

2026 European Championships Statistics – Women's 5000m

by K Ken Nakamura

Summary

All time performance list at the European Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	14:35.29	Nadia Battocletti	ITA	1	Roma	2024
2	2	14:38.62	Karoline Bjerkeli Grovdal	NOR	2	Roma	2024
3	3	14:44.04	Marta Garcia	ESP	3	Roma	2024
4	4	14:44.46	Maureen Koster	NED	4	Roma	2024
5	5	14:44.72	Nathalie Blomqvist	FIN	5	Roma	2024
6	6	14:46.12	Sifan Hassan	NED	1	Berlin	2018
7	7	14:50.47	Konstanze Klosterhalfen	GER	1	München	2022
8	8	14:53.05	Eilish McColgan	GBR	2	Berlin	2018
9	9	14:54.44	Elvan Abeylegesse	TUR	1	Barcelona	2010
10	10	14:54.71	Sara Moreira	POR	2	Barcelona	2010
11	11	14:56.18	Marta Dominguez	ESP	1	Göteborg	2006

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	6.93	14:46.12	Sifan Hassan	NED	Berlin	2018
	6.44	14:50.47	Konstanze Klosterhalfen	GER	München	2022
Min	0.09	15:14.76	Marta Dominguez	ESP	München	2002

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	14:35.29	Nadia Battocletti	ITA	Roma	2024
	14:46.12	Sifan Hassan	NED	Berlin	2018
	14:50.47	Konstanze Klosterhalfen	GER	München	2022
2	14:38.62	Karoline Bjerkeli Grovdal	NOR	Roma	2024
	14:53.05	Eilish McColgan	GBR	Berlin	2018
3	14:44.04	Marta Garcia	ESP	Roma	2024
	14:57.63	Yasemin Can	TUR	Berlin	2018
4	14:44.46	Maureen Koster	NED	Roma	2024
	15:01.41	Jo Pavey	GBR	Göteborg	2006
5	14:44.72	Nathalie Blomqvist	FIN	Roma	2024
6	14:58.28	Hanna Klein	GER	Roma	2024

Multiple Gold Medalists:

Marta Dominguez (ESP): 2002, 2006

Last ten European Championships: (5000m inaugurated in 1998)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Nadia Battocletti	ITA	14:35.29	Karoline Grovdal	NOR	14:38.62	Marta Garcia	ESP	14:44.04
2022	Konst Klosterhalfen	GER	14:50.47	Yasemin Can	TUR	14:56.91	Eilish McColgan	GBR	14:59.34
2018	Sifan Hassan	NED	14:46.12	Eilish McColgan	GBR	14:53.05	Yasemin Can	TUR	14:57.63
2016	Yasemin Can	TUR	15:18.15	Meraf Bahta	SWE	15:20.54	Steph Twell	GBR	15:20.70
2014	Meraf Bahta	SWE	15:31.39	Sifan Hassan	NED	15:31.79	Susan Kuijken	NED	15:32.82
2012	Olga Golovkina	RUS	15:11.70	Lyudmila Kovalenko	UKR	15:12.03	Sara Moreira	POR	15:12.05
2010	Elvan Abeylegesse	TUR	14:54.44	Sara Moreira	POR	14:54.71	Jessica Augusto	POR	14:58.47
2006	Marta Dominguez	ESP	14:56.18	Liliya Shobukhova	RUS	14:56.57	Elvan Abeylegesse	TUR	14:59.29
2002	Marta Dominguez	ESP	15:14.76	Sonia O'Sullivan	IRL	15:14.85	Yelena Zadorzhnaya	RUS	15:15.22
1998	Sonia O'Sullivan	IRL	15:06.50	Gabriela Szabo	ROU	15:08.31	Marta Dominguez	ESP	15:10.54

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3	3	14:44.04	Marta Garcia	ESP	3	Roma	2024
4	4	14:44.46	Maureen Koster	NED	4	Roma	2024
5	5	14:44.72	Nathalie Blomqvist	FIN	5	Roma	2024
6	6	14:46.12	Sifan Hassan	NED	1	Berlin	2018
7	7	14:50.47	Konstanze Klosterhalfen	GER	1	München	2022
8	8	14:53.05	Eilish McColgan	GBR	2	Berlin	2018
9	9	14:54.44	Elvan Abeylegesse	TUR	1	Barcelona	2010
10	10	14:54.71	Sara Moreira	POR	2	Barcelona	2010
11	11	14:56.18	Marta Dominguez	ESP	1	Göteborg	2006
12	12	14:56.57	Liliya Shobukhova	RUS	2	Göteborg	2006
13	13	14:56.91	Yasemin Can	TUR	2	München	2022
14		14:57.63	Yasemin Can		3	Berlin	2018
15	14	14:58.28	Hanna Klein	GER	6	Roma	2024
16	15	14:58.47	Jessica Augusto	POR	3	Barcelona	2010
17		14:59.29	Elvan Abeylegesse		3	Göteborg	2006
18		14:59.34	Eilish McColgan		3	München	2022
19	16	15:00.05	Federica Del Buono	ITA	7	Roma	2024
20	17	15:01.41	Jo Pavey	GBR	4	Göteborg	2006
21	18	15:02.56	Sarah Madeleine	FRA	8	Roma	2024
22	19	15:03.29	Maureen Koster	NED	4	München	2022
23		15:03.73	Konstanze Klosterhalfen		4	Berlin	2018
24	20	15:04.75	Melissa Courtney Bryant	GBR	5	Berlin	2018
25	21	15:05.66	Izzy Fry	GBR	9	Roma	2024
26	22	15:06.47	Volha Kravtsova	BLR	5	Göteborg	2006
27	23	15:06.50	Sonia O'Sullivan	IRL	1	Budapest	1998
28	24	15:08.31	Gabriela Szabo	ROU	2	Budapest	1998
29	25	15:08.75	Amy-Eloise Markovc	GBR	5	München	2022
30	26	15:08.79	Calli Thackery	GBR	6	München	2022
31	27	15:08.84	Mariya Konovalova	RUS	4	Barcelona	2010
32	28	15:09.65	Susan Krumins	NED	6	Berlin	2018
33		15:10.54	Marta Dominguez		3	Budapest	1998
34	29	15:10.65	Hannah Nuttall	GBR	10	Roma	2024
35		15:10.90	Nadia Battocletti		7	München	2022
36	30	15:11.38	Sabrina Mockenhaupt	GER	6	Göteborg	2006
37	31	15:11.70	Olga Golovkina	RUS	1	Helsinki	2012
38	32	15:11.79	Susanne Wigene	NOR	7	Göteborg	2006
39	33	15:12.03	Lyudmila Kovalenko	UKR	2	Helsinki	2012
40		15:12.05	Sara Moreira		3	Helsinki	2012
41	34	15:12.77	Julia Bleasdale	GBR	4	Helsinki	2012
42	35	15:13.40	Roxana Barca	ROU	5	Helsinki	2012
43	36	15:14.36	Selamawit Teferi	ISR	8	München	2022
44	37	15:14.40	Elena Romagnolo	ITA	5	Barcelona	2010
45		15:14.76	Marta Dominguez		1	Münich	2002
46		15:14.85	Sonia O'Sullivan		2	Münich	2002
47	38	15:14.92	Meryem Erdogan	TUR	6	Barcelona	2010
48	39	15:15.22	Yelena Zadorozhnaya	RUS	3	Münich	2002
49	40	15:16.11	Viktoria Wagnr-Gyurkes	HUN	9	München	2022
50	41	15:16.13	Ancuta Bobocel	ROU	7	Berlin	2018
51	42	15:16.19	Yelizaveta Grechishnikova	RUS	7	Barcelona	2010
52	43	15:16.54	Nadia Ejjafini	ITA	6	Helsinki	2012
53	44	15:16.61	Olivera Jevtic	YUG	4	Budapest	1998
54	45	15:16.65	Olga Yegorova	RUS	4	Münich	2002
55	46	15:16.71	Camilla Richardsson	FIN	10	München	2022

Slowest winning (auto) time: 15:31.39 by Meraf Bahta (SWE) in 2014
15:18.15 by Yasemin Can (TUR) in 2016
15:14.76 by Marta Dominguez (ESP) in 2002

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	6.93	14:46.12	Sifan Hassan	NED	Berlin	2018
	6.44	14:50.47	Konstanze Klosterhalfen	GER	München	2022
	3.33	14:35.29	Nadia Battocletti	ITA	Roma	2024
	2.39	15:18.15	Yasemin Can	TUR	Amsterdam	2016
	1.81	15:06.50	Sonia O'Sullivan	IRL	Budapest	1998
Min	0.09	15:14.76	Marta Dominguez	ESP	München	2002

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	11.51	14:46.12	14:57.63	Sifan Hassan	NED	Berlin	2018
	8.87	14:50.47	14:59.34	Konstanze Klosterhalfen	GER	München	2022
	8.75	14:35.29	14:44.04	Nadia Battocletti	ITA	Roma	2024
	4.03	14:54.44	14:58.47	Elvan Abeylegesse	TUR	Barcelona	2010
	4.04	15:06.50	15:10.54	Sonia O'Sullivan	IRL	Budapest	2006
Min	0.35	15:11.70	15:12.05	Olga Golovkina	RUS	Helsinki	2012
	0.46	15:14.76	15:15.22	Marta Dominguez	ESP	München	2002

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

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	10.37	14:58.47	Jessica Augusto	POR	Barcelona	2010
	6.10	14:57.63	Yasemin Can	TUR	Berlin	2018
	6.07	15:10.54	Marta Dominguez	ESP	Budapest	1998
Min	0.07	15:32.92	Susan Kuijken	NED	Zürich	2014
	0.42	14:44.04	Marta Garcia	ESP	Roma	2024
	0.72	15:12.05	Sara Moreira	POR	Helsinki	2012
	1.43	15:15.22	Yelena Zadorozhnaya	RUS	München	2002

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	14:35.29	Nadia Battocletti	ITA	Roma	2024
	14:46.12	Sifan Hassan	NED	Berlin	2018
	14:50.47	Konstanze Klosterhalfen	GER	München	2022
2	14:38.62	Karoline Bjerkeli Grovdal	NOR	Roma	2024
	14:53.05	Eilish McColgan	GBR	Berlin	2018
	14:54.71	Sara Moreira	POR	Barcelona	2010
3	14:44.04	Marta Garcia	ESP	Roma	2024
	14:57.63	Yasemin Can	TUR	Berlin	2018
	14:58.47	Jessica Augusto	POR	Barcelona	2010
4	14:44.46	Maureen Koster	NED	Roma	2024
	15:01.41	Jo Pavey	GBR	Göteborg	2006
5	14:44.72	Nathalie Blomqvist	FIN	Roma	2024
	15:04.75	Melissa Courtney-Bryant	GBR	Berlin	2010
	15:06.47	Volha Kravtsova	BLR	Göteborg	2006
6	14:58.28	Hanna Klein	GER	Roma	2024
	15:08.79	Calli Thackery	GBR	München	2022
	15:09.65	Susan Krumins	NED	Berlin	2018
7	15:00.05	Federica Del Buono	ITA	Roma	2024
	15:10.90	Nadia Battocletti	ITA	München	2022
	15:11.79	Susanne Wigene	NOR	Göteborg	2006
8	15:02.56	Sarah Madeleine	FRA	Roma	2024

	15:14.36 15:16.85	Selamawit Teferi Krisztina Papp	ISR HUN	München Göteborg	2022 2006
9	15:05.66 15:16.11 15:22.13	Izzy Fry Viktoria Wagner-Gyurkes Maria Protopappa	GBR HUN GRE	Roma München Göteborg	2024 2022 2006
10	15:10.65 15:16.71 15:22.50	Hannah Nuttall Camilla Richardsson Regina Rakhimkulova	GBR FIN RUS	Roma München Göteborg	2024 2022 2006

Multiple Gold Medalists:

Marta Dominguez (ESP): 2002, 2006

Multiple Medalists:

Eilish McColgan (GBR) 2018 Silver, 2022 Bronze
Yasemin Can (TUR): 2016 Gold, 2018 Bronze, 2022 Silver
Sifan Hassan (NED) 2014 Silver, 2018 Gold
Meraf Bahta (SWE) 2014 Gold, 2016 Silver
Sara Moreira (POR) 2010 Silver, 2012 Bronze
Marta Dominguez (ESP): 1998 Bronze; 2002 Gold; 2006 Gold
Sonia O'Sullivan (IRL): 1998 Gold; 2002 Silver
Elvan Abeylegesse (TUR): 2006 Bronze; 2010 Gold

Medals by Countries:

Nation	Gold	Silver	Bronze
ESP	2		2
TUR	2	1	2
RUS	1	1	1
NED	1	1	1
IRL	1	1	
SWE	1	1	
GER	1		
ITA	1		
ROU		1	
UKR		1	
POR		1	2
GBR		1	2
NOR		1	

1500m – 5000m double medalist in the same championships

Name	Nat	1500m	5000m	Venue	Year
Sifan Hassan	NED	Gold	Silver	Zürich	2014

1500m – 5000m double medalist in the different championships

Name	Nat	1500m	Venue	Year	5000m	Venue	Year
Sifan Hassan	NED	Gold	Zurich	2014	Gold	Berlin	2018
Gabriela Szabo	ROU	Silver	Munich	2002	Silver	Budapest	1998

3000m – 5000m double medalist in the different championships

Name	Nat	3000m	Venue	Year	5000m	Venue	Year
Sonia O'Sullivan	IRL	Gold	Helsinki	1994	Gold Silver	Budapest München	1998 2002
Gabriela Szabo	ROU	Bronze	Helsinki	1994	Silver	Budapest	1998

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
2014	NED		Sifan Hassan	Susan Kuijken
2010	POR		Sara Moreira	Jessica Augusto

Average from last eight European Championships (inaugurated in 1998)

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998
Winning Time	15:02.5	14:35.29	14:50.47	14:46.12	15:18.15	15:31.39	15:11.70	14:54.71	14:56.18	15:14.76	15:06.50
Winning Medal (3 rd)	15:07.0	14:44.04	14:59.34	14:57.63	15:20.70	15:32.82	15:12.05	14:58.47	14:59.29	15:15.22	15:10.54
Missing Medal (4 th)	15:10.5	14:44.46	15:03.29	15:03.73	15:23.87	15:32.89	15:12.77	15:08.84	15:01.41	15:16.65	15:16.61

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

Nation	Men	Women	Venue	Year
ESP	Jesus España	Marta Dominguez	Göteborg	2006
ESP	Alberto Garcia	Marta Dominguez	München	2002

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

No athletes won Olympics, Worlds and European Championships.

Sonia O'Sullivan, 1994 and 1998 European Champion, won 1995 World Championships, but her best finish at the Olympics was 2nd in 2000.

European Champion who previously won European Junior gold medal: None

Best finish at European Championships by European Junior Champion is Silver in 2010 by Elvan Abeylegesse (2001 Euro Junior Champion)

Last ten European Championships: (5000m inaugurated in 1998)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Nadia Battocletti	ITA	14:35.29	Karoline Grovdal	NOR	14:38.62	Marta Garcia	ESP	14:44.04
2022	Konst Klosterhalfen	GER	14:50.47	Yasemin Can	TUR	14:56.91	Eilish McColgan	GBR	14:59.34
2018	Sifan Hassan	NED	14:46.12	Eilish McColgan	GBR	14:53.05	Yasemin Can	TUR	14:57.63
2016	Yasemin Can	TUR	15:18.15	Meraf Bahta	SWE	15:20.54	Steph Twell	GBR	15:20.70
2014	Meraf Bahta	SWE	15:31.39	Sifan Hassan	NED	15:31.79	Susan Kuijken	NED	15:32.82
2012	Olga Golovkina	RUS	15:11.70	Lyudmila Kovalenko	UKR	15:12.03	Sara Moreira	POR	15:12.05
2010	Elvan Abeylegesse	TUR	14:54.44	Sara Moreira	POR	14:54.71	Jessica Augusto	POR	14:58.47
2006	Marta Dominguez	ESP	14:56.18	Liliya Shobukhova	RUS	14:56.57	Elvan Abeylegesse	TUR	14:59.29
2002	Marta Dominguez	ESP	15:14.76	Sonia O'Sullivan	IRL	15:14.85	Yelena Zadorzhnaya	RUS	15:15.22
1998	Sonia O'Sullivan	IRL	15:06.50	Gabriela Szabo	ROU	15:08.31	Marta Dominguez	ESP	15:10.54

European U-23 Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Maria Forero	ESP	15:43.44	Vanessa Mikitenko	GE	15:51.97	Anika Thompson	IRL	15:56.80
2023	Megan Keith	GBR	15:34.33	Maria Forero	ESP	15:43.22	Amina Maatoug	NED	15:50.83
2021	Nadia Battocletti	ITA	15:37.4h	Klara Lukan	SLO	15:44.0h	Diane Van Es	NED	15:48.4h
2019	Anna Emillie Moller	DEN	15:07.70	Alina Reh	GE	15:11.25	Celia Anton	ESP	15:28.66
2017	Yasemin Can	TUR	15:01.67	Alina Reh	GER	15:10.57	Sarah van der Wielen	SWE	15:14.17
2015	Liv Westphal	FRA	15:30.61	Louise Carton	BEL	15:32.75	Viktoriya Kalyuzhna	UKR	15:38.38
2013	Gamze Bulut	TUR	15:45.03	Layes Abdullayeva	AZE	15:51.72	Kate Avery	GBR	15:54.07
2011	Layes Abdullayeva	AZE	15:29.47	Stevie Stockton	GBR	15:58.51	Clemence Calvin	FRA	16:02.07
2009	Natalya Popkova	RUS	15:54.11	Sviatlana Kudzelich	BLR	16:03.85	Emily Pidgeon	GBR	16:04.71
2007	Laura Whittle	GBR	16:22.28	Volha Mimima	BLR	16:27.31	Marta Romo	ESP	16:29.56
2005	Binnaz Uslu	TUR	15:57.21	Tatyana Petrova	RUS	16:01.79	Silvia La Barbera	ITA	16:07.01
2003	Elvan Abeylegesse	TUR	15:16.79	Tatyana Petrova	RUS	16:02.79	Sonia Bejarano	ESP	16:17.81
2001	Katalin Szentgyorgyi	HUN	15:40.55	Anastasiya Zubova	RUS	15:40.78	Tatyana Khmelyova	RUS	15:51.88
1999	Katalin Szentgyorgyi	HUN	15:18.80	Cristina Casandra (Iloc)	ROU	15:22.64	Olivera Jevtic	YUG	15:24.83
1997	Oksana Zhelezyak	RUS	15:45.22	Cristina Iloc	ROU	15:46.59	Marta Dominguez	ESP	15:49.96

Last fourteen European Junior (U20) Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Innes Fitzgerald	GBR	15:09.04	Edibe Yagiz	TUR	15:43.60	Julia Ehrle	CZE	15:44.06

2023	Agate Caune	LAT	15:03.85	Kira Weis	GE	15:50.36	Sofia Thogersen	DEN	15:53.08
2021	Carla Dominguez	ESP	16:16.57	Agate Caune	LAT	16:17.56	Emma Heckel	GER	16:20.18
2019	Klara Lukan	SLO	16:03.62	Nadia Battocletti	ITA	16:09.39	Laura Petersen	DEN	16:10.44
2017	Jasmijn Lau	NED	16:38.85	Miriam Dattke	GER	16:39.81	Floor Doornwaard	NED	16:41.71
2015	Alina Reh	GER	16:02.01	Anna Emilie Moller	DEN	16:07.43	Carmela Cardama	ESP	16:23.81
2013	Jip Vastenburg	NED	16:03.31	Oona Kettunen	FIN	16:03.79	Alena Kudashkina	RUS	16:08.12
2011	Esma Aydemir	TUR	16:12.16	Emelia Gorecka	GBR	16:13.04	Annabel Gummow	GBR	16:14.62
2009	Karoline Grøvdal	NOR	15:45.45	Charlotte Purdue	GBR	15:55.96	Veronica Inglese	ITA	16:41.37
2007	Natalya Popkova	RUS	16:08.95	Ingunn Opsal	NOR	16:14.59	Emily Pidgeon	GBR	16:31.30
2005	Emily Pidgeon	GBR	16:14.71	Tatyana Azorkina	RUS	16:18.60	Svetlana Kudelich	BLR	16:33.07
2003	Silvia La Barbera	ITA	15:52.20	Inna Poluskina	LAT	15:55.69	Charlotte Dale	GBR	16:07.26
2001	Elvan Abeylegesse	TUR	15:21.12	Elina Lindgren	FIN	16:11.55	Collette Fagan	GBR	16:16.39
1999	Tezeta Surekli	TUR	16:01.32	Elvan Can	TUR	16:06.40	Yelena Tolstygina	BLR	16:17.04
1997	Katalin Szentgyorgyi	HUN	16:38.73	Tatyana Gerasimova	RUS	16:39.31	Ionela Bungardean	ROU	16:39.97

Last thirteen European Indoor Championships: (3000m)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Sarah Healy	IRL	8:52.86	Melissa Courtney-Bryant	GBR	8:52.92	Salome Afonso	POR	8:53.42
2023	Hanna Klein	GER	8:35.87	Konstanze Klosterhalfen	GER	8:36.50	Melissa Courtney-Bryant	GBR	8:41.19
2021	Amy-Eloise Markov	GBR	8:46.43	Alice Finot	FRA	8:46.54	Verify Ockenden	GBR	8:46.60
2019	Laura Muir	GBR	8:30.61	Konst Klosterhalfen	GER	8:34.06	Melissa Courtney-Bryant	GBR	8:38.22
2017	Laura Muir	GBR	8:35.67	Yasemin Can	TUR	8:43.46	Eilish McColgan	GBR	8:47.43
2015	Yelena Korobkina	RUS	8:47.62	Sviatlana Kudzelich	BLR	8:48.02	Maureen Koster	NED	8:51.64
2013	Sara Moreira	POR	8:58.50	Corinna Harrer	GER	9:00.50	Fionnuala Britton	IRL	9:00.54
2011	Helen Clitheroe	GBR	8:56.66	Lidia Chojecka	POL	8:58.30	Layes Abdullayeva	AZE	9:00.37
2009	Alemitu Bekele	TUR	8:46.50	Sara Moreira	POR	8:48.18	Mary Cullen	IRL	8:48.47
2007	Lidia Chojecka	POL	8:43.25	Marta Dominguez	ESP	8:44.40	Silvia Weissteiner	ITA	8:44.82
2005	Lidia Chojecka	POL	8:43.76	Susanne Pumper	AUT	8:47.74	Sabrina Mockenhaupt	GER	8:47.76
2002	Marta Dominguez	ESP	8:53.87	Carla Sacramento	POR	8:53.96	Yelena Zadorohnaya	RUS	8:58.36
2000	Gabriela Szabo	ROU	8:42.06	Lidia Chojecka	POL	8:42.42	Marta Dominguez	ESP	8:44.08
1998	Gabriela Szabo	ROU	8:49.96	Fernanda Ribeiro	POR	8:51.42	Marta Dominguez	ESP	8:57.72

Last twelve World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Beatrice Chebet	KEN	14:54.36	Faith Kipyegon	KEN	14:55.07	Nadia Battocletti	ITA	14:55.42
2023	Faith Kipyegon	KEN	14:53.88	Sifan Hassan	NED	14:54.11	Beatrice Chebet	KEN	14:54.33
2022	Gudaf Tsegay	ETH	14:46.29	Beatrice Chebet	KEN	14:46.75	Dawit Seyaum	ETH	14:47.36
2019	Hellen Obiri	KEN	14:26.72	Margaret Kipkemboi	KEN	14:27.49	Konstanze Klosterhalfen	GER	14:28.43
2017	Hellen Obiri	KEN	14:34.86	Almaz Ayana	ETH	14:40.35	Sifan Hassan	NED	14:42.73
2015	Almaz Ayana	ETH	14:26.83	Senbera Teferi	ETH	14:44.07	Genzebe Dibaba	ETH	14:44.14
2013	Meseret Defar	ETH	14:50.19	Mercy Cherono	KEN	14:51.22	Almaz Ayana	ETH	14:51.33
2011	Vivian Cheruiyot	KEN	14:55.36	Sylvia Kibet	KEN	14:56.21	Meseret Defar	ETH	14:56.94
2009	Vivian Cheruiyot	KEN	14:57.97	Sylvia Kibet	KEN	14:58.33	Meseret Defar	ETH	14:58.41
2007	Meseret Defar	ETH	14:57.91	Vivian Cheruiyot	KEN	14:58.50	Priscah Cherono	KEN	14:59.21
2005	Tirunesh Dibaba	ETH	14:38.59	Meseret Defar	ETH	14:39.54	Ejagayeou Dibaba	ETH	14:42.47
2003	Tirunesh Dibaba	ETH	14:51.72	Marta Dominguez	ESP	14:52.26	Edith Masai	KEN	14:52.30
2001	Olga Yegorova	RUS	15:03.39	Marta Dominguez	ESP	15:06.59	Ayelech Worku	ETH	15:10.17

Last eight Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Beatrice Chebet	KEN	14:28.56	Faith Kipyegon	KEN	14:29.60	Sifan Hassan	NE	14:30.61
2020	Sifan Hassan	NED	14:36.79	Hellen Obiri	KEN	14:38.38	Gudaf Tsegay	ETH	14:38.87
2016	Vivian Cheruiyot	KEN	14:26.17	Hellen Obiri	KEN	14:29.77	Almaz Ayana	ETH	14:33.59
2012	Meseret Defar	ETH	15:04.25	Vivian Cheruiyot	KEN	15:04.73	Tirunesh Dibaba	ETH	15:05.15

2008	Tirunesh Dibaba	ETH	15:41.40	Elvan Abeylegesse	TUR	15:42.74	Meseret Defar	ETH	15:44.12
2004	Meseret Defar	ETH	14:45.65	Isabella Ochichi	KEN	14:48.19	Tirunesh Dibaba	ETH	14:51.83
2000	Gabriele Szabo	ROU	14:40.79	Sonia O'Sullivan	IRL	14:41.02	Gete Wami	ETH	14:42.23
1996	Wang Junxia	CHN	14:59.88	Pauline Konga	KEN	15:03.49	Roberta Brunet	ITA	15:07.52
1992	Yelena Romanova	EUN	8:46.04	Tatyana	EU	8:46.85	Angela Chalmers	CA	8:47.22

Comparison of 1000m splits/laps in the European Championships 5000m final

Fastest splits/laps are indicated in **Bold**

	1000 m	2000 m	3000 m	4000 m	5000 m
2022	3:05.57	6:07.44	9:03.32	11:58.02	14:50.57
2018	3:03.01	6:01.62	8:59.58	12:03.99	14:46.12
2016	3:19.48	6:16.52	9:14.66	12:16.70	15:18.15
2014	3:08.02	6:25:46	9:40.24	12:47.07	15:31.39
2012	3:04.31	6:05.76	9:16.74	12:22.15	15:11.70
2010	2:57.58	5:55.55	8:57.08	12:01.06	14:52.20
2006	3:04.75	6:09.36	9:11.13	12:07.40	14:56.18
2002	3:10.6	6:08.7	9:15.1	12:28.4	15:14.76
1998	3:04.0	6:08.6	9:15.2	12:19.5	15:06.50

	1000 m	2000 m	3000m	4000 m	5000 m	Final400	Final200
2022	3:05.57	3:01.87	2:55.88	2:54.70	2:52.55	61.47	
2018	3:03.01	2:58.61	2:57.96	3:04.41	2:42.13	60.55	29.72
2016	3:19.48	2:58.04	2:58.14	3:02.04	3:01.45		
2014	3:08.02	3:17.44	3:14.78	3:06.83	2:44.32	61.66	
2012	3:04.31	3:01.45	3:10.98	3:05.41	2:49.55		
2010	2:57.58	2:57.97	3:01.53	3:03.98	2:51.14	62.39	
2006	3:04.75	3:04.61	3:01.77	2:56.27	2:48.78		29.68
2002	3:10.6	2:58.1	3:06.4	3:13.3	2:46.5	60.8	29.44
1998	3:04.0	3:04.6	3:06.6	3:04.3	2:47.0		

All time European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:13.42	Sifan Hassan	NED	3	London	23 July 2023
2		14:22.12	Sifan Hassan		3	London	21 July 2019
3		14:22.34	Sifan Hassan		2	Rabat	13 July 2018
4	2	14:23.15	Nadia Battocletti	ITA	3	Roma	6 June 2025
5	3	14:23.75	Liliya Shobukhova	RUS	1	Kazan	19 July 2008
6	4	14:24.68	Elvan Abeylegesse	TUR	1	Bergen	11 June 2004
7		14:26.26	Sifan Hassan		1	Bruxelles	6 Sept 2019
8	5	14:26.76	Konstanze Klosterhalfen	GER	1	Berlin	3 Aug 2019
9		14:27.89	Sifan Hassan		1	Eugene	20 Aug 2021
10		14:28.43	Konstanze Klosterhalfen		3	Doha	5 Oct 2019
11	6	14:28.55	Eilish McColgan	GBR	4	Oslo	1 July 2021
12	7	14:29.11	Paula Radcliffe	GBR	1	Bydgoszcz	20 June 2004

Fastest Performances on European Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:03.69	Beatrice Chebet	KEN	1	Roma	6 June 2025
2	2	14:05.20	Faith Kipyegon	KEN	1	Paris	9 June 2023
3	3	14:06.62	Letesenbet Gidey	ETH	1	Valencia	7 Oct 2020
4		14:07.94	Letesenbet Gidey		2	Paris	9 June 2023
5		14:08.79	Letesenbet Gidey		1	Berlin	3 Sept 2023
6		14:09.52	Beatrice Chebet		1	Zurich	5 Sept 2024

7		14:09.82	Beatrice Chebet		1	Bruxelles	14 Sept 2024
8	4	14:11.15	Tirunesh Dibaba	ETH	1	Oslo	6 June 2008
9	5	14:12.29	Gudaf Tsegay	ETH	1	London	23 July 2023
10	6	14:12.59	Almaz Ayana	ETH	1	Roma	2 June 2016
11	7	14:12.88	Meseret Defar	ETH	1	Stockholm	22 July 2008
12	8	14:12.92	Beatrice Chebet		2	London	23 July 2023
....							
		14:13.42	Sifan Hassan	NED	3	London	23 July 2023

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:12.29	Gudaf Tsegay	ETH	1	London	23 July 2023
2	2	14:12.92	Beatrice Chebet	KEN	2	London	23 July 2023
3	3	14:13.42	Sifan Hassan	NED	3	London	23 July 2023

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:22.12	Hellen Obiri	KEN	1	Monaco	14 Aug 2020
2	2	14:24.99	Agnes Ngetich	KEN	1	Bruxelles	22 Aug 2025
3	3	14:26.76	Konstanze Klosterhalfen	GER	1	Berlin	3 Aug 2019

Combined 2025 & 2026 European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	14:23.15	Nadia Battocletti	ITA	3	Roma	6 June 2025
2	2	14:33.40	Marta Garcia	ESP	5	Bruxelles	22 Aug 2025
3	3	14:33.56	Maureen Koster	NED	9	Roma	4 June 2026
4		14:33.97	Maureen Koster		6	Bruxelles	22 Aug 2025
5	4	14:37.47	Jana Van Lent	BEL	10	Bruxelles	22 Aug 2025
6	5	14:37.80	Sarah Madeleine	RA	11	Roma	4 June 2026
7	6	14:39.48	Hannah Nuttall	GBR	11	London	19 July 2025
8	7	14:39.56	Innes FitzGerald	GBR	12	London	19 July 2025
9		14:40.05	Nadia Battocletti		13	Roma	4 June 2026
10	8	14:40.70	Elise Vanderelst	BEL	14	Bruxelles	22 Aug 2025
11	9	14:40.77	Cassandre Beaugrand	FRA	1	Nice	20 May 2026

Please send any corrections to KKenNakamura@gmail.com