

Top 50 - 4 perfs 10000m - 31/10/24

1	HASSAN Sifan	NED	29:06,82	29:36,67	29:37,80	29:55,32	1:58:16,61
			06/06/21	10/10/20	03/06/23	07/08/21	
2	TSEGAY Gudaf	ETH	29:05,92	29:29,73	29:39,42	30:45,21	1:59:00,28
			25/05/24	23/06/23	08/05/21	09/08/24	
3	GIDEY Letesenbet	ETH	29:01,03	30:01,72	30:09,94	30:21,23	1:59:33,92
			08/06/21	07/08/21	16/07/22	28/09/19	
4	GEBRESELAMA Tsigie	ETH	29:48,34	29:49,33	30:04,45	30:06,01	1:59:48,13
			16/03/24	14/06/24	03/06/23	08/06/21	
5	DIBABA Tirunesh	ETH	29:42,56	29:54,66	30:15,67	30:20,75	2:00:13,64
			12/08/16	15/08/08	28/06/05	03/08/12	
6	AYANA Almaz	ETH	29:17,45	30:07,00	30:16,32	30:48,48	2:00:29,25
			12/08/16	29/06/16	05/08/17	06/06/22	
7	TAYE Ejgayehu	ETH	29:50,52	29:57,45	30:12,45	30:44,68	2:00:45,10
			14/06/24	23/06/23	16/07/22	06/06/22	
8	KIPKEMBOI Margaret Chelimo	KEN	29:27,59	30:10,07	30:44,58	30:45,00	2:01:07,24
			25/05/24	16/07/22	09/08/24	06/06/22	
9	RADCLIFFE Paula	GBR	30:01,09	30:17,15	30:26,97	30:27,13	2:01:12,34
			06/08/02	27/06/04	30/09/00	26/08/99	
10	KIDANE Werknesh	ETH	30:07,15	30:19,39	30:28,30	30:32,47	2:01:27,31
			23/08/03	29/05/05	27/08/04	06/08/05	
11	McCOLGAN Eilish	GBR	30:00,86	30:19,02	30:34,60	30:41,05	2:01:35,53
			04/03/23	06/06/22	16/07/22	15/08/22	
12	DIBABA Ejegayehu	ETH	30:18,39	30:24,98	30:26,00	30:43,39	2:01:52,76
			28/06/05	27/08/04	06/08/05	10/07/04	
13	CHERUIYOT Vivian Jepkemoi	KEN	29:32,53	30:30,44	30:48,98	31:07,02	2:01:58,97
			12/08/16	03/08/12	27/08/11	02/04/11	
14	KIPLAGAT Lornah	NED	30:12,53	30:31,92	30:37,26	30:40,27	2:02:01,98
			23/08/03	27/08/04	07/08/06	15/08/08	
15	SUN Yingjie	CHN	30:07,20	30:28,26	30:33,53	30:54,37	2:02:03,36
			23/08/03	08/10/02	06/08/05	27/08/04	
16	OBIRI Helen	KEN	30:10,02	30:24,27	30:35,82	30:53,60	2:02:03,71
			16/07/22	07/08/21	28/09/19	19/06/21	
17	DEFAR Meseret	ETH	29:59,20	30:08,06	30:52,37	31:05,05	2:02:04,68
			11/07/09	27/06/13	15/08/09	13/07/11	
18	JUNXIA Wang	CHN	29:31,78	30:49,30	30:50,34	31:01,76	2:02:13,18
			08/09/93	21/08/93	15/10/94	07/05/96	
19	BOGOMALOVA Galina	RUS	30:26,20	30:33,75	30:35,90	30:46,48	2:02:22,33
			23/08/03	06/08/05	07/08/06	03/08/03	

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20	XING Huina	CHN	30:24,36	30:27,18	30:31,55	31:00,73	2:02:23,82
			27/08/04	06/08/05	23/08/03	17/10/05	
21	KRISTIANSEN Ingrid	NOR	30:13,74	30:23,25	30:48,51	30:59,42	2:02:24,92
			05/07/86	30/08/86	01/07/89	27/07/85	
22	BURKA Gelete	ETH	30:26,66	30:28,47	30:40,87	30:49,68	2:02:25,68
			12/08/16	29/06/16	10/06/17	17/06/15	
23	OLJIRA Beleynesh	ETH	30:26,70	30:31,44	30:45,56	30:44,57	2:02:28,27
			01/06/12	27/06/13	03/08/12	10/06/17	
24	TULU Derartu	ETH	30:17,49	30:26,42	30:51,07	30:56,40	2:02:31,38
			30/09/00	27/08/04	10/07/04	12/08/00	
25	FLANAGAN Shalane	USA	30:22,22	30:34,49	30:39,57	30:59,97	2:02:36,25
			15/08/08	04/05/08	01/05/11	27/08/11	
26	ADERE Berhane	ETH	30:04,18	30:25,41	30:51,30	31:15,95	2:02:36,84
			23/08/03	06/08/05	05/08/00	30/05/03	
27	MELKAMU Meselech	ETH	29:53,80	30:51,34	30:56,55	31:04,52	2:02:46,21
			14/06/09	02/01/00	27/08/11	27/05/10	
28	SCHWEIZER Karissa	USA	30:18,05	30:47,99	30:49,56	30:51,99	2:02:47,59
			16/07/22	20/02/21	27/05/22	09/08/24	
29	TEFERI Senbere	ETH	30:40,59	30:41,68	30:44,23	30:45,14	2:02:51,64
			26/06/16	10/06/17	28/09/19	17/07/19	
30	ABEYLEGESSE Elvan	TUR	29:56,34	30:21,67	31:10,23	31:25,15	2:02:53,39
			15/08/08	15/04/06	28/07/10	07/04/07	
31	NAWOWUNA Alice Aprot	KEN	29:53,51	30:26,94	31:11,86	31:24,18	2:02:56,49
			12/08/16	25/06/16	05/08/17	16/09/15	
32	GEBRZIHAIR Girmawit	ETH	30:23,69	30:47,72	30:53,48	30:53,53	2:02:58,42
			23/06/23	06/06/22	14/06/24	17/07/19	
33	MONSON Alicia	USA	30:03,82	30:51,09	30:59,85	31:10,84	2:03:05,60
			04/03/23	27/05/22	16/07/22	05/12/20	
34	HUDDLE Molly	USA	30:13,17	30:47,59	30:58,46	31:07,24	2:03:06,46
			12/08/16	04/05/14	29/03/19	28/09/19	
35	GEMECHU Tsehay	ETH	30:19,29	30:53,11	30:57,73	31:00,26	2:03:10,39
			08/06/21	17/07/19	10/10/20	08/06/22	
36	CAN Yasemin	TUR	30:26,41	30:32,57	30:59,20	31:12,86	2:03:11,04
			12/08/16	15/08/22	17/07/19	06/07/16	
37	RIBEIRO Fernanda	POR	30:22,88	30:48,06	31:01,63	31:04,25	2:03:16,82
			30/09/00	04/04/98	02/08/96	10/09/94	
38	ABITOVA Inga	RUS	30:31,42	30:37,33	30:46,70	31:22,83	2:03:18,28
			07/08/06	15/08/08	17/07/08	28/07/10	

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39	KIPYEGO Sally Jepkosgei	KEN	30:26,37	30:38,35	30:50,04	31:25,45	2:03:20,21
			03/08/12	01/05/11	27/08/11	04/05/08	
40	GUDETA Netsanet	KEN	30:36,75	30:40,85	30:56,26	31:06,53	2:03:20,39
			29/06/16	17/07/19	13/05/16	17/06/15	
41	NIIYA Hitomi	JPN	30:20,44	30:56,70	30:59,19	31:06,67	2:03:23,00
			04/12/20	11/08/13	03/08/12	07/06/13	
42	CHEPTAI Irine	KEN	30:44,00	30:49,52	30:51,39	31:06,86	2:03:31,77
			07/08/21	03/08/22	04/05/21	19/06/21	
43	KONOVALOVA Mariya	RUS	30:31,03	30:35,84	30:59,35	31:26,94	2:03:33,16
			23/07/09	15/08/08	17/07/08	15/08/09	
44	AYALEW Wude	ETH	30:11,87	30:58,03	31:06,84	31:16,68	2:03:33,42
			14/06/09	17/06/15	12/06/08	27/06/13	
45	GRIGORYEVA Lidiya	RUS	30:32,72	30:57,83	31:01,15	31:04,62	2:03:36,32
			07/08/06	03/08/03	25/06/04	27/08/04	
46	MASAI Linet	KEN	30:26,50	30:53,59	31:02,89	31:14,98	2:03:37,96
			15/08/08	27/08/11	27/06/13	12/06/08	
47	ZHILYAYEVA Alla	RUS	30:23,07	30:57,14	31:07,58	31:14,27	2:03:42,06
			23/08/03	03/08/03	25/06/04	14/06/05	
48	WAMI Getenesh	ETH	30:22,48	30:24,56	31:06,65	31:49,98	2:03:43,67
			30/09/00	26/08/99	02/08/96	07/08/01	
49	FUKUSHI Kayoko	JPN	30:51,81	30:54,29	30:57,90	31:00,64	2:03:44,64
			08/10/02	01/05/11	30/09/06	26/07/06	
50	KELATI FREZGHI Weini	USA	30:33,82	30:49,98	31:10,08	31:11,11	2:03:44,99
			16/03/24	09/08/24	05/12/20	06/05/22	

51	LOROUPE Tegla	KEN	30:32,03	30:37,26	31:17,66	31:20,53	2:03:47,48
			26/08/99	30/09/00	09/08/95	17/08/97	
52	WANJIRU Rosemary	KEN	30:35,75	30:38,18	31:11,79	31:26,22	2:03:51,94
			28/09/19	15/07/20	21/04/19	22/08/19	
53	PROKOPCUKA Jelena	LAT	30:38,78	31:04,10	31:04,55	31:06,14	2:03:53,57
			07/08/06	27/08/04	06/08/05	23/08/03	
54	SAINA Betsy	KEN	30:07,78	30:57,30	31:15,97	31:37,22	2:03:58,27
			12/08/16	04/05/14	29/04/12	28/04/13	

Western Europe T20

1	HASSAN Sifan	NED	29:06,82	29:36,67	29:37,80	29:55,32	1:58:16,61
			06/06/21	10/10/20	03/06/23	07/08/21	
2	RADCLIFFE Paula	GBR	30:01,09	30:17,15	30:26,97	30:27,13	2:01:12,34
			06/08/02	27/06/04	30/09/00	26/08/99	

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3	McCOLGAN Eilish	GBR	30:00,86	30:19,02	30:34,60	30:41,05	2:01:35,53
			04/03/23	06/06/22	16/07/22	15/08/22	
4	KIPLAGAT Lornah	NED	30:12,53	30:31,92	30:37,26	30:40,27	2:02:01,98
			23/08/03	27/08/04	07/08/06	15/08/08	
5	KRISTIANSEN Ingrid	NOR	30:13,74	30:23,25	30:48,51	30:59,42	2:02:24,92
			05/07/86	30/08/86	01/07/89	27/07/85	
6	RIBEIRO Fernanda	POR	30:22,88	30:48,06	31:01,63	31:04,25	2:03:16,82
			30/09/00	04/04/98	02/08/96	10/09/94	
7	PROKOPCUKA Jelena	LAT	30:38,78	31:04,10	31:04,55	31:06,14	2:03:53,57
			07/08/06	27/08/04	06/08/05	23/08/03	
8	McCOLGAN Elizabeth	GBR	30:57,07	31:06,99	31:08,44	31:14,31	2:04:26,81
			25/06/91	02/07/88	30/09/88	30/08/91	
9	JUDD Jessica	GBR	30:35,93	31:20,96	31:18,47	31:22,24	2:04:37,60
			16/07/22	05/06/21	03/08/22	14/05/22	
10	O'SULLIVAN Sonia	IRL	30:47,59	30:53,37	31:29,33	31:33,19	2:04:43,48
			06/08/02	30/09/00	19/08/98	16/06/02	
11	KIBET Hilda	NED	30:51,92	30:58,48	31:29,69	31:36,90	2:04:56,99
			14/06/09	30/05/08	15/08/08	28/07/10	
12	WESSEL Kathrin	GER	31:03,62	31:11,34	31:20,62	31:26,79	2:05:02,37
			30/06/91	04/09/87	28/05/92	08/06/88	
13	PAVEY Joanne	GBR	30:53,20	31:12,30	31:26,94	31:32,22	2:05:04,66
			03/08/12	15/08/08	30/06/07	03/06/12	
14	GRØVDAL Karoline Bjerkeli	NOR	30:50,84	31:14,07	31:23,45	31:37,91	2:05:06,27
			08/05/21	12/08/16	06/07/16	01/05/16	
15	BOTEZAN Mihaela	ROU	31:11,24	31:13,96	31:19,74	31:28,72	2:05:13,66
			27/08/04	06/08/02	06/04/02	23/08/03	
16	MOREIRA Sara	POR	31:12,93	31:16,44	31:23,51	31:26,55	2:05:19,43
			11/04/15	03/08/12	03/06/12	05/06/10	
17	KRUMINS Susan	NED	31:05,40	31:20,24	31:23,81	31:31,97	2:05:21,42
			28/09/19	05/08/17	02/05/19	02/05/15	
18	MOCKENHAUPT Sabrina	GER	31:14,21	31:21,28	31:23,35	31:23,86	2:05:22,70
			15/08/08	02/04/05	17/04/04	05/06/10	
19	KLOSTERHALFEN Konstanze	GER	31:01,71	31:01,97	31:05,21	32:14,93	2:05:23,82
			27/02/21	07/08/21	15/08/22	19/08/98	
20	FERREIRA Maria Conceição	POR	31:16,42	31:30,60	31:32,11	31:32,82	2:05:51,95
			30/06/92	21/08/93	09/04/94	13/08/94	