

# 2026 World Indoor Championships Statistics – Men's 3000m - by K Ken Nakamura

## Summary page:

### All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	7:34.71	Haile Gebreselassie	ETH	1	Paris	1997
2	2	7:37.74	Hicham El Guerouj	MAR	1	Lisboa	2001
3	3	7:37.97	Bernard Lagat	USA	1	Doha	2010
4	4	7:38.84	Paul Bitok	KEN	2	Paris	1997
5	5	7:38.94	Mohammed Mourhit	BEL	2	Lisboa	2001
6	6	7:39.32	Kenenisa Bekele	ETH	1	Moskva	2006

**Slowest winning time:** 8:14.41 by Yomif Kejelcha (ETH) in 2018 is the slowest winning time, 8:03.32 by Frank O'Mara (IRL) in 1987 is the second slowest winning time

### Margin of Victory

	Difference	Time	Name	Nat	Venue	Year
Max	4.13	7:34.71	Haile Gebrselassie	ETH	Paris	1997
Min	0.09	7:50.89	Gennaro Di Napoli	ITA	Barcelona	1995

### Fastest time in each round

Round	Time	Name	Nat	Heat/Semi	Venue	Year
Final	7:34.71	Haile Gebreselassie	ETH	Final	Paris	1997
First round	7:42.75	Caleb Mwangangi Ndiku	KEN	1h2	Sopot	2014

### Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
7:46.36	7h2	Antonio Abadia	ESP	Sopot	2014

### Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	7:34.71	Haile Gebreselassie	ETH	Paris	1997
2	7:38.84	Paul Bitok	KEN	Paris	1997
3	7:39.90	Sammy Alex Mutahi	KEN	Doha	2010

### Multiple Gold Medalists:

Yomif Kejelcha (ETH): 2016, 2018  
 Bernard Lagat (KEN/USA): 2004, 2010, 2012  
 Haile Gebrselassie (ETH): 1997, 1999, 2003  
 Gennaro Di Napoli (ITA): 1993, 1995  
 Frank O'Mara (IRL): 1989, 1991

### Fastest Performances in March (only indoor performances are listed)

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:29.72	Graham Blanks	USA	1	Boston	2 Mar 2025
2	2	7:34.03	Selemon Barega	ETH	1	Madrid	2 Mar 2022
3	3	7:34.09	Lamecha Girma	ETH	2	Madrid	2 Mar 2022
4	4	7:34.10	Valentinn Soca	URU	2	Boston	2 Mar 2025
5	5	7:34.69	Sam Gilman	USA	3	Boston	2 Mar 2025

### World Indoor Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Jakob Ingebrigtsen	NOR	7:46.09	Berihu Aregawi	ETH	7:46.25	Ky Robinson	AUS	7:47.09
2024	Josh Kerr	GBR	7:42.98	Yared Nuguse	USA	7:43.59	Selemon Barega	ETH	7:43.64
2022	Selemon Barega	ETH	7:41.38	Lamecha Girma	ETH	7:41.63	Marc Scott	GB	7:42.02
2018	Yomif Kejelcha	ETH	8:14.41	Selemon Barega	ETH	8:15.59	Bethwell Birgen	KEN	8:15.70
2016	Yomif Kejelcha	ETH	7:57.21	Ryan Hill	USA	7:57.39	Augustine Choge	KEN	7:57.43

### All time performance list at the World Indoor Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	7:34.71	Haile Gebreselassie	ETH	1	Paris	1997
2	2	7:37.74	Hicham El Guerouj	MAR	1	Lisboa	2001
3	3	7:37.97	Bernard Lagat	USA	1	Doha	2010
4	4	7:38.84	Paul Bitok	KEN	2	Paris	1997
5	5	7:38.94	Mohammed Mourhit	BEL	2	Lisboa	2001
6	6	7:39.32	Kenenisa Bekele	ETH	1	Moskva	2006
7	7	7:39.55	Sergio Sanchez	ESP	2	Doha	2010
8	8	7:39.90	Sammy Alex Mutahi	KEN	3	Doha	2010
9	9	7:39.96	Alberto Garcia	ESP	3	Lisboa	2001
10	10	7:40.01	Ismail Sqhir	MAR	3	Paris	1997
11	11	7:40.10	Tariku Bekele	ETH	4	Doha	2010
12		7:40.97	Haile Gebrselassie		1	Birmingham	2003
13	12	7:41.05	Gennaro Di Napoli	ITA	4	Paris	1997
14	13	7:41.14	Frank O'Mara	IRL	1	Sevilla	1991
15	14	7:41.28	Saif Saaeed Shaheen	QAT	2	Moskva	2006
16	15	7:41.38	Selemon Barega	ETH	1	Beograd	2022
17		7:41.44	Bernard Lagat		1	Istanbul	2012
18	16	7:41.63	Lamecha Girma	ETH	2	Beograd	2022
19	17	7:41.77	Augustine Choge	KEN	2	Istanbul	2012
20	18	7:41.78	Edwin Soi	KEN	3	Istanbul	2012
21	19	7:41.79	Mohamed Farah	GBR	4	Istanbul	2012
22	20	7:41.87	Moses Kiptanui	KEN	5	Paris	1997
23	21	7:42.02	Marc Scott	GBR	3	Beograd	2022
24		7:42.08	Alberto Garcia		2	Birmingham	2003
25	22	7:42.40	Galen Rupp	USA	5	Doha	2010
26	23	7:42.56	Luke Kipkosgei	KEN	3	Birmingham	2003
27	24	7:42.58	Eliud Kipchoge	KEN	3	Moskva	2006
28	25	7:42.60	Dejen Gebremeskel	ETH	5	Istanbul	2012
29	26	7:42.70	Jesus España	ESP	4	Birmingham	2003
30	27	7:42.75	Caleb Mwangangi Ndiku	KEN	1h2	Sopot	2014
31		7:42.82	Jesus España	ESP	6	Doha	2010
32	28	7:42.83	Yomif Kejelcha	ETH	1h1	Birmingham	2018
33	29	7:42.95	Hagos Gebrhiwet	ETH	2h2	Sopot	2014
34	30	7:42.97	Daniel Simiu Ebenyo	KEN	4	Beograd	2022
35		7:42.98	Bernard Lagat		3h2	Sopot	2014
35	31	7:42.98	Josh Kerr	GBR	1	Glasgow	2024
37	32	7:43.15	Hayle Ibrahimov	AZE	4h2	Sopot	2014
38	33	7:43.21	Abiyote Abate	ETH	5	Birmingham	2003
39	34	7:43.26	Jacob Krop	KEN	5	Beograd	2022
40	35	7:43.45	Zouhair Talbi	MAR	6	Beograd	2022
41		7:43.55	Hagos Gebrhiwet		2h1	Birmingham	2010
42	36	7:43.59	Yared Nuguse	USA	2	Glasgow	2024
43	37	7:43.60	Adel Mechaal	ESP	7	Beograd	2022
44	38	7:43.64	Hammou Boutayeb	MAR	2	Sevilla	1991
44		7:43.64	Selemon Barega		3	Glasgow	2024
46		7:43.80	Augustine Choge		1h1	Doha	2010
47		7:43.83	Adel Mechaal		3h1	Birmingham	2018
48	39	7:43.90	Rob Denmark	GBR	3	Sevilla	1991
49	40	7:44.03	Birhanu Balew	BRN	4h1	Birmingham	2018
50	41	7:44.04	Cameron Levins	CAN	5h2	Sopot	2014
51	42	7:44.08	John Mayock	GBR	4	Lisboa	2001
52	43	7:44.15	Hicham Bellani	MAR	7	Doha	2010
53	44	7:44.16	Lopez Lomong	USA	6	Istanbul	2012
53	45	7:44.16	Zane Robertson	NZL	6h2	Sopot	2014
55		7:44.26	Dejen Gebremeskel		2h1	Doha	2010
56		7:44.31	John Mayock		6	Paris	1997
57		7:44.33	Sergio Sanchez		3h1	Doha	2010
58	46	7:44.34	Gert-Jan Liefers	NED	6	Birmingham	2003
59	47	7:44.54	Million Wolde	ETH	5	Lisboa	2001



Winning Time	7:47.62	7:46.09	7:42.98	7:41.38	8:14.41	7:57.21	7:54.94	7:41.44	7:37.97	7:48.23	7:39.32	7:56.34	7:40.97	7:37.74
Winning Medalist	7:48.91	7:47.09	7:43.64	7:42.02	8:15.70	7:57.43	7:55.39	7:41.78	7:39.90	7:49.96	7:42.58	7:57.87	7:42.56	7:39.96
8 <sup>th</sup> place	7:53.95	7:49.00	7:48.18	7:45.87	8:18.24	8:01.70	7:57.37	7:45.01	7:46.12	7:59.74	7:52.91	8:03.50	7:45.32	7:48.34

### 1500m – 3000m double medalists:

Name	Nation	Venue	Year
Jakob Ingebrigtsen	NOR	Nanjing	2025
Haile Gebrselassie	ETH	Maebashi	1999

### Best Marks for Places in the World Indoor Championships

Pos	Time	Name	Nat	Venue	Year
1	7:34.71	Haile Gebreselassie	ETH	Paris	1997
2	7:38.84	Paul Bitok	KEN	Paris	1997
	7:38.94	Mohammed Mourhit	BEL	Lisboa	2001
3	7:39.90	Sammy Alex Mutahi	KEN	Doha	2010
	7:39.96	Alberto Garcia	ESP	Lisboa	2001
4	7:40.10	Tariku Bekele	ETH	Doha	2010
	7:41.05	Gennaro Di Napoli	ITA	Paris	1997
5	7:41.87	Moses Kiptanui	KEN	Paris	1997
6	7:42.82	Jesus España	ESP	Doha	2010
	7:43.45	Zouhair Talbi	MAR	Beograd	2022
	7:44.16	Lopez Lomong	USA	Istanbul	2012
	7:44.31	John Mayock	GBR	Paris	1997
7	7:43.60	Adel Mechaal	ESP	Beograd	2022
	7:44.15	Hicham Bellani	MAR	Doha	2010
	7:44.59	Moses Kipsiro	UGA	Istanbul	2012
	7:44.83	Leonard Mucheru	KEN	Birmingham	2003
8	7:45.01	Arne Gabius	GER	Istanbul	2012
	7:45.32	John Mayock	GBR	Birmingham	2003
	7:45.87	Maximilian Thorwirth	GER	Beograd	2022

### Best Marks for Places – all competitions (indoor)

Pos	Time	Name	Nat	Venue	Day Month Year
1	7:22.91	Grant Fisher	USA	New York	8 Feb 2025
	7:23.81	Lamecha Girma	ETH	Lievin	15 Feb 2023
	7:24.90	Daniel Komen	KEN	Budapest	6 Feb 1998
2	7:23.14	Cole Hocker	USA	New York	8 Feb 2025
	7:24.68	Mohamed Katir	ESP	Lievin	15 Feb 2023
	7:26.10	Selemon Barega	ETH	Lievin	9 Feb 2021
3	7:27.98	Lamecha Girma	ETH	Lievin	9 Feb 2021
	7:29.37	Eliud Kipchoge	KEN	Stuttgart	5 Feb 2011
4	7:29.24	Berihu Aregawi	ETH	Lievin	9 Feb 2021
	7:30.38	Ky Robinson	AUS	New York	8 Feb 2025
	7:31.77	Birhanu Yemataw Balew	BRN	Lievin	17 Feb 2022
5	7:30.45	Dylan Jacobs	USA	New York	8 Feb 2025
	7:32.45	Anass Essayi	MAR	Lievin	13 Feb 2025
	7:33.73	Bubdellah Tahri	FRA	Stockholm	10 Feb 2010
6	7:30.62	Cooper Teare	USA	New York	8 Feb 2025
	7:34.38	Abreham Cherkos	ETH	Stockholm	10 Feb 2010
7	7:36.62	Mohamed Katir	ESP	Lievin	17 Feb 2022

### Multiple Gold Medalists:

Yomif Kejelcha (ETH): 2016, 2018  
Bernard Lagat (KEN/USA): 2004, 2010, 2012  
Haile Gebrselassie (ETH): 1997, 1999, 2003  
Gennaro Di Napoli (ITA): 1993, 1995  
Frank O'Mara (IRL): 1987, 1991

**Multiple Medalists:**

Selemon Barega (ETH):	2018 Silver, 2022 Gold, 2024 Bronze (complete set of medals)
Yomif Kejelcha (ETH):	2016 Gold, 2018 Gold
Bernard Lagat (KEN/USA):	2004 Gold, 2010 Gold, 2012 Gold, 2014 Silver
Alberto Garcia (ESP):	2001 Bronze, 2003 Silver
Paul Bitok (KEN):	1997 Silver, 1999 Silver
Haile Gebrselassie (ETH):	1997 Gold, 1999 Gold, 2003 Gold
Gennaro Di Napoli (ITA):	1993 Gold, 1995 Gold
Frank O'Mara (IRL):	1989 Gold, 1991 Gold

**Multiple Medals by athletes from a single nation:**

Nation	Year	Gold	Silver	Bronze
ETH	2022	Selemon Barega	Lamecha Girma	
ETH	2018	Yomif Kejelcha	Selemon Barega	
KEN	2012		Augustine Choge	Edwin Soi
ETH	2008	Tariku Bekele		Abreham Cherkos
ETH	1999	Haile Gebrselassie		Million Wolde
IRL	1987	Frank O'Mara	Paul Donovan	

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

Nation	Men	Women	Venue	Year
ETH	Yomif Kejelcha	Genzebe Dibaba	Portland Birmingham	2016 2018
ETH	Tariku Bekele	Meseret Defar	Valencia	2008
ETH	Kenenisa Bekele	Meseret Defar	Moskva	2006
ETH	Haile Gebrselassie	Berhane Adere	Birmingham	2003

**Medals by Countries:**

Nation	Gold	Silver	Bronze
ETH	8	3	5
KEN	2	4	6
USA	2	3+1**	1
MAR	2	1	2
IRL	2	1	
ITA	2		
GBR	1		2
POR	1**	1	
NOR	1		
ESP		4	2
FRA		1	
BEL		1	
QAT		1	
FRG			1
TCH			1**
AUS			1

\*\* medal count in 1985 World Indoor Games

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

	1000m	2000m	3000m
2025	2:46.73	5:23.32	7:46.09
2024	2:39.15	5:17.74	7:42.98
2022	2:35.39		7:41.38
2018	3:08.24	5:51.71	8:14.41
2016	2:52.18	5:34.33	7:57.21
2014	2:48.83	5:32.36	7:54.94

2012	2:38.45	5:16.92	7:41.44
2010	2:36.19	5:12.32	7:37.97
2008	2:48.58	5:25.71	7:48.23
2006	2:43.12	5:15.99	7:39.32
2004	<u>2:56.59</u>	<u>5:33.01</u>	7:56.34
2003	2:35.62	5:14.87	7:40.97
2001	2:39.62	5:12.98	7:37.74
1999	2:45.47	5:26.85	7:53.57
1997	<b>2:33.94</b>	<b>4:59.90</b>	<b>7:34.71</b>
1995			7:50.89
1993			7:50.26
1991		5:13.48	7:41.14
1989		5:24.02	7:47.94
1987	2:55.43		<u>8:03.32</u>

	1000m	2000m	3000m
2025	2:46.73	2:36.59	2:22.77
2024	2:39.15	2:38.58	2:25.24
2022	2:35.39		
2018	3:08.24	2:43.47	2:22.70
2016	2:52.18	2:42.15	2:22.88
2014	2:48.83	2:43.53	2:22.58
2012	2:38.45	2:38.47	2:24.52
2010	2:36.19	2:36.13	2:25.65
2008	2:48:58	2:37:13	<b>2:22.52</b>
2006	2:43.12	2:32.87	2:23.33
2004	<u>2:56.59</u>	2:36.42	2:23.33
2003	2:35:62	2:39.25	2:26.10
2001	2:39.62	2:33.36	2:24.76
1999	2:45.47	<u>2:41.38</u>	2:26.72
1997	<b>2:33.94</b>	<b>2:25.96</b>	<u>2:34.81</u>
1995			
1993			
1991			2:27.66
1989			2:23.92
1987	2:55.43		

#### World Indoor Champion (3000m) with World Championships (5000m) Gold medal

Name	Nat	World Indoor Championships	World Championships
Jacob Ingebrigtsen	NOR	2025	2022, 2023
Kenenisa Bekele	ETH	2006	2009
Bernard Lagat	KEN/USA	2004, 2010, 2012	2007
Said Aouita	MAR	1989	1987

#### World Indoor Champion (3000m) with Olympic gold medal

Name	Nat	World Indoor Championships	Olympics
Jacob Ingebrigtsen	NOR	2025	2024
Selemon Barega	ETH	2022	2020 (10000m)
Kenenisa Bekele	ETH	2006	2008
Hicham El Guerrouj	MAR	2001	2004
Said Aouita	MAR	1989	1984

#### World Indoor Champion who previously won World Junior Championships

Name	Nat	World Indoor Championships	World Junior Championships
Selemon Barega	ETH	2022	2016 (5000m)
Yomif Kejelcha	ETH	2016, 2018	2014 (5000m)
Caleb Ndiku	KEN	2014	2010 (1500m)
Tariku Bekele	ETH	2008	2006
Haile Gebrselassie	ETH	1997, 1999, 2003	1992

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

Name	Nat	World Indoor Championships	Year	World Youth Championships	Year
Selemon Barega	ETH	Gold	2022	Gold	2017
Yomif Kejelcha	ETH	Gold	2016 2018	Gold	2013
Caleb Ndiku	KEN	Gold	2014	Silver (1500m)	2009
Augustine Choge	KEN	Silver	2012	Gold	2003
Abreham Cherkos	ETH	Bronze	2008	Gold	2005
Tariku Bekele	ETH	Gold	2008	Silver	2003
Kenenisa Bekele	ETH	Gold	2006	Silver	1999
Markos Geneti	ETH	Bronze	2004	Gold	2001

#### World Indoor Championships medalist with European Championships medal (at 5000m)

Name	Nat	World Indoor Championships	Year	European Championships	Year
Jacob Ingebrigtsen	NOR	Gold	2025	Gold	2018, 2022, 2024
Alberto Garcia	ESP	Silver	2003	Gold	2002
Ismail Sghir	MAR/FRA	Bronze	1997	Silver	2002
Rob Denmark	GBR	Bronze	1991	Silver	1994
Dieter Baumann	FRG/GER	Bronze	1989	Gold	1994

#### World Indoor Championships medalist with European Championships medal (at 1500m)

Name	Nat	World Indoor Championships	Year	European Championships	Year
Jacob Ingebrigtsen	NOR	Gold	2025	Gold	2018, 2022, 2024
Gennaro Di Napoli	ITA	Gold	1993, 1995	Silver	1990

#### World Indoor Championships medalists with Asian Games medal: None

#### World Indoor Championships medalists with Asian Championships medal:

Name	Nat	World Indoor Championships	Year	Asian Championships	Year
Saif Saaeed Shaheen	QAT	Silver	2006	Silver	2003

#### World Indoor Champion with All Africa Games/African Championships gold medal

Name	Nat	World Indoor Championships	All-Africa Games	African Championships
Yomif Kejelcha	ETH	2016, 2018		2015 (5000m)
Caleb Ndiku	KEN	2014	2011 (1500m)	2012 (1500m)
Kenenisa Bekele	ETH	2006	2003	2006, 2008

#### World Indoor Championships medalist with Pan American Games' medal: None

#### World Indoor Championships medalists with Commonwealth Games medal

Name	Nat	World Indoor Championships	Year	Commonwealth Games	Year
Caleb Ndiku	KEN	Gold	2014	Gold	2014
Augustine Choge	KEN	Silver	2012	Gold	2006
Eliud Kipchoge	KEN	Bronze	2006	Silver	2010
Rob Denmark	GBR	Bronze	1991	Gold	1994

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

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Jakob Ingebrigtsen	NOR	7:46.09	Berihu Aregawi	ETH	7:46.25	Ky Robinson	AUS	7:47.09

2024	Josh Kerr	GBR	7:42.98	Yared Nuguse	USA	7:43.59	Selemon Barega	ETH	7:43.64
2022	Selemon Barega	ETH	7:41.38	Lamecha Girma	ETH	7:41.63	Marc Scott	GB	7:42.02
2018	Yomif Kejelcha	ETH	8:14.41	Selemon Barega	ETH	8:15.59	Bethwell Birgen	KEN	8:15.70
2016	Yomif Kejelcha	ETH	7:57.21	Ryan Hill	USA	7:57.39	Augustine Choge	KEN	7:57.43
2014	Caleb Ndiku	KEN	7:54.94	Bernard Lagat	USA	7:55.22	Dejen Gebremeskel	ETH	7:55.39
2012	Bernard Lagat	USA	7:41.44	Augustine Choge	KEN	7:41.77	Edwin Soi	KEN	7:41.78
2010	Bernard Lagat	USA	7:37.97	Sergio Sanchez	ESP	7:39.55	Sammy Alex Mutahi	KEN	7:39.90
2008	Tariku Bekele	ETH	7:48.23	Paul Kipsiele Koech	KEN	7:49.05	Abreham Cherkos	ETH	7:49.96
2006	Kenenisa Bekele	ETH	7:39.32	Saif Saaeed Shaheen	QAT	7:41.28	Eliud Kipchoge	KEN	7:42.58
2004	Bernard Lagat	KEN	7:56.34	Rui Silva	POR	7:57.08	Markos Geneti	ETH	7:57.87
2003	Haile Gebrselassie	ETH	7:40.97	Alberto Garcia	ESP	7:42.06	Luke Kipkosgei	KEN	7:42.56
2001	Hicham El Guerrouj	MAR	7:37.74	Mohamed Mourhit	BEL	7:38.94	Alberto Garcia	ESP	7:39.96

### Last ten World Championships: (5000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Cole Hocker	USA	12:58.30	Isaac Kimeli	BEL	12:58.78	Jimmy Gressier	FRA	12:59.33
2023	Jakob Ingebrigtsen	NOR	13:11.30	Mohamed Katir	ESP	13:11.44	Jacob Krop	KEN	13:12.28
2022	Jakob Ingebrigtsen	NOR	13:09.24	Jacob Krop	KEN	13:09.98	Oscar Chelimo	UGA	13:10.20
2019	Muktar Edris	ETH	12:58.85	Selemon Barega	ETH	12:59.70	Mohammed Ahmed	CAN	13:01.11
2017	Muktar Edris	ETH	13:32.79	Mo Farah	GBR	13:33.22	Paul Chelimo	USA	13:33.30
2015	Mo Farah	GBR	13:50.38	Caleb Ndiku	KEN	13:51.75	Hagos Gebrihiwet	ETH	13:51.86
2013	Mo Farah	GBR	13:26.98	Hagos Gebrihiwet	ETH	13:27.26	Isiah Koech	KEN	13:27.26
2011	Mo Farah	GBR	13:23.36	Bernard Lagat	USA	13:23.64	Dejen Gebremeskel	ETH	13:23.92
2009	Kenenisa Bekele	ETH	13:17.09	Bernard Lagat	USA	13:17.33	James Kwalia C'Kurui	QAT	13:17.78
2007	Bernard Lagat	USA	13:45.87	Eliud Kipchoge	KEN	13:46.00	Moses Kipsiro	UGA	13:46.75
2005	Benjamin Limo	KEN	13:32.55	Sileshi Sihine	ETH	13:32.81	Craig Mottram	AUS	13:32.96
2003	Eliud Kipchoge	KEN	12:52.79	Hicham El Guerrouj	MAR	12:52.83	Kenenisa Bekele	ETH	13:53.12
2001	Richard Limo	KEN	13:00.77	Million Wolde	ETH	13:03.47	John Kibowen	KEN	13:05.20

### Last eight Olympics: (5000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Jakob Ingebritsen	NOR	13:13.66	Ronald Kwemoi	KEN	13:15.04	Grant Fisher	USA	13:15.13
2020	Joshua Cheptegei	UGA	12:58.15	Mohammed Ahmed	CAN	12:58.61	Paul Chelimo	USA	12:59.05
2016	Mo Farah	GBR	13:03.30	Paul Chelimo	USA	13:03.90	Hagos Gebrihiwet	ETH	13:04.35
2012	Mo Farah	GBR	13:41.66	Dejen Gebremeskel	ETH	13:41.98	Thomas Longosiwa	KEN	13:42.36
2008	Kenenisa Bekele	ETH	12:57.82	Eliud Kipchoge	KEN	13:02.80	Edwin Soi	KEN	13:06.22
2004	Hicham El Guerrouj	MAR	13:14.39	Kenenisa Bekele	ETH	13:14.59	Eliud Kipchoge	KEN	13:15.10
2000	Million Wolde	ETH	13:35.49	Ali Saidi Sief	ALG	13:36.20	Brahim Lahlafi	MAR	13:36.47
1996	Venuste Niyongabo	BDI	13:07.96	Paul Bitok	KEN	13:08.16	Khalid Boulami	MAR	13:08.37
1992	Dieter Baumann	GER	13:12.52	Paul Bitok	KEN	13:12.71	Fita Bayissa	ETH	13:13.03

### Last twelve World Junior Championships: (5000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Andrew Kiptoo	KEN	13:41.14	Abdisa Fayisa	ETH	13:41.56	Keneth Kiprop	UG	13:41.73
2022	Addisu Yihune	ETH	14:03.05	Merhawi Mebrahtu	ERI	14:03.33	Habtom Samuel	ERI	14:03.67
2020	Benson Kiplangat	KEN	13:20.37	Tadese Worku	ETH	13:20.65	Levy Kibet	KEN	13:26.01
2018	Edward Zakayo	KEN	13:20.16	Stanley Waithaka	KEN	13:20.57	Jakob Ingebrigtsen	NO	13:20.78
2016	Selemon Birega	ETH	13:21.21	Djamal Dirieh	DJI	13:21.50	Wesley Ladema	KEN	13:23.34
2014	Yomif Kejelcha	ETH	13:25.19	Yasin Haji	ETH	13:26.21	Moses Letoyie	KEN	13:28.11
2012	Muktar Edris	ETH	13:38.95	Abrar Osman	ERI	13:40.52	William Malel Sitonik	KEN	13:40.52
2010	David Bett	KEN	13:23.76	John Kipkoech	KEN	13:26.03	Aziz Lahbabi	MAR	13:28.92
2008	Abraham Cherkos	ETH	13:08.57	Mathew Kisorio	KEN	13:11.57	Dejen Gebremeskel	ETH	13:11.97
2006	Tariku Bekele	ETH	13:31.34	Abreham Cherkos	ETH	13:35.95	Joseph Ebuya	KEN	13:42.93
2004	Augustine Choge	KEN	13:28.93	Bado Worku	ETH	13:30.45	Tariku Bekele	ETH	13:30.86

2002	Hillary Chenonge	KEN	13:28.30	Markos Geneti	ETH	13:28.83	Geb Gebremariam	ETH	13:29.13
2000	Gordon Mugi	KEN	13:44.93	Kenenisa Bekele	ETH	13:45.43	Cyrus Kataron	KEN	13:46.12
1998	Million Wolde	ETH	13:47.49	Kipchumba Mitei	KEN	13:49.60	Kihara Kamzee	KEN	13:51.22

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

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Selemon Barega	ETH	7:47.16	Edward Zakayo	KEN	7:49.17	Stanley Mburu	KEN	7:50.64
2013	Yomif Kejelcha	ETH	7:53.56	Vedic Kipkoech	KEN	7:56.60	Alexander Mutiso	KEN	7:56.86
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 eight European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Jakob Ingebrigtsen	NOR	13:20.11	George Mills	GBR	13:21.38	Dominic	SUI	13:21.61
2022	Jakob Ingebrigtsen	NOR	13:21.13	Mohamed Katir	ESP	13:22.98	Yemaneberhan	ITA	13:24.83
2018	Jakob Ingebrigtsen	NOR	13:17.06	Henrik Ingebrigtsen	NOR	13:18.75	Morhad Amdouni	FRA	13:19.14
2016	Ilias Fifi	ESP	13:40.85	Adel Mechaal	ESP	13:40.85	Robert Ringer	GER	13:40.85
2014	Mo Farah	GBR	14:05.82	Hayle Ibrahimov	AZE	14:08.32	Andrew Vernon	GBR	14:09.48
2012	Mo Farah	GBR	13:29.91	Arne Gabius	GER	13:31.83	Polat Kemboi	TUR	13:32.63
2010	Mo Farah	GBR	13:31.18	Jesus España	ESP	13:33.12	Hayle Ibrahimov	AZE	13:34.15
2006	Jesus España	ESP	13:44.70	Mo Farah	GBR	13:44.79	Juan Carlos	ESP	13:46.48
2002	Alberto Garcia	ESP	13:38.18	Ismail Sghir	FRA	13:39.81	Sergey Lebid	UKR	13:40.00
1998	Isaac Viciosa	ESP	13:37.46	Manuel Pancorbo	ESP	13:38.03	Mark Carroll	IRL	13:38.15

### Last six Asian Games:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Birhanu Balew	BR	13:17.40	Avinash Sable	IND	13:21.09	Dawit Fikadu	BR	13:25.63
2018	Birhanu Balew	BRN	13:43.17	Albert Rop	BRN	13:45.76	Tariq Ahmed Al-Amri	KSA	13:56.49
2014	Mohamed Al-Garni	QAT	13:26.13	Alemu Bekele	BRN	13:27.98	Albert Rop	BRN	13:28.08
2010	Ali Hasan Mahboub	BRN	13:47.86	James Kwalia	QAT	13:48.55	Felix Kobore	QAT	13:49.31
2006	James Kwalia	QAT	13:38.90	Musir Salem Jawher	BRN	13:41.10	Sultan Khamis	QAT	13:45.91
2002	Moukhled Al-Outaibi	KSA	13:41.58	Abdulah Zakaria	BRN	13:43.82	Khamis Abdullah	QAT	13:44.42
1998	Mohamed Sulaiman	QAT	13:55.79	Ahmed I Warsama	QAS	13:56.65	Baek Seung-Do	KOR	13:57.11

### Last eleven Asian Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Hyuga Endo	JPN	13:34.94	Kazuya Shiojiri	JPN	13:43.9	Gulveer Singh	IND	13:48.33
2019	Birhanu Yemataw	BRN	13:37.42	Albert Rop	BRN	13:37.57	Hiroki Matsueda	JPN	13:45.44
2017	G Lakshmanan	IND	14:54.48	Yaser Salem	QAT	14:55.89	Tariq Ahmeds	KSA	14:56.83
2015	Mohamed Al-Garni	QAT	13:34.47	Albert Rop	BRN	13:35.26	Govindan Lakshaman	IND	13:36.62
2013	Dejene Regassa	BRN	13:53.25	Alemu Bekele	BRN	13:57.23	Hamed Noor	KSA	14:05.88
2011	Dejene Regasa M	BRN	13:39.71	Yuki Sato	JPN	13:40.7	Alemu Bekele Gebre	BRN	13:41.93
2009	James Kwalia	QAT	14:02.90	Hasan Mahboob Ali	BRN	14:03.4	Essa Ismail Rasheed	QAT	14:04.52
2007	Felix Kibore	QAT	14:07.12	Abdullah Ahmad	QAT	14:08.6	Issa Ishaq Abdeen	BRN	14:18.47
2005	James Kwalia	QAT	14:08.56	Daham Najim Bashir	QAT	14:15.9	Wu Wen-Chien	TPE	14:32.43
2003	Abdul Aziz Al-Amri	QAT	13:58.89	Saif Saeed Shaheen	QAT	13:58.9	Nobuya Matsunaga	JPN	14:12.73
2002	Khamis Seif Abdullah	QAT	14:16.81	Abdulah Zakaria	BRN	14:19.9	Nasser Sulaiman	QAT	14:19.97
2000	Ahmed I Warsama	QAT	13:53.10	Gong Ke	CHN	14:04.6	Moham Suleiman	QAT	14:10.79

**Last six All Africa Games:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Hagos Gebrhiwet	ETH	13:38.12	Abdullahi	SO	13:38.64	Connelius Kemboi	KEN	13:40.61
2019	Robert Kiprop	KEN	13:30.96	Edward Zakayo	KEN	13:31.40	Richard Kimunyan	KEN	13:31.41
2015	Getaneh Tamire	ETH	13:21.88	Leul Gebrselassie	ETH	13:22.13	Thomas Longosiwa	KEN	13:22.72
2011	Moses Kipsiro	UGA	13:43.08	Yenew Alamirew	ETH	13:43.33	Abayneh Ayele	ETH	13:43.51
2007	Moses Kipsiro	UGA	13:12.51	Josephat K Menjo	KEN	13:12.64	Tariku Bekele	ETH	13:13.43
2003	Kenenisa Bekele	ETH	13:26.16	Hailu Mekonnen	ETH	13:26.73	John Kibowen	KEN	13:29.14
1999	Julius Gitahi	KEN	13:49.06	Fita Bayissa	ETH	13:49.79	Tom Nyariki	KEN	13:50.40

**Last ten African Championships:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Mohamed Ibrahim	DJI	13:38.38	Nibret Melak	ETH	13:42.95	Abdi Waiss	DJI	13:43.20
2020	Hailemariam	ETH	13:36.79	Daniel Simiyu	KEN	13:38.79	Hicham Akankam	MAR	13:40.39
2018	Edward Zakayo	KEN	13:48.58	Getaneh Tamire	ETH	13:49.06	Yemane Hailesilassie	ERI	13:49.58
2016	Douglas Kipserem	KEN	13:13.35	Gelant	RSA	13:15.13	M Ndiwa	KEN	13:16.85
2014	Caleb Ndiku	KEN	13:34.27	Isaiah Koech	KEN	13:35.73	Abrar Osman	ERI	13:38.42
2012	Mark Kiptoo	KEN	13:22.38	Jonathan Maiyo	KEN	13:22.89	Timothy Kiptoo	KEN	13:24.67
2010	Edwin Soi	KEN	13:30.46	Vincent Yator	KEN	13:30.53	Mark Kiptoo	KEN	13:32.45
2008	Kenenisa Bekele	ETH	13:49.67	Isaac Songok	KEN	13:49.91	Ali Abdosh	ETH	13:50.64
2006	Kenenisa Bekele	ETH	14:03.41	Mike Kigen	KEN	14:05.12	Moses Kipsiro	UGA	14:05.20
2004	Zwedo Maregu	ETH	13:47.77	Boniface Songok	KEN	13:48.06	Hillary Chenonge	KEN	13:48.44
2002	Paul Bitok	KEN	13:31.95	Benjamin Limo	KEN	13:32.10	Mohamed Amine	MAR	13:33.98
2000	Ali Saidi Sief	ALG	13:26.86	Said Berioui	MAR	13:31.75	Moh Said El Wardi	MAR	13:30.01

**Last six Pan American Games:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2023	Kasey Knevelbaard	USA	14:47.69	Charles Philbert-Thiboutot	CAN	14:48.02	Altobeli da Silva	BRA	14:48.18
2019	Fernando Martinez	MEX	13:53.87	Altobelli da Silva	BRA	13:54.42	Carlos Diaz	CHI	13:54.43
2015	Juan Luis Barrios	MEX	13:46.47	David Torrence	USA	13:46.60	Victor Aravena	CHI	13:46.94
2011	Juan Luis Barrios	MEX	14:13.77	Byron Piedra	ECU	14:15.74	Joilson da Silva	BRA	14:16.11
2007	Ed Moran	USA	13:25.60	Juan Luis Barrios	MEX	13:29.87	Marilson dos Santos	BRA	13:30.68
2003	Hudson de Souza	BRA	13:50.71	Jose D Galvan	MEX	13:52.92	Marilson dos Santos	BRA	13:56.90
1999	Jose D Galvan	MEX	13:42.04	Elenilson da Silva	BRA	13:43.13	Jeff Schiebler	CAN	13:43.66

**Last six Commonwealth Games:**

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2022	Jacob Kiplimo	UGA	13:08.08	Nicholas	KEN	13:08.19	Jacob Krop	KEN	13:08.48
2018	Joshua Cheptegei	UGA	13:50.83	Mo Ahmed	CAN	13:52.78	Edward	KEN	13:54.06
2014	Caleb Ndiku	KEN	13:12.07	Isiah Koech	KEN	13:14.06	Zane Robertson	NZL	13:16.52
2010	Moses Kipsiro	UGA	13:31.25	Eliud Kipchoge	KEN	13:31.32	Mark Kiptoo	KEN	13:32.58
2006	Augustine Choge	KEN	12:56.41	Craig Mottram	AUS	12:58.19	Ben Limo	KEN	13:05.30
2002	Sammy Kipketer	KEN	13:13.51	Ben Limo	KEN	13:13.57	William Kirui	KEN	13:18.02
1998	Daniel Komen	KEN	13:22.57	Tom Nyariki	KEN	13:28.09	Richard Limo	KEN	13:37.42

**Fastest Performances in March (only indoor performances are listed)**

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:29.72	Graham Blanks	USA	1	Boston	2 Mar 2025
2	2	7:34.03	Selemon Barega	ETH	1	Madrid	2 Mar 2022
3	3	7:34.09	Lamecha Girma	ETH	2	Madrid	2 Mar 2022
4	4	7:34.10	Valentinn Soca	URU	2	Boston	2 Mar 2025
5	5	7:34.69	Sam Gilman	USA	3	Boston	2 Mar 2025
6	6	7:34.71	Haile Gebrselassie	ETH	1	Paris – WIC	9 Mar 1997
7	7	7:35.26	Adel Mechaal	ESP	3	Madrid	2 Mar 2022

8	8	7:35.73	Mohamed Katir	ESP	4	Madrid	2 Mar 2022
9	9	7:36.66	Said Aouita	MAR	1	Pireas	11 Mar 1992

### Combined 2025 & 2026 World Indoor List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:22.91	Grant Fisher	USA	1	New York	8 Feb 2025
2	2	7:23.14	Cole Hocker	USA	2	New York	8 Feb 2025
3	3	7:27.57	Cameron Myers	AUS	1	Brighton	24 Jan <b>2026</b>
4	4	7:27.92	George Mills	GBR	1	Val de Reuil	2 Feb 2025
5	5	7:29.38	Yann Schrub	FRA	1	Metz	8 Feb <b>2026</b>
6	6	7:29.49	Niels Laros	NED	1	Lievin	13 Feb 2025
7	7	7:29.72	Graham Blanks	USA	1	Boston	2 Mar 2025
8	8	7:29.99	Biniam Mehary	ETH	2	Lievin	13 Feb 2025
9	9	7:30.18	Jimmy Gressier	FRA	3	New York	8 Feb 2025
10	10	7:30.38	Ky Robinson	AUS	4	New York	8 Feb 2025
11	11	7:30.45	Dylan Jacobs	USA	5	New York	8 Feb 2025
12	12	7:30.62	Cooper Teare	USA	6	New York	8 Feb 2025

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