



START LIST

3000 Metres Women - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record WR	8:16.60	Genzebe DIBABA	ETH 23	Stockholm (SWE)	6 Feb 2014
Championship Record CR	8:20.87	Elle ST. PIERRE	USA 29	Glasgow (GBR)	2 Mar 2024
World Leading WL	8:24.59	Freweyni HAILU	ETH 25	Liévin (FRA)	19 Feb 2026

21 March 2026 19:04 START TIME

ORDER	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST	WORLD RANKING
1	577	Aleshign BAWEKE	ETH 23 Jan 06	8:26.29	8:26.29	8
2	645	Nadia BATTOCLETTI	ITA 12 Apr 00	8:26.44	8:26.44	4
3	581	Freweyni HAILU	ETH 12 Feb 01	8:19.98	8:24.59	
4	501	Linden HALL	AUS 20 Jun 91	8:27.03	8:27.03	17
5	608	Hannah NUTTALL	GBR 7 Jul 97	8:32.94	8:32.94	16
6	502	Jessica HULL	AUS 22 Oct 96	8:24.39	8:36.03	
7	811	Emily MACKAY	USA 30 Apr 98	8:30.01	8:30.01	
8	569	Marta GARCÍA	ESP 1 Jan 98	8:34.28	8:34.28	14
9	672	Norah JERUTO	KAZ 2 Oct 95	8:46.87	8:46.87	
10	671	TANAKA Nozomi	JPN 4 Sep 99	8:33.52	8:42.33	21
11	655	Micol MAJORI	ITA 4 Jun 98	8:51.50	8:51.50	52
12	796	Margot APPLETON	USA 30 Sep 02	8:39.79	8:39.79	84
13	613	Katie SNOWDEN	GBR 9 Mar 94	8:39.89	8:39.89	
14	788	Vera SJÖBERG	SWE 19 May 01	8:43.06	8:48.70	72
15	793	Şilan AYYILDIZ	TUR 10 Oct 99	8:42.29	8:42.29	

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
8:16.60	Genzebe DIBABA (ETH)	Stockholm (SWE)	6 Feb 14	8:24.59	Freweyni HAILU (ETH)	Liévin (FRA)	19 Feb
8:16.69	Gudaf TSEGAY (ETH)	Birmingham (GBR)	25 Feb 23	8:26.29	Aleshign BAWEKE (ETH)	Liévin (FRA)	19 Feb
8:19.98	Freweyni HAILU (ETH)	Liévin (FRA)	13 Feb 25	8:26.44	Nadia BATTOCLETTI (ITA)	Liévin (FRA)	19 Feb
8:20.87	Elle ST. PIERRE (USA)	Glasgow (GBR)	2 Mar 24	8:26.54	Elle ST. PIERRE (USA)	Boston, MA (USA)	24 Jan
8:22.68	Beatrice CHEPKOECH (KEN)	Glasgow (GBR)	2 Mar 24	8:27.03	Linden HALL (AUS)	Boston, MA (USA)	24 Jan
8:23.24	Dawit SEYAUM (ETH)	Liévin (FRA)	17 Feb 22	8:30.01	Emily MACKAY (USA)	New York, NY (USA)	28 Feb
8:23.72	Meseret DEFAR (ETH)	Stuttgart (GER)	3 Feb 07	8:31.39	Doris LEMNGOLE (KEN)	New York, NY (USA)	1 Feb
8:23.74	Meselech MELKAMU (ETH)	Stuttgart (GER)	3 Feb 07	8:32.94	Hannah NUTTALL (GBR)	New York, NY (USA)	1 Feb
8:24.39	Jessica HULL (AUS)	Glasgow (GBR)	2 Mar 24	8:34.28	Marta GARCÍA (ESP)	Liévin (FRA)	19 Feb
8:25.05	Alicia MONSON (USA)	New York, NY (USA)	11 Feb 23	8:34.96	Hirut MESHESHA (ETH)	Liévin (FRA)	19 Feb

