



RESULTS

3000 Metres Women - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record WU20R	8:28.83	Zola BUDD-PIETERSE	GBR 19	Roma (ITA)	7 Sep 1985
Championships Record CR	8:41.76	Beyenu DEGEFA	ETH 17	Bydgoszcz (POL)	20 Jul 2016
World U20 Leading WU20L	8:29.09	Marta ALEMAYO	ETH 18	London (GBR)	18 Jul 2026
Area U20 Record AU20R		National U20 Record NU20R		Personal Best PB	Season Best SB

8 August 2026 19:54 START TIME 21° C 61 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT	
1	544	Yordanos TSIGAB	ETH 21 Mar 09	27	8:43.65	PB
2	539	Shito GUMI	ETH 18 Mar 07	25	8:45.06	
3	1070	Charity CHEROP	UGA 4 Jul 07	28	8:45.59	
4	1041	Carmen CERNJUL	SWE 14 Jun 07	26	8:52.60	NU20R
5	783	NAGAMORI Yuua	JPN 5 May 09	21	8:56.93	PB
6	800	Mercy Chepngeno MAGESO	KEN 10 Oct 08	24	8:57.43	PB
7	871	Wilma Bekkemoen TORBIÖRNSSON	NOR 31 May 07	17	9:00.70	PB
8	618	Julia EHRLE	GER 12 Aug 07	4	9:13.61	SB
9	329	Eliza LAWTON	AUS 29 Sep 10	6	9:13.62	
10	1072	Bentalin YEKO	UGA 6 Nov 07	23	9:13.74	
11	739	Sofia FERRARI	ITA 1 Jun 07	5	9:17.44	PB
12	423	Allison WASSON	CAN 21 Apr 08	16	9:18.13	PB
13	439	SU Rongli	CHN 20 Apr 10	20	9:18.45	
14	957	Sandrine NIYOMUGENGA	RWA 18 Jul 08	2	9:18.76	NU20R
15	422	Eleanor VOYKIN	CAN 18 Jul 08	9	9:18.88	PB
16	601	Katie PYE	GBR 1 Sep 07	19	9:19.09	
17	849	Kaate MULDER	NED 17 Feb 08	12	9:20.57	
18	864	Venus TEFFERA	NOR 4 Jul 08	1	9:20.78	
19	802	Faith RONO	KEN 1 Jul 10	22	9:21.35	
20	775	ASHIDA Nodoka	JPN 19 Jun 07	3	9:24.85	SB
21	1090	Chiara DAILEY	USA 4 Nov 07	15	9:24.92	
22	1051	Fanny SZALKAI	SWE 8 Oct 08	13	9:28.40	
23	896	Anna Marianna JEDRZEJCZYK	POL 19 Jul 08	7	9:30.57	
24	850	Rosalie TEN BRUGGENCATE	NED 23 Apr 08	18	9:32.51	
25	880	Scarlett ROBB	NZL 4 Aug 08	10	9:35.78	
26	748	Viola PAOLETTI	ITA 29 Jan 07	11	9:38.84	
27	309	Imogen BAKER	AUS 2 Mar 07	8	9:58.93	
	824	Kenya CUAHUTLE	MEX 5 May 09	14	DNS	

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INTERMEDIATE TIMES

100 m	17.09 Chiara DAILEY	200 m	34.92 Mercy Chepngeno MAGESO
300 m	54.00 Mercy Chepngeno MAGESO	400 m	1:13.48 Mercy Chepngeno MAGESO
400 m	1:13.48 Charity CHEROP	500 m	1:32.65 Charity CHEROP
600 m	1:50.99 Charity CHEROP	700 m	2:08.49 Charity CHEROP
800 m	2:26.00 Charity CHEROP	900 m	2:43.99 Charity CHEROP
1000 m	3:02.43 Charity CHEROP	1100 m	3:20.02 Charity CHEROP
1200 m	3:37.48 Mercy Chepngeno MAGESO	1300 m	3:55.71 Charity CHEROP
1400 m	4:12.68 Charity CHEROP	1500 m	4:29.36 Shito GUMI
1600 m	4:46.76 Shito GUMI	1700 m	5:04.73 Shito GUMI
1800 m	5:22.17 Shito GUMI	1900 m	5:38.93 Shito GUMI
2000 m	5:55.54 Charity CHEROP	2100 m	6:12.09 Charity CHEROP
2200 m	6:28.98 Charity CHEROP	2300 m	6:46.12 Charity CHEROP
2400 m	7:03.19 Yordanos TSIGAB	2500 m	7:20.32 Charity CHEROP
2600 m	7:37.84 Charity CHEROP	2700 m	7:55.30 Charity CHEROP
2800 m	8:12.34 Charity CHEROP	2900 m	8:28.88 Charity CHEROP

ALL-TIME TOP LIST

RESULT	NAME	VENUE	DATE
8:25.37	Birke HAYLOM (ETH)	Liévin (FRA) i	13 Feb 25
8:28.83	Zola BUDD-PIETERSE (GBR)	Roma (ITA)	7 Sep 85
8:28.90	Sylvia SCHIERJOTT (GDR)	Senftenberg (GER) i	20 Feb 83
8:29.09	Marta ALEMAYO (ETH)	London (GBR)	18 Jul 26
8:30.99	Aynadis MEBRATU (ETH)	Xiamen (CHN)	2 Sep 23
8:32.01	Yenenesh SHIMKET (ETH)	Rabat (MAR)	25 May 25
8:32.02	Melknat WUDU (ETH)	New York, NY (USA) i	11 Feb 24
8:32.49	Senayet GETACHEW (ETH)	Boston, MA (USA) i	4 Feb 24
8:32.88	Aleshign BAWEKE (ETH)	Rabat (MAR)	25 May 25
8:32.90	Innes FITZGERALD (GBR)	Stockholm (SWE)	15 Jun 25

2026 TOP LIST

RESULT	NAME	VENUE	2026
8:29.09	Marta ALEMAYO (ETH)	London (GBR)	18 Jul
8:34.25	Yenenesh SHIMKET (ETH)	Monaco (MON)	10 Jul
8:37.02	Bernesh DESSIE (ETH)	Monaco (MON)	10 Jul
8:38.90	Yenawa NBRET (ETH)	Karlsruhe (GER) i	8 Feb
8:39.22	Charity CHEROP (UGA)	Oslo (NOR)	10 Jun
8:41.18	Shito GUMI (ETH)	Metz (FRA) i	8 Feb
8:43.65	Yordanos TSIGAB (ETH)	Oregon	8 Aug
8:43.93	Elsabet AMARE (ETH)	Boston, MA (USA) i	30 Jan
8:44.75	Niqsti MOLLA (ETH)	Zagreb (CRO)	26 Jun
8:49.37	Betelehem OLANA (ETH)	Metz (FRA) i	8 Feb