



RESULTS

3000 Metres Men - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record WR	7:22.91	Grant FISHER	USA 28	New York, NY (USA)	8 Feb 2025
Championship Record CR	7:34.71	Haile GEBRESELASSIE	ETH 24	Paris (FRA)	9 Mar 1997
World Leading WL	7:27.57	Cameron MYERS	AUS 20	Boston, MA (USA)	24 Jan 2026
Area Record AR		National Record NR	Personal Best PB	Season Best SB	

21 March 2026 19:22 START TIME

PLACE	BIB	NAME	DATE of BIRTH	ORDER	RESULT	
1	222	Josh KERR	GBR 8 Oct 97	9	7:35.56	SB
2	423	Cole HOCKER	USA 6 Jun 01	7	7:35.70	SB
3	216	Yann SCHRUB	FRA 20 Mar 96	2	7:35.71	
4	296	Jacob KROP	KEN 4 Jun 01	5	7:36.76	
5	430	Yared NUGUSE	USA 1 Jun 99	11	7:37.08	
6	409	Valentin SOCA	URU 24 Jul 02	14	7:37.10	SB
7	374	Luan MUNNIK	RSA 22 Apr 00	10	7:37.94	PB
8	198	Addisu YIHUNE	ETH 17 Mar 03	4	7:38.60	
9	255	Nicholas GRIGGS	IRL 18 Dec 04	1	7:39.03	
10	191	Pol ORIACH	ESP 20 Sep 02	12	7:39.78	
11	208	Azeddine HABZ	FRA 19 Jul 93	8	7:39.87	
12	197	Getnet WALE	ETH 16 Jul 00	6	7:40.21	
13	252	Andrew COSCORAN	IRL 18 Jun 96	3	7:43.89	
14	332	Geordie BEAMISH	NZL 24 Oct 96	13	7:45.05	
15	181	Alexander TESFAY	ERI 13 Dec 08	15	7:48.24	PB

INTERMEDIATE TIMES

100 m	14.77 Luan MUNNIK	200 m	30.38 Luan MUNNIK
300 m	46.56 Luan MUNNIK	400 m	1:03.06 Cole HOCKER
500 m	1:18.81 Cole HOCKER	600 m	1:34.65 Cole HOCKER
700 m	1:50.41 Cole HOCKER	800 m	2:06.30 Cole HOCKER
900 m	2:22.34 Cole HOCKER	1000 m	2:38.50 Cole HOCKER
1100 m	2:54.59 Cole HOCKER	1200 m	3:10.13 Addisu YIHUNE
1300 m	3:24.82 Addisu YIHUNE	1400 m	3:39.95 Addisu YIHUNE
1500 m	3:55.02 Addisu YIHUNE	1600 m	4:10.26 Addisu YIHUNE
1700 m	4:25.20 Addisu YIHUNE	1800 m	4:40.42 Addisu YIHUNE
1900 m	4:55.45 Addisu YIHUNE	2000 m	5:10.57 Addisu YIHUNE
2100 m	5:25.63 Addisu YIHUNE	2200 m	5:40.67 Addisu YIHUNE
2300 m	5:55.63 Addisu YIHUNE	2400 m	6:10.59 Addisu YIHUNE
2500 m	6:25.42 Addisu YIHUNE	2600 m	6:40.12 Getnet WALE
2700 m	6:54.78 Addisu YIHUNE	2800 m	7:09.18 Addisu YIHUNE
2900 m	7:22.50 Josh KERR		

ALL-TIME TOP LIST

2026 TOP LIST

RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
7:22.91	Grant FISHER (USA)	New York, NY (USA)	8 Feb 25	7:27.57	Cameron MYERS (AUS)	Boston, MA (USA)	24 Jan
7:23.14	Cole HOCKER (USA)	New York, NY (USA)	8 Feb 25	7:29.38	Yann SCHRUB (FRA)	Metz (FRA)	8 Feb
7:23.81	Lamecha GIRMA (ETH)	Liévin (FRA)	15 Feb 23	7:30.97	Andrew COSCORAN (IRL)	Boston, MA (USA)	24 Jan
7:24.68	Mohamed KATIR (ESP)	Liévin (FRA)	15 Feb 23	7:31.97	Graham BLANKS (USA)	Boston, MA (USA)	24 Jan
7:24.90	Daniel KOMEN (KEN)	Budapest (HUN)	6 Feb 98	7:32.79	Nicholas GRIGGS (IRL)	Boston, MA (USA)	24 Jan
7:24.98	Getnet WALE (ETH)	Liévin (FRA)	9 Feb 21	7:33.32	Nico YOUNG (USA)	Winston Salem, NC (USA)	14 Feb
7:25.82	Selemon BAREGA (ETH)	Torun (POL)	6 Feb 24	7:33.58	Addisu YIHUNE (ETH)	Liévin (FRA)	19 Feb
7:26.15	Haile GEBRESELASSIE (ETH)	Karlsruhe (GER)	25 Jan 98	7:33.78	Yared NUGUSE (USA)	Winston Salem, NC (USA)	14 Feb
7:26.20	Berihu AREGAWI (ETH)	Karlsruhe (GER)	28 Jan 22	7:34.00	Marco LANGON (USA)	Boston, MA (USA)	13 Feb
7:27.57	Cameron MYERS (AUS)	Boston, MA (USA)	24 Jan 26	7:34.05	Colton SANDS (USA)	Boston, MA (USA)	13 Feb

