

National Athletics Records _ Top 100, Men _ 3000st / 31/10/2021

1	QATAR (QAT)	SHAHEEN Saif Saaeed	7:53,63	82	03/09/04	1	Bruxelles (BEL)
2	KENYA (KEN)	KIPRUTO Brimin Kiprop	7:53,64	85	22/07/11	1	Monaco (MON)
3	MOROCCO (MAR)	BOULAMI Brahim *	7:55,28	72	24/08/01	1	Bruxelles (BEL)
4	FRANCE (FRA)	MEKHISSI-BENABBAD Mahiedine	8:00,09	85	06/07/13	2	Paris Saint-Denis (FRA)
5	UNITED STATES (USA)	JAGER Evan	8:00,45	89	04/07/15	2	Paris Saint-Denis (FRA)
6	ETHIOPIA (ETH)	GIIRMA Lamecha	8:01,36	00	04/10/19	2f1	Doha (QAT)
7	UGANDA (UGA)	KIPLAGAT Benjamin	8:03,81	89	08/07/10	2	Lausanne (SUI)
8	NETHERLANDS (NED)	VROEMEN Simon	8:04,95	69	26/08/05	2	Bruxelles (BEL)
9	SPAIN (ESP)	CARRO Fernando	8:05,69	92	12/07/19	4	Monaco (MON)
10	SWEDEN (SWE)	MOHAMED Mustafa	8:05,75	79	28/07/07	1	Heusden-Zolder (BEL)
11	BAHRAIN (BRN)	TAHER Tareq Mubarak	8:06,13	86	13/07/09	3	Athína (GRE)
12	GREAT BRITAIN & N.I (GBR)	ROWLAND Mark	8:07,96	63	30/09/88	3	Seoul (KOR)
13	SAUDI ARABIA (KSA)	AL-ASMARI Saad Shaddad	8:08,14	68	16/07/02	4	Stockholm (SWE)
14	ITALY (ITA)	PANETTA Francesco	8:08,57	63	05/09/87	1	Roma (ITA)
15	POLAND (POL)	MALINOWSKI Bronislaw	8:09,11	51	28/07/76	2	Montréal (CAN)
16	GERMANY (GER)	KALLABIS Damian	8:09,48	73	11/08/99	4	Zürich (SUI)
17	JAPAN (JPN)	MIURA Ryuji	8:09,92	02	30/07/21	2h1	Tokyo (JPN)
18	BELGIUM (BEL)	van DIJCK William	8:10,01	61	05/09/86	1	Bruxelles (BEL)
19	ALGERIA (ALG)	BESSOU Laid	8:10,23	76	18/08/00	8	Monaco (MON)
20	CHINA (CHN)	SUN Ripeng	8:10,46	74	19/10/97	1	Shanghai (CHN)
21	FINLAND (FIN)	KESKISALO Jukka	8:10,67	81	28/08/09	6	Zürich (SUI)
22	AUSTRIA (AUT)	WEIDLINGER Günther	8:10,83	78	21/08/99	4h1	Sevilla (ESP)
23	ERITREA (ERI)	HAILESILASSIE Yemane	8:11,22	98	08/06/17	5	Roma (ITA)
24	SOUTH AFRICA (RSA)	RAMOLEFI Ruben	8:11,50	78	29/08/11	2h2	Daegu (KOR)
25	CANADA (CAN)	HUGUES Matt	8:11,64	89	15/08/13	6	Moskva (RUS)
26	NORWAY (NOR)	SVENØY Jim	8:12,05	72	22/08/97	7	Bruxelles (BEL)
27	TANZANIA (TAN)	BAYI Filbert	8:12,48	53	31/08/80	2	Moskva (RUS)
28	ROMANIA (ROU)	IONESCU Florin	8:13,26	71	21/08/99	6h1	Sevilla (ESP)
29	NEW ZEALAND (NZL)	RENNER Peter	8:14,05	59	29/08/84	3	Koblentz (GER)
30	TUNISIA (TUN)	BEN YAHIA Amor	8:14,05	85	28/06/13	1	Mersin (TUR)
31	BRAZIL (BRA)	MOURA Wander do Prado	8:14,41	69	22/03/95	1	Mar del Plata (ARG)
32	RUSSIA (RUS)	POTAPOVICH Pavel	8:15,54	80	04/07/03	7	Paris (FRA)
33	AUSTRALIA (AUS)	CREIGHTON Shaun	8:16,22	67	02/07/93	3	Villeneuve d'Ascq (FRA)
34	SLOVENIA (SLO)	BUC Boštjan	8:16,96	80	12/06/03	7	Ostrava (CZE)
35	TURKEY (TUR)	AKDAG Tarik Langat	8:17,85	88	03/08/12	4h1	London (GBR)
36	HUNGARY (HUN)	MARKO Gabor	8:17,97	60	21/07/84	1	Potsdam (GER)
37	INDIA (IND)	SABLE Avinash Mukund	8:18,12	94	30/07/21	7h2	Tokyo (JPN)

38	MOLDAVA (MDA)	LUCHIANOV Ion	8:18,97	81	16/08/08	7h2	Beijing (CHN)
39	PORTUGAL (POR)	SILVA Manuel	8:19,82	78	27/07/04	12	Stockholm (SWE)
40	DENMARK (DEN)	HESSELBJERG Ole	8:20,42	90	08/06/21	2	Turku (FIN)
41	VENEZUELA (VEN)	PEÑA José	8:20,87	87	01/09/13	7	Berlin (GER)
42	BULGARIA (BUL)	TSENOV Mitko	8:20,87	93	12/06/14	4	Huelva (ESP)
43	UKRAINE (UKR)	POPELYAYEV Andrey	8:21,75	63	19/07/84	1	Moskva (RUS)
44	DJIBOUTI (DJI)	ISMAIL Mohamed	8:22,17	97	12/06/21	2	Nice (FRA)
45	LITHUANIA (LTU)	DUDIN Vladimir	8:22,2	41	19/08/69	1	Kyiv (UKR)
46	SWITZERLAND (SUI)	BELZ Christian	8:22,24	74	04/06/01	5	Hengelo (NED)
47	IRAN (IRI)	KEYHANI Hossein	8:22,79	90	27/08/18	1	Jakarta (INA)
48	URUGUAY (URU)	VERA Ricardo	8:23,02	62	28/06/92	3	Hengelo (NED)
49	CZECH REPUBLIC (CZE)	MORAVCIK Dusan	8:23,8	48	17/09/72	1	Praha (CZE)
50	CYPRUS (CYP)	FILIPPOU Filippou	8:24,01	56	15/09/83	4	Dar-el-Beida (ALG)
51	GREECE (GRE)	FILIPPOU Filippou	8:24,01	56	15/09/83	4	Dar-el-Beida (ALG)
52	IRELAND (IRL)	QUINN Brendan	8:24,09	60	30/08/85	6	Bruxelles (BEL)
53	KAZAKHSTAN (KAZ)	KOSINOV Artem	8:24,13	86	11/06/12	5	Moskva (RUS)
54	ISRAEL (ISR)	MAGGIDI Itai	8:24,14	81	04/07/08	1	Metz (FRA)
55	BELARUS (BLR)	VOROBAY Aleksandr	8:25,2	57	06/07/80	2	Moskva (RUS)
56	ZAMBIA (ZAM)	SIAMUSIYE Godfrey	8:25,49	72	16/07/95	2	Birmingham (GBR)
57	ARGENTINA (ARG)	CASCABELO Marcello	8:25,63	64	04/06/89	3	Beograd (SRB)
58	COLOMBIA (COL)	san MARTIN Carlos Andres	8:25,66	93	29/06/21	4	Castellón (ESP)
59	MEXICO (MEX)	MIRANDA José Salvador	8:25,69	71	08/07/00	5	Barakaldo (ESP)
60	CUBA (CUB)	SÁNCHEZ José Alberto	8:26,16	86	19/06/09	1	La Habana (CUB)
61	UZBEKISTAN (UZB)	DIMOV Anatoliy	8:27,51	56	19/06/83		Moskva (RUS)
62	ARMENIA (ARM)	MIKOYAN Artashes	8:27,88	50	29/05/76	3	München (GER)
63	PUERTO RICO (PUR)	GREAUX Alexander	8:27,91	77	10/07/04	2	Barakaldo (ESP)
64	GEORGIA (GEO)	SKRIPKA Sergey	8:28,0	50	11/06/77		Moskva (RUS)
65	ESTONIA (EST)	KIVISTIK Kaur	8:28,55	91	03/09/19	6	Zagreb (CRO)
66	PERU (PER)	BAZÁN Mario	8:28,67	87	16/08/09	8h1	Berlin (GER)
67	SERBIA (SRB)	MAKSIMOVIC Vule	8:28,80	65	04/09/89	2	Budapest (HUN)
68	EGYPT (EGY)	SALIM Salim Mohammed	8:28,87	93	17/07/19	3	Barcelona (ESP)
69	CHILE (CHI)	ULLOA Emilio	8:28,99	54	08/08/84	8s2	Los Angeles (USA)
70	BOSNIA-HERZEGOVINA (BIH)	KACAR Bilko	8:31,0	56	29/08/81	1	Årdal (NOR)
71	SUDAN (SUD)	TARGAN Yousif Abdalla	8:31,20	96	01/06/16	8	Montbéliard (FRA)
72	LATVIA (LAT)	DEKSNIS Gatis	8:31,35	64	04/09/88	5	Moskva (RUS)
73	SLOVAK REPUBLIC (SVK)	SLOVAK Milan	8:32,7	56	06/08/78	1	Banská Bystrica (SVK)
74	SYRIA (SYR)	HABIB Moustapha Salah	8:34,66	69	19/10/91	3	Kuala Lumpur (MAS)
75	CHINESE TAIPEI (TPE)	WU Wen-chien	8:34,76	77	09/10/02	4	Busan (KOR)
76	PHILIPPINES (PHI)	BEGEO Hector	8:35,09	64	28/09/88	12s1	Seoul (KOR)
77	KUWEIT (KUW)	AL-RASHIDY Omar	8:35,62	84	29/05/08	2	El-Djezair (ALG)

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78	UN ARAB EMIRATES (UAE)	AMER Mohamed Ahmed	8:35,64	67	04/08/93	2	Hamburg (GER)
79	BURUNDI (BDI)	NTIRAMPEBA Hilaire	8:36,19	70	12/07/94	3	Evry-Bondoufle (FRA)
80	ANDORRA (AND)	CARABAÑA Nahuel	8:36,38	99	29/06/21	6	Castellón (ESP)
81	DOMINICAN REP (DOM)	ABREU Alvaro	8:38,0	91	02/03/17	1	San Germán (PUR)
82	KIRZIGHISTAN (KGZ)	ISAKOV Aiyin	8:38,4	52	04/07/80	1h2	Moskva (RUS)
83	RWANDA (RWA)	HAKIZIMANA Gervais	8:39,05	87	28/05/11	2	Pézenas (FRA)
84	CROATIA (CRO)	CRNOKRAK Slobodan	8:40,1	62	31/05/87	1	Karlovac (CRO)
85	LUXEMBURG (LUX)	HOESER Francis	8:40,3	62	20/07/84	1	Luxembourg (LUX)
86	JORDAN (JOR)	AL-BALAWI Jihad	8:40,74		07/07/90	1	Lübeck (GER)
87	DEMOC. REP. OF CONGO (COD)	TAMBWÉ Patrick	8:41,92	75	29/07/01	1	Obernai (FRA)
88	PAKISTAN (PAK)	RAZZAQ Abdul	8:42,43	55	21/10/89	1	Islamabad (PAK)
89	KOREA (SOUTH) (KOR)	JIN Soo-Sun	8:42,86	64	10/06/90	1	Seoul (KOR)
90	ALBANIA (ALB)	MEÇANI Krenar	8:43,26	66	12/08/89	1	Sérres (GRE)
91	BOTSWANA (BOT)	RATHEDI Reuben	8:44,1		29/05/81		Wichita (USA)
92	ICELAND (ISL)	ANDRÉSSON Hlynur	8:44,11	93	25/05/18	3h3	Tampa (USA)
93	IRAQ (IRQ)	HABBANIYAH Mohamed Abdullah Mahal	8:44,86	91	22/05/21	2	Bursa (TUR)
94	ZIMBABWE (ZIM)	FURUSA Passmore	8:45,33		09/04/94		Austin (USA)
95	SRI LANKA (SRI)	MENDIS Shanta	8:45,53	75	28/06/98	1	Colombo (SRI)
96	TADJIKISTAN (TJK)	BELOGUROV Anatoli	8:46,4	50	20/06/80	1	Moskva (RUS)
97	GUATEMALA (GUA)	MOLINA Hugo-Allan	8:46,45		02/09/85		Kobe (JPN)
98	SEYCHELLES (SEY)	MARIE Ronny	8:47,99	81	10/06/01	1	Victoria (SEY)
99	FIJI (FIJ)	SOTUTU Usaia	8:48,0		17/06/71		Seattle (USA)
100	ECUADOR (ECU)	RAMÍREZ Pablo	8:48,50	75	05/04/97	2	Mar del Plata (ARG)