



START LIST

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

8 August 2026 19:53 START TIME

ORDER	BIB	NAME	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	864	Venus TEFFERA	NOR 4 Jul 08	9:13.95 i	9:13.95 i
2	957	Sandrine NIYOMUGENGA	RWA 18 Jul 08	9:39.18	9:39.18
3	775	ASHIDA Nodoka	JPN 19 Jun 07	8:59.45	
4	618	Julia EHRLE	GER 12 Aug 07	9:05.39	9:14.76
5	739	Sofia FERRARI	ITA 1 Jun 07	9:23.98	9:23.98
6	329	Eliza LAWTON	AUS 29 Sep 10	9:12.83	9:12.83
7	896	Anna Marianna JEDRZEJCZYK	POL 19 Jul 08	9:20.25	9:20.25
8	309	Imogen BAKER	AUS 2 Mar 07	9:12.17	9:12.17
9	422	Eleanor VOYKIN	CAN 18 Jul 08	9:22.29 i	9:22.29 i
10	880	Scarlett ROBB	NZL 4 Aug 08	9:18.84	9:19.21
11	748	Viola PAOLETTI	ITA 29 Jan 07	9:18.79	9:18.79
12	849	Kaate MULDER	NED 17 Feb 08	9:14.08	9:14.08
13	1051	Fanny SZALKAI	SWE 8 Oct 08	9:13.58 i	9:13.58 i
14	824	Kenya CUAHUTLE	MEX 5 May 09	9:20.97	9:20.97
15	1090	Chiara DAILEY	USA 4 Nov 07	9:11.66	9:11.66
16	423	Allison WASSON	CAN 21 Apr 08	9:22.81	9:22.81
17	871	Wilma Bekkemoen TORBIÖRNSSON	NOR 31 May 07	9:01.85 i	9:03.25
18	850	Rosalie TEN BRUGGENCATE	NED 23 Apr 08	9:11.28 i	9:11.28 i
19	601	Katie PYE	GBR 1 Sep 07	9:11.54	9:11.54
20	439	SU Rongli	CHN 20 Apr 10	9:14.40 i	9:14.40 i
21	783	NAGAMORI Yuua	JPN 5 May 09	9:00.84	9:00.84
22	802	Faith RONO	KEN 1 Jul 10	8:58.22	8:58.22
23	1072	Bentalin YEKO	UGA 6 Nov 07	8:57.07	8:57.07
24	800	Mercy Chepngeno MAGESO	KEN 10 Oct 08	8:59.00	8:59.00
25	539	Shito GUMI	ETH 18 Mar 07	8:40.00 i	8:41.18 i
26	1041	Carmen CERNJUL	SWE 14 Jun 07	8:54.26	8:54.26
27	544	Yordanos TSIGAB	ETH 21 Mar 09	8:56.83	8:56.83
28	1070	Charity CHEROP	UGA 4 Jul 07	8:39.22	8:39.22

i = Indoor performance

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
8:25.37	Birke HAYLOM (ETH)	Liévin (FRA) i	13 Feb 25	8:29.09	Marta ALEMAYO (ETH)	London (GBR)	18 Jul
8:28.83	Zola BUDD-PIETERSE (GBR)	Roma (ITA)	7 Sep 85	8:34.25	Yenenesh SHIMKET (ETH)	Monaco (MON)	10 Jul
8:28.90	Sylvia SCHIERJOTT (GDR)	Senftenberg (GER) i	20 Feb 83	8:37.02	Bernesh DESSIE (ETH)	Monaco (MON)	10 Jul
8:29.09	Marta ALEMAYO (ETH)	London (GBR)	18 Jul 26	8:38.90	Yenawa NBRET (ETH)	Karlsruhe (GER) i	8 Feb
8:30.99	Aynadis MEBRATU (ETH)	Xiamen (CHN)	2 Sep 23	8:39.22	Charity CHEROP (UGA)	Oslo (NOR)	10 Jun
8:32.01	Yenenesh SHIMKET (ETH)	Rabat (MAR)	25 May 25	8:41.18	Shito GUMI (ETH)	Metz (FRA) i	8 Feb
8:32.02	Melknat WUDU (ETH)	New York, NY (USA) i	11 Feb 24	8:43.93	Elsabet AMARE (ETH)	Boston, MA (USA) i	30 Jan
8:32.49	Senayet GETACHEW (ETH)	Boston, MA (USA) i	4 Feb 24	8:44.75	Niqsti MOLLA (ETH)	Zagreb (CRO)	26 Jun
8:32.88	Aleshign BAWEKE (ETH)	Rabat (MAR)	25 May 25	8:49.37	Betelehem OLANA (ETH)	Metz (FRA) i	8 Feb
8:32.90	Innes FITZGERALD (GBR)	Stockholm (SWE)	15 Jun 25	8:54.26	Carmen CERNJUL (SWE)	Sollentuna (SWE)	14 Jun