

RESULTS

10,000 Metres Women - Final



RECORDS	RESULT	NAME	COUNTRY	AGE	VENUE	DATE
World Record WR	29:01.03	Letesenbet GIDEY	ETH	23	Blankers-Koen Stadion, Hengelo (NED)	8 Jun 2021
Championships Record CR	30:04.18	Berhane ADERE	ETH	30	Stade de France, Paris-St-Denis (FRA)	23 Aug 2003
World Leading WL	30:09.94	Letesenbet GIDEY	ETH	24	Oregon	16 Jul 2022
Area Record AR		National Record NR		Personal Best PB		Season Best SB

16 July 2022 12:21 START TIME 20° C TEMPERATURE 76 % HUMIDITY

PLACE	BIB	NAME	COUNTRY	DATE of BIRTH	ORDER	RESULT	
1	636	Letesenbet GIDEY	ETH	20 Mar 98	4	30:09.94	WL
2	914	Hellen OBIRI	KEN	13 Dec 89	5	30:10.02	PB
3	904	Margaret Chelimo KIPKEMBOI	KEN	9 Feb 93	3	30:10.07	PB
4	951	Sifan HASSAN	NED	1 Jan 93	16	30:10.56	SB
5	604	Rahel DANIEL	ERI	16 Nov 01	15	30:12.15	NR
6	641	Ejgayehu TAYE	ETH	10 Feb 00	18	30:12.45	PB
7	891	Caroline Chepkoech KIPKIRUI	KAZ	26 May 94	7	30:17.64	NR
8	639	Bosena MULATIE	ETH	21 Nov 01	10	30:17.77	PB
9	1203	Karissa SCHWEIZER	USA	4 May 96	11	30:18.05	PB
10	700	Eilish MCCOLGAN	GBR	25 Nov 90	1	30:34.60	
11	694	Jessica JUDD	GBR	7 Jan 95	2	30:35.93	PB
12	870	Ririka HIRONAKA	JPN	24 Nov 00	19	30:39.71	PB
13	1189	Alicia MONSON	USA	13 May 98	8	30:59.85	
14	1120	Stella CHESANG	UGA	1 Dec 96	12	31:01.04	NR
15	1200	Natosha ROGERS	USA	7 May 91	9	31:10.57	PB
16	1117	Mercyline CHELANGAT	UGA	17 Dec 97	13	31:28.26	SB
17	1054	Dominique SCOTT	RSA	24 Jun 92	14	31:40.73	
18	605	Dolshi TESFU	ERI	17 Jun 99	6	31:49.29	SB
19	867	Rino GOSHIMA	JPN	29 Oct 97	17	32:08.68	
	905	Sheila Chepkirui KIPROTICH	KEN	27 Dec 90	20	DNS	



RESULTS
10,000 Metres Women - Final
INTERMEDIATE TIMES

100 m	18.03 Eilish MCCOLGAN	200 m	36.91 Eilish MCCOLGAN
300 m	56.27 Eilish MCCOLGAN	400 m	1:15.32 Eilish MCCOLGAN
500 m	1:33.89 Eilish MCCOLGAN	600 m	1:52.51 Eilish MCCOLGAN
700 m	2:11.01 Ririka HIRONAKA	800 m	2:29.13 Ririka HIRONAKA
900 m	2:46.92 Ririka HIRONAKA	1000 m	3:04.80 Ririka HIRONAKA
1100 m	3:22.68 Ririka HIRONAKA	1200 m	3:40.79 Ririka HIRONAKA
1300 m	3:59.07 Ririka HIRONAKA	1400 m	4:17.09 Eilish MCCOLGAN
1500 m	4:35.36 Ririka HIRONAKA	1600 m	4:54.06 Ririka HIRONAKA
1700 m	5:12.87 Ririka HIRONAKA	1800 m	5:31.45 Karissa SCHWEIZER
1800 m	5:31.45 Ririka HIRONAKA	1900 m	5:50.04 Ririka HIRONAKA
2000 m	6:08.84 Ririka HIRONAKA	2100 m	6:27.50 Ririka HIRONAKA
2200 m	6:45.95 Mercyline CHELANGAT	2200 m	6:45.95 Ririka HIRONAKA
2300 m	7:04.28 Ririka HIRONAKA	2400 m	7:22.56 Ririka HIRONAKA
2500 m	7:41.14 Ririka HIRONAKA	2600 m	7:59.15 Eilish MCCOLGAN
2700 m	8:17.18 Ririka HIRONAKA	2800 m	8:35.52 Ririka HIRONAKA
2900 m	8:53.96 Ririka HIRONAKA	3000 m	9:11.87 Ririka HIRONAKA
3100 m	9:30.14 Ririka HIRONAKA	3200 m	9:48.38 Ririka HIRONAKA
3300 m	10:06.98 Mercyline CHELANGAT	3300 m	10:06.98 Ririka HIRONAKA
3400 m	10:25.18 Stella CHESANG	3400 m	10:25.18 Sifan HASSAN
3400 m	10:25.18 Ririka HIRONAKA	3400 m	10:25.18 Dominique SCOTT
3500 m	10:43.28 Stella CHESANG	3500 m	10:43.28 Ririka HIRONAKA
3600 m	11:01.67 Ririka HIRONAKA	3700 m	11:20.30 Ririka HIRONAKA
3800 m	11:38.54 Eilish MCCOLGAN	3900 m	11:56.68 Ririka HIRONAKA
4000 m	12:15.07 Ririka HIRONAKA	4100 m	12:33.84 Ririka HIRONAKA
4200 m	12:52.13 Ririka HIRONAKA	4300 m	13:10.32 Ririka HIRONAKA
4400 m	13:28.38 Ririka HIRONAKA	4500 m	13:46.84 Stella CHESANG
4500 m	13:46.84 Mercyline CHELANGAT	4500 m	13:46.84 Ririka HIRONAKA
4600 m	14:05.09 Stella CHESANG	4600 m	14:05.09 Ririka HIRONAKA
4700 m	14:23.57 Stella CHESANG	4700 m	14:23.57 Ririka HIRONAKA
4800 m	14:42.00 Ririka HIRONAKA	4900 m	15:00.73 Stella CHESANG
4900 m	15:00.73 Rino GOSHIMA	4900 m	15:00.73 Mercyline CHELANGAT
4900 m	15:00.73 Ririka HIRONAKA	4900 m	15:00.73 Rahel DANIEL
5000 m	15:19.28 Stella CHESANG	5000 m	15:19.28 Sifan HASSAN
5000 m	15:19.28 Ririka HIRONAKA	5000 m	15:19.28 Dominique SCOTT
5100 m	15:37.95 Eilish MCCOLGAN	5200 m	15:56.47 Eilish MCCOLGAN
5300 m	16:15.44 Eilish MCCOLGAN	5400 m	16:34.06 Eilish MCCOLGAN
5500 m	16:52.71 Eilish MCCOLGAN	5600 m	17:11.52 Eilish MCCOLGAN
5700 m	17:30.20 Eilish MCCOLGAN	5800 m	17:48.81 Eilish MCCOLGAN
5900 m	18:07.29 Eilish MCCOLGAN	6000 m	18:26.10 Eilish MCCOLGAN
6100 m	18:44.75 Eilish MCCOLGAN	6200 m	19:03.29 Eilish MCCOLGAN
6300 m	19:21.79 Eilish MCCOLGAN	6400 m	19:40.50 Stella CHESANG
6400 m	19:40.50 Rino GOSHIMA	6400 m	19:40.50 Dominique SCOTT
6400 m	19:40.50 Ejgayehu TAYE	6500 m	19:59.26 Eilish MCCOLGAN
6600 m	20:17.45 Stella CHESANG	6600 m	20:17.45 Karissa SCHWEIZER
6600 m	20:17.45 Rino GOSHIMA	6600 m	20:17.45 Mercyline CHELANGAT
6600 m	20:17.45 Dominique SCOTT	6600 m	20:17.45 Ejgayehu TAYE
6600 m	20:17.45 Rahel DANIEL	6700 m	20:36.08 Stella CHESANG
6700 m	20:36.08 Karissa SCHWEIZER	6700 m	20:36.08 Sifan HASSAN
6700 m	20:36.08 Rino GOSHIMA	6700 m	20:36.08 Mercyline CHELANGAT
6700 m	20:36.08 Dominique SCOTT	6700 m	20:36.08 Ejgayehu TAYE
6700 m	20:36.08 Rahel DANIEL	6800 m	20:53.99 Letesenbet GIDEY
6900 m	21:12.03 Letesenbet GIDEY	7000 m	21:29.75 Letesenbet GIDEY
7100 m	21:47.59 Eilish MCCOLGAN	7100 m	21:47.59 Letesenbet GIDEY
7200 m	22:05.32 Ejgayehu TAYE	7300 m	22:23.10 Ejgayehu TAYE
7400 m	22:40.82 Stella CHESANG	7400 m	22:40.82 Karissa SCHWEIZER
7400 m	22:40.82 Sifan HASSAN	7400 m	22:40.82 Rino GOSHIMA
7400 m	22:40.82 Mercyline CHELANGAT	7400 m	22:40.82 Bosena MULATIE

RESULTS

10,000 Metres Women - Final

7400 m	22:40.82 Dominique SCOTT	7400 m	22:40.82 Ejgayehu TAYE
7400 m	22:40.82 Rahel DANIEL	7500 m	22:58.92 Ejgayehu TAYE
7600 m	23:16.81 Letesenbet GIDEY	7700 m	23:34.40 Letesenbet GIDEY
7800 m	23:51.79 Eilish MCCOLGAN	7800 m	23:51.79 Letesenbet GIDEY
7900 m	24:09.29 Letesenbet GIDEY	8000 m	24:26.73 Stella CHESANG
8000 m	24:26.73 Karissa SCHWEIZER	8000 m	24:26.73 Sifan HASSAN
8000 m	24:26.73 Dominique SCOTT	8000 m	24:26.73 Ejgayehu TAYE
8000 m	24:26.73 Rahel DANIEL	8100 m	24:44.57 Karissa SCHWEIZER
8100 m	24:44.57 Ejgayehu TAYE	8200 m	25:02.71 Ejgayehu TAYE
8300 m	25:20.77 Karissa SCHWEIZER	8300 m	25:20.77 Sifan HASSAN
8300 m	25:20.77 Rino GOSHIMA	8300 m	25:20.77 Mercyline CHELANGAT
8300 m	25:20.77 Bosena MULATIE	8300 m	25:20.77 Ejgayehu TAYE
8300 m	25:20.77 Rahel DANIEL	8400 m	25:38.02 Letesenbet GIDEY
8500 m	25:55.57 Letesenbet GIDEY	8600 m	26:13.61 Letesenbet GIDEY
8700 m	26:31.72 Letesenbet GIDEY	8800 m	26:49.29 Ejgayehu TAYE
8900 m	27:07.28 Karissa SCHWEIZER	8900 m	27:07.28 Sifan HASSAN
8900 m	27:07.28 Rino GOSHIMA	8900 m	27:07.28 Mercyline CHELANGAT
8900 m	27:07.28 Ejgayehu TAYE	9000 m	27:24.92 Ejgayehu TAYE
9100 m	27:42.71 Ejgayehu TAYE	9200 m	27:59.97 Ejgayehu TAYE
9300 m	28:17.55 Ejgayehu TAYE	9400 m	28:35.11 Rino GOSHIMA
9400 m	28:35.11 Mercyline CHELANGAT	9400 m	28:35.11 Ejgayehu TAYE
9500 m	28:52.43 Letesenbet GIDEY	9600 m	29:09.06 Eilish MCCOLGAN
9600 m	29:09.06 Margaret Chelimo KIPKEMBOI	9600 m	29:09.06 Hellen OBIRI
9700 m	29:25.37 Eilish MCCOLGAN	9700 m	29:25.37 Margaret Chelimo KIPKEMBOI
9700 m	29:25.37 Letesenbet GIDEY	9800 m	29:40.35 Eilish MCCOLGAN
9800 m	29:40.35 Letesenbet GIDEY	9900 m	29:55.31 Letesenbet GIDEY

ALL-TIME OUTDOOR TOP LIST
2022 OUTDOOR TOP LIST

RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2022
29:01.03	Letesenbet GIDEY (ETH)	rs-Koen Stadion, Hengelo (NED)	8 Jun 21	30:09.94	Letesenbet GIDEY (ETH)	Oregon	16 Jul
29:06.82	Sifan HASSAN (NED)	nkers-Koen Stadion, Hengelo (NED)	6 Jun 21	30:10.02	Hellen OBIRI (KEN)	Oregon	16 Jul
29:17.45	Almaz AYANA (ETH)	stádio Olímpico, Rio de Janeiro (BRA)	12 Aug 16	30:10.07	Marqaret Chelimo KIPKEMBOI (KEN)	Oregon	16 Jul
29:31.78	Junxia WANG (CHN)	Beijing (CHN)	8 Sep 93	30:10.56	Sifan HASSAN (NED)	Oregon	16 Jul
29:32.53	Vivian Jepkemoi CHERUIYOT (KEN)	io de Janeiro (BRA)	12 Aug 16	30:12.15	Rahel DANIEL (ERI)	Oregon	16 Jul
29:39.42	Gudaf TSEGAY (ETH)	idio José Vieira de Carvalho, Maia (P)	8 May 21	30:12.45	Ejgayehu TAYE (ETH)	Oregon	16 Jul
29:42.56	Tirunesh DIBABA (ETH)	io Olímpico, Rio de Janeiro (BRA)	12 Aug 16	30:14.66	Elise CRANNY (USA)	JSerra Catholic HS, San Juan Capistrano,	6 Mar
29:50.77	Kalkidan GEZAHEGNE (BRN)	ieira de Carvalho, Maia (P)	8 May 21	30:17.64	Caroline Chepkoech KIPKIRUI (KAZ)	Oregon	16 Jul
29:53.51	Alice Aprot NAWOWUNA (KEN)	co, Rio de Janeiro (BRA)	12 Aug 16	30:17.77	Bosena MULATIE (ETH)	Oregon	16 Jul
29:53.80	Meselech MELKAMU (ETH)	Utrecht (NED)	14 Jun 09	30:18.05	Karissa SCHWEIZER (USA)	Oregon	16 Jul

