

National Lists Top 100, 80, 50, 30, 20 & 10 / Rankings _ 800, 1500 & 5000

800			1500			5000		
T 100	2024		T 100	2024		T 100	2024	
1	KENYA	1:43,75	1	KENYA	3:32,00	1	KENYA	12:58,64
2	UNITED STATES	1:44,58	2	UNITED STATES	3:34,06	2	ETHIOPIA	13:05,26
3	GREAT BRITAIN & N/I	1:45,32	3	GREAT BRITAIN & N.I	3:35,77	3	UNITED STATES	13:11,10
4	GERMANY	1:45,91	4	FRANCE	3:35,94	4	GREAT BRITAIN & N.I	13:20,68
5	FRANCE	1:46,11	5	SPAIN	3:36,13	5	MOROCCO	13:21,78
6	SPAIN	1:46,31	6	MOROCCO	3:36,34	6	JAPAN	13:24,78
7	SOUTH AFRICA	1:46,44	7	ETHIOPIA	3:36,80	7	SPAIN	13:25,15
8	RUSSIA	1:46,60	8	GERMANY	3:37,19	8	FRANCE	13:26,11
9	AUSTRALIA	1:46,62	9	AUSTRALIA	3:37,37	9	GERMANY	13:29,40
10	MOROCCO	1:46,72	10	ITALY	3:38,84	10	AUSTRALIA	13:30,62
11	ITALY	1:46,91	11	SOUTH AFRICA	3:38,99	11	ITALY	13:33,21
12	POLAND	1:46,97	12	CANADA	3:39,05	12	RUSSIA	13:35,64
13	CANADA	1:47,30	13	RUSSIA	3:39,09	13	CANADA	13:36,12
14	ETHIOPIA	1:47,32	14	BELGIUM	3:39,14	14	BELGIUM	13:36,40
15	ALGERIA	1:47,38	15	ALGERIA	3:39,41	15	SOUTH AFRICA	13:36,44
16	BELGIUM	1:47,47	16	POLAND	3:39,52	16	IRELAND	13:38,51
17	NETHERLANDS	1:47,58	17	IRELAND	3:40,12	17	PORTUGAL	13:39,24
18	BRAZIL	1:47,67	18	NETHERLANDS	3:40,33	18	MEXICO	13:41,88
19	JAPAN	1:47,78	19	JAPAN	3:40,60	19	UGANDA	13:42,53
20	UKRAINE	1:47,87	20	NORWAY	3:41,30	20	POLAND	13:44,79
21	CZECH REPUBLIC	1:48,10	21	PORTUGAL	3:41,48	21	NORWAY	13:45,16
22	FINLAND	1:48,40	22	HUNGARY	3:41,65	22	NETHERLANDS	13:45,50
23	NORWAY	1:48,45	23	UKRAINE	3:41,85	23	UKRAINE	13:50,40
24	INDIA	1:48,92	24	CZECH REPUBLIC	3:42,67	24	CHINA	13:52,44
			25	MEXICO	3:43,76	25	INDIA	14:00,43
T 80			T 80			T 80		
1	IRELAND	1:47,57	1	CHINA	3:43,24	1	ALGERIA	13:42,17
2	JAMAICA	1:47,60	2	BRAZIL	3:43,54			
3	SWEDEN	1:48,09	3	UGANDA	3:44,09			
4	CHINA	1:48,76	4	DENMARK	3:44,21	T 50		
5	MEXICO	1:48,84	5	INDIA	3:44,52	1	ERITREA	13:24,75
						2	NEW ZEALAND	13:31,04
						3	FINLAND	13:36,50

T 50

1	SWITZERLAND	1:47,37
2	HUNGARY	1:47,57
3	NEW ZEALAND	1:47,84
4	BELARUS	1:47,87
5	QATAR	1:47,97
6	PORTUGAL	1:47,97
7	ROMANIA	1:48,05
8	UGANDA	1:48,24
9	GREECE	1:48,57
10	CUBA	1:48,61
11	BOTSWANA	1:48,67
12	PUERTO RICO	1:48,87
13	AUSTRIA	1:48,89
14	VENEZUELA	1:49,03
15	DENMARK	1:49,05
16	TRINIDAD & TOBAGO	1:49,16
17	LATVIA	1:49,21
18	TUNISIA	1:49,40
19	TURKEY	1:49,41
20	SLOVENIA	1:49,41
21	SERBIA	1:49,46
22	BULGARIA	1:49,50
23	KOREA (SOUTH)	1:49,57
24	SLOVAK REPUBLIC	1:49,65
25	LITHUANIA	1:49,68
26	ESTONIA	1:49,77
27	CHILE	1:49,88
28	ARGENTINA	1:49,95
29	IRAN	1:49,96
30	SRI LANKA	1:50,19
31	ISRAEL	1:51,35
32	IRAQ	1:51,63

T 30

1	SUDAN	1:48,04
2	CROATIA	1:48,32
3	BURUNDI	1:48,55
4	NIGERIA	1:48,74

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T 50

1	NEW ZEALAND	3:38,70
2	SWEDEN	3:39,08
3	FINLAND	3:40,00
4	SWITZERLAND	3:40,08
5	QATAR	3:40,95
6	BELARUS	3:42,02
7	ROMANIA	3:42,07
8	TUNISIA	3:42,41
9	GREECE	3:42,64
10	AUSTRIA	3:42,79
11	SERBIA	3:43,35
12	TURKEY	3:44,26
13	ERITREA	3:44,51
14	BULGARIA	3:44,66
15	LITHUANIA	3:45,42
16	LATVIA	3:45,47
17	CUBA	3:45,53
18	SLOVAK REPUBLIC	3:45,82
19	PUERTO RICO	3:45,83
20	SLOVENIA	3:45,97
21	ESTONIA	3:46,04
22	ARGENTINA	3:46,10
23	JAMAICA	3:48,90
24	IRAQ	3:53,07

T 30

1	DJIBOUTI	3:42,55
2	BURUNDI	3:42,75
3	TANZANIA	3:42,75
4	SOMALIA	3:43,36
5	VENEZUELA	3:44,43
6	CHILE	3:44,57
7	ISRAEL	3:44,75
8	SUDAN	3:44,77
9	KOREA (SOUTH)	3:45,04
10	SAUDI ARABIA	3:45,65
11	COLOMBIA	3:46,01
12	IRAN	3:47,36

4	SWEDEN	13:37,12
5	TANZANIA	13:39,05
6	SWITZERLAND	13:42,91
7	BURUNDI	13:46,20
8	BRAZIL	13:47,50
9	CZECH REPUBLIC	13:47,66
10	HUNGARY	13:49,18
11	TUNISIA	13:50,07
12	DENMARK	13:50,46
13	ROMANIA	13:53,45
14	TURKEY	13:55,21
15	AUSTRIA	13:55,65
16	BELARUS	13:57,62
17	SERBIA	13:57,94
18	ISRAEL	13:59,04
19	GREECE	14:00,17
20	ARGENTINA	14:01,70
21	KOREA (SOUTH)	14:02,50
22	LITHUANIA	14:03,77
23	ESTONIA	14:05,79
24	BULGARIA	14:07,14
25	PERU	14:09,45
26	SLOVAK REPUBLIC	14:10,29
27	LATVIA	14:12,45
28	CUBA	14:13,83
29	SLOVENIA	14:14,15

T 30

1	QATAR	13:32,25
2	BAHRAIN	13:34,45
3	COLOMBIA	13:51,52
4	DJIBOUTI	13:53,07
5	SOMALIA	13:55,39
6	CHILE	13:57,11
7	RWANDA	14:00,94
8	ZIMBABWE	14:00,99
9	ZAMBIA	14:05,66
10	VENEZUELA	14:08,01
11	SUDAN	14:08,65
12	PUERTO RICO	14:09,11

5	KAZAKHSTAN	1:49,05
6	COLOMBIA	1:49,15
7	ERITREA	1:49,56
8	SAUDI ARABIA	1:49,69
9	DOMINICAN REPUBLIC	1:49,83
10	GUYANA	1:50,41
11	ZAMBIA	1:50,47
12	EGYPT	1:50,58
13	PAKISTAN	1:50,84
14	MALAYSIA	1:50,90
15	CHINESE TAIPEI	1:51,48

T 20

1	SENEGAL	1:48,19
2	ZIMBABWE	1:48,26
3	BAHRAIN	1:48,32
4	GHANA	1:48,45
5	SOMALIA	1:48,89
6	LUXEMBOURG	1:49,12
7	TANZANIA	1:49,14
8	BARBADOS	1:49,29
9	CYPRUS	1:49,46
10	DJIBOUTI	1:49,48
11	KUWAIT	1:50,20
12	NAMIBIA	1:50,43
13	ICELAND	1:50,78
14	THAILAND	1:50,86
15	PHILIPPINES	1:50,94
16	PERU	1:51,07
17	CAMEROON	1:51,20
18	BAHAMAS	1:51,36
19	ECUADOR	1:51,43
20	URUGUAY	1:51,48
21	INDONESIA	1:51,76

T 10

1	BOSNIA-HERZEGOVINA	1:48,10
2	MOLDAVA	1:48,73
3	KIRGHIZISTAN	1:48,87

13	SRI LANKA	3:48,56
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T 20

1	BAHREIN	3:40,12
2	CROATIA	3:42,52
3	KAZAKHSTAN	3:43,96
4	LUXEMBOURG	3:44,10
5	CYPRUS	3:45,35
6	BOTSWANA	3:46,60
7	RWANDA	3:47,81
8	ZAMBIA	3:48,24
9	EGYPT	3:48,25
10	URUGUAY	3:48,32
11	ICELAND	3:48,71
12	DOMINICAN REPUBLIC	3:48,95
13	NIGERIA	3:49,67
14	CHINESE TAIPEI	3:50,99

T 10

1	ZIMBABWE	3:42,28
2	SOUTH SUDAN	3:42,78
3	KIRGHIZISTAN	3:43,65
4	MOLDAVA	3:43,88
5	BOSNIA-HERZEGOVINA	3:46,10
6	SENEGAL	3:46,37
7	GHANA	3:46,57
8	PERU	3:46,81
9	ECUADOR	3:46,92
10	UZBEKISTAN	3:47,18
11	PAKISTAN	3:47,21
12	KUWAIT	3:47,86
13	ANGOLA	3:47,86
14	GUATEMALA	3:47,92
15	GEORGIA	3:48,42
16	AZERBAIJAN	3:48,56
17	MALAYSIA	3:48,56
18	ARMENIA	3:48,73
19	LIBYA	3:48,98
20	TRINIDAD & TOBAGO	3:49,28

T 20

1	KAZAKHSTAN	13:47,93
2	SAUDI ARABIA	13:52,31
3	CROATIA	14:02,32
4	LESOTHO	14:02,90
5	URUGUAY	14:07,41
6	BOTSWANA	14:12,82
7	ECUADOR	14:14,53
8	IRAN	14:16,22
9	SRI LANKA	14:25,27
10	NIGERIA	14:25,95
11	IRAQ	14:31,18

T 10

1	KIRGHIZISTAN	13:47,43
2	GUATEMALA	13:57,12
3	MOLDAVA	14:00,03
4	UZBEKISTAN	14:02,37
5	SOUTH SUDAN	14:02,88
6	CYPRUS	14:06,38
7	NAMIBIA	14:07,41
8	LUXEMBOURG	14:09,07
9	COSTA RICA	14:11,28
10	JAMAICA	14:12,21
11	EGYPT	14:12,87
12	BOLIVIA	14:13,07
13	ANGOLA	14:14,90
14	ICELAND	14:15,88
15	GHANA	14:17,72
16	CHINESE TAIPEI	14:18,61
17	INDONESIA	14:21,40
18	ARMENIA	14:21,64
19	ALBANIA	14:28,39
20	DOMINICAN REPUBLIC	14:36,18

4	BERMUDA	1:48,90
5	AZERBAIJAN	1:49,12
6	UZBEKISTAN	1:49,38
7	GAMBIA	1:49,48
8	SOUTH SUDAN	1:49,71
9	ALBANIA	1:49,85
10	SAINT LUCIA	1:49,94
11	PANAMA	1:50,08
12	IVORY COAST	1:50,15
13	TAJKISTAN	1:50,24
14	OMAN	1:50,27
15	LIBYA	1:50,30
16	MADAGASCAR	1:50,31
17	RWANDA	1:50,38
18	GRENADA	1:50,50
19	UNITED ARAB EMIRATES	1:50,71
20	MOZAMBIQUE	1:50,72
21	CONGO	1:50,72
22	VIETNAM	1:50,78
23	JORDANIA	1:50,79
24	COSTA RICA	1:50,81
25	MAURITIUS	1:50,88
26	SAINT VINCENT	1:51,09
27	GEORGIA	1:51,17
28	ARMENIA	1:51,25
29	ANGOLA	1:51,29
30	SYRIA	1:51,36
31	SWAZILAND	1:51,39
32	FIJI	1:51,84
33	LEBANON	1:52,05

21	NAMIBIA	3:49,32
22	ALBANIA	3:49,35
23	PHILIPPINES	3:49,41
24	INDONESIA	3:50,09
25	SYRIA	3:52,93