

# 2024 Olympic Games Statistics - Men's 3000mSC

by K Ken Nakamura

The records to look for in Paris:

- 1) Can El Bakkali become third steeple chaser to win this event twice?
- 2) Can Girma win first gold for ETH?

**Summary Page:**

## All time Performance List at the Olympic Games

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:03.28	Conseslus Kipruto	KEN	1	Rio de Janeiro	2016
2	2	8:04.28	Evan Jager	USA	2	Rio de Janeiro	2016
3	3	8:05.51	Julius Kariuki	KEN	1	Seoul	1988
4	4	8:05.81	Ezekiel Kemboi	KEN	1	Athinai	2004
5	5	8:06.11	Brimin Kipruto	KEN	2	Athinai	2004
6	6	8:06.64	Paul Kipsiele Koech	KEN	3	Athinai	2004
7	7	8:06.79	Peter Koech	KEN	2	Seoul	1988
8	8	8:07.12	Joseph Keter	KEN	1	Atlanta	1996

**Slowest winning time since 1976:** 8:21.43 by Reuben Kosgei (KEN) in 2000

## Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	20.6h 10.4h	10:00.4h 9:33.6h	Percy Hodge Ville Ritola	GBR FIN	Antwerp Paris	1920 1924
Min	0.15	8:10.34	Brimin Kipruto	KEN	Beijing	2008

## Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	8:03.28	Conseslus Kipruto	KEN	Rio de Janeiro	2016
	8:05.51	Julius Kariuki	KEN	Seoul	1988
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	8:06.11	Brimin Kipruto	KEN	Athinai	2004
3	8:06.64	Paul K Koech	KEN	Athinai	2004

## Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:18.12	7h2	Avinash Mukund Sable	IND	Tokyo	2021

## Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	8:03.28	Conseslus Kipruto	KEN	Rio de Janeiro	2016
Semi-final	8:15.63	William Van Dijck	BEL	Seoul	1988
First round	8:09.83 (2 rounds case)	Lamecha Girma	ETH	Tokyo	2021
	8:19.45 (3 rounds case)	Julius Kariuki	KEN	Los Angeles	1984

## Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2021	Soufiane El Bakkali	MAR	8:08.90	Lamecha Girma	ETH	8:10.38	Benjain Kigen	KEN	8:11.45
2016	Conseslus Kipruto	KEN	8:03.28	Evan Jager	USA	8:04.28	Mahiede Mekhissi	FRA	8:11.52
2012	Ezekiel Kemboi	KEN	8:18.56	Mahiedine Mekhissi-Benabbad	FRA	8:19.08	Abel Kiprop Mutai	KEN	8:19.73
2008	Brimin Kipruto	KEN	8:10.34	Mahiedine Mekhissi-Benabbad	FRA	8:10.49	Richard Mateelong	KEN	8:11.01
2004	Ezekiel Kemboi	KEN	8:05.81	Brimin Kipruto	KEN	8:06.11	Paul Kipsiele	KEN	8:06.64
2000	Reuben Kosgei	KEN	8:21.43	Wilson Boit Kipketer	KEN	8:21.77	Ali Ezzine	MAR	8:22.15
1996	Joseph Keter	KEN	8:07.12	Moses Kiptanui	KEN	8:08.33	A Lambruschini	ITA	8:11.28
1992	Matthew Birir	KEN	8:08.84	Patrick Sang	KEN	8:09.55	William Mutwol	KEN	8:10.74
1988	Julius Kariuki	KEN	8:05.51	Peter Koech	KEN	8:06.79	Mark Rowland	GBR	8:07.96

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6	6	8:06.64	Paul Kipsiele Koech	KEN	3	Athinai	2004
7	7	8:06.79	Peter Koech	KEN	2	Seoul	1988
8	8	8:07.12	Joseph Keter	KEN	1	Atlanta	1996
9	9	8:07.18	Obaid Musa Amer	QAT	4	Athinai	2004
10	10	8:07.96	Mark Rowland	GBR	3	Seoul	1988
11	11	8:08.02	Anders Gärderud	SWE	1	Montreal	1976
12	12	8:08.33	Moses Kiptanui	KEN	2	Atlanta	1996
13	13	8:08.84	Matthew Birir	KEN	1	Barcelona	1992
14	14	8:08.90	Soufiane El Bakkali	MAR	1	Tokyo	2021
15	15	8:09.11	Bronislaw Malinowski	POL	2	Montreal	1976
16	16	8:09.55	Patrick Sang	KEN	2	Barcelona	1992
17		8:09.70	Bronislaw Malinowski		1	Moskva	1980
18	17	8:09.83	Lamecha Girma	ETH	1h1	Tokyo	2021
19	18	8:09.92	Ryuji Miura	JPN	2h1	Tokyo	2021
20		8:10.34	Brimin Kipruto		1	Beijing	2008
21	19	8:10.36	Frank Baumgarti	GDR	3	Montreal	1976
22		8:10.38	Lamecha Girma		2	Tokyo	2021
23	20	8:10.49	Mahiedine Mekhissi-Benabbad	FRA	2	Beijing	2008
24	21	8:10.74	William Mutwol	KEN	3	Barcelona	1992
25	22	8:10.80	Benjamin Kigen	KEN	3h1	Tokyo	2021
26	23	8:11.01	Richard Matelong	KEN	3	Beijing	2008
27	24	8:11.28	Alessandro Lambruschini	ITA	3	Atlanta	1996
28		8:11.45	Benjamin Kigen		3	Tokyo	2021
29		8:11.52	Mahiedine Mekhissi		3	Rio de Janeiro	2016
30	25	8:11.64	Luis Miguel Martin	ESP	5	Athinai	2004
31	26	8:11.80	Julius Korir	KEN	1	Los Angeles	1984
32		8:12.17	Alessandro Lambruschini		4	Seoul	1988
33	27	8:12.25	Abraham Kibiwot	KEN	1h2	Tokyo	2021
34	28	8:12.48	Filbert Bayi	TAN	2	Moskva	1980
35	29	8:12.55	Getnet Wale	ETH	2h2	Tokyo	2021
36	30	8:12.60	Tapio Kantanen	FIN	4	Montreal	1976
37	31	8:12.71	Ahmed Abdelwahed	ITA	3h2	Tokyo	2021
38	32	8:13.25	Simon Vroemen	NED	6	Athinai	2004
39	33	8:13.31	Joseph Mahmoud	FRA	2	Los Angeles	1984
40	34	8:13.47	Yacob Jarso	ETH	4	Beijing	2008
41	35	8:13.56	Matthew Hughes	CAN	4h2	Tokyo	2021
42	36	8:13.57	Eshetu Tura	ETH	3	Moskva	1980
43	37	8:13.99	William Van Dijck	BEL	5	Seoul	1988
44	38	8:14.06	Brian Diemer	USA	3	Los Angeles	1984
45	39	8:14.06	Ala Zoghlami	ITA	4h1	Tokyo	2021
46	40	8:14.25	Henry Marsh	USA	4	Los Angeles	1984
47	41	8:14.26	Bouabdallah Tahri	FRA	7	Athinai	2004
48		8:14.35	Soufiane El Bakkali		4	Rio de Janeiro	2016
49		8:14.39	Henry Marsh	USA	6	Seoul	1988
50	42	8:14.63	Yemane Haileselassie	ERI	5h2	Tokyo	2021
51		8:14.79	Bouabdallah Tahri		5	Beijing	2008

52		8:14.97	Getnet Wale	4	Tokyo	2021
53		8:15.11	Brimin Kipruto	1h2	Athinai	2004

**Slowest winning time since 1976:** 8:21.43 by Reuben Kosgei (KEN) in 2000

### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	20.6h	10:00.4h	Percy Hodge	GBR	Antwerp	1920
	10.4h	9:33.6h	Ville Ritola	FIN	Paris	1924
	9.5h	9:21.7h	Toivo Loukola	FIN	Amsterdam	1928
	5.84	8:45.68	Horace Ashenfelter	USA	Helsinki	1952
Min	0.15	8:10.34	Brimin Kipruto	KEN	Beijing	2008

Only 3000m SC results are listed

### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	31.6h	10:00.4h	10:32.0h	Percy Hodge	GBR	Antwerp	1920
	13.9h	9:21.7h	9:35.6h	Toivo Loukola	FIN	Amsterdam	1928
	11.6h	9:33.6h	9:33.6h	Ville Ritola	FIN	Paris	1924
	8.24	8:03.28	8:11.52	Conseslus Kipruto	KEN	Rio de Janeiro	2016
	8.04	8:34.30	8:34.30	Zdzislaw Krzyszkowiak	POL	Roma	1960
Min	0.67	8:10.34	8:11.01	Brimin Kipruto	KEN	Beijing	2008

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

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	10.2h	9:45.2h	Paul Bontemps	FRA	Paris	1924
	5.90	8:11.28	Alessandro Lambruschini	ITA	Atlanta	1996
Min	0.08	8:22.15	Ali Ezzine	MAR	Sydney	2000

### Fastest time in each round (3rounds in 1980, 1984, 1988, 1992, 1996)

Round	Time	Name	Nat	Venue	Year
Final	8:03.28	Conseslus Kipruto	KEN	Rio de Janeiro	2016
	8:05.51	Julius Kariuki	KEN	Seoul	1988
Semi-final	8:15.63	William Van Dijck	BEL	Seoul	1988
First round	8:09.83 (2 rounds case)	Lamecha Girma	ETH	Tokyo	2021
	8:09.92 (2 rounds case)	Ryuji Miura	JPN	Tokyo	2021
	8:19.45 (3 rounds case)	Julius Kariuki	KEN	Los Angeles	1984

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:18.12	7h2	Avinash Mukund Sable	IND	Tokyo	2021

### Average of last ten Olympics

	Average	2021	2016	2012	2008	2004	2000	1996	1992	1988	1984
Winning Time	8:10.16	8:08.90	8:03.28	8:18.56	8:10.34	8:05.81	8:21.43	8:07.12	8:08.84	8:05.51	8:11.80
Winning Medal	8:12.65	8:11.45	8:11.52	8:19.73	8:11.01	8:06.64	8:22.15	8:11.28	8:10.74	8:07.96	8:14.06
Missing medal (4 <sup>th</sup> )	8:15.13	8:14.97	8:14.35	8:20.00	8:13.47	8:07.18	8:22.23	8:17.18	8:15.52	8:12.17	8:14.25
8 <sup>th</sup> place	8:20.96	8:17.44	8:25.81	8:25.91	8:16.59	8:15.58	8:26.70	8:23.39	8:20.71	8:15.97	8:21.51
Slowest to make final	8:24.67	8:19.36	8:27.69	8:29.13	8:23.66	8:24.68	8:25.70	8:27.99	8:27.46	8:19.99	8:21.07

### Best Marks for Places in the Olympics

Pos	Time	Name	Nat	Venue	Year
1	8:03.28	Conseslus Kipruto	KEN	Rio de Janeiro	2016
	8:05.51	Julius Kariuki	KEN	Seoul	1988
2	8:04.28	Evan Jager	USA	Rio de Janeiro	2016
	8:06.11	Brimin Kipruto	KEN	Athinai	2004
3	8:06.64	Paul K Koech	KEN	Athinai	2004
4	8:07.18	Obaid Musa Amer	QAT	Athinai	2004
5	8:11.64	Luis Miguel Martin	ESP	Athinai	2004
6	8:13.25	Simon Vroemen	NED	Athinai	2004
7	8:14.26	Bouabdallah Tahri	FRA	Athinai	2004

### Best Marks for Places – All Competitions

Pos	Time	Name	Nat	Venue	Day Month Year
1	7:52.11	Lamecha Girma	ETH	Paris	9 June 2023
	7:53.63	Saif Saeed Shaheen	QAT	Bruxelles	3 Sept 2004
	7:53.64	Brimin Kipruto	KEN	Monaco	22 July 2011
2	7:55.76	Ezekiel Kemboi	KEN	Monaco	22 July 2011
	7:56.16	Moses Kiptanui	KEN	Köln	24 Aug 1997
3	7:57.32	Paul Kipsiele Koech	KEN	Monaco	22 July 2011
	7:58.66	Stephen Cherono (Shaheen)	KEN	Bruxelles	24 Aug 2001
4	8:01.26	Paul Kipsiele Koech	KEN	Berlin	18 Aug 2009
	8:01.69	Kipkirui Misoi	KEN	Bruxelles	24 Aug 2001
5	8:05.23	Djilali Bedrani	FRA	Doha	4 Oct 2019
	8:05.72	Abraham Kibiwott	KEN	Monaco	12 July 2019
	8:05.89	Brimin Kipruto	KEN	Bruxelles	3 Sept 2004
	8:06.25	Patrick Sang	KEN	Monaco	16 Aug 1997
6	8:05.96	Richard Mateelong	KEN	Bruxelles	3 Sept 2004
	8:06.95	Benjamin Kigen	KEN	Doha	4 Oct 2019
	8:07.75	Jonathan Ndiku	KEN	Monaco	22 July 2011
7	8:08.22	Hillary Kipsang Yego	KEN	Monaco	22 July 2011
	8:08.52	Abraham Kibiwot	KEN	Doha	4 Oct 2019
	8:09.16	Moussa Omar Obaid	QAT	Bruxelles	3 Sept 2004
8	8:09.33	Hillary Bor	USA	Doha	4 Oct 2019
	8:09.50	Takele Nigate	ETH	Monaco	12 July 2019
	8:10.23	Laid Bessou	ALG	Monaco	18 Aug 2000

### Comparison of known 1000m splits/laps in the fastest Olympic 3000mSC

	1000	2000	3000
2021	2:50.1	5:35.7	8:08.90
2016	2:41.64	5:25.82	8:04.28
2012	2:52.70	5:43.26	8:18.56
2008	2:46.97	5:33.84	8:10.34
2004	2:42.55	5:24.27	8:05.81
2000	2:55.85	5:43.91	8:21.43
1996	2:44.4	5:29.2	8:07.12
1992	2:44.9	5:31.9	8:08.84
1988	2:43.7	5:28.6	8:05.51
1984	2:47.4	5:32.6	8:11.80
1980	2:38.8	5:20.3	8:09.70

1976	2:43.6	5:29.1	8:08.02
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### Multiple Gold Medalists:

Volmari Iso-Hollo (FIN): 1932, 1936  
 Ezekiel Kemboi (KEN): 2004, 2012

### Multiple Medalists:

Ezekiel Kemboi (KEN): 2004 Gold, 2012 Gold,  
 Mahiedine Mekhissi-Benabbad (FRA): 2008 Silver; 2012 Silver, 2016 Bronze  
 Brimin Kipruto (KEN): 2004 Silver, 2008 Gold  
 Bronislaw Malinowski (POL): 1976 Silver, 1980 Gold  
 Volmari Iso-Hollo (FIN): 1932 Gold, 1936 Gold

### Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2012	Ezekiel Kemboi		Abel Kiprop Mutai
KEN	2008	Brimin Kipruto		Richard Matelong
KEN	2004	Ezekiel Kemboi	Brimin Kipruto	Paul Kipsiele Koech
KEN	2000	Reuben Kosgei	Wilson Boit Kipketer	
KEN	1996	Joseph Keter	Moses Kiptanui	
KEN	1992	Matthew Birir	Patrick Sang	William Mutwol
KEN	1988	Julius Kariuki	Peter Koech	
KEN	1972	Kip Keino	Ben Jipcho	
KEN	1968	Amos Biwott	Benjain Kogo	
URS	1960		Nikolay Sokolov	Semyon Rzhishchin
SWE	1948	Tore Sjöstrand	Erik Elmsäter	Göte Hagström
FIN	1936	Volmari Iso-Hollo	Kaarlo Tuominen	
FIN	1928	Toivo Loukola	Paavo Nurmi	Ove Andersen
FIN	1924	Ville Ritola	Elias Katz	

**Man & Woman from the same team winning the corresponding event:** None

### Individual Medals by Countries: (from 1920)

Nation	Gold	Silver	Bronze
KEN	11	7	5
FIN	4	3	2
GBR	2	2	2
SWE	2	1	1
POL	2	1	
USA	1	2	3
MAR	1		1
BEL	1		
FRA		3	2
URS		2	2
ETH		1	1
HUN		1	
TAN		1	

ITA			2
GER			1
NOR			1
GDR			1

### World Champion with Olympic Gold medal

Name	Nat	World Championships	Olympics
Soufiane El Bakkali	MAR	2022, 2023	2021
Conseslus Kipruto	KEN	2017, 2019	2016
Ezekiel Kemboi	KEN	2009, 2011, 2013, 2015	2004, 2012
Brimin Kipruto	KEN	2007	2008
Reuben Kosgei	KEN	2001	2000

### Olympic Champion who previously won World Junior gold medal

Name	Nat	Olympics	World Junior Championships
Conseslus Kipruto	KEN	2016	2012
Reuben Kosgei	KEN	2000	1998
Matthew Birir	KEN	1992	1990

### Olympic medalist who previously won World Youth medal (at 2000mSC)

Name	Nat	Olympics	Year	World Youth Championships	Year
Conseslus Kipruto	KEN	Gold	2016	Gold	2011
Brimin Kipruto	KEN	Gold	2008	Silver	2001

### Olympic Champion with European Championships gold medal

Name	Nat	Olympics	European Championships
Bronislaw Malinowski	POL	1980	1974, 1978
Gaston Roelants	BEL	1964	1962

### Olympic medalist with Asian Games medal: None

Asian never won an Olympic medal at 3000mSC

### Olympic champion with All Africa Games gold medal:

Name	Nat	Olympics	All African Games
Ezekiel Kemboi	KEN	2004, 2012	2003

### Olympic champion with African Championships gold medal:

Name	Nat	Olympics	African Championships
Conseslus Kipruto	KEN	2016	2018
Joseph Keter	KEN	1996	1993
Julius Kariuki	KEN	1988	1985

### Olympic medalist with Pan American Games medal:

Name	Nat	Olympics	Year	Pan American Games	Year
Brian Diemer	USA	Bronze	1984	Silver	1995

### Olympic Champion with Commonwealth Games Gold medal

Name	Nat	Olympics	Commonwealth Games
Conseslus Kipruto	KEN	2016	2018
Ezekiel Kemboi	KEN	2004, 2012	2006
Julius Kariuki	KEN	1988	1990
Julius Korir	KEN	1984	1982

### Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
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1988	Julius Kariuki	KEN	8:05.51	Peter Koech	KEN	8:06.79	Mark Rowland	GBR	8:07.96

### Last twelve World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Soufiane El Bakkali	MAR	8:03.53	Lamecha Girma	ETH	8:05.44	Abraham Kibiwott	KEN	8:11.98
2022	Soufiane El Bakkali	MAR	8:25.13	Lamecha Girma	ETH	8:26.01	Conseslus Kipruto	KEN	8:27.92
2019	Conseslus Kipruto	KEN	8:01.35	Lamecha Girma	ETH	8:01.36	Soufiane El Bakkali	MAR	8:03.76
2017	Conseslus Kipruto	KEN	8:14.12	Soufiane El Bakkali	MAR	8:14.49	Evan Jager	USA	8:15.53
2015	Ezekiel Kemboi	KEN	8:11.28	Conseslus Kipruto	KEN	8:12.38	Brimin Kipruto	KEN	8:12.54
2013	Ezekiel Kemboi	KEN	8:06.01	Conseslus Kipruto	KEN	8:06.37	Mahiedine Mekhissi	FRA	8:07.86
2011	Ezekiel Kemboi	KEN	8:14.85	Brimin Kipruto	KEN	8:16.05	M Mekhissi-Benabad	FRA	8:16.09
2009	Ezekiel Kemboi	KEN	8:00.43	Richard Mateelong	KEN	8:00.89	Bouabdellah Tahri	FRA	8:01.18
2007	Brimin Kipruto	KEN	8:13.82	Ezekiel Kemboi	KEN	8:16.94	Richard Mateelong	KEN	8:17.59
2005	Saif Saaed Shaheen	QAT	8:13.31	Ezekiel Kemboi	KEN	8:14.95	Brimin Kipruto	KEN	8:15.30
2003	Saif Saaed Shahan	QAT	8:04.39	Ezekiel Kemboi	KEN	8:05.11	Eliseo Martin	ESP	8:09.09
2001	Reuben Kosgei	KEN	8:15.16	Ali Ezzine	MAR	8:16.21	Bernard Barmasai	KEN	8:16.59

### Last twelve World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Samuel Duguna	ETH	8:37.92	Samuel Firewu	ETH	8:39.11	Salaheddine Yazide	MAR	8:40.62
2020	Amos Serem	KEN	8:30.72	Tadese Takele	ETH	8:33.15	Simon Kiprop Koech	KEN	8:34.79
2018	Takele Nigate	ETH	8:25.35	Leonard Kipkemai Bett	KEN	8:25.39	Getnet Wale	ETH	8:26.16
2016	Amos Kirui	KEN	8:20.43	Yemane Haileselassie	ERI	8:22.67	Getnet Wale	ETH	8:22.83
2014	Barnabas Kipyego	KEN	8:25.5	Titus Kipruto Kibiego	KEN	8:26.15	Evans Rutto Chematot	BRN	8:32.61
2012	Conseslus Kipruto	KEN	8:06.10	Gilbert Kirui	KEN	8:19.94	Hicham Sigueni	MAR	8:30.14
2010	Jonathan Ndiku	KEN	8:23.48	Albert Kiptoo Yator	KEN	8:33.55	Jacob Araptany	UGA	8:37.02
2008	Jonathan Ndiku	KEN	8:17.28	Benjamin Kiplagat	UGA	8:19.24	Patrick Terer	KEN	8:25.14
2006	Willy Komen	KEN	8:14.0	Bislake Kiplagat	KEN	8:18.11	Abdelghani Ait Bahmad	MAR	8:20.05
2004	Ronald Kipchumba	KEN	8:23.3	Moussa Omar Obaid	QAT	8:23.38	Moustafa Ahmed Shebto	QAT	8:26.04
2002	Mike Kipyego	KEN	8:29.5	David Kirwa	KEN	8:31.44	Aboubaker Kamal	QAT	8:33.67
2000	Raymond Yator	KEN	8:16.3	David Chemweno	KEN	8:31.95	Abdelatif Chemlal	MAR	8:43.57

### Last ten World Youth Championships (2000mSC):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Leonard Kipkemai	KEN	5:32.52	Cleophas Kandie	KEN	5:33.07	Alemu Kitessa	ETH	5:42.10
2015	Vincent Kipyegon	KEN	5:27.58	Wogene Sebisibe	ETH	5:29.41	Geoffrey Rotich	KEN	5:30.16

2013	Meresa Kassaye	ETH	5:19.99	Nicholas Bett	KEN	5:20.92	Justus Kipkorir Lagat	KEN	5:30.00
2011	Conseslus Kipruto	KEN	5:28.65	Gilbert Kiplangat Kirui	KEN	5:30.49	Zacharia Kiprotich	UGA	5:37.98
2009	Hillary Kipsang Yego	KEN	5:25.33	Peter Kibet Lagat	KEN	5:26.59	Desta Alemu	ETH	5:29.66
2007	Legese Lamiso	ETH	5:30.81	Silas Kitum	KEN	5:32.88	Abdellah Dacha	MAR	5:34.49
2005	Abel Mutai	KEN	5:24.69	Bisluke Kiplagat	KEN	5:24.87	Abdelghani Ait Bahmad	MAR	5:26.52
2003	Ronald Kipchumba	KEN	5:30.27	Justus Kiprono	KEN	5:31.24	Chris Winter	CAN	5:44.23
2001	David Kirwa	KEN	5:33.40	Brimin Kipruto	KEN	5:36.81	Abraham Kebeto	ETH	5:37.76
1999	Cheruiyot Cheronon	KEN	5:31.89	Luleseged Wale	ETH	5:32.61	Philip Simbolei	KEN	5:41.77

### Last nine European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Alexis Mielllet	FRA	8:14.01	Djilali Bedrani	FRA	8:14.36	Karl Beberndorf	GER	8:14.41
2022	Topi Raitanen	FIN	8:21.80	Ahmed	ITA	8:22.35	Osama Zoghalmi	ITA	8:23.44
2018	M Mekhissi-Benabbad	FRA	8:31.66	Fernando Carro	ESP	8:34.16	Yohanes Chiappinelli	ITA	8:35.81
2016	M Mekhissi-Benabbad	FRA	8:25.63	Aras Kaya	TUR	8:29.91	Yoann Kowal	FRA	8:30.79
2014	Yoann Kowal	FRA	8:26.66	Krystian Zalewski	POL	8:27.11	Angel Mullera	ESP	8:29.16
2012	M Mekhissi-Banabbad	FRA	8:33.23	Tarik Akdag	TUR	8:35.24	Victor Garcia	ESP	8:35.87
2010	M Mekhissi-Benabbad	FRA	8:07.87	Bob Tahri	FRA	8:09.28	Ion Luchianov	MDA	8:19.64
2006	Jukka Keskisalo	FIN	8:24.89	Jose Luis Blanco	ESP	8:26.22	Bob Tahri	FRA	8:27.15
2002	Antonio Jimenez	ESP	8:24.34	Simon Vroemen	NED	8:24.45	Luis Miguel Martin	ESP	8:24.72

### Last six Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Avinash Sable	IND	8:19.50	Ryuma Aoki	JPN	8:23.75	Seiya Sunada	JPN	8:26.47
2018	Hossein Keyhani	IRI	8:22.79	Yasser Salem	QAT	8:28.21	Kazuya Shiojiri	JPN	8:29.42
2014	Ali Abubaker Kamal	QAT	8:28.72	Tareq Mubarak	BRN	8:39.62	Naveen Kumar	IND	8:40.39
2010	Tareq Mubarak Taher	BRN	8:25.89	Kamal Ali Thamer	QAT	8:26.27	Ali Ahmad Al-Amri	KSA	8:30.96
2006	Tareq Mubarak Taher	BRN	8:26.85	Jamal Bilal Salem	QAT	8:29.10	Lin Xiangqian	CHN	8:30.49
2002	Khamis Seif Abdullah	QAT	8:30.52	Yoshitaka Iwamizu	JPN	8:31.75			
				Ali Abu Bakr Kamal	QAT				

### Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Ryuma Aoki	JPN	8:34.91	Yaser Salem	QAT	8:37.11	Seiya Sunada	JPN	8:39.17
2019	John Koech	BRN	8:25.87	Avinash Sable	IND	8:30.19	Kazuya Shiojiri	JPN	8:32.25
2017	Hossein Keyhani	IRI	8:43.82	Yaser Salem M	QAT	8:46.16	Ali Ahmad S	KSA	8:52.64
2015	John Koech	BRN	8:27.03	Hashem Abbas	QAT	8:36.02	Evans Chematot	BRN	8:42.76
2013	Tarek Mubarak Taher	BRN	8:34.77	Dejene Regassa	BRN	8:37.40	Tsuyoshi Takeda	JPN	8:48.48
2011	Ali Abubaker Kamel	QAT	8:30.23	Artem Kossinov	KAZ	8:35.11	Tareq Mubarek Taher	BRN	8:45.47
2009	Tareq Mubarek Taher	BRN	8:33.58	Lin Xiangqian	CHN	8:34.13	Ali Abubaker Kamel	QAT	8:34.73
2007	Ali Ahmad Ali-Amri	KSA	8:40.25	Kamal Ali Thamer	QAT	8:40.49	Moustafa Ahmed Shebto	QAT	8:47.99
2005	Moussa Omar Obaid	QAT	8:33.62	Mustafa Ahmed Shebto	QAT	8:40.86	Wu Wen Chien	TPE	8:42.96
2003	Khamis Seif Abdullah	QAT	8:51.60	Wu Wen-Chien	TPE	8:55.38	Yasunori Uchitomi	JPN	8:56.31
2002	Khamis Seif Abdullah	QAT	8:16.0	Saad Shadad Al-Asmari	KSA	8:16.7	Ali Abu Bakr Kamal	QAT	8:37.4

### Last six All Africa Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Samuel Firewu	ETH	8:24.30	Amos Serem	KEN	8:25.77	Simon Koech	KEN	8:26.19
2019	Benjamin Kigen	KEN	8:12.39	Getnet Wale	ETH	8:14.06	Soufiane El Bakkali	MA	8:19.45
2015	Clement Kemboi	KEN	8:20.31	Hillary Kemboi	KEN	8:22.96	Hailemariam Amare	ETH	8:24.19
2011	Getahun Shiferaw	ETH	8:17.36	Roba Gari	ETH	8:18.41	Sisah Koreme Mojo	ETH	8:20.72
2007	Willy Komen	KEN	8:15.11	Ezekiel Kemboi	KEN	8:16.93	Nahom Mesfin Tariku	ETH	8:17.21
2003	Ezekiel Kemboi	KEN	8:12.27	Paul Kipsiele Koech	KEN	8:14.77	Tewodros Shiferaw	ETH	8:27.33

### Last eleven African Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Leonard Chemutai	UGA	8:21.30	Edmund Serem	KEN	8:21.94	Matthew Kosgei	KEN	8:21.98
2022	Hailemariam Amare	ETH	8:27.38	Takele Bikila	ETH	8:28.31	Geoffrey Kirwa	KEN	8:29.74
2018	Conseslus Kipruto	KEN	8:26.38	Soufiane El Bakkali	MAR	8:28.01	Getnet Wale	ETH	8:30.87
2016	Chala Beyo	ETH	8:21.02	Nurgi Tolosa	ETH	8:22.79	Abraham Kibiwot	KEN	8:24.19
2014	Jairus Birech	KEN	8:34.79	Jonathan Ndiku	KEN	8:37.67	Ezekiel Kemboi	KEN	8:39.30
2012	Abel Mutai	KEN	8:16.05	Wilson Maraba	KEN	8:16.96	Benjamin Kiplagat	UGA	8:18.73
2010	Richard Matelong	KEN	8:23.54	Ezekiel Kemboi	KEN	8:26.13	Roba Gari	ETH	8:27.15
2008	Richard Matelong	KEN	8:31.68	Michael Kipyego	KEN	8:32.94	Willy Komen	KEN	8:41.98
2006	Paul Kipsiele Koech	KEN	8:11.03	Abdelkader Hachlaf	MAR	8:33.52	Ruben Ramolefi	RSA	8:39.67
2004	David Chemweno	KEN	8:17.31	Richard Matelong	KEN	8:26.34	Abdelatif Chemlal	MAR	8:31.01
2002	Brahim Boulami	MAR	8:19.51	Wilson Boit Kipketer	KEN	8:20.92	Stephen Cheronon	KEN	8:23.85

### Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Jean Simon	CA	8:30.14	Daniel Michalski	USA	8:36.47	Carlos Andres San	COL	8:41.59
2019	Altobelli da Silva	BRA	8:30.73	Carlos San Martin	COL	8:32.24	Mario Bazan	PER	8:32.34
2015	Matt Hughes	CA	8:32.18	Alexandre Genest	CAN	8:33.83	Cory Leslie	USA	8:36.83
2011	Jose Gregorio	VEN	8:48.19	Hudson de Souza	BRA	8:48.75	Jose Sanchez	CU	8:49.75
2007	Josh McAdams	USA	8:30.49	Michael Spence	USA	8:32.11	Jose Alberto Sanchez	CU	8:36.07
2003	Nestor Nieves	VEN	8:34.26	Joel Bourgeois	CAN	8:36.78	Anthony Famiglietti	USA	8:40.22

### Last six Commonwealth Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Abraham Kibiwot	KEN	8:11.15	Avinash Mukund	IND	8:11.20	Amos Serem	KEN	8:16.83
2018	Consesius Kipruto	KEN	8:10.08	Abraham Kibiwott	KEN	8:10.62	Amos Kirui	KEN	8:12.24
2014	Jonathan Ndiku	KEN	8:10.44	Jairus Birech	KEN	8:12.68	Ezekiel Kemboi	KEN	8:19.73
2010	Richard Mateelong	KEN	8:16.39	Ezekiel Kemboi	KEN	8:18.47	Brimin Kipruto	KEN	8:19.65
2006	Ezekiel Kemboi	KEN	8:18.17	Wesley Kiprotich	KEN	8:19.38	Reuben Kosgei	KEN	8:19.82
2002	Stephen Cheronon	KEN	8:19.41	Ezekiel Kemboi	KEN	8:19.78	Abraham Cheronon	KEN	8:19.85

### Fastest 3000mSC in Paris

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	7:52.11	Lamecha Girma	ETH	1	9 June 2023
2	2	7:58.83	* Jairus Birech	KEN	1	4 July 2015
3	3	7:59.03	* Ezekiel Kemboi	KEN	1	6 July 2013
4	4	8:00.09	* Mahiedine Mekhissi-Benabbad	FRA	2	6 July 2013
5	5	8:00.45	* Evan Jager	USA	2	4 July 20145

### Fastest 3000mSC in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:55.28	Brahim Boulami	MAR	1	Bruxelles	24 Aug 2001
2	2	7:55.51	Saif Saeed Shaheen	QAT	1	Bruxelles	26 Aug 2005
3	3	7:55.72	Bernard Barnasai	KEN	1	Köln	24 Aug 1997
4	4	7:56.16	Moses Kiptanui	KEN	2	Köln	24 Aug 1997

### Combined 2023 & 2024 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:52.11	Lamecha Girma	ETH	1	Paris	9 June 2023
2	2	7:56.68	Soufiane El Bakkali	MAR	1	Rabat	28 May 2023

3		8:01.63	Lamecha Girma		1	Stockholm	2 June <b>2024</b>
4	3	8:02.36	Abraham Sime	ETH	1	Paris	7 July <b>2024</b>
4	3	8:02.36	Amos Serem	KEN	2	Paris	7 July <b>2024</b>
6		8:03.16	Soufiane El Bakkali		1	Chorzow	16 July 2023
7		8:03.53	Soufiane El Bakkali		1	Budapest	22 Aug 2023
8	5	8:04.19	Simon Koech	KEN	1	Monaco	21 July 2023
9	6	8:05.15	Getnet Wale	ETH	2	Rabat	28 May 2023
10		8:05.44	Lamecha Girma		2	Budapest	22 Aug 2023
11	7	8:05.51	Abraham Kibiwot	KEN	3	Rabat	28 May 2023
12	8	8:05.78	Samuel Firewu	ETH	2	Stockholm	2 June <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