

## National Lists Top 40 / Rankings \_ 10000, Marathon &amp; 3000st 2025

## 10000

## Marathon

## 3000st

T 40		2025	T 40		2025	T 40		2025
1	ETHIOPIA	30:17,50	1	ETHIOPIA	2:17:45	1	KENYA	9:17,17
2	KENYA	30:23,25	2	KENYA	2:18:38	2	UNITED STATES	9:20,33
3	UNITED STATES	31:01,95	3	JAPAN	2:22:15	3	ETHIOPIA	9:27,93
4	JAPAN	31:13,75	4	UNITED STATES	2:23:52	4	RUSSIA	9:33,69
5	RUSSIA	31:32,45	5	CHINA	2:25:03	5	GREAT BRITAIN & N.I	9:47,34
6	GREAT BRITAIN & N.I	31:36,80	6	RUSSIA	2:25:59	6	GERMANY	9:49,33
7	CHINA *	31:39,42	7	GREAT BRITAIN & N.I	2:26:26	7	FRANCE	9:50,89
8	AUSTRALIA	31:56,39	8	GERMANY	2:27:58	8	SPAIN	9:53,72
9	GERMANY	32:08,99	9	ITALY	2:28:54	9	CHINA	9:54,70
10	SPAIN	32:18,29	10	KOREA DPR	2:29:25	10	JAPAN	9:55,16
11	ITALY	32:19,86	11	AUSTRALIA	2:29:42	11	CANADA	9:55,85
12	FRANCE	32:22,13	12	SPAIN	2:29:52	12	AUSTRALIA	9:56,25
13	PORTUGAL	32:22,58	13	FRANCE	2:30:16	13	POLAND	10:00,42
14	CANADA	32:33,62	14	POLAND	2:30:29	14	TURKEY	10:02,57
15	MEXICO	32:42,91	15	PORTUGAL	2:30:41	15	ITALY	10:02,70
16	UKRAINE	32:43,58	16	UKRAINE	2:30:47	16	SWEDEN	10:07,26
17	NETHERLANDS	32:47,61	17	MEXICO	2:31:31	17	MOROCCO	10:10,21
18	ROMANIA	32:48,89	18	CANADA	2:31:37	18	UKRAINE	10:12,60
19	IRELAND	32:57,58	19	NETHERLANDS	2:31:47	19	FINLAND	10:13,50
20	POLAND	32:59,41	20	MOROCCO	2:31:52	20	INDIA	10:14,54
21	NEW ZEALAND	33:01,96	21	KOREA (SOUTH)	2:31:59	21	ROMANIA	10:16,79
22	NORWAY	33:07,44	22	BELARUS	2:33:59	22	CZECH REPUBLIC	10:17,43
23	BELGIUM	33:08,83	23	BELGIUM	2:34:10	23	NORWAY	10:18,51
24	HUNGARY	33:28,53	24	IRELAND	2:34:47	24	PORTUGAL	10:19,35
25	SWEDEN	33:28,55	25	SWEDEN	2:35:04	25	BRAZIL	10:26,47
26	BELARUS	33:32,91	26	SOUTH AFRICA	2:35:16	26	BELGIUM	10:28,40
27	UGANDA	33:35,04	27	ROMANIA	2:35:17	27	SOUTH AFRICA	10:31,00
28	KOREA (SOUTH)	33:37,38	28	NEW ZEALAND	2:35:18	28	IRELAND	10:32,38
29	BRAZIL	33:38,78	29	SWITZERLAND	2:35:22	29	NEW ZEALAND	10:33,35
30	FINLAND	33:39,57	30	BRAZIL	2:36:37	30	NETHERLANDS	10:34,53
31	MOROCCO	33:40,45	31	NORWAY	2:36:39	31	GREECE	10:35,37
32	TURKEY	33:43,35	32	DENMARK	2:40:16	32	HUNGARY	10:36,48
33	SOUTH AFRICA	33:45,77	33	FINLAND	2:40:37	33	SWITZERLAND	10:37,52
34	SWITZERLAND	33:52,90	34	CZECH REPUBLIC	2:41:19	34	BELARUS	10:39,68
35	INDIA	34:04,58	35	AUSTRIA	2:42:54	35	MEXICO	10:41,17

36	PERU	34:15,14
37	DENMARK	34:15,90
38	CZECH REPUBLIC	34:23,93
39	GREECE	34:32,62
40	AUSTRIA	35:06,80
41	SLOVAK REPUBLIC	35:46,71
42	SLOVENIA	36:17,81
43	ESTONIA	36:36,91
44	LATVIA	37:07,61

36	ESTONIA	2:49:50
37	SLOVAK REPUBLIC	2:51:44
38	LATVIA	2:52:37

36	TUNISIA	10:52,42
37	AUSTRIA	11:06,44
38	DENMARK	11:13,28
39	ESTONIA	11:21,87
40	LITHUANIA	16:49,14
41	SERBIA	17:01,73
42	LATVIA	17:05,68
43	SLOVAK REPUBLIC	17:07,47
44	SLOVENIA	17:11,61