



RESULTS

5000m Women - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record WU20R	14:30.88	Tirunesh DIBABA	ETH 19	Bergen (NOR)	11 Jun 2004
Championships Record CR	14:57.44	Mekedes ALEMESHETE	ETH 18	Lima (PER)	27 Aug 2024
World U20 Leading WU20L	14:32.84	Marta ALEMAYO	ETH 18	Shaoxing/Keqiao (CHN)	16 May 2026
Area U20 Record AU20R		National U20 Record NU20R	Personal Best PB	Season Best SB	

5 August 2026 19:53 START TIME 28° C 38 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT
1	1070	Charity CHEROP	UGA 4 Jul 07	26	15:03.88
2	539	Shito GUMI	ETH 18 Mar 07	23	15:07.91
3	794	Joyline CHEPKEMOI	KEN 7 Jan 07	18	15:09.08 PB
4	795	Cynthia CHEPKIRUI	KEN 4 Sep 08	24	15:14.86
5	1041	Carmen CERNJUL	SWE 14 Jun 07	27	15:22.18
6	543	Emebet TILAHUN	ETH 21 Jan 08	25	15:32.51
7	785	ONOTORA Yui	JPN 13 May 08	22	15:37.33
8	1072	Bentalin YEKO	UGA 6 Nov 07	21	15:48.35
9	618	Julia EHRLE	GER 12 Aug 07	10	16:09.53
10	571	Lamia MOURABIT	FRA 20 Sep 07	19	16:10.80
11	917	Carolina CORREIA	POR 21 Oct 07	5	16:11.47 PB
12	864	Venus TEFFERA	NOR 4 Jul 08	3	16:12.07 PB
13	576	Laly PORENTRU	FRA 23 Apr 07	6	16:12.62
14	788	YOSHIDA Ayami	JPN 11 Oct 07	14	16:12.76
15	630	Gloria HEROLD	GER 1 Dec 08	4	16:13.75 PB
16	850	Rosalie TEN BRUGGENCATE	NED 23 Apr 08	17	16:15.95
17	739	Sofia FERRARI	ITA 1 Jun 07	11	16:18.16
18	745	Mimosa MIARI FULCIS	ITA 30 Nov 07	2	16:30.40
19	519	Fatima HERNANDEZ	ESP 20 Sep 08	7	16:31.98
20	1001	Anina HIRZEL	SUI 29 Jan 07	13	16:36.73
21	598	Eliza NICHOLSON	GBR 29 May 07	16	16:45.92
22	403	Airlie DOWNIE-BACK	CAN 3 Jul 09	9	16:59.68
23	824	Kenya CUAHUTLE	MEX 5 May 09	1	17:05.87
24	400	Athena ANDRECYK	CAN 5 Aug 08	15	17:06.39
25	331	Libby MANTAY	AUS 23 Feb 09	8	17:07.68
26	309	Imogen BAKER	AUS 2 Mar 07	20	17:25.93
	1130	Emily WISNIEWSKI	USA 18 Aug 07	12	DNS

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INTERMEDIATE TIMES

100 m	17.50 Laly PORENTRU	200 m	36.78 Laly PORENTRU
300 m	55.86 Laly PORENTRU	400 m	1:14.27 Shito GUMI
500 m	1:32.86 Shito GUMI	600 m	1:51.37 Shito GUMI
700 m	2:10.36 Shito GUMI	800 m	2:29.03 Shito GUMI
900 m	2:47.78 Shito GUMI	1000 m	3:06.28 Shito GUMI
1100 m	3:24.62 Shito GUMI	1200 m	3:43.00 Yui ONOTORA
1300 m	4:01.37 Shito GUMI	1400 m	4:19.59 Shito GUMI
1500 m	4:37.57 Shito GUMI	1600 m	4:55.67 Shito GUMI
1700 m	5:14.39 Shito GUMI	1800 m	5:33.02 Shito GUMI
1900 m	5:51.52 Shito GUMI	2000 m	6:10.19 Shito GUMI
2100 m	6:28.54 Charity CHEROP	2200 m	6:46.70 Shito GUMI
2300 m	7:05.27 Shito GUMI	2400 m	7:23.79 Shito GUMI
2500 m	7:42.38 Shito GUMI	2600 m	8:00.71 Shito GUMI
2700 m	8:19.57 Shito GUMI	2800 m	8:38.41 Shito GUMI
2900 m	8:57.58 Shito GUMI	3000 m	9:16.44 Shito GUMI
3100 m	9:34.91 Shito GUMI	3200 m	9:53.15 Shito GUMI
3300 m	10:11.23 Shito GUMI	3400 m	10:29.00 Charity CHEROP
3500 m	10:46.69 Charity CHEROP	3600 m	11:04.22 Charity CHEROP
3700 m	11:21.17 Charity CHEROP	3800 m	11:38.36 Charity CHEROP
3900 m	11:55.72 Charity CHEROP	4000 m	12:12.27 Charity CHEROP
4100 m	12:28.90 Charity CHEROP	4200 m	12:45.51 Charity CHEROP
4300 m	13:02.14 Charity CHEROP	4400 m	13:19.08 Charity CHEROP
4500 m	13:36.30 Charity CHEROP	4600 m	13:53.50 Charity CHEROP
4700 m	14:10.71 Charity CHEROP	4800 m	14:28.10 Charity CHEROP
4900 m	14:46.15 Charity CHEROP		

ALL-TIME TOP LIST

RESULT	NAME	VENUE	DATE
14:23.71	Birke HAYLOM (ETH)	Eugene, OR (USA)	25 May 24
14:27.11	Chaltu DIDA (ETH)	Roma (ITA)	6 Jun 25
14:27.33	Aleshign BAWEKE (ETH)	Roma (ITA)	6 Jun 25
14:30.88	Tirunesh DIBABA (ETH)	Bergen (NOR)	11 Jun 04
14:32.84	Marta ALEMAYO (ETH)	Shaoxing/Keqiao (CHN)	16 May 26
14:33.32	Letesenbet GIDEY (ETH)	Roma (ITA)	8 Jun 17
14:35.18	Sentayehu EJIGU (ETH)	Bergen (NOR)	11 Jun 04
14:36.65	Melknat WUDU (ETH)	Bruxelles (BEL)	14 Sep 24
14:36.70	Mekedes ALEMESHETE (ETH)	Suzhou (CHN)	27 Apr 24
14:37.28	Wubrist ASCHAL (ETH)	Suzhou (CHN)	27 Apr 24

2026 TOP LIST

RESULT	NAME	VENUE	2026
14:32.84	Marta ALEMAYO (ETH)	Shaoxing/Keqiao (CHN)	16 May
14:39.38	Charity CHEROP (UGA)	Shaoxing/Keqiao (CHN)	16 May
14:40.77	Yenawa NBRET (ETH)	Roma (ITA)	4 Jun
14:48.02	Yenenesh SHIMKET (ETH)	Shaoxing/Keqiao (CHN)	16 May
14:49.66	Shito GUMI (ETH)	Liège (BEL)	15 Jul
14:55.85	Bernesh DESSIE (ETH)	Doha (QAT)	19 Jun
15:01.75	Amarech GEDEFW (ETH)	Oordedgem (BEL)	1 Aug
15:06.48	Cynthia CHEPKIRUI (KEN)	Doha (QAT)	19 Jun
15:06.71	Carmen CERNJUL (SWE)	Bruxelles (BEL)	23 May
15:09.08	Joyline CHEPKEMOI (KEN)	Oregon	5 Aug