

2025 World Championships Statistics - Men's 10000m by K Ken Nakamura

The records to look for in Tokyo:

- 1) Can Grant Fisher or Nico Young become first non-African born runner to medal since 1987?

Summary:

All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	26:46.31	Kenenisa Bekele	ETH	1	Berlin	2009
2	2	26:48.36	Joshua Cheptegei	UGA	1	Doha	2019
3	3	26:49.34	Yomif Kejelcha	ETH	2	Doha	2019
4	4	26:49.51	Mo Farah	GBR	1	London	2017
5		26:49.57	Kenenisa Bekele		1	Paris	2003
6		26:49.94	Joshua Cheptegei		2	London	2017
7	5	26:50.12	Zersenay Tadese	ERI	2	Berlin	2009
8	6	26:50.32	Rhonex Kipruto	KEN	3	Doha	2019
9	7	26:50.60	Paul Kipngetich Tanui	KEN	3	London	2017
10	8	26:50.77	Haile Gebrselassie	ETH	2	Paris	2003
11	9	26:52.12	Bedan Karoki	KEN	4	London	2017

Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	10.35 seconds	Paul Kipkoech	KEN	Roma	1987
	3.81 seconds	Kenenisa Bekele	ETH	Berlin	2009
Min	0.14 second	Alberto Cova	ITA	Helsinki	1983
	0.26 second	Ibrahim Jeilan	ETH	Daegu	2011

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	26:46.31	Kenenisa Bekele	ETH	Berlin	2009
	26:48.36	Joshua Cheptegei	UGA	Doha	2019
2	26:49.34	Yomif Kejelcha	ETH	Doha	2019
	26:49.94	Joshua Cheptegei	UGA	London	2017
3	26:50.32	Rhonex Kipruto	KEN	Doha	2019
	26:50.60	Paul Tanui	KEN	London	2017
4	26:52.12	Bedan Karoki	KEN	London	2017
	26:55.36	Rodgers Kwemoi	KEN	Doha	2019
5	26:56.11	Jemal Yimer	ETH	London	2017
	26:56.71	Andamlak Belihu	ETH	Doha	2019
6	26:57.77	Geoffrey Kamworor	KEN	London	2017
	26:59.35	Mohammed Ahmed	CAN	Doha	2019

World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Joshua Cheptegei	UG	27:51.42	Daniel Simiyu	KEN	27:52.60	Selemon Barega	ETH	27:52.72
2022	Joshua Cheptegei	UG	27:27.43	Stanley Waitthaka	KEN	27:27.90	Jacob Kiplimo	UG	27:27.97
2019	Joshua Cheptegei	UG	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	Mohamed 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

All time Performance List at the World Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	26:46.31	Kenenisa Bekele	ETH	1	Berlin	2009
2	2	26:48.36	Joshua Cheptegei	UGA	1	Doha	2019
3	3	26:49.34	Yomif Kejelcha	ETH	2	Doha	2019
4	4	26:49.51	Mo Farah	GBR	1	London	2017
5		26:49.57	Kenenisa Bekele		1	Paris	2003
6		26:49.94	Joshua Cheptegei		2	London	2017
7	5	26:50.12	Zersenay Tadese	ERI	2	Berlin	2009
8	6	26:50.32	Rhonex Kipruto	KEN	3	Doha	2019
9	7	26:50.60	Paul Kipngetich Tanui	KEN	3	London	2017
10	8	26:50.77	Haile Gebrselassie	ETH	2	Paris	2003
11	9	26:52.12	Bedan Karoki	KEN	4	London	2017
12	10	26:55.36	Rodgers Kwemai	KEN	4	Doha	2019
13	11	26:56.11	Jemal Yimer Mekonnen	ETH	5	London	2017
14	12	26:56.71	Andamlak Belihu	ETH	5	Doha	2019
15	13	26:57.39	Moses Masai	KEN	3	Berlin	2009
16	14	26:57.77	Geoffrey Kamworor	KEN	6	London	2017
17	15	26:59.19	Abadi Hadis	ETH	7	London	2017
18	16	26:59.35	Mohammed Ahmed	CAN	6	Doha	2019
19		27:01.13	Mo Farah		1	Beijing	2015
20	17	27:01.44	Sileshi Sihine	ETH	3	Paris	2003
21		27:01.76	Geoffrey Kamworor		2	Beijing	2015
22		27:02.35	Mohammed Ahmed		8	London	2017
23		27:02.83	Paul Tanui		3	Beijing	2015
24	18	27:04.72	Lopez Lomong	USA	7	Doha	2019
25		27:04.77	Bedan Karoki		4	Beijing	2015
26		27:05.90	Kenenisa Bekele		1	Osaka	2007
27	19	27:07.55	Shadrack Kipchirchir	USA	9	London	2017
28		27:08.33	Kenenisa Bekele		1	Helsinki	2005
29		27:08.87	Sileshi Sihine		2	Helsinki	2005
30	20	27:08.91	Galen Rupp	USA	5	Beijing	2015
31		27:08.94	Andamlak Belihu		10	London	2017
32	21	27:08.96	Moses Mosop	KEN	3	Helsinki	2005
33		27:09.03	Sileshi Sihine		2	Osaka	2007
34	22	27:09.92	Aron Kifle	ERI	11	London	2017
35	23	27:10.76	Yemaneberhan Crippa	ITA	8	Doha	2019
36	24	27:10.98	Boniface Kiprop	UGA	4	Helsinki	2005
37	25	27:11.08	Abraham Cheroben	BRN	12	London	2017
38	26	27:11.37	Hagos Gebrhiwet	ETH	9	Doha	2019
39	27	27:12.17	Martin Mathathi	KEN	3	Osaka	2007
40		27:12.51	Martin Irungu Mathathi		5	Helsinki	2005
41		27:12.82	Zersenay Tadese		6	Helsinki	2005
42		27:12.95	Haile Gebrselassie	ETH	1	Göteborg	1995
43	28	27:13.09	Abebe Dinkesa	ETH	7	Helsinki	2005
44	29	27:13.81	Ibrahim Jeilan	ETH	1	Daegu	2011
45		27:14.07	Mo Farah		2	Daegu	2011
46	30	27:14.53	Khalid Skah	MAR	2	Göteborg	1995
47	31	27:14.64	Abderrahim Goumri	MAR	8	Helsinki	2005
48	32	27:14.70	Paul Tergat	KEN	3	Göteborg	1995
49	33	27:15.94	Imane Merga	ETH	4	Berlin	2009
50	34	27:16.22	Nicholas Kemboi	QAT	9	Helsinki	2005
51	35	27:18.28	Abdullah Ahmad Hassan	QAT	4	Paris	2003
52	36	27:18.47	Bernard Kipyego	KEN	5	Berlin	2009
53		27:19.14	Imane Merga		3	Daegu	2011
54	37	27:19.30	Salah Hissou	MAR	4	Göteborg	1995

55	38	27:19.94	John Cheruiyot Korir	KEN	5	Paris	2003
56	39	27:20.18	Leonard Korir	USA	13	London	2017
57	40	27:21.09	Timothy Toroitich	UGA	14	London	2017
58		27:21.37	Zersenay Tadese		4	Osaka	2007
59		27:21.71	Mo Farah		1	Moskva	2013
60		27:22.23	Ibrahim Jeilan		2	Moskva	2013
61	41	27:22.28	Dathan Ritzenhein	USA	6	Berlin	2009
62		27:22.57	Zersenay Tadese		4	Daegu	2011
63		27:22.61	Paul Tanui		3	Moskva	2013
64	42	27:23.72	Josephat Machuka	KEN	5	Göteborg	1995
65		27:23.87	Martin Irungu Mathathi		5	Daegu	2011
66		27:24.39	Galen Rupp		4	Moskva	2013
67		27:24.58	Haile Gebrselassie		1	Athinai	1997
68		27:24.74	Shadrack Kipchirchir		10	Doha	2019
69	43	27:25.27	Abera Kuma	ETH	5	Moskva	2013
70		27:25.62	Paul Tergat		2	Athinai	1997
71	44	27:25.63	Peter Cheruiyot Kirui	KEN	6	Daegu	2011
72	45	27:26.33	Micah Kogo	KEN	7	Berlin	2009
73		27:26.84	Galen Rupp		7	Daegu	2011
74		27:27.17	Bedan Karoki Muchiri		6	Moskva	2013
75		27:27.43	Joshua Cheptegei		1	Eugene	2022
76	46	27:27.90	Stanley Waithaka Mburu	KEN	2	Eugene	2022
77	47	27:27.97	Jacob Kiplimo	UGA	3	Eugene	2022
78	48	27:28.14	Grant Fisher	USA	4	Eugene	2022
79	49	27:28.39	Selemon Barega	ETH	5	Eugene	2022
80	50	27:28.50	Kenneth Kiprop Kipkemoi	KEN	7	Moskva	2013
81		27:28.67	Salah Hissou		3	Athinai	1997
82		27:29.07	Josephat Machuka		1h2	Göteborg	1995
83	51	27:29.21	Nguse Amlosom	ERI	8	Moskva	2013

Slowest winning time: 28:01.04 by Alberto Cova in 1983

Margin of Victory

	Difference	Name	Nat	Venue	Year
Max	10.35 seconds	Paul Kipkoech	KEN	Roma	1987
	3.81 seconds	Kenenisa Bekele	ETH	Berlin	2009
Min	0.14 second	Alberto Cova	ITA	Helsinki	1983
	0.26 second	Ibrahim Jeilan	ETH	Daegu	2011

The second largest winning margin is 3.81 second by Kenenisa Bekele in 2009

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	20.00	27:46.02	28:06.02	Haile Gebrselassie	ETH	Stuttgart	1993
	11.87	26:49.57	27:01.44	Kenenisa Bekele	ETH	Paris	2003
Min	0.22	28:01.04	28:01.26	Alberto Cova	ITA	Helsinki	1983

Difference between third and fourth (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	18.55sec	26:57.39	Moses Masai	KEN	Berlin	2009
Min	0.11sec	28:01.26	Hansjörg Kunze	GDR	Helsinki	1983

Fastest time in each round (First round held in 1983, 1991, 1993, 1995, 1997)

Round	Time	Name	Nat	Venue	Year
Final	26:46.31	Kenenisa Bekele	ETH	Berlin	2009
First Round	27:29.07	Josphat Machuka	KEN	Göteborg	1995

5000m – 10000m double gold medalists

Name	Nation	Venue	Year
Mo Farah	GBR	Beijing	2015
Mo Farah	GBR	Moskva	2013
Kenenisa Bekele	ETH	Berlin	2009

Average of last twelve (21st century) World Championships

	Average	2023	2022	2019	2017	2015	2013	2011	2009	2007	2005	2003	2001
Winning Time	27:13.4	27:51.42	27:27.43	26:48.36	26:49.51	27:01.13	27:21.71	27:13.81	26:46.31	27:05.90	27:08.33	26:49.57	27:53.25
Winning Medal	27:15.0	27:52.72	27:27.97	26:50.32	26:50.60	27:02.83	27:22.61	27:19.14	26:57.39	27:12.17	27:08.96	27:01.44	27:54.41
Missing Medal(4 th)	27:20.4	27:55.71	27:28.14	26:55.36	26:52.12	27:04.77	27:24.39	27:22.57	27:15.94	27:21.37	27:10.98	27:18.28	27:55.24
8 th place	27:38.7	28:03.38	27:33.57	27:10.76	27:02.35	27:44.90	27:29.21	27:34.11	27:37.99	28:25.67	27:14.64	27:45.46	28:02.71

Best Marks for Places in the World Championships

Pos	Time	Name	Nat	Venue	Year
1	26:46.31	Kenenisa Bekele	ETH	Berlin	2009
	26:48.36	Joshua Cheptegei	UGA	Doha	2019
	26:49.51	Mo Farah	GBR	London	2017
	26:49.57	Kenenisa Bekele	ETH	Paris	2003
2	26:49.34	Yomif Kejelcha	ETH	Doha	2019
	26:49.94	Joshua Cheptegei	UGA	London	2017
	26:50.12	Zersenay Tadese	ERI	Berlin	2009
	26:50.77	Haile Gebrselassie	ETH	Paris	2003
3	26:50.32	Rhonex Kipruto	KEN	Doha	2019
	26:50.60	Paul Tanui	KEN	London	2017
	26:57.39	Moses Masai	KEN	Berlin	2009
	27:01.44	Sileshi Sihine	ETH	Paris	2003
4	26:52.12	Bedan Karoki	KEN	London	2017
	26:55.36	Rodgers Kwemoi	KEN	Doha	2019
	27:04.77	Bedan Karoki	KEN	Beijing	2015
	27:10.98	Boniface Kiprop	UGA	Helsinki	2005
5	26:56.11	Jemal Yimer	ETH	London	2017
	26:56.71	Andamlak Belihu	ETH	Doha	2019
	27:08.91	Galen Rupp	USA	Beijing	2015
	27:12.51	Martin Irungu Mathathi	KEN	Helsinki	2005
6	26:57.77	Geoffrey Kamworor	KEN	London	2017
	26:59.35	Mohammed Ahmed	CAN	Doha	2019
	27:12.82	Zersenay Tadese	ERI	Helsinki	2005
7	26:59.19	Abadi Hadis	ETH	London	2017
	27:04.72	Lopez Lomong	USA	Doha	2019
	27:13.09	Abebe Dinkesa	ETH	Helsinki	2005
8	27:02.35	Mo Ahmed	CAN	London	2017
	27:10.76	Yemaneberhan Crippa	ITA	Doha	2019
	27:14.64	Abderrahim Goumri	MAR	Helsinki	2005
9	27:07.55	Shadrack Kipchirchir	USA	London	2017
	27:11.37	Hagos Gebrhiwet	ETH	Doha	2019
	27:16.22	Nicholas Kemboi	QAT	Helsinki	2005

The second fastest non-winning time is 26:49.94 by Joshua Cheptegei in 2017

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
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
	26:43.79	Mohammed Ahmed	CAN	Paris	2 Aug 2004
	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
	26:43.98	Benard Koech	KEN	Paris	2 Aug 2024
	26:47.72	Ishmael Kipkurui	KEN	Eugene	5 July 2025
	26:51.09	Zersenay Tadese	ERI	Eugene	3 June 2011
	26:52.60	Sammy Kipketer	KEN	Bruxelles	26 Aug 2005
6	26:44.02	Yomif Kejelcha	ETH	Paris	2 Aug 2024
	26:46.80	Tadese Worku	ETH	Nerja	14 June 2024
	26:50.00	Beson Kiplangat	KEN	Eugene	5 July 2025
	26:52.84	Sileshi Sihine	ETH	Eugene	3 June 2011
	26:52.93	Mark Bett	KEN	Bruxelles	26 Aug 2005
7	26:44.48	Selemon Barega	ETH	Paris	2 Aug 2024
	26:54.25	Mathew Kisorio	KEN	Eugene	3 June 2011
	26:55.51	Merhawi Mebrahtu	ERI	Nerja	14 June 2024
	26:56.36	Stanley Waithaka	KEN	Eugene	5 July 2025
	26:57.57	William Kincaid	USA	San Juan C	16 Mar 2024
	26:59.19	Abadi Hadis	ETH	London	4 Aug 2017
8	26:46.39	Jacob Kiplimo	UGA	Paris	2 Aug 2024
	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	26:49.49	Thierry Ndikumawenayo	ESP	Paris	2 Aug 2024
	26:55.29	Leonard Komon	KEN	Eugene	3 June 2011
	27:06.76	Nicholas Kipkorir	KEN	Eugene	5 July 2025
	27:07.55	Shadrack Kipchirchir	USA	London	4 Aug 2017
	27:07.97	Isaac Kimeli	BEL	San Juan C	16 Mar 2024
10	26:50.64	Adrian Wildschutt	RSA	Paris	2 Aug 2024
	27:06.35	Geoffrey Kamworor Kipsang	KEN	Eugene	3 June 2011
	27:07.65	Samweil Masai	KEN	Eugene	5 July 2025
	27:08.81	Patrick Dever	GBR	San Juan C	16 Mar 2024
	27:08.94	Andamlak Belihu	ETH	London	4 Aug 2017
11	26:50.83	Daniel Kibet	KEN	Paris	2 Aug 2024
	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
12	26:58.11	Nico Young	USA	Paris	2 Aug 2024
	27:09.29	Joe Klecker	USA	San Juan C	16 Mar 2024
13	26:58.67	Jimmy Gressier	FRA	Paris	2 Aug 2024
	27:09.57	Jack Rayner	AUS	San Juan C	16 Mar 2024

The most sub-27 minutes 10000m recorded in a single race is 13 in Paris OG in 2024

Multiple Gold Medalists:

Joshua Cheptegei (UGA): 2019, 2022, 2023
 Mo Farah (GBR): 2013, 2015, 2017
 Kenenisa Bekele (ETH): 2003, 2005, 2007, 2009
 Haile Gebrselassie (ETH): 1993, 1995, 1997, 1999

Multiple Medalists:

Joshua Cheptegei (UGA): 2017 Silver, 2019 Gold, 2022 Gold, 2023 Gold
 Paul Tanui (KEN): 2013 Bronze; 2015 Bronze, 2017 Bronze
 Mo Farah (GBR): 2011 Silver; 2013 Gold, 2015 Gold, 2017 Gold
 Ibrahim Jeilan (ETH): 2011 Gold; 2013 Silver
 Sileshi Sihine (ETH): 2003 Bronze, 2005 Silver, 2007 Silver
 Kenenisa Bekele (ETH): 2003 Gold, 2005 Gold, 2007 Gold, 2009 Gold
 Assefa Mezegebu (ETH): 1999 Bronze, 2001 Silver
 Paul Tergat (KEN): 1995 Bronze, 1997 Silver, 1999 Silver
 Haile Gebrselassie (ETH): 1993 Gold, 1995 Gold, 1997 Gold, 1999 Gold, 2001 Bronze, 2003 Silver
 Richard Chelimo (KEN): 1991 Silver, 1993 Bronze
 Khalid Skah (MAR): 1991 Bronze, 1995 Silver
 Moses Tanui (KEN): 1991 Gold, 1993 Silver
 Hansjörg Kunze (GDR): 1983 Bronze, 1987 Bronze

Haile Gebrselassie is the only runner with complete set of medals at 10000m

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
UGA	2022	Joshua Cheptegei		Jacob Kiplimo
KEN	2015		Geoffrey Kamworor	Paul Tanui
ETH	2011	Ibrahim Jeilan		Imane Merga
ETH	2007	Kenenisa Bekele	Sileshi Sihine	
ETH	2005	Kenenisa Bekele	Sileshi Sihine	
ETH	2003	Kenenisa Bekele	Haile Gebrselassie	Sileshi Sihine
ETH	2001		Assefa Mezegebu	Haile Gebrselassie
ETH	1999	Haile Gebrselassie		Assefa Mezegebu
KEN	1993		Moses Tanui	Richard Chelimo
KEN	1991	Moses Tanui	Richard Chelimo	
GDR	1983		Werner Schildhauer	Hansjörg Kunze

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

Nation	Men	Women	Venue	Year
ETH	Kenenisa Bekele	Tirunesh Dibaba	Osaka	2007
ETH	Kenenisa Bekele	Tirunesh Dibaba	Helsinki	2005
ETH	Kenenisa Bekele	Berhane Adere	Paris	2003
ETH	Haile Gebrselassie	Gete Wami	Sevilla	1999

Medals by Countries:

Nation	Gold	Silver	Bronze
ETH	9	6	5

KEN	3	7	9
UGA	3	1	1
GBR	3	1	
ITA	1	1	
MAR		1	2
GDR		1	2
ERI		1	

Comparison of 1000m splits/laps in the World Championships 10000m final

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

	1000 m	2000 m	3000 m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final 5000m
2023		5:41.66		11:32.71		17:14.11		22:41.26		27:51.42	
2022	2:46.40	5:32.23	8:20.24	11:11.53	14:01.40	16:44.62	19:29.87	22:18.21	25:01.71	27:27.43	13:26.03
2019	2:43.98	5:27.47	8:09.15	10:52.87	13:34.13	16:16.13	18:57.22	21:40.33	24:20.79	26:48.36	13:14.23
2017	2:39.48	5:25.45	8:09.13	10:53.80	13:33.74	16:17.50	19:02.21	21:40.98	24:20.05	26:49.51	13:15.77
2015	2:54.26	5:34.59	8:17.92	10:59.22	13:42.01	16:23.75	19:06.59	21:50.25	24:32.32	27:01.13	13:19.12
2013	2:45.73	5:35.42	8:19.95	11:03.14	13:49.95	16:37.52	19:26.23	22:11.40	24:55.48	27:21.71	13:31.76
2011	2:57.10	5:37.00	8:20.50	11:07.80	13:52.50	16:36.00	19:17.20	22:00.60	24:46.40	27:13.81	13:21.31
2009	2:46.24	5:34.24	8:19.55	11:04.75	13:40.45	16:18.75	18:57.73	21:37.80	24:13.73	26:46.31	13:05.86
2007	2:44.15	5:27.32	8:12.93	10:57.82	13:42.98	16:28.83	19:12.74	21:54.58	24:35.57	27:05.90	13:22.92
2005	2:49.05	5:36.67	8:23.20	11:08.59	13:51.10	16:32.42	19:11.55	21:51.81	24:39.36	27:08.33	13:16.73
2003	2:52.01	5:36.76	8:24.72	11:10.77	13:52.33	16:26.85	19:05.14	21:42.58	24:20.56	26:49.57	12:57.24
2001	2:50.25	5:37.70	<u>8:33.73</u>	11:22.31	14:15.11	17:02.04	19:48.95	22:34.16	25:17.24	27:53.25	13:38.14
1999	2:52.59	5:40.13	8:30.19	<u>11:23.89</u>	<u>14:17.17</u>	<u>17:07.68</u>	<u>19:59.94</u>	<u>22:43.62</u>	<u>25:32.07</u>	27:57.27	13:40.10
1997	<u>2:55.76</u>	5:39.99	8:26.82	11:11.85	13:58.79	16:49.31	19:27.92	22:10.78	24:53.49	27:24.58	13:25.79
1995	2:49.01	5:31.32	8:19.38	11:02.85	13:46.20	16:28.58	19:11.70	21:56.46	24:39.24	27:12.95	13:26.75
1993	2:53.6	<u>5:43.9</u>	8:24.1	11:09.8	13:59.38	16:45.7	19:32.2	22:18.2	25:06.5	27:46.02	13:46.62
1991	2:41.96	5:21.13	8:01.79	10:45.39	13:30.27	16:18.82	19:10.69	22:02.86	24:55.74	27:38.74	<u>14:08.44</u>
1987	2:55.0	5:39.5	8:29.4	11:22.7	14:13.07	16:59.9	19:36.5	22:18.0	25:01.1	27:38.63	13:25.53
1983	2:46.17	5:32.94	8:20.02	11:11.24	14:07.11	16:57.62	19:52.45	22:38.95	25:31.35	<u>28:01.04</u>	13:53.93

	1000 m	2000 m	3000m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final400	Final200
2023											53.45	
2022	2:46.40	2:45.83	2:48.01	2:51.29	2:49.87	2:43.22	2:45.25	2:48.34	2:44.50	2:25.72	53.39	26.48
2019	2:43.98	2:43.49	2:41.68	2:43.72	2:41.26	2:42.00	2:41.09	2:43.11	2:40:46	2:27.57		
2017	2:39.48	2:45.97	2:43.68	2:44.67	2:39.94	2:43.76	2:44.71	2:38.77	2:39.07	2:29.46	55.63	
2015	2:54.26	2:40.33	2:43.33	2:41.30	2:42.79	2:41.74	2:42.84	2:43.66	2:42.07	2:28.81	54.14	
2013	2:45.73	2:49.69	2:44.53	2:43.19	2:46.81	2:47.57	2:48.71	2:45.17	2:44.08	2:26.23	54.49	
2011	2:57.10	2:39:90	2:43.50	2:47.30	2:44.70	2:43.50	2:41.20	2:43.40	2:45.80	2:27.41	52.8	26.3
2009	2:46.24	2:48.00	2:45.31	2:45.20	2:35.70	2:38.30	2:38.98	2:40.07	2:35.93	2:32.58	57.4	29.1
2007	2:44.15	2:43.17	2:45.61	2:44.89	2:45.16	2:45.85	2:43.91	2:41.84	2:40.99	2:30.33	55.51	<u>27.48</u>
2005	2:49.05	2:47.62	2:46.53	2:45.39	2:42.51	2:41.32	2:39.13	2:40.26	2:47.55	2:28.97	54.24	25.8
2003	2:52.01	2:44.75	2:47.96	2:46.05	2:41.56	2:34.52	2:38.29	2:37.44	2:37.98	2:29.01	55.0	26.1
2001	2:50.25	2:47.45	<u>2:56.03</u>	2:48.58	2:52.80	2:46.93	2:46.91	2:45.21	2:43.08	2:36.01	55.97	26.4
1999	2:52.59	2:47.54	2:50.06	<u>2:53.70</u>	2:52.28	2:50.51	2:52.26	2:43.68	2:48.45	2:25.20	54.37	26.3

1997	<u>2:55.76</u>	2:44.23	2:46.83	2:45.03	2:46.94	<u>2:50.52</u>	2:38.61	2:42.86	2:42.71	2:31.09	55.87	27.29
1995	2:49.01	2:42.31	2:48.06	2:43.47	2:43.35	2:42.38	2:43.12	2:44.76	2:42.78	2:33.71	56.0	25.1
1993	2:53.6	<u>2:50.3</u>	2:40.2	2:45.7	2:49.6	2:46.3	2:46.5	2:46.0	2:48.3	2:39.52	54.98	26.6
1991	2:42.0	2:39.1	2:40.7	2:43.6	2:44.9	2:48.5	2:51.9	<u>2:52.2</u>	<u>2:52.8</u>	<u>2:43.0</u>	<u>61.3</u>	
1987	2:55.0	2:44.5	2:49.9	2:53.3	2:50.4	2:46.8	2:36.6	2:41.5	2:43.1	2:37.53	61	
1983	2:46.17	2:46.77	2:47.08	2:51.22	<u>2:55.87</u>	2:50.51	<u>2:54.83</u>	2:46.50	2:52.40	2:29.69	53.9	

Comparison of World Records Split times

World Records Split Times

Name	DMY	1000m	2000m	3000m	4000m	5000m	6000m	7000m	8000m	9000m	10000m	last5000
Joshua Cheptegei	7/10/20	2:37.9	5:15.05	7:52.79	10:29.83	13:07.73	15:45.06	18:22.00	20:59.48	23:36.75	26:11.00	13:03.27
Kenenisa Bekele	26/8/05	2:39.85	5:15.63	7:53.02	10:29.98	13:09.19	15:44.66	18:23.98	21:04.63	23:45.85	26:17.53	13:08.34
Kenenisa Bekele	8/6/04	2:35.43	5:16.08	7:55.97	10:37.93	13:14.42	15:50.94	18:29.33	21:08.94	23:48.85	26:20.31	13:05.89
Haile Gebrselassie	1/6/98	2:35.8	5:16.0	7:53.6	10:31.3	13:11.7	15:51.6	18:32.45	21:12.92	23:51.53	26:22.75	13:11.05
Paul Tergat	22/8/97	2:40.6	5:21.0	8:00.6	10:37.2	13:18.0	15:58.2	18:37.8	21:15.7	23:52.1	26:27.85	13:09.85
Haile Gebrselassie	4/7/97	2:39.6	5:17.3	7:56.9	10:36.3	13:16.74	15:56.69	18:37.04	21:17.6	23:54.65	26:31.32	13:14.58
Salah Hissou	23/8/95	2:38.99	5:20.44	8:02.62	10:44.79	13:25.45	16:04.69	18:46.99	21:26.47	24:01.97	26:38.08	13:12.63
Haile Gebrselassie	5/6/95	2:42.3	5:22.3	8:01.2	10:39.4	13:21.4	16:03.3	18:43.2	21:26.2	24:08.8	26:43.53	13:22.2
William Sigei	22/7/94	2:42.3	5:24.3	8:05.9	10:50.8	13:32.71	16:14.1	18:53.7	21:36.0	24:18.4	26:52.23	13:19.52
Yobes Ondieki	10/7/93	2:41.8	5:22.0	8:02.8	10:47.0	13:28.05	16:10.9	18:53.6	21:35.2	24:20.2	26:58.38	13:30.33
Richard Chelimo	5/7/93	2:44.9	5:26.0	8:08.0	10:50.8	13:33.8	16:15.9	18:59.3	21:43.4	24:28.5	27:07.91	13:34.2
Arturo Barrios	18/8/89	2:42.9	5:25.9	8:08.5	10:50.1	13:32.5	16:15.5	19:01.2	21:47.0	24:32.6	27:08.23	13:35.8
Fernande Mamede	2/7/84	2:49.4	5:34.5	8:16.4	11:00.5	13:45.4	16:30.1	19:16.6	21:58.3	24:41.1	27:13.81	13:28.5
Henry Rono	11/6/78	2:47.5	5:30.2	8:13.6	11:04.6	13:49.0	16:35.7	19:20.0	22:02.1	24:45.5	27:22.47	13:33.5
Sam Kimonbwa	30/6/77	2:45.2	5:28.2	8:14.3	11:01.4	13:48.7	16:35.7	19:17.4	22:00.5	24:46.0	27:30.47	13:41.8
David Bedford	13/7/73	2:39.8	5:23.2	8:08.4	10:54.6	13:39.4	16:26.0	19:14.2	22:02.0	24:50.4	27:30.80	13:51.4
Lasse Viren	3/9/72	2:36.9	5:18.8	8:06.4	10:55.6	13:43.9	16:35.8	19:27.8	22:17.8	25:09.2	27:38.35	13:54.5
Ron Clarke	14/7/65	2:41.5	5:25.0	8:11.0	10:58.0	13:45.0	16:33.0	19:23.0	22:13.0	24:59.0	27:39.89	13:54.9
Ron Clarke	16/6/65	2:43.4	5:29.6	8:19.0	11:10.6	14:02.0	16:51.8	19:45.6	22:39.4	25:32.6	28:14.0	14:12.0
Ron Clarke	18/12/63	2:44.0	5:31.0	8:25.0	11:15.0	14:06.5	17:01.0	19:54.5	22:50.0	25:40.0	28:15.5	14:09.0

World Records Lap Times

Name	Venue	1000 m	2000 m	3000 m	4000 m	5000 m	6000 m	7000 m	8000 m	9000 m	10000 m	Ave. pace
Joshua Cheptegei	Valencia	2:37.9	2:37.15	2:37.74	2:37.04	2:37.90	2:37.33	2:36.94	2:37.48	2:37.27	2:34.25	
Kenenisa Bekele	Bruxelles	2:39.85	2:35.78	2:37.39	2:36.96	2:39.21	2:35.47	2:39.32	2:40.65	2:41.22	2:31.68	2:37.75
Kenenisa Bekele	Ostrava	2:35.32	2:40.76	2:39.89	2:41.96	2:36.49	2:36.52	2:38.39	2:39.61	2:39.91	2:31.46	2:38.03
Haile Gebrselassie	Hengelo	2:35.8	2:40.2	2:37.6	2:37.7	2:40.4	2:39.9	2:40.85	2:40.47	2:38.61	2:31.22	2:38.28
Paul Tergat	Bruxelles	2:40.6	2:40.4	2:39.6	2:36.6	2:40.8	2:40.2	2:39.6	2:37.9	2:36.4	2:35.75	2:38.79
Haile Gebrselassie	Oslo	2:39.6	2:37.7	2:39.6	2:39.4	2:40.4	2:39.95	2:40.35	2:40.56	2:37.05	2:36.67	2:39.13
Salah Hissou	Bruxelles	2:38.99	2:41.45	2:42.18	2:42.17	2:40.66	2:39.24	2:42.30	2:39.48	2:35.50	2:36.11	2:39.81
Haile Gebrselassie	Hengelo	2:42.3	2:40.0	2:38.9	2:38.2	2:42.0	2:41.9	2:39.9	2:43.0	2:42.6	2:34.8	2:40.35
William Sigei	Oslo	2:42.3	2:42.0	2:41.6	2:44.9	2:41.91	2:41.39	2:39.6	2:42.3	2:42.4	2:33.83	2:41.22
Yobes Ondieki	Oslo	2:41.8	2:40.2	2:40.8	2:44.2	2:41.05	2:42.85	2:42.7	2:41.6	2:45.0	2:38.18	2:41.84
Richard Chelimo	Stockholm	2:44.9	2:41.1	2:42.0	2:42.8	2:43.0	2:42.1	2:43.4	2:44.1	2:45.1	2:39.41	2:42.79
Arturo Barrios	Berlin	2:42.9	2:43.0	2:42.6	2:41.6	2:42.4	2:43.0	2:45.7	2:45.8	2:45.6	2:35.63	2:42.82
Fernande Mamede	Stockholm	2:49.4	2:45.1	2:41.9	2:44.1	2:44.9	2:44.7	2:46.5	2:41.7	2:42.8	2:32.71	2:43.38
Henry Rono	Vienna	2:47.5	2:42.7	2:43.4	2:51.0	2:44.4	2:46.7	2:44.3	2:42.1	2:42.4	2:36.97	2:44.25
Sam Kimombwa	Helsinki	2:45.2	2:43.0	2:46.1	2:47.1	2:47.3	2:47.0	2:41.7	2:43.1	2:45.5	2:44.47	2:45.05

David Bedford	London	2:39.8	2:43.4	2:45.2	2:46.2	2:44.8	2:46.6	2:48.2	2:47.8	2:48.4	2:40.4	2:45.08
Lasse Viren	Munich	2:36.9	2:41.9	2:47.6	2:49.2	2:48.3	2:51.9	2:52.0	2:50.0	2:51.4	2:29.15	2:45.83
Ron Clarke	Oslo	2:41.5	2:43.5	2:46.0	2:47.0	2:47.0	2:48.0	2:50.0	2:50.0	2:46.0	2:40.89	2:45.99
Ron Clarke	Turuku	2:43.4	2:46.2	2:49.4	2:51.6	2:51.4	2:49.8	2:53.8	2:53.8	2:53.2	2:41.4	2:49.4
Ron Clarke	Melbourne	2:44.0	2:47.0	2:54.0	2:50.0	2:51.5	2:54.0	2:53.5	2:55.5	2:50.0	2:35.5	2:49.55

World Champion with Olympic gold medal

Name	Nat	World Championships	Olympics
Joshua Cheptegei	UGA	2019, 2022, 2023	2024
Mo Farah	GBR	2013, 2015, 2017	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 Champion who previously won World Junior gold medal

Name	Nat	World Championships	World Junior Championships
Joshua Cheptegei	UGA	2019, 2022, 2023	2014
Ibrahim Jeylan	ETH	2011	2006
Haile Gebrselassie	ETH	1993, 1995, 1997, 1999	1992

World Championships gold medalist who previously won World Youth medal (at 3000m)

Name	Nat	World Championships	Year	World Youth Championships	Year
Ibrahim Jeylan	ETH	Gold	2011	Silver	2005
Kenenisa Bekele	ETH	Gold	2003-2009	Silver	1999

World Champion with European Championships gold medal:

Name	Nat	World Championships	European Championships
Mo Farah	GBR	2013, 2015, 2017	2010, 2014
Alberto Cova	ITA	1983	1986

World Championships medalists with Asian Games medal: None

Highest finish by Asian runner in the World Championships is fourth by Abdullah Ahmad Hassan (QAT) in 2003

World Championships medalists with All Africa Games gold medal

Name	Nat	World Championships	Year	All Africa Games	Year
Ibrahim Jeylan	ETH	Gold	2011	Gold	2011
Zersenay Tadese	ERI	Silver	2009	Gold	2007
Sileshi Sihine	ETH	Silver	2005, 2007	Gold	2003

World Champion with African championships gold medal

Name	Nat	World Championships	African Championships
Charles Kamathi	KEN	2001	2004

World Champion with Pan American Games gold medalist: None

The highest finish by athletes from Pan American country in the World Championships is fourth by Arturo Barrios (MEX) in 1987

World Championships medalists with Commonwealth Games medal

Name	Nat	World Championships	Year	Commonwealth Games	Year
Moses Tanui	KEN	Gold	1991	Silver	1990
Joshua Cheptegei	UGA	Silver Gold	2017 2019, 2022, 2023	Gold	2018

World Champion with World Cross Country Championships Gold

Name	Nat	World Championships	World Cross Country Championships
Kenenisa Bekele	ETH	2003-2009	2002-2006, 2008 2002-2006 short
Joshua Cheptegei	UGA	2019, 2022	2019

World Champion with World Half Marathon Championships Gold

Name	Nat	World Championships	World Half marathon Championships
Haile Gebrselassie	ETH	1993-1997	2001
Moses Tanui	KEN	1991	1995

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 Waithaka Mburu	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	Mohamed 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
1999	Haile Gebrselassie	ETH	27:57.27	Paul Tergat	KEN	27:58.56	Assefa Mezegebu	ETH	27:59.15
1997	Haile Gebrselassie	ETH	27:24.58	Paul Tergat	KEN	27:25.62	Salah Hissou	MAR	27:28.67
1995	Haile Gebrselassie	ETH	27:12.95	Khalid Skah	MAR	27:14.53	Paul Tergat	KEN	27:14.70
1993	Haile Gebrselassie	ETH	27:46.02	Moses Tanui	KEN	27:46.54	Richard Chelimo	KEN	28:06.02
1991	Moses Tanui	KEN	27:38.74	Richard Chelimo	KEN	27:39.41	Khalid Skah	MAR	27:41.74
1987	Paul Kipkoech	KEN	27:38.63	Francesco Panetta	ITA	27:48.98	Hans Kunze	GDR	27:50.37
1983	Alberto Cova	ITA	28:01.04	Werner Schildhauer	GDR	28:01.18	Hans Kunze	GDR	28:01.26

Last eleven Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Joshua Cheptegei	UGA	26:43.14	Berihu Aregawi	ETH	26:43.44	Grant Fisher	USA	26:43.46
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	Tarikuu 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 Mezegebu	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 ten World Junior Championships: (no 10000m after 2018)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2018	Rhonex Kipruto	KEN	27:21.08	Jacob Kiplimo	UGA	27:40.36	Berihu Aregawi	ETH	27:48.41
2016	Rodgers Chumo	KEN	27:25.23	Aron Kifle	ERI	27:26.20	Jacob Kiplimo	KEN	27:26.68
2014	Joshua Cheptegei	UGA	28:32.86	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 Kirui	KEN	28:30.47
2010	Dennis Masai	KEN	27:53.88	AbrahamGebretsadik	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

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 Waitthaka	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 Kipkoech	KEN	7:56.60	Alexander Mutiso Munyao	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 Crippa	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	GBR	28:08.11	Andrew Vernon	GBR	28:08.66	Ali Kaya	TUR	28:08.72
2012	Polat Kemboi Arikan	TUR	28:22.27	Daniele Meucci	ITA	28:22.73	Yevgeniy Rybakov	RUS	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	BRN	29:00.29	Zhao Changhong	CHN	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	Abdulhak Zakaria	BRN	28:46.11

Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Ren Tazawa	JPN	29:18.44	Shadrack Kimutai	KAZ	29:31.63	Abhishek Pal	IND	29:33.26
2019	Dawit Fikadu	BRN	28:26.30	Hassan Chani	BRN	28:31.30	Murli Kumar Gavitt	IND	28:38.34

2016	G Lakshmanan	IND	29:55.87	Gopi Thonakal	IND	29:58.89	Adilet Kyshtakbekov	KR	30:06.65
2014	El Hassan El Abbassi	BRN	28:50.71	Govindan Lakshaman	IND	29:42.81	Andrey Petrov	UZB	30:20.68
2013	Alemu Bekele	BRN	28:47.26	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	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	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 Jeilan	ETH	28:18.22	Bedan M 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 Longosiwa	KEN	29:23.02
2018	Jemal Yimer	ETH	29:08.01	Andamlak Belihu	ETH	29:11.09	Timothy Toroitich	UGA	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 Mosoi	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	CAN	28:49.96	Aron Rono	USA	28:50.83	Juan Luis Barrios	MEX	28:51.57
2011	M dos Santos	BRA	29:00.64	Juan C 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 Ebenyo	KEN	27:11.26	Kibiwott Kandie	KEN	27:20.34
2018	Joshua Cheptegei	UGA	27:19.62	Mo Ahmed	CAN	27:20.56	Rodgers Kwemai	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

Last sixteen World Cross Country Championships (Men's individual):

Year	Gold	Nat	time	Silver	Nat	Time	Bronze	Nat	time	4 th
------	------	-----	------	--------	-----	------	--------	-----	------	-----------------

2024	Jacob Kiplimo	UG	28:09	Berihu Aregawi	ETH	28:12	Benson Kiplagat	KEN	28:14	N Kipkorir
2023	Jacob Kiplimo	UG	29:17	Berihu Aregawi	ETH	29:26	Joshua Cheptegei	UG	29:37	G Kamworor
2019	Joshua Cheptegei	UG	31:40	Jacob Kiplimo	UG	31:44	Geoff Kamworor	KEN	31:55	A Kifle
2017	Geoffrey Kamworor	KEN	28:24	Leonard Barsoton	KEN	28:36	Abadi Hadis	ETH	28:43	Jama Yimer
2015	Geoffrey Kamworor	KEN	34:52	Bedan Karoki	KEN	35:00	Muktar Edris	ETH	35:06	H Gebrhiwet
2013	Japhet Korir	KEN	32:45	Imane Merga	ETH	32:51	Teklemariam Medhin	ERI	32:54	M Kipsiro
2011	Imane Merga	ETH	33:50	Paul K Tanui	KEN	33:52	Vincent Chepkok	KEN	33:53	Mat Kisorio
2010	Joseph Ebuya	KEN	33:00	Teklemariam Medhin	ERI	33:06	Moses Kipsiro	UGA	33:10	L Komon
2009	Gebre Gebremariam	ETH	35:02	Moses Kipsiro	UGA	35:04	Zersenay Tadese	ERI	35:04	L Komon
2008	Kenenisa Bekele	ETH	34:38	Leonard Komon	KEN	34:41	Zersenay Tadese	ERI	34:43	J Ebuya
2007	Zersenay Tadese	ERI	35:50	Moses Mosop	KEN	36:13	Bernard Kipyego	KEN	36:37	G Ngatuny
2006	Kenenisa Bekele	ETH	35:40	Sileshi Sihine	ETH	35:43	Martin Mathathi	KEN	35:44	Z Tadese
2005	Kenenisa Bekele	ETH	35:06	Zersenay Tadese	ERI	35:20	Abdullah A Hassan	QAT	35:34	A Dinkesa
2004	Kenenisa Bekele	ETH	35:52	Gebre Gebremariam	ETH	36:10	Sileshi Sihine	ETH	36:11	E Kipchoge
2003	Kenenisa Bekele	ETH	35:56	Patrick Ivuti	KEN	36:09	G Gebemaraam	ETH	36:17	R Limo
2002	Kenenisa Bekele	ETH	34:52	John Yuda	TAN	34:58	Wilberforce Talel	KEN	35:20	R Limo

Short Course (Men's Individual)

Year	Gold	Nat	Silver	Nat	Bronze	Nat	4 th
2006	Kenenisa Bekele	ETH	Isaac Songok	KEN	Adil Kaouch	MAR	Bejamin Limo
2005	Kenenisa Bekele	ETH	Abraham Chebii	KEN	Isaac Songok	KEN	Saif Saeed Shaheen
2004	Kenenisa Bekele	ETH	Gebre Gebremariam	ETH	Maregu Zewde	ETH	Abdullah A Hassan
2003	Kenenisa Bekele	ETH	John Kibowen	KEN	Benjamin Limo	KEN	Michael Kipyego
2002	Kenenisa Bekele	ETH	Luke Kipkosgei	KEN	Hailu Mekonnen	ETH	Sammy Kipketer

Last fifteen World Half Marathon Championships

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Sabastian Sawe	KEN	59:10	Daniel Ebenyo	KEN	59:14	Samuel Nyamai Mailu	KEN	59:19
2020	Jacob Kiplimo	UGA	58:49	Kibiwott Kandie	KEN	58:54	Amedework Walelegn	ETH	59:08
2018	Geoffrey Kamworor	KEN	60:02	Abraham Cheroben	BRN	60:22	Aron Kifle	ERI	60:31
2016	Geoffrey Kamworor	KEN	59:10	Bitan Karoki	KEN	59:36	Mo Farah	GB	59:59
2014	Geoffrey Kamworor	KEN	59:08	Samuel Tsegay	ERI	59:21	Guye Adola	ETH	59:21
2012	Zersenay Tadese	ERI	60:19	Deressa Chimasa	ETH	60:51	John Mwangangi	KEN	61:01
2010	Wilson Kiprop	KEN	60:07	Zersenay Tadese	ERI	60:11	Sammy Kitwara	KEN	60:22
2009	Zersenay Tadese	ERI	59:35	Bernard Kipyego	KEN	59:59	Dathan Ritzenhein	USA	60:00
2008	Zersenay Tadese	ERI	59:56	Patrick Makau	KEN	61:54	Ahamad H Abdullah	QAT	61:57
2007	Zersenay Tadese	ERI	58:59	Patrick Makau	KEN	59:02	Evans Cheruiyot	KEN	59:05
2006*	Zersenay Tadese	ERI	56:01	Robert Kipchumba	KEN	56:41	Wilson Kiprotich Kebenei	KEN	57:15
2005	Fabian Joseph	TAN	61:08	Mubarak H Shami	QAT	61:09	Yonas Kifle	ERI	61:13
2004	Paul Kiprop Kirui	KEN	62:15	Fabiano Joseph	TAN	62:31	Ahmad Hassan Abd.	QAT	62:36
2003	Martin Lel	KEN	60:49	Fabiano Joseph	TAN	60:52	Martin Hhaway Sulle	TAN	60:56
2002	Paul Kosgei	KEN	60:39	Jaouad Gharib	MAR	60:42	John Yuda	TAN	60:57
2001	Haile Gebrselassie	ETH	60:03	Tsefaye Jifar	ETH	60:04	John Yuda	TAN	60:12
2000	Paul Tergat	KEN	63:47	Phausitn Baha	TAN	63:48	Tsefaye Jifar	ETH	63:50

2006 edition was contested at 20Km

Fastest Performances on Asian Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:48.36	Joshua Cheptegei	UGA	1	Doha	6 Oct 2019
2	2	26:49.34	Yomif Kejelcha	ETH	2	Doha	6 Oct 2019
3	3	26:54.76	Richard Yator	KEN	1	Yokohama	1 Oct 2022

Fastest Performances in Tokyo

Performance	Performer	Time	Name	Nat	Pos	DMY
1	1	27:09.80	Kazuya Shiojiri	JPN	1	10 Dec 2023
2	2	27:12.53	Tomoki Ota	JPN	2	10 Dec 2023
3	3	27:13.04	Akira Aizawa	JPN	3	10 Dec 2023

Fastest performances in September

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:29.22	Haile Gebrselassie	ETH	1	Bruxelles	5 Sept 2003
2	2	26:30.03	Nicholas Kemboi	KEN	2	Bruxelles	5 Sept 2003
3	3	26:38.76	Abdullah Ahmad Hassan	QAT	3	Bruxelles	5 Sept 2003

All-time World List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:11.00	Joshua Cheptegei	UGA	1	Valencia	7 Oct 2020
2	2	26:17.53	Kenenisa Bekele	ETH	1	Bruxelles	26 Aug 2005
3		26:20.31	Kenenisa Bekele		1	Ostrava	8 June 2004
4	3	26:22.75	Haile Gebrselassie	ETH	1	Hengelo	1 June 1998
5		26:25.97	Kenenisa Bekele		1	Eugene	8 June 2008
6	4	26:27.85	Paul Tergat	KEN	1	Bruxelles	22 Aug 1997

Combined 2024 & 2025 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	Biniam Mehary	ETH	4	Nerja	14 June 2024
5	5	26:42.65	Gemechu Dida	ETH	5	Nerja	14 June 2024
6	6	26:43.14	Joshua Cheptegei	UGA	1	Paris- OG	2 Aug 2024
7		26:43.44	Berihu Aregawi		2	Paris – OG	2 Aug 2024
8	7	26:43.46	Grant Fisher	USA	3	Paris – OG	2 Aug 2024
9	8	26:43.79	Mohammed Ahmed	CAN	4	Paris – OG	2 Aug 2024
10		26:43.82	Biniam Mehary		1	Eugene – Pre	5 July 2025
11		26:43.84	Berihu Aregawi		2	Eugene – Pre	5 July 2025
12	9	26:43.98	Benard Kibet Koech	KEN	5	Paris – OG	2 Aug 2024
13		26:44.02	Yomif Kejelcha		6	Paris – OG	2 Aug 2024
14		26:44.13	Selemon Barega		3	Eugene – Pre	5 July 2025
15		26:44.48	Selemon Barega		7	Paris – OG	2 Aug 2024
16	10	26:46.35	Edwin Kurgat	KEN	4	Eugene – Pre	5 July 2025
17	11	26:46.39	Jacob Kiplimo	UGA	8	Paris – OG	2 Aug 2024
18	12	26:46.80	Tadese Worku	ETH	6	Nerja	14 June 2024
19	13	26:47.72	Ishmael Kipkurui	KEN	5	Eugene – Pre	5 July 2025
20	14	26:49.49	Thierry Ndikumwenayo	ESP	9	Paris – OG	2 Aug 2024
21	15	26:50.00	Benson Kiplangat	KEN	6	Eugene – Pre	5 July 2025

Please send corrections to KKenNakamura@gmail.com

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