



RESULTS

3000 Metres Men - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record WU20R	7:28.19	Yomif KEJELCHA	ETH 19	Paris-St-Denis (FRA)	27 Aug 2016
Championships Record CR	7:28.28	Emmanuel KIPRONO	KEN 18	Oregon	7 Aug 2026
World U20 Leading WU20L	7:28.28	Emmanuel KIPRONO	KEN 18	Oregon	7 Aug 2026
Area U20 Record AU20R		National U20 Record NU20R		Personal Best PB	Season Best SB

7 August 2026 20:26 START TIME 27° C 41 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT	
1	2077	Emmanuel KIPRONO	KEN 25 Dec 08	23	7:28.28	CR
2	1788	Alois ABRAHAM	FRA 25 Jul 08	21	7:47.79	
3	2047	HONDA Ojiro	JPN 6 Apr 07	15	7:48.49	NU20R
4	1825	Liam CONWAY	GBR 7 Mar 07	10	7:50.10	PB
5	1777	Aleksi AHLFORS	FIN 9 Apr 07	20	7:50.56	PB
6	2336	CHIEN Tzu-Chieh	TPE 5 Apr 07	11	7:51.18	NU20R
7	1582	Ilyes DRUEZ	BEL 18 Mar 08	18	7:51.67	PB
8	2329	Sebastian LÖRSTAD	SWE 17 Apr 08	2	7:51.94 (.935)	PB
9	2073	Edwin ELKANA	KEN 29 Sep 07	13	7:51.94 (.937)	PB
10	2414	Owen POWELL	USA 30 Jan 07	14	7:53.35	PB
11	2059	NIIZUMA Haruki	JPN 17 May 07	3	7:54.30	PB
12	2360	Dan KIPYEKO	UGA 12 Mar 08	19	7:55.58	
13	1824	Michael CLARK	GBR 15 Jul 08	17	7:57.43	PB
14	1749	Alejandro IBÁÑEZ	ESP 15 Sep 07	4	7:58.95	PB
15	1650	Sawyer LEBLANC	CAN 17 Jul 07	5	8:00.02	PB
16	1806	Nadim MAMECHE	FRA 22 May 07	9	8:01.28	
17	2161	Magnus ØYEN	NOR 26 Apr 07	16	8:01.74	
18	2378	Noah BONTRAGER	USA 18 Mar 08	1	8:09.10	
19	1519	Charles BARRETT	AUS 23 May 07	22	8:10.34	
20	2358	Abraham CHEROTICH	UGA 8 Aug 07	6	8:11.62	
21	1539	Matthew MCLACHLAN	AUS 18 Mar 08	12	8:20.15	
22	1722	Sebastian SMED GRØNKJÆR	DEN 7 Jun 08	8	8:31.20	
1724		Isman Samireh MOUKTAR	DJI 1 Jan 07	7	DNS	

INTERMEDIATE TIMES

100 m	15.19 Nadim MAMECHE	200 m	30.38 Charles BARRETT
300 m	46.20 Emmanuel KIPRONO	400 m	1:01.96 Emmanuel KIPRONO
500 m	1:15.89 Emmanuel KIPRONO	600 m	1:29.80 Emmanuel KIPRONO
700 m	1:43.72 Emmanuel KIPRONO	800 m	1:57.78 Emmanuel KIPRONO
900 m	2:11.96 Emmanuel KIPRONO	1000 m	2:26.52 Emmanuel KIPRONO
1100 m	2:40.88 Emmanuel KIPRONO	1200 m	2:55.16 Emmanuel KIPRONO
1300 m	3:10.02 Emmanuel KIPRONO	1400 m	3:24.88 Emmanuel KIPRONO
1500 m	3:39.70 Emmanuel KIPRONO	1600 m	3:54.58 Emmanuel KIPRONO
1700 m	4:09.74 Emmanuel KIPRONO	1800 m	4:24.83 Emmanuel KIPRONO
1900 m	4:40.03 Emmanuel KIPRONO	2000 m	4:55.43 Emmanuel KIPRONO
2100 m	5:11.23 Emmanuel KIPRONO	2200 m	5:26.77 Emmanuel KIPRONO
2300 m	5:42.13 Emmanuel KIPRONO	2400 m	5:57.53 Emmanuel KIPRONO
2500 m	6:13.33 Emmanuel KIPRONO	2600 m	6:29.01 Emmanuel KIPRONO
2700 m	6:44.38 Emmanuel KIPRONO	2800 m	6:59.73 Emmanuel KIPRONO
2900 m	7:14.56 Emmanuel KIPRONO		

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ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
7:28.19	Yomif KEJELCHA (ETH)	Paris-St-Denis (FRA)	27 Aug 16	7:28.28	Emmanuel KIPRONO (KEN)	Oregon	7 Aug
7:28.28	Emmanuel KIPRONO (KEN)	Oregon	7 Aug 26	7:43.01	Frankline KIBET (KEN)	Liévin (FRA) i	19 Feb
7:28.78	Augustine Kiprono CHOGE (KEN)	Doha (QAT)	13 May 05	7:43.16	Sam RUTHE (NZL)	Boston, MA (USA) i	22 Feb
7:29.11	Tariku BEKELE (ETH)	Rieti (ITA)	27 Aug 06	7:46.07	Eyob SIMEGN (ETH)	Moskva (RUS) i	7 Feb
7:29.99	Biniyam MEHARY (ETH)	Liévin (FRA) i	13 Feb 25	7:46.78	Alois ABRAHAM (FRA)	Marseille (FRA)	10 Jun
7:30.36	Haqos GEBRHIWET (ETH)	Doha (QAT)	10 May 13	7:48.24	Alexander TESFAY (ERI)	Torun (POL) i	21 Mar
7:30.43	Isiah Kiplanqat KOECH (KEN)	Stockholm (SWE)	17 Aug 12	7:48.49	HONDA Ojiro (JPN)	Oregon	7 Aug
7:30.67	Kenenisa BEKELE (ETH)	Bruxelles (BEL)	24 Aug 01	7:49.39	Ezekiel PIITRENG (KEN)	Boston, MA (USA) i	13 Feb
7:30.91	Eliud KIPCHOGE (KEN)	Bruxelles (BEL)	5 Sep 03	7:50.10	Liam CONWAY (GBR)	Oregon	7 Aug
7:32.17	Selemon BAREGA (ETH)	Oslo (NOR)	13 Jun 19	7:50.56	Aleksii AHLFORS (FIN)	Oregon	7 Aug