

2026 European Championships Statistics – Men's 10000m

by K Ken Nakamura

Summary

All time performance list at the European Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	27:30.99	Martti Vainio	FIN	1	Praha	1978
2	2	27:31.48	Venanzio Ortis	ITA	2	Praha	1978
3	3	27:31.50	Aleksandras Antipovas	URS	3	Praha	1978
4	4	27:32.65	Brendan Foster	GBR	4	Praha	1978
5	5	27:36.27	David Black	GBR	5	Praha	1978
6	6	27:36.64	Gerald Tebroke	NED	6	Praha	1978
7	7	27:40.06	Ilie Floroiu	ROU	7	Praha	1978
8	8	27:40.61	Enn Sellik	URS	8	Praha	1978
9	9	27:41.03	Alberto Cova	ITA	1	Athinai	1982
10	10	27:41.21	Werner Schildhauer	GDR	2	Athinai	1982

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	22.77 69.0h	27:41.03 29:12.0h	Salvatore Antibo Emil Zatopek	ITA TCH	Split Bruxelles	1990 1950
Min	0.04	28:25.75	Manfred Kuschmann	GDR	Roma	1974

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	27:30.99	Martti Vainio	FIN	Praha	1978
2	27:31.48	Venanzio Ortis	ITA	Praha	1978
3	27:31.50	Aleksandras Antipovas	URS	Praha	1978
4	27:32.65	Brendan Foster	GBR	Praha	1978
5	27:36.27	David Black	GBR	Praha	1978

Multiple Gold Medalists:

Mo Farah (GBR):	2010, 2014
Jürgen Haase (GDR):	1966, 1969
Emiel Zatopek (TCH):	1950, 1954
Ilmari Salminen (FIN):	1934, 1938

Last thirteen 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	Yemane Crippa	ITA	27:46.13	Zerei Kbrom Mezngi	NOR	27:46.94	Yann Schrub	FR	27:47.13
2018	Morhad Amdouni	FRA	28:11.22	Bashir Abdi	BEL	28:11.76	Yemaneberhan Crippa	ITA	28:12.15
2016	Polat Arikan	TUR	28:18.52	Ali Kaya	TUR	28:21.42	Antonio Abadia	ESP	28:26.07
2014	Mo Farah	GBR	28:08.11	Andy Vernon	GBR	28:08.66	Ali Kaya	TUR	28:08.72
2012	Polat Kemboi	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 Manuel	ESP	28:12.06	Juan Carlos de la Ossa	ESP	28:13.73
2002	Jose M Martinez	ESP	27:47.65	Dieter Baumann	GER	27:47.87	Jose Rios	ESP	27:48.29
1998	Antonio Pinto	POR	27:48.62	Dieter Baumann	GER	27:56.75	Stephane Franke	GER	27:59.90
1994	Abel Anton	ESP	28:06.03	Vincent Rousseau	BEL	28:06.63	Stephane Franke	GER	28:07.95
1990	Salvatore Antibo	ITA	27:41.27	Are Nakkim	NOR	28:04.04	Stefano Mei	ITA	28:04.46
1986	Stefano Mei	ITA	27:56.79	Alberto Cova	ITA	27:57.93	Salvatore Antibo	ITA	28:00.25

All time performance list at the European Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	27:30.99	Martti Vainio	FIN	1	Praha	1978
2	2	27:31.48	Venanzio Ortis	ITA	2	Praha	1978
3	3	27:31.50	Aleksandras Antipovas	URS	3	Praha	1978
4	4	27:32.65	Brendan Foster	GBR	4	Praha	1978
5	5	27:36.27	David Black	GBR	5	Praha	1978
6	6	27:36.64	Gerald Tebroke	NED	6	Praha	1978
7	7	27:40.06	Ilie Floroiu	ROU	7	Praha	1978
8	8	27:40.61	Enn Sellik	URS	8	Praha	1978
9	9	27:41.03	Alberto Cova	ITA	1	Athinai	1982
10	10	27:41.21	Werner Schildhauer	GDR	2	Athinai	1982
11	11	27:41.26	Knut Kvalheim	NOR	9	Praha	1978
12	12	27:41.27	Salvatore Antibo	ITA	1	Split	1990
13		27:42.51	Martti Vainio		3	Athinai	1982
14	13	27:46.13	Yemaneberhan Crippa	ITA	1	München	2022
15	14	27:46.94	Zerei Kbrom Mezngi	NOR	2	München	2022
16	15	27:47.13	Yann Schrub	FRA	3	München	2022
17	16	27:47.65	Jose Manuel Martinez	ESP	1	München	2002
18	17	27:47.87	Dieter Baumann	GER	2	München	2002
19	18	27:47.95	Carlos Lopes	POR	4	Athinai	1982
20	19	27:48.29	Jose Rios	ESP	3	München	2002
21	20	27:48.62	Antonio Pinto	POR	1	Budapest	1998
22	21	27:49.84	Jimmy Gressier	FRA	4	München	2022
23	22	27:50.51	Pietro Riva	ITA	5	München	2022w
24	23	27:50.98	Stefano Baldini	ITA	4	München	2002
25	24	27:52.78	Juha Väättäin	FIN	1	Helsinki	1971
26	25	27:53.35	Jürgen Haase	GDR	2	Helsinki	1971
27	26	27:53.61	Jerzy Kowol	POL	10	Praha	1978
28	27	27:56.26	Rashid Sharafetdinov	URS	3	Helsinki	1971
29		27:56.75	Dieter Baumann		2	Budapest	1998
30	28	27:56.79	Stefano Mei	ITA	1	Stuttgart	1986
31		27:57.93	Alberto Cova		2	Stuttgart	1986
32	29	27:58.38	Danijel Korica	YUG	4	Helsinki	1971
33	30	27:59.22	Efrem Gidey	IRL	6	München	2022
34	31	27:59.33	Mariano Haro	ESP	5	Helsinki	1971
35	32	27:59.90	Stephane Franke	GER	3	Budapest	1998
36		28:00.25	Salvatore Antibo		3	Stuttgart	1986
37	33	28:00.32	Dominic Lokinyomo Lobalu	SUI	1	Roma	2024
38		28:00.48	Yann Schrub		2	Roma	2024
39	34	28:00.96	Thierry Ndikumwenayo	ESP	3	Roma	2024
40	35	28:01.16	Andreas Almgren	SWE	4	Roma	2024
41		28:01.42	Jimmy Gressier		5	Roma	2024
42	36	28:01.50	Mats Erixon	SWE	4	Stuttgart	1986
43	37	28:01.62	Domingos Castro	POR	5	Stuttgart	1986
44	38	28:01.72	Karl Keska	GBR	5	München	2002
45	39	28:02.18	Magnus Tuv Myhre	NOR	7	München	2022
46	40	28:02.19	Nils Voigt	GER	8	München	2022
47	41	28:02.33	Jon Brown	GBR	4	Budapest	1998
48	42	28:03.92	Samuel Fitwi Sibhatu	GER	9	München	2022
49	43	28:04.04	Are Nakkim	NOR	2	Split	1990
50	44	28:04.10	John Treacy	IRL	6	Stuttgart	1986
51	45	28:04.33	Dave Bedford	GBR	6	Helsinki	1971

Slowest winning (auto) time: 28:25.75 by Manfred Kuschmann (GDR) in 1974

Slowest winning time since 1990: 28:24.99 by Mo Farah (GBR) in 2010

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	22.77	27:41.03	Salvatore Antibo	ITA	Split	1990
	69.0h	29:12.0h	Emil Zatopek	TCH	Bruxelles	1950
Min	0.04	28:25.75	Manfred Kuschmann	GDR	Roma	1974

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	23.19	27:41.27	28:04.46	Salvatore Antibo	ITA	Split	1990
	78.8h	29:12.0h	30:38.8h	Emil Zatopek	TCH	Bruxelles	1950
Min	0.51	27:30.99	27:31.50	Martti Vainio	FIN	Praha	1978

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

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	7.56	28:27.33	Daniele Meucci	ITA	Barcelona	2010
	52.6h	31:27.4h	Henry Nielsen	DEN	Torino	1934
Min	0.07	28:07.95	Stephane Franke	GER	Helsinki	1994

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	27:30.99	Martti Vainio	FIN	Praha	1978
2	27:31.48	Venanzio Ortis	ITA	Praha	1978
3	27:31.50	Aleksandras Antipovas	URS	Praha	1978
4	27:32.65	Brendan Foster	GBR	Praha	1978
5	27:36.27	David Black	GBR	Praha	1978
6	27:36.64	Gerald Tebroke	NED	Praha	1978
7	27:40.06	Ilie Floroiu	ROU	Praha	1978
8	27:40.61	Enn Sellik	URS	Praha	1978
9	27:41.26	Knut Kvalheim	NOR	Praha	1978
10	27:53.61	Jerzy Kowol	POL	Praha	1978

Multiple Gold Medalists:

Mo Farah (GBR):	2010, 2014
Jürgen Haase (GDR):	1966, 1969
Emiel Zatopek (TCH):	1950, 1954
Ilmari Salminen (FIN):	1934, 1938

Multiple Medalists:

Yann Schrub (FRA)	2022 Bronze, 2024 Silver
Yemaneberhan Crippa (ITA)	2018 Bronze, 2022 Gold
Mo Farah (GBR):	2010 Gold; 2014 Gold
Jose Manuel Martinez (ESP):	2002 Gold; 2006 Silver
Dieter Baumann (GER):	1998 Silver; 2002 Silver

Stephane Franke (GER):	1994 Bronze; 1998 Bronze
Salvatore Antibo (ITA):	1986 Bronze; 1990 Gold;
Stefano Mei (ITA):	1986 Gold; 1990 Bronze
Alberto Cova (ITA):	1982 Gold; 1986 Silver
Martti Vainio (FIN):	1978 Gold; 1982 Bronze
Jürgen Haase (GDR):	1966 Gold; 1969 Gold; 1971 Silver
Emiel Zatopek (TCH):	1950 Gold; 1954 Gold
Ilmari Salminen (FIN):	1934 Gold; 1938 Gold

Number of Medals by Countries:

Nation	Gold	Silver	Bronze
FIN	5	2	2
ITA	4	4	5
GDR	3	3	
GBR	2	4	2
ESP	2	1	4
TUR	2	1	1
TCH	2		
GER	1	2	3
URS	1	1	5
FRA	1	2	1
POR	1		
POL	1		
SUI	1		
HUN		2	1
BEL		2	
NOR		2	
DEN			1
RUS			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
TUR	2016	Polat Kemboi Arikan	Ali Kaya	
GBR	2014	Mo Farah	Andy Vernon	
GBR	2010	Mo Farah	Chris Thompson	
ESP	2006		Jose Manuel Martinez	Juan Carlos de la Ossa
ESP	2002	Jose Manuel Martinez		Jose Rios
GER	1998		Dieter Baumann	Stephane Franke
ITA	1990	Salvatore Antibo		Stefano Mei
ITA	1986	Stefano Mei	Alberto Cova	Salvatore Antibo
URS	1958		Yevgeniy Zhukov	Nikolay Pudov
FIN	1946	Viljo Heino	Helge Perälä	
FIN	1934	Ilmari Salminen	Arvo Askola	

5000m – 10000m double medalist in the same championships

(double gold medalists are indicated by # and in **bold**)

Name	Nation	5000m	10000m	Venue	Year
------	--------	-------	--------	-------	------

Yemaneberhan Crippa	ITA	Bronze	Gold	Munchen	2022
Mo Farah #	GBR	Gold	Gold	Zürich	2014
Mo Farah #	GBR	Gold	Gold	Barcelona	2010
Abel Anton	ESP	Bronze	Gold	Helsinki	1994
Salvatore Antibo #	ITA	Gold	Gold	Split	1990
Stefano Mei	ITA	Silver	Gold	Stuttgart	1986
Werner Schildhauer	GDR	Silver	Silver	Athina	1982
Venanzio Ortis	ITA	Gold	Silver	Praha	1978
Manfred Kuschmann	GDR	Silver	Gold	Roma	1974
Juha Väätäinen #	FIN	Gold	Gold	Helsinki	1971
Pyotr Bolotnikov	URS	Bronze	Gold	Beograd	1962
Zdzislaw Krzyskowiak #	POL	Gold	Gold	Stockholm	1958
Emiel Zatopek	TCH	Bronze	Gold	Bern	1954
Emiel Zatopek #	TCH	Gold	Gold	Bruxelles	1950
Alain Mimoun	FRA	Silver	Silver	Bruxelles	1950
Ilmari Salminen	FIN	Bronze	Gold	Torino	1934

5000m – 10000m double medalist in the different championships

Name	Nat	5000m	Venue	Year	10000m	Venue	Year
Dieter Baumann	GER	Gold	Helsinki	1994	Silver	Budapest	1998
					Silver	München	2002

Average from last twelve European Championships

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998	1994	1990	1986
Winning Time	28:03.3	28:00.32	27:46.13	28:11.22	28:18.52	28:08.11	28:22.27	28:24.99	28:10.94	27:47.65	27:48.62	28:06.03	27:41.27	27:56.79
Winning Medal (3 rd)	28:07.7	28:00.96	27:47.13	28:12.15	28:26.07	28:08.72	28:22.95	28:27.33	28:13.73	27:48.29	27:59.90	28:07.95	28:04.46	28:00.25
Missing medal (4 th)	28:09.8	28:01.16	27:49.84	28:13.78	28:27.90	28:11.11	28:23.72	28:34.89	28:16.93	27:50.98	28:02.33	28:08.02	28:05.35	28:01.50

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

Nation	Men	Women	Venue	Year
TUR	Polat Arikan	Yasemin Can	Amsterdam	2016
GBR	Mo Farah	Jo Pavey	Zürich	2014

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

Name	Nation	Olympics	World	European
Ilmari Salminen	FIN	1936	Not held before 1983	1934, 1938
Emil Zatopek	TCH	1948, 1952	Not held before 1983	1950, 1954
Pyotr Bolotnikov	URS	1960	Not held before 1983	1962
Alberto Cova	ITA	1984	1983	1982
Mo Farah	GBR	2012, 2016	2013, 2015, 2017	2010, 2014

European Champion who previously won European Junior gold medal

No one runner won 10000m at both Euro and Euro junior championships

Note: Mo Farah won 5000m at 2001 Euro Junior and then 10000m (&5000m) at 2010 Euro Champ

Last thirteen 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	Yemane Crippa	ITA	27:46.13	Zerei Kbrom Mezngi	NOR	27:46.94	Yann Schrub	FR	27:47.13
2018	Morhad Amdouni	FRA	28:11.22	Bashir Abdi	BEL	28:11.76	Yemaneberhan Crippa	ITA	28:12.15
2016	Polat Arikan	TUR	28:18.52	Ali Kaya	TUR	28:21.42	Antonio Abadia	ESP	28:26.07
2014	Mo Farah	GBR	28:08.11	Andy Vernon	GBR	28:08.66	Ali Kaya	TUR	28:08.72
2012	Polat Kemboi	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 Manuel	ESP	28:12.06	Juan Carlos de la Ossa	ESP	28:13.73
2002	Jose M Martinez	ESP	27:47.65	Dieter Baumann	GER	27:47.87	Jose Rios	ESP	27:48.29
1998	Antonio Pinto	POR	27:48.62	Dieter Baumann	GER	27:56.75	Stephane Franke	GER	27:59.90
1994	Abel Anton	ESP	28:06.03	Vincent Rousseau	BEL	28:06.63	Stephane Franke	GER	28:07.95
1990	Salvatore Antibo	ITA	27:41.27	Are Nakkim	NOR	28:04.04	Stefano Mei	ITA	28:04.46
1986	Stefano Mei	ITA	27:56.79	Alberto Cova	ITA	27:57.93	Salvatore Antibo	ITA	28:00.25

European U-23 Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Joel Ibler Lilleso	DEN	29:05.45	Jonathan Grahm	SWE	29:05.49	Jaime Migallon	ESP	29:06.85
2023	Rory Leonard	GBR	29:08.33	Francesco Guerra	ITA	29:11.86	Miguel Baidal	ESP	29:14.91
2021	Eduardo Menacho	ESP	29:14.92	Florian Le Pallec	FRA	29:12.82	Valentin Gondouin	FRA	29:24.40
2019	Jimmy Gressier	FRA	28:44.17	Tadesse Getahon	ISR	28:46.97	Emile Cairess	GBR	28:50.21
2017	Carlos Mayo	ESP	29:28.06	Amanal Petros	GER	29:34.94	Emmanuel Levisse	FRA	29:42.85
2015	Ali Kaya	TUR	27:53.38	Mikhail Strelkov	RUS	28:53.94	Yassine Rachik	ITA	28:53.99
2013	Gabriel Navarro	ESP	29:43.22	Nicolae Alexandru Soare	ROU	29:43.76	Abdi Hakin Ulad	DEN	29:44.78
2011	Sondre Nordstad	NOR	28:41.66	Ahmed El Mazoury	ITA	28:46.97	Musa Roba-Kinkal	GER	28:57.91
2009	Mert Girmalegese	TUR	29:47.15	Andrea Lalli	ITA	29:49.80	Dmytro Lashyn	UKR	30:08.44
2007	Anatoliy Rybakov	RUS	29:09.89	Michel Butter	NED	29:12.95	Daniele Meucci	ITA	29:18.26
2005	Yevgeniy Rybakov	RUS	29:30.76	Andre Pollmacher	GER	29:33.22	Marius Ionescu	ROU	29:34.52
2003	Ioannis Kanellopoulos	GRE	29:00.78	Vasiliy Matviychuk	UKR	29:01.29	Pawel Ochal	POL	29:17.41
2001	Dmitriy Baranovskiy	UKR	29:13.36	Koen Raymaekers	NED	29:15.24	Mattia Macagnan	ITA	29:15.32
1999	Marco Mazza	ITA	28:39.29	Janne Holmen	FIN	28:40.87	Ovidiu Tat	ROU	29:26.31
1997	Rachid Berradi	ITA	28:31.12	Sergey Lebid	UKR	28:39.71	Simone Zanon	ITA	28:56.33

Last ten European Junior Championships: (not contested after 2017)

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2017	Dorin Andrei Rusu	ROU	31:08.86	Sergiy Polikapenko	ITA	31:10.85	Sezgin Atac	TUR	31:12.18
2015	Pietro Riva	ITA	30:20.45	Fabian Gering	GER	30:20.69	Dieter Kersten	BEL	30:21.85
2013	Ali Kaya	TUR	28:31.16	Lorenzo Dini	ITA	29:31.11	Dino Bosnjak	CR	29:59.07
2011	Gabriel Navarro	ESP	30:02.18	Emmanuel Lejeune	BLE	31:35.19	Szymon Kulka	POL	31:50.13
2009	Hayle Ibrahimov	AZE	30:06.64	Simon Lawson	GBR	30:35.62	Siarhei Platonau	BLR	30:55.92
2007	Dmytro Lashyn	UKR	29:51.58	Matti Markowski	GER	30:10.75	Roman Pozdyaykin	RUS	30:13.70
2005	Mugdat Öztürk	TUR	30:10.60	Stepan Rogovtsev	BLR	30:12.76	Carlos Gazapo	ESP	30:24.18
2003	Marius Ionescu	ROU	29:40.41	Aleksey Renkov	RUS	29:40.80	Mohamed Bashir	DEN	29:42.42
2001	Vasily Matviychuk	UKR	30:43.19	Aleksandr Nikalayuk	BLR	30:46.37	Abdurrahman Kara	TUR	31:00.36
1999	Hans Janssens	BEL	29:49.59	Radu Stroia	ROU	29:55.18	Oliver Bodor	HUN	30:00.91
1997	Ovidiu Tat	ROU	29:56.35	Mustafa Mohamed	SWE	30:04.33	Jussi Utriainen	FIN	30:23.02

World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Jimmy Gressier	FRA	28:55.77	Yomif Kejelcha	ETH	28:55.83	Andreas Almgren	SWE	28:56.02
2023	Joshua Cheptegei	UGA	27:51.42	Daniel SImiu Ebenyo	KEN	27:52.60	Selemon Barega	ETH	27:52.72
2022	Joshua Cheptegei	UGA	27:27.43	Stanley Waithaka	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

2015	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 ten 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
2020	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	Tariquu 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 Mezgebu	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	GB	28:06.22	Mike Musyoki	KEN	28:06.46

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

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

	1000 m	2000 m	3000 m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final 5000m
2022	2:40	5:24.88	8:09.81	11:03.99	13:54.29	16:45.29	19:42.56	22:30.31	25:14.16	27:46.13	
2018	2:47.28	5:37.03	8:27.72	11:18.74	14:08.93	16:59.38	19:55.85	22:48.02	25:38.02	28:11.22	14:02.29
2016	2:43.27	5:26.06	8:15.71	11:06.35	13:57.67	16:52.25	19:47.03	22:41.50	25:34.41	28:18.52	14:20.85
2014	2:55.11	5:42.53	8:27.84	11:17.48	14:09.54	17:01.82	19:54.46	22:51.96	25:36.54	28:08.11	13:58.57
2010	2:59.70	5:52.04	8:46.91	11:46.82	14:38.10	17:27.10	20:16.68	23:03.86	25:48.83	28:24.99	13:46.89
2006	2:50.96	5:38.45	8:33.57	11:24.79	14:16.80	17:09.13	19:59.52	22:51.94	25:39.43	28:10.94	13:54.14
2002	2:44.56	5:30.35	8:19.92	11:07.20	13:59.43	16:45.12	19:37.70	22:26.72	25:12.00	27:47.65	13:48.22
1998	2:47.79	5:38.52	8:32.73	11:25.06	14:13.60	17:02.49	19:41.00	22:22.86	25:04.54	27:48.62	13:35.02
1994	2:53.90	5:42.55	8:40.49	11:25.13	14:12.84	17:04.86	19:54.79	22:45.92	25:34.69	28:06.03	13:53.19
1990	2:39.36	5:23.23	8:10.26	10:55.93	13:39.72	16:27.38	19:14.12	22:03.54	24:53.36	27:41.27	14:01.55
1986	3:02.73	5:49.44	8:35.65	11:23.11	14:13.74	16:59.06	?	22:40.35	25:23.73	27:56.79	13:43.05
1982	2:46.32	5:36.32	8:26.77	11:18.68	14:04.55	16:57.53	19:40.10	22:21.56	25:06.46	27:41.03	13:36.48
1978	2:43.8	5:26.2	8:12.0	10:58.3	13:44.8	16:32.6	19:20.6	22:08.8	24:54.4	27:31.0	13:46.2
1974	2:44.6	5:38.9	8:32.6	11:52.4	14:16.6	17:07.5	20:02.2	22:59.2	25:51.8	28:25.8	14:09.2
1971	2:43.2	5:26.6	8:14.6	11:04.8	13:54.4	16:44.8	19:33.8	22:27.2	25:18.8	27:52.8	13:58.4
1969	2:50.2	5:41.2	8:32.0	11:24.6	14:19.8	17:14.4	20:08.0	23:02.4	25:59.4	28:41.6	14:21.8

1966	2:49.7	5:41.4	8:33.0	11:26.4	14:19.6	17:14.8	20:01.6	22:57.4	25:49.8	28:26.0	14:06.4
1962	2:45.3	5:35.2	8:26.2	11:22.2	14:18.6	17:15.6	20:15.0	23:15.6	26:12.6	28:54.0	14:35.4
1958	2:48.0	5:33.8	8:21.0	11:15.0	14:14.0	17:14.8	20:13.0	23:12.0	26:16.0	28:56.0	14:42
1954	2:48.0	5:45.6	8:37.4	11:31.7	14:28	17:22	20:20	23:14.4	26:10.5	28:58.0	14:30
1950	2:53	5:49	8:45	11:41	14:37	17:35	20:31	23:27	26:24	29:12	14:35

	1000 m	2000 m	3000m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final400	Final200
2022	2:40	2:44.88	2:44.92	2:54.18	2:50.30	2:51.00	2:57.27	2:47.75	2:43.85	2:31.97		
2018	2:47.28	2:49.75	2:50.69	2:51.02	2:50.19	2:50.45	2:56.47	2:52.17	2:50.00	2:33.20		
2016	2:43.27	2:42.79	2:49.65	2:50.64	2:51.32	2:54.58	2:54.78	2:54.47	2:52.91	2:44.11		
2014	2:56.11	2:46.42	2:45.31	2:49:64	2:52:06	2:52.28	2:52.64	2:57.50	2:44.58	2:31.57	54.41	
2010	2:59.70	2:52.34	2:54.87	2:59.91	2:51.28	2:49.00	2:49.58	2:47.18	2:44.97	2:36.16	57.6	
2006	2:50.96	2:47.49	2:55.12	2:51.22	2:52.01	2:52.33	2:50.39	2:52.42	2:47.49	2:31.51		
2002	2:44.56	2:45.79	2:49.57	2:47.28	2:52.23	2:45.69	2:52.58	2:49.02	2:45.28	2:35.65		
1998	2:47.79	2:50.73	2:54.21	2:52.33	2:48.54	2:48.89	2:38.51	2:41.86	2:41.68	2:44.08		
1994	2:53.90	2:48.65	2:57.94	2:44.64	2:47.71	2:52.02	2:49.93	2:51.13	2:48.77	2:31.34		
1990	2:39.36	2:43.87	2:47.03	2:45.67	2:43.79	2:47.66	2:45.74	2:49.42	2:49.82	2:47.91		
1986	3:02.73	2:46.71	2:46.21	2:47.46	2:50.63	2:45.32	?	?	2:43.38	2:33.06	55.84	
1982	2:46.32	2:50.00	2:50.45	2:51.91	2:45.87	2:52.98	2:42.57	2:41.46	2:44.90	2:34.57		
1978	2:43.8	2:42.4	2:45.8	2:46.3	2:46.5	2:47.8	2:48.0	2:48.2	2:45.6	2:36.6		
1974	2:44.6	2:54.3	2:53.6	2:52.8	2:51.2	2:50.9	2:54.7	2:57.0	2:52.6	2:34.0		
1971	2:43.2	2:43.4	2:48.0	2:50.2	2:49.6	2:50.4	2:49.0	2:53.4	2:51.6	2:34.0		
1969	2:50.2	2:51.0	2:50.8	2:52.4	2:55.2	2:54.6	2:53.6	2:54.4	2:56.8	2:42.2		
1966	2:49.7	2:51.7	2:51.	2:53.4	2:53.2	2:55.2	2:46.8	2:55.8	2:52.4	2:36.2		
1962	2:45.3	2:49.9	2:51.0	2:56.0	2:56.4	2:57.0	2:59.4	3:00.6	2:57.0	2:41.4	58.2	
1958	2:48.0	2:45.8	2:47.2	2:54.0	2:59.0	3:00.8	2:58.2	2:59.0	3:04.0	2:40.0		
1954	2:48.0	2:57.6	2:51.8	2:54.3	2:56.3	2:54	2:58	2:54.4	2:56.1	2:47.5	63	
1950	2:53	2:56	2:56	2:56	2:56	2:58	2:56	2:56	2:57	2:48		

All time European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:46.57	Mo Farah	GBR	1	Eugene	3 June 2011
2	2	26:49.49	Thierry Ndikumwenayo	ESP	8	Paris – OG	2 Aug 2024
3		26:49.51	Mo Farah		1	London	4 Aug 2017
4		26:50.97	Mo Farah		1	Eugene	29 May 2015
5	3	26:52.30	Mohammed Mourhit	BEL	2	Bruxelles	3 Sept 1999
6	4	26:52.87	Andreas Almgren	SWE	3	San Juan Cap	16 Mar 2024
7		26:53.71	Mo Farah		1	Eugene	27 May 2016
8	5	26:56.58	Mohamed Adilaahi	GER	1	San Juan Cap	28 Mar 2026
9	6	26:58.67	Jimmy Gressier	FRA	12	Paris	2 Aug 2024

Fastest Performances on European Soil

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
.....							
		26:49.49	Thierry Ndikumwenayo	ESP	8	Paris – OG	2 Aug 2024

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:49.51	Mo Farah	GBR	1	London	4 Aug 2017
2	2	26:49.94	Joshua Cheptegei	UGA	2	London	4 Aug 2017
3	3	26:50.60	Paul Tanui	KEN	3	London	4 Aug 2017

Fastest Performances in August

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:17.53	Kenenisa Bekele	ETH	1	Bruxelles	26 Aug 2005
2	2	26:27.85	Paul Tergat	KEN	1	Bruxelles	22 Aug 1997
3	3	26:35.63	Micah Kogo	KEN	1	Bruxelles	25 Aug 2006

Combined 2025 & 2026 European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	26:56.58	Mohamed Abdilaahi	GER	1	San Juan Cap	28 Mar 2026
2	2	27:20.52	Mike Foppen	NED	3	San Juan Cap	28 Mar 2026
3	3	27:23.20	Scott Beattie	GBR	6	San Juan Cap	28 Mar 2026
4	4	27:24.53	Frederik Ruppert	GER	8	San Juan Cap	28 Mar 2026
5	5	27:26.58	David Mullarkey	GBR	9	San Juan Cap	28 Mar 2026
6	6	27:26.95	Efrem Gidey	IRL	12	San Juan Cap	29 Mar 2025
7	7	27:27.95	Emile Cairress	GBR	1	Birmingham	14 June 2025
8	8	27:36.96	Jonas Raess	SUI	15	San Juan Cap	29 Mar 2025
9	9	27:39.82	Davor Aaron Bienenfeld	GER	18	San Juan Cap	29 Mar 2025`
10	10	27:40.96	Mahadi Abdi Ali	NED	10	San Juan Cap	28 Mar 2026

Please send corrections to KKenNakamura@gmail.com