



START LIST

3000 Metres Men - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record WR	7:22.91	Grant FISHER	USA 28	New York, NY (USA)	8 Feb 2025
Championship Record CR	7:34.71	Haile GEBRESELESSIE	ETH 24	Paris (FRA)	9 Mar 1997
World Leading WL	7:27.57	Cameron MYERS	AUS 20	Boston, MA (USA)	24 Jan 2026

21 March 2026 19:22 START TIME

ORDER	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
1	255	Nicholas GRIGGS	IRL 18 Dec 04	7:32.79	7:32.79	50
2	216	Yann SCHRUB	FRA 20 Mar 96	7:29.38	7:29.38	12
3	252	Andrew COSCORAN	IRL 18 Jun 96	7:30.75	7:30.97	40
4	198	Addisu YIHUNE	ETH 17 Mar 03	7:33.58	7:33.58	
5	296	Jacob KROP	KEN 4 Jun 01	7:31.35	7:34.68	20
6	197	Getnet WALE	ETH 16 Jul 00	7:24.98	7:35.44	
7	423	Cole HOCKER	USA 6 Jun 01	7:23.14	7:37.57	4
8	208	Azeddine HABZ	FRA 19 Jul 93	7:31.50	7:35.79	
9	222	Josh KERR	GBR 8 Oct 97	7:30.14	7:37.34	
10	374	Luan MUNNIK	RSA 22 Apr 00	7:38.35	7:38.35	
11	430	Yared NUGUSE	USA 1 Jun 99	7:28.23	7:33.78	
12	191	Pol ORIACH	ESP 20 Sep 02	7:39.10	7:39.10	
13	332	Geordie BEAMISH	NZL 24 Oct 96	7:34.88	7:39.22	
14	409	Valentin SOCA	URU 24 Jul 02	7:34.10	7:38.90	39
15	181	Alexander TESFAY	ERI 13 Dec 08	8:07.86	8:07.86	

World Ranking as of 17 March 2026

o = Outdoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
7:22.91	Grant FISHER (USA)	New York, NY (USA)	8 Feb 25	7:27.57	Cameron MYERS (AUS)	Boston, MA (USA)	24 Jan
7:23.14	Cole HOCKER (USA)	New York, NY (USA)	8 Feb 25	7:29.38	Yann SCHRUB (FRA)	Metz (FRA)	8 Feb
7:23.81	Lamecha GIRMA (ETH)	Liévin (FRA)	15 Feb 23	7:30.97	Andrew COSCORAN (IRL)	Boston, MA (USA)	24 Jan
7:24.68	Mohamed KATIR (ESP)	Liévin (FRA)	15 Feb 23	7:31.97	Graham BLANKS (USA)	Boston, MA (USA)	24 Jan
7:24.90	Daniel KOMEN (KEN)	Budapest (HUN)	6 Feb 98	7:32.79	Nicholas GRIGGS (IRL)	Boston, MA (USA)	24 Jan
7:24.98	Getnet WALE (ETH)	Liévin (FRA)	9 Feb 21	7:32.79	Nico YOUNG (USA)	Winston Salem, NC (USA)	14 Feb
7:25.82	Selemon BAREGA (ETH)	Torun (POL)	6 Feb 24	7:33.58	Addisu YIHUNE (ETH)	Liévin (FRA)	19 Feb
7:26.15	Haile GEBRESELESSIE (ETH)	Karlsruhe (GER)	25 Jan 98	7:33.78	Yared NUGUSE (USA)	Winston Salem, NC (USA)	14 Feb
7:26.20	Berihu AREGAWI (ETH)	Karlsruhe (GER)	28 Jan 22	7:34.00	Marco LANGON (USA)	Boston, MA (USA)	13 Feb
7:27.57	Cameron MYERS (AUS)	Boston, MA (USA)	24 Jan 26	7:34.05	Colton SANDS (USA)	Boston, MA (USA)	13 Feb

