



RESULTS

5000m Women - Final

RECORDS	RESULT	NAME	AGE	VENUE	DATE
World Record WR	13:58.06	Beatrice CHEBET	KEN 25	Eugene, OR (USA)	5 Jul 2025
World Leading WL	14:18.41	Likina AMEBAW	ETH 29	Roma (ITA)	4 Jun 2026
Area Record AR		National Record NR	Personal Best PB	Season Best SB	

13 September 2026 19:10 START TIME 20° C 51 %
TEMPERATURE HUMIDITY

PLACE	BIB	NAME	DATE OF BIRTH	ORDER	RESULT
1	434	Likina AMEBAW	ETH 30 Nov 97	12	14:30.36
2	403	Jessica HULL	AUS 22 Oct 96	4	14:32.39 PB
3	436	Fantaye BELAYNEH	ETH 11 Sep 00	3	14:32.62
4	441	Freweyni HAILU	ETH 12 Feb 01	11	14:32.76
5	435	Aleshign BAWEKE	ETH 23 Jan 06	9	14:32.95
6	402	Rose DAVIES	AUS 21 Dec 99	10	14:35.64 SB
7	440	Senayet GETACHEW	ETH 1 Oct 05	8	14:38.65
8	510	Maureen KOSTER	NED 3 Jul 92	7	14:38.78
9	444	Hirut MESHESHA	ETH 20 Jan 01	2	14:42.49
10	585	Marta GARCÍA	ESP 1 Jan 98	1	14:43.94 SB
11	458	Hannah NUTTALL	GBR 7 Jul 97	5	15:00.04
12	560	Shelby HOULIHAN	USA 8 Feb 93	6	15:18.65

INTERMEDIATE TIMES

100 m 18.43 Maureen KOSTER	200 m 36.06 Maureen KOSTER
300 m 53.79 Maureen KOSTER	400 m 1:11.74 Maureen KOSTER
500 m 1:29.67 Maureen KOSTER	600 m 1:47.73 Maureen KOSTER
700 m 2:05.96 Maureen KOSTER	800 m 2:24.25 Maureen KOSTER
900 m 2:42.46 Maureen KOSTER	1000 m 3:00.64 Maureen KOSTER
1100 m 3:18.69 Maureen KOSTER	1200 m 3:36.75 Maureen KOSTER
1300 m 3:54.67 Maureen KOSTER	1400 m 4:12.69 Maureen KOSTER
1500 m 4:30.66 Maureen KOSTER	1600 m 4:48.71 Maureen KOSTER
1700 m 5:06.74 Maureen KOSTER	1800 m 5:24.85 Maureen KOSTER
1900 m 5:42.84 Maureen KOSTER	2000 m 6:00.63 Maureen KOSTER
2100 m 6:18.31 Maureen KOSTER	2200 m 6:35.85 Maureen KOSTER
2300 m 6:53.46 Maureen KOSTER	2400 m 7:11.12 Maureen KOSTER
2500 m 7:28.36 Likina AMEBAW	2600 m 7:45.04 Likina AMEBAW
2700 m 8:01.67 Likina AMEBAW	2800 m 8:18.43 Likina AMEBAW
2900 m 8:35.04 Likina AMEBAW	3000 m 8:51.70 Likina AMEBAW
3100 m 9:08.18 Likina AMEBAW	3200 m 9:24.58 Likina AMEBAW
3300 m 9:41.18 Likina AMEBAW	3400 m 9:57.36 Likina AMEBAW
3500 m 10:13.65 Likina AMEBAW	3600 m 10:30.06 Likina AMEBAW
3700 m 10:46.88 Likina AMEBAW	3800 m 11:03.87 Likina AMEBAW
3900 m 11:21.04 Likina AMEBAW	4000 m 11:38.45 Likina AMEBAW
4100 m 11:56.08 Likina AMEBAW	4200 m 12:13.36 Likina AMEBAW
4300 m 12:30.50 Likina AMEBAW	4400 m 12:47.65 Likina AMEBAW
4500 m 13:04.94 Likina AMEBAW	4600 m 13:21.92 Likina AMEBAW
4700 m 13:38.95 Likina AMEBAW	4800 m 13:56.16 Likina AMEBAW
4900 m 14:13.20 Likina AMEBAW	

ALL-TIME TOP LIST				2026 TOP LIST			
RESULT	NAME	VENUE	DATE	RESULT	NAME	VENUE	2026
13:58.06	Beatrice CHEBET (KEN)	Eugene, OR (USA)	5 Jul 25	14:18.41	Likina AMEBAW (ETH)	Roma (ITA)	4 Jun
14:00.21	Gudaf TSEGAY (ETH)	Eugene, OR (USA)	17 Sep 23	14:18.54	Aleshign BAWEKE (ETH)	Roma (ITA)	4 Jun
14:01.29	Agnes Jebet NGETICH (KEN)	Eugene, OR (USA)	5 Jul 25	14:18.94	Freweyni HAILU (ETH)	Roma (ITA)	4 Jun
14:05.20	Faith KIPYEGON (KEN)	Paris (FRA)	9 Jun 23	14:22.37	Senayet GETACHEW (ETH)	Roma (ITA)	4 Jun
14:06.62	Letesenbet GIDEY (ETH)	Valencia (ESP)	7 Oct 20	14:22.51	Medina EISA (ETH)	Roma (ITA)	4 Jun
14:11.15	Tirunesh DIBABA (ETH)	Oslo (NOR)	6 Jun 08	14:22.56	Hirut MESHESHA (ETH)	Roma (ITA)	4 Jun
14:12.59	Almaz AYANA (ETH)	Roma (ITA)	2 Jun 16	14:23.44	Fantaye BELAYNEH (ETH)	Roma (ITA)	4 Jun
14:12.88	Meseret DEFAR (ETH)	Stockholm (SWE)	22 Jul 08	14:24.14	Faith KIPYEGON (KEN)	Shaoxing/Keqiao (CHN)	16 May
14:12.98	Ejgayehu TAYE (ETH)	Eugene, OR (USA)	27 May 22	14:26.41	Asayech AYICHEW (ETH)	Shaoxing/Keqiao (CHN)	16 May
14:13.42	Sifan HASSAN (NED)	London (GBR)	23 Jul 23	14:29.97	Mizan ALEM (ETH)	Shaoxing/Keqiao (CHN)	16 May