



RESULTS

5000m Men - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World U20 Record	WU20R	12:43.02 Selemon BAREGA	ETH 18	Bruxelles (BEL)	31 Aug 2018
Championships Record	CR	13:08.57 Abraham CHERKOS	ETH 19	Bydgoszcz (POL)	13 Jul 2008
World U20 Leading	WU20L	12:56.12 Waberi Igueh HOUSSEIN	DJI 18	Oordegem (BEL)	1 Aug 2026
Area U20 Record	AU20R	National U20 Record	NU20R	Personal Best	PB
				Season Best	SB

5 August 2026 20:19 START TIME 28° C 38 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT
1	2075	Frankline KIBET	KEN 28 Jul 07	4	13:28.27
2	2076	Nehemiah KIPNGENO	KEN 2 May 07	23	13:30.09
3	1775	Damitew KEBEDE	ETH 5 May 07	9	13:35.38 PB
4	1586	Willem RENDERS	BEL 7 Feb 07	16	13:43.41
5	2443	Mamaru GOADIE	ETH 2 Jan 08	19	13:44.41
6	2161	Magnus ØYEN	NOR 26 Apr 07	18	13:47.10
7	2329	Sebastian LÖRSTAD	SWE 17 Apr 08	17	13:47.48
8	2055	KURIMURA Ryo	JPN 4 Jul 07	22	13:48.85
9	2122	Bilal RAGGAD	MAR 11 Jul 07	13	13:49.09 PB
10	2359	Michael KIBET	UGA 12 Dec 09	21	13:51.02
11	1521	Lucas CHIS	AUS 21 Jun 08	5	13:51.40 PB
12	2392	Juan GONZALEZ	USA 29 May 07	8	13:59.00
13	1722	Sebastian SMED GRØNKJÆR	DEN 7 Jun 08	11	13:59.38
14	2178	Edwar Rely MARQUEZ	PER 16 Aug 07	15	14:00.10 NU20R
15	2241	Njabulo HLATSWAYO	RSA 9 Feb 07	7	14:13.90
16	2377	Jack BIDWELL	USA 13 Mar 07	10	14:18.90
17	2164	Philip GULBRANDSEN	NOR 24 Jul 07	3	14:20.18
18	2356	Solomon ANDIEMA	UGA 15 Apr 08	14	14:26.01
19	2003	Alessandro SANTANGELO	ITA 28 Jan 08	12	14:29.94
20	1930	Bertold KALÁSZ	HUN 28 Mar 07	2	14:35.89
21	1966	Cillian GLEESON	IRL 15 Feb 07	1	14:38.01
22	1519	Charles BARRETT	AUS 23 May 07	6	14:43.17
	2056	MASHIKO Yota	JPN 3 Aug 07	20	DNS

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INTERMEDIATE TIMES

100 m	15.46 Bertold KALÁSZ	200 m	32.39 Bilal RAGGAD
300 m	50.64 Alessandro SANTANGELO	400 m	1:08.65 Sebastian LÖRSTAD
500 m	1:25.34 Sebastian LÖRSTAD	600 m	1:41.93 Sebastian LÖRSTAD
700 m	1:58.59 Sebastian LÖRSTAD	800 m	2:14.84 Sebastian LÖRSTAD
900 m	2:31.23 Jack BIDWELL	1000 m	2:47.83 Sebastian LÖRSTAD
1100 m	3:04.36 Sebastian LÖRSTAD	1200 m	3:20.72 Sebastian LÖRSTAD
1300 m	3:37.33 Sebastian LÖRSTAD	1400 m	3:53.76 Sebastian LÖRSTAD
1500 m	4:10.30 Sebastian LÖRSTAD	1600 m	4:26.95 Sebastian LÖRSTAD
1700 m	4:43.72 Sebastian LÖRSTAD	1800 m	5:00.22 Sebastian LÖRSTAD
1900 m	5:16.91 Sebastian LÖRSTAD	2000 m	5:33.59 Sebastian LÖRSTAD
2100 m	5:50.42 Sebastian LÖRSTAD	2200 m	6:07.04 Sebastian LÖRSTAD
2300 m	6:23.76 Sebastian LÖRSTAD	2400 m	6:40.69 Sebastian LÖRSTAD
2500 m	6:57.60 Sebastian LÖRSTAD	2600 m	7:14.40 Sebastian LÖRSTAD
2700 m	7:31.25 Sebastian LÖRSTAD	2800 m	7:48.13 Sebastian LÖRSTAD
2900 m	8:05.11 Sebastian LÖRSTAD	3000 m	8:21.60 Sebastian LÖRSTAD
3100 m	8:38.24 Sebastian LÖRSTAD	3200 m	8:54.71 Michael KIBET
3300 m	9:11.26 Michael KIBET	3400 m	9:27.99 Michael KIBET
3500 m	9:44.33 Frankline KIBET	3600 m	9:59.47 Frankline KIBET
3700 m	10:14.67 Frankline KIBET	3800 m	10:29.73 Frankline KIBET
3900 m	10:45.07 Frankline KIBET	4000 m	11:00.05 Frankline KIBET
4100 m	11:15.15 Frankline KIBET	4200 m	11:30.43 Frankline KIBET
4300 m	11:45.90 Frankline KIBET	4400 m	12:00.81 Frankline KIBET
4500 m	12:15.94 Frankline KIBET	4600 m	12:31.01 Frankline KIBET
4700 m	12:45.78 Frankline KIBET	4800 m	13:00.07 Frankline KIBET
4900 m	13:14.43 Frankline KIBET		

ALL-TIME TOP LIST

RESULT	NAME	VENUE	DATE
12:43.02	Selemon BAREGA (ETH)	Bruxelles (BEL)	31 Aug 18
12:45.93	Biniyam MEHARY (ETH)	Oslo (NOR)	12 Jun 25
12:47.53	Haqos GEBRWET (ETH)	Paris-St-Denis (FRA)	6 Jul 12
12:48.64	Isiah Kiplangat KOECH (KEN)	Paris-St-Denis (FRA)	6 Jul 12
12:52.61	Eliud KIPCHOGE (KEN)	Oslo (NOR)	27 Jun 03
12:53.66	Augustine Kiprono CHOGE (KEN)	Roma (ITA)	8 Jul 05
12:53.72	Philip MOSIMA (KEN)	Roma (ITA)	5 Jun 96
12:53.81	Tariku BEKELE (ETH)	Roma (ITA)	14 Jul 06
12:53.98	Yomif KEJELCHA (ETH)	Bruxelles (BEL)	11 Sep 15
12:54.07	Sammy KIPKETER (KEN)	Roma (ITA)	30 Jun 00

2026 TOP LIST

RESULT	NAME	VENUE	2026
12:56.12	Waberi Iqueh HOUSSEIN (DJI)	Oordegem (BEL)	1 Aug
12:59.37	Saymon AMANUEL (ERI)	Paris (FRA)	28 Jun
13:08.32	Frankline KIBET (KEN)	Paris (FRA)	28 Jun
13:14.25	Fasika AYELE (ETH)	Heusden-Zolder (BEL)	18 Jul
13:18.26	Bilith BOI (KEN)	Nobeoka (JPN)	4 May
13:19.08	Kevin Kiprop SOGET (KEN)	Abashiri (JPN)	8 Jul
13:20.35	MASHIKO Yota (JPN)	Nobeoka (JPN)	4 May
13:20.52	Brian KIPTOO (KEN)	Oordegem (BEL)	1 Aug
13:21.99	KURIMURA Ryo (JPN)	Nobeoka (JPN)	4 May
13:22.47	Andrew Kiptoo ALAMISI (KEN)	Accra (GHA)	17 May