

## 2025 World Championships Statistics – Men's 3000mSC by K Ken Nakamura

The records to look for in Tokyo:

- 1) Can runner born outside of Africa win this event for the first time since 1987?
- 2) Can runner born outside of Africa win a medal at this even for the first time since 2017?
- 3) Will the winning time dip under 8 minutes for the first time?

**Summary:**

### All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:00.43	Ezekiel Kemboi	KEN	1	Berlin	2009
2	2	8:00.89	Richard Mateelong	KEN	2	Berlin	2009
3	3	8:01.18	Bouabdellah Tahri	FRA	3	Berlin	2009
4	4	8:01.26	Paul Kipsiele Koech	KEN	4	Berlin	2009
5	5	8:01.35	Conseslus Kipruto	KEN	1	Doha	2019
6	6	8:01.36	Lamecha Girma	ETH	2	Doha	2019
7	7	8:03.53	Soufiane El Bakkali	MAR	1	Budapest	2023
8		8:03.76	Soufiane El Bakkali		3	Doha	2019
9	8	8:04.16	Moses Kiptanui	KEN	1	Göteborg	1995
10	9	8:04.39	Saif Saeed Shaheen	QAT	1	Paris	2003
11		8:05.11	Ezekiel Kemboi		2	Paris	2003
12	10	8:05.21	Getnet Wale	ETH	4	Doha	2019
13	11	8:05.23	Djilali Bedrani	FRA	5	Doha	2019
14		8:05.44	Lamecha Girma		2	Budapest	2023

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:17.75	3h2	Luis Martin	ESP	Sevilla	1999

### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	5.14 second	8:04.16	Moses Kiptanui	KEN	Göteborg	1995
	3.12 second	8:13.82	Brimin Kipruto	KEN	Osaka	2007
Min	0.01 sec	8:01.35	Conseslus Kipruto	KEN	Doha	2019
	0.20 second	8:05.84	Wilson Boit Kipketer	KEN	Athinai	1997

### Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	8:00.43	Ezekiel Kemboi	KEN	Berlin	2009
	8:01.35	Conseslus Kipruto	KEN	Doha	2019
2	8:00.89	Richard Mateelong	KEN	Berlin	2009
	8:01.36	Lamecha Girma	ETH	Doha	2019
3	8:01.18	Bouabdellah Tahri	FRA	Berlin	2009
	8:03.76	Soufiane El Bakkali	MAR	Doha	2019
4	8:01.26	Paul Kipsiele Koech	KEN	Berlin	2009
5	8:05.23	Djilali Bedrani	FRA	Doha	2019
	8:08.67	Evan Jager	USA	Moskva	2013

### World Championships:

Yea	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Soufiane El Bakkali	MA	8:03.53	Lamecha Girma	ETH	8:05.44	Abraham Kibiwott	KEN	8:11.98
2022	Soufiane El Bakkali	MA	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	Mahiedine Mekhissi	FRA	8:16.05
2009	Ezekiel Kemboi	KEN	8:00.43	Richard Mateelong	KEN	8:00.89	Bouabdellah Tahri	FRA	8:01.18

### All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:00.43	Ezekiel Kemboi	KEN	1	Berlin	2009
2	2	8:00.89	Richard Mateelong	KEN	2	Berlin	2009
3	3	8:01.18	Bouabdellah Tahri	FRA	3	Berlin	2009
4	4	8:01.26	Paul Kipsiele Koech	KEN	4	Berlin	2009
5	5	8:01.35	Conseslus Kipruto	KEN	1	Doha	2019
6	6	8:01.36	Lamecha Girma	ETH	2	Doha	2019
7	7	8:03.53	Soufiane El Bakkali	MAR	1	Budapest	2023
8		8:03.76	Soufiane El Bakkali		3	Doha	2019
9	8	8:04.16	Moses Kiptanui	KEN	1	Göteborg	1995
10	9	8:04.39	Saif Saeed Shaheen	QAT	1	Paris	2003
11		8:05.11	Ezekiel Kemboi		2	Paris	2003
12	10	8:05.21	Getnet Wale	ETH	4	Doha	2019
13	11	8:05.23	Djilali Bedrani	FRA	5	Doha	2019
14		8:05.44	Lamecha Girma		2	Budapest	2023
15	12	8:05.84	Wilson Boit Kipketer	KEN	1	Athina	1997
16		8:06.01	Ezekiel Kemboi		1	Moskva	2013
17		8:06.04	Moses Kiptanui		2	Athina	1997
17	13	8:06.04	Bernard Barmasai	KEN	3	Athina	1997
19		8:06.36	Moses Kiptanui		1	Stuttgart	1993
20		8:06.37	Conseslus Kipruto		2	Moskva	2013
21	14	8:07.53	Patrick Sang	KEN	2	Stuttgart	1993
22	15	8:07.86	Mahiedine Mekhissi-Benabbad	FRA	3	Moskva	2013
23	16	8:08.52	Abraham Kibiwot	KEN	7	Doha	2019
24	17	8:08.57	Francesco Panetta	ITA	1	Roma	1987
25		8:08.62	Paul Kipsiele Koech		4	Moskva	2013
26	18	8:08.67	Evan Jager	USA	5	Moskva	2013
27	19	8:08.78	Allesandro Lambruschini	ITA	3	Stuttgart	1993
28	20	8:09.09	Eliseo Martin	ESP	3	Paris	2003
29	21	8:09.30	Christopher Kosgei	KEN	2	Göteborg	1995
30	22	8:09.33	Hillary Bor	USA	8	Doha	2019
31	23	8:09.42	Matthew Birir	KEN	4	Stuttgart	1993
32	24	8:09.76	Mark Croghan	USA	5	Stuttgart	1993
33	25	8:10.32	Hagen Melzer	GDR	2	Roma	1987
34	26	8:10.34	Paul Kosgei	KEN	1h1	Sevilla	1999
35	27	8:10.45	Ali Ezzine	MAR	2h1	Sevilla	1999
36	28	8:10.56	Damian Kallabis	GER	3h1	Sevilla	1999
37	29	8:10.64	Leonard Kipkemoi Bett	KEN	9	Doha	2019
38		8:10.65	Bouabdallah Tahri		4	Paris	2003
39	30	8:10.83	Günther Weidlinger	AUT	4h1	Sevilla	1999
40		8:10.93	Ezekiel Kemboi		1h2	Daegu	2011
41	31	8:11.15	Stanley Kipkoech Kebenei	USA	10	Doha	2019
42		8:11.28	Ezekiel Kemboi		1	Beijing	2015
43	32	8:11.50	Ruben Ramolefi	RSA	2h2	Daegu	2011
44	33	8:11.64	Matthew Hughes	CAN	6	Moskva	2013
45		8:11.76	Christopher Kosgei		1	Sevilla	1999
46		8:11.79	Said Saeed Shaheen		1h1	Helsinki	2005
47	34	8:11.81	Hamid Ezzine	MAR	3h2	Daegu	2011
48		8:11.90	Ezekiel Kemboi		2h1	Helsinki	2005
49		8:11.98	Abraham Kibiwot		3	Budapest	2023
50	35	8:12.04	Nahom Mesfin	ETH	4h2	Daegu	2011
51		8:12.09	Wilson Boit Kipketer		2	Sevilla	1999
52	36	8:12.13	Yacob Jarso	ETH	5	Berlin	2009
53	37	8:12.18	William Van Dijck	BEL	3	Roma	1987
54		8:12.26	Leonard Kiplkemoi Bett		4	Budapest	2023

55	38	8:12.31	Fernando Carro	ESP	11	Doha	2019
56		8:12.38	Conseslus Kipruto		2	Beijing	2015
57	39	8:12.40	Roba Gary	ETH	6	Berlin	2009
58	40	8:12.47	Andrew Bayer	USA	12	Doha	2019
59	41	8:12.54	Brimin Kipruto	KEN	3	Beijing	2015
60		8:12.59	Moses Kiptanui		1	Tokyo	1991
61		8:12.61	Brimin Kiproprop Kipruto		7	Berlin	2009
61	42	8:12.62	Jairus Birech	KEN	4	Beijing	2015
63		8:12.73	Ali Ezzine		3	Sevilla	1999
64	43	8:12.95	Saad Al-Asmari	KSA	3	Göteborg	1995
65		8:12.96	Bouabdallah Tahri		5h1	Sevilla	1999
65		8:12.96	Getnet Wale		1h1	Doha	2019
67		8:13.02	Djilali Bedrani		2h1	Doha	2019
68		8:13.07	Leonard Kipkemai Bett		3h1	Doha	2019
69	44	8:13.08	Simon Vroemen	NED	3h1	Helsinki	2005
70		8:13.11	Damian Kallabis		4	Sevilla	1999
71		8:13.12	Matthew Hughes		4h1	Doha	2019
72		8:13.22	Bouabdellah Tahri		5h2	Daegu	2011
73	45	8:13.26	Florin Ionescu	ROU	6h1	Sevilla	1999

**Slowest winning time:** 8:25.13 by Soufiane El Bakkali (MAR) in 2022;  
8:15.16 by Reuben Kosgei (KEN) in 2001

#### Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	5.14 second	8:04.16	Moses Kiptanui	KEN	Göteborg	1995
	3.12 second	8:13.82	Brimin Kiproto	KEN	Osaka	2007
Min	0.01 sec	8:01.35	Conseslus Kipruto	KEN	Doha	2019
	0.20 second	8:05.84	Wilson Boit Kipketer	KEN	Athinai	1997
	0.33 second	8:11.76	Christopher Kosgei	KEN	Sevilla	1999

#### Difference between first and third

	Diff	Winning time	3 <sup>rd</sup> place time	Winner's Name	Nat	Venue	Year
Max	8.79	8:04.16	8:12.95	Moses Kiptanui	KEN	Göteborg	1995
	8.45	8:03.53	8:11.98	Soufiane El Bakkali	MAR	Budapest	2023
	4.70	8:04.39	8:09.09	Saif Saaeed Shaheen	QAT	Paris	2003
Min	0.20	8:05.84	8:06.04	Wilson Boit Kipketer	KEN	Athinai	1997
	0.75	8:00.43	8:01.18	Ezekiel Kemboi	KEN	Berlin	2009

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

	Difference	3 <sup>rd</sup> place time	Name	Nat	Venue	Year
Max	7.83	8:06.04	Bernard Barmasai	KEN	Athinai	1997
Min	0.02	8:15.30	Brimin Kipruto	KEN	Helsinki	2005

#### Fastest time in each round (semi-final held in 1983, 1995 and 1997)

Round	Time	Name	Nat	Venue	Year
Final	8:00.43	Ezekiel Kemboi	KEN	Berlin	2009
Semi-final	8:17.95	Bernard Barmasai	KEN	Athinai	1997
First round	8:10.34	Paul Kosgei	KEN	Sevilla	1999

#### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:17.75	3h2	Luis Martin	ESP	Sevilla	1999

#### Average of last eleven (21<sup>st</sup> century) World Championships

	Average	2023	2022	2019	2017	2015	2013	2011	2009	2007	2005	2003	2001
Winning Time	8:10.3	8:03.53	8:25.13	8:01.35	8:14.12	8:11.28	8:06.01	8:14.85	8:00.43	8:13.82	8:13.31	8:04.39	8:15.16
Winning Medal	8:12.9	8:11.98	8:27.92	8:03.76	8:15.53	8:12.54	8:07.86	8:16.05	8:01.18	8:17.59	8:15.30	8:09.09	8:16.59
8 <sup>th</sup> place	8:19.1	8:15.58	8:29.77	8:09.33	8:23.02	8:18.63	8:17.41	8:19.69	8:14.47	8:22.95	8:19.96	8:17.16	8:20.87

### Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	8:00.43	Ezekiel Kemboi	KEN	Berlin	2009
	8:01.35	Conseslus Kipruto	KEN	Doha	2019
	8:03.53	Soufiane El Bakkali	MAR	Budapest	2023
	8:04.16	Moses Kiptanui	KEN	Göteborg	1995
2	8:00.89	Richard Mateelong	KEN	Berlin	2009
	8:01.36	Lamecha Girma	ETH	Doha	2019
	8:05.11	Ezekiel Kemboi	KEN	Paris	2003
3	8:01.18	Bouabdellah Tahri	FRA	Berlin	2009
	8:03.76	Soufiane El Bakkali	MAR	Doha	2019
	8:06.04	Bernard Barmasai	KEN	Athinai	1997
4	8:01.26	Paul Kipsiele Koech	KEN	Berlin	2009
	8:05.21	Getnet Wale	ETH	Doha	2019
	8:08.62	Paul Kipsiele Koech	KEN	Moskva	2013
	8:09.42	Matthew Birir	KEN	Stuttgart	1993
5	8:05.23	Djilali Bedrani	FRA	Doha	2019
	8:08.67	Evan Jager	USA	Moskva	2013
	8:09.76	Mark Croghan	USA	Stuttgart	1993
6	8:06.95	Benjamin Kigen	KEN	Doha	2019
	8:11.64	Matthew Hughes	CAN	Moskva	2013
	8:12.40	Roba Gary	ETH	Berlin	2009
	8:13.26	Florin Ionescu	ROU	Sevilla (heat 1)	1999
7	8:08.52	Abraham Kibiwot	KEN	Doha	2019
	8:12.61	Brimin Kipruto	KEN	Berlin	2009
	8:13.71	Simon Vroemen	NED	Paris	2003
8	8:09.33	Hillary Bor	USA	Doha	2019
	8:14.47	Jukka Keskisalo	FIN	Berlin	2009
	8:15.58	Jean-Simon Desgagnes	CAN	Budapest	2023
	8:16.01	Angelo Carosi	ITA	Athinai	1997

### 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 8:07.75	Benjamin Kigen Jonathan Ndiku	KEN KEN	Doha Monaco	4 Oct 2019 22 July 2011
7	8:08.21 8:08.22 8:08.52 8:09.16	Karl Beendorf Hillary Kipsang Yego Abraham Kibiwot Moussa Omar Obaid	GER KEN KEN QAT	Monaco Monaco Doha Bruxelles	11 July 2025 22 July 2011 4 Oct 2019 3 Sept 2004
8	8:08.27 8:09.33 8:09.50 8:10.23	Mohamed Amine Jihnaoui Hillary Bor Takele Nigate Laid Bessou	TUN USA ETH ALG	Monaco Doha Monaco Monaco	11 July 2025 4 Oct 2019 12 July 2019 18 Aug 2000

### Multiple Gold Medalists:

Soufiane El Bakkali (MAR)	2022, 2023
Conseslus Kipruto (KEN):	2017, 2019
Ezekiel Kemboi (KEN):	2009, 2011, 2013, 2015
Saif Saaeed Shaheen (QAT):	2003, 2005
Moses Kiptanui (KEN):	1991, 1993, 1995

### Multiple Medalists:

Lamecha Girma (ETH)	2019 Silver, 2022 Silver, 2023 Silver
Conseslus Kipruto (KEN)	2013 Silver, 2015 Silver, 2017 Gold, 2019 Gold, 2022 Bronze (complete set)
Soufiane El Bakkali (MAR)	2017 Silver, 2019 Bronze, 2022 Gold, 2023 Gold (complete set)
Mahiedine Mekhissi-Bennabbad (FRA):	2011 Silver, 2013 Silver
Richard Mateelong (KEN):	2007 Bronze, 2009 Silver
Brimin Kipruto (KEN):	2005 Bronze, 2007 Gold, 2011 Silver, 2015 Silver (complete set)
Saif Saaeed Shaheen (QAT):	2003 Gold, 2005 Gold
Ezekiel Kemboi (KEN):	2003 Silver, 2005 Silver, 2007 Silver, 2009 Gold, 2011 Gold, 2013 Gold, 2015 Gold
Ali Ezzine (MAR):	1999 Bronze, 2001 Silver
Wilson Boit Kipketer (KEN):	1997 Gold, 1999 Silver
Bernard Barmasai (KEN):	1997 Bronze, 2001 Bronze
Christopher Kosgei (KEN):	1995 Silver, 1999 Gold
Patrick Sang (KEN):	1991 Silver, 1993 Silver
Moses Kiptanui (KEN):	1991 Gold, 1993 Gold, 1995 Gold, 1997 Silver

Birmin Kipruto, El Bakkali and Conseslus Kipruto have complete set of medals

### Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
KEN	2015	Ezekiel Kemboi	Conseslus Kipruto	Brimin Kipruto
KEN	2013	Ezekiel Kemboi	Conseslus Kipruto	
KEN	2011	Ezekiel Kemboi	Brimin Kipruto	
KEN	2009	Ezekiel Kemboi	Richard Mateelong	
KEN	2007	Brimin Kipruto	Ezekiel Kemboi	Richard Meetelong
KEN	2005		Ezekiel Kemboi	Brimin Kipruto
KEN	2001	Reuben Kosgei		Bernard Barmasai
KEN	1999	Christopher Kosgei	Wilson Boit Kipketer	
KEN	1997	Wilson Boit Kipketer	Moses Kiptanui	Bernard Barmasai
KEN	1995	Moses Kiptanui	Christopher Kosgei	

KEN	1993	Moses Kiptanui	Patrick Sang	
KEN	1991	Moses Kiptanui	Patrick Sang	

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

Nation	Men	Women	Venue	Year
KEN	Ezekiel Kemboi	Milcah Chemos Cheywa	Moskva	2013

**Medals by Countries:**

Nation	Gold	Silver	Bronze
KEN	13	12	7
QAT	2		
MAR	2	2	2
ITA	1		1
FRG	1		
ETH		3	
POL		1	
GDR		1	
FRA			3
GBR			1
BEL			1
KSA			1
ALG			1
ESP			1
USA			1

**Comparison of 1000m splits/laps in the World Championships 3000mSC**

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

	1000m	2000m	3000m
2023	2:50.41	5:34.29	8:03.53
2022	2:59.14	5:53.44	8:25.13
2019	2:39.55	5:22.95	8:01.35
2017	2:51.81	5:35.46	8:14.12
2015	2:49.50	5:36.77	8:11.28
2013	2:45.94	5:31.95	8:06.01
2011	2:47.63	5:33.42	8:14.85
2009	2:41.90	5:22.79	8:00.43
2007	<i>2:52.63</i>	5:37.43	8:13.82
2005	2:52.13	<i>5:40.39</i>	8:13.31
2003	<b>2:36.24</b>	<b>5:19.58</b>	8:04.39
2001	2:48.72	5:33.81	<i>8:15.16</i>
1999	2:48.08	5:33.54	8:11.76
1997	2:45.86	5:31.08	8:05.84
1995	2:44.1	5:25.7	<b>8:04.16</b>
1993	2:42.3	5:26.7	8:06.36

1991	2:46.37	5:33.03	8:12.59
1987		5:26.62	8:08.57
1983	2:46.38	5:35.66	8:15.06

	1000m	2000m	3000m
2023	2:50.41	2:43.88	2:29.24
2022	2:59.14	2:54.30	2:31.69
2019	2:39.55	2:43.40	2:38.40
2017	2:51.81	2:43.65	2:38.66
2015	2:49.50	2:47.27	2:44.51
2013	2:45.94	2:46.01	2:34.06
2011	2:47.63	2:45.79	2:41.43
2009	2:41.90	2:40.89	2:37.64
2007	<u>2:52.63</u>	2:44.80	2:36.39
2005	2:52.13	2:48.26	<b>2:32.92</b>
2003	<b>2:36.24</b>	2:43.34	<u>2:44.81</u>
2001	2:48.72	2:45.09	2:41.35
1999	2:48.08	2:45.46	2:38.22
1997	2:45.86	2:45.23	2:34.76
1995	2:44.1	<b>2:41.6</b>	2:39.4
1993	2:42.3	2:44.4	2:39.7
1991	2:46.37	2:46.66	2:39.56
1987			2:41.95
1983	2:46.38	<u>2:49.28</u>	2:39.40

### 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

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

Name	Nat	World Championships	World Junior Championships
Reuben Kosgei	KEN	2001	1998
Conseslus Kipruto	KEN	2017, 2019	2012

### World Championships medalist who previously won World Youth medal:

Name	Nat	World Championships	Year	World Youth Championships	Year
Conseslus Kipruto	KEN	Gold	2017, 2019	Gold	2011
Brimin Kipruto	KEN	Gold	2007	Silver	2001

### World Champion with European Championships gold medal

Name	Nat	World Championships	European Championships
------	-----	---------------------	------------------------

Francesco Panetta	ITA	1987	1990
Patriz Ilg	FRG	1983	1982

**World Championships medalists with Asian Games medal:**

Name	Nat	World Championships	Year	Asian Games	Year
Saad Al-Asmari	KSA	Bronze	1995	Silver	1994

**World Championships medalists with Asian Championships medal:**

Name	Nat	World Championships	Year	Asian Championships	Year
Saad Al-Asmari	KSA	Bronze	1995	Gold	1993, 1995, 1998

**World Champion with All Africa Games gold medal:**

Name	Nat	World Championships	All Africa Games
Ezekiel Kemboi	KEN	2009, 2011, 2013, 2015	2003
Moses Kiptanui	KEN	1991, 1993, 1995	1991

**World Championships medalists with African Championships medal:**

Name	Nat	World Champ	Year	African Championships	Year
Conseslus Kipruto	KEN	Gold	2017, 2019	Gold	2018
Ezekiel Kemboi	KEN	Gold	2009,2011,2013,2015	Silver	2010
Richard Matelong	KEN	Silver	2009	Gold	2008, 2010
Wilson Boit Kipketer	KEN	Gold	1997	Silver	2002
Stephen Cherono (Shaheen)	KEN	Gold	2003, 2005	Bronze	2002
Bernard Barmasai	KEN	Bronze	1997	Gold	1998
Christopher Kosgei	KEN	Gold	1999	Silver	1993
Azzedine Brahmi	ALG	Bronze	1991	Gold	1988, 1989

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

The highest finish by Pan American Games' medalist (Brian Diemer, 2<sup>nd</sup> in 1995) was 4<sup>th</sup> in 1987

**World Champion with Commonwealth Games gold medal**

Name	Nat	World Championships	Commonwealth Games
Conseslus Kipruto	KEN	2017, 2019	2018
Ezekiel Kemboi	KEN	2009, 2011, 2013, 2015	2006
Stephen Cherono (Shaheen)	KEN	2003, 2005	2002

**World Championships:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	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	Mahiedine Mekhissi	FRA	8:16.05
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 Saaeed Shaheen	QAT	8:13.31	Ezekiel Kemboi	KEN	8:14.95	Brimin Kipruto	KEN	8:15.30

2003	Saif Saaeed Shaheen	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
1999	Christopher Kosgei	KEN	8:11.76	Wilson Boit Kipketer	KEN	8:12.09	Ali Ezzine	MAR	8:12.73
1997	Wilson Boit Kipketer	KEN	8:05.84	Moses Kiptanui	KEN	8:06.04	Bernard Barmasai	KEN	8:06.04
1995	Moses Kiptanui	KEN	8:04.16	Christopher Kosgei	KEN	8:09.30	Saad Shadad Al-Asmari	KSA	8:12.95
1993	Moses Kiptanui	KEN	8:06.36	Patrick Sang	KEN	8:07.53	Alessandro Lambruschini	ITA	8:08.78
1991	Moses Kiptanui	KEN	8:12.59	Patrick Sang	KEN	8:13.44	Azzedine Brahmi	ALG	8:15.54
1987	Francesco Panetta	ITA	8:08.57	Hagen Melzer	GDR	8:10.32	William Van Dijck	BEL	8:12.18
1983	Patriz Ilg	FRG	8:15.06	Boguslaw Maminski	POL	8:17.03	Colin Reitz	GBR	8:17.75

### Last seven Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Soufiane El Bakkali	MAR	8:06.05	Kenneth Rooks	USA	8:06.41	Abraham Kibiwot	KEN	8:06.47
2021	Soufiane El Bakkali	MAR	8:08.90	Lamecha Girma	ETH	8:10.38	Benjamin Kigen	KEN	8:11.45
2016	Consesus Kipruto	KEN	8:03.28	Evan Jager	USA	8:04.28	M Mekhissi-Benabbad	FRA	8:11.52
2012	Ezekiel Kemboi	KEN	8:18.56	Mahiedine Mekhissi-Benabbad	FRA	8:20.00	Abel 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 Koech	KEN	8:06.64
2000	Reuben Kosgei	KEN	8:21.43	Wilson Boit Kipketer	KEN	8:21.77	Ali Ezzine	MAR	8:22.15

### Last thirteen World Junior Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Edmund Serem	KEN	8:15.28	Matthew Kosgei	KEN	8:17.46	Hailu Ayalew	ETH	8:24.08
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	ERI	8:22.67	Getnet Wale	ETH	8:22.83
2014	Barnabas Kipyego	KEN	8:25.57	Titus Kipruto Kibiego	KEN	8:26.15	Evans Rutto Chematot	BRN	8:32.61
2012	Consesus Kipruto	KEN	8:06.10	Gilbert Kirui	KEN	8:19.94	Hicham Siguani	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	8:14.00	Bislake Kiplagat	KEN	8:18.11	Abdelghani Ait Bahmad	MAR	8:20.05
2004	Ronald Kipchumba	KEN	8:23.32	Moussa Omar Obaid	QAT	8:23.38	Moustafa Ahmed Shebto	QAT	8:26.04
2002	Mike Kipyego	KEN	8:29.54	David Kirwa	KEN	8:31.44	Aboubaker Kamal	QAT	8:33.67
2000	Raymond Yator	KEN	8:16.34	David Chemweno	KEN	8:31.95	Abdelatif Chemlal	MAR	8:43.57

### World Youth Championships (2000mSC):

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Leonard Kipkemai Bett	KEN	5:32.52	Cleophas Kandie Meyan	KEN	5:33.07	Alemu Kitessa	ETH	5:42.10
2015	Vincent Kipyegon Ruto	KEN	5:27.58	Wogene Sebisibe	ETH	5:29.41	Geofrey 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	Consesus 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	Bislake 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	Lulseged 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 Mielliet	FRA	8:14.01	Djilali Bedrani	FRA	8:14.36	Karl Bebendorf	GER	8:14.41
2022	Topi Raitanen	FIN	8:21.80	Ahmed Abdelwahed	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-Benabbad	FRA	8:33.23	Tarik Langat Akdag	TUR	8:35.24	Victor Garcia	ESP	8:35.87
2010	Mahiedine Mekhissi	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 Taher	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 Ali Abu Bakr Kamal	JPN QAT	8:31.75			

### Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Ryuma Aoki	JPN	8:34.91	Yaser Salem Bagharab	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	BR	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	MAR	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 Cherono	KEN	8:23.85
------	----------------	-----	---------	----------------------	-----	---------	-----------------	-----	---------

### Last six Pan American Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Jean Simon	CAN	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	CAN	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 Sable	IND	8:11.20	Amos Serem	KEN	8:16.83
2018	Consesus Kipruto	KEN	8:10.08	Abraham Kibiwot	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 Cherono	KEN	8:19.41	Ezekiel Kemboi	KEN	8:19.78	Abraham Cherono	KEN	8:19.85

### Fastest Performances on Asian soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:56.58	Paul Kipsiele Koech	KEN	1	Doha	11 May 2012
2	2	7:56.81	Richard Mateelong	KEN	2	Doha	11 May 2012
3	3	7:58.85	Ezekiel Kemboi	KEN	1	Doha	8 May 2009

### Fastest Performances in Tokyo:

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	8:08.90	Soufiane El Bakkali	MAR	1	2 Aug 2021
2	2	8:09.83	Lamecha Girma	ETH	1h1	30 July 2021
3	3	8:09.92	Ryuji Miura	JPN	2h1	30 July 2021

### Fastest performances in September

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	7:53.63	Saif Saeed Shaheen	QAT	1	Bruxelles	3 Sept 2004
2	2	7:56.94	Saif Saeed Shaheen		1	Monaco	19 Sept 2004
3	3	7:57.38	Saif Saeed Shaheen		1	Monaco	14 Sept 2003

### All-time World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:52.11	Lamecha Girma	ETH	1	Paris	9 June <b>2023</b>
2	2	7:53.63	Saif Saeed Shaheen	QAT	1	Bruxelles	3 Sept 2004
3	3	7:53.64	Brimin Kipruto	KEN	1	Monaco	22 July 2011
4	4	7:54.31	Paul Kipsiele Koech	KEN	1	Roma	31 May 2012

### Combined 2024 & 2025 World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:00.70	Soufiane El Bakkali	MAR	1	Rabat	25 May 2025
2	2	8:01.49	Frederik Ruppert	GER	2	Rabat	25 May 2025
3	3	8:01.63	Lamecha Girma	ETH	1	Stockholm	2 June 2024
4	4	8:02.36	Abraham Sime	ETH	1	Paris	7 July 2024
5	5	8:02.36	Amos Serem	KEN	2	Paris	7 July 2024

6		8:03.18	Soufiane El Bakkali		1	Monaco	11 July 2025
7	6	8:03.43	Ryuji Miura	JPN	2	Monaco	11 July 2025
8	7	8:04.00	Edmund Serem	KEN	3	Monaco	11 July 2025
9		8:04.29	Soufiane El Bakkali		1	Chorzow	25 Aug 2024
10		8:04.29	Amos Serem		2	Chorzow	25 Aug 2024
11	8	8:04.34	Samuel Firewu	ETH	3	Chorzow	25 Aug 2024
12		8:05.61	Samuel Firewu		1	Xiamen	26 Apr 2025
13		8:05.78	Samuel Firewu		2	Stockholm	2 June 2024
14		8:06.05	Soufiane El Bakkali		1	Paris – OG	7 Aug 2024

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

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