

RESULTS / リザルト



10,000m Women - Final / 女子10,000m 決勝

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record WR	28:54.14	Beatrice CHEBET	KEN 24	Eugene, OR (USA)	25 May 2024
Championships Record CR	30:04.18	Berhane ADERE	ETH 30	Paris-St-Denis (FRA)	23 Aug 2003
World Leading WL	30:27.02	Janeth CHEPNGETICH	KEN 27	Nairobi (KEN)	22 Jul 2025
Area Record AR	National Record NR	Personal Best PB	Season Best SB		

13 September 2025 21:31 START TIME 28° C 70 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT	
1	1076	Beatrice CHEBET ベアトリス・チェベト	KEN 5 Mar 00	15	30:37.61	
2	972	Nadia BATTOCLETTI ナディア・バットクレッティ	ITA 12 Apr 00	3	30:38.23	NR
3	796	Gudaf TSEGAY グダフ・ツェガイ	ETH 23 Jan 97	2	30:39.65	SB
4	1094	Agnes Jebet NGETICH アグネス ジェベト・ヌゲチッチ	KEN 23 Jan 01	14	30:42.66	
5	794	Ejgayehu TAYE エジガエフ・タエ	ETH 10 Feb 00	9	30:55.52	SB
6	1050	Ririka HIRONAKA 廣中 璃梨佳	JPN 24 Nov 00	8	31:09.62	
7	1356	Joy CHEPTOYEK ジョイ・チェプトウイェク	UGA 15 May 02	27	31:15.03	
8	795	Fotyen TESFAY フォティエン・テスファイ	ETH 17 Feb 98	17	31:21.67	SB
9	546	Lauren RYAN ローレン・ライアン	AUS 15 Mar 98	10	31:27.78	
10	866	Megan KEITH メーガン・キース	GBR 23 Apr 02	6	31:33.85	
11	859	Calli HAUGER-THACKERY コーリ・ハウガータクケリー	GBR 9 Jan 93	13	31:37.81	
12	1388	Elise CRANNY エリーズ・クラニー	USA 9 May 96	12	31:40.07	
13	581	Jana VAN LENT ヤナ・ファンレント	BEL 22 Apr 01	1	31:44.05	
14	1410	Emily INFELD エミリー・インフェルド	USA 21 Mar 90	26	31:47.65	
15	1277	Klara LUKAN クララ・ルカン	SLO 8 Sep 00	23	31:49.76	
16	1072	Daisy JEPKEMEI デージー・ジェプケメイ	KAZ 13 Feb 96	4	31:49.87	
17	510	Isobel BATT-DOYLE イソベル・バットドイル	AUS 14 Sep 95	21	31:53.41	
18	1441	Taylor ROE テイラー・ロウ	USA 13 Oct 00	18	32:12.19	
19	1001	Elisa PALMERO エリーザ・パルメロ	ITA 10 Jul 99	19	32:12.72	
20	1070	Mikuni YADA 矢田 みくに	JPN 29 Oct 99	16	32:28.94	
21	786	Tsigie GEBRESELAMA ツィギエ・ゲブレセラマ	ETH 30 Sep 00	7	32:33.73	SB
22	567	Francine NIYOMUKUNZI フランシーヌ・ニヨムクンジ	BDI 1 Aug 99	20	32:52.59	

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23	890	Eva DIETERICH エヴァ・ディートリヒ	GER	29 Mar 99	22	33:46.76
24	603	Nubia DE OLIVEIRA SILVA ヌビア・デオリヴェイラシルバ	BRA	6 Apr 02	25	36:00.21
1353		Rebecca CHELANGAT レベッカ・チェランガト	UGA	1 Jan 02	24	DNF
1354		Sarah CHELANGAT サラ・チェランガット	UGA	5 Jun 01	5	DNF
1079		Janeth CHEPNGETICH ジャネット・チェプンゲティッチ	KEN	23 Jul 98	11	DNF

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INTERMEDIATE TIMES

100 m	17.50 Nadia BATTOCLETTI	200 m	36.57 Beatrice CHEBET
300 m	55.79 Agnes Jebet NGETICH	400 m	1:16.09 Agnes Jebet NGETICH
500 m	1:36.21 Agnes Jebet NGETICH	600 m	1:54.54 Daisy JEPKEMEI
700 m	2:14.59 Agnes Jebet NGETICH	800 m	2:34.21 Ririka HIRONAKA
900 m	2:52.73 Ririka HIRONAKA	1000 m	3:10.93 Ririka HIRONAKA
1100 m	3:28.97 Ririka HIRONAKA	1200 m	3:47.70 Ririka HIRONAKA
1300 m	4:05.97 Ririka HIRONAKA	1400 m	4:24.02 Ririka HIRONAKA
1500 m	4:42.40 Ririka HIRONAKA	1600 m	5:00.89 Ririka HIRONAKA
1700 m	5:18.93 Ririka HIRONAKA	1800 m	5:37.13 Ririka HIRONAKA
1900 m	5:55.67 Ririka HIRONAKA	2000 m	6:14.04 Ririka HIRONAKA
2100 m	6:32.43 Ririka HIRONAKA	2200 m	6:50.49 Ririka HIRONAKA
2300 m	7:08.98 Ririka HIRONAKA	2400 m	7:27.62 Ririka HIRONAKA
2500 m	7:46.23 Ririka HIRONAKA	2600 m	8:04.85 Ririka HIRONAKA
2700 m	8:23.55 Ririka HIRONAKA	2800 m	8:42.66 Ririka HIRONAKA
2900 m	9:01.49 Ririka HIRONAKA	3000 m	9:19.91 Ririka HIRONAKA
3100 m	9:38.63 Ririka HIRONAKA	3200 m	9:57.76 Ririka HIRONAKA
3300 m	10:16.40 Ririka HIRONAKA	3400 m	10:35.04 Ririka HIRONAKA
3500 m	10:53.61 Ririka HIRONAKA	3600 m	11:11.85 Agnes Jebet NGETICH
3700 m	11:28.72 Agnes Jebet NGETICH	3800 m	11:46.37 Agnes Jebet NGETICH
3900 m	12:04.64 Agnes Jebet NGETICH	4000 m	12:22.38 Agnes Jebet NGETICH
4100 m	12:40.13 Agnes Jebet NGETICH	4200 m	12:58.24 Agnes Jebet NGETICH
4300 m	13:16.50 Agnes Jebet NGETICH	4400 m	13:33.41 Beatrice CHEBET
4500 m	13:50.05 Beatrice CHEBET	4600 m	14:07.12 Beatrice CHEBET
4700 m	14:24.25 Beatrice CHEBET	4800 m	14:41.35 Beatrice CHEBET
4900 m	14:58.90 Beatrice CHEBET	5000 m	15:16.33 Beatrice CHEBET
5100 m	15:33.68 Beatrice CHEBET	5200 m	15:51.91 Agnes Jebet NGETICH
5300 m	16:09.98 Agnes Jebet NGETICH	5400 m	16:28.49 Agnes Jebet NGETICH
5500 m	16:47.16 Agnes Jebet NGETICH	5600 m	17:05.76 Agnes Jebet NGETICH
5700 m	17:23.33 Agnes Jebet NGETICH	5800 m	17:41.71 Agnes Jebet NGETICH
5900 m	18:00.67 Agnes Jebet NGETICH	6000 m	18:18.74 Beatrice CHEBET
6100 m	18:36.67 Beatrice CHEBET	6200 m	18:54.95 Beatrice CHEBET
6300 m	19:14.05 Beatrice CHEBET	6400 m	19:31.54 Beatrice CHEBET
6500 m	19:49.95 Beatrice CHEBET	6600 m	20:09.15 Beatrice CHEBET
6700 m	20:29.73 Agnes Jebet NGETICH	6800 m	20:49.84 Agnes Jebet NGETICH
6900 m	21:09.55 Ejgayehu TAYE	7000 m	21:28.24 Ejgayehu TAYE
7100 m	21:47.15 Ejgayehu TAYE	7200 m	22:06.54 Ejgayehu TAYE
7300 m	22:26.51 Agnes Jebet NGETICH	7400 m	22:46.37 Agnes Jebet NGETICH
7500 m	23:07.26 Agnes Jebet NGETICH	7500 m	23:07.26 Nadia BATTOCLETTI
7600 m	23:27.95 Agnes Jebet NGETICH	7700 m	23:47.56 Agnes Jebet NGETICH
7800 m	24:07.18 Agnes Jebet NGETICH	7900 m	24:27.03 Agnes Jebet NGETICH
8000 m	24:46.82 Agnes Jebet NGETICH	8100 m	25:06.71 Agnes Jebet NGETICH
8200 m	25:25.92 Agnes Jebet NGETICH	8300 m	25:45.05 Agnes Jebet NGETICH
8400 m	26:04.43 Agnes Jebet NGETICH	8500 m	26:23.79 Agnes Jebet NGETICH
8500 m	26:23.79 Nadia BATTOCLETTI	8600 m	26:42.94 Agnes Jebet NGETICH
8700 m	27:02.41 Nadia BATTOCLETTI	8800 m	27:21.73 Agnes Jebet NGETICH
8900 m	27:41.55 Nadia BATTOCLETTI	9000 m	27:58.92 Gudaf TSEGAY
9100 m	28:14.38 Gudaf TSEGAY	9200 m	28:30.15 Gudaf TSEGAY
9300 m	28:46.51 Gudaf TSEGAY	9400 m	29:03.04 Gudaf TSEGAY
9500 m	29:20.21 Gudaf TSEGAY	9600 m	29:37.36 Gudaf TSEGAY
9700 m	29:54.02 Gudaf TSEGAY	9800 m	30:10.29 Gudaf TSEGAY
9900 m	30:24.15 Beatrice CHEBET		

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ALL-TIME TOP LIST				2025 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2025
28:54.14	Beatrice CHEBET (KEN)	Eugene, OR (USA)	25 May 24	30:27.02	Janeth CHEPNGETICH (KEN)	Nairobi (KEN)	22 Jul
29:01.03	Letesenbet GIDEY (ETH)	Hengelo (NED)	8 Jun 21	30:27.38	Aqnes Jebet NGETICH (KEN)	Nairobi (KEN)	22 Jul
29:05.92	Gudaf TSEGAY (ETH)	Eugene, OR (USA)	25 May 24	30:27.52	Beatrice CHEBET (KEN)	Nairobi (KEN)	22 Jul
29:06.82	Sifan HASSAN (NED)	Hengelo (NED)	6 Jun 21	30:28.82	Yenawa NBRET (ETH)	Oslo (NOR)	11 Jun
29:17.45	Almaz AYANA (ETH)	Rio de Janeiro (BRA)	12 Aug 16	30:32.90	Miriam CHEBET (KEN)	Oslo (NOR)	11 Jun
29:26.89	Lilian Kasait RENGERRUK (KEN)	Eugene, OR (USA)	25 May 24	30:33.86	Chaltu DIDA (ETH)	Oslo (NOR)	11 Jun
29:27.59	Marqaret Chelimo KIPKEMBOI (KEN)	ugene, OR (USA)	25 May 24	30:34.11	Rose DAVIES (AUS)	Oslo (NOR)	11 Jun
29:31.78	Junxia WANG (CHN)	Beijing (CHN)	8 Sep 93	30:36.56	Elise CRANNY (USA)	San Juan Capistrano, CA (USA)	29 Mar
29:32.53	Vivian Jepkemei CHERUIYOT (KEN)	o de Janeiro (BRA)	12 Aug 16	30:36.67	Senayet GETACHEW (ETH)	Los Angeles, CA (USA)	12 Jul
29:42.56	Tirunesh DIBABA (ETH)	Rio de Janeiro (BRA)	12 Aug 16	30:38.23	Nadia BATTOCLETTI (ITA)	Tokyo	13 Sep