

2024 Olympic Games Statistics – Men's 10000m

by K Ken Nakamura

Records to look for in Paris:

- 1) Last time KEN won gold at 10000m is back in 1968. Can Mateiko Kipkorir or Kibet change that?
- 2) Can Cheptegei or Kiplimo win first gold for UGA at this event?
- 3) If Cheptegei, win, he will be the second (after Haile) World Junior Champion to win the Olympics.

Summary Page:

All time Performance List at the Olympic Games

| Performance | Performer | Time | Name | Nat | Pos | Venue | Year |
|-------------|-----------|----------|-----------------|-----|-----|----------------|------|
| 1 | 1 | 27:01.17 | Kenenisa Bekele | ETH | 1 | Beijing | 2008 |
| 2 | 2 | 27:02.77 | Sileshi Sihine | ETH | 2 | Beijing | 2008 |
| 3 | 3 | 27:04.11 | Micah Kogo | KEN | 3 | Beijing | 2008 |
| 4 | 4 | 27:04.11 | Moses Masai | KEN | 4 | Beijing | 2008 |
| 5 | | 27:05.10 | Kenenisa Bekele | | 1 | Athinai | 2004 |
| 6 | 5 | 27:05.11 | Zersenay Tadese | ERI | 5 | Beijing | 2008 |
| 7 | 6 | 27:05.17 | Mo Farah | GBR | 1 | Rio de Janeiro | 2016 |

Slowest winning time since 1972: 27:47.54 by Alberto Cova (ITA) in 1984

Margin of Victory

| | Difference | Winning time | Name | Nat | Venue | Year |
|-----|------------|--------------|--------------------|-----|-------------|------|
| Max | 47.8 | 29:59.6 | Emil Zatopek | TCH | London | 1948 |
| | 18.68 | 27:47.54 | Alberto Cova | ITA | Los Angeles | 1984 |
| Min | 0.09 | 27:18.20 | Haile Gebrselassie | ETH | Sydney | 2000 |

Best Marks for Places in the Olympics

| Pos | Time | Name | Nat | Venue | Year |
|-----|----------|-----------------|-----|---------|------|
| 1 | 27:01.17 | Kenenisa Bekele | ETH | Beijing | 2008 |
| 2 | 27:02.77 | Sileshi Sihine | ETH | Beijing | 2008 |
| 3 | 27:04.11 | Micah Kogo | KEN | Beijing | 2008 |
| 4 | 27:04.11 | Moses Masai | KEN | Beijing | 2008 |
| 5 | 27:05.11 | Zersenay Tadese | ERI | Beijing | 2008 |

Last ten Olympics:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|--------------------|-----|----------|------------------|-----|----------|------------------|-----|----------|
| 2021 | Selemon Barega | ETH | 27:43.22 | Joshua | UG | 27:43.63 | Jacob Kiplimo | UGA | 27:43.88 |
| 2016 | Mo Farah | GBR | 27:05.17 | Paul Tanui | KEN | 27:05.64 | Tamirat Tola | ETH | 27:06.26 |
| 2012 | Mo Farah | GBR | 27:30.42 | Galen Rupp | USA | 27:30.90 | Tariku Bekele | ETH | 27:31.43 |
| 2008 | Kenenisa Bekele | ETH | 27:01.17 | Sileshi Sihine | ETH | 27:02.77 | Micah Kogo | KEN | 27:04.11 |
| 2004 | Kenenisa Bekele | ETH | 27:05.10 | Sileshi Sihine | ETH | 27:09.39 | Zersenay Tadese | ERI | 27:22.57 |
| 2000 | Haile Gebrselassie | ETH | 27:18.20 | Paul Tergat | KEN | 27:18.29 | Assefa Mezgebu | ETH | 27:19.75 |
| 1996 | Haile Gebrselassie | ETH | 27:07.34 | Paul Tergat | KEN | 27:08.17 | Salah Hissou | MAR | 27:24.67 |
| 1992 | Khalid Skah | MAR | 27:46.70 | Richard Chelimo | KEN | 27:47.72 | Addis Abebe | ETH | 28:00.07 |
| 1988 | Brahim Boutayeb | MAR | 27:21.46 | Salvatore Antibo | ITA | 27:23.55 | Kipkemboi Kimeli | KEN | 27:25.16 |
| 1984 | Alberto Cova | ITA | 27:47.54 | Mike McLeod | GBR | 28:06.22 | Mike Musyoki | KEN | 28:06.46 |

All time Performance List at the Olympic Games

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|-------------|-----------|----------|-----------------------|-----|-----|----------------|------|
| 1 | 1 | 27:01.17 | Kenenisa Bekele | ETH | 1 | Beijing | 2008 |
| 2 | 2 | 27:02.77 | Sileshi Sihine | ETH | 2 | Beijing | 2008 |
| 3 | 3 | 27:04.11 | Micah Kogo | KEN | 3 | Beijing | 2008 |
| 4 | 4 | 27:04.11 | Moses Masai | KEN | 4 | Beijing | 2008 |
| 5 | | 27:05.10 | Kenenisa Bekele | | 1 | Athinai | 2004 |
| 6 | 5 | 27:05.11 | Zersenay Tadese | ERI | 5 | Beijing | 2008 |
| 7 | 6 | 27:05.17 | Mo Farah | GBR | 1 | Rio de Janeiro | 2016 |
| 8 | 7 | 27:05.64 | Paul Tanui | KEN | 2 | Rio de Janeiro | 2016 |
| 9 | 8 | 27:06.26 | Tamirat Tola | ETH | 3 | Rio de Janeiro | 2016 |
| 10 | 9 | 27:06.27 | Yigrem Demelash | ETH | 4 | Rio de Janeiro | 2016 |
| 11 | 10 | 27:06.68 | Haile Gebrselassie | ETH | 6 | Beijing | 2008 |
| 12 | | 27:07.34 | Haile Gebrselassie | | 1 | Atlanta | 1996 |
| 13 | 11 | 27:08.17 | Paul Tergat | KEN | 2 | Atlanta | 1996 |
| 14 | 12 | 27:08.25 | Martin Mathathi | KEN | 7 | Beijing | 2008 |
| 15 | 13 | 27:08.92 | Galen Rupp | USA | 5 | Rio de Janeiro | 2016 |
| 16 | | 27:09.39 | Sileshi Sihine | | 2 | Athinai | 2004 |
| 17 | 14 | 27:10.06 | Joshua Cheptegei | UGA | 6 | Rio de Janeiro | 2016 |
| 18 | | 27:18.20 | Haile Gebrselassie | | 1 | Sydney | 2000 |
| 19 | | 27:18.29 | Paul Tergat | | 2 | Sydney | 2000 |
| 20 | 15 | 27:19.75 | Assefa Mezegebu | ETH | 3 | Sydney | 2000 |
| 21 | 16 | 27:20.44 | Patrick Ivuti | KEN | 4 | Sydney | 2000 |
| 22 | 17 | 27:21.46 | Brahim Boutayeb | MAR | 1 | Seoul | 1988 |
| 23 | | 27:22.57 | Zersenay Tadese | | 3 | Athinai | 2004 |
| 24 | 18 | 27:22.93 | Bedan Karoki | KEN | 7 | Rio de Janeiro | 2016 |
| 25 | 19 | 27:23.55 | Salvatore Antibo | ITA | 2 | Seoul | 1988 |
| 26 | 20 | 27:23.75 | Abdullah Ahmad Hassan | QAT | 8 | Beijing | 2008 |
| 27 | | 27:23.86 | Zersenay Tadese | ERI | 8 | Rio de Janeiro | 2016 |
| 28 | 21 | 27:24.67 | Salah Hissou | MAR | 3 | Atlanta | 1996 |
| 29 | 22 | 27:24.75 | John Korir | KEN | 5 | Sydney | 2000 |
| 30 | 23 | 27:25.16 | Kipkemboi Kimeli | KEN | 3 | Seoul | 1988 |
| 31 | 24 | 27:25.33 | Fabian Joseph | TAN | 9 | Beijing | 2008 |
| 32 | 25 | 27:25.48 | Boniface Kiprop | UGA | 4 | Athinai | 2004 |
| 33 | | 27:27.28 | Boniface Kiprop | | 10 | Beijing | 2008 |
| 34 | | 27:27.90 | Haile Gebrselassie | | 5 | Athinai | 2004 |
| 35 | 26 | 27:29.33 | Selim Bayrak | TUR | 11 | Beijing | 2008 |
| 36 | | 27:30.42 | Mo Farah | | 1 | London | 2012 |
| 37 | 27 | 27:30.79 | Nguse Amlosom | ERI | 9 | Rio de Janeiro | 2016 |
| 38 | | 27:30.90 | Galen Rupp | USA | 2 | London | 2012 |
| 39 | 28 | 27:31.43 | Tariku Bekele | ETH | 3 | London | 2012 |
| 40 | 29 | 27:31.86 | Abraham Cheroben | BRN | 10 | Rio de Janeiro | 2016 |
| 41 | 30 | 27:31.94 | Geoffrey Kamworor | KEN | 11 | Rio de Janeiro | 2016 |
| 42 | | 27:32.44 | Kenenisa Bekele | | 4 | London | 2012 |
| 43 | | 27:32.94 | Bedan Karoki Muchiri | KEN | 5 | London | 2012 |
| 44 | | 27:33.51 | Zersenay Tadese | | 6 | London | 2012 |
| 45 | 32 | 27:33.67 | Zane Robertson | NZL | 12 | Rio de Janeiro | 2016 |
| 46 | 33 | 27:33.79 | Aloÿs Nizigama | BDI | 4 | Atlanta | 1996 |
| 47 | 34 | 27:34.76 | Teklemariam Medhin | ERI | 7 | London | 2012 |
| 48 | 35 | 27:35.08 | Josephat Machuka | KEN | 5 | Atlanta | 1996 |
| 49 | 36 | 27:35.19 | Paul Koech | KEN | 6 | Atlanta | 1996 |
| 50 | 37 | 27:35.50 | Polat Kemboi Arikan | TUR | 13 | Rio de Janeiro | 2016 |
| 51 | 38 | 27:35.65 | Leonard Korir | USA | 14 | Rio de Janeiro | 2016 |

| | | | | | | | |
|----|----|----------|---------------------------|-----|----|----------------|------|
| 52 | 39 | 27:36.11 | Kidane Tadasse | ERI | 12 | Beijing | 2008 |
| 53 | 40 | 27:36.34 | Gebregziabher Gebremariam | ETH | 8 | London | 2012 |
| 54 | 41 | 27:36.34 | Abadi Hadis | ETH | 15 | Rio de Janeiro | 2016 |
| 55 | 42 | 27:36.43 | Jean Louis Prianon | FRA | 4 | Seoul | 1988 |
| 56 | | 27:36.99 | Galen Rupp | | 13 | Beijing | 2008 |
| 57 | 43 | 27:37.83 | Said Berrioui | MAR | 6 | Sydney | 2000 |
| 58 | 44 | 27:38.35 | Lasse Viren | FIN | 1 | München | 1972 |

Slowest winning time since 1972: 27:47.54 by Alberto Cova (ITA) in 1984

Margin of Victory

| | Difference | Winning time | Name | Nat | Venue | Year |
|-----|------------|--------------|--------------------|-----|-------------|------|
| Max | 47.8 | 29:59.6 | Emil Zatopek | TCH | London | 1948 |
| | 18.68 | 27:47.54 | Alberto Cova | ITA | Los Angeles | 1984 |
| Min | 0.09 | 27:18.20 | Haile Gebrselassie | ETH | Sydney | 2000 |

Second line is largest margin since 1952

Difference between first and third

| | Diff | Winning time | 3 rd place time | Winner's Name | Nat | Venue | Year |
|-----|---------|--------------|----------------------------|--------------------|-----|----------------|------|
| Max | 1:19.8h | 30:23.2 | 31:43.0 | Ville Ritola | FIN | Paris | 1924 |
| | 54.0h | 29:59.6 | 30:53.6 | Emil Zatopek | TCH | London | 1948 |
| | 18.92 | 27:47.54 | 28:06.46 | Alberto Cova | ITA | Los Angeles | 1984 |
| Min | 0.66 | 27:43.22 | 27:43.88 | Selemon Barega | ETH | Tokyo | 2021 |
| | 1.01 | 27:30.42 | 27:31.43 | Mo Farah | GBR | London | 2012 |
| | 1.09 | 27:05.17 | 27:06.26 | Mo Farah | GBR | Rio de Janeiro | 2016 |
| | 1.4h | 28:24.4 | 28:25.8 | Billy Mills | USA | Tokyo | 1964 |
| | 1.55 | 27:18.20 | 27:19.75 | Haile Gebrselassie | ETH | Sydney | 2000 |

Second line is largest margin since 1956

Difference between third and fourth (medal versus no medal)

| | Difference | 3 rd place time | Name | Nat | Venue | Year |
|-----|------------|----------------------------|----------------|-----|----------------|------|
| Max | 34.0h | 30:35.0h | Lauri Virtanen | FIN | Los Angeles | 1932 |
| | 11.82 | 28:53.59 | Al Lawrence | AUS | Melbourne | 1956 |
| | 11.32 | 28:00.07 | Addis Abebe | ETH | Barcelona | 1992 |
| Min | 0.001 | 27:04.104 | Micah Kogo | KEN | Beijing | 2008 |
| | 0.01 | 27:06.26 | Tamirat Tola | ETH | Rio de Janeiro | 2016 |
| | 0.04 | 28:06.46 | Mike Musyoki | KEN | Los Angeles | 1984 |

Last two lines are two largest margin since 1932

Average of last ten Olympics

| | Average | 2021 | 2016 | 2012 | 2008 | 2004 | 2000 | 1996 | 1992 | 1988 | 1984 |
|----------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| Winning Time | 27:22.63 | 27:43.22 | 27:05.17 | 27:30.42 | 27:01.17 | 27:05.10 | 27:18.20 | 27:07.34 | 27:46.70 | 27:21.46 | 27:47.54 |
| Winning Medal | 27:30.44 | 27:43.88 | 27:06.26 | 27:31.43 | 27:04.11 | 27:22.57 | 27:19.75 | 27:24.67 | 28:00.07 | 27:25.16 | 28:06.46 |
| Missing Medal (4 th) | 27:34.30 | 27:46.16 | 27:06.27 | 27:32.44 | 27:04.11 | 27:25.48 | 27:20.44 | 27:33.79 | 28:11.39 | 27:36.43 | 28:06.50 |
| 8 th place | 27:51.03 | 27:52.03 | 27:23.86 | 27:36.34 | 27:23.75 | 27:57.09 | 27:44.09 | 27:50.73 | 28:27.11 | 27:47.23 | 28:28.08 |

Best Marks for Places in the Olympics

| Pos | Time | Name | Nat | Venue | Year |
|-----|----------|-----------------|-----|---------|------|
| 1 | 27:01.17 | Kenenisa Bekele | ETH | Beijing | 2008 |
| 2 | 27:02.77 | Sileshi Sihine | ETH | Beijing | 2008 |
| 3 | 27:04.11 | Micah Kogo | KEN | Beijing | 2008 |
| 4 | 27:04.11 | Moses Masai | KEN | Beijing | 2008 |

| | | | | | |
|---|----------|-----------------------|-----|---------|------|
| 5 | 27:05.11 | Zersenay Tadese | ERI | Beijing | 2008 |
| 6 | 27:06.68 | Haile Gebrselassie | ETH | Beijing | 2008 |
| 7 | 27:08.25 | Martin Mathathi | KEN | Beijing | 2008 |
| 8 | 27:23.75 | Abdullah Ahmad Hassan | QAT | Beijing | 2008 |

Best Marks for Places – All Competitions

| Pos | Time | Name | Nat | Venue | Day Month Year |
|-----|----------|--|-----|------------|----------------|
| 1 | 26:11.00 | Joshua Cheptegei | UGA | Valencia | 7 Oct 2020 |
| | 26:17.53 | Kenenisa Bekele | ETH | Bruxelles | 26 Aug 2005 |
| | 26:20.31 | Kenenisa Bekele | ETH | Ostrava | 8 June 2004 |
| 2 | 26:30.03 | Nicholas Kemboi | KEN | Bruxelles | 5 Sept 2003 |
| | 26:30.74 | Abebe Dinkesa | ETH | Hengelo | 29 May 2005 |
| | 26:31.13 | Berihu Aregawi | ETH | Nerja | 14 June 2024 |
| 3 | 26:34.93 | Selemon Barega | ETH | Nerja | 14 June 2024 |
| | 26:38.76 | Abdullah Ahmad Hassan (Albert Chepkurui) | QAT | Bruxelles | 5 Sept 2003 |
| | 26:41.75 | Samuel Wanjiru | KEN | Bruxelles | 26 Aug 2005 |
| 4 | 26:37.93 | Biniam Mehary | ETH | Nerja | 14 June 2024 |
| | 26:49.39 | Yomif Kejelcha | ETH | Hengelo | 5 June 2022 |
| | 26:50.63 | Paul Tanui | KEN | Eugene | 3 June 2011 |
| | 26:50.67 | Albert Chepkurui | KEN | Bruxelles | 30 Aug 2002 |
| 5 | 26:42.65 | Gemechu Dida | ETH | Nerja | 14 June 2024 |
| | 26:51.09 | Zersenay Tadese | ERI | Eugene | 3 June 2011 |
| | 26:52.60 | Sammy Kipketer | KEN | Bruxelles | 26 Aug 2005 |
| 6 | 26:46.80 | Tadese Worku | ETH | Nerja | 14 June 2024 |
| | 26:52.84 | Sileshi Sihine | ETH | Eugene | 3 June 2011 |
| | 26:52.93 | Mark Bett | KEN | Bruxelles | 26 Aug 2005 |
| 7 | 26:54.25 | Mathew Kisorio | KEN | Eugene | 3 June 2011 |
| | 26:55.51 | Merhawi Mebrahtu | ERI | Nerja | 14 June 2024 |
| | 26:57.57 | William Kincaid | USA | San Juan C | 16 Mar 2024 |
| | 26:59.19 | Abadi Hadis | ETH | London | 4 Aug 2017 |
| 8 | 26:54.64 | Mark Kiptoo | KEN | Eugene | 3 June 2011 |
| | 26:57.66 | Edwin Kurgat | KEN | San Juan C | 16 Mar 2024 |
| | 27:02.26 | Solomon Berihum | ETH | Hengelo | 17 July 2019 |
| | 27:02.35 | Mo Ahmed | CAN | London | 4 Aug 2017 |
| 9 | 26:55.29 | Leonard Komon | KEN | Eugene | 3 June 2011 |
| | 27:07.55 | Shadrack Kipchirchir | USA | London | 4 Aug 2017 |
| | 27:07.97 | Isaac Kimeli | BEL | San Juan C | 16 Mar 2024 |
| | 27:11.37 | Hagos Gebrhiwet | ETH | Doha | 6 Oct 2019 |
| | 27:11.93 | Eshetu Wondimu | ETH | Hengelo | 26 May 2007 |
| 10 | 27:06.35 | Geoffrey Kamworor Kipsang | KEN | Eugene | 3 June 2011 |
| | 27:08.81 | Patrick Dever | GBR | San Juan C | 16 Mar 2024 |
| | 27:08.94 | Andamlak Belihu | ETH | London | 4 Aug 2017 |
| | 27:14.04 | Sammy Kipketer | KEN | Hengelo | 26 May 2007 |
| 11 | 27:08.94 | Anthony Rotich | USA | San Juan C | 16 Mar 2024 |
| | 27:09.92 | Aron Kifle | ERI | London | 4 Aug 2017 |
| | 27:10.05 | Moses Masai | KEN | Eugene | 3 June 2011 |

Comparison of splits/laps in Olympic 10000m

| | 1000 | 2000 | 3000 | 4000 | 5000 | 6000 | 7000 | 8000 | 9000 | 10000 | 2 nd half |
|------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|----------------------|
| 2021 | 2:43.93 | 5:34.8 | 8:23.0 | 11:14.0 | 14:08.6 | 17:07.6 | 19:45.8 | 22:36.6 | 25:17.6 | 27:43.22 | |
| 2016 | 2:55.20 | 5:44.49 | 8:30.70 | 11:12.29 | 13:53.11 | 16:37.20 | 19:19.07 | 22:00.83 | 24:36.95 | 27:05.17 | 13:12.06 |

| | | | | | | | | | | | |
|------|---------------|---------------|---------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|
| 2012 | 2:54.88 | 5:59.56 | 8:42.45 | 11:23.16 | 14:05.79 | 16:52.71 | 19:32.58 | 22:15.49 | 25:01.97 | 27:30.42 | 13:24.63 |
| 2008 | 2:50.15 | 5:27.32 | 8:09.93 | 10:59.51 | 13:48.00 | 16:33.92 | 19:14.71 | 21:53.78 | 24:34.07 | 27:01.17 | 13:13.17 |
| 2004 | 2:50.85 | 5:45.16 | 8:33.98 | 11:15.87 | 13:50.87 | 16:34.51 | 19:11.92 | 21:57.18 | 24:37.19 | 27:05.10 | 13:14.23 |
| 2000 | 2:39.52 | 5:23.31 | 8:08.03 | 10:55.47 | 13:45.88 | 16:31.19 | 19:24.63 | 22:04.46 | 24:44.09 | 27:18.20 | 13:32.32 |
| 1996 | 2:48.32 | 5:31.26 | 8:16.67 | 11:06.63 | 13:55.22 | 16:35.48 | 19:18.36 | 22:01.98 | 24:35.88 | 27:07.34 | 13:12.12 |
| 1992 | 2:50.88 | 5:40.75 | 8:26.94 | 11:09.58 | 13:53.66 | 16:40.86 | 19:23.91 | 22:11.30 | 25:03.21 | 27:46.70 | 13:53.04 |
| 1988 | 2:41.7 | 5:28.5 | 8:07.8 | 10:50.1 | 13:35.3 | 16:20.1 | 19:04.6 | 21:50.2 | 24:35.8 | 27:21.46 | 13:46.16 |
| 1984 | 2:53.0 | 5:47.61 | 8:39.81 | 11:32.54 | 14:19.84 | 17:00.30 | 19:41.05 | 22:24.95 | 25:11.04 | 27:47.54 | 13:26.98 |
| 1980 | 2:53.2 | 5:42.4 | 8:27.3 | 11:14.4 | 14:03.0 | 16:49.9 | 19:36.1 | 22:24.1 | 25:10.1 | 27:42.69 | 13:39.69 |
| 1976 | 2:53.0 | 5:44.2 | 8:33.4 | 11:22.8 | 14:09.0 | 16:52.4 | 19:36.4 | 22:20.2 | 25:03.0 | 27:40.38 | 13:31.38 |
| 1972 | 2:37.0 | 5:18.8 | 8:06.4 | 10:55.6 | 13:44.0 | 16:35.8 | 19:27.8 | 22:17.8 | 25:09.2 | 27:38.35 | 13:54.35 |

| | 1000 | 2000 | 3000 | 4000 | 5000 | 6000 | 7000 | 8000 | 9000 | 10000 | Last Lap |
|------|---------------|---------------|---------------|----------------|----------------|----------------|----------------|----------------|---------------|----------------|----------|
| 2020 | 2:43.93 | 2:50.87 | 2:48.2 | 2:51.0 | 2:54.6 | 2:49.0 | 2:38.2 | 2:50.8 | 2:41.0 | 2:25:62 | 53.9 |
| 2016 | 2:55.20 | 2:49.29 | 2:46.21 | 2:41.59 | 2:40.42 | 2:44.09 | 2:41.87 | 2:41.76 | 2:36.12 | 2:28.22 | 55.37 |
| 2012 | 2:54.88 | 3:04.68 | 2:42.89 | 2:40.71 | 2:42.63 | 2:46.92 | 2:39.87 | 2:42.91 | 2:46.48 | 2:28.45 | 53.48 |
| 2008 | 2:50.15 | 2:37.17 | 2:42.61 | 2:49.58 | 2:48.49 | 2:45.92 | 2:40.79 | 2:39.07 | 2:40.29 | 2:27.10 | 53.42 |
| 2004 | 2:50.85 | 2:54.31 | 2:48.82 | 2:41.89 | 2:35.00 | 2:43.64 | 2:37.41 | 2:45.26 | 2:40.01 | 2:27.91 | 53.0 |
| 2000 | 2:39.52 | 2:43.79 | 2:44.72 | 2:47.44 | 2:50.41 | 2:45.31 | 2:53.44 | 2:39.83 | 2:39.63 | 2:34.11 | |
| 1996 | 2:48.32 | 2:42.94 | 2:45.41 | 2:49.96 | 2:48.59 | 2:40.26 | 2:42.88 | 2:43.62 | 2:33.9 | 2:31.46 | 57.5 |
| 1992 | 2:50.88 | 2:49.87 | 2:47.19 | 2:42.64 | 2:44.08 | 2:47.20 | 2:43.05 | 2:47.39 | 2:51.91 | 2:43.49 | |
| 1988 | 2:41.7 | 2:46.8 | 2:39.3 | 2:42.3 | 2:45.2 | 2:44.8 | 2:44.5 | 2:45.6 | 2:45.6 | 2:45.7 | |
| 1984 | 2:53.0 | 2:54.61 | 2:52.20 | 2:52.73 | 2:47.30 | 2:40.46 | 2:40.75 | 2:43.90 | 2:46.09 | 2:36.50 | |
| 1980 | 2:53.2 | 2:49.5 | 2:44.7 | 2:47.4 | 2:48.7 | 2:46.2 | 2:45.7 | 2:48.2 | 2:45.9 | 2:33.2 | |
| 1976 | 2:53.0 | 2:51.2 | 2:49.2 | 2:49.4 | 2:46.2 | 2:43.4 | 2:44.0 | 2:43.8 | 2:42.8 | 2:37.4 | 56.6 |
| 1972 | 2:37.0 | 2:41.8 | 2:47.8 | 2:49.2 | 2:48.4 | 2:51.8 | 2:52.0 | 2:50.0 | 2:51.4 | 2:29.2 | |
| 1968 | 2:58.5 | 2:58.4 | 2:58.7 | 2:58.7 | 3:00.2 | 3:03.6 | 2:58.5 | 3:00.6 | 2:53.4 | 2:36.3 | |
| 1964 | 2:42.2 | 2:47.4 | 2:48.0 | 2:55.8 | 2:51.4 | 2:53.2 | 2:54.8 | 2:54.6 | 2:58.6 | 2:38.6 | |
| 1960 | 2:48.2 | 2:49.2 | 2:52.3 | 2:54.9 | 2:57.6 | 2:56.4 | 2:53.1 | 2:50.1 | 2:51.8 | 2:38.58 | |
| 1956 | 2:43 | 2:48 | 2:55 | 2:50 | 2:51 | 2:55 | 2:59 | 3:00 | 2:52 | 2:52.6 | |
| 1952 | 2:52 | 2:59 | 2:57 | 2:57.6 | 2:57.8 | 2:55.8 | 2:54.8 | 2:57 | 2:57 | 2:49 | |

Multiple Gold Medalists:

| | |
|---------------------------|------------|
| Mo Farah (GBR): | 2012, 2016 |
| Kenenisa Bekele (ETH): | 2004, 2008 |
| Haile Gebrselassie (ETH): | 1996, 2000 |
| Lasse Viren (FIN): | 1972, 1976 |
| Emil Zapopek (TCH): | 1948, 1952 |
| Paavo Nurmi (FIN): | 1920, 1928 |

Multiple Medalists:

| | |
|---------------------------|--------------------------|
| Mo Farah (GBR) | 2012 Gold, 2016 Gold |
| Kenenisa Bekele (ETH): | 2004 Gold, 2008 Gold |
| Sileshi Sihine (ETH): | 2004 Silver; 2008 Silver |
| Haile Gebrselassie (ETH): | 1996 Gold, 2000 Gold |

| | |
|--------------------------|--------------------------|
| Paul Tergat (KEN) | 1996 Silver; 2000 Silver |
| Miruts Yifter (ETH) | 1972 Bronze, 1980 Gold |
| Lasse Viren (FIN): | 1972 Gold, 1976 Gold |
| Mohamed Gammoudi (TUN): | 1964 Silver; 1968 Bronze |
| Emil Zapopek (TCH): | 1948 Gold, 1952 Gold |
| Alain Mimoun (FRA): | 1948 Silver; 1952 Silver |
| Volmari Iso-Hollo (FIN): | 1932 Silver; 1936 Bronze |
| Edwin Wilde (SWE): | 1924 Silver, 1928 Bronze |
| Ville Ritola (FIN): | 1924 Gold; 1928 Silver |
| Paavo Nurmi (FIN): | 1920 Gold; 1928 Gold |

Multiple Medals by athletes from a single nation

| Nation | Year | Gold | Silver | Bronze |
|--------|------|--------------------|-------------------|-------------------|
| UGA | 2021 | | Joshua Cheptegei | Jacob Kiplimo |
| ETH | 2008 | Kenenisa Bekele | Sileshi Sihine | |
| ETH | 2004 | Kenenisa Bekele | Sileshi Sihine | |
| ETH | 2000 | Haile Gebrselassie | | Assefa Mezegebu |
| ETH | 1980 | Miruts Yifter | | Mohamed Kedir |
| FIN | 1936 | Ilmari Salminen | Arvo Askola | Volmari Iso-Hollo |
| FIN | 1932 | | Volmari Iso-Hollo | Lauri Virtanen |
| FIN | 1928 | Paavo Nurmi | Ville Ritola | |
| FIN | 1924 | Ville Ritola | | Eero Berg |
| FIN | 1912 | Hannes Kolehmainen | | Albin Stenroos |

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

| Nation | Men | Women | Venue | Year |
|--------|--------------------|-----------------|---------|------|
| ETH | Kenenisa Bekele | Tirunesh Dibaba | Beijing | 2008 |
| ETH | Haile Gebrselassie | Derartu Tulu | Sydney | 2000 |

Individual Medals by Countries:

| Nation | Gold | Silver | Bronze |
|--------|------|---------|--------|
| FIN | 7 | 4 | 4 |
| ETH | 6 | 3 | 6 |
| GBR | 2 | 1 | 2 |
| MAR | 2 | | 1 |
| URS | 2 | | 1 |
| TCH | 2 | | |
| KEN | 1 | 4 | 3 |
| USA | 1 | 2 | |
| ITA | 1 | 1 | |
| POL | 1 | | |
| FRA | | 3 | |
| SWE | | 1 | 2 |
| TUN | | 1 | 1 |
| UGA | | 1 | 1 |
| HUN | | 1 | |
| GER | | 1 (GDR) | |

| | | | |
|-----|--|---|---|
| BEL | | 1 | |
| POR | | 1 | |
| AUS | | | 3 |
| ERI | | | 1 |

World Champion with Olympic Gold medal

| Name | Nat | World Championships | Olympics |
|--------------------|-----|------------------------|------------|
| Mo Farah | GBR | 2013, 2015 | 2012, 2016 |
| Kenenisa Bekele | ETH | 2003, 2005, 2007, 2009 | 2004, 2008 |
| Haile Gebrselassie | ETH | 1993, 1995, 1997, 1999 | 1996, 2000 |
| Alberto Cova | ITA | 1983 | 1984 |

World Junior Championships medalist with Olympic Gold medal

| Name | Nat | World Junior Championships | Olympics |
|--------------------|-----|----------------------------|------------|
| Selemon Barega | ETH | 2016 (5000m) | 2020 |
| Haile Gebrselassie | ETH | 1992 | 1996, 2000 |

Olympic Champion who previous won World Youth Championships medal (at 3000m):

| Name | Nat | Olympics | World Youth Championships | Year |
|-----------------|-----|------------|---------------------------|------|
| Selemon Barega | ETH | 2020 | Gold | 2017 |
| Kenenisa Bekele | ETH | 2004, 2008 | Silver | 1999 |

Olympic Champion with European Championships gold medal

| Name | Nat | Olympics | European Championships |
|------------------|-----|------------|------------------------|
| Mo Farah | GBR | 2012, 2016 | 2010, 2014 |
| Alberto Cova | ITA | 1984 | 1982 |
| Pyotr Bolotnikov | URS | 1960 | 1962 |
| Emil Zatopek | TCH | 1948, 1952 | 1950, 1954 |
| Ilmari Salminen | FIN | 1936 | 1934, 1938 |

Olympic champion with Asian Games Gold medal: None

Asian never won a medal in the Olympic 10000m.

Olympic champion with All Africa Games gold medal:

| Name | Nat | Olympics | All African Games |
|---------------|-----|----------|-------------------|
| Miruts Yifter | ETH | 1980 | 1973 |

Olympic champion with Africa Championships gold medal:

| Name | Nat | Olympics | All African Games |
|-----------------|-----|----------|-------------------|
| Khalid Skah | MAR | 1992 | 1990 |
| Brahim Boutayeb | MAR | 1988 | 1988 |
| Miruts Yifter | ETH | 1980 | 1979 |

Olympic champion with Pan American Games gold medal: None

Olympic medalist with Commonwealth Games Gold medal

| Name | Nat | Olympics | Year | Commonwealth Games |
|------|-----|----------|------|--------------------|
|------|-----|----------|------|--------------------|

| | | | | |
|----------------|-----|--------|------|------|
| Brendan Foster | GBR | Bronze | 1976 | 1978 |
| Dave Powers | AUS | Bronze | 1960 | 1958 |

Last ten Olympics:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|--------------------|-----|----------|------------------|-----|----------|------------------|-----|----------|
| 2021 | Selemon Barega | ETH | 27:43.22 | Joshua Cheptegei | UGA | 27:43.63 | Jacob Kiplimo | UGA | 27:43.88 |
| 2016 | Mo Farah | GBR | 27:05.17 | Paul Tanui | KEN | 27:05.64 | Tamirat Tola | ETH | 27:06.26 |
| 2012 | Mo Farah | GBR | 27:30.42 | Galen Rupp | USA | 27:30.90 | Tariku Bekele | ETH | 27:31.43 |
| 2008 | Kenenisa Bekele | ETH | 27:01.17 | Sileshi Sihine | ETH | 27:02.77 | Micah Kogo | KEN | 27:04.11 |
| 2004 | Kenenisa Bekele | ETH | 27:05.10 | Sileshi Sihine | ETH | 27:09.39 | Zersenay Tadese | ERI | 27:22.57 |
| 2000 | Haile Gebrselassie | ETH | 27:18.20 | Paul Tergat | KEN | 27:18.29 | Assefa Mezgebu | ETH | 27:19.75 |
| 1996 | Haile Gebrselassie | ETH | 27:07.34 | Paul Tergat | KEN | 27:08.17 | Salah Hissou | MAR | 27:24.67 |
| 1992 | Khalid Skah | MAR | 27:46.70 | Richard Chelimo | KEN | 27:47.72 | Addis Abebe | ETH | 28:00.07 |
| 1988 | Brahim Boutayeb | MAR | 27:21.46 | Salvatore Antibo | ITA | 27:23.55 | Kipkemboi Kimeli | KEN | 27:25.16 |
| 1984 | Alberto Cova | ITA | 27:47.54 | Mike McLeod | GBR | 28:06.22 | Mike Musyoki | KEN | 28:06.46 |

Last twelve World Championships:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|------------------|-----|----------|--------------------|-----|----------|--------------------|-----|----------|
| 2023 | Joshua Cheptegei | UGA | 27:51.42 | Daniel Simiyu | KEN | 27:52.60 | Selemon Barega | ETH | 27:52.72 |
| 2022 | Joshua Cheptegei | UGA | 27:27.43 | Stanley Waitthaka | KEN | 27:27.90 | Jacob Kiplimo | UGA | 27:27.97 |
| 2019 | Joshua Cheptegei | UGA | 26:48.36 | Yomif Kejelcha | ETH | 26:49.34 | Rhonex Kipruto | KEN | 26:50.32 |
| 2017 | Mo Farah | GBR | 26:49.51 | Joshua Cheptegei | UGA | 26:49.94 | Paul Tanui | KEN | 26:50.60 |
| 2015 | Mo Farah | GBR | 27:01.13 | Geoffrey Kamworor | KEN | 27:01.76 | Paul Tanui | KEN | 27:02.83 |
| 2013 | Mo Farah | GBR | 27:21.71 | Ibrahim Jeilan | ETH | 27:22.23 | Paul Tanui | KEN | 27:22.61 |
| 2011 | Ibrahim Jeilan | ETH | 27:13.81 | Mo Farah | GBR | 27:14.07 | Imane Merga | ETH | 27:19.14 |
| 2009 | Kenenisa Bekele | ETH | 26:46.31 | Zersenay Tadese | ERI | 26:50.12 | Moses Masai | KEN | 26:57.39 |
| 2007 | Kenenisa Bekele | ETH | 27:05.90 | Sileshi Sihine | ETH | 27:09.03 | Martin Mathathi | KEN | 27:12.17 |
| 2005 | Kenenisa Bekele | ETH | 27:08.33 | Sileshi Sihine | ETH | 27:08.87 | Moses Mosop | KEN | 27:08.96 |
| 2003 | Kenenisa Bekele | ETH | 26:49.57 | Haile Gebrselassie | ETH | 26:50.77 | Sileshi Sihine | ETH | 27:01.44 |
| 2001 | Charles Kamathi | KEN | 27:53.25 | Assefa Mezegebu | ETH | 27:53.97 | Haile Gebrselassie | ETH | 27:54.41 |

Last ten World Junior Championships:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|----------------------|-----|----------|---------------------|-----|----------|-------------------------|-----|----------|
| 2018 | Rhonex Kipruto | KEN | 27:21.08 | Jacob Kiplimo | UG | 27:40.36 | Berihu Aregawi | ETH | 27:48.41 |
| 2016 | Rodgers Chumo Kwemoi | KEN | 27:25.23 | Aron Kifle | ERI | 27:26.20 | Jacob Kiplimo | KEN | 27:26.68 |
| 2014 | Joshua Cheptegei | UG | 28:32.8 | Elvis Cheboi | KEN | 28:35.20 | Nicholas Kosimbei | KEN | 28:38.68 |
| 2012 | Yigrem Demelash | ETH | 28:16.07 | Philemon Cheboi | KEN | 28:23.98 | Geoffrey Kipkorir Kirui | KEN | 28:30.47 |
| 2010 | Dennis Masai | KEN | 27:53.88 | Abraham Gebretsadik | ETH | 28:03.45 | Paul Kipchumba | KEN | 28:14.55 |
| 2008 | Josphat Bett | KEN | 27:30.85 | Titus Mbishei | KEN | 27:31.65 | Ibrahim Jeylan | ETH | 28:07.98 |
| 2006 | Ibrahim Jeylan | ETH | 28:53.29 | Joseph Ebuya | KEN | 28:53.46 | Adam Ismail Khamis | BRN | 28:54.30 |
| 2004 | Boniface Kiprop | UGA | 28:03.77 | Fabiano Joseph | TAN | 28:04.45 | Ryuji Ono | JPN | 28:30.45 |
| 2002 | Geb Gebremariam | ETH | 29:02.71 | Sileshi Sihine | ETH | 29:03.74 | Solomon Bushendich | KEN | 29:05.96 |
| 2000 | Robert Kipchumba | KEN | 28:54.37 | Duncan Lebo | KEN | 28:58.39 | Abraham Hadush | ETH | 29:44.85 |

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 | Richard Yator | KEN | 7:54.45 | Davis Kiplangat | KEN | 7:54.52 | Tefere Mosisa | ETH | 7:55.04 |
| 2013 | Yomif Kejelcha | ETH | 7:53.56 | Vedic Kipkoeh | 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 nine European Championships:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|---------------------|-----|----------|-----------------|-----|----------|------------------------|-----|----------|
| 2024 | Dominic Lobalu | SUI | 28:00.32 | Yann Schrub | FRA | 28:00.48 | Thierry Ndikumwenayo | ESP | 28:00.96 |
| 2022 | Yemaneberhan | ITA | 27:46.13 | Zerei Kbrom | NOR | 27:46.94 | Yann Schrub | FRA | 27:47.13 |
| 2018 | Morhad Amdouni | FRA | 28:11.22 | Bashir Abdi | BEL | 28:11.76 | Yemaneberhan Crippa | ITA | 28:12.15 |
| 2016 | Polat Kemboi Arikan | TUR | 28:18.52 | Ali Kaya | TUR | 28:21.42 | Antonio Abadia | ESP | 28:26.07 |
| 2014 | Mo Farah | GB | 28:08.1 | Andrew Vernon | GBR | 28:08.66 | Ali Kaya | TUR | 28:08.72 |
| 2012 | Polat Arikan | TUR | 28:22.27 | Daniele Meucci | ITA | 28:22.73 | Yevgeniy Rybakov | RU | 28:22.95 |
| 2010 | Mo Farah | GBR | 28:24.99 | Chris Thompson | GBR | 28:27.33 | Daniele Meucci | ITA | 28:27.33 |
| 2006 | Jan Fitschen | GER | 28:10.94 | Jose M Martinez | ESP | 28:12.06 | Juan Carlos de la Ossa | ESP | 28:13.73 |
| 2002 | Jose Martinez | ESP | 27:47.65 | Dieter Baumann | GER | 27:47.87 | Jose Rios | ESP | 27:48.29 |

Last six Asian Games:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|----------------------|-----|----------|--------------------|-----|----------|--------------------|-----|----------|
| 2023 | Birhanu Balew | BRN | 28:13.62 | Kartik Kumar | IND | 28:15.38 | Gulveer Singh | IND | 28:17.21 |
| 2018 | Hassan Chani | BRN | 28:35.54 | Abraham Cheroben | BR | 29:00.29 | Zhao Changhong | CH | 30:07.49 |
| 2014 | El Hassan El Abbassi | BRN | 28:11.20 | Suguru Osako | JPN | 28:11.94 | Isaac Korir | BRN | 28:45.65 |
| 2010 | Bilisuma Shume | BRN | 27:32.72 | Essa Rasheed | QAT | 27:33.09 | Hasan Mahboob | BRN | 27:40.07 |
| 2006 | Hasan Mahbood Ali | BRN | 27:58.88 | Essa Ismail Rashed | QAT | 27:59.15 | Adam Ismail Khamis | BRN | 28:02.08 |
| 2002 | Moukhled Al-Outaibi | KSA | 28:41.89 | Ahmed Ibrahim | QAT | 28:43.53 | Abdulah Zakaria | BRN | 28:46.11 |

Last eleven Asian Championships:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|-----------------------|-----|----------|-----------------------|-----|----------|---------------------|-----|----------|
| 2023 | Ren Tazawa | JPN | 29:18.4 | Shadrack Kimutai | KAZ | 29:31.63 | Abhishek Pal | IND | 29:33.26 |
| 2019 | Dawit Fikadu | BR | 28:26.3 | Hassan Chani | BR | 28:31.3 | Murli Kumar Gavitt | IND | 28:38.34 |
| 2016 | G Lakshmanan | IND | 29:55.8 | Gopi Thonakal | IND | 29:58.89 | Adilet Kyshtakbekov | KR | 30:06.65 |
| 2015 | El Hassan El Abbassi | BR | 28:50.7 | Govindan Lakshaman | IND | 29:42.8 | Andrey Petrov | UZB | 30:20.68 |
| 2013 | Alemu Bekele | BRN | 28:47.2 | Bilisuma Shume | BRN | 28:58.67 | Rati Ram | IND | 29:35.42 |
| 2011 | Hasan Mahboob Ali | BRN | 28:35.49 | Bilisuma Shume Gelasa | BRN | 28:36.30 | Akinobu Murasawa | JPN | 28:40.63 |
| 2009 | Hasan Mahboob Ali | BRN | 28:23.70 | Nicholas Kemboi | QAT | 28:25.22 | Abdullah Ahmad | QAT | 28:28.38 |
| 2007 | Abdullah Ahmad Hassan | QAT | 29:45.95 | Al Saadoun Al-Dawoodi | QAT | 29:58.33 | Hassan Mahboob | BRN | 30:05.12 |
| 2005 | Essa Ismail Rashid | QAT | 29:03.60 | Moukhled Al-Outaibi | KSA | 29:04.85 | Ali S Al-Dawoodi | QAT | 29:05.93 |
| 2003 | Abdullah Ahmed Hassan | QAT | 28:45.64 | Abdulah Zakaria | BRN | 30:04.13 | Eduardo Buenavista | PHI | 30:06.29 |
| 2002 | Ahmed Ibrahim Warsama | QAT | 30:19.62 | Arman Majid Awadh | QAT | 30:21.05 | Jagannath Lakade | IND | 30:39.44 |

Last six All Africa Games:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|-----------------|-----|----------|------------------|-----|----------|-----------------|-----|----------|
| 2024 | Nibret Melak | ETH | 29:45.37 | Gemechu Dida | ETH | 29:45.68 | Evans Keitany | KEN | 29:47.61 |
| 2019 | Berhanu Wendemu | ETH | 27:56.81 | Aron Kifle | ERI | 27:57.79 | Jemal Yimer | ETH | 27:59.02 |
| 2015 | Tebalu Zawude | ETH | 27:27.19 | Leonard Barsoton | KEN | 27:27.55 | Adugna Takele | ETH | 27:28.40 |
| 2011 | Ibrahim Jeylan | ETH | 28:18.22 | Bedan Karoki | KEN | 28:19.32 | Azmeraw Bekele | ETH | 28:20.61 |
| 2007 | Zersenay Tadese | ERI | 27:00.30 | Tadese Tola | ETH | 27:28.08 | Geb Gebremariam | ETH | 27:41.24 |
| 2003 | Sileshi Sihine | ETH | 27:42.13 | Geb Gebremariam | ETH | 27:43.12 | Dejene Birhanu | ETH | 27:47.19 |

Last eleven African Championships:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|--------------|-----|----------|-----------------|-----|----------|-------------------|-----|----------|
| 2024 | Nibret Melak | ETH | 28:52.27 | Gemechu Dida | ETH | 28:52.79 | Roncer Konga | KEN | 28:52.94 |
| 2022 | Mogos Tuemay | ETH | 29:19.01 | Chimdesa Debele | ETH | 29:22.74 | Abraham | KEN | 29:23.02 |
| 2018 | Jemal Yimer | ETH | 29:08.01 | Andamlak Belihu | ETH | 29:11.09 | Timothy Toroitich | UG | 29:11.87 |

| | | | | | | | | | |
|------|-------------------|-----|----------|----------------------|-----|----------|-----------------|-----|----------|
| 2016 | Stephen Mokoka | RSA | 28:02.97 | W Kimitei | KEN | 28:03.18 | Nkhasi | LES | 28:06.33 |
| 2014 | Nguse Amlosom | ERI | 28:11.07 | Mustapha El Aziz | MAR | 28:11.36 | Josephat Bett | KEN | 28:11.61 |
| 2012 | Kenneth Kipkemoi | KEN | 27:19.74 | Mark Kiptoo | KEN | 27:20.77 | Lewis Mosoti | KEN | 27:22.54 |
| 2010 | Wilson Kiprop | KEN | 27:32.91 | Moses Kipsiro | UGA | 27:33.37 | Geoffrey Mutai | KEN | 27:33.83 |
| 2008 | Gebre Gebremariam | ETH | 28:17.11 | Ibrahim Jeylan | ETH | 28:30.66 | Eshetu Wondimu | ETH | 28:56.36 |
| 2006 | Moses Kipsiro | UGA | 28:03.46 | Mike Kigen | KEN | 28:03.70 | Abebe Dinkesa | ETH | 28:05.07 |
| 2004 | Charles Kamathi | KEN | 28:07.83 | Abebe Dinkesa | ETH | 28:10.49 | Yebeltal Admasu | ETH | 28:28.59 |
| 2002 | Paul Kosgei | KEN | 28:44.81 | John Cheruiyot Korir | KEN | 28:45.23 | Benjamin Maiyo | KEN | 28:45.24 |

Last six Pan American Games:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|---------------------|-----|----------|---------------------|-----|----------|--------------------|-----|----------|
| 2023 | Isai Rodriguez | USA | 28:17.84 | Sam Chelanga | USA | 29:01.21 | Alberto Gonzalez | EAI | 29:12.24 |
| 2019 | Ederson Pereira | BRA | 28:27.47 | Reid Buchanan | USA | 28:28.41 | Lawi Lalang | USA | 28:31.75 |
| 2015 | Mo Ahmed | CA | 28:49.96 | Aron Rono | USA | 28:50.83 | Juan Luis Barrios | MEX | 28:51.57 |
| 2011 | Marilson dos Santos | BRA | 29:00.64 | Juan Carlos Romero | MEX | 29:41.00 | Giovani dos Santos | BRA | 29:51.71 |
| 2007 | David Galvan | MEX | 28:08.74 | Marilson dos Santos | BRA | 28:09.30 | Alejandro Suarez | MEX | 28:09.95 |
| 2003 | Teodoro Vega | MEX | 28:49.38 | Marilson dos Santos | BRA | 28:49.48 | Dan Browne | USA | 29:06.23 |

Last six Commonwealth Games:

| Year | Gold | Nat | Time | Silver | Nat | Time | Bronze | Nat | Time |
|------|------------------|-----|----------|-------------------|-----|----------|-----------------|-----|----------|
| 2022 | Jacob Kiplimo | UGA | 27:09.19 | Daniel Simiu | KEN | 27:11.26 | Kibiwott Kandie | KEN | 27:20.34 |
| 2018 | Joshua Cheptegei | UGA | 27:19.62 | Mo Ahmed | CAN | 27:20.56 | Rodgers Kwemoui | KEN | 27:28.66 |
| 2014 | Moses Kipsiro | UGA | 27:56.11 | Josphat Bett | KEN | 27:56.14 | Cameron Levins | CAN | 27:56.23 |
| 2010 | Moses Kipsiro | UGA | 27:57.39 | Daniel Salel | KEN | 27:57.57 | Joseph Birech | KEN | 27:58.58 |
| 2006 | Boniface Kiprop | UGA | 27:50.99 | Geoffrey Kipngeno | KEN | 27:51.16 | Fabiano Joseph | TAN | 27:51.99 |
| 2002 | Wilberfoce Talel | KEN | 27:45.39 | Paul Kosgei | KEN | 27:45.46 | John Yuda | TAN | 27:45.78 |

Fastest 10000m in Paris

| Performance | Performer | Time | Name | Nat | Pos | DMY |
|-------------|-----------|------------|-----------------------|-----|-----|-------------|
| 1 | 1 | 26:49.57 * | Kenenisa Bekele | ETH | 1 | 24 Aug 2003 |
| 2 | 2 | 26:50.77 * | Haile Gebrselassie | ETH | 2 | 24 Aug 2003 |
| 3 | 3 | 27:01.44 * | Sileshi Sihine | ETH | 3 | 24 Aug 2003 |
| 4 | 4 | 27:18.28 * | Abdullah Ahmad Hassan | QAT | 4 | 24 Aug 2003 |
| 5 | 5 | 27:19.94 * | John Cheruiyot Korir | KEN | 5 | 24 Aug 2003 |
| 6 | 6 | 27:22.95 | Fernando Mamede | POR | 1 | 9 July 1982 |

* Indicates the performances recorded in Saint Denis

Fastest 10000m in August

| Performance | Performer | Time | Name | Nat | Pos | Venue | DMY |
|-------------|-----------|----------|-----------------|-----|-----|-----------|-------------|
| 1 | 1 | 26:17.53 | Kenenisa Bekele | ETH | 1 | Bruxelles | 26 Aug 2005 |
| 2 | 2 | 26:27.85 | Paul Tergat | KEN | 1 | Bruxelles | 22 Aug 1997 |
| 3 | 3 | 26:35.63 | Micah Kogo | KEN | 1 | Bruxelles | 25 Aug 2006 |

Combined 2023 & 2024 World List

| Performance | Performer | Time | Name | Nat | Pos | Venue | DMY |
|-------------|-----------|----------|----------------|-----|-----|-------|---------------------|
| 1 | 1 | 26:31.01 | Yomif Kejelcha | ETH | 1 | Nerja | 14 June 2024 |
| 2 | 2 | 26:31.13 | Berihu Aregawi | ETH | 2 | Nerja | 14 June 2024 |
| 3 | 3 | 26:34.93 | Selemon Barega | ETH | 3 | Nerja | 14 June 2024 |
| 4 | 4 | 26:37.93 | Biniyam Mehary | ETH | 4 | Nerja | 14 June 2024 |
| 5 | 5 | 26:42.65 | Gemechu Dida | ETH | 5 | Nerja | 14 June 2024 |
| 6 | 6 | 26:46.80 | Tadese Worku | ETH | 6 | Nerja | 14 June 2024 |

| | | | | | | | |
|----|----|----------|-------------------|-----|---|--------|--------------------|
| 7 | | 26:50.66 | Berihu Aregawi | | 1 | Nerja | 23 June 2023 |
| 8 | 7 | 26:50.81 | Daniel Mateiko | KEN | 1 | Eugene | 25 May 2024 |
| 9 | 8 | 26:50.94 | Nicholas Kipkorir | KEN | 2 | Eugene | 25 May 2024 |
| 10 | 9 | 26:51.09 | Benard Kibet | KEN | 3 | Eugene | 25 May 2024 |
| 11 | 10 | 26:51.54 | Edwin Kurgat | KEN | 4 | Eugene | 25 May 2024 |
| 12 | | 26:51.87 | Selemon Barega | | 2 | Nerja | 23 June 2023 |

Please send any corrections to KKenNakamura@gmail.com

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