

START LIST



10000 Metres Women (National programme)

	RESULT	NAME	COUNTRY	DATE	VENUE
WR	29:01.03	Letesenbet GIDEY	ETH	8 Jun 2021	FBK Stadium, Hengelo (NED)
WL	29:29.73	Gudaf TSEGAY	ETH	23 Jun 2023	Estadio Enrique Lopez Cuenca, Nerja (ESP)

June 26 2023 19:30

ORDER	BIB	NAME	COUNTRY	DATE of BIRTH	PERSONAL BEST	SEASON BEST
1	1	Kateřina Kašparová	DNS	6 Jun 86		
2	2	Anna Málková	USKPR	17 Apr 01		
3	3	Julia-Anna Lily Bell	USKPR	22 Apr 01	34:44.06	34:54.13
4	4	Moira Stewartová	SPPR4	9 Jun 95	32:08.96	32:54.86

LEGEND

WR World Record

WL World Lead

ALL-TIME TOP LIST

2023 TOP LIST

RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	DATE
29:01.03	Letesenbet GIDEY (ETH)	Hengelo (NED)	8 Jun 2021	29:29.73	Gudaf TSEGAY (ETH)	Nerja (ESP)	23 Jun
29:06.82	Sifan HASSAN (NED)	Hengelo (NED)	6 Jun 2021	29:37.80	Sifan HASSAN (NED)	Hengelo (NED)	3 Jun
29:17.45	Almaz AYANA (ETH)	Rio de Janeiro (BRA)	12 Aug 2016	29:47.42	Grace Loibach NAWOWUNA (KEN)	Hengelo (NED)	3 Jun
29:29.73	Gudaf TSEGAY (ETH)	Nerja (ESP)	23 Jun 2023	29:57.45	Ejgayehu TAYE (ETH)	Nerja (ESP)	23 Jun
29:31.78	Junxia WANG (CHN)	Beijing (CHN)	8 Sep 1993	29:59.03	Mizan ALEM (ETH)	London (GBR)	20 May
29:32.53	Vivian Jepkemoi CHERUIYOT (KEN)	Rio de Janeiro (BRA)	12 Aug 2016	29:59.15	Lemlem HAILU (ETH)	Nerja (ESP)	23 Jun
29:42.56	Tirunesh DIBABA (ETH)	Rio de Janeiro (BRA)	12 Aug 2016	30:00.86	Eilish MCCOLGAN (GBR)	San Juan Capistrano, CA (US)	4 Mar
29:47.42	Grace Loibach NAWOWUNA (KEN)	Hengelo (NED)	3 Jun 2023	30:03.82	Alicia MONSON (USA)	San Juan Capistrano, CA (US)	4 Mar
29:50.77	Kalkidan GEZAHEGNE (BRN)	Maia (POR)	8 May 2021	30:04.45	Tsigie GEBRESELAMA (ETH)	Hengelo (NED)	3 Jun
29:53.51	Alice Aprot NAWOWUNA (KEN)	Rio de Janeiro (BRA)	12 Aug 2016	30:23.69	Girmawit GEBRZIHAIR (ETH)	Nerja (ESP)	23 Jun