

National Lists Top 50 / Rankings _ 10000, Marathon & 3000st **2023**

10000

Marathon

3000st

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1	KENYA	26:53,27
2	ETHIOPIA	27:01,54
3	UNITED STATES	27:27,38
4	JAPAN	27:38,24
5	GREAT BRITAIN & N.I	27:45,17
6	MOROCCO	27:55,61
7	SPAIN	27:56,61
8	AUSTRALIA	27:59,30
9	GERMANY	28:02,80
10	FRANCE	28:03,28
11	MEXICO	28:03,43
12	ITALY	28:05,58
13	PORTUGAL	28:08,17
14	UGANDA	28:08,64
15	RUSSIA	28:14,14
16	BELGIUM	28:14,71
17	SOUTH AFRICA	28:16,39
18	ERITREA	28:16,79
19	CANADA	28:21,99
20	IRELAND	28:23,42
21	NEW ZEALAND	28:27,74
22	FINLAND	28:28,34
23	TANZANIA	28:29,98
24	POLAND	28:35,23
25	NORWAY	28:35,46
26	UKRAINE	28:35,89
27	NETHERLANDS	28:36,06
28	CHINA	28:37,88
29	BRAZIL	28:43,02
30	SWEDEN	28:46,53
31	HUNGARY	28:55,20
32	ALGERIA	28:56,85
33	SWITZERLAND	29:01,67
34	CZECH REPUBLIC	29:02,59

1	KENYA	2:04:10
2	ETHIOPIA	2:04:24
3	JAPAN	2:07:13
4	MOROCCO	2:08:36
5	ERITREA	2:09:07
6	UNITED STATES	2:09:36
7	SPAIN	2:09:47
8	FRANCE	2:10:07
9	GREAT BRITAIN & N.I	2:10:12
10	SOUTH AFRICA	2:10:22
11	ITALY	2:10:32
12	TANZANIA	2:11:06
13	CHINA	2:11:06
14	MEXICO	2:11:19
15	GERMANY	2:11:27
16	RUSSIA	2:11:28
17	POLAND	2:11:32
18	BRAZIL	2:11:51
19	KOREA (South)	2:11:51
20	AUSTRALIA	2:11:56
21	PORTUGAL	2:12:05
22	BELGIUM	2:12:09
23	UKRAINE	2:12:18
24	NETHERLANDS	2:12:43
25	CANADA	2:13:37
26	KOREA DPR /49	2:14:09
27	NEW ZEALAND (with DH)	2:14:19
28	IRELAND (with DH)	2:14:22
29	FINLAND (with DH)	2:14:57
30	SWEDEN (with DH)	2:15:15
31	NORWAY	2:15:21
32	BELARUS /49	2:15:28
33	DENMARK	2:16:05
34	ALGERIA	2:16:11

1	KENYA	8:04,64
2	UNITED STATES	8:16,94
3	MOROCCO	8:20,32
4	SPAIN	8:21,08
5	FRANCE	8:21,30
6	ETHIOPIA	8:22,21
7	GERMANY	8:23,03
8	POLAND	8:25,50
9	GREAT BRITAIN & N.I	8:25,52
10	RUSSIA	8:26,22
11	ITALY	8:26,78
12	JAPAN	8:30,85
13	SOUTH AFRICA	8:32,71
14	CANADA	8:33,12
15	ALGERIA	8:33,20
16	UKRAINE	8:33,69
17	FINLAND	8:34,72
18	SWEDEN	8:34,77
19	AUSTRALIA	8:35,52
20	PORTUGAL	8:37,04
21	HUNGARY	8:38,32
22	NORWAY	8:38,66
23	CHINA	8:38,82
24	BELGIUM	8:39,73
25	ROMANIA	8:39,81
26	CZECH REPUBLIC	8:40,77
27	BELARUS	8:42,69
28	INDIA	8:43,13
29	BRAZIL	8:43,83
30	NEW ZEALAND	8:44,24
31	MEXICO	8:44,93
32	TUNISIA	8:45,26
33	GREECE	8:45,78
34	UGANDA	8:46,22

35	TURKEY	29:04,12
36	BELARUS	29:11,64
37	ISRAEL	29:11,96
38	INDIA	29:12,58
39	DENMARK	29:15,90
40	ROMANIA	29:16,39
41	KOREA (SOUTH)	29:18,94
42	TUNISIA	29:20,40
43	ARGENTINA	29:28,03
44	AUSTRIA	29:31,19
45	GREECE	29:33,46
46	SERBIA	29:37,02
47	ESTONIA	29:47,04
48	BULGARIA	29:47,53
49	LITHUANIA	29:49,87
50	SLOVAK REPUBLIC	29:51,13
51	SLOVENIA	30:07,13
52	LATVIA	30:08,35

35	CZECH REPUBLIC	2:17:03
36	INDIA	2:18:16
37	ARGENTINA (with DH)	2:18:25
38	ISRAEL	2:18:30
39	AUSTRIA	2:18:33
40	GREECE	2:18:53
41	LITHUANIA	2:21:00
42	ROMANIA	2:21:02
43	SLOVAK REPUBLIC	2:21:13
44	ESTONIA	2:22:01
45	LATVIA	2:22:49
46	SLOVENIA	2:25:01
47	SERBIA (with DH)	2:25:36

35	NETHERLANDS	8:46,74
36	SWITZERLAND	8:47,19
37	IRELAND	8:48,45
38	BULGARIA	8:49,47
39	TURKEY	8:49,96
40	CUBA	8:52,26
41	AUSTRIA	8:52,30
42	DENMARK	8:52,83
43	LITHUANIA	8:53,49
44	LATVIA	8:54,39
45	ESTONIA	8:54,66
46	SERBIA	8:55,17
47	SLOVAK REPUBLIC	8:55,88
48	ARGENTINA	8:59,06
49	SLOVENIA	9:00,46