

National Athletics Records _ Women _ 10000m / 30/09/2021

1	ETHIOPIA (ETH)	GIDEY Letesenbet	29:01,03	98	08/06/21	1	Hengelo (NED)
2	NETHERLANDS (NED)	HASSAN Sifan	29:06,82	93	06/06/21	1	Hengelo (NED)
3	CHINA (CHN)	WANG Junxia	29:31,78	73	08/09/93	1	Beijing (CHN)
4	KENYA (KEN)	CHERUIYOT Vivian Jepkemoi	29:32,53	83	12/08/16	2	Río de Janeiro (BRA)
5	BAHRAIN (BRN)	GEZAHEGNE Kalkidan	29:50,77	91	08/05/21	2	Maia (POR)
6	TURKEY (TUR)	ABEYLEGESSE Elvan	29:56,34	82	15/08/08	2	Beijing (CHN)
7	GREAT BRITAIN & N.I (GBR)	RADCLIFFE Paula	30:01,09	73	06/08/02	1	München (GER)
8	UNITED STATES (USA)	HUDDLE Molly	30:13,17	84	12/08/16	6	Río de Janeiro (BRA)
9	NORWAY (NOR)	KRISTIANSEN Ingrid	30:13,74	56	05/07/86	1	Oslo (NOR)
10	PORTUGAL (POR)	RIBEIRO Fernanda	30:22,88	69	30/09/00	3	Sydney (AUS)
11	RUSSIA (RUS)	ZHILYAYEVA Alla	30:23,07	69	23/08/03	5	Paris Saint-Denis (FRA)
12	NEW ZEALAND (NZL)	SMITH Kimberley	30:35,54	81	04/05/08	2	Palo Alto (USA)
13	AUSTRALIA (AUS)	JOHNSON Benita	30:37,68	79	23/08/03	8	Paris Saint-Denis (FRA)
14	LATVIA (LAT)	PROKOPCUKA Jelena	30:38,78	76	07/08/06	6	Göteborg (SWE)
15	BURUNDI (BDI)	NIYONSABA Francine	30:41,93	93	07/08/21	5	Tokyo (JPN)
16	IRELAND (IRL)	O'SULLIVAN Sonia	30:47,59	69	06/08/02	2	München (GER)
17	JAPAN (JPN)	SHIBUI Yoko	30:48,89	79	03/05/02	1	Palo Alto (USA)
18	SPAIN (ESP)	DOMINGUEZ Marta	30:51,69	75	07/08/06	7	Göteborg (SWE)
19	SOUTH AFRICA (RSA)	MEYER Elana	30:52,51	66	10/09/94	1	London (GBR)
20	GERMANY (GER)	KLOSTERHALFEN Konstanze	31:01,71	97	27/02/21	1	Austin (USA)
21	BELGIUM (BEL)	RENDERS Marleen	31:03,60	68	05/08/00	4	Heusden-Zolder (BEL)
22	ITALY (ITA)	VICECONTE Maura	31:05,57	67	05/08/00	5	Heusden-Zolder (BEL)
23	UGANDA (UGA)	CHELANGAT Sarah	31:06,46	01	10/10/20	3	Hengelo (NED)
24	SLOVENIA (SLO)	JAVORNIK Helena	31:06,63	66	27/08/04	10	Athína (GRE)
25	SWEDEN (SWE)	BAHTA Meraf	31:08,05	89	04/05/21	7	Stockholm (SWE)
26	UKRAINE (UKR)	BERKUT Natalya	31:08,89	75	25/06/04	3	Tula (RUS)
27	MEXICO (MEX)	FERNANDEZ Adriana	31:10,12	71	01/07/00	3	Brunswick (USA)
28	UN ARAB EMIRATES (UAE)	MOHAMMED Alia Saeed	31:10,25	91	23/04/16	2	Dubai (UAE)
29	ROMANIA (ROU)	BOTEZAN Mihaela	31:11,24	76	27/08/04	11	Athína (GRE)
30	CANADA (CAN)	SECCAFIEN Andrea	31:13,94	90	14/05/21	1	Irvine (USA)
31	ISRAEL (ISR)	SALPETER Lonah Chemtai	31:15,78	88	06/07/19	2	London (GBR)
32	MOROCCO (MAR)	LEGHZAOUI Asmae	31:16,94	76	12/09/01	1	Tunis (TUN)
33	SERBIA (SRB)	JEVTIC Olivera	31:29,65	77	30/09/00	11	Sydney (AUS)
34	TANZANIA (TAN)	JOSEPH Restituta	31:32,02	71	13/06/99	2	Villeneuve d'Ascq (FRA)
35	FRANCE (FRA)	DAUNAY Christelle	31:35,81	74	03/06/12	3	Bilbao (ESP)
36	SWITZERLAND (SUI)	NAUER Daria	31:35,96	66	13/08/94	3	Helsinki (FIN)
37	GREECE (GRE)	PAPPAS Alexi	31:36,16	90	12/08/16	17	Río de Janeiro (BRA)

38	KIRZIGHISTAN (KGZ)	MASLOVA Darya	31:36,90	95	12/08/16	19	Río de Janeiro (BRA)
39	HUNGARY (HUN)	KALOVICS Aniko	31:40,31	77	05/07/03	1	Watford (GBR)
40	FINLAND (FIN)	SANDELL Annemari	31:40,42	77	27/07/96	6	Atlanta (USA)
41	BELARUS (BLR)	KHRAMENKOVA Yekaterina	31:42,02	56	02/08/88	4	Kyiv (UKR)
42	MOLDAVA (MDA)	ĞUSKOVA Svetlana	31:42,43	59	30/08/86	5	Stuttgart (GER)
43	POLAND (POL)	JARZYNSKA Karolina	31:43,51	81	27/06/13	9	Ostrava (CZE)
44	DENMARK (DEN) *	OLAFSSON Loa	31:45,4	58	06/04/78	1	København (DEN)
45	RWANDA (RWA)	NYIRARUKUNDO Salome	31:45,82	97	25/06/16	4	Durban (RSA)
46	KAZAKHSTAN (KAZ)	SOROKIVSKAYA Natalya	31:46,43	62	02/08/88	5	Kyiv (UKR)
47	BRAZIL (BRA) #	de OLIVEIRA Carmen	31:47,76	65	21/08/93	11	Stuttgart (GER)
48	INDIA (IND)	SREEDHARAN Preeja	31:50,47	82	21/11/10	1	Guangzhou (CHN)
49	PERU (PER)	MELCHOR Inés	31:56,62	86	02/05/15	1	Palo Alto (USA)
50	UZBEKISTAN (UZB)	KHAMIDOVA Sitora	31:57,42	89	05/08/17	18	London (GBR)
51	KOREA DPR (PRK)	HONG Myong-hui	32:02,0	78	20/06/97	1	Pyongyang (PRK)
52	ERITREA (ERI)	KELATI Weini	32:09,10	96	09/05/19	1	Clovis (USA)
53	AUSTRIA (AUT)	PUMPER Susanne	32:12,33	70	07/05/05	1	Salzburg (AUT)
54	ALGERIA (ALG)	SALEM Souad Aït	32:13,15	79	23/07/04	1	Mataró (ESP)
55	ALBANIA (ALB)	ĞEGA Luiza	32:16,25	88	05/06/21	2	Birmingham (GBR)
56	LUXEMBURG (LUX)	KABER Daniele	32:16,97	60	30/08/86	12	Stuttgart (GER)
57	AZERBAIJAN (AZE)	ABDULLAYEVA Layes	32:18,05	91	15/07/11	1	Ostrava (CZE)
58	COLOMBIA (COL)	TABARES Carolina	32:19,59	86	02/05/19	14	Palo Alto (USA)
59	CZECH REPUBLIC (CZE)	PETERKOVA Alena	32:27,68	60	15/07/00	1	Plzeň (CZE)
60	BULGARIA (BUL)	MIRCHEVA Militsa	32:30,07	94	29/03/19	15	Palo Alto (USA)
61	LITHUANIA (LTU)	BALCIUNAITE Živilė	32:30,48	79	14/06/05	10	Tula (RUS)
62	KOREA (SOUTH) (KOR)	AHN Seul-KI	32:33,61	92	11/07/18	6	Fukagawa (JPN)
63	PUERTO RICO (PUR)	RAMOS Beverly	32:36,03	87	05/05/17	19	Palo Alto (USA)
64	HONG KONG (HKG)	MAN YEE Chan-Ropper	32:39,88	75	19/04/02	2	Walnut (USA)
65	ECUADOR (ECU)	TENORIO Martha	32:42,25	67	30/05/92	4	Burnaby (CAN)
66	SLOVAK REPUBLIC (SVK)	MELICHEROVÁ Ludmila	32:47,24	64	30/08/86	17	Stuttgart (GER)
67	ICELAND (ISL)	ERNSTSDÓTTIR Martha	32:47,40	64	11/06/94	4	Dublin (IRL)
68	ESTONIA (EST)	EICHELMANN Sirje	32:47,86	55	02/08/88	14	Kyiv (UKR)
69	INDONESIA (INA)	TRIYANINGSIH	32:49,47	87	17/12/09	1	Vientiane (LAO)
70	ARGENTINA (ARG)	GODOY Rosa	32:51,10	82	05/06/11	2	Buenos Aires (ARG)
71	CYPRUS (CYP)	AVRAAM Andri	32:59,30	63	26/09/88	12	Seoul (KOR)
72	CROATIA (CRO)	BJELJAC Bojana	33:08,1	89	30/03/19	1	Zagreb (CRO)
73	VENEZUELA (VEN)	BREA Joselyn Daniely	33:09,93	97	10/04/21		Torre Vieja (ESP)
74	TRINIDAD & TOBAGO (TTO)	NERO Tonya	33:11,71	88	25/03/11	2	Stanford (USA)
75	TUNISIA (TUN)	BOUGUERRA Soulef	33:12,98	77	09/08/03	2	București (ROU)
76	PARAGUAY (PAR)	MARTINEZ Carmen Patricia	33:18,22	82	05/08/17	31	London (GBR)
77	SUDAN (SUD)	BAKHIT Amina	33:20,09	90	23/04/16	4	Dubai (UAE)

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78	ZIMBABWE (ZIM)	SAKARA Julia	33:20,16	69	19/08/93		Stuttgart (GER)
79	CHILE (CHI)	OLIVERA Erika	33:23,12	76	30/11/96		Concepción (CHI)
80	MONGOLIA (MGL)	BAYARTSOGT Munkhzaya	33:31,11	93	27/09/14	9	Incheon (KOR)
81	NIGERIA (NGR)	OLOWORA Aminat	33:33,33	94	06/04/19	1	Wichita (USA)
82	CHINESE TAIPEI (TPE)	HSIEH Chien-Ho	33:39,90	87	09/03/21	1	Taipei City (TPE)
83	NAMIBIA (NAM)	MONGHUDI Elizabeth	33:42,19	70	25/07/99		Windhoek (NAM)
84	CUBA (CUB)	CASTILLO Yanisleidis	33:45,76	84	23/07/15	11	San Diego (USA)
85	LESOTHO (LES)	KHATALA Neheng	33:46,39	92	26/03/21	1	Durban (RSA)
86	MALAYSIA (MAS)	JAYANTHI Palaniappan	33:50,80	68	16/07/94		Bruxelles (BEL)
87	MYANMAR (MYA)	MAR Win-Win	33:52,2	81	20/07/97		Yangon (MYA)
88	MADAGASCAR (MAD)	RASOARIZAY Clarisse	33:52,25	71	11/08/98	1	Saint-Paul/Réunion (FRA)
89	SRI LANKA (SRI)	WIJAYARATNE Hiruni	33:55,06	90	09/06/18	12	Portland (USA)
90	DOMINICAN REP (DOM)	de La ROSA Andreina	33:58,79	85	15/06/17	1	Santo Domingo (DOM)
91	JORDAN (JOR)	ARMOUSH Tamara	34:00,81	92	19/05/18	12	London (GBR)
92	BOSNIA-HERZEGOVINA (BIH)	KIMANI Luciah	34:03,23	80	12/04/08	13	Istanbul (TUR)
93	BOLIVIA (BOL)	CAMARGO Jhoselyn Yessica	34:09,54	96	29/05/21	3	Guayaquil (ECU)
94	CAYMAN ISLANDS (CAY)	BUSH Michelle	34:21,19	61	27/04/89		Philadelphia (USA)
95	COSTA RICA (CRC)	BOGANTES Diana	34:35,74	88	27/06/21	1	San José (CRC)
96	PHILIPPINES (PHI)	MARTES Cristabel	34:40,3	79	17/02/01	1	Manila (PHI)
97	MAURITIUS (MRI)	PERRIER Marie	34:43,31	95	13/04/19		Pace (FRA)
98	ZAMBIA (ZAM)	KAUMBA Miriam	34:46,4	83	16/04/05		Wichita (USA)
99	THAILAND (THA)	VONGVORACHOTI Jane	34:46,61	84	25/04/13	4	Philadelphia (USA)
100	PALESTINE (PLE)	AL SAYAD Mayada	34:48,07	92	07/05/16	4	Celle (GER)

* Mixed race / Course mixte

Doping / Dopage

BRAZIL (BRA)	da SILVA Simone	31:16,56	84	03/08/11	1	São Paulo
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