

2026 European Championships Statistics – Men's 3000mSC

by K Ken Nakamura

Summary

All time performance list at the European Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	8:07.87	Mahiedine Mekhissi-Benabbad	FRA	1	Barcelona	2010
2	2	8:09.28	Bouabdellah Tahri	FRA	2	Barcelona	2010
3	3	8:12.66	Francesco Panetta	ITA	1	Split	1990
4	4	8:13.10	Damian Kallabis	GER	1	Budapest	1998
5	5	8:13.27	Mark Rowland	GBR	2	Split	1990
6	6	8:14.01	Alexis Miellet	FRA	1	Roma	2024
7	7	8:14.36	Djilani Bedrani	FRA	2	Roma	2024
8	8	8:14.41	Karl Bebendorf	GER	3	Roma	2024
9	9	8:15.08	Frederick Ruppert	GER	4	Roma	2024
10	10	8:15.04	Bronislaw Malinowski	POL	1	Roma	1974

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	3.60	8:13.10	Damian Kallabis	GER	Budapest	1998
Min	0.11	8:24.34	Antonio David Jimenez	ESP	München	2002

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	8:07.87	Mahiedine Mekhissi-Benabbad	FRA	Barcelona	2010
2	8:09.28	Bouabdellah Tahri	FRA	Barcelona	2010
3	8:14.41	Karl Bebendorf	GER	Roma	2024
4	8:15.08	Frederik Ruppert	GER	Roma	2024
5	8:16.70	Daniel Arce	ESP	Roma	2024
6	8:19.42	Nicolas Daru	FRA	Roma	2024

Multiple Gold Medalists:

Bronislaw Malinowski (POL): 1974, 1978

Mahiedine Mekhissi-Benabbad (FRA): 2010, 2012, 2016, 2018

Last thirteen European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Alexis Miellet	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 Zoghلامي	ITA	8:23.44
2018	Mahiedine Mekhissi	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	M Mekhissi-Benabbad	FRA	8:07.87	Bouabdellah 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	Bouabdellah 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
1998	Damian Kallabis	GER	8:13.10	Ales Lambruschini	ITA	8:16.70	Jim Svenøy	NOR	8:18.97
1994	Ales Lambruschini	ITA	8:22.40	Angelo Carosi	ITA	8:23.53	William Van Dijck	BEL	8:24.86
1990	Francesco Panetta	ITA	8:12.66	Mark Rowland	GBR	8:13.27	Ales Lambruschini	ITA	8:17.48
1986	Hagen Melzer	GDR	8:16.65	Francesco Panetta	ITA	8:16.85	Patriz Ilg	FRG	8:16.92

All time performance list at the European Championships

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5	5	8:13.27	Mark Rowland	GBR	2	Split	1990
6	6	8:14.01	Alexis Miellet	FRA	1	Roma	2024
7	7	8:14.36	Djilani Bedrani	FRA	2	Roma	2024
8	8	8:14.41	Karl Bebendorf	GER	3	Roma	2024
9	9	8:15.08	Frederick Ruppert	GER	4	Roma	2024
10	10	8:15.04	Bronislaw Malinowski	POL	1	Roma	1974
11		8:15.08	Bronislaw Malinowski		1	Praha	1978
12	11	8:15.41	Anders Gärderud	SWE	2	Roma	1974
13	12	8:15.82	Allessandro Lambruschini	ITA	3	Split	1990
14	13	8:16.65	Hagen Melzer	GDR	1	Stuttgart	1986
15		8:16.70	Alessandro Lambruschini		2	Budapest	1998
15	14	8:16.70	Daniel Arce	ESP	5	Roma	2024
17		8:16.85	Francesco Panetta		2	Stuttgart	1986
18	15	8:16.92	Patriz Ilg	FRG	2	Praha	1978
19		8:16.92	Patriz Ilg		3	Stuttgart	1986
20	16	8:17.48	Angelo Carosi	ITA	4	Split	1990
21	17	8:17.91	Michael Karst	FRG	3	Roma	1974
22	18	8:18.12	Colin Reitz	GBR	4	Stuttgart	1986
23	19	8:18.29	Ismo Toukonen	FIN	3	Praha	1978
24		8:18.52	Patriz Ilg		1	Athinai	1982
25	20	8:18.85	Franco Fava	ITA	4	Roma	1974
26	21	8:18.97	Jim Svenøy	NOR	3	Budapest	1998
27		8:19.01	Michael Karst		4	Praha	1978
28	22	8:19.15	Jose Luis Blanco	ESP	3	Barcelona	2010
29	23	8:19.22	Boguslaw Maminski	POL	2	Athinai	1982
30	24	8:19.42	Nicolas Daru	FRA	6		2024
31	25	8:19.64	Ion Luchianov	MDA	4	Barcelona	2010
32	26	8:20.19	William van Dijk	BEL	5	Stuttgart	1986
33	27	8:20.25	Joseph Mahmoud	FRA	6	Stuttgart	1986
34	28	8:20.41	Paul Copu	ROU	5	Praha	1978
35	29	8:20.48	Domingo Ramon	ESP	3	Athinai	1982
36	30	8:20.54	Luis Miguel Martin	ESP	4	Budapest	1998
37		8:20.65	Francesco Panetta		1h2	Split	1990
38	31	8:20.90	Rainer Schwarz	FRG	7	Stuttgart	1986
39	32	8:20.96	Luciano Di Pardo	ITA	5	Budapest	1998
40	33	8:20.97	Roger Hackney	GBR	8	Stuttgart	1986
41	34	8:21.08	Nahuel Carabbana	AND	7	Roma	2024
42	35	8:21.09	Osama Zaghlami	ITA	8	Roma	2024
43		8:21.33	Hagen Melzer		4	Athinai	1982
44	36	8:21.41	Jose Regalo	POR	9	Stuttgart	1986
45		8:21.46	Daniel Arce		1h2	Roma	2024
46		8:21.49	Frederik Ruppert		2h2	Roma	2024
47	37	8:21.54	Vidar Johansson	SWE	9	Roma	2024
48		8:21.71	William Van Dijk		5	Split	1990
49	38	8:21.73	Tom Hanlon	GBR	6	Split	1990
50		8:21.76	Tom Hanlon		2h2	Split	1990
51		8:21.80	Angelo Carosi		3h2	Split	1990
51	39	8:21.80	Topi Raitanen	FIN	1	München	2022
53	40	8:21.83	Tomas Habarta	CZE	10	Roma	2024
54	41	8:21.95	Wolfgang Konrad	AUT	5	Athinai	1982
55		8:22.11	Domingo Ramon		1h3	Athinai	1982
56		8:22.19	Alexis Miellet		3h2	Roma	2024
57		8:22.21	Vidar Johansson		4h2	Roma	2024
58	42	8:22.35	Ahmed Abdelwahed	ITA	2	München	2022
59		8:22.40	Alessandro Lambruschini		1	Helsinki	1994

Slowest winning (auto) time: 8:33.23 by Mahiedine Mekhissi-Benabbad (FRA) in 2012
8:31.66 by Mahiedine Mekhissi (FRA) in 2018
8:26.66 by Yoan Kowal (FRA) in 2014
8:25.63 by Mahiedine Mekhissi-Benabbad (FRA) in 2016
8:25.12 by Jean Paul Villain (FRA) in 1971

Slowest winning time since 1990: 8:33.23 by Mahiedine Mekhissi-Benabbad (FRA) in 2012
8:31.66 by Mahiedine Mekhissi (FRA) in 2018
8:26.66 by Yoan Kowal (FRA) in 2014
8:25.63 by Mahiedine Mekhissi-Benabbad (FRA) in 2016
8:24.89 by Jukka Keskisalo (FIN) in 2006

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	3.60	8:13.10	Damian Kallabis	GER	Budapest	1998
	4.28	8:25.63	Mahiedine Mekhissi-Benabbad	FRA	Amsterdam	2016
	9.6h	9:01.4h	Raphael Pujazon	FRA	Oslo	1946
Min	0.11	8:24.34	Antonio David Jimenez	ESP	München	2002

Difference between 3rd and 4th place (medal versus no medal)

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	2.71	8:35.87	Victor Garcia	ESP	Helsinki	2012
	2.14	8:24.72	Luis Miguel Martin	ESP	München	2002
	7.2h	9:21.4h	Alf Lindblad	FIN	Paris	1938
Min	0.49	8:19.15	Jose Luis Blanco	ESP	Barcelona	2010

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	8:07.87	Mahiedine Mekhissi-Benabbad	FRA	Barcelona	2010
2	8:09.28	Bouabdellah Tahri	FRA	Barcelona	2010
3	8:14.41	Karl Beendorf	GER	Roma	2024
	8:15.82	Allessandro Lambruschini	ITA	Split	1990
4	8:15.08	Frederik Ruppert	GER	Roma	2024
	8:17.48	Angelo Carosi	ITA	Split	1990
5	8:16.70	Daniel Arce	ESP	Roma	2024
	8:20.19	William van Dijck	BEL	Stuttgart	1986
6	8:19.42	Nicolas Daru	FRA	Roma	2024
	8:20.25	Joseph Mahmoud	FRA	Stuttgart	1986
7	8:20.90	Rainer Schwarz	FRG	Stuttgart	1986
8	8:20.97	Roger Hackney	GBR	Stuttgart	1986
9	8:21.41	Jose Regalo	POR	Stuttgart	1986

Fastest time in each round

Round	Time	Name	Nat	Venue	Year
Final	8:07.87	Mahiedine Mekhissi-Benabbad	FRA	Barcelona	2010
First round	8:20.65	Francesco Panetta	ITA	Split	1990

Fastest non-qualifier for the final

Time	Position	Name	Nat	Venue	Year
8:24.59	7h1	Vasiliy Koromyslov	URS	Split	1990

Multiple Gold Medalists:

Bronislaw Malinowski (POL): 1974, 1978
Mahiedine Mekhissi-Benabbad (FRA): 2010, 2012, 2016, 2018

Multiple Medalists:

Mahiedine Mekhissi-Benabbad (FRA):	2010, 2012, 2016, 2018 Gold
Yoann Kowal (FRA)	2014 Gold, 2016 Bronze
Bouabdellah Tahri (FRA):	2006 Bronze; 2010 Silver
Allessandro Lambruschini (ITA):	1990 Bronze; 1994 Gold; 1998 Silver
Francesco Panetta (ITA):	1986 Silver; 1990 Gold
Bronislaw Malinowski (POL):	1974 Gold; 1978 Gold
Patriz Ilg (FRG):	1978 Silver; 1982 Gold; 1986 Bronze
Gaston Roelants (BEL):	1962 Gold; 1966 Bronze

Number of Medals by Countries:

Nation	Gold	Silver	Bronze
FRA	8	2	2
POL	3	2	
ITA	2	4	3
FIN	2	1	3
URS	1	3	3
ESP	1	2	5
SWE	1	2	1
FRG	1	1	3
TCH	1	1	
GER	1	1	1
BEL	1		2
GDR	1		
HUN	1		
BUL	1		
TUR		2	
YUG		1	
ROU		1	
GBR		1	
NED		1	
NOR			2

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
FRA	2024	Alexis Miellet	Djilali Bedrani	
ITA	2022		Ahmed Abdelwahed	Osama Zoghلامي
FRA	2016	Mahiedine Mekhissi-Benabbad		Yoann Kowal
FRA	2010	Mahiedine Mekhissi-Benabbad	Bouabdellah Tahri	
ESP	2002	Antonio Jimenez		Luis Miguel Martin
ITA	1994	Alessandro Lambruschini	Angelo Carosi	
ITA	1990	Francesco Panetta		Alessandro Lambruschini
URS	1969		Aleksandr Morozov	Vladimir Dudin
URS	1966	Viktor Kudinskiy	Analoily Kuryan	
SWE	1946		Erik Elmsäter	Tore Sjöstrand

Average from last ten European Championships

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998	1994
Winning Time	8:22.3	8:14.01	8:21.80	8:31.66	8:25.63	8:26.66	8:33.23	8:07.87	8:24.89	8:24.34	8:13.10	8:22.40
Winning Medal (3 rd)	8:25.7	8:14.41	8:23.44	8:34.16	8:30.79	8:29.16	8:35.87	8:19.64	8:27.15	8:24.72	8:18.97	8:24.86
Missing Medal (4 th)	8:27.4	8:15.08	8:25.00	8:35.81	8:31.93	8:30.08	8:38.58	8:23.37	8:27.79	8:26.86	8:20.54	8:26.00

Man & Woman from the same team winning the corresponding event: Never happened

Athletes with Olympic, World and European gold (Olympic and Euro gold before 1983)

Name	Nation	Olympics	World	European
Gaston Roelants	BEL	1964	Not held before 1983	1962
Bronislaw Malinowski	POL	1980	Not held before 1983	1974, 1978

European Champion who previously won European Junior gold medal

Name	Nat	European Championships	European Junior Championships
Bronislaw Malinowski	POL	1974, 1978	1970 (2000mSC)

European Champion who previously won European U23 gold medal

Name	Nat	European Championships	European U23 Championships
Mahiedine Mekhissi-Benabbad	FRA	2010, 2012, 2016, 2018	2007

Last thirteen European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Alexis Miellet	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 Zoghلامي	ITA	8:23.44
2018	Mahiedine Mekhissi	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	M Mekhissi-Benabbad	FRA	8:07.87	Bouabdellah 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	Bouabdellah 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
1998	Damian Kallabis	GER	8:13.10	Ales Lambruschini	ITA	8:16.70	Jim Svenøy	NOR	8:18.97
1994	Ales Lambruschini	ITA	8:22.40	Angelo Carosi	ITA	8:23.53	William Van Dijck	BEL	8:24.86
1990	Francesco Panetta	ITA	8:12.66	Mark Rowland	GBR	8:13.27	Ales Lambruschini	ITA	8:17.48
1986	Hagen Melzer	GDR	8:16.65	Francesco Panetta	ITA	8:16.85	Patriz Ilg	FRG	8:16.92

European U-23 Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Maciej Megier	POL	8:20.17	Stefan Nillessen	NED	8:20.48	Lourenco Rodrigues	POR	8:21.99
2023	Alejandro Quijada	ESP	8:28.91	Etson Barros	POR	8:32.08	Baptiste Guyon	FRA	8:33.64
2021	Istvan Palkovits	HUN	8:34.05	Etson Barros	POR	8:38.00	Nahuel Carabana	AND	8:39.17
2019	Frederik Ruppert	GER	8:44.49	Alexis Phelut	FRA	8:45.04	Simon Sundstrom	SWE	8:45.82
2017	Yohanes Chiappinelli	ITA	8:34.33	Ahmed Abdelwahed	ITA	8:37.02	Jamaine Coleman	GBR	8:40.44
2015	Mitko Tsenennov	BUL	8:37.79	Viktor Bakharev	RUS	8:40.75	Osama Zoghلامي	ITA	8:42.00
2013	Abdelaziz Merzoughi	ESP	8:34.64	Giuseppe Gerratana	ITA	8:35.55	Tanguy Pepiot	FRA	8:38.07
2011	Sebastian Martos	ESP	8:35.35	Abdelaziz Merzoughi	ESP	8:36.21	Alexandru Ghinea	ROU	8:38.51
2009	Aleksandr Pavelyev	RUS	8:40.55	Jose Luis Galvan	ESP	8:41.53	Krystian Zalewski	POL	8:42.06
2007	M Mekhissi-Bennabbad	FRA	8:33.91	Ilar Minshin	RUS	8:34.27	Balazs Ott	HUN	8:35.04
2005	Radoslaw Poplawski	POL	8:32.61	Halil Akkas	TUR	8:37.38	Pieter Desmet	BEL	8:41.07
2003	Martin Proll	AUT	8:25.86	Rodoslaw Poplawski	POL	8:27.95	Jukka Keskisalo	FIN	8:28.53
2001	Pavel Potapovich	RUS	8:35.85	Vadim Slobodenyuk	UKR	8:37.09	Henrik Skoog	SWE	8:38.27
1999	Gunther Weidlinger	AUT	8:30.34	Gael Pencreach	FRA	8:35.60	Antonio Jimenez	ESP	8:37.29
1997	Luciano Di Pardo	ITA	8:34.24	Vincent Le Dauphin	FRA	8:36.92		RUS	8:37.81

Last fourteen European Junior (U20) Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Kiyassettin Kara	TUR	8:43.55	Marti Torregrossa	ESP	8:45.20	Andres Lara	ESP	8:45.53
2023	Sergio Del Barrio	ESP	8:46.81	Pierre Boudy	FRA	8:47.04	Ferenc Soma Kovacs	HUN	8:47.50
2021	Pol Oriach	ESP	8:41.36	Axel Vang Christensen	DEN	8:42.75	Cesare Caiani	ITA	8:50.16
2019	Murat Yalcinkaya	TUR	8:58.20	Omar Nuur	SWE	8:58.79	Etson Barros	POR	9:01.85
2017	Jakob Ingebrigtsen	NOR	8:50.00	Alexis Phelut	FRA	8:53.73	Louis Gilavert	FRA	8:57.12
2015	Balazs Juhasz	HUN	8:59.53	Patrick Karl	GER	9:03.54	Anthony Pontier	FRA	9:03.91
2013	Zak Seddon	GBR	8:45.91	Viktor Bakharev	RUS	8:47.81	Ersin Tekal	TUR	8:54.54
2011	Ilgizar Safiulin	RUS	8:37.94	Muhammet Emin Tan	TUR	8:46.74	Martin Grau	GER	8:48.79
2009	Antonio Abadia	ESP	8:47.45	James Wilkinson	GBR	8:51.54	Jeroen D'Hoedt	BEL	8:51.76
2007	Jakub Holusa	CZE	8:50.30	Alexandru Ghinea	ROU	8:50.42	Carlos Alonso	ESP	8:50.95

2005	Marcin Chabowski	POL	8:40.88	Albert Minczer	HUN	8:45.82	Andrzej Pasternak	POL	8:52.31
2003	Ruben Schwarz	GER	8:46.21	Maricel Ionascu	ROU	8:53.31	Peter Kellie	GBR	8:55.69
2001	Radoslaw Poplawski	POL	8:46.36	Mircea Bogdan	ROU	8:49.76	Chris Meroussis	GRE	8:51.87
1999	Jakub Czaja	POL	8:41.91	Vadim Slobodenyuk	UKR	8:44.48	Kevin Paulsen	FRA	8:45.69
1997	Günther Weidlinger	AUT	8:41.54	Roman Usov	RUS	8:48.47	Antonio Martinez	ESP	8:56.60

Last thirteen World Championships:

Yea	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
202	Geordie Beamish	NZL	8:33.88	Soufian El Bakkali	MAR	8:33.95	Edmund Serem	KEN	8:34.56
2023	Soufiane El Bakkali	MA	8:03.53	Lamecha Girma	ETH	8:05.44	Abraham Kibiwot	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	MA	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

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Soufiane E Bakkali	MAR	8:06.05	Kenneth Rooks	USA	8:06.41	Abraham Kibiwott	KEN	8:06.47
2020	Soufiane El Bakkali	MAR	8:08.90	Lamecha Girma	ETH	8:10.38	Benjamin Kigen	KE	8:11.45
2016	Ezekiel Kemboi	KEN	8:08.88	Conseslus Kipruto	USA	8:04.88	Mahiedine Mekhissi	FRA	8:11.58
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	KEN	8:06.64
2000	Reuben Kosgei	KEN	8:21.43	Wilson Boit Kipketer	KEN	8:21.77	Ali Ezzine	MAR	8:22.15
1996	Joseph Keter	KEN	8:07.12	Moses Kiptanui	KEN	8:08.33	A Lambruschini	ITA	8:11.28
1992	Matthew Birir	KEN	8:08.84	Patrick Sang	KEN	8:09.55	William Mutwol	KEN	8:10.74
1988	Julius Kariuki	KEN	8:05.51	Peter Koech	KEN	8:06.79	Mark Rowland	GBR	8:07.96

All time European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:57.80	Frederik Ruppert	GER	2	Rabat	31 May 2026
2	2	8:00.09	Mah Mekhissi-Benabbad	FRA	2	Saint Denis	6 July 2013
3	3	8:01.18	Bouabdellah Tahri	FRA	3	Berlin	18 Aug 2009
4		8:01.49	Frederik Ruppert		2	Rabat	25 May 2025
5		8:02.09	Mah Mekhissi-Benabbad		1	Saint Denis	8 July 2011
6		8:02.19	Bouabdellah Tahri		1	Metz	3 July 2009
7		8:02.52	Mah Mekhissi-Benabbad		1	Bruxelles	27 Aug 2010

Fastest Performances on European Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:52.11	Laecha Girma	ETH	1	Paris	9 June 2023
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
5	5	7:55.28	Brahim Boulami	MAR	1	Bruxelles	24 Aug 2001
6		7:55.51	Said Saeed Shaheen		1	Bruxelles	26 Aug 2005
.....							
		8:00.09	Mah Mekhissi-Benabbad	FRA	2	Saint Denis	6 July 2013

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	8:00.12	Consesus Kipruto	KEN	1	Birmingham	5 June 2016
2	2	8:06.86	Brimin Kipruto	KEN	1	London	27 July 2013
3	3	8.06.96	Gilbert Kirui	KEN	2	London	27 July 2013

Fastest Performances in August

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

Combined 2025 & 2026 European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	7:57.80	Frederik Ruppert	GER	2	Rabat	31 May 2026
2		8:01.49	Frederik Ruppert		2	Rabat	25 May 2025
3	2	8:05.55	Karl Bebendorf	GER	1	Paris	28 June 2026
4		8:08.21	Karl Bebendorf		7	Monaco	11 July 2025
5		8:09.02	Frederik Ruppert		1	Zurich	28 Aug 2025
6	3	8:09.47	Ruben Querinjean	LUX	1	Bruxelles	22 Aug 2025
7		8:10.39	Frederik Ruppert		1	Turku	17 June 2025
8	4	8:10.58	Daniel Arce	ESP	5	Rabat	25 May 2025
9	5	8:10.69	Nicolas Daru	FRA	5	Shaoxing	3 May 2025
10		8:11.42	Daniel Arce		8	Rabat	31 May 2026
11	6	8:11.49	Louis Gilavert	FRA	1	Oordegem	9 Aug 2025

Please send any corrections to KKenNakamura@gmail.com