

START LIST



10,000 Metres Women - Final

RECORDS	RESULT	NAME	COUNTRY	AGE	VENUE	DATE
World Record WR	29:17.45	Almaz AYANA	ETH	25	Rio de Janeiro (Estádio Olímpico)	12 Aug 2016
Championships Record CR	30:04.18	Berhane ADERE	ETH	30	Paris Saint-Denis (Stade de France)	23 Aug 2003
World Leading WL	30:37.89	Letesenbet GIDEY	ETH	21	Hengelo (NED)	17 Jul 2019

28 September 2019 21:10 START TIME

ORDER	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	Netsanet GUDETA	ETH	12 Feb 91	30:36.75	30:40.85
2	Camille BUSCOMB	NZL	11 Jul 90	31:33.04	31:33.04
3	Stella CHESANG	UGA	1 Dec 96	31:38.70	31:38.70
4	Alina REH	GER	23 May 97	31:19.87	31:19.87
5	Sinead DIVER	AUS	17 Feb 77	31:50.98	32:25.86
6	Emily SISSON	USA	12 Oct 91	30:49.57	30:49.57
7	Hellen OBIRI	KEN	13 Dec 89	31:25.38	31:25.38
8	Molly HUDDLE	USA	31 Aug 84	30:13.17	30:58.46
9	Rosemary Monica WANJIRU	KEN	9 Dec 94	31:11.79	31:11.79
10	Hitomi NIIYA	JPN	26 Feb 88	30:56.70	31:22.63
11	Sifan HASSAN	NED	1 Jan 93	31:18.12	31:18.12
12	Stephanie TWELL	GBR	17 Aug 89	31:08.13	31:08.13
13	Susan KRUMINS	NED	8 Jul 86	31:20.24	31:23.81
14	Marielle HALL	USA	28 Jan 92	31:37.45	32:14.41
15	Ellie PASHLEY	AUS	10 Dec 88	31:43.51	31:43.51
16	Minami YAMANOUCI	JPN	21 Dec 92	31:16.48	32:00.76
17	Agnes Jebet TIROP	KEN	23 Oct 95	31:03.50	31:25.00
18	Senbere TEFERI	ETH	3 May 95	30:40.59	30:45.14
19	Rachael Zena CHEBET	UGA	5 Nov 96	32:42.36	32:42.36
20	Letesenbet GIDEY	ETH	20 Mar 98	30:37.89	30:37.89
21	Natasha WODAK	CAN	17 Dec 81	31:41.59	31:43.26
22	Juliet CHEKWEL	UGA	25 May 90	31:37.99	31:52.19

ALL-TIME TOP LIST

RESULT	NAME	COUNTRY	VENUE	DATE
29:17.45	Almaz AYANA (ETH)		Rio de Janeiro (Estádio Olímpico)	12 Aug 16
29:31.78	Junxia WANG (CHN)		Beijing (NOCAS)	8 Sep 93
29:32.53	Vivian Jepkemoi CHERUIYOT (KEN)		(Estádio Olímpico)	12 Aug 16
29:42.56	Tirunesh DIBABA (ETH)		Rio de Janeiro (Estádio Olímpico)	12 Aug 16
29:53.51	Alice Aprot NAWOWUNA (KEN)		neiro (Estádio Olímpico)	12 Aug 16
29:53.80	Meselech MELKAMU (ETH)		Utrecht	14 Jun 09
29:59.20	Meseret DEFAR (ETH)		Birmingham, GBR	11 Jul 09
30:01.09	Paula RADCLIFFE (GBR)		München	6 Aug 02
30:04.18	Berhane ADERE (ETH)		aris Saint-Denis (Stade de France)	23 Aug 03
30:07.15	Werknesh KIDANE (ETH)		s Saint-Denis (Stade de France)	23 Aug 03

SEASON TOP LIST

RESULT	NAME	COUNTRY	VENUE	2019
30:37.89	Letesenbet GIDEY (ETH)		Hengelo (NED)	17 Jul
30:40.85	Netsanet GUDETA (ETH)		Hengelo (NED)	17 Jul
30:45.14	Senbere TEFERI (ETH)		Hengelo (NED)	17 Jul
30:46.24	Zeineba YIMER (ETH)		Hengelo (NED)	17 Jul
30:49.57	Emily SISSON (USA)		Palo Alto, CA (USA)	29 Mar
30:51.86	Dera DIDA (ETH)		Hengelo (NED)	17 Jul
30:53.11	Tsehay GEMECHU (ETH)		Hengelo (NED)	17 Jul
30:53.32	Gete ALEMAYEHU (ETH)		Hengelo (NED)	17 Jul
30:53.53	Girmawit GEBRZIHAI (ETH)		Hengelo (NED)	17 Jul
30:57.54	Tsiqie GEBRESELAMA (ETH)		Hengelo (NED)	17 Jul