

National Lists Top 40 / Rankings _ 800, 1500 & 5000 2025

800

1500

5000

T 40		2025	T 40		2025	T 40		2025
1	RUSSIA	1:56,75	1	RUSSIA	3:58,95	1	ETHIOPIA	14:26,28
2	UNITED STATES	1:57,60	2	ETHIOPIA	4:00,01	2	KENYA	14:32,64
3	GERMANY	1:58,13	3	UNITED STATES	4:00,01	3	UNITED STATES	14:47,31
4	GREAT BRITAIN & N.I	1:58,68	4	KENYA	4:01,55	4	GREAT BRITAIN & N.I	14:59,12
5	KENYA	1:58,79	5	GREAT BRITAIN & N.I	4:01,77	5	RUSSIA	15:03,58
6	UKRAINE	1:59,10	6	ROMANIA	4:03,42	6	AUSTRALIA	15:09,41
7	ROMANIA	1:59,25	7	GERMANY	4:03,45	7	JAPAN	15:10,31
8	ETHIOPIA	2:00,12	8	UKRAINE	4:04,66	8	CHINA *	15:12,35
9	POLAND	2:00,15	9	CANADA	4:05,24	9	CANADA	15:15,97
10	AUSTRALIA	2:00,15	10	AUSTRALIA	4:05,77	10	GERMANY	15:19,34
11	FRANCE	2:00,28	11	SPAIN	4:06,66	11	SPAIN	15:21,08
12	CANADA	2:00,48	12	FRANCE	4:06,67	12	FRANCE	15:23,42
13	BELARUS	2:00,63	13	POLAND	4:07,38	13	ITALY	15:23,74
14	ITALY	2:01,25	14	ITALY	4:07,38	14	ROMANIA	15:28,22
15	SPAIN	2:01,47	15	MOROCCO	4:07,91	15	NETHERLANDS	15:30,77
16	BULGARIA	2:01,70	16	CHINA *	4:08,98	16	IRELAND	15:33,24
17	NETHERLANDS	2:01,74	17	IRELAND	4:09,45	17	UGANDA	15:37,29
18	CHINA *	2:01,76	18	SWEDEN	4:09,56	18	NEW ZEALAND	15:37,66
19	CZECH REPUBLIC	2:01,84	19	NETHERLANDS	4:09,58	19	MOROCCO	15:38,64
20	SOUTH AFRICA	2:01,92	20	SOUTH AFRICA	4:11,05	20	UKRAINE	15:39,31
21	JAMAICA	2:01,97	21	NORWAY	4:11,44	21	BELGIUM	15:39,98
22	MOROCCO	2:02,16	22	BELARUS	4:11,62	22	PORTUGAL	15:41,62
23	IRELAND	2:02,31	23	BELGIUM	4:11,71	23	POLAND	15:41,67
24	SWITZERLAND	2:02,35	24	JAPAN	4:11,84	24	NORWAY	15:42,46
25	CUBA	2:02,58	25	TURKEY	4:12,16	25	SWEDEN	15:43,23
26	SWEDEN	2:02,65	26	NEW ZEALAND	4:12,34	26	MEXICO	15:45,40
27	BELGIUM	2:02,71	27	HUNGARY	4:12,82	27	TURKEY	15:46,49
28	INDIA	2:02,96	28	SWITZERLAND	4:13,13	28	SOUTH AFRICA	15:48,20
29	NORWAY	2:03,19	29	PORTUGAL	4:13,26	29	SWITZERLAND	15:58,07
30	FINLAND	2:03,26	30	FINLAND	4:13,31	30	FINLAND	15:58,29
31	JAPAN	2:03,61	31	BULGARIA	4:14,23	31	INDIA	15:59,92
32	LITHUANIA	2:03,66	32	CZECH REPUBLIC	4:14,47	32	DENMARK	16:01,98
33	NEW ZEALAND	2:03,67	33	INDIA	4:14,82	33	BELARUS	16:03,16
34	BRAZIL	2:03,73	34	INDIA	4:14,82	34	HUNGARY	16:04,35
35	HUNGARY	2:04,01	35	UGANDA	4:14,86	35	KOREA (SOUTH)	16:08,78

36	GREECE	2:04,81
37	TURKEY	2:04,97
38	PORTUGAL	2:05,08
39	LATVIA	2:05,64
40	SLOVENIA	2:05,75
41	MEXICO	2:05,92
42	AUSTRIA	2:06,03
43	DENMARK	2:06,05
44	SERBIA	2:06,56
45	SLOVAK REPUBLIC	2:07,46
46	ESTONIA	2:07,72

36	GREECE	4:16,49
37	LITHUANIA	4:16,77
38	DENMARK	4:18,03
39	MEXICO	4:18,75
40	LATVIA	4:19,24
41	BRAZIL	4:19,49
42	SERBIA	4:20,62
43	SLOVENIA	4:21,53
44	AUSTRIA	4:22,12
45	KOREA (SOUTH)	4:22,89
46	CUBA	4:22,96
47	TUNISIA	4:23,28
48	SLOVAK REPUBLIC	4:25,58
49	ESTONIA	4:26,81

36	CZECH REPUBLIC	16:10,52
37	PERU	16:16,38
38	GREECE	16:22,12
39	AUSTRIA	16:29,26
40	LITHUANIA	16:49,14
41	SERBIA	17:01,73
42	ESTONIA	17:04,11
43	LATVIA	17:05,68
44	SLOVAK REPUBLIC	17:07,47
45	SLOVENIA	17:11,61
46	TUNISIA	17:12,79