

# RESULTS



## 10,000 Metres Women - Final

RECORDS	RESULT NAME	COUNTRY	AGE	VENUE	DATE
World Record <b>WR</b>	29:17.45 Almaz AYANA	ETH	25	Rio de Janeiro (Estádio Olímpico)	12 Aug 2016
Championships Record <b>CR</b>	30:04.18 Berhane ADERE	ETH	30	Paris Saint-Denis (Stade de France)	23 Aug 2003
World Leading <b>WL</b>	30:17.62 Sifan HASSAN	NED	26	Doha	28 Sep 2019
Area Record <b>AR</b>	National Record <b>NR</b>	Personal Best <b>PB</b>	Season Best <b>SB</b>		

28 September 2019 21:10 START TIME 25° C TEMPERATURE 67 % HUMIDITY

PLACE	NAME	COUNTRY	DATE of BIRTH	ORDER	RESULT	
1	Sifan HASSAN	NED	1 Jan 93	11	30:17.62	<b>WL</b>
2	Letesenbet GIDEY	ETH	20 Mar 98	20	30:21.23	<b>PB</b>
3	Agnes Jebet TIROP	KEN	23 Oct 95	17	30:25.20	<b>PB</b>
4	Rosemary Monica WANJIRU	KEN	9 Dec 94	9	30:35.75	<b>PB</b>
5	Hellen OBIRI	KEN	13 Dec 89	7	30:35.82	<b>PB</b>
6	Senbere TEFERI	ETH	3 May 95	18	30:44.23	<b>SB</b>
7	Susan KRUMINS	NED	8 Jul 86	13	31:05.40	<b>PB</b>
8	Marielle HALL	USA	28 Jan 92	14	31:05.71	<b>PB</b>
9	Molly HUDDLE	USA	31 Aug 84	8	31:07.24	
10	Emily SISSON	USA	12 Oct 91	6	31:12.56	
11	Hitomi NIIYA	JPN	26 Feb 88	10	31:12.99	<b>SB</b>
12	Camille BUSCOMB	NZL	11 Jul 90	2	31:13.21	<b>PB</b>
13	Ellie PASHLEY	AUS	10 Dec 88	15	31:18.89	<b>PB</b>
14	Sinead DIVER	AUS	17 Feb 77	5	31:25.49	<b>PB</b>
15	Stephanie TWELL	GBR	17 Aug 89	12	31:44.79	
16	Stella CHESANG	UGA	1 Dec 96	3	32:15.20	
17	Natasha WODAK	CAN	17 Dec 81	21	32:31.19	
18	Rachael Zena CHEBET	UGA	5 Nov 96	19	32:41.93	<b>PB</b>
19	Minami YAMANOUCI	JPN	21 Dec 92	16	32:53.46	
20	Juliet CHEKWEL	UGA	25 May 90	22	33:28.18	
	Netsanet GUDETA	ETH	12 Feb 91	1	DNF	
	Alina REH	GER	23 May 97	4	DNF	

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**INTERMEDIATE TIMES**

100 m	19.05 Agnes Jebet TIROP	200 m	40.51 Camille BUSCOMB
300 m	1:01.10 Camille BUSCOMB	400 m	1:20.98 Alina REH
500 m	1:40.19 Camille BUSCOMB	600 m	1:59.03 Alina REH
700 m	2:17.70 Alina REH	800 m	2:36.59 Alina REH
900 m	2:55.15 Alina REH	1000 m	3:13.86 Alina REH
1100 m	3:32.62 Alina REH	1200 m	3:51.38 Alina REH
1300 m	4:10.04 Alina REH	1400 m	4:28.93 Alina REH
1500 m	4:47.47 Alina REH	1600 m	5:06.08 Alina REH
1700 m	5:24.84 Alina REH	1800 m	5:43.75 Alina REH
1900 m	6:02.33 Alina REH	2000 m	6:20.82 Alina REH
2100 m	6:39.49 Alina REH	2200 m	6:58.18 Alina REH
2300 m	7:16.64 Alina REH	2400 m	7:35.20 Alina REH
2500 m	7:53.90 Alina REH	2600 m	8:12.77 Alina REH
2700 m	8:31.67 Alina REH	2800 m	8:50.81 Alina REH
2900 m	9:09.96 Alina REH	3000 m	9:29.08 Alina REH
3100 m	9:48.03 Alina REH	3200 m	10:07.04 Alina REH
3300 m	10:25.90 Rosemary Monica WANJIRU	3400 m	10:43.64 Rosemary Monica WANJIRU
3500 m	11:01.66 Rosemary Monica WANJIRU	3600 m	11:19.12 Rosemary Monica WANJIRU
3700 m	11:37.11 Rosemary Monica WANJIRU	3800 m	11:55.27 Rosemary Monica WANJIRU
3900 m	12:12.93 Rosemary Monica WANJIRU	4000 m	12:30.99 Rosemary Monica WANJIRU
4100 m	12:49.50 Rosemary Monica WANJIRU	4200 m	13:07.28 Hellen OBIRI
4300 m	13:25.14 Hellen OBIRI	4400 m	13:43.11 Hellen OBIRI
4500 m	14:00.91 Hellen OBIRI	4600 m	14:18.91 Hellen OBIRI
4700 m	14:37.31 Hellen OBIRI	4800 m	14:55.62 Hellen OBIRI
4900 m	15:14.28 Agnes Jebet TIROP	5000 m	15:32.70 Agnes Jebet TIROP
5100 m	15:51.29 Agnes Jebet TIROP	5200 m	16:09.71 Agnes Jebet TIROP
5300 m	16:28.49 Agnes Jebet TIROP	5400 m	16:47.41 Agnes Jebet TIROP
5500 m	17:06.12 Rosemary Monica WANJIRU	5600 m	17:23.65 Rosemary Monica WANJIRU
5700 m	17:41.79 Rosemary Monica WANJIRU	5800 m	17:59.88 Rosemary Monica WANJIRU
5900 m	18:17.89 Rosemary Monica WANJIRU	6000 m	18:36.29 Rosemary Monica WANJIRU
6100 m	18:54.84 Rosemary Monica WANJIRU	6200 m	19:13.29 Rosemary Monica WANJIRU
6300 m	19:31.72 Rosemary Monica WANJIRU	6400 m	19:50.10 Rosemary Monica WANJIRU
6500 m	20:09.33 Rosemary Monica WANJIRU	6600 m	20:28.18 Hellen OBIRI
6700 m	20:45.93 Hellen OBIRI	6800 m	21:03.81 Hellen OBIRI
6900 m	21:21.92 Hellen OBIRI	7000 m	21:39.89 Hellen OBIRI
7100 m	21:58.29 Hellen OBIRI	7200 m	22:16.65 Hellen OBIRI
7300 m	22:34.69 Hellen OBIRI	7400 m	22:52.92 Hellen OBIRI
7500 m	23:11.54 Hellen OBIRI	7600 m	23:30.34 Hellen OBIRI
7700 m	23:49.51 Hellen OBIRI	7800 m	24:07.78 Letesenbet GIDEY
7900 m	24:26.49 Letesenbet GIDEY	8000 m	24:44.90 Letesenbet GIDEY
8100 m	25:04.19 Agnes Jebet TIROP	8200 m	25:22.61 Rosemary Monica WANJIRU
8300 m	25:41.46 Rosemary Monica WANJIRU	8400 m	25:59.76 Rosemary Monica WANJIRU
8500 m	26:17.55 Letesenbet GIDEY	8600 m	26:33.07 Letesenbet GIDEY
8700 m	26:48.85 Letesenbet GIDEY	8800 m	27:04.66 Letesenbet GIDEY
8900 m	27:20.82 Letesenbet GIDEY	9000 m	27:37.22 Letesenbet GIDEY
9100 m	27:53.73 Letesenbet GIDEY	9200 m	28:09.98 Letesenbet GIDEY
9300 m	28:26.68 Letesenbet GIDEY	9400 m	28:43.34 Letesenbet GIDEY
9500 m	28:59.96 Letesenbet GIDEY	9600 m	29:16.13 Sifan HASSAN
9700 m	29:32.30 Sifan HASSAN	9800 m	29:47.19 Sifan HASSAN
9900 m	30:02.10 Sifan HASSAN		

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ALL-TIME TOP LIST				SEASON TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2019
29:17.45	Almaz AYANA (ETH)	Rio de Janeiro (Estádio Olímpico)	12 Aug 16	30:17.62	Sifan HASSAN (NED)	Doha	28 Sep
29:31.78	Junxia WANG (CHN)	Beijing (NOCAS)	8 Sep 93	30:21.23	Letesenbet GIDEY (ETH)	Doha	28 Sep
29:32.53	Vivian Jepkemoi CHERUIYOT (KEN)	(Estádio Olímpico)	12 Aug 16	30:25.20	Aqnes Jebet TIROP (KEN)	Doha	28 Sep
29:42.56	Tirunesh DIBABA (ETH)	Rio de Janeiro (Estádio Olímpico)	12 Aug 16	30:35.75	Rosemary Monica WANJIRU (KEN)	Doha	28 Sep
29:53.51	Alice Aprot NAWOWUNA (KEN)	neiro (Estádio Olímpico)	12 Aug 16	30:35.82	Hellen OBIRI (KEN)	Doha	28 Sep
29:53.80	Meselech MELKAMU (ETH)	Utrecht	14 Jun 09	30:40.85	Netsanet GUDETA (ETH)	Hengelo (NED)	17 Jul
29:59.20	Meseret DEFAR (ETH)	Birmingham, GBR	11 Jul 09	30:44.23	Senbere TEFERI (ETH)	Doha	28 Sep
30:01.09	Paula RADCLIFFE (GBR)	München	6 Aug 02	30:46.24	Zeineba YIMER (ETH)	Hengelo (NED)	17 Jul
30:04.18	Berhane ADERE (ETH)	aris Saint-Denis (Stade de France)	23 Aug 03	30:49.57	Emily SISSON (USA)	Palo Alto, CA (USA)	29 Mar
30:07.15	Werknesh KIDANE (ETH)	aris Saint-Denis (Stade de France)	23 Aug 03	30:51.86	Dera DIDA (ETH)	Hengelo (NED)	17 Jul