

2026 European Championships Statistics – Women'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	30:01.09	Paula Radcliffe	GBR	1	München	2002
2	2	30:23.25	Ingrid Kristiansen	NOR	1	Stuttgart	1986
3	3	30:31.42	Inga Abitova	RUS	1	Göteborg	2006
4	4	30:32.36	Susanne Wigene	NOR	2	Göteborg	2006
5	5	30:32.57	Yasemin Can	TUR	1	München	2022
6	6	30:32.72	Lidiya Grigoryeva	RUS	3	Göteborg	2006
7	7	30:35.90	Galina Bogomolova	RUS	4	Göteborg	2006
8	8	30:37.26	Lornah Kiplagat	NED	5	Göteborg	2006
9	9	30:38.78	Jelena Prokopcuka	LAT	6	Göteborg	2006
10	10	30:41.05	Eilish McColgan	GBR	2	München	2022
11	11	30:46.37	Lonah Chemtai Salpeter	ISR	3	München	2022
12	12	30:47.59	Sonia O'Sullivan	IRL	2	Münich	2002
13	13	30:51.32	Nadia Battocletti	ITA	1	Roma	2024

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	46.50	30:01.09	Paula Radcliffe	GBR	München	2002
Min	0.87	31:46.83	Yelena Romanova	URS	Split	1990

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	30:01.09	Paula Radcliffe	GBR	Münich	2002
2	30:32.36	Susanne Wigene	NOR	Göteborg	2006
	30:41.05	Eilish McColgan	GBR	München	2022
3	30:32.72	Lidiya Grigoryeva	RUS	Göteborg	2006
4	30:35.90	Galina Bogomolova	RUS	Göteborg	2006
5	30:37.26	Lornah Kiplagat	NED	Göteborg	2006

Multiple Gold Medalists:

Yasemin Can (TUR): 2016 Gold, 2022 Gold

Last thirteen European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Nadia Battocletti	ITA	30:51.32	Diane van Es	NED	30:57.24	Megan Keith	GBR	31:04.77
2022	Yasemin Can	TUR	30:32.57	Eilish McColgan	GBR	30:41.05	Lonah Salpeter	ISR	30:46.37
2018	Lonah Salpeter	ISR	31:43.29	Susan Krumins	NED	31:52.55	Alina Reh	GER	32:28.48
2016	Yasemin Can	TUR	31:12.86	Dulce Felix	POR	31:19.03	Karoline Grovdal	NOR	31:23.45
2014	Jo Pavey	GBR	32:22.39	Clemence Calvin	FRA	32:23.58	Laila Traby	FRA	32:26.03
2012	Dulce Felix	POR	31:44.75	Jo Pavey	GBR	31:49.03	Olga Skrypak	UKR	31:51.32
2010	Elvan Abeylegesse	TUR	31:10.23	Jessica Augusto	POR	31:25.77	Hilda Kibet	NED	31:36.90
2006	Inga Abitova	RUS	30:32.36	Susanne Wigene	NOR	30:32.36	Lidiya Grigoryeva	RUS	30:32.72
2002	Paula Radcliffe	GBR	30:01.09	Sonia O'Sullivan	IRL	30:47.59	Lyudmila Biktasheva	RUS	31:04.00
1998	Sonia O'Sullivan	IRL	31:29.33	Fernanda Ribeiro	POR	31:32.42	Lidia Simon	ROU	31:32.64
1994	Fernanda Ribeiro	POR	31:08.75	Conceicao Ferreira	POR	31:32.82	Daria Nauer	SUI	31:35.95
1990	Yelena Romanova	URS	31:46.83	Kathrin Ullrich	GDR	31:47.70	Annette Sergent	FRA	31:51.68
1986	Ingrid Kristiansen	NOR	30:23.25	Olga Bondarenko	POR	30:57.21	Ulrike Bruns	GDR	31:19.76

All time performance list at the European Championships

Performance	Performer	Time	Name	Nat	Pos	Venue	Year
1	1	30:01.09	Paula Radcliffe	GBR	1	München	2002
2	2	30:23.25	Ingrid Kristiansen	NOR	1	Stuttgart	1986
3	3	30:31.42	Inga Abitova	RUS	1	Göteborg	2006
4	4	30:32.36	Susanne Wigene	NOR	2	Göteborg	2006
5	5	30:32.57	Yasemin Can	TUR	1	München	2022
6	6	30:32.72	Lidiya Grigoryeva	RUS	3	Göteborg	2006
7	7	30:35.90	Galina Bogomolova	RUS	4	Göteborg	2006
8	8	30:37.26	Lornah Kiplagat	NED	5	Göteborg	2006
9	9	30:38.78	Jelena Prokopcuka	LAT	6	Göteborg	2006
10	10	30:41.05	Eilish McColgan	GBR	2	München	2022
11	11	30:46.37	Lonah Chemtai Salpeter	ISR	3	München	2022
12	12	30:47.59	Sonia O'Sullivan	IRL	2	Münich	2002
13	13	30:51.32	Nadia Battocletti	ITA	1	Roma	2024
14	14	30:51.69	Marta Dominguez	ESP	7	Göteborg	2006
15	15	30:57.21	Olga Bondarenko	URS	2	Stuttgart	1986
16	16	30:57.24	Diane van Es	NED	2	Roma	2024
17	17	31:04.00	Lyudmila Biktasheva	RUS	3	Münich	2002
18	18	31:04.77	Megan Keith	GBR	3	Roma	2024
19	19	31:05.21	Konstanze Klosterhalfen	GER	4	München	2022
20	20	31:08.75	Fernanda Ribeiro	POR	1	Helsinki	1994
21	21	31:10.23	Elvan Abeylegesse	TUR	1	Barcelona	2010
22		31:12.86	Yasemin Can		1	Amsterdam	2016
23	22	31:13.96	Mihaela Botezan	ROU	4	Münich	2002
24		31:17.72	Jelena Prokopcuka		5	Münich	2002
25	23	31:19.03	Dulce Felix	POR	2	Amsterdam	2016
26	24	31:19.76	Ulrike Bruns	GDR	3	Stuttgart	1986
27	25	31:23.45	Karoline Bjerkeli Grøvdal	NOR	3	Amsterdam	2016
28	26	31:24.03	Selamawit Teferi	ISR	5	München	2022
29	27	31:25.41	Federica Del Buono	ITA	4	Roma	2024
30	28	31:25.77	Jessica Augusto	POR	2	Barcelona	2010
31		31:29.33	Sonia O'Sullivan		1	Budapest	1998
32	29	31:30.74	Fionnuala McCormack	IRL	4	Amsterdam	2016
33		31:32.42	Fernanda Ribeiro		2	Budapest	1998
34	30	31:32.64	Lidia Simon	ROU	3	Budapest	1998
35	31	31:32.82	Maria Conceicao Ferreira	POR	2	Helsinki	1994
36	32	31:34.26	Olivera Jevtic	YUG	4	Budapest	1998
37	33	31:34.61	Jo Pavey	GBR	5	Amsterdam	2016
38	34	31:34.90	Klara Lukan	SLO	5	Roma	2024
39	35	31:35.96	Daria Nauer	SUI	3	Helsinki	1994
40		31:36.51	Paula Radcliffe		5	Budapest	1998
41	36	31:36.90	Hilda Kibet	NED	3	Barcelona	2010
42	37	31:37.43	Veronica Inglese	ITA	6	Amsterdam	2016
43	38	31:38.02	Jess Martin	GBR	7	Amsterdam	2016
44	39	31:38.45	Elisa Palmero	ITA	6	Roma	2024
45	40	31:38.75	Kathrin Weßel	GER	4	Helsinki	1994
46	41	31:39.35	Aurora Cunha	POR	4	Stuttgart	1986
47	42	31:40.28	Sabrina Mockenhaupt	GER	8	Göteborg	2006
48	43	31:41.03	Cristina Misaros	ROU	5	Helsinki	1994
49	44	31:42.14	Maria Guida	ITA	6	Helsinki	1994
50	45	31:42.43	Svetlana Guskova	URS	5	Stuttgart	1986
51	46	31:42.99	Yelena Zhupiyeva-Vyazova	URS	6	Stuttgart	1986
52		31:43.29	Lonah Chemtai Salpeter		1	Berlin	2018
53		31:44.75	Dulce Felix		1	Helsinki	2012
54	47	31:44.82	Irina Mikitenko	GER	9	Göteborg	2006

Slowest winning (auto) time: 32:22.39 by Jo Pavey (GBR) in 2014
31:46.83 by Yelena Romanova (URS) in 1990

Margin of Victory

	Difference	Winning time	Name	Nat	Venue	Year
Max	46.50	30:01.09	Paula Radcliffe	GBR	München	2002
Min	0.87	31:46.83	Yelena Romanova	URS	Split	1990

Difference between first and third

	Diff	Winning time	3 rd place time	Winner's Name	Nat	Venue	Year
Max	62.91	30:01.09	31:04.00	Paula Radcliffe	GBR	München	2002
Min	1.30	30:31.42	30:32.72	Inga Abitova	RUS	Göteborg	2006

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

	Difference	3 rd place time	Name	Nat	Venue	Year
Max	29.12	31:36.90	Hilda Kibet	NED	Barcelona	2010
	20.64	31:04.77	Megan Keith	GBR	Roma	2024
	19.59	31:19.76	Ulrike Bruns	GDR	Stuttgart	1986
Min	1.34	32:26.03	Laila Traby	FRA	Zürich	2014
	1.62	31:32.64	Lidia Simon	ROU	Budapest	1998

Best Marks for Places in the European Championships

Pos	Time	Name	Nat	Venue	Year
1	30:01.09	Paula Radcliffe	GBR	München	2002
2	30:32.36	Susanne Wigene	NOR	Göteborg	2006
	30:41.05	Eilish McColgan	GBR	München	2022
	30:47.59	Sonia O'Sullivan	IRL	München	2002
3	30:32.72	Lidiya Grigoryeva	RUS	Göteborg	2006
4	30:35.90	Galina Bogomolova	RUS	Göteborg	2006
5	30:37.26	Lornah Kiplagat	NED	Göteborg	2006
6	30:38.78	Jelena Prokopcuka	LAT	Göteborg	2006
7	30:51.69	Marta Dominguez	ESP	Göteborg	2006
8	31:40.28	Sabrina Mockenhaupt	GER	Göteborg	2006
9	31:44.82	Irina Mikitenko	GER	Göteborg	2006
10	31:45.94	Nathalie de Vos	BEL	Göteborg	2006

Multiple Gold Medalists:

Yasemin Can (TUR): 2016 Gold, 2022 Gold

Multiple Medalists:

Lonah Chemtai Salpeter (ISR): 2018 Gold, 2022 Bronze

Yasemin Can (TUR): 2016 Gold, 2022 Gold

Dulce Felix (POR): 2012 Gold, 2016 Silver

Jo Pavey (GBR): 2012 Silver, 2014 Gold

Fernanda Ribeiro (POR): 1994 Gold; 1998 Silver

Sonia O'Sullivan (IRL): 1998 Gold; 2002 Silver

Inga Abitova (RUS): 2006 Gold; 2010 Silver

Number of Medals by Countries:

Nation	Gold	Silver	Bronze
TUR	3		
POR	2	4	
GBR	2	2	1
NOR	1	1	1
URS	1	1	
IRL	1	1	

RUS	1		2
ISR	1		1
ITA	1		
FRA		1	2
GDR		1	1
NED		2	1
SUI			1
ROU			1
UKR			1
GER			1

Multiple Medals by athletes from a single nation

Nation	Year	Gold	Silver	Bronze
FRA	2014		Clemence Calvin	Laila Traby
RUS	2006	Inga Abitova		Lidiya Grigoryeva
POR	1994	Fernanda Ribeiro	Conceicao Ferreira	

5000m – 10000m double medalist in the same championships

Double gold medalist is indicated in **bold**

Name	Nation	5000m	10000m	Venue	Year
Sonia O'Sullivan	IRL	Gold	Gold	Budapest	1998
Sonia O'Sullivan	IRL	Silver	Silver	München	2002
Elvan Abeylegesse	TUR	Silver	Gold	Barcelona	2010
Yasemin Can	TUR	Gold	Gold	Amsterdam	2016
Nadia Battocletti	ITA	Gold	Gold	Roma	2024

3000m – 10000m double medalist in the same championships

Name	Nation	3000m	10000m	Venue	Year
Olga Bondarenko	URS	Gold	Silver	Stuttgart	1986
Yelena Romanova	URS	Silver	Gold	Split	1990

3000m – 10000m double medalist in the different championships

Name	Nat	3000m	Venue	Year	10000m	Venue	Year
Sonia O'Sullivan	IRL	Gold	Helsinki	1994	Gold	Budapest	1998

Average from last ten European Championships

	Average	2024	2022	2018	2016	2014	2012	2010	2006	2002	1998	1994	1990	1986
Winning Time	31:09.1	30:51.32	30:32.57	31:43.29	31:12.86	32:22.39	31:44.75	31:10.23	30:31.42	30:01.09	31:29.33	31:08.75	31:46.83	30:23.25
Winning Medal (3 rd)	31:30.3	31:04.77	30:46.37	32:28.48	31:23.45	32:26.03	31:51.32	31:36.90	30:32.72	31:04.00	31:32.64	31:35.96	31:51.68	31:19.76
Missing Medal (4 th)	31:41.2	31:25.41	31:05.21	32:34.34	31:30.74	32:27.37	32:05.54	32:06.02	30:35.90	31:13.96	31:34.26	31:38.75	31:58.25	31:39.35

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 Champ	European Champ
Fernanda Ribeiro	POR	1996	1995	1994

European medalist who previously won European Junior medal

Name	Nation	European Junior Champ	Year	European Champ	Year
Lyudmila Biktasheva	RUS	Bronze	1993	Bronze	2002

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

Note: Elvan Abeylegesse won 5000m at 2001 Euro Junior and then 10000m at 2010 Euro Champ

European Champion who also won European U-23 gold medal

Name	Nation	European U23 Champ	European Champ
Yasemin Can	TUR	2017	2016, 2022

Last thirteen European Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Nadia Battocletti	ITA	30:51.32	Diane van Es	NED	30:57.24	Megan Keith	GBR	31:04.77
2022	Yasemin Can	TUR	30:32.57	Eilish McColgan	GBR	30:41.05	Lonah Salpeter	ISR	30:46.37
2018	Lonah Salpeter	ISR	31:43.29	Susan Krumins	NED	31:52.55	Alina Reh	GER	32:28.48
2016	Yasemin Can	TUR	31:12.86	Dulce Felix	POR	31:19.03	Karoline Grovdal	NOR	31:23.45
2014	Jo Pavey	GBR	32:22.39	Clemence Calvin	FRA	32:23.58	Laila Traby	FRA	32:26.03
2012	Dulce Felix	POR	31:44.75	Jo Pavey	GBR	31:49.03	Olga Skrypak	UKR	31:51.32
2010	Elvan Abeylegesse	TUR	31:10.23	Jessica Augusto	POR	31:25.77	Hilda Kibet	NED	31:36.90
2006	Inga Abitova	RUS	30:32.36	Susanne Wigene	NOR	30:32.36	Lidiya Grigoryeva	RUS	30:32.72
2002	Paula Radcliffe	GBR	30:01.09	Sonia O'Sullivan	IRL	30:47.59	Lyudmila Biktasheva	RUS	31:04.00
1998	Sonia O'Sullivan	IRL	31:29.33	Fernanda Ribeiro	POR	31:32.42	Lidia Simon	ROU	31:32.64
1994	Fernanda Ribeiro	POR	31:08.75	Conceicao Ferreira	POR	31:32.82	Daria Nauer	SUI	31:35.95
1990	Yelena Romanova	URS	31:46.83	Kathrin Ullrich	GDR	31:47.70	Annette Sergent	FRA	31:51.68
1986	Ingrid Kristiansen	NOR	30:23.25	Olga Bondarenko	POR	30:57.21	Ulrike Bruns	GDR	31:19.76

Last five European Junior Championships:

10000m not contested after 1995

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
1995	Nadia Singeorzan	ROU	33:24.94	Olivera Jevtic	YUG	33:48.61	Sandica Mihalache	ROU	34:10.22
1993	Patrizia Ritondo	ITA	34:26.06	Silviya Shamayeva	RUS	34:27.13	Lyudmila Biktasheva	RUS	34:28.04
1991	Dörte Köster	GER	35:10.30	Inna Kozina	URS	35:23.68	Ana Nanu	ROU	35:24.24
1989	Olga Nazarkina	URS	32:25.75	Monica Gama	POR	32:26.41	Larisa Alekseyeva	URS	33:20.53
1987	Birgit Jerschabek	GDR	33:44.37	Larisa Alekseyeva	URS	33:54.59	Anzhelika Shumeyko	URS	34:43.57

European U-23 Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Anika Thompson	IRL	32:31.47	Kira Weis	GER	32:36.52	Carolina Schafer	GER	33:04.43
2023	Alice Goodall	GBR	33:16.45	Sara Nestola	ITA	33:17.51	Aurora Bado	ITA	34:12.75
2021	Jasmijn Lau	NED	32:30.49	Anna Arnaudo	ITA	32:40.43	Lisa Oed	GER	33:35.99
2019	Alina Reh	GER	31:39.34	Miriam Dattke	GER	32:29.45	Jasmijn Lau	NED	33:35.66
2017	Yasemin Can	TUR	31:39.80	Sarah van der Wielen	SWE	32:46.91	Busra Nur Koku	TUR	33:33.22
2015	Jip Vastenburg	NED	32:18.69	Rhonda Auckland	GBR	32:22.79	Alice Wright	GBR	32:46.57
2013	Gulshat Fazlitdinova	RUS	32:53.93	Viktoriya Khapilina	UKR	33:56.85	Anastasia Karakatsani	GRE	33:57.74
2011	Layes Abdullayeva	AZE	32:18.05	Lyudmyla Kovalenko	UKR	33:35.36	Catarina Ribeiro	POR	34:10.39
2009	Natalya Popkova	RUS	33:37.31	Zsafia Erdelyi	HUN	33:39.89	Azra Eminovic	SRB	33:47.19
2007	Volga Minina	BLR	33:06.37	Irina Sergeyeva	RUS	33:08.69	Alina Alekseyeva	RUS	33:09.63
2005	Tatyana Petrova	RUS	33:55.99	Olga Minina	BLR	34:03.55	Eva Maria Stöwer	GER	34:05.03
2003	Krisztina Papp	HUN	33:23.02	Valentina Levushkina	RUS	33:28.73	Louise Damen	GBR	33:29.82
2001	Olga Romanova	RUS	33:36.03	Sonia Stolic	YUG	33:37.02	Sabrina Mockenhaupt	GER	33:38.38
1999	Olivera Jevtic	YUG	32:37.59	Rosaria Console	ITA	33:05.77	Patricia Arribas	ESP	33:23.01
1997	Olivera Jevtic	YUG	32:44.22	Annemari Sandell	FIN	32:48.57	Stine Larsen	NOR	33:11.09

Last twelve World Championships:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2025	Beatrice Chebet	KEN	30:37.61	Nadia Battocletti	ITA	30:38.23	Gudaf Tsegay	ETH	30:39.65
2023	Gudaf Tsegay	ETH	31:27.18	Letesenbet Gidey	ETH	31:28.16	Ejgayehu Taye	ETH	31:28.31
2022	Letesenbet Gidey	ETH	30:09.94	Hellen Obiri	KEN	30:10.02	Margaret Kipkemboi	KEN	30:10.07
2019	Sifan Hassan	NE	30:17.62	Letesenbet Gidey	ETH	30:21.23	Agnes Jebet Tirop	KEN	30:25.20

2017	Almaz Ayana	ETH	30:16.32	Tirunesh Dibaba	ETH	31:02.69	Agnes Tirop	KEN	31:03.50
2015	Vivian Cheruiyot	KEN	31:41.31	Gelete Burka	ETH	31:41.77	Emily Infeld	USA	31:43.49
2013	Tirunesh Dibaba	ETH	30:43.35	Gladys Cherono	KEN	30:45.17	Belaynesh Oljira	ETH	30:46.98
2011	Vivian Cheruiyot	KEN	30:48.98	Sally Kipyego	KEN	30:50.04	Linnet Masai	KEN	30:53.59
2009	Linnet Masai	KEN	30:51.24*	Meselech Melkamu	ETH	30:51.34	Wude Ayalew	ETH	30:51.95
2007	Tirunesh Dibaba	ETH	31:55.41	Elvan Abeylegesse	TUR	31:59.40	Kara Goucher	USA	32:02.05
2005	Tirunesh Dibaba	ETH	30:24.02	Berhane Adere	ETH	30:25.41	Ejagayehu Dibaba	ETH	30:26.00
2003	Berhane Adere	ETH	30:04.18	Worknesh Kidane	ETH	30:07.15	Sun Yingjie	CHN	30:07.20
2001	Derartu Tulu	ETH	31:48.81	Berhane Adere	ETH	31:48.85	Gete Wami	ETH	31:49.98

Last nine Olympics:

Year	Gold	Nat	Time	Silver	Nat	Time	Bronze	Nat	Time
2024	Beatrice Chebet	KEN	30:43.25	Nadia Battocletti	ITA	30:43.35	Sifan Hassan	NED	30:44.12
2020	Sifan Hassan	NED	29:55.32	Kalkidan Gezahegne	BRN	29:56.18	Letesenbet Gidey	ETH	30:01.72
2016	Almaz Ayana	ETH	29:17.45	Vivian Cheruiyot	KEN	29:32.53	Tirunesh Dibaba	ETH	29:42.56
2012	Tirunesh Dibaba	ETH	30:20.75	Sally Kipyego	KEN	30:26.37	Vivian Cheruiyot	KEN	30:30.44
2008	Tirunesh Dibaba	ETH	29:54.66	Elvan Abeylegesse	TUR	29:56.34	Shalane Flanagan	USA	30:22.22
2004	Xing Huina	CHN	30:24.36	Ejegayehu Dibaba	ETH	30:24.98	Derartu Tulu	ETH	30:26.42
2000	Derartu Tulu	ETH	30:17.49	Gete Wami	ETH	30:22.48	Fernanda Ribeiro	POR	30:22.88
1996	Fernanda Ribeiro	POR	31:01.63	Wang Junxia	CHN	31:02.58	Gete Wami	ETH	31:06.65
1992	Derartu Tulu	ETH	31:06.02	Elana Meyer	RSA	31:11.75	Lynn Jennings	USA	31:19.89
1988	Olga Bondarenko	URS	31:05.21	Liz McColgan	GBR	31:08.44	Yelana Zhupiyova	URS	31:19.82

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	3:13.05	6:15.74	9:16.93	12:19.38	15:22.15	18:26.13	21:29.15	24:24.93	27:29.27	30:32.57	15:10.42
2018	3:14.29	6:23.94	9:32.37	12:47.58	15:51.76	19:02.86	22:10.77	25:21.58	28:34.67	31:43.29	15:51.53
2016	3:06.79	6:15.34	9:17.77	12:24.22	15:30.03	18:37.47	21:47.11	24:57.05	28:07.93	31:12.86	15:42.83
2014	3:23.14	6:39.47	9:55.06	13:11.10	16:26.72	19:42.04	23:00.18	26:16.12	29:27.39	32:22.39	15:55.67
2012	3:10.22	6:28.64	9:37.14	12:49.90	15:59.85	19:14.09	22:24.62	25:32.05	28:40.93	31:44.75	15:44.90
2010	3:11.32	6:23.44	9:34.00	12:40.53	15:42.27	18:45.91	21:50.71	24:59.60	28:08.61	31:10.23	15:27.96
2006	3:04.14	6:05.78	9:09.68	12:12.25	15:16.38	18:19.95	21:25.51	24:32.60	27:38.28	30:31.42	15:15.04
2002	2:59.16	5:57.21	8:56.84	11:56.81	14:57.65	17:58.00	20:58.42	24:01.18	27:03.56	30:01.09	15:03.44
1998	3:18.42	6:36.64	9:54.83	13:01.24	16:08.35	19:15.82	22:24.42	25:29.38	28:36.16	31:29.33	15:10.98
1994	3:05.28	6:16.46	9:29.83	12:39.41	15:49.79	18:54.73	21:57.12	24:58.88	28:06.53	31:08.75	15:18.96
1990		6:31.11	9:42.13	12:53.78	16:03.88	19:14.29	22:26.74	25:37.56	28:48.93	31:46.83	15:42.95
1986	3:05.61	6:02.10	9:02.93	12:05.91	15:07.89	18:10.53	21:13.84	24:17.65	27:21.75	30:23.25	15:15.36

	1000 m	2000 m	3000m	4000 m	5000 m	6000m	7000m	8000m	9000m	10000m	Final400	Final200
2022	3:13.05	3:02.69	3:01.19	3:02.45	3:02.77	3:03.98	3:03.02	2:55.78	3:04.34	3:03.30		
2018	3:14.29	3:09.65	3:08.43	3:15.21	3:04.18	3:11.10	3:07.91	3:10.81	3:12.09	3:08.62		
2016	3:06.79	3:08.55	3:02.43	3:06.45	3:05.81	3:07.44	3:09.64	3:09.94	3:10.88	3:04.93		
2014	3:23.14	3:16.33	3:15.59	3:16.04	3:15.62	3:15.32	3:18.14	3:15.94	3:11.27	2:55.00		
2012	3:10.22	3:18.42	3:08.50	3:12.76	3:09.95	3:13.24	3:10.53	3:07.43	3:08.88	3:03.82		
2010	3:11.32	3:12.12	3:10.56	3:06.53	3:01.74	3:03.64	3:04.80	3:08.89	3:09.01	3:01.62		
2006	3:04.14	3:01.64	3:03.90	3:02.57	3:04.13	3:03.57	3:05.56	3:07.09	3:05.68	2:53.14		
2002	2:59.16	2:58.05	2:59.63	2:59.97	3:00.84	3:00.35	3:00.52	3:02.66	3:02.38	2:57.53	68.84	
1998	3:18.42	3:18.22	3:18.19	3:05.41	3:07.11	3:07.47	3:08.60	3:04.96	3:06.78	2:53.17		
1994	3:05.28	3:11.18	3:13.37	3:09.58	3:10.38	3:04.94	3:02.39	3:01.76	3:08.65	3:02.22		
1990			3:11.02	3:11.65	3:10.10	3:10.41	3:12.45	3:10.82	3:11.37	2:57.90		31
1986	3:05.61	2:56.49	3:00.83	3:02.98	3:01.98	3:02.64	3:03.31	3:03.81	3:04.10	3:01.50		

All time European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:06.82	Sifan Hassan	NED	1	Hengelo	6 June 2021
2		29:36.67	Sifan Hassan		1	Hengelo	10 Oct 2020
3		29:37.80	Sifan Hassan		1	Hengelo	3 June 2023
4		29:55.32	Sifan Hassan		1	Tokyo	7 Aug 2021
5	2	30:00.86	Eilish McColgan	GBR	1	San Juan Cap	4 Mar 2023
6	3	30:01.09	Paula Radcliffe	GBR	1	EC-München	6 Aug 2002
7		30:10.56	Sifan Hassan		4	Eugene	16 July 2022
8	4	30:12.53	Lornah Kiplagat	NED	4	WC-Paris	23 Aug 2003
9	5	30:13.74	Ingrid Kristiansen	NOR	1	Oslo	5 July 1986
10		30:17.15	Paula Radcliffe		1	Gateshead	27 June 2004

Fastest Performances on European Soil

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:01.03	Letesenbet Gidey	ETH	1	Hengelo	8 June 2021
2	2	29:06.82	Sifan Hassan	NED	1	Hengelo	6 June 2021
3	3	29:29.73	Gudaf Tsegay	ETH	1	Nerja	23 June 2023
4		29:36.67	Sifan Hassan		1	Hengelo	10 Oct 2020
5		29:37.80	Sifan Hassan		1	Hengelo	3 June 2023
6		29:39.42	Gudaf Tsegay		1	Maia	8 May 2021
7	4	29:47.42	Grace Nawowuna	KEN	2	Hengelo	3 June 2023

Fastest Performances in GBR

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	29:59.03	Mizan Alem	ETH	1	London	20 May 2023
2	2	29:59.20	Meseret Defar	ETH	1	Birmingham	11 July 2009
3	3	30:16.32	Almaz Ayana	ETH	1	London	5 Aug 2017
4	4	30:17.15	Paula Radcliffe	GBR	1	Gateshead	27 June 2004

Combined 2025 & 2026 European List

Performance	Performer	Time	Name	Nat	Pos	Venue	DMY
1	1	30:38.23	Nadia Battocletti	ITA	2	Tokyo	13 Sept 2025
2	2	30:41.66	Karoline Bjerkeli Grovdal	NOR	5	Oslo	11 June 2025
3	3	30:50.31	Maureen Koster	NED	1	Ostrava	15 June 2026
4	4	30:50.64	Calli Hauger-Thackery	GBR	6	Oslo	11 June 2025
5	5	30:51.18	Jan van Lent	BEL	1	Louvain la Neuve	6 June 2026
6		30:53.73	Calli Hauger-Thackery		3	San Juan Capist	29 Mar 2025
7	6	31:08.05	Diane van Es	NED	8	Oslo	11 June 2025
8		31:14.22	Jana Van Lent		1	Duffel	9 June 2025
9	7	31:18.03	Elisa Palmero	ITA	1	Birmingham	14 June 2025
10	8	31:19.88	Megan Keith	GBR	2	Birmingham	14 June 2025

Please send corrections to KKenNakamura@gmail.com