

National Lists Top 40 / Rankings _ 10000, Marathon & 3000st 2025

100H

400H

High jump

T 40		2025	T 40		2025	T 40		2025
1	UNITED STATES	12,435	1	UNITED STATES	53,529	1	RUSSIA	1,989
2	JAMAICA	12,679	2	RUSSIA	54,735	2	UNITED STATES	1,969
3	RUSSIA	12,764	3	GERMANY	55,021	3	GERMANY	1,964
4	GERMANY	12,785	4	JAMAICA	55,025	4	UKRAINE	1,949
5	FRANCE	12,846	5	GREAT BRITAIN & N.I	55,653	5	GREAT BRITAIN & N.I	1,914
6	GREAT BRITAIN & N.I	12,982	6	CHINA	55,724	6	ITALY	1,909
7	CHINA	12,986	7	UKRAINE	56,102	7	POLAND	1,907
8	POLAND	13,007	8	FRANCE	56,301	8	CHINA	1,905
9	CANADA	13,013	9	POLAND	56,449	9	AUSTRALIA	1,901
10	UKRAINE	13,079	10	CANADA	56,465	10	BELARUS	1,900
11	JAPAN	13,104	11	SOUTH AFRICA	56,515	11	SWEDEN	1,893
12	ITALY	13,207	12	ITALY	56,595	12	FRANCE	1,893
13	AUSTRALIA	13,219	13	AUSTRALIA	56,728	13	BULGARIA	1,891
14	FINLAND	13,241	14	JAPAN	57,004	14	CZECH REPUBLIC	1,890
15	SWITZERLAND	13,254	15	SWITZERLAND	57,244	15	ROMANIA	1,889
16	NIGERIA	13,267	16	CZECH REPUBLIC	57,323	16	HUNGARY	1,879
17	CUBA	13,271	17	NIGERIA	57,381	17	CANADA	1,879
18	NETHERLANDS	13,300	18	BRAZIL	57,403	18	FINLAND	1,878
19	SPAIN	13,312	19	SWEDEN	57,404	19	KAZAKHSTAN	1,873
20	SOUTH AFRICA	13,340	20	ROMANIA	57,417	20	SOUTH AFRICA	1,865
21	CZECH REPUBLIC	13,361	21	BELGIUM	57,519	21	JAMAICA	1,857
22	BELARUS	13,364	22	FINLAND	57,561	22	NETHERLANDS	1,857
23	BELGIUM	13,381	23	SPAIN	57,565	23	GREECE	1,855
24	SWEDEN	13,383	24	NETHERLANDS	57,643	24	BELGIUM	1,854
25	BULGARIA	13,396	25	INDIA	57,933	25	SPAIN	1,852
26	ROMANIA	13,418	26	BULGARIA	58,073	26	JAPAN	1,846
27	BRAZIL	13,432	27	CUBA	58,086	27	ESTONIA	1,845
28	HUNGARY	13,473	28	BELARUS	58,143	28	SWITZERLAND	1,844
29	NORWAY	13,478	29	NORWAY	58,351	29	CUBA	1,841
30	GREECE	13,565	30	GREECE	58,597	30	LITHUANIA	1,841
31	AUSTRIA	13,580	31	IRELAND	58,882	31	NORWAY	1,835
32	INDIA	13,627	32	HUNGARY	58,936	32	SLOVAK REPUBLIC	1,835
33	CHINESE TAIPEI	13,655	33	MEXICO	58,993	33	BRAZIL	1,835
34	ESTONIA	13,708	34	SLOVENIA	59,550	34	NEW ZEALAND	1,829
35	PORTUGAL	13,710	35	PORTUGAL	59,662	35	LATVIA	1,826

36	SLOVENIA	13,818
37	NEW ZEALAND	13,823
38	DENMARK	13,828
39	MEXICO	13,863
40	IRELAND	13,887
41	LATVIA	13,919
42	SLOVAK REPUBLIC	13,928
43	LITHUANIA	13,955
44	SERBIA	14,130

36	AUSTRIA	59,748
37	NEW ZEALAND	59,755
38	LITHUANIA	59,791
39	LATVIA	60,169
40	DENMARK	60,245
41	ESTONIA	60,268
42	SLOVAK REPUBLIC	60,292
43	SERBIA	60,743

36	AUSTRIA	1,812
37	SLOVENIA	1,808
38	SERBIA	1,807
39	INDIA	1,801
40	IRELAND	1,800
41	MEXICO	1,781
42	DENMARK	1,776
43	PORTUGAL	1,772
44	ICELAND	1,738