRL		1	
ITA			1

**World Champion with Olympic Gold medal**

Name	Nat	World Championships	Olympics
Sifan Hassan	NED	2019 (10000m)	2021
Vivian Cheruiyot	KEN	2009, 2011	2016
Tirunesh Dibaba	ETH	2003, 2005	2008
Meseret Defar	ETH	2007, 2013	2004, 2012

**World Indoor Champion with Olympic gold medal**

Name	Nat	World Indoor Championships	Olympics
Sifan Hassan	NED	2016 (1500m)	2021
Meseret Defar	ETH	2004, 2006, 2008, 2010	2004, 2012
Gabriela Szabo	ROU	1995, 1997, 1999	2000
Tatyana Samolenko	URS	1987	1988 (3000m)

**Olympic Champion who previously won World Junior Championships**

Name	Nat	Olympic Games	World Junior Championships
Meseret Defar	ETH	2004, 2012	2002, won 3000m & 5000m
Gabriela Szabo	ROU	2000	1994 (3000m)

**Olympic champion who previously won World Youth medal:**

Name	Nat	Olympic Games	World Youth medal	Year
Meseret Defar	ETH	2004, 2012	Silver	1999

**Olympic medalist with European Championships medal**

Name	Nat	Olympics	Year	European Championships	Year
Sifan Hassan	NED	Gold	2021	Gold	2018
Sonia O'Sullivan	IRL	Silver	2000	Gold	1998
Gabriela Szabo	ROU	Gold	2000	Silver	1998
Maricica Puica	ROU	Gold (3000m)	1984	Silver	1982, 1986

**Olympic champion with Asian Championships Gold medal**

Name	Nat	Olympics	Asian Championships
Wang Junxia	CHN	1995	1995

Nobody won medals in both Olympics and Asian Games

Wang Junxia won 5000m in 1996 Olympics and 10000m in 1994 Asian Games

**Olympic champion with All Africa Games/African Championships gold medal:**

Name	Nat	Olympics	All African Games	African Champ
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Vivian Cheruiyot	KEN	2016		2010
Meseret Defar	ETH	2004, 2012	2003, 2007	2006

#### Olympic medalist with Pan American Games medal: None at 5000m

Name	Nat	Olympics	Year	Pan American Games	Year
Angela Chalmers	CAN	Bronze (3000m)	1992	Silver	1987

#### Olympic medalist with Commonwealth Games Gold medal

Name	Nat	Olympics	Year	Commonwealth Games
Vivian Cheruiyot	KEN	Gold Silver	2016 2012	2010
Isabella Ochichi	KEN	Silver	2004	2006

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1992	Yelena Romanova	EUN	8:46.04	Tatyana Dorovskikh	EUN	8:46.85	Angela Chalmers	CAN	8:47.22

#### Last ten World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Faith Kipyegon	KEN	14:53.88	Sifan Hassan	NE	14:54.11	Beatrice Chebet	KEN	14:54.33
2022	Gudaf Tsegay	ETH	14:46.29	Beatrice Chebet	KEN	14:46.75	Dawit Seyaum	ETH	14:47.36
2019	Hellen Obiri	KEN	14:26.72	Margaret Kipkemboi	KEN	14:27.49	Konstanze Klosterhalfen	GER	14:28.43
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	Senbera 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	Ejagayou 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

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

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Elle St Pierre	USA	8:20.87	Gudaf Tsegay	ETH	8:21.13	Beatrice Chepkoech	KEN	8:22.68
2022	Lemlem Hailu	ETH	8:41.82	Elinor Purrier St	USA	8:42.04	Ejagayehu Taye	ETH	8:42.23
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	8:41.66
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
2001	Olga Yegorova	RU	8:37.48	Gabriela Szabo	ROU	8:39.65	Yelena Zadorozhnaya	RUS	8:40.15

#### Last eleven World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Medina Eisa	ETH	15:29.71	Melknat Wudu	ETH	15:30.06	Prisca Chesang	UG	15:31.17
2020	Mizan Alem	ETH	16:05.61	Melknat Wudu	ETH	16:13.16	Prisca Chesang	UG	16:21.78
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 Jebet Tirop	KEN	15:36.74
2010	Genzebe Dibaba	ETH	15:08.06	Mercy Cheronno	KEN	15:09.19	Alice A 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
1998	Yin Lili	CHN	15:29.65	Faith Jemutai	KEN	15:34.48	Meryma Hashim	ETH	15:39.57

#### Last ten 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 Cheronno	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 eight European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Nadia Battocletti	ITA	14:35.2	Karoline Bjerkeli Grovdal	NOR	14:38.6	Marta Garcia	ESP	14:44.04
2022	Konstanze Klosterhalfen	GER	14:50.4	Yasemin Can	TUR	14:56.9	Eilish McColgan	GBR	14:59.34
2018	Sifan Hassan	NED	14:46.1	Eilish McColgan	GBR	14:53.0	Yasemin Can	TUR	14:57.63
2016	Yasemin Can	TUR	15:18.1	Meraf Bahta	SWE	15:20.5	Stephanie Twell	GBR	15:20.70
2014	Meraf Bahta	SWE	15:31.3	Sifan Hassan	NED	15:31.7	Susan Kuijken	NED	15:32.82
2012	Olga Golovkina	RUS	15:11.7	Lyudmyla Kovalenko	UKR	15:12.0	Sara Moreira	POR	15:12.05
2010	Alemitu Bekele	TUR	14:52.2	Elvan Abeylegesse	TUR	14:54.4	Sara Moreira	POR	14:54.71
2006	Marta Dominguez	ESP	14:56.1	Liliya Shobukhova	RUS	14:56.5	Elvan Abeylegesse	TUR	14:59.29
2002	Marta Dominguez	ESP	15:14.7	Sonia O'Sullivan	IRL	15:14.8	Yelena Zadorozhnaya	RUS	15:15.22
1998	Sonia O'Sullivan	IRL	15:06.5	Gabriela Szabo	ROU	15:08.3	Marta Dominguez	ESP	15:10.54

#### Last six Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Parul Chaudhary	IND	15:14.75	Ririka Hironaka	JPN	15:15.34	Caroline Kipkirui	KAZ	15:23.12
2018	Kalkidan Gezahegne	BRN	15:08.08	Darya Maslova	KGZ	15:30.57	Bontu Edao	BRNN	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
1998	Supriati Sutono	INA	15:54.45	Sunitas Rani	IND	15:54.47	Michiko Shimizu	JPN	15:55.36

#### Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Yuma Yamamoto	JPN	15:51.16	Parul Chaudhary	IND	15:52.35	Ankita Dhiyani	IND	16:03.33



2019	Winfred Yavi	BRN	15:28.87	Bontu Edao Rebitu	BR	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	Bethlem Desalegn	UAE	15:25.15	Alia Mohamed	UAE	15:28.74	Daria Maslova	KGZ	15:42.82
2013	Bethlem Desalegn	UAE	15:12.84	Shitaye Eshete	BR	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
2000	Wu Qingdong	CHN	15:58.83	Naomi Sakashita	JPN	16:01.53	Supriati Sutono	INA	16:03.85

### Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Medina Eisa	ETH	15:04.32	Birtukan Molla	ETH	15:05.32	Melknat Wudu	ETH	15:07.04
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 eleven African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Fantaye Belayneh	ETH	15:30.10	Kassie Wubrist	ETH	15:30.25	Samia Hassan Nour	DJI	15:42.63
2022	Beatrice Chebet	KEN	15:00.82	Fantaye Belayneh	ETH	15:01.89	Caroline Nyaga	KEN	15:05.34
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 Cheronno	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
2000	Asmae Leghzaoui	MAR	15:43.46	Meseret Defar	ETH	15:49.86	Merima Denboba	ETH	15:53.68

### Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Joselyn Daniely Brea	VEN	16:04.12	Taylor Werner	USA	16:06.48	Julie-Anne	CAN	16:06.75
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
1999	Adriana Fernandez	MEX	15:56.57	Bertha Sanchez	COL	15:59.04	Blake Phillips	USA	15:59.77

### Last six Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Beatrice Chebet	KEN	14:38.21	Eilish McColgan	SC	14:42.14	Selah Busienei	KEN	14:48.24
2018	Hellen Obiri	KEN	15:13.11	Margaret Kipkemboi	KEN	15:15.28	Laura Weightman	ENG	15:25.84
2014	Mercy Cheronno	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
1998	Kate Anderson	AUS	15:52.74	Andrea Whitcombe	ENG	15:56.85	Samukeliso Moyo	ZIM	15:57.57

### Fastest Performances in Paris

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	14:05.20	Faith Kipyegon	KEN	1	9 June 2023
2	2	14:07.94	Letesenbet Gidey	ETH	2	9 June 2023
3	3	14:13.31	Ejgayehu Taye	ETH	3	9 June 2023
4	4	14:15.41 *	Genzebe Dibaba	ETH	1	4 July 2015

\* indicates performances recorded in Saint Denis

### Fastest 5000m in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:22.12	Hellen Obiri	KEN	1	Monaco	14 Aug 2020
2	2	14:26.17	Vivian Cheruiyot	KEN	1	Rio de Janeiro	19 Aug 2016
3	3	14:26.57	Letesenbet Gidey	ETH	2	Monaco	14 Aug 2020
4	4	14:26.76	Konstanze Klosterhalfen	GER	1	Berlin	3 Aug 2019
5	5	14:26.83	Almaz Ayana	ETH	1	Beijing	30 Aug 2015
6	6	14:27.89	Sifan Hassan	NED	1	Eugene	20 Aug 2021
7	7	14:28.98	Meseret Defar	ETH	1	Bruxelles	26 Aug 2005

### Combined 2023 & 2024 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:00.21	Gudaf Tsegay	ETH	1	Eugene-Pre	17 Sept 2023
2	2	14:05.20	Faith Kipyegon	KEN	1	Paris	9 June 2023
3	3	14:05.92	Beatrice Chebet	KEN	2	Eugene-Pre	17 Sept 2023
4	4	14:07.94	Letesenbet Gidey	ETH	2	Paris	9 June 2023
5		14:08.79	Letesenbet Gidey		1	Berlin-ISTAF	3 Sept 2023
6		14:12.29	Gudaf Tsegay		1	London	23 July 2023
7		14:12.92	Beatrice Chebet		2	London	23 July 2023
8	5	14:13.31	Ejgayehu Taye	ETH	3	Paris	9 June 2023
9	6	14:13.42	Sifan Hassan	NED	3	London	23 July 2023
10	7	14:16.54	Medina Eisa	ETH	4	London	23 July 2023
11	8	14:18.76	Tsige Gebreselama	ETH	1	Eugene-Pre	25 May <b>2024</b>
12		14:18.92	Ejgayehu Taye		2	Eugene-Pre	25 May <b>2024</b>

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

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