

**10000m Men**
**Final A**
**Results**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	138	<b>CRIPPA Yemaneberhan</b> Italy	ITA	15 OCT 1996	27	<b>28:08.83</b>	SB
2	133	<b>GETAHON Tadesse</b> Israel	ISR	20 DEC 1997	23	<b>28:09.48</b>	
3	105	<b>FIFA Ilias</b> Spain	ESP	16 MAY 1989	3	<b>28:12.62</b>	
4	130	<b>AYALE Gashau</b> Israel	ISR	22 AUG 1996	20	<b>28:15.32</b>	
5	139	<b>GHEBREHIWET FANIEL Eyob</b> Italy	ITA	26 NOV 1992	28	<b>28:19.01</b>	PB
6	114	<b>GONDOUIN Valentin</b> France	FRA	4 MAR 1999	11	<b>28:20.78</b>	
7	118	<b>GEORGE Thomas</b> Great Britain & Northern Ireland	GBR	6 FEB 1996	15	<b>28:23.06</b>	
8	113	<b>FRÈRE Mehdi</b> France	FRA	27 JUL 1996	10	<b>28:25.44</b>	SB
9	108	<b>RAMOS Jesús</b> Spain	ESP	29 APR 1996	6	<b>28:29.44</b>	SB
10	132	<b>CHEKOLE Dereje</b> Israel	ISR	13 JUL 2000	22	<b>28:37.12</b>	
11	129	<b>ABUHAY Yitayew</b> Israel	ISR	1 DEC 1996	19	<b>28:37.70</b>	
12	116	<b>GRAY Jack</b> Great Britain & Northern Ireland	GBR	10 APR 1993	13	<b>28:38.25</b>	
13	111	<b>BOUR Felix</b> France	FRA	25 MAR 1994	8	<b>28:39.93</b>	
14	152	<b>ATAÇ Sezgin</b> Türkiye	TUR	21 MAR 1998	32	<b>28:41.17</b>	
15	115	<b>PALCAU Fabien</b> France	FRA	22 JUN 1997	12	<b>28:41.48</b>	SB
16	112	<b>DAGUINOS Etienne</b> France	FRA	15 FEB 2000	9	<b>28:42.49</b>	SB
17	135	<b>AOUANI Iliass</b> Italy	ITA	29 SEP 1995	25	<b>28:42.72</b>	
18	127	<b>CURTIN Fearghal</b> Ireland	IRL	14 JUL 1998	18	<b>28:44.31</b>	SB
19	131	<b>BELACHEW Godadaw</b> Israel	ISR	22 JAN 1997	21	<b>28:46.88</b>	
20	122	<b>TEKLEBRHAN-BERHE Filmon</b> Germany	GER	13 MAR 1996	17	<b>28:47.51</b>	
21	117	<b>LEACH Matthew</b> Great Britain & Northern Ireland	GBR	25 SEP 1993	14	<b>28:48.01</b>	
22	103	<b>VOJTA Andreas</b> Austria	AUT	9 JUN 1989	1	<b>28:55.99</b>	SB

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<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
23	107	<b>PÉREZ Juan Antonio</b> Spain	ESP	6 NOV 1988	5	<b>28:57.11</b>	SB
24	119	<b>BECKER Jan Lukas</b> Germany	GER	22 SEP 1993	16	<b>28:57.47</b>	
25	146	<b>LE GUEN Morgan</b> Switzerland	SUI	12 SEP 1993	31	<b>28:58.08</b>	PB
26	109	<b>ROJO Yago</b> Spain	ESP	23 MAR 1995	7	<b>29:01.39</b>	SB
27	104	<b>ALAIZ Roberto</b> Spain	ESP	20 JUL 1990	2	<b>29:07.64</b>	
28	140	<b>MONDAZZI Alberto</b> Italy	ITA	21 FEB 1998	29	<b>29:08.16</b>	
29	142	<b>SELVAROLO Pasquale</b> Italy	ITA	28 NOV 1999	30	<b>29:08.39</b>	
30	153	<b>ÖZDEMİR Ramazan</b> Türkiye	TUR	6 JUL 1991	4	<b>29:15.67</b>	
31	134	<b>MALEDE Bukayawe</b> Israel	ISR	1 APR 1997	24	<b>29:16.54</b>	
	137	<b>CRIPPA Nekagenet</b> Italy	ITA	16 SEP 1994	26	<b>DNF</b>	
		<b>Intermediate Times:</b>					
		1000m	2:55.70	138	CRIPPA Yemaneberhan (ITA)		
		2000m	5:38.51	138	CRIPPA Yemaneberhan (ITA)		
		3000m	8:24.27	105	FIFA Ilias (ESP)		
		4000m	11:16.76	113	FRÈRE Mehdi (FRA)		
		5000m	14:13.18	105	FIFA Ilias (ESP)		
		6000m	17:02.04	138	CRIPPA Yemaneberhan (ITA)		
		7000m	19:53.23	130	AYALE Gashau (ISR)		
		8000m	22:45.57	113	FRÈRE Mehdi (FRA)		
		9000m	25:35.23	105	FIFA Ilias (ESP)		

**Weather conditions**

Temperature: 24°C

Humidity: 48%

Conditions: Few clouds

**Legend:**
**DNF** Did not Finish      **PB** Personal Best      **SB** Season Best

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**1 138 CRIPPA Yemaneberhan** ITA 15 OCT 1996 **28:08.83** SB

35.02 (4)	1:12.98 (15)	1:46.97 (10)	2:20.46 (2)	<b>2:55.70 (1)</b>	<b>3:28.50 (1)</b>	<b>4:01.36 (1)</b>	4:34.50 (5)	5:06.18 (2)	<b>5:38.51 (1)</b>
<b>6:11.89 (1)</b>	6:45.30 (2)	7:17.96 (3)	7:50.66 (2)	8:24.36 (2)	<b>8:56.84 (1)</b>	<b>9:30.02 (1)</b>	10:06.58 (3)	10:41.93 (4)	11:17.80 (5)
11:52.34 (3)	12:28.09 (5)	13:02.76 (4)	13:38.05 (6)	14:13.53 (4)	14:48.23 (4)	15:22.98 (4)	15:55.95 (2)	16:29.63 (2)	<b>17:02.04 (1)</b>
17:38.22 (2)	18:13.89 (7)	18:46.05 (4)	19:20.55 (6)	19:53.90 (4)	20:28.15 (5)	21:01.76 (4)	21:35.26 (4)	22:11.28 (4)	22:45.90 (4)
23:21.60 (3)	23:54.95 (2)	<b>24:26.74 (1)</b>	24:59.78 (4)	25:35.73 (3)	26:08.53 (2)	26:41.91 (3)	27:13.00 (2)	<b>27:42.04 (1)</b>	

**2 133 GETAHON Tadesse** ISR 20 DEC 1997 **28:09.48** 0.65

36.09 (18)	1:14.09 (26)	1:48.27 (21)	2:22.85 (20)	2:57.49 (20)	3:31.17 (19)	4:03.67 (17)	4:37.53 (24)	5:08.76 (17)	5:41.29 (9)
6:13.93 (11)	6:47.10 (8)	7:19.10 (9)	7:52.38 (9)	8:26.10 (9)	8:59.40 (7)	9:32.41 (9)	10:07.90 (10)	10:42.26 (6)	11:17.40 (4)
11:52.73 (6)	12:27.50 (4)	13:02.97 (5)	13:39.83 (15)	14:13.61 (5)	14:47.25 (2)	15:22.72 (2)	<b>15:55.45 (1)</b>	<b>16:29.22 (1)</b>	17:02.12 (2)
<b>17:38.09 (1)</b>	18:12.60 (2)	18:45.90 (2)	19:19.85 (3)	19:53.69 (3)	20:28.00 (3)	21:01.42 (3)	21:35.45 (5)	22:11.23 (3)	22:45.65 (3)
23:21.61 (4)	23:55.45 (4)	24:26.98 (2)	24:59.76 (3)	25:35.45 (2)	26:09.35 (5)	26:41.70 (2)	<b>27:12.96 (1)</b>	27:42.20 (2)	

**3 105 FIFA Ilias** ESP 16 MAY 1989 **28:12.62** 3.79

<b>34.53 (1)</b>	1:11.85 (7)	1:46.39 (4)	2:20.71 (3)	2:56.57 (10)	3:29.88 (7)	4:02.02 (5)	4:34.40 (3)	5:06.34 (3)	5:39.16 (2)
6:12.29 (3)	6:45.45 (4)	7:17.56 (2)	<b>7:50.45 (1)</b>	<b>8:24.27 (1)</b>	8:57.36 (2)	9:30.17 (2)	10:06.38 (2)	10:41.76 (3)	11:17.03 (3)
11:52.44 (4)	12:27.03 (3)	13:02.45 (3)	13:37.40 (2)	<b>14:13.18 (1)</b>	<b>14:47.05 (1)</b>	<b>15:22.66 (1)</b>	15:56.55 (3)	16:30.01 (4)	17:02.39 (3)
17:38.74 (4)	18:13.12 (4)	18:45.98 (3)	19:19.13 (2)	19:53.44 (2)	20:27.36 (2)	<b>21:01.00 (1)</b>	<b>21:34.76 (1)</b>	22:11.11 (2)	22:45.61 (2)
<b>23:21.39 (1)</b>	<b>23:54.86 (1)</b>	24:27.09 (3)	<b>24:59.43 (1)</b>	<b>25:35.23 (1)</b>	<b>26:08.07 (1)</b>	<b>26:41.44 (1)</b>	27:13.23 (3)	27:42.70 (3)	

**4 130 AYALE Gashau** ISR 22 AUG 1996 **28:15.32** 6.49

35.67 (11)	1:14.22 (27)	1:47.83 (18)	2:23.29 (23)	2:57.30 (19)	3:31.32 (20)	4:03.90 (19)	4:36.35 (14)	5:08.49 (16)	5:43.59 (25)
6:15.52 (19)	6:48.56 (16)	7:20.61 (14)	7:54.11 (14)	8:27.54 (14)	9:00.95 (14)	9:32.68 (10)	10:08.18 (13)	10:42.68 (10)	11:18.74 (12)
11:53.20 (11)	12:29.29 (14)	13:03.63 (12)	13:38.75 (10)	14:14.45 (13)	14:48.75 (12)	15:23.19 (6)	15:56.90 (4)	16:30.32 (5)	17:02.63 (4)
17:38.96 (7)	<b>18:12.26 (1)</b>	<b>18:45.67 (1)</b>	<b>19:19.04 (1)</b>	<b>19:53.23 (1)</b>	<b>20:27.11 (1)</b>	21:01.33 (2)	21:35.09 (2)	22:11.51 (5)	22:46.00 (5)
23:21.84 (5)	23:55.08 (3)	24:27.51 (4)	24:59.70 (2)	25:35.99 (4)	26:08.76 (3)	26:42.15 (4)	27:13.62 (4)	27:44.03 (4)	

**5 139 GHEBREHIWET FANIEL Eyob** ITA 26 NOV 1992 **28:19.01** 10.18 PB

35.50 (9)	1:11.46 (3)	1:46.93 (9)	2:21.41 (11)	2:56.79 (12)	3:30.16 (10)	4:03.89 (18)	4:36.55 (16)	5:09.07 (20)	5:41.92 (15)
6:15.83 (20)	6:49.35 (18)	7:21.21 (15)	7:54.30 (15)	8:27.85 (15)	9:00.93 (13)	9:33.53 (13)	10:08.30 (14)	10:43.14 (14)	11:18.14 (8)
11:53.82 (16)	12:28.39 (7)	13:03.74 (13)	13:38.55 (9)	14:14.28 (12)	14:48.33 (5)	15:23.74 (11)	15:57.89 (9)	16:31.49 (13)	17:04.77 (12)
17:39.71 (15)	18:15.30 (14)	18:48.10 (12)	19:21.17 (9)	19:55.09 (9)	20:29.48 (8)	21:02.82 (8)	21:36.67 (9)	22:11.87 (7)	22:48.52 (13)
23:22.06 (7)	23:56.25 (7)	24:27.99 (6)	25:00.24 (5)	25:36.05 (5)	26:09.16 (4)	26:42.46 (5)	27:15.30 (5)	27:47.52 (5)	

**6 114 GONDOUIN Valentin** FRA 4 MAR 1999 **28:20.78** 11.95

34.68 (2)	1:11.23 (2)	1:46.24 (3)	2:20.80 (5)	2:56.11 (5)	3:29.10 (3)	4:02.64 (9)	4:35.80 (11)	5:07.65 (10)	5:41.55 (13)
6:13.88 (10)	6:47.70 (12)	7:19.83 (11)	7:54.07 (13)	8:26.79 (11)	9:00.25 (12)	9:32.99 (11)	10:07.12 (7)	10:42.89 (12)	11:17.86 (6)
11:52.96 (9)	12:28.50 (8)	13:03.05 (6)	13:38.05 (6)	14:13.71 (6)	14:48.74 (11)	15:23.43 (8)	15:58.85 (16)	16:31.45 (12)	17:04.36 (7)
17:38.85 (6)	18:14.45 (8)	18:47.83 (10)	19:21.01 (8)	19:55.29 (10)	20:30.05 (12)	21:03.08 (9)	21:37.50 (10)	22:11.87 (7)	22:47.05 (8)
23:21.92 (6)	23:55.84 (5)	24:27.71 (5)	25:00.25 (6)	25:36.21 (6)	26:09.86 (6)	26:42.67 (6)	27:16.00 (6)	27:48.42 (6)	

**Race Analysis**

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<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**7 118 GEORGE Thomas** GBR 6 FEB 1996 **28:23.06** 14.23

35.10 (5)	1:11.75 (6)	1:46.65 (6)	2:20.74 (4)	2:56.34 (7)	3:29.69 (6)	4:02.16 (6)	4:34.33 (2)	5:06.95 (5)	5:39.76 (5)
6:12.75 (5)	6:45.61 (5)	7:18.50 (5)	7:51.36 (4)	8:25.14 (5)	8:58.26 (5)	9:31.75 (6)	10:07.25 (9)	10:42.30 (7)	11:17.89 (7)
11:52.81 (7)	12:28.55 (9)	13:03.28 (9)	13:38.50 (8)	14:14.07 (11)	14:48.55 (8)	15:23.64 (10)	15:56.97 (5)	16:30.91 (8)	17:04.55 (10)
17:39.41 (12)	18:15.54 (16)	18:48.32 (13)	19:21.46 (11)	19:55.63 (11)	20:29.95 (11)	21:03.91 (12)	21:37.50 (10)	22:12.34 (10)	22:47.30 (10)
23:22.25 (9)	23:56.60 (8)	24:30.08 (8)	25:03.65 (7)	25:38.57 (7)	26:12.42 (7)	26:47.80 (7)	27:21.74 (8)	27:54.69 (8)	

**8 113 FRÈRE Mehdi** FRA 27 JUL 1996 **28:25.44** 16.61 SB

36.31 (22)	1:11.74 (4)	1:46.48 (5)	2:20.90 (6)	2:56.01 (4)	3:29.18 (4)	4:01.93 (4)	4:34.56 (6)	5:06.67 (4)	5:39.20 (3)
6:12.52 (4)	6:45.40 (3)	7:18.21 (4)	7:51.70 (6)	8:24.90 (4)	8:57.86 (4)	9:30.65 (4)	<b>10:06.17 (1)</b>	<b>10:41.53 (1)</b>	<b>11:16.76 (1)</b>
<b>11:51.88 (1)</b>	<b>12:26.68 (1)</b>	<b>13:02.15 (1)</b>	<b>13:37.27 (1)</b>	14:13.24 (2)	14:47.45 (3)	15:22.88 (3)	15:57.20 (7)	16:30.51 (6)	17:03.00 (5)
17:39.04 (8)	18:13.61 (6)	18:46.64 (7)	19:20.42 (4)	19:54.43 (6)	20:28.13 (4)	21:02.10 (6)	21:35.60 (6)	<b>22:11.09 (1)</b>	<b>22:45.57 (1)</b>
23:21.43 (2)	23:55.85 (6)	24:29.23 (7)	25:03.94 (8)	25:39.10 (8)	26:13.05 (8)	26:47.89 (8)	27:21.73 (7)	27:54.48 (7)	

**9 108 RAMOS Jesús** ESP 29 APR 1996 **28:29.44** 20.61 SB

36.07 (17)	1:13.14 (19)	1:47.34 (14)	2:22.93 (21)	2:56.84 (14)	3:30.27 (12)	4:03.64 (16)	4:35.69 (10)	5:07.81 (11)	5:40.29 (7)
6:13.37 (8)	6:46.99 (7)	7:18.85 (7)	7:52.36 (8)	8:25.52 (7)	8:59.50 (8)	9:31.94 (7)	10:06.76 (4)	10:42.51 (9)	11:18.44 (11)
11:53.18 (10)	12:28.69 (10)	13:03.25 (8)	13:37.88 (4)	14:13.88 (7)	14:49.58 (16)	15:23.80 (12)	15:58.49 (13)	16:31.66 (14)	17:05.10 (13)
17:39.09 (9)	18:14.49 (9)	18:48.06 (11)	19:21.65 (13)	19:55.80 (12)	20:29.82 (10)	21:04.06 (13)	21:38.49 (13)	22:12.67 (12)	22:47.93 (12)
23:22.70 (12)	23:57.66 (12)	24:32.51 (12)	25:06.69 (11)	25:41.89 (9)	26:16.01 (9)	26:51.23 (9)	27:25.30 (9)	27:59.30 (9)	

**10 132 CHEKOLE Dereje** ISR 13 JUL 2000 **28:37.12** 28.29

36.53 (26)	1:15.09 (32)	1:48.94 (27)	2:23.55 (25)	2:58.11 (25)	3:31.90 (25)	4:04.61 (25)	4:37.49 (23)	5:09.79 (23)	5:43.40 (22)
6:16.33 (24)	6:50.00 (21)	7:23.07 (24)	7:56.60 (24)	8:30.80 (24)	9:03.45 (23)	9:37.98 (23)	10:11.10 (20)	10:45.38 (21)	11:20.50 (21)
11:54.43 (20)	12:29.28 (13)	13:04.45 (18)	13:39.75 (14)	14:15.04 (19)	14:50.05 (20)	15:24.09 (17)	15:58.79 (14)	16:31.68 (15)	17:05.30 (14)
17:39.53 (13)	18:14.90 (12)	18:48.58 (14)	19:22.70 (15)	19:56.09 (13)	20:30.70 (13)	21:03.63 (11)	21:36.28 (8)	22:12.49 (11)	22:47.42 (11)
23:22.15 (8)	23:56.89 (9)	24:31.99 (10)	25:06.51 (10)	25:42.95 (11)	26:17.72 (10)	26:53.59 (10)	27:28.31 (10)	28:03.56 (10)	

**11 129 ABUHAY Yitayew** ISR 1 DEC 1996 **28:37.70** 28.87

37.10 (31)	1:13.51 (21)	1:48.45 (23)	2:23.15 (22)	2:58.15 (26)	3:32.54 (28)	4:04.87 (27)	4:37.18 (20)	5:09.83 (24)	5:43.11 (20)
6:16.14 (23)	6:50.25 (23)	7:22.57 (22)	7:55.79 (20)	8:29.84 (20)	9:02.86 (20)	9:37.90 (22)	10:11.56 (21)	10:47.07 (23)	11:21.55 (23)
11:56.30 (23)	12:30.80 (22)	13:05.35 (23)	13:40.66 (21)	14:15.88 (23)	14:51.10 (23)	15:26.75 (23)	16:02.25 (23)	16:39.44 (23)	17:15.76 (26)
17:52.21 (28)	18:28.04 (30)	19:06.01 (30)	19:43.28 (30)	20:20.60 (30)	20:57.14 (30)	21:34.69 (30)	22:11.17 (31)	22:48.71 (31)	23:25.22 (31)
24:02.67 (31)	24:41.08 (31)	25:19.35 (31)	25:57.25 (31)	26:35.35 (31)	27:15.07 (31)	27:56.05 (31)	28:37.93 (31)	29:15.04 (31)	

**12 116 GRAY Jack** GBR 10 APR 1993 **28:38.25** 29.42

36.97 (30)	1:12.99 (16)	1:47.70 (17)	2:21.16 (8)	2:56.56 (9)	3:30.85 (16)	4:03.31 (13)	4:37.29 (21)	5:08.91 (18)	5:43.49 (23)
6:15.92 (21)	6:49.61 (20)	7:22.82 (23)	7:56.46 (23)	8:30.29 (22)	9:03.09 (21)	9:37.00 (20)	10:11.60 (22)	10:45.27 (20)	11:19.35 (20)
11:54.68 (21)	12:30.69 (21)	13:05.15 (22)	13:40.99 (23)	14:15.14 (20)	14:49.09 (15)	15:24.61 (21)	15:59.20 (20)	16:32.83 (20)	17:07.30 (20)
17:40.58 (20)	18:17.69 (20)	18:49.93 (20)	19:24.66 (20)	19:58.92 (19)	20:33.83 (20)	21:07.82 (18)	21:43.23 (18)	22:17.86 (15)	22:52.09 (15)
23:27.05 (15)	24:01.31 (15)	24:36.43 (15)	25:11.89 (14)	25:48.29 (14)	26:23.04 (13)	26:57.93 (12)	27:31.90 (11)	28:06.10 (11)	

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**13 111 BOUR Felix** FRA 25 MAR 1994 **28:39.93** 31.10

36.57 (27)	1:14.69 (29)	1:48.45 (23)	2:22.60 (19)	2:57.58 (21)	3:30.59 (14)	4:04.13 (21)	4:37.10 (19)	5:08.97 (19)	5:41.95 (16)
6:14.83 (14)	6:48.25 (14)	7:20.36 (13)	7:53.95 (12)	8:27.35 (13)	9:00.20 (10)	9:33.85 (14)	10:07.14 (8)	10:42.88 (11)	11:18.20 (9)
11:53.53 (13)	12:29.73 (18)	13:03.88 (14)	13:40.04 (16)	14:14.50 (14)	14:49.59 (17)	15:24.05 (16)	15:58.80 (15)	16:31.91 (16)	17:05.65 (15)
17:39.85 (16)	18:15.35 (15)	18:48.92 (16)	19:22.93 (16)	19:57.04 (14)	20:31.97 (14)	21:07.27 (15)	21:42.38 (16)	22:18.25 (17)	22:52.77 (16)
23:28.89 (16)	24:04.35 (16)	24:40.50 (18)	25:15.82 (17)	25:52.19 (17)	26:26.96 (17)	27:01.86 (15)	27:35.15 (14)	28:09.12 (12)	

**14 152 ATAÇ Sezgin** TUR 21 MAR 1998 **28:41.17** 32.34

35.50 (9)	1:12.59 (13)	1:47.29 (13)	2:22.00 (15)	2:56.99 (16)	3:30.73 (15)	4:03.45 (14)	4:36.65 (17)	5:08.25 (15)	5:43.09 (19)
6:15.38 (17)	6:48.48 (15)	7:21.31 (16)	7:55.25 (19)	8:28.57 (18)	9:02.18 (18)	9:36.69 (19)	10:10.99 (19)	10:44.93 (19)	11:18.75 (14)
11:54.10 (18)	12:30.88 (23)	13:04.57 (19)	13:40.05 (17)	14:14.63 (16)	14:48.76 (13)	15:23.88 (13)	15:59.09 (18)	16:32.06 (17)	17:06.25 (18)
17:40.29 (18)	18:15.75 (18)	18:49.34 (18)	19:23.90 (18)	19:59.29 (20)	20:33.72 (19)	21:09.46 (19)	21:44.41 (19)	22:19.90 (19)	22:54.58 (19)
23:29.91 (19)	24:04.67 (18)	24:40.21 (17)	25:15.64 (16)	25:51.98 (16)	26:26.67 (16)	27:02.29 (17)	27:36.92 (17)	28:10.45 (15)	

**15 115 PALCAU Fabien** FRA 22 JUN 1997 **28:41.48** 32.65 SB

35.93 (16)	1:11.92 (8)	1:46.71 (7)	2:21.89 (14)	2:56.22 (6)	3:31.39 (21)	4:02.32 (8)	4:35.35 (9)	5:07.14 (6)	5:40.40 (8)
6:12.97 (6)	6:47.11 (10)	7:19.08 (8)	7:51.04 (3)	8:25.85 (8)	8:59.50 (8)	9:32.18 (8)	10:07.99 (11)	10:42.48 (8)	11:18.74 (12)
11:52.95 (8)	12:29.45 (15)	13:03.31 (10)	13:40.23 (19)	14:14.06 (10)	14:50.36 (22)	15:23.90 (14)	15:58.92 (17)	16:31.25 (11)	17:04.45 (9)
17:38.74 (4)	18:13.06 (3)	18:46.40 (6)	19:20.46 (5)	19:54.47 (7)	20:28.69 (7)	21:03.42 (10)	21:37.86 (12)	22:12.75 (13)	22:47.24 (9)
23:23.67 (13)	23:59.51 (13)	24:36.35 (14)	25:12.16 (15)	25:49.15 (15)	26:24.71 (15)	27:02.27 (16)	27:36.46 (16)	28:10.78 (16)	

**16 112 DAGUINOS Etienne** FRA 15 FEB 2000 **28:42.49** 33.66 SB

35.20 (6)	1:12.39 (11)	1:46.78 (8)	2:21.16 (8)	2:56.35 (8)	3:29.90 (8)	4:02.74 (10)	4:35.03 (7)	5:07.38 (7)	5:39.86 (6)
6:13.14 (7)	6:46.10 (6)	7:18.65 (6)	7:51.70 (6)	8:25.26 (6)	8:58.70 (6)	9:31.27 (5)	10:06.85 (5)	10:42.00 (5)	11:19.09 (19)
11:52.51 (5)	12:28.35 (6)	13:03.12 (7)	13:40.14 (18)	14:13.89 (8)	14:48.70 (9)	15:23.57 (9)	15:57.99 (10)	16:30.96 (9)	17:04.62 (11)
17:39.22 (10)	18:15.04 (13)	18:46.87 (8)	19:21.59 (12)	19:54.70 (8)	20:29.75 (9)	21:02.39 (7)	21:35.89 (7)	22:12.08 (9)	22:46.83 (7)
23:22.67 (11)	23:57.31 (11)	24:32.34 (11)	25:07.73 (12)	25:44.87 (12)	26:21.11 (12)	26:58.20 (13)	27:34.05 (13)	28:09.37 (13)	

**17 135 AOUANI Iliass** ITA 29 SEP 1995 **28:42.72** 33.89

34.87 (3)	1:11.95 (9)	1:46.16 (2)	2:20.99 (7)	2:55.76 (2)	3:29.09 (2)	4:01.38 (2)	<b>4:33.57 (1)</b>	<b>5:05.93 (1)</b>	5:39.50 (4)
6:12.03 (2)	<b>6:44.26 (1)</b>	<b>7:17.53 (1)</b>	7:51.45 (5)	8:24.59 (3)	8:57.70 (3)	9:30.19 (3)	10:06.99 (6)	10:41.69 (2)	11:16.83 (2)
11:52.13 (2)	12:26.87 (2)	13:02.36 (2)	13:37.80 (3)	14:13.48 (3)	14:48.54 (7)	15:23.05 (5)	15:57.13 (6)	16:29.76 (3)	17:03.15 (6)
17:38.53 (3)	18:13.28 (5)	18:46.29 (5)	19:20.75 (7)	19:54.08 (5)	20:28.30 (6)	21:01.90 (5)	21:35.22 (3)	22:11.55 (6)	22:46.14 (6)
23:22.31 (10)	23:56.91 (10)	24:31.01 (9)	25:06.31 (9)	25:42.89 (10)	26:18.53 (11)	26:56.20 (11)	27:32.72 (12)	28:09.41 (14)	

**18 127 CURTIN Fearghal** IRL 14 JUL 1998 **28:44.31** 35.48 SB

35.73 (13)	1:13.02 (17)	1:47.99 (19)	2:22.40 (18)	2:57.13 (17)	3:30.08 (9)	4:03.52 (15)	4:35.95 (12)	5:07.97 (13)	5:41.35 (12)
6:15.11 (15)	6:48.61 (17)	7:22.25 (19)	7:55.20 (18)	8:29.05 (19)	9:02.39 (19)	9:36.48 (18)	10:10.42 (18)	10:44.74 (18)	11:18.86 (18)
11:54.01 (17)	12:28.77 (11)	13:04.08 (15)	13:38.90 (11)	14:14.58 (15)	14:48.71 (10)	15:24.22 (18)	15:58.35 (11)	16:32.39 (18)	17:06.55 (19)
17:40.38 (19)	18:15.60 (17)	18:49.74 (19)	19:23.96 (19)	19:58.48 (18)	20:32.73 (17)	21:07.33 (16)	21:41.68 (14)	22:16.52 (14)	22:51.43 (14)
23:26.36 (14)	24:01.19 (14)	24:36.25 (13)	25:11.64 (13)	25:48.06 (13)	26:23.79 (14)	27:00.03 (14)	27:36.32 (15)	28:11.45 (17)	

**10000m Men**
**Final A**
**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57</b>	<b>FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44</b>	<b>RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09</b>	<b>KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71</b>	<b>DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**19 131 BELACHEW Godadaw** ISR 22 JAN 1997 **28:46.88** 38.05

36.79 (28)	1:13.85 (24)	1:49.27 (29)	2:23.95 (30)	2:58.60 (28)	3:31.78 (22)	4:05.09 (28)	4:38.20 (28)	5:11.20 (28)	5:44.00 (27)
6:17.63 (29)	6:50.77 (28)	7:24.77 (29)	7:58.11 (29)	8:32.66 (29)	9:05.97 (27)	9:40.88 (28)	10:15.33 (28)	10:50.34 (28)	11:25.77 (30)
12:00.73 (29)	12:34.82 (29)	13:10.88 (29)	13:45.82 (30)	14:20.94 (29)	14:55.08 (29)	15:30.40 (29)	16:06.03 (28)	16:40.65 (29)	17:16.24 (29)
17:52.53 (30)	18:27.00 (29)	19:03.03 (29)	19:37.66 (28)	20:14.37 (29)	20:48.87 (28)	21:24.91 (28)	22:00.05 (26)	22:35.06 (24)	23:10.37 (22)
23:45.35 (22)	24:19.19 (22)	24:54.18 (22)	25:29.02 (21)	26:03.73 (21)	26:37.59 (21)	27:12.38 (21)	27:45.61 (21)	28:17.99 (19)	

**20 122 TEKLEBRHAN-BERHE Filmon** GER 13 MAR 1996 **28:47.51** 38.68

35.30 (8)	1:13.61 (22)	1:47.02 (11)	2:21.27 (10)	2:56.79 (12)	3:30.16 (10)	4:02.30 (7)	4:35.17 (8)	5:07.58 (9)	5:41.30 (10)
6:13.64 (9)	6:47.10 (8)	7:19.48 (10)	7:53.01 (10)	8:26.60 (10)	9:00.20 (10)	9:33.49 (12)	10:08.00 (12)	10:43.13 (13)	11:18.30 (10)
11:53.34 (12)	12:28.80 (12)	13:03.45 (11)	13:38.04 (5)	14:13.96 (9)	14:48.45 (6)	15:23.33 (7)	15:57.25 (8)	16:30.82 (7)	17:05.75 (16)
17:39.66 (14)	18:14.68 (11)	18:48.58 (14)	19:22.53 (14)	19:57.49 (15)	20:31.97 (14)	21:06.88 (14)	21:42.08 (15)	22:17.94 (16)	22:52.82 (17)
23:29.17 (17)	24:04.54 (17)	24:40.07 (16)	25:16.42 (19)	25:53.44 (19)	26:29.01 (19)	27:05.53 (18)	27:41.05 (18)	28:17.27 (18)	

**21 117 LEACH Matthew** GBR 25 SEP 1993 **28:48.01** 39.18

37.13 (32)	1:13.03 (18)	1:48.53 (25)	2:23.89 (29)	2:58.34 (27)	3:32.05 (27)	4:04.30 (23)	4:37.90 (25)	5:10.26 (25)	5:43.21 (21)
6:16.77 (26)	6:50.26 (24)	7:24.23 (28)	7:57.86 (28)	8:32.35 (28)	9:06.31 (30)	9:41.44 (30)	10:15.66 (30)	10:50.85 (30)	11:25.00 (28)
12:00.92 (30)	12:35.06 (30)	13:11.11 (30)	13:45.39 (29)	14:21.08 (30)	14:55.36 (30)	15:30.52 (30)	16:06.04 (29)	16:40.89 (30)	17:16.46 (30)
17:52.51 (29)	18:26.55 (27)	19:02.52 (27)	19:37.69 (29)	20:14.18 (28)	20:48.15 (24)	21:24.15 (22)	21:58.24 (21)	22:33.92 (21)	23:08.23 (21)
23:43.59 (21)	24:17.89 (21)	24:52.92 (20)	25:27.21 (20)	26:02.55 (20)	26:36.55 (20)	27:11.99 (20)	27:45.59 (20)	28:18.58 (20)	

**22 103 VOJTA Andreas** AUT 9 JUN 1989 **28:55.99** 47.16 SB

35.87 (15)	1:13.40 (20)	1:48.06 (20)	2:22.23 (17)	2:57.73 (22)	3:31.94 (26)	4:04.55 (24)	4:38.18 (27)	5:10.58 (26)	5:43.50 (24)
6:16.74 (25)	6:50.14 (22)	7:23.27 (25)	7:56.68 (25)	8:31.12 (25)	9:04.52 (25)	9:39.26 (25)	10:13.49 (25)	10:49.39 (25)	11:23.77 (25)
11:59.65 (25)	12:33.91 (25)	13:09.80 (25)	13:44.01 (24)	14:19.55 (24)	14:53.95 (24)	15:29.12 (24)	16:03.89 (24)	16:39.80 (24)	17:15.34 (23)
17:51.40 (24)	18:26.04 (25)	19:02.17 (25)	19:37.26 (26)	20:13.96 (26)	20:48.50 (26)	21:24.66 (26)	22:00.05 (26)	22:35.32 (27)	23:11.55 (27)
23:46.54 (25)	24:21.20 (25)	24:57.46 (25)	25:33.27 (25)	26:09.63 (26)	26:43.98 (24)	27:19.02 (24)	27:53.11 (23)	28:26.55 (23)	

**23 107 PÉREZ Juan Antonio** ESP 6 NOV 1988 **28:57.11** 48.28 SB

36.17 (20)	<b>1:11.02 (1)</b>	<b>1:45.78 (1)</b>	<b>2:19.90 (1)</b>	2:55.81 (3)	3:29.40 (5)	4:01.70 (3)	4:34.40 (3)	5:07.41 (8)	5:41.85 (14)
6:14.64 (13)	6:49.45 (19)	7:22.51 (21)	7:56.11 (21)	8:30.54 (23)	9:04.20 (24)	9:38.96 (24)	10:13.31 (24)	10:49.04 (24)	11:23.81 (26)
11:59.45 (24)	12:33.79 (24)	13:09.49 (24)	13:44.20 (25)	14:19.83 (25)	14:54.18 (25)	15:29.41 (25)	16:05.62 (26)	16:40.04 (26)	17:16.02 (27)
17:51.27 (23)	18:25.70 (23)	19:01.65 (23)	19:36.42 (22)	20:12.99 (22)	20:48.11 (23)	21:24.26 (23)	21:59.70 (23)	22:36.09 (28)	23:12.56 (29)
23:48.39 (29)	24:23.67 (28)	24:59.69 (28)	25:34.51 (26)	26:09.13 (24)	26:43.19 (23)	27:17.51 (22)	27:51.61 (22)	28:25.19 (22)	

**24 119 BECKER Jan Lukas** GER 22 SEP 1993 **28:57.47** 48.64

36.13 (19)	1:12.47 (12)	1:48.31 (22)	2:23.84 (28)	2:57.86 (23)	3:31.85 (23)	4:04.84 (26)	4:37.90 (25)	5:10.85 (27)	5:44.05 (28)
6:16.95 (27)	6:51.10 (29)	7:23.61 (26)	7:57.05 (26)	8:31.39 (26)	9:06.05 (28)	9:39.46 (26)	10:14.18 (27)	10:49.68 (26)	11:23.69 (24)
11:59.98 (26)	12:34.24 (26)	13:10.09 (26)	13:44.28 (26)	14:20.14 (26)	14:54.39 (26)	15:29.59 (26)	16:06.07 (30)	16:40.29 (27)	17:15.70 (25)
17:51.87 (26)	18:26.33 (26)	19:02.47 (26)	19:37.59 (27)	20:14.16 (27)	20:50.08 (29)	21:24.72 (27)	22:00.19 (28)	22:35.12 (25)	23:10.91 (24)
23:45.87 (24)	24:19.57 (23)	24:54.91 (23)	25:30.16 (23)	26:06.47 (22)	26:42.07 (22)	27:18.34 (23)	27:54.18 (25)	28:27.08 (24)	

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**25 146 LE GUEN Morgan** SUI 12 SEP 1993 **28:58.08** 49.25 PB

35.25 (7)	1:12.95 (14)	1:47.55 (16)	2:21.75 (13)	2:57.14 (18)	3:30.34 (13)	4:04.06 (20)	4:37.35 (22)	5:09.33 (21)	5:42.20 (18)
6:15.46 (18)	6:50.42 (26)	7:21.92 (18)	7:54.61 (16)	8:28.39 (17)	9:01.86 (16)	9:35.19 (17)	10:09.00 (16)	10:43.76 (16)	11:18.75 (14)
11:53.72 (15)	12:29.59 (17)	13:04.37 (17)	13:39.71 (13)	14:15.14 (20)	14:49.84 (19)	15:24.25 (19)	15:59.10 (19)	16:32.57 (19)	17:05.91 (17)
17:40.07 (17)	18:15.75 (18)	18:49.07 (17)	19:23.49 (17)	19:57.66 (17)	20:32.09 (16)	21:07.42 (17)	21:42.56 (17)	22:18.32 (18)	22:53.15 (18)
23:29.23 (18)	24:06.08 (19)	24:40.75 (19)	25:16.32 (18)	25:52.47 (18)	26:28.31 (18)	27:05.84 (19)	27:42.11 (19)	28:20.35 (21)	

**26 109 ROJO Yago** ESP 23 MAR 1995 **29:01.39** 52.56 SB

36.32 (23)	1:13.66 (23)	1:49.35 (30)	2:23.50 (24)	2:58.82 (29)	3:32.76 (30)	4:05.34 (30)	4:38.85 (30)	5:11.46 (29)	5:44.79 (30)
6:17.34 (28)	6:50.65 (27)	7:23.93 (27)	7:57.09 (27)	8:31.59 (27)	9:05.02 (26)	9:39.70 (27)	10:13.86 (26)	10:49.89 (27)	11:24.48 (27)
12:00.10 (27)	12:34.29 (27)	13:10.32 (27)	13:44.65 (27)	14:20.36 (27)	14:54.69 (27)	15:29.93 (27)	16:05.94 (27)	16:40.35 (28)	17:16.04 (28)
17:52.02 (27)	18:26.64 (28)	19:02.73 (28)	19:37.00 (24)	20:13.44 (24)	20:47.75 (22)	21:24.13 (21)	21:58.82 (22)	22:34.79 (22)	23:10.90 (23)
23:45.67 (23)	24:20.48 (24)	24:57.14 (24)	25:33.00 (24)	26:09.40 (25)	26:44.14 (25)	27:19.30 (25)	27:53.78 (24)	28:29.42 (25)	

**27 104 ALAIZ Roberto** ESP 20 JUL 1990 **29:07.64** 58.81

35.67 (11)	1:12.10 (10)	1:47.10 (12)	2:22.19 (16)	2:56.62 (11)	3:31.03 (17)	4:02.87 (11)	4:36.53 (15)	5:07.84 (12)	5:42.12 (17)
6:14.16 (12)	6:47.23 (11)	7:20.18 (12)	7:53.54 (11)	8:27.10 (12)	9:01.45 (15)	9:34.94 (16)	10:09.20 (17)	10:43.87 (17)	11:18.76 (16)
11:54.31 (19)	12:29.84 (19)	13:04.75 (20)	13:39.69 (12)	14:15.57 (22)	14:49.71 (18)	15:24.77 (22)	16:00.12 (22)	16:36.27 (22)	17:12.34 (22)
17:49.02 (22)	18:24.48 (22)	19:00.90 (22)	19:36.92 (23)	20:13.25 (23)	20:48.25 (25)	21:24.48 (24)	21:59.78 (24)	22:35.01 (23)	23:10.96 (25)
23:46.99 (26)	24:22.95 (27)	24:59.51 (27)	25:35.43 (28)	26:12.62 (28)	26:48.44 (28)	27:24.55 (27)	27:59.59 (26)	28:33.53 (26)	

**28 140 MONDAZZI Alberto** ITA 21 FEB 1998 **29:08.16** 59.33

36.79 (28)	1:14.89 (31)	1:49.79 (32)	2:24.23 (32)	2:59.45 (32)	3:33.27 (32)	4:06.15 (32)	4:38.90 (31)	5:12.47 (32)	5:44.98 (32)
6:20.03 (32)	6:54.41 (31)	7:29.51 (31)	8:03.51 (31)	8:38.92 (31)	9:13.84 (31)	9:49.33 (31)	10:24.05 (31)	10:59.24 (31)	11:33.90 (31)
12:09.43 (31)	12:43.94 (31)	13:19.34 (31)	13:53.85 (31)	14:29.56 (31)	15:04.48 (31)	15:40.14 (31)	16:15.05 (31)	16:50.78 (31)	17:25.75 (31)
18:01.68 (31)	18:36.81 (31)	19:12.59 (31)	19:47.95 (31)	20:23.82 (31)	20:58.72 (31)	21:34.78 (31)	22:10.95 (30)	22:46.64 (30)	23:21.97 (30)
23:57.59 (30)	24:33.02 (30)	25:09.14 (30)	25:44.25 (30)	26:20.23 (30)	26:55.29 (30)	27:30.85 (30)	28:05.12 (30)	28:38.79 (29)	

**29 142 SELVAROLO Pasquale** ITA 28 NOV 1999 **29:08.39** 59.56

36.36 (24)	1:14.59 (28)	1:49.54 (31)	2:24.02 (31)	2:58.88 (30)	3:32.75 (29)	4:05.66 (31)	4:38.23 (29)	5:11.74 (30)	5:44.14 (29)
6:17.90 (30)	6:51.19 (30)	7:25.04 (30)	7:58.49 (30)	8:32.93 (30)	9:06.08 (29)	9:41.17 (29)	10:15.62 (29)	10:50.59 (29)	11:25.09 (29)
12:00.46 (28)	12:34.70 (28)	13:10.58 (28)	13:45.00 (28)	14:20.65 (28)	14:55.02 (28)	15:30.19 (28)	16:04.31 (25)	16:39.97 (25)	17:15.53 (24)
17:51.55 (25)	18:26.00 (24)	19:01.90 (24)	19:37.07 (25)	20:13.72 (25)	20:48.72 (27)	21:25.16 (29)	22:00.60 (29)	22:36.28 (29)	23:11.91 (28)
23:47.52 (27)	24:22.84 (26)	24:59.26 (26)	25:34.72 (27)	26:11.61 (27)	26:47.98 (27)	27:25.04 (28)	27:59.96 (27)	28:36.02 (27)	

**30 153 ÖZDEMİR Ramazan** TUR 6 JUL 1991 **29:15.67** 1:06.84

35.76 (14)	1:11.74 (4)	1:47.40 (15)	2:21.47 (12)	2:56.87 (15)	3:31.89 (24)	4:03.11 (12)	4:36.20 (13)	5:08.02 (14)	5:41.31 (11)
6:15.16 (16)	6:48.20 (13)	7:22.25 (19)	7:56.28 (22)	8:30.03 (21)	9:03.36 (22)	9:37.78 (21)	10:11.85 (23)	10:46.73 (22)	11:20.59 (22)
11:55.25 (22)	12:29.53 (16)	13:04.85 (21)	13:40.94 (22)	14:14.95 (18)	14:50.06 (21)	15:24.42 (20)	15:59.55 (21)	16:33.22 (21)	17:07.53 (21)
17:43.67 (21)	18:19.49 (21)	18:57.62 (21)	19:34.13 (21)	20:11.48 (21)	20:47.34 (21)	21:24.52 (25)	21:59.97 (25)	22:35.23 (26)	23:11.19 (26)
23:47.96 (28)	24:24.40 (29)	25:02.34 (29)	25:39.28 (29)	26:16.57 (29)	26:51.74 (29)	27:28.48 (29)	28:03.88 (29)	28:40.76 (30)	

SAT  
3 JUN 2023  
20:55

**10000m Men**
**Final A**
**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**31 134 MALEDE Bukayawe** ISR 1 APR 1997 **29:16.54** 1:07.71

36.50 (25)	1:14.87 (30)	1:48.75 (26)	2:23.74 (27)	2:57.91 (24)	3:31.03 (17)	4:04.13 (21)	4:36.85 (18)	5:09.47 (22)	5:43.59 (25)
6:16.05 (22)	6:50.29 (25)	7:21.66 (17)	7:54.70 (17)	8:28.17 (16)	9:02.09 (17)	9:34.70 (15)	10:08.65 (15)	10:43.55 (15)	11:18.85 (17)
11:53.69 (14)	12:30.09 (20)	13:04.11 (16)	13:40.23 (19)	14:14.83 (17)	14:48.80 (14)	15:23.90 (14)	15:58.44 (12)	16:31.20 (10)	17:04.40 (8)
17:39.33 (11)	18:14.59 (10)	18:47.56 (9)	19:21.30 (10)	19:57.57 (16)	20:33.24 (18)	21:09.72 (20)	21:46.15 (20)	22:23.02 (20)	23:00.31 (20)
23:38.38 (20)	24:15.65 (20)	24:53.26 (21)	25:29.90 (22)	26:08.43 (23)	26:45.07 (26)	27:23.62 (26)	28:00.31 (28)	28:38.26 (28)	

**137 CRIPPA Nekagenet** ITA 16 SEP 1994 **DNF**

36.28 (21)	1:14.01 (25)	1:49.09 (28)	2:23.70 (26)	2:59.25 (31)	3:33.26 (31)	4:05.17 (29)	4:39.19 (32)	5:12.24 (31)	5:44.80 (31)
6:19.81 (31)	6:54.68 (32)	7:29.90 (32)	8:04.23 (32)	8:39.58 (32)	9:15.85 (32)	9:52.74 (32)	10:34.88 (32)	DNF	

**Weather conditions**

Temperature: 24°C Humidity: 48% Conditions: Few clouds

**Legend:**
**DNF** Did not Finish **PB** Personal Best **SB** Season Best



**Results**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	149	<b>ABOOTORABI Mohammadreza</b> Sweden	SWE	31 AUG 1989	14	<b>29:04.95</b>	SB
2	158	<b>SIRUK Dmytro</b> Ukraine	UKR	12 APR 1991	4	<b>29:08.61</b>	SB
3	148	<b>ĐUREC Peter</b> Slovak Republic	SVK	12 SEP 1992	13	<b>29:14.33</b>	PB
4	156	<b>POROZOV Ihor</b> Ukraine	UKR	22 MAR 1991	19	<b>29:44.16</b>	
5	155	<b>KOVAL Vasyl</b> Ukraine	UKR	11 NOV 1989	18	<b>29:49.61</b>	
6	144	<b>OLIVEIRA Luís</b> Portugal	POR	5 SEP 1999	11	<b>29:52.62</b>	
7	102	<b>STADLMANN Dominik</b> Austria	AUT	4 JUN 1995	2	<b>29:54.23</b>	PB
8	126	<b>BYRNE Evan</b> Ireland	IRL	20 DEC 1997	9	<b>29:54.37</b>	SB
9	124	<b>ANAGNOSTOU Marios</b> Greece	GRE	8 OCT 1999	7	<b>30:08.13</b>	
10	120	<b>DAHLKE Jonathan</b> Germany	GER	14 FEB 1995	5	<b>30:10.59</b>	
11	143	<b>JOCIS Uģis</b> Latvia	LAT	13 SEP 1993	10	<b>30:17.30</b>	SB
12	125	<b>BRADLEY Conor</b> Ireland	IRL	6 OCT 1987	8	<b>30:26.14</b>	SB
13	157	<b>ROMANENKO Roman</b> Ukraine	UKR	30 JAN 1988	20	<b>30:35.11</b>	
14	110	<b>LATSEPOV Leonid</b> Estonia	EST	22 MAR 1998	3	<b>30:56.66</b>	SB
15	121	<b>PROPP Malte</b> Germany	GER	29 SEP 1999	6	<b>31:13.17</b>	
	145	<b>KOBE Primož</b> Slovenia	SLO	23 MAY 1981	12	<b>DNF</b>	
	154	<b>HORODYSKYI Bohdan-Ivan</b> Ukraine	UKR	18 MAY 1994	17	<b>DNF</b>	
	150	<b>AHLBERG Olle</b> Sweden	SWE	8 SEP 1997	15	<b>DNF</b>	
	151	<b>AMAÇTAN Ömer</b> Türkiye	TUR	5 MAY 2001	16	<b>DNF</b>	
	101	<b>HINTERNDORFER Timo</b> Austria	AUT	7 JUL 2004	1	<b>DNS</b>	

**10000m Men**
**Final B**
**Results**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

<b>Intermediate Times:</b>	1000m	2:50.13	154	HORODYSKYI Bohdan-Ivan (UKR)
	2000m	5:41.44	154	HORODYSKYI Bohdan-Ivan (UKR)
	3000m	8:35.83	154	HORODYSKYI Bohdan-Ivan (UKR)
	4000m	11:30.71	149	ABOOTORABI Mohammadreza (SWE)
	5000m	14:21.71	149	ABOOTORABI Mohammadreza (SWE)
	6000m	17:16.36	149	ABOOTORABI Mohammadreza (SWE)
	7000m	20:14.43	149	ABOOTORABI Mohammadreza (SWE)
	8000m	23:12.64	149	ABOOTORABI Mohammadreza (SWE)
	9000m	26:12.64	149	ABOOTORABI Mohammadreza (SWE)

**Weather conditions**

Temperature: 24°C

Humidity: 48%

Conditions: Few clouds

**Legend:**

<b>DNF</b>	Did not Finish	<b>DNS</b>	Did not Start	<b>PB</b>	Personal Best	<b>SB</b>	Season Best
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SAT  
3 JUN 2023  
19:30

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**1 149 ABOOTORABI Mohammadreza** SWE 31 AUG 1989 **29:04.95** 3.66 SB

34.78 (3)	1:11.75 (6)	1:45.84 (6)	2:18.51 (4)	2:51.07 (4)	3:24.41 (3)	3:59.16 (4)	4:34.75 (5)	5:08.31 (4)	5:42.31 (4)
6:17.17 (4)	6:53.35 (2)	7:27.68 (4)	8:03.39 (5)	8:36.50 (3)	9:12.00 (4)	9:46.31 (3)	10:21.70 (4)	10:55.86 (2)	<b>11:30.71 (1)</b>
<b>12:05.63 (1)</b>	<b>12:39.70 (1)</b>	<b>13:13.38 (1)</b>	<b>13:47.05 (1)</b>	<b>14:21.71 (1)</b>	<b>14:56.32 (1)</b>	<b>15:31.47 (1)</b>	<b>16:06.06 (1)</b>	<b>16:41.27 (1)</b>	<b>17:16.36 (1)</b>
<b>17:51.19 (1)</b>	<b>18:25.91 (1)</b>	<b>19:02.69 (1)</b>	<b>19:38.36 (1)</b>	<b>20:14.43 (1)</b>	<b>20:50.05 (1)</b>	<b>21:26.08 (1)</b>	<b>22:01.60 (1)</b>	<b>22:37.57 (1)</b>	<b>23:12.64 (1)</b>
<b>23:48.70 (1)</b>	<b>24:23.80 (1)</b>	<b>24:59.90 (1)</b>	<b>25:35.70 (1)</b>	<b>26:12.64 (1)</b>	<b>26:48.38 (1)</b>	<b>27:24.52 (1)</b>	<b>27:58.31 (1)</b>	<b>28:32.38 (1)</b>	

**2 158 SIRUK Dmytro** UKR 12 APR 1991 **29:08.61** 9.38 SB

35.98 (15)	1:12.60 (9)	1:46.68 (12)	2:19.13 (5)	2:52.60 (6)	3:26.00 (8)	4:00.10 (8)	4:35.20 (7)	5:09.28 (8)	5:43.08 (7)
6:18.01 (8)	6:53.36 (3)	7:28.44 (7)	8:03.44 (6)	8:37.24 (7)	9:12.00 (4)	9:46.67 (5)	10:21.45 (3)	10:56.33 (4)	11:31.70 (2)
12:06.23 (3)	12:40.32 (2)	13:15.51 (2)	13:49.79 (2)	14:25.81 (2)	15:01.54 (2)	15:37.00 (2)	16:12.62 (2)	16:49.07 (2)	17:25.59 (2)
18:01.37 (2)	18:36.88 (2)	19:12.94 (2)	19:48.27 (2)	20:23.56 (2)	20:58.81 (2)	21:34.30 (2)	22:09.56 (2)	22:44.95 (2)	23:19.87 (2)
23:56.24 (2)	24:31.09 (2)	25:06.90 (2)	25:42.52 (2)	26:18.80 (2)	26:53.52 (2)	27:29.04 (2)	28:02.37 (2)	28:36.93 (2)	

**3 148 ĎUREC Peter** SVK 12 SEP 1992 **29:14.33** 9.38 PB

35.41 (9)	1:13.29 (14)	1:46.89 (13)	2:20.45 (10)	2:54.02 (12)	3:28.75 (13)	4:02.75 (12)	4:37.40 (13)	5:11.96 (12)	5:47.00 (13)
6:21.73 (12)	6:57.50 (13)	7:32.66 (12)	8:07.34 (11)	8:43.39 (11)	9:19.10 (12)	9:54.37 (11)	10:30.80 (14)	11:05.79 (11)	11:41.05 (11)
12:16.36 (9)	12:52.01 (9)	13:27.43 (9)	14:01.52 (8)	14:36.32 (8)	15:11.85 (7)	15:47.46 (5)	16:22.38 (4)	16:57.26 (4)	17:32.60 (4)
18:07.86 (4)	18:43.19 (4)	19:19.20 (4)	19:56.05 (4)	20:32.71 (4)	21:07.63 (3)	21:43.00 (3)	22:18.55 (3)	22:53.70 (3)	23:29.15 (3)
24:04.58 (3)	24:39.36 (3)	25:14.66 (3)	25:49.48 (3)	26:24.43 (3)	26:58.50 (3)	27:33.28 (3)	28:07.88 (3)	28:41.21 (3)	

**4 156 POROZOV Ihor** UKR 22 MAR 1991 **29:44.16** 39.21

35.00 (6)	1:11.56 (4)	1:44.76 (2)	2:17.45 (2)	2:50.48 (2)	<b>3:23.85 (1)</b>	<b>3:58.47 (1)</b>	4:33.60 (2)	5:07.69 (2)	5:42.25 (3)
<b>6:16.45 (1)</b>	<b>6:52.05 (1)</b>	<b>7:27.13 (1)</b>	8:02.75 (3)	8:36.93 (5)	9:12.40 (6)	9:46.92 (6)	10:22.30 (6)	10:57.01 (6)	11:32.65 (6)
12:07.63 (5)	12:42.77 (5)	13:18.77 (4)	13:53.91 (4)	14:30.16 (4)	15:05.83 (3)	15:41.66 (3)	16:17.28 (3)	16:53.19 (3)	17:29.72 (3)
18:05.75 (3)	18:42.12 (3)	19:19.01 (3)	19:55.67 (3)	20:32.53 (3)	21:08.98 (4)	21:45.81 (4)	22:22.31 (4)	22:59.57 (4)	23:36.23 (4)
24:13.24 (4)	24:50.63 (4)	25:27.13 (4)	26:04.25 (4)	26:41.67 (4)	27:18.94 (4)	27:55.72 (4)	28:32.98 (4)	29:09.00 (4)	

**5 155 KOVAL Vasyil** UKR 11 NOV 1989 **29:49.61** 44.66

35.69 (13)	1:11.90 (7)	1:46.40 (10)	2:19.39 (7)	2:52.64 (7)	3:25.20 (6)	3:59.58 (6)	4:35.05 (6)	5:08.79 (6)	5:43.05 (5)
6:17.53 (6)	6:54.29 (6)	7:28.18 (6)	8:03.54 (7)	8:37.11 (6)	9:12.55 (7)	9:47.01 (7)	10:22.50 (7)	10:57.20 (7)	11:33.50 (7)
12:08.11 (7)	12:44.80 (7)	13:21.21 (7)	13:57.27 (7)	14:34.96 (7)	15:11.70 (5)	15:49.34 (7)	16:24.70 (5)	17:00.72 (5)	17:36.05 (5)
18:13.01 (5)	18:49.30 (5)	19:26.70 (5)	20:03.05 (5)	20:40.45 (5)	21:17.56 (5)	21:55.03 (5)	22:32.12 (5)	23:09.69 (5)	23:46.84 (5)
24:24.61 (5)	25:01.23 (5)	25:39.85 (5)	26:16.51 (5)	26:54.42 (5)	27:30.20 (5)	28:07.44 (5)	28:42.24 (5)	29:17.16 (5)	

**6 144 OLIVEIRA Luís** POR 5 SEP 1999 **29:52.62** 47.67

34.75 (2)	1:11.41 (3)	1:46.10 (7)	2:19.40 (8)	2:53.45 (9)	3:28.75 (13)	4:02.40 (11)	4:36.60 (9)	5:11.65 (11)	5:46.94 (12)
6:21.45 (11)	6:56.57 (11)	7:32.35 (11)	8:06.96 (9)	8:42.90 (9)	9:18.13 (9)	9:54.14 (10)	10:30.29 (12)	11:05.85 (12)	11:40.88 (10)
12:17.28 (11)	12:52.38 (11)	13:28.58 (11)	14:04.05 (11)	14:40.66 (12)	15:16.86 (11)	15:54.46 (11)	16:31.15 (10)	17:08.62 (10)	17:45.47 (10)
18:23.03 (10)	19:00.06 (10)	19:37.62 (10)	20:14.41 (10)	20:51.24 (10)	21:27.33 (10)	22:05.62 (10)	22:43.23 (10)	23:20.32 (10)	23:57.07 (10)
24:34.07 (10)	25:10.42 (9)	25:48.40 (7)	26:24.40 (7)	27:01.48 (7)	27:37.24 (7)	28:14.41 (7)	28:49.58 (8)	29:22.04 (7)	

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**7 102 STADLMANN Dominik** AUT 4 JUN 1995 **29:54.23** 49.28 PB

35.49 (10)	1:11.74 (5)	1:45.71 (5)	2:20.60 (12)	2:54.03 (13)	3:28.64 (11)	4:02.98 (13)	4:37.44 (14)	5:12.21 (13)	5:46.61 (11)
6:21.97 (14)	6:57.45 (12)	7:32.87 (13)	8:07.67 (12)	8:43.59 (12)	9:19.51 (13)	9:54.59 (12)	10:29.90 (10)	11:05.18 (8)	11:40.29 (8)
12:15.99 (8)	12:51.34 (8)	13:27.30 (8)	14:02.72 (9)	14:39.24 (9)	15:15.23 (9)	15:51.90 (9)	16:27.67 (8)	17:03.55 (7)	17:39.85 (7)
18:17.04 (6)	18:52.90 (7)	19:29.94 (6)	20:06.40 (6)	20:43.13 (6)	21:20.29 (6)	21:57.65 (6)	22:34.56 (6)	23:12.04 (6)	23:48.65 (6)
24:26.54 (6)	25:03.54 (6)	25:40.88 (6)	26:17.92 (6)	26:55.11 (6)	27:31.34 (6)	28:08.15 (6)	28:44.16 (6)	29:19.30 (6)	

**8 126 BYRNE Evan** IRL 20 DEC 1997 **29:54.37** 49.42 SB

35.68 (12)	1:12.65 (10)	1:47.04 (15)	2:20.74 (14)	2:54.34 (14)	3:28.65 (12)	4:03.30 (14)	4:37.38 (12)	5:12.56 (14)	5:48.29 (16)
6:21.88 (13)	6:58.19 (15)	7:33.18 (14)	8:07.96 (14)	8:44.13 (14)	9:19.69 (14)	9:55.13 (14)	10:30.30 (13)	11:06.39 (14)	11:41.40 (13)
12:17.70 (13)	12:52.95 (13)	13:29.07 (13)	14:04.36 (12)	14:40.24 (11)	15:15.58 (10)	15:52.33 (10)	16:28.20 (9)	17:05.12 (9)	17:41.44 (9)
18:19.33 (9)	18:55.99 (8)	19:33.89 (8)	20:10.62 (8)	20:48.83 (8)	21:25.47 (9)	22:03.24 (7)	22:39.86 (7)	23:18.20 (7)	23:54.47 (8)
24:32.92 (7)	25:10.46 (10)	25:48.70 (9)	26:24.65 (8)	27:01.74 (8)	27:37.44 (8)	28:14.81 (8)	28:49.05 (7)	29:22.85 (8)	

**9 124 ANAGNOSTOU Marios** GRE 8 OCT 1999 **30:08.13** 1:03.18

<b>34.58 (1)</b>	<b>1:11.02 (1)</b>	1:45.33 (3)	2:20.60 (12)	2:53.74 (11)	3:28.25 (10)	4:02.10 (10)	4:36.90 (11)	5:11.25 (10)	5:46.46 (10)
6:21.14 (10)	6:56.52 (10)	7:32.05 (10)	8:07.05 (10)	8:43.18 (10)	9:18.46 (10)	9:53.97 (9)	10:29.48 (9)	11:05.58 (9)	11:40.70 (9)
12:17.14 (10)	12:52.25 (10)	13:28.32 (10)	14:03.15 (10)	14:39.73 (10)	15:15.03 (8)	15:51.85 (8)	16:27.60 (7)	17:03.47 (6)	17:39.72 (6)
18:17.34 (7)	18:52.76 (6)	19:30.76 (7)	20:07.98 (7)	20:47.86 (7)	21:25.06 (7)	22:03.76 (9)	22:40.10 (8)	23:18.42 (8)	23:55.18 (9)
24:33.44 (9)	25:09.91 (7)	25:48.61 (8)	26:25.36 (9)	27:04.19 (9)	27:41.50 (9)	28:19.20 (9)	28:56.01 (9)	29:34.33 (9)	

**10 120 DAHLKE Jonathan** GER 14 FEB 1995 **30:10.59** 1:05.64

35.37 (8)	1:13.73 (17)	1:46.57 (11)	2:19.16 (6)	2:51.33 (5)	3:25.01 (5)	3:59.41 (5)	4:34.70 (4)	5:08.54 (5)	5:43.05 (5)
6:17.35 (5)	6:54.93 (8)	7:27.90 (5)	8:02.85 (4)	8:36.74 (4)	9:11.85 (3)	9:46.57 (4)	10:22.19 (5)	10:56.74 (5)	11:32.08 (4)
12:08.05 (6)	12:44.28 (6)	13:20.88 (6)	13:57.03 (6)	14:34.70 (6)	15:11.75 (6)	15:49.08 (6)	16:26.16 (6)	17:03.80 (8)	17:41.19 (8)
18:18.76 (8)	18:56.01 (9)	19:34.21 (9)	20:10.95 (9)	20:49.10 (9)	21:25.27 (8)	22:03.50 (8)	22:40.52 (9)	23:18.43 (9)	23:54.37 (7)
24:33.22 (8)	25:10.28 (8)	25:49.00 (10)	26:26.11 (10)	27:04.45 (10)	27:41.99 (10)	28:19.99 (10)	28:58.17 (10)	29:34.99 (10)	

**11 143 JOCIS Uğis** LAT 13 SEP 1993 **30:17.30** 1:12.35 SB

36.01 (16)	1:14.59 (19)	1:47.71 (18)	2:21.26 (17)	2:55.15 (18)	3:29.72 (18)	4:04.44 (18)	4:39.10 (19)	5:13.86 (18)	5:48.49 (18)
6:24.07 (18)	6:59.77 (19)	7:35.48 (18)	8:10.58 (17)	8:46.66 (17)	9:22.25 (17)	9:58.69 (17)	10:34.58 (17)	11:11.55 (17)	11:46.53 (17)
12:23.18 (17)	12:58.85 (17)	13:34.94 (17)	14:10.64 (16)	14:48.07 (16)	15:24.28 (15)	16:01.86 (14)	16:38.25 (11)	17:14.99 (11)	17:51.26 (11)
18:27.95 (11)	19:04.62 (11)	19:41.87 (11)	20:19.13 (11)	20:57.16 (11)	21:34.33 (11)	22:12.84 (11)	22:49.92 (11)	23:28.41 (11)	24:05.77 (11)
24:43.95 (11)	25:21.07 (11)	25:58.89 (11)	26:36.03 (11)	27:14.93 (11)	27:51.49 (11)	28:29.77 (11)	29:06.47 (11)	29:43.82 (11)	

**12 125 BRADLEY Conor** IRL 6 OCT 1987 **30:26.14** 1:21.19 SB

35.85 (14)	1:13.55 (15)	1:47.24 (16)	2:21.45 (19)	2:54.69 (16)	3:29.41 (17)	4:03.94 (16)	4:38.61 (17)	5:13.36 (16)	5:48.08 (15)
6:23.32 (16)	6:58.21 (16)	7:34.09 (16)	8:09.19 (16)	8:45.06 (16)	9:20.17 (16)	9:56.62 (16)	10:32.04 (16)	11:08.96 (16)	11:44.48 (16)
12:20.83 (16)	12:57.20 (16)	13:33.89 (16)	14:10.48 (15)	14:47.86 (15)	15:23.98 (14)	16:01.60 (13)	16:38.34 (12)	17:16.38 (12)	17:53.23 (12)
18:31.23 (12)	19:10.67 (12)	19:45.36 (12)	20:22.44 (12)	21:01.31 (12)	21:39.21 (12)	22:18.26 (12)	22:56.60 (12)	23:36.77 (12)	24:15.36 (12)
24:54.74 (12)	25:32.98 (12)	26:11.91 (12)	26:49.86 (12)	27:29.00 (12)	28:06.00 (12)	28:43.35 (12)	29:18.76 (12)	29:53.75 (12)	

SAT  
3 JUN 2023  
19:30

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**13 157 ROMANENKO Roman** UKR 30 JAN 1988 **30:35.11** 1:30.16

35.50 (11)	1:12.55 (8)	1:46.19 (8)	2:19.94 (9)	2:53.58 (10)	3:27.71 (9)	4:01.76 (9)	4:36.70 (10)	5:10.81 (9)	5:45.62 (9)
6:20.96 (9)	6:55.80 (9)	7:31.89 (9)	8:07.80 (13)	8:43.84 (13)	9:19.02 (11)	9:54.90 (13)	10:30.26 (11)	11:06.22 (13)	11:41.13 (12)
12:17.44 (12)	12:52.79 (12)	13:29.02 (12)	14:04.50 (13)	14:40.89 (13)	15:17.13 (12)	15:54.73 (12)			

**14 110 LATSEPOV Leonid** EST 22 MAR 1998 **30:56.66** 1:51.71 SB

36.25 (18)	1:12.84 (12)	1:46.95 (14)	2:21.20 (15)	2:54.38 (15)	3:29.21 (15)	4:03.68 (15)	4:37.85 (15)	5:13.04 (15)	5:48.40 (17)
6:23.86 (17)	6:59.05 (17)	7:35.29 (17)	8:11.37 (19)	8:47.57 (19)	9:23.00 (19)	9:59.53 (19)	10:35.49 (19)	11:13.04 (19)	11:49.45 (19)
12:26.25 (19)	13:02.46 (19)	13:39.28 (18)	14:14.74 (18)	14:53.48 (18)	15:30.04 (17)	16:07.77 (15)	16:44.74 (13)	17:23.04 (13)	18:00.53 (13)
18:39.67 (13)	19:17.73 (13)	19:56.49 (13)	20:34.33 (13)	21:13.25 (13)	21:51.55 (13)	22:30.94 (13)	23:09.75 (13)	23:48.48 (13)	24:27.53 (13)
25:07.53 (13)	25:46.41 (13)	26:27.03 (13)	27:08.07 (13)	27:44.79 (13)	28:22.45 (13)	29:02.27 (13)	29:40.55 (13)	30:19.64 (13)	

**15 121 PROPP Malte** GER 29 SEP 1999 **31:13.17** 2:08.22

34.99 (5)	1:12.65 (10)	1:46.20 (9)	2:20.49 (11)	2:52.72 (8)	3:25.40 (7)	3:59.85 (7)	4:35.45 (8)	5:08.90 (7)	5:43.15 (8)
6:17.70 (7)	6:54.34 (7)	7:28.60 (8)	8:03.70 (8)	8:38.51 (8)	9:14.41 (8)	9:50.95 (8)	10:27.60 (8)	11:05.61 (10)	11:41.50 (14)
12:18.17 (14)	12:54.44 (14)	13:33.04 (14)	14:11.02 (17)	14:48.92 (17)	15:27.37 (16)	16:07.78 (16)	16:46.25 (14)	17:26.00 (14)	18:05.12 (14)
18:46.39 (14)	19:26.58 (14)	20:07.16 (14)	20:46.51 (14)	21:27.27 (14)	22:05.89 (14)	22:46.04 (14)	23:25.60 (14)	24:05.45 (14)	24:44.64 (14)
25:24.95 (14)	26:05.33 (14)	26:44.33 (14)	27:23.09 (14)	28:02.44 (14)	28:41.22 (14)	29:19.65 (14)	29:57.12 (14)	30:35.90 (14)	

**145 KOBE Primož** SLO 23 MAY 1981 **DNF**

36.50 (19)	1:13.60 (16)	1:47.96 (19)	2:21.44 (18)	2:55.32 (19)	3:30.05 (19)	4:04.58 (19)	4:39.00 (18)	5:14.15 (19)	5:48.87 (19)
6:24.36 (19)	6:59.44 (18)	7:35.72 (19)	8:10.70 (18)	8:46.95 (18)	9:22.49 (18)	9:59.05 (18)	10:34.84 (18)	11:11.83 (18)	11:47.65 (18)
12:25.10 (18)	13:02.21 (18)	13:39.48 (19)	14:15.59 (19)	14:53.74 (19)	15:30.23 (18)	16:21.32 (17)	20:24.87 (15)	DNF	

**154 HORODYSKYI Bohdan-Ivan** UKR 18 MAY 1994 **DNF**

34.90 (4)	1:11.09 (2)	<b>1:44.51 (1)</b>	<b>2:16.90 (1)</b>	<b>2:50.13 (1)</b>	3:23.87 (2)	3:58.65 (2)	<b>4:33.37 (1)</b>	<b>5:07.59 (1)</b>	<b>5:41.44 (1)</b>
6:16.66 (2)	6:53.39 (4)	7:27.16 (2)	<b>8:01.10 (1)</b>	<b>8:35.83 (1)</b>	9:11.17 (2)	9:46.16 (2)	10:21.15 (2)	10:56.23 (3)	11:31.90 (3)
12:06.83 (4)	12:42.48 (4)	13:19.04 (5)	13:54.51 (5)	14:31.69 (5)	15:08.07 (4)	15:45.03 (4)	DNF (16)		

**150 AHLBERG Olle** SWE 8 SEP 1997 **DNF**

36.02 (17)	1:13.99 (18)	1:47.52 (17)	2:21.25 (16)	2:54.90 (17)	3:29.36 (16)	4:04.21 (17)	4:38.18 (16)	5:13.61 (17)	5:47.22 (14)
6:22.41 (15)	6:57.95 (14)	7:33.51 (15)	8:08.33 (15)	8:44.55 (15)	9:19.72 (15)	9:56.12 (15)	10:31.91 (15)	11:08.69 (15)	11:44.15 (15)
12:20.63 (15)	12:57.04 (15)	13:33.66 (15)	14:10.18 (14)	14:47.65 (14)	15:23.64 (13)	DNF			

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>26:46.57 FARAH Mo</b>	GBR Eugene,OR (USA)	3 JUN 2011
<b>CHAMPIONSHIP RECORD</b>	<b>27:14.44 RONCERO Fabián</b>	ESP Lisboa (POR)	4 APR 1998
<b>EUROPEAN U23 RECORD</b>	<b>27:24.09 KAYA Ali</b>	TUR Mersin (TUR)	2 MAY 2015
<b>EUROPEAN U20 RECORD</b>	<b>28:11.71 DAHIR RABI Abdullahi</b>	NOR Oslo (NOR)	13 APR 2022

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

151 **AMAÇTAN Ömer** TUR 5 MAY 2001 **DNF**

35.15 (7)	1:12.84 (12)	1:45.34 (4)	2:17.90 (3)	2:50.71 (3)	3:24.45 (4)	3:58.92 (3)	4:34.30 (3)	5:07.99 (3)	5:41.91 (2)
6:16.91 (3)	6:53.54 (5)	7:27.48 (3)	8:02.04 (2)	8:36.04 (2)	<b>9:11.01 (1)</b>	<b>9:45.92 (1)</b>	<b>10:20.23 (1)</b>	<b>10:55.71 (1)</b>	11:32.54 (5)
12:05.91 (2)	12:41.40 (3)	13:16.26 (3)	13:52.07 (3)	14:29.21 (3)	DNF (19)				

101 **HINTERNDORFER Timo** AUT 7 JUL 2004 **DNS**


**Weather conditions**

Temperature: 24°C Humidity: 48% Conditions: Few clouds

<b>Legend:</b>	<b>DNF</b> Did not Finish	<b>DNS</b> Did not Start	<b>PB</b> Personal Best	<b>SB</b> Season Best
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**Results**

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
<b>1</b>	<b>Israel (ISR)</b>					<b>1:25:01.92</b>
		133	GETAHON Tadesse	<b>28:09.48</b>	<b>2</b>	
		130	AYALE Gashau	<b>28:15.32</b>	<b>4</b>	
		132	CHEKOLE Dereje	<b>28:37.12</b>	<b>10</b>	
		129	ABUHAY Yitayew	28:37.70	11	
		131	BELACHEW Godadaw	28:46.88	19	
		134	MALEDE Bukayawe	29:16.54	34	
<b>2</b>	<b>Italy (ITA)</b>					<b>1:25:10.56</b>
		138	CRIPPA Yemaneberhan	<b>28:08.83</b>	<b>1</b>	
		139	GHEBREHIWET FANIEL Eyob	<b>28:19.01</b>	<b>5</b>	
		135	AOUANI Iliass	<b>28:42.72</b>	<b>17</b>	
		140	MONDAZZI Alberto	29:08.16	29	
		142	SELVAROLO Pasquale	29:08.39	30	
		137	CRIPPA Nekagenet	DNF		
<b>3</b>	<b>France (FRA)</b>					<b>1:25:26.15</b>
		114	GONDOUIN Valentin	<b>28:20.78</b>	<b>6</b>	
		113	FRÈRE Mehdi	<b>28:25.44</b>	<b>8</b>	
		111	BOUR Felix	<b>28:39.93</b>	<b>13</b>	
		115	PALCAU Fabien	28:41.48	15	
		112	DAGUINOS Etienne	28:42.49	16	
<b>4</b>	<b>Spain (ESP)</b>					<b>1:25:39.17</b>
		105	FIFA Ilias	<b>28:12.62</b>	<b>3</b>	
		108	RAMOS Jesús	<b>28:29.44</b>	<b>9</b>	
		107	PÉREZ Juan Antonio	<b>28:57.11</b>	<b>23</b>	
		109	ROJO Yago	29:01.39	26	
		104	ALAIZ Roberto	29:07.64	28	
<b>5</b>	<b>Great Britain &amp; Northern Ireland (GBR)</b>					<b>1:25:49.32</b>
		118	GEORGE Thomas	<b>28:23.06</b>	<b>7</b>	
		116	GRAY Jack	<b>28:38.25</b>	<b>12</b>	
		117	LEACH Matthew	<b>28:48.01</b>	<b>21</b>	
<b>6</b>	<b>Germany (GER)</b>					<b>1:27:55.57</b>
		122	TEKLEBRHAN-BERHE Filmon	<b>28:47.51</b>	<b>20</b>	
		119	BECKER Jan Lukas	<b>28:57.47</b>	<b>24</b>	
		120	DAHLKE Jonathan	<b>30:10.59</b>	<b>41</b>	
		121	PROPP Malte	31:13.17	46	
<b>7</b>	<b>Ukraine (UKR)</b>					<b>1:28:42.38</b>
		158	SIRUK Dmytro	<b>29:08.61</b>	<b>31</b>	
		156	POROZOV Ihor	<b>29:44.16</b>	<b>35</b>	
		155	KOVAL Vasyi	<b>29:49.61</b>	<b>36</b>	
		157	ROMANENKO Roman	30:35.11	44	
		154	HORODYSKYI Bohdan-Ivan	DNF		

**Results**

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
8	Ireland (IRL)					1:29:04.82
		127	CURTIN Fearghal	28:44.31	18	
		126	BYRNE Evan	29:54.37	39	
		125	BRADLEY Conor	30:26.14	43	
	Austria (AUT)					NM
		103	VOJTA Andreas	28:55.99	22	
		102	STADLMANN Dominik	29:54.23	38	
		101	HINTERNDORFER Timo	DNS		
	Türkiye (TUR)					NM
		152	ATAÇ Sezgin	28:41.17	14	
		153	ÖZDEMİR Ramazan	29:15.67	33	
		151	AMAÇTAN Ömer	DNF		



**10000m Women**
**Final A**
**Results**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED	Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR	Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR	Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN	Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	21	<b>REH Alina</b> Germany	GER	23 MAY 1997	14	<b>32:15.47</b>	SB
2	51	<b>ZINENKO Valeriia</b> Ukraine	UKR	6 NOV 1995	27	<b>32:29.81</b>	
3	20	<b>MAYER Domenika</b> Germany	GER	9 OCT 1990	13	<b>32:35.95</b>	
4	15	<b>WOLDU Mekdes</b> France	FRA	20 OCT 1992	8	<b>32:37.52</b>	SB
5	1	<b>HERBIET Chloé</b> Belgium	BEL	3 DEC 1998	1	<b>32:42.54</b>	
6	46	<b>GÖNEN Yayla</b> Türkiye	TUR	1 MAR 1997	23	<b>32:43.29</b>	PB
7	7	<b>NAVARRETE Esther</b> Spain	ESP	16 MAR 1990	4	<b>32:45.04</b>	
8	19	<b>DIETERICH Eva</b> Germany	GER	29 MAR 1999	12	<b>32:49.27</b>	
9	9	<b>RUIZ Cristina</b> Spain	ESP	16 JAN 1999	6	<b>32:49.60</b>	
10	3	<b>STEWARTOVÁ Moira</b> Czech Republic	CZE	9 JUN 1995	2	<b>32:54.86</b>	SB
11	47	<b>KARASU Fatma</b> Türkiye	TUR	5 MAY 1996	24	<b>32:56.80</b>	
12	33	<b>PALMERO Elisa</b> Italy	ITA	10 JUL 1999	19	<b>33:02.48</b>	PB
13	16	<b>DONNELLY Abbie</b> Great Britain & Northern Ireland	GBR	2 SEP 1996	9	<b>33:04.40</b>	
14	32	<b>NESTOLA Sara</b> Italy	ITA	8 MAY 2001	18	<b>33:05.54</b>	PB
15	50	<b>PROKOFIEVA Yevheniia</b> Ukraine	UKR	5 JUN 1995	26	<b>33:14.19</b>	SB
16	8	<b>PRIEGO Laura</b> Spain	ESP	15 JUL 1998	5	<b>33:16.04</b>	
17	48	<b>KALIUZHNA Viktoriia</b> Ukraine	UKR	11 JUL 1994	25	<b>33:19.17</b>	SB
18	12	<b>ALLIER Mélanie</b> France	FRA	28 DEC 1999	7	<b>33:19.80</b>	
19	27	<b>RICHARDSON Aoibhe</b> Ireland	IRL	16 NOV 1996	15	<b>33:49.01</b>	SB
20	6	<b>MELERO Maitane</b> Spain	ESP	20 FEB 1983	3	<b>34:26.48</b>	
21	40	<b>RIBEIRO Sara Catarina</b> Portugal	POR	31 MAY 1990	20	<b>34:27.49</b>	
22	45	<b>ATALAY Bahar</b> Türkiye	TUR	1 OCT 1998	22	<b>34:30.32</b>	

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**10000m Women**
**Final A**
**Results**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result
23	18	<b>MURRAY Rebecca</b> Great Britain & Northern Ireland	GBR	26 SEP 1994	11	<b>34:33.94</b>
24	43	<b>ŠAJN Liza</b> Slovenia	SLO	5 MAY 2002	21	<b>37:01.41</b>
	28	<b>ARNAUDO Anna</b> Italy	ITA	18 OCT 2000	16	<b>DNF</b>
	17	<b>IRWIN Hannah</b> Great Britain & Northern Ireland	GBR	23 JUN 1998	10	<b>DNF</b>
	30	<b>EPIS Giovanna</b> Italy	ITA	11 OCT 1988	17	<b>DNF</b>
<b>Intermediate Times:</b>		1000m	3:11.03	21	REH Alina (GER)	
		2000m	6:19.17	51	ZINENKO Valeriia (UKR)	
		3000m	9:30.36	21	REH Alina (GER)	
		4000m	12:38.13	21	REH Alina (GER)	
		5000m	15:49.40	21	REH Alina (GER)	
		6000m	19:03.67	21	REH Alina (GER)	
		7000m	22:22.33	21	REH Alina (GER)	
		8000m	25:42.82	21	REH Alina (GER)	
		9000m	29:03.41	21	REH Alina (GER)	

**Weather conditions**

Temperature: 24°C

Humidity: 48%

Conditions: Few clouds

**Legend:**
**DNF** Did not Finish      **PB** Personal Best      **SB** Season Best

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**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**1 21 REH Alina** GER 23 MAY 1997 **32:15.47** SB

38.53 (3)	1:16.23 (2)	1:54.68 (2)	<b>2:32.08 (1)</b>	<b>3:11.03 (1)</b>	3:48.38 (2)	<b>4:26.44 (1)</b>	<b>5:04.05 (1)</b>	<b>5:41.97 (1)</b>	6:19.28 (2)
6:58.38 (2)	<b>7:37.53 (1)</b>	<b>8:16.90 (1)</b>	<b>8:52.89 (1)</b>	<b>9:30.36 (1)</b>	<b>10:07.22 (1)</b>	<b>10:45.05 (1)</b>	<b>11:22.52 (1)</b>	<b>12:00.76 (1)</b>	<b>12:38.13 (1)</b>
<b>13:16.07 (1)</b>	<b>13:53.78 (1)</b>	<b>14:32.73 (1)</b>	<b>15:10.65 (1)</b>	<b>15:49.40 (1)</b>	<b>16:27.77 (1)</b>	<b>17:06.48 (1)</b>	<b>17:44.72 (1)</b>	<b>18:24.61 (1)</b>	<b>19:03.67 (1)</b>
<b>19:43.66 (1)</b>	<b>20:22.59 (1)</b>	<b>21:02.33 (1)</b>	<b>21:42.08 (1)</b>	<b>22:22.33 (1)</b>	<b>23:02.47 (1)</b>	<b>23:43.13 (1)</b>	<b>24:22.76 (1)</b>	<b>25:02.91 (1)</b>	<b>25:42.82 (1)</b>
<b>26:23.30 (1)</b>	<b>27:03.08 (1)</b>	<b>27:43.92 (1)</b>	<b>28:22.98 (1)</b>	<b>29:03.41 (1)</b>	<b>29:42.95 (1)</b>	<b>30:22.50 (1)</b>	<b>31:01.01 (1)</b>	<b>31:39.87 (1)</b>	

**2 51 ZINENKO Valeriia** UKR 6 NOV 1995 **32:29.81** 14.34

<b>38.13 (1)</b>	<b>1:16.08 (1)</b>	<b>1:54.39 (1)</b>	2:32.16 (2)	3:11.04 (2)	<b>3:48.29 (1)</b>	4:26.61 (2)	5:04.60 (2)	5:42.24 (2)	<b>6:19.17 (1)</b>
<b>6:58.29 (1)</b>	7:37.55 (2)	8:17.14 (2)	8:54.20 (2)	9:32.98 (2)	10:11.60 (2)	10:51.38 (2)	11:29.74 (2)	12:09.36 (2)	12:48.08 (2)
13:27.67 (2)	14:06.73 (2)	14:46.43 (2)	15:25.58 (2)	16:05.24 (2)	16:43.92 (2)	17:23.13 (2)	18:02.53 (2)	18:42.89 (2)	19:22.03 (2)
20:01.73 (2)	20:40.87 (2)	21:21.08 (2)	22:00.24 (2)	22:39.90 (2)	23:18.78 (2)	23:58.68 (2)	24:38.33 (2)	25:19.00 (2)	25:58.45 (2)
26:39.21 (2)	27:18.60 (2)	27:58.99 (2)	28:38.29 (2)	29:18.07 (2)	29:56.96 (2)	30:37.44 (2)	31:15.75 (2)	31:54.26 (2)	

**3 20 MAYER Domenika** GER 9 OCT 1990 **32:35.95** 20.48

38.69 (4)	1:16.90 (4)	1:55.28 (4)	2:33.57 (4)	3:13.38 (4)	3:52.04 (4)	4:31.37 (4)	5:10.43 (4)	5:50.25 (4)	6:29.81 (4)
7:10.36 (4)	7:48.23 (3)	8:27.32 (3)	9:06.21 (4)	9:45.30 (4)	10:23.91 (5)	11:03.01 (6)	11:41.95 (6)	12:24.02 (7)	13:02.86 (5)
13:42.25 (6)	14:20.90 (5)	15:00.90 (5)	15:40.70 (5)	16:20.77 (3)	17:00.17 (4)	17:40.15 (3)	18:19.97 (4)	18:59.81 (3)	19:40.26 (4)
20:21.60 (6)	21:02.32 (6)	21:42.90 (6)	22:22.95 (4)	23:03.83 (7)	23:43.80 (5)	24:24.97 (10)	25:03.62 (8)	25:44.09 (10)	26:22.45 (9)
27:01.52 (9)	27:39.64 (9)	28:18.82 (9)	28:56.64 (9)	29:35.63 (9)	30:13.18 (7)	30:50.80 (6)	31:28.63 (6)	32:04.31 (4)	

**4 15 WOLDU Mekdes** FRA 20 OCT 1992 **32:37.52** 22.05 SB

39.40 (9)	1:17.90 (8)	1:55.81 (6)	2:34.94 (9)	3:13.74 (6)	3:52.74 (6)	4:31.88 (6)	5:10.70 (6)	5:50.73 (6)	6:30.28 (9)
7:10.72 (8)	7:49.17 (6)	8:28.03 (6)	9:07.67 (13)	9:45.78 (6)	10:23.51 (4)	11:02.00 (4)	11:40.88 (3)	12:23.73 (3)	13:04.54 (15)
13:42.49 (7)	14:21.65 (7)	15:01.03 (6)	15:40.76 (6)	16:21.19 (5)	17:00.24 (5)	17:40.64 (5)	18:20.51 (5)	19:00.36 (5)	19:40.18 (3)
20:20.82 (3)	21:02.00 (4)	21:42.28 (3)	22:22.76 (3)	23:03.51 (4)	23:43.86 (7)	24:24.84 (7)	25:03.80 (10)	25:43.85 (8)	26:22.07 (7)
27:00.85 (6)	27:38.95 (6)	28:18.04 (6)	28:55.72 (5)	29:34.85 (6)	30:12.25 (5)	30:50.56 (5)	31:28.53 (4)	32:03.48 (3)	

**5 1 HERBIET Chloé** BEL 3 DEC 1998 **32:42.54** 27.07

40.25 (17)	1:19.84 (21)	1:59.02 (21)	2:37.61 (23)	3:16.40 (21)	3:55.36 (21)	4:34.90 (20)	5:13.07 (16)	5:52.55 (16)	6:31.49 (16)
7:11.64 (16)	7:49.84 (12)	8:29.29 (13)	9:07.59 (12)	9:47.06 (15)	10:26.50 (16)	11:05.23 (14)	11:44.90 (18)	12:25.06 (16)	13:04.28 (13)
13:44.26 (15)	14:22.76 (9)	15:02.33 (12)	15:41.65 (11)	16:22.04 (11)	17:02.23 (11)	17:42.64 (14)	18:21.11 (9)	19:01.90 (11)	19:41.30 (10)
20:22.50 (13)	21:03.36 (12)	21:43.73 (13)	22:23.85 (11)	23:04.03 (9)	23:44.05 (8)	24:25.15 (11)	25:03.78 (9)	25:43.52 (4)	26:21.27 (3)
27:00.18 (3)	27:38.39 (3)	28:17.39 (3)	28:55.56 (4)	29:34.19 (3)	30:11.71 (3)	30:50.13 (3)	31:28.09 (3)	32:05.90 (6)	

**6 46 GÖNEN Yayla** TUR 1 MAR 1997 **32:43.29** 27.82 PB

40.64 (24)	1:19.65 (19)	1:58.45 (18)	2:36.88 (19)	3:16.07 (18)	3:54.64 (17)	4:34.42 (17)	5:13.22 (17)	5:52.69 (17)	6:31.44 (14)
7:11.74 (17)	7:50.58 (15)	8:29.53 (15)	9:08.58 (17)	9:47.20 (16)	10:26.64 (18)	11:05.50 (16)	11:43.96 (15)	12:24.72 (13)	13:03.06 (7)
13:42.89 (9)	14:21.97 (8)	15:01.38 (8)	15:40.80 (7)	16:21.71 (8)	17:01.60 (9)	17:40.88 (6)	18:20.86 (6)	19:00.62 (6)	19:40.51 (7)
20:21.34 (5)	21:02.14 (5)	21:42.68 (5)	22:23.45 (8)	23:03.68 (6)	23:44.13 (9)	24:24.92 (9)	25:03.55 (6)	25:43.72 (6)	26:21.45 (4)
27:00.64 (5)	27:38.47 (4)	28:17.89 (5)	28:55.74 (6)	29:34.66 (5)	30:12.01 (4)	30:50.39 (4)	31:28.57 (5)	32:05.62 (5)	

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**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

<b>7</b>	<b>7</b>	<b>NAVARRETE Esther</b>	<b>ESP</b>	<b>16 MAR 1990</b>	<b>32:45.04</b>	<b>29.57</b>			
39.70 (12)	1:18.29 (10)	1:57.22 (11)	2:35.66 (11)	3:15.27 (13)	3:54.05 (13)	4:33.69 (13)	5:14.53 (20)	5:52.29 (14)	6:31.22 (13)
7:11.44 (14)	7:50.51 (14)	8:29.42 (14)	9:07.69 (15)	9:46.96 (13)	10:25.72 (13)	11:04.32 (10)	11:43.10 (10)	12:24.66 (12)	13:03.88 (10)
13:43.78 (13)	14:23.05 (11)	15:02.50 (13)	15:41.85 (12)	16:22.25 (12)	17:01.66 (10)	17:42.16 (11)	18:21.60 (12)	19:02.20 (12)	19:41.77 (12)
20:22.19 (10)	21:02.69 (9)	21:43.37 (10)	22:23.35 (7)	23:04.38 (11)	23:44.42 (10)	24:24.73 (6)	25:03.36 (4)	25:44.02 (9)	26:22.11 (8)
27:01.39 (8)	27:39.00 (7)	28:18.63 (8)	28:56.49 (8)	29:35.47 (8)	30:13.90 (9)	30:53.63 (8)	31:31.42 (7)	32:10.00 (7)	

<b>8</b>	<b>19</b>	<b>DIETERICH Eva</b>	<b>GER</b>	<b>29 MAR 1999</b>	<b>32:49.27</b>	<b>33.80</b>			
39.23 (8)	1:17.19 (5)	1:55.55 (5)	2:34.24 (5)	3:13.63 (5)	3:52.33 (5)	4:31.62 (5)	5:10.45 (5)	5:50.53 (5)	6:30.24 (7)
7:10.50 (5)	7:48.55 (4)	8:27.57 (4)	9:06.10 (3)	9:45.00 (3)	10:23.16 (3)	11:01.72 (3)	11:41.27 (5)	12:23.84 (5)	13:02.72 (4)
13:41.75 (4)	14:20.74 (3)	15:00.68 (4)	15:39.80 (3)	16:21.05 (4)	17:00.16 (3)	17:40.44 (4)	18:19.83 (3)	19:00.06 (4)	19:40.39 (5)
20:21.08 (4)	21:01.81 (3)	21:42.52 (4)	22:22.96 (5)	23:03.32 (3)	23:43.62 (4)	24:24.69 (5)	25:03.50 (5)	25:43.74 (7)	26:23.00 (10)
27:01.98 (10)	27:40.60 (11)	28:21.07 (11)	28:59.62 (10)	29:39.95 (10)	30:18.92 (10)	30:58.59 (10)	31:36.84 (10)	32:15.75 (9)	

<b>9</b>	<b>9</b>	<b>RUIZ Cristina</b>	<b>ESP</b>	<b>16 JAN 1999</b>	<b>32:49.60</b>	<b>34.13</b>			
39.22 (7)	1:18.07 (9)	1:56.93 (10)	2:35.46 (10)	3:15.13 (11)	3:53.58 (11)	4:33.47 (12)	5:12.00 (10)	5:52.02 (13)	6:30.96 (12)
7:11.31 (13)	7:51.05 (17)	8:29.55 (16)	9:08.13 (16)	9:47.04 (14)	10:26.39 (14)	11:05.30 (15)	11:43.65 (12)	12:24.79 (14)	13:04.40 (14)
13:43.99 (14)	14:24.00 (17)	15:02.93 (15)	15:42.67 (15)	16:22.47 (14)	17:02.37 (12)	17:41.91 (10)	18:21.19 (10)	19:01.10 (8)	19:41.18 (9)
20:22.11 (9)	21:03.58 (13)	21:43.31 (9)	22:24.74 (12)	23:04.25 (10)	23:44.44 (11)	24:24.48 (3)	25:03.15 (3)	25:43.30 (3)	26:22.04 (6)
27:01.11 (7)	27:39.29 (8)	28:18.36 (7)	28:56.05 (7)	29:35.18 (7)	30:13.74 (8)	30:53.46 (7)	31:32.48 (8)	32:12.76 (8)	

<b>10</b>	<b>3</b>	<b>STEWARTOVÁ Moira</b>	<b>CZE</b>	<b>9 JUN 1995</b>	<b>32:54.86</b>	<b>39.39</b>	<b>SB</b>		
40.69 (25)	1:20.18 (23)	1:58.78 (20)	2:36.07 (14)	3:15.67 (15)	3:54.09 (15)	4:33.23 (11)	5:12.13 (11)	5:51.33 (9)	6:31.44 (14)
7:10.69 (7)	7:49.59 (9)	8:28.53 (8)	9:06.99 (6)	9:46.04 (7)	10:24.24 (7)	11:02.49 (5)	11:41.26 (4)	12:24.01 (6)	13:02.60 (3)
13:41.62 (3)	14:20.80 (4)	15:00.40 (3)	15:39.95 (4)	16:21.37 (6)	17:00.71 (6)	17:41.15 (7)	18:21.25 (11)	19:01.38 (9)	19:40.96 (8)
20:21.97 (8)	21:02.40 (7)	21:43.13 (8)	22:23.51 (9)	23:03.56 (5)	23:43.50 (3)	24:24.60 (4)	25:04.88 (13)	25:44.34 (11)	26:24.02 (12)
27:02.23 (11)	27:40.27 (10)	28:20.14 (10)	28:59.75 (11)	29:40.36 (11)	30:20.21 (11)	31:01.36 (11)	31:40.84 (11)	32:20.00 (11)	

<b>11</b>	<b>47</b>	<b>KARASU Fatma</b>	<b>TUR</b>	<b>5 MAY 1996</b>	<b>32:56.80</b>	<b>41.33</b>			
40.36 (19)	1:19.72 (20)	1:58.76 (19)	2:37.06 (21)	3:16.31 (20)	3:55.04 (19)	4:34.66 (18)	5:13.01 (15)	5:52.89 (18)	6:31.70 (18)
7:12.05 (19)	7:51.10 (18)	8:29.94 (18)	9:07.68 (14)	9:47.44 (17)	10:26.57 (17)	11:05.78 (17)	11:43.72 (13)	12:24.25 (8)	13:03.49 (9)
13:42.85 (8)	14:21.52 (6)	15:01.09 (7)	15:40.88 (8)	16:21.41 (7)	17:01.20 (7)	17:41.35 (8)	18:20.93 (7)	19:00.82 (7)	19:40.43 (6)
20:21.84 (7)	21:02.55 (8)	21:42.95 (7)	22:23.30 (6)	23:03.92 (8)	23:43.85 (6)	24:24.87 (8)	25:03.57 (7)	25:43.57 (5)	26:21.80 (5)
27:00.49 (4)	27:38.70 (5)	28:17.62 (4)	28:55.32 (3)	29:34.41 (4)	30:12.70 (6)	30:53.82 (9)	31:34.66 (9)	32:16.37 (10)	

<b>12</b>	<b>33</b>	<b>PALMERO Elisa</b>	<b>ITA</b>	<b>10 JUL 1999</b>	<b>33:02.48</b>	<b>47.01</b>	<b>PB</b>		
40.11 (16)	1:20.22 (24)	1:59.81 (26)	2:38.55 (25)	3:17.74 (25)	3:56.48 (25)	4:35.90 (25)	5:15.97 (24)	5:56.55 (24)	6:35.89 (24)
7:16.42 (24)	7:57.01 (24)	8:36.91 (23)	9:16.59 (23)	9:56.56 (22)	10:35.79 (23)	11:15.82 (23)	11:55.01 (23)	12:35.38 (22)	13:14.42 (22)
13:54.72 (22)	14:34.05 (22)	15:14.42 (22)	15:53.81 (21)	16:34.43 (21)	17:13.35 (21)	17:53.90 (20)	18:33.22 (20)	19:14.24 (20)	19:53.75 (19)
20:34.26 (19)	21:13.77 (18)	21:54.66 (18)	22:34.56 (18)	23:14.69 (18)	23:54.61 (18)	24:35.70 (18)	25:15.03 (18)	25:55.56 (16)	26:35.11 (16)
27:15.85 (16)	27:55.05 (16)	28:35.63 (16)	29:15.15 (15)	29:54.62 (15)	30:32.68 (14)	31:11.13 (13)	31:48.59 (13)	32:26.27 (12)	

SAT  
3 JUN 2023  
20:10

Race Analysis

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

13 16 **DONNELLY Abbie** GBR 2 SEP 1996 **33:04.40** 48.93

40.48 (21)	1:19.26 (15)	1:56.77 (9)	2:34.62 (8)	3:14.57 (9)	3:53.40 (10)	4:32.39 (8)	5:10.99 (8)	5:51.20 (8)	6:30.11 (6)
7:11.04 (10)	7:50.02 (13)	8:29.06 (12)	9:07.13 (7)	9:46.24 (8)	10:24.44 (8)	11:03.53 (8)	11:42.60 (9)	12:24.31 (10)	13:03.45 (8)
13:43.19 (10)	14:22.92 (10)	15:01.75 (9)	15:41.09 (9)	16:21.89 (9)	17:01.40 (8)	17:41.66 (9)	18:21.06 (8)	19:01.65 (10)	19:41.44 (11)
20:22.35 (11)	21:03.25 (11)	21:43.65 (12)	22:25.34 (13)	23:04.81 (13)	23:44.57 (13)	24:25.44 (13)	25:04.63 (12)	25:44.39 (12)	26:23.57 (11)
27:02.87 (12)	27:42.54 (12)	28:23.40 (12)	29:04.50 (12)	29:45.96 (12)	30:26.27 (12)	31:06.74 (12)	31:46.78 (12)	32:26.97 (13)	

14 32 **NESTOLA Sara** ITA 8 MAY 2001 **33:05.54** 50.07 PB

40.92 (26)	1:20.56 (27)	2:00.05 (27)	2:38.75 (27)	3:17.98 (26)	3:57.05 (26)	4:36.14 (26)	5:18.23 (25)	5:56.88 (25)	6:36.31 (25)
7:16.59 (25)	7:57.13 (25)	8:37.50 (25)	9:16.94 (24)	9:56.77 (23)	10:35.54 (22)	11:15.35 (22)	11:54.69 (22)	12:34.71 (21)	13:14.04 (21)
13:54.17 (21)	14:33.22 (21)	15:13.09 (21)	15:52.08 (20)	16:32.48 (20)	17:11.75 (20)	17:52.17 (19)	18:31.73 (19)	19:11.89 (18)	19:51.04 (17)
20:31.38 (17)	21:10.68 (17)	21:51.53 (17)	22:31.06 (17)	23:11.01 (17)	23:50.12 (15)	24:30.58 (14)	25:10.50 (14)	25:51.00 (14)	26:31.03 (14)
27:11.89 (14)	27:51.86 (14)	28:33.32 (14)	29:13.17 (14)	29:53.84 (14)	30:32.93 (15)	31:11.94 (14)	31:50.42 (14)	32:29.29 (14)	

15 50 **PROKOFIEVA Yevheniia** UKR 5 JUN 1995 **33:14.19** 58.72 SB

38.46 (2)	1:16.62 (3)	1:55.03 (3)	2:32.94 (3)	3:13.09 (3)	3:51.83 (3)	4:31.17 (3)	5:10.28 (3)	5:50.04 (3)	6:29.58 (3)
7:10.10 (3)	7:49.19 (7)	8:28.25 (7)	9:07.17 (9)	9:46.53 (10)	10:25.62 (12)	11:05.05 (13)	11:44.48 (17)	12:25.58 (18)	13:05.98 (19)
13:45.12 (18)	14:23.78 (16)	15:03.45 (17)	15:43.08 (17)	16:22.83 (16)	17:03.00 (14)	17:43.19 (16)	18:23.37 (16)	19:04.64 (16)	19:45.94 (16)
20:27.46 (16)	21:08.65 (16)	21:49.23 (16)	22:29.40 (14)	23:09.85 (14)	23:50.08 (14)	24:30.77 (15)	25:10.75 (15)	25:51.56 (15)	26:32.73 (15)
27:14.09 (15)	27:54.47 (15)	28:35.36 (15)	29:15.79 (16)	29:56.73 (16)	30:36.50 (16)	31:16.99 (16)	31:57.23 (16)	32:36.99 (16)	

16 8 **PRIEGO Laura** ESP 15 JUL 1998 **33:16.04** 1:00.57

39.83 (13)	1:19.03 (13)	1:57.69 (13)	2:36.51 (16)	3:15.59 (14)	3:54.37 (16)	4:34.15 (15)	5:12.84 (13)	5:52.41 (15)	6:32.03 (19)
7:11.54 (15)	7:51.38 (21)	8:29.73 (17)	9:08.85 (19)	9:47.79 (19)	10:26.41 (15)	11:05.98 (18)	11:44.45 (16)	12:25.28 (17)	13:05.36 (16)
13:44.42 (16)	14:23.48 (15)	15:03.24 (16)	15:42.77 (16)	16:22.57 (15)	17:03.39 (15)	17:42.36 (12)	18:21.65 (13)	19:02.44 (13)	19:41.95 (13)
20:22.43 (12)	21:02.76 (10)	21:43.49 (11)	22:23.74 (10)	23:04.48 (12)	23:44.49 (12)	24:25.34 (12)	25:04.53 (11)	25:44.75 (13)	26:24.47 (13)
27:05.12 (13)	27:45.58 (13)	28:27.35 (13)	29:08.77 (13)	29:50.56 (13)	30:31.39 (13)	31:13.69 (15)	31:54.94 (15)	32:36.93 (15)	

17 48 **KALIUZHNA Viktoriia** UKR 11 JUL 1994 **33:19.17** 1:03.70 SB

38.93 (5)	1:17.61 (7)	1:56.18 (7)	2:34.29 (6)	3:14.02 (7)	3:52.93 (7)	4:32.06 (7)	5:10.88 (7)	5:50.95 (7)	6:30.27 (8)
7:10.51 (6)	7:49.12 (5)	8:27.77 (5)	9:06.57 (5)	9:45.53 (5)	10:24.03 (6)	11:03.24 (7)	11:42.42 (7)	12:23.76 (4)	13:02.89 (6)
13:42.05 (5)	14:23.26 (14)	15:02.03 (10)	15:41.99 (13)	16:22.46 (13)	17:03.53 (16)	17:42.75 (15)	18:22.53 (14)	19:03.65 (15)	19:44.58 (14)
20:26.46 (15)	21:07.72 (15)	21:48.90 (15)	22:30.19 (16)	23:10.66 (16)	23:51.16 (17)	24:32.17 (16)	25:13.90 (16)	25:56.16 (18)	26:37.73 (18)
27:19.07 (18)	27:59.47 (18)	28:40.41 (18)	29:20.72 (18)	30:01.89 (17)	30:42.79 (17)	31:23.03 (18)	32:03.53 (18)	32:42.99 (18)	

18 12 **ALLIER Mélanie** FRA 28 DEC 1999 **33:19.80** 1:04.33

40.09 (15)	1:19.50 (16)	1:57.98 (15)	2:35.90 (13)	3:15.19 (12)	3:54.06 (14)	4:33.88 (14)	5:12.89 (14)	5:51.63 (11)	6:30.73 (11)
7:11.19 (12)	7:49.69 (10)	8:28.89 (11)	9:07.44 (10)	9:46.30 (9)	10:25.23 (10)	11:04.40 (11)	11:43.75 (14)	12:24.44 (11)	13:03.94 (11)
13:43.71 (12)	14:23.19 (13)	15:02.09 (11)	15:41.57 (10)	16:21.99 (10)	17:02.43 (13)	17:42.44 (13)	18:22.64 (15)	19:03.51 (14)	19:44.96 (15)
20:26.18 (14)	21:07.06 (14)	21:48.63 (14)	22:29.67 (15)	23:10.34 (15)	23:50.89 (16)	24:32.43 (17)	25:14.54 (17)	25:55.87 (17)	26:36.18 (17)
27:16.60 (17)	27:56.99 (17)	28:39.05 (17)	29:20.59 (17)	30:02.13 (18)	30:42.83 (18)	31:22.77 (17)	32:02.93 (17)	32:42.77 (17)	

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**19**      **27**      **RICHARDSON Aoibhe**      IRL      16 NOV 1996      **33:49.01**      1:33.54      SB

40.49 (22)	1:20.38 (25)	1:59.04 (22)	2:37.31 (22)	3:16.68 (23)	3:55.84 (22)	4:35.40 (23)	5:15.04 (22)	5:53.32 (21)	6:32.21 (20)
7:12.48 (21)	7:51.14 (20)	8:30.62 (21)	9:09.60 (21)	9:48.12 (20)	10:27.95 (20)	11:06.76 (20)	11:45.83 (20)	12:25.91 (20)	13:05.99 (20)
13:46.68 (19)	14:25.98 (19)	15:06.60 (19)	15:46.64 (19)	16:27.19 (19)	17:07.95 (18)	17:49.04 (18)	18:29.15 (18)	19:11.45 (17)	19:52.07 (18)
20:33.16 (18)	21:14.09 (19)	21:55.66 (19)	22:36.85 (19)	23:18.29 (19)	23:59.39 (19)	24:41.06 (19)	25:22.33 (19)	26:04.86 (19)	26:46.75 (19)
27:29.08 (19)	28:11.22 (19)	28:54.10 (19)	29:37.28 (19)	30:20.84 (19)	31:04.21 (19)	31:46.91 (19)	32:29.18 (19)	33:10.69 (19)	

**20**      **6**      **MELERO Maitane**      ESP      20 FEB 1983      **34:26.48**      2:11.01

38.99 (6)	1:17.46 (6)	1:56.52 (8)	2:34.35 (7)	3:14.29 (8)	3:53.06 (8)	4:32.65 (9)	5:11.36 (9)	5:51.51 (10)	6:30.39 (10)
7:10.87 (9)	7:49.76 (11)	8:28.79 (9)	9:07.13 (7)	9:46.68 (11)	10:25.16 (9)	11:04.12 (9)	11:42.54 (8)	12:24.29 (9)	13:03.95 (12)
13:43.52 (11)	14:23.10 (12)	15:02.92 (14)	15:42.00 (14)	16:23.73 (17)	17:04.56 (17)	17:46.79 (17)	18:28.85 (17)	19:12.28 (19)	19:54.99 (20)
20:39.25 (20)	21:22.87 (20)	22:07.48 (20)	22:50.52 (20)	23:35.17 (20)	24:18.95 (20)	25:03.69 (20)	25:47.28 (20)	26:32.04 (20)	27:15.74 (20)
27:59.93 (20)	28:42.36 (20)	29:27.35 (20)	30:10.63 (20)	30:56.60 (20)	31:40.49 (21)	32:23.74 (21)	33:05.55 (21)	33:47.59 (21)	

**21**      **40**      **RIBEIRO Sara Catarina**      POR      31 MAY 1990      **34:27.49**      2:12.02

40.39 (20)	1:19.16 (14)	1:58.20 (16)	2:36.98 (20)	3:16.20 (19)	3:55.29 (20)	4:35.06 (21)	5:14.07 (19)	5:53.19 (20)	6:31.67 (17)
7:11.81 (18)	7:51.13 (19)	8:30.33 (20)	9:09.56 (20)	9:50.29 (21)	10:30.87 (21)	11:12.88 (21)	11:53.88 (21)	12:36.30 (23)	13:17.87 (23)
13:59.99 (23)	14:41.64 (23)	15:23.76 (23)	16:05.02 (23)	16:47.71 (23)	17:29.29 (23)	18:12.79 (23)	18:54.59 (22)	19:37.41 (22)	20:19.12 (22)
21:02.29 (22)	21:44.11 (22)	22:26.72 (22)	23:08.85 (21)	23:50.93 (21)	24:32.83 (21)	25:16.20 (21)	25:58.19 (21)	26:40.93 (21)	27:22.85 (21)
28:05.89 (21)	28:48.43 (21)	29:31.61 (21)	30:14.22 (21)	30:56.72 (21)	31:38.52 (20)	32:21.18 (20)	33:02.99 (20)	33:46.71 (20)	

**22**      **45**      **ATALAY Bahar**      TUR      1 OCT 1998      **34:30.32**      2:14.85

40.30 (18)	1:20.13 (22)	1:59.42 (24)	2:36.68 (17)	3:16.54 (22)	3:56.09 (24)	4:34.79 (19)	5:13.53 (18)	5:53.09 (19)	6:32.64 (21)
7:12.23 (20)	7:51.04 (16)	8:30.03 (19)	9:08.62 (18)	9:47.53 (18)	10:27.55 (19)	11:06.24 (19)	11:45.65 (19)	12:25.80 (19)	13:05.63 (17)
13:47.21 (20)	14:28.50 (20)	15:11.59 (20)	15:53.92 (22)	16:38.27 (22)	17:20.51 (22)	18:05.22 (22)	18:48.06 (21)	19:31.59 (21)	20:14.91 (21)
20:58.76 (21)	21:41.69 (21)	22:25.96 (21)	23:09.26 (22)	23:53.79 (22)	24:37.14 (22)	25:21.21 (22)	26:04.04 (22)	26:48.18 (22)	27:31.18 (22)
28:14.93 (22)	28:57.54 (22)	29:41.67 (23)	30:23.01 (22)	31:06.43 (22)	31:48.42 (23)	32:31.30 (23)	33:12.77 (23)	33:52.72 (22)	

**23**      **18**      **MURRAY Rebecca**      GBR      26 SEP 1994      **34:33.94**      2:18.47

40.94 (27)	1:20.46 (26)	1:59.65 (25)	2:37.64 (24)	3:16.70 (24)	3:55.98 (23)	4:35.59 (24)	5:14.87 (21)	5:54.22 (22)	6:33.02 (22)
7:12.86 (22)	7:53.22 (22)	8:34.05 (22)	9:15.27 (22)	9:57.09 (24)	10:38.00 (24)	11:19.29 (24)	12:00.71 (24)	12:42.38 (24)	13:23.36 (24)
14:05.14 (24)	14:46.75 (24)	15:28.56 (24)	16:10.45 (24)	16:53.07 (24)	17:35.93 (24)	18:19.68 (24)	19:02.23 (23)	19:44.94 (23)	20:27.19 (23)
21:09.88 (23)	21:52.42 (23)	22:34.61 (23)	23:17.17 (23)	23:59.18 (23)	24:41.63 (23)	25:25.70 (23)	26:09.14 (23)	26:52.17 (23)	27:34.53 (23)
28:17.35 (23)	28:59.35 (23)	29:41.36 (22)	30:23.96 (23)	31:06.66 (23)	31:48.26 (22)	32:30.04 (22)	33:11.44 (22)	33:53.36 (23)	

**24**      **43**      **ŠAJN Liza**      SLO      5 MAY 2002      **37:01.41**      4:45.94

39.94 (14)	1:19.53 (17)	1:59.22 (23)	2:38.70 (26)	3:19.39 (27)	3:59.62 (27)	4:40.87 (27)	5:21.11 (26)	6:02.82 (26)	6:43.89 (26)
7:25.80 (26)	8:07.00 (26)	8:49.06 (26)	9:30.83 (26)	10:13.56 (26)	10:55.92 (26)	11:39.23 (26)	12:21.70 (26)	13:05.80 (26)	13:49.18 (26)
14:34.08 (26)	15:18.04 (26)	16:03.66 (26)	16:48.31 (26)	17:33.62 (26)	18:18.10 (26)	19:03.31 (26)	19:47.19 (25)	20:33.02 (25)	21:18.22 (25)
22:05.69 (25)	22:51.86 (25)	23:39.36 (25)	24:26.36 (25)	25:14.30 (25)	26:01.57 (24)	26:50.68 (24)	27:38.49 (24)	28:25.76 (24)	29:11.90 (24)
29:59.13 (24)	30:46.07 (24)	31:33.74 (24)	32:21.97 (24)	33:10.90 (24)	33:58.23 (24)	34:45.52 (24)	35:31.82 (24)	36:17.65 (24)	

SAT  
 3 JUN 2023  
 20:10

**10000m Women**
**Final A**
**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

<b>28 ARNAUDO Anna</b>				ITA	18 OCT 2000	<b>DNF</b>			
39.61 (10)	1:18.56 (11)	1:57.84 (14)	2:36.32 (15)	3:15.88 (16)	3:53.83 (12)	4:35.25 (22)	5:15.49 (23)	5:56.39 (23)	6:35.62 (23)
7:16.20 (23)	7:56.84 (23)	8:37.26 (24)	9:17.19 (25)	9:59.94 (25)	10:42.37 (25)	11:25.81 (25)	12:06.98 (25)	12:50.19 (25)	13:31.95 (25)
14:14.75 (25)	14:56.94 (25)	15:40.17 (25)	16:23.51 (25)	17:07.52 (25)	17:50.49 (25)	18:35.37 (25)	19:18.92 (24)	20:03.72 (24)	20:47.06 (24)
21:31.82 (24)	22:15.92 (24)	23:00.82 (24)	23:45.69 (24)	24:41.33 (24)	DNF				

<b>17 IRWIN Hannah</b>				GBR	23 JUN 1998	<b>DNF</b>			
39.68 (11)	1:19.01 (12)	1:57.42 (12)	2:35.74 (12)	3:14.85 (10)	3:53.36 (9)	4:32.91 (10)	5:12.36 (12)	5:51.68 (12)	6:30.09 (5)
7:11.12 (11)	7:49.27 (8)	8:28.87 (10)	9:07.50 (11)	9:46.75 (12)	10:25.60 (11)	11:04.64 (12)	11:43.36 (11)	12:24.90 (15)	13:05.85 (18)
13:44.88 (17)	14:24.87 (18)	15:05.09 (18)	15:45.44 (18)	16:26.96 (18)	17:08.30 (19)	17:54.84 (21)	DNF		

<b>30 EPIS Giovanna</b>				ITA	11 OCT 1988	<b>DNF</b>			
40.58 (23)	1:19.61 (18)	1:58.26 (17)	2:36.83 (18)	3:15.97 (17)	3:54.80 (18)	4:34.32 (16)	DNF (27)		

**Weather conditions**

Temperature: 24°C Humidity: 48% Conditions: Few clouds

**Legend:**
**DNF** Did not Finish **PB** Personal Best **SB** Season Best

SAT  
3 JUN 2023  
18:45

**10000m Women**
**Final B**
**Results**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED	Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR	Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR	Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN	Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	26	<b>NIC DHOMHNAILL Ide</b> Ireland	IRL	21 DEC 1984	10	<b>33:24.10</b>	PB
2	25	<b>HEASLIP Shona</b> Ireland	IRL	18 SEP 1994	9	<b>33:26.96</b>	SB
3	31	<b>LONEDO Rebecca</b> Italy	ITA	5 DEC 1996	11	<b>33:28.75</b>	SB
4	37	<b>MARIDAL Hanne Mjøen</b> Norway	NOR	21 SEP 1996	15	<b>33:46.01</b>	SB
5	11	<b>PEIPONEN Johanna</b> Finland	FIN	18 DEC 1990	4	<b>33:54.22</b>	SB
6	24	<b>BÖHM Lilla</b> Hungary	HUN	28 SEP 1994	8	<b>33:58.60</b>	PB
7	13	<b>JULIEN Mélody</b> France	FRA	13 MAY 1999	5	<b>34:40.55</b>	
8	39	<b>THEISEN Mathilde</b> Norway	NOR	5 MAY 1993	17	<b>34:50.24</b>	SB
9	5	<b>LUENGO Laura</b> Spain	ESP	18 AUG 1997	2	<b>34:59.60</b>	SB
10	2	<b>AVRAMOVA Devora</b> Bulgaria	BUL	1 MAR 2000	1	<b>34:59.74</b>	PB
11	38	<b>OPLAND Kristin Waaktaar</b> Norway	NOR	2 MAY 1982	16	<b>35:00.17</b>	SB
12	23	<b>TSOUPAKI Eirini</b> Greece	GRE	29 JUN 1994	7	<b>35:26.24</b>	
13	35	<b>KIRILIUK Lina</b> Lithuania	LTU	6 JUL 1996	13	<b>35:30.22</b>	SB
14	49	<b>MAZURENKO Mariia</b> Ukraine	UKR	28 MAY 1997	20	<b>35:51.30</b>	
15	42	<b>KRŠINAR Neja</b> Slovenia	SLO	27 MAR 1991	18	<b>35:57.14</b>	
16	36	<b>ŽUSINAITĖ-NEKRIŠIENĖ Vaida</b> Lithuania	LTU	13 JAN 1988	14	<b>36:03.17</b>	SB
17	44	<b>UMMEL Selina</b> Switzerland	SUI	14 OCT 1997	19	<b>36:19.63</b>	
	14	<b>KOROTCHANSKY Aude</b> France	FRA	12 SEP 1991	6	<b>DNF</b>	
	34	<b>SELVA Giovanna</b> Italy	ITA	17 SEP 2000	12	<b>DNF</b>	
	10	<b>CHYDENIUS Nina</b> Finland	FIN	28 JAN 1990	3	<b>DNF</b>	



SAT  
 3 JUN 2023  
 18:45

**10000m Women**
**Final B**
**Results**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

<b>Intermediate Times:</b>	1000m	3:18.84	37	MARIDAL Hanne Mjøen (NOR)
	2000m	6:35.79	37	MARIDAL Hanne Mjøen (NOR)
	3000m	9:56.82	37	MARIDAL Hanne Mjøen (NOR)
	4000m	13:18.75	5	LUENGO Laura (ESP)
	5000m	18:05.88	31	LONEDO Rebecca (ITA)
	6000m	20:07.08	31	LONEDO Rebecca (ITA)
	7000m	23:25.28	31	LONEDO Rebecca (ITA)
	8000m	26:48.36	31	LONEDO Rebecca (ITA)
	9000m	30:13.86	25	HEASLIP Shona (IRL)

**Weather conditions**

Temperature: 24°C

Humidity: 48%

Conditions: Sunny

**Legend:**

<b>DNF</b>	Did not Finish	<b>PB</b>	Personal Best	<b>SB</b>	Season Best
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SAT  
3 JUN 2023  
18:45

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**1 26 NIC DHOMHNAILL Ide** IRL 21 DEC 1984 **33:24.10** PB

42.56 (13)	1:22.01 (4)	2:00.35 (3)	2:39.32 (3)	3:19.45 (3)	3:59.20 (4)	4:38.44 (3)	5:17.36 (3)	5:57.10 (3)	6:36.61 (4)
7:16.66 (3)	7:56.86 (4)	8:36.57 (3)	9:17.15 (6)	9:57.86 (5)	10:37.34 (6)	11:17.07 (6)	11:57.79 (5)	12:38.92 (6)	13:19.15 (4)
13:59.66 (6)	14:41.54 (8)	15:21.25 (6)	<b>16:01.68 (1)</b>	16:44.04 (4)	17:26.54 (6)	18:06.40 (4)	18:46.38 (3)	19:26.95 (4)	20:07.64 (4)
20:47.73 (4)	21:27.36 (4)	22:08.62 (3)	22:48.50 (3)	23:28.99 (3)	24:08.64 (3)	24:49.19 (3)	25:28.51 (2)	26:09.36 (2)	26:49.62 (3)
27:31.43 (3)	<b>28:12.60 (1)</b>	28:54.05 (2)	29:34.01 (2)	30:14.16 (2)	30:53.82 (3)	31:32.90 (2)	32:11.67 (2)	<b>32:48.25 (1)</b>	

**2 25 HEASLIP Shona** IRL 18 SEP 1994 **33:26.96** 2.86 SB

<b>41.56 (1)</b>	1:22.65 (7)	2:00.77 (5)	2:40.25 (5)	3:19.79 (5)	4:00.94 (11)	4:38.65 (5)	5:17.60 (5)	5:57.31 (5)	6:37.69 (7)
7:16.91 (5)	7:56.86 (4)	8:36.78 (5)	9:16.34 (4)	9:57.61 (4)	10:37.30 (5)	11:16.79 (5)	12:00.08 (8)	12:38.84 (5)	13:19.49 (7)
13:59.57 (5)	14:39.76 (5)	15:21.14 (5)	16:01.84 (5)	16:43.79 (3)	17:27.08 (8)	18:06.34 (3)	18:47.83 (6)	19:26.70 (3)	20:07.13 (2)
20:47.56 (3)	21:27.15 (2)	22:08.47 (2)	22:48.27 (2)	23:28.70 (2)	24:08.42 (2)	24:48.88 (2)	25:29.12 (3)	26:09.39 (3)	26:49.54 (2)
27:31.39 (2)	<b>28:12.60 (1)</b>	<b>28:53.98 (1)</b>	<b>29:33.81 (1)</b>	<b>30:13.84 (1)</b>	<b>30:53.50 (1)</b>	<b>31:32.67 (1)</b>	<b>32:11.36 (1)</b>	32:49.50 (2)	

**3 31 LONEDO Rebecca** ITA 5 DEC 1996 **33:28.75** 4.65 SB

42.42 (12)	1:22.67 (8)	2:01.28 (8)	2:40.29 (6)	3:19.95 (6)	3:59.21 (5)	4:38.95 (6)	5:17.89 (6)	5:57.53 (6)	6:37.04 (5)
7:17.11 (6)	7:57.10 (6)	8:37.03 (6)	9:16.63 (5)	9:57.91 (6)	10:36.84 (4)	11:16.72 (4)	11:57.54 (3)	12:38.66 (3)	13:19.11 (3)
13:59.37 (3)	14:39.71 (4)	15:20.90 (3)	16:01.77 (3)	16:43.72 (2)	17:25.22 (2)	<b>18:05.87 (1)</b>	<b>18:46.07 (1)</b>	<b>19:26.04 (1)</b>	<b>20:07.07 (1)</b>
<b>20:46.64 (1)</b>	<b>21:25.91 (1)</b>	<b>22:05.57 (1)</b>	<b>22:45.36 (1)</b>	<b>23:25.24 (1)</b>	<b>24:05.45 (1)</b>	<b>24:45.84 (1)</b>	<b>25:26.46 (1)</b>	<b>26:07.15 (1)</b>	<b>26:48.35 (1)</b>
<b>27:30.20 (1)</b>	28:12.93 (3)	28:54.28 (3)	29:34.30 (3)	30:14.36 (3)	30:53.76 (2)	31:33.09 (3)	32:11.83 (3)	32:50.78 (3)	

**4 37 MARIDAL Hanne MjØen** NOR 21 SEP 1996 **33:46.01** 21.91 SB

42.04 (6)	<b>1:20.71 (1)</b>	<b>1:59.85 (1)</b>	<b>2:38.93 (1)</b>	<b>3:18.85 (1)</b>	<b>3:58.05 (1)</b>	<b>4:37.89 (1)</b>	<b>5:16.58 (1)</b>	<b>5:56.54 (1)</b>	<b>6:35.78 (1)</b>
<b>7:16.08 (1)</b>	7:56.02 (2)	<b>8:36.04 (1)</b>	<b>9:15.56 (1)</b>	<b>9:56.81 (1)</b>	<b>10:35.92 (1)</b>	<b>11:16.36 (1)</b>	11:57.45 (2)	12:38.45 (2)	13:18.82 (2)
<b>13:59.07 (1)</b>	<b>14:38.98 (1)</b>	<b>15:20.64 (1)</b>	16:01.73 (2)	16:44.40 (5)	17:25.82 (4)	18:06.77 (5)	18:46.12 (2)	19:26.33 (2)	20:07.20 (3)
20:47.28 (2)	21:27.18 (3)	22:08.92 (4)	22:49.21 (4)	23:30.32 (4)	24:11.34 (5)	24:53.25 (4)	25:34.60 (4)	26:17.01 (4)	26:58.30 (4)
27:40.36 (4)	28:20.92 (4)	29:01.97 (4)	29:42.27 (4)	30:23.21 (4)	31:03.84 (4)	31:45.41 (4)	32:26.31 (4)	33:06.85 (4)	

**5 11 PEIPONEN Johanna** FIN 18 DEC 1990 **33:54.22** 30.12 SB

42.84 (16)	1:24.81 (17)	2:05.53 (18)	2:45.14 (16)	3:24.55 (15)	4:03.57 (13)	4:43.37 (13)	5:22.97 (13)	6:02.84 (12)	6:42.58 (12)
7:23.66 (12)	8:04.46 (12)	8:44.80 (12)	9:25.21 (12)	10:06.06 (12)	10:46.51 (10)	11:27.80 (10)	12:07.99 (10)	12:49.38 (10)	13:30.33 (9)
14:11.40 (9)	14:52.34 (9)	15:33.49 (9)	16:14.67 (9)	16:56.16 (9)	17:36.59 (9)	18:17.87 (9)	18:58.45 (9)	19:39.36 (9)	20:19.70 (9)
21:00.06 (8)	21:39.52 (8)	22:19.94 (7)	23:00.19 (6)	23:41.95 (6)	24:22.93 (6)	25:04.32 (6)	25:45.06 (6)	26:25.96 (6)	27:07.10 (6)
27:49.16 (6)	28:30.59 (6)	29:12.17 (6)	29:53.42 (6)	30:35.86 (6)	31:17.13 (6)	31:58.50 (6)	32:39.14 (6)	33:19.83 (6)	

**6 24 BÖHM Lilla** HUN 28 SEP 1994 **33:58.60** 34.50 PB

41.67 (2)	1:22.32 (5)	2:01.08 (6)	2:40.35 (7)	3:20.10 (7)	3:59.56 (6)	4:39.20 (7)	5:18.11 (8)	5:57.83 (7)	6:37.21 (6)
7:17.43 (7)	7:58.01 (7)	8:37.22 (7)	9:17.30 (7)	9:58.06 (7)	10:37.86 (7)	11:17.38 (7)	11:58.11 (6)	12:39.27 (7)	13:19.46 (6)
13:59.90 (7)	14:40.56 (6)	15:21.45 (7)	16:02.29 (6)	16:44.53 (6)	17:25.81 (3)	18:06.94 (6)	18:46.94 (5)	19:27.23 (5)	20:07.92 (5)
20:47.95 (5)	21:27.63 (5)	22:09.22 (5)	22:49.56 (5)	23:30.57 (5)	24:11.23 (4)	24:53.59 (5)	25:35.02 (5)	26:17.30 (5)	26:58.62 (5)
27:40.59 (5)	28:21.80 (5)	29:04.18 (5)	29:46.22 (5)	30:28.79 (5)	31:10.77 (5)	31:54.22 (5)	32:36.74 (5)	33:19.35 (5)	

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**7 13 JULIEN Mélody** FRA 13 MAY 1999 **34:40.55** 1:16.45

41.78 (3)	1:21.41 (2)	1:59.98 (2)	2:39.22 (2)	3:19.06 (2)	3:58.16 (2)	4:38.08 (2)	5:16.89 (2)	5:56.76 (2)	6:36.10 (2)
7:16.28 (2)	<b>7:55.89 (1)</b>	8:36.19 (2)	9:16.13 (3)	9:57.47 (3)	10:36.65 (3)	11:16.56 (3)	11:57.58 (4)	12:38.67 (4)	13:19.40 (5)
13:59.40 (4)	14:39.70 (3)	15:21.00 (4)	16:02.44 (7)	16:44.67 (7)	17:26.26 (5)	18:09.06 (8)	18:51.21 (8)	19:34.71 (8)	20:17.45 (8)
21:01.16 (9)	21:43.92 (9)	22:28.69 (9)	23:12.02 (9)	23:56.51 (9)	24:40.33 (9)	25:25.21 (9)	26:08.40 (9)	26:51.84 (9)	27:33.70 (8)
28:18.74 (8)	29:03.01 (8)	29:44.37 (7)	30:27.71 (7)	31:13.38 (7)	31:56.33 (7)	32:40.72 (7)	33:21.56 (7)	34:03.15 (7)	

**8 39 THEISEN Mathilde** NOR 5 MAY 1993 **34:50.24** 1:26.14 SB

43.37 (20)	1:25.11 (19)	2:05.70 (19)	2:45.53 (17)	3:24.88 (16)	4:05.20 (17)	4:45.60 (16)	5:27.17 (15)	6:09.85 (16)	6:50.75 (17)
7:31.90 (15)	8:12.24 (16)	8:54.74 (15)	9:37.30 (14)	10:18.65 (14)	10:58.30 (14)	11:38.34 (14)	12:18.55 (14)	12:59.18 (14)	13:39.78 (13)
14:21.32 (13)	15:19.59 (15)	15:44.55 (13)	16:25.65 (13)	17:08.38 (13)	17:49.57 (13)	18:31.98 (13)	19:13.90 (13)	19:56.89 (13)	20:38.70 (13)
21:21.95 (11)	22:04.79 (11)	22:47.55 (11)	23:29.69 (11)	24:13.45 (11)	24:56.60 (11)	25:39.85 (10)	26:21.81 (10)	27:04.51 (10)	27:46.51 (10)
28:30.30 (10)	29:13.56 (10)	29:56.65 (9)	30:38.83 (9)	31:22.58 (9)	32:05.52 (8)	32:48.36 (8)	33:30.09 (8)	34:11.93 (8)	

**9 5 LUENGO Laura** ESP 18 AUG 1997 **34:59.60** 1:35.50 SB

42.15 (8)	1:21.89 (3)	2:00.60 (4)	2:39.56 (4)	3:19.62 (4)	3:58.78 (3)	4:38.61 (4)	5:17.55 (4)	5:57.24 (4)	6:36.41 (3)
7:16.85 (4)	7:56.44 (3)	8:36.62 (4)	9:15.96 (2)	9:57.22 (2)	10:36.63 (2)	11:16.47 (2)	<b>11:56.96 (1)</b>	<b>12:38.23 (1)</b>	<b>13:18.74 (1)</b>
13:59.22 (2)	14:39.40 (2)	15:20.76 (2)	16:01.81 (4)	<b>16:43.62 (1)</b>	<b>17:25.09 (1)</b>	18:06.29 (2)	18:46.64 (4)	19:28.05 (6)	20:10.76 (6)
20:53.88 (6)	21:37.87 (6)	22:21.70 (8)	23:05.75 (8)	23:50.05 (8)	24:33.55 (8)	25:18.60 (8)	26:03.50 (8)	26:49.89 (8)	27:34.96 (9)
28:20.28 (9)	29:04.96 (9)	29:50.53 (8)	30:35.26 (8)	31:21.17 (8)	32:06.29 (9)	32:50.98 (9)	33:35.23 (9)	34:19.96 (9)	

**10 2 AVRAMOVA Devora** BUL 1 MAR 2000 **34:59.74** 1:35.64 PB

42.30 (9)	1:22.55 (6)	2:01.10 (7)	2:40.80 (8)	3:20.54 (10)	4:00.50 (9)	4:40.01 (10)	5:19.94 (11)	5:59.04 (11)	6:39.01 (11)
7:19.82 (11)	8:00.86 (11)	8:42.40 (11)	9:24.01 (11)	10:05.83 (11)	10:46.78 (11)	11:27.47 (9)	12:07.44 (9)	12:49.33 (9)	13:30.93 (11)
14:11.82 (10)	14:53.06 (10)	15:34.94 (10)	16:17.34 (11)	17:01.02 (11)	17:44.28 (11)	18:28.48 (11)	19:11.43 (11)	19:55.37 (11)	20:38.19 (12)
21:22.50 (12)	22:05.18 (12)	22:48.29 (12)	23:30.61 (12)	24:14.30 (12)	24:56.64 (12)	25:40.47 (12)	26:23.21 (12)	27:07.84 (12)	27:52.09 (12)
28:37.22 (12)	29:21.22 (12)	30:05.85 (11)	30:49.26 (11)	31:33.56 (11)	32:16.32 (11)	33:00.27 (11)	33:42.88 (11)	34:23.82 (10)	

**11 38 OPLAND Kristin Waaktaar** NOR 2 MAY 1982 **35:00.17** 1:36.07 SB

43.06 (17)	1:24.70 (16)	2:05.36 (16)	2:45.67 (18)	3:25.06 (17)	4:04.23 (15)	4:45.81 (17)	5:27.89 (17)	6:10.13 (17)	6:50.65 (16)
7:32.03 (16)	8:11.91 (14)	8:54.47 (14)	9:36.63 (13)	10:18.31 (13)	10:57.91 (13)	11:37.84 (13)	12:18.46 (13)	12:58.50 (13)	13:39.41 (12)
14:20.81 (12)	15:02.18 (12)	15:44.26 (12)	16:25.34 (12)	17:07.98 (12)	17:48.44 (12)	18:31.71 (12)	19:13.50 (12)	19:56.36 (12)	20:37.96 (11)
21:21.44 (10)	22:04.30 (10)	22:47.01 (10)	23:29.42 (10)	24:13.13 (10)	24:55.97 (10)	25:40.09 (11)	26:22.07 (11)	27:04.91 (11)	27:47.91 (11)
28:32.22 (11)	29:17.38 (11)	30:01.26 (10)	30:45.40 (10)	31:29.31 (10)	32:13.11 (10)	32:58.61 (10)	33:42.73 (10)	34:25.01 (11)	

**12 23 TSOUPAKI Eirini** GRE 29 JUN 1994 **35:26.24** 2:02.14

42.74 (15)	1:25.31 (20)	2:04.41 (13)	2:44.51 (14)	3:24.26 (14)	4:04.41 (16)	4:45.35 (15)	5:27.41 (16)	6:09.54 (15)	6:50.51 (15)
7:32.19 (17)	8:13.00 (17)	8:55.13 (17)	9:37.79 (16)	10:19.18 (16)	10:59.86 (16)	11:40.27 (15)	12:22.15 (15)	13:04.39 (15)	13:46.10 (15)
14:28.64 (15)	15:10.84 (13)	15:53.38 (14)	16:35.09 (14)	17:18.15 (14)	17:59.59 (14)	18:42.68 (14)	19:24.99 (14)	20:08.30 (14)	20:51.23 (14)
21:35.01 (13)	22:18.99 (13)	23:02.83 (13)	23:46.61 (13)	24:30.71 (13)	25:14.70 (13)	25:59.36 (13)	26:43.09 (13)	27:28.53 (13)	28:13.03 (13)
28:56.62 (13)	29:40.81 (13)	30:24.35 (12)	31:07.82 (12)	31:51.53 (12)	32:35.91 (12)	33:19.56 (12)	34:01.93 (12)	34:44.94 (12)	

SAT  
3 JUN 2023  
18:45

**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**13 35 KIRILIUK Lina** LTU 6 JUL 1996 **35:30.22** 2:06.12 SB

42.08 (7)	1:24.26 (13)	2:05.39 (17)	2:46.07 (20)	3:27.26 (20)	4:07.95 (20)	4:49.34 (19)	5:30.48 (19)	6:12.66 (19)	6:54.25 (19)
7:36.64 (19)	8:18.19 (19)	9:00.64 (19)	9:42.31 (19)	10:25.19 (19)	11:07.45 (19)	11:50.91 (19)	12:33.30 (18)	13:16.85 (19)	14:00.09 (19)
14:43.81 (18)	15:27.62 (18)	16:11.40 (18)	16:53.69 (17)	17:36.74 (17)	18:18.40 (17)	19:01.43 (17)	19:43.47 (17)	20:26.47 (16)	21:10.86 (16)
21:55.37 (15)	22:39.46 (15)	23:22.69 (14)	24:04.08 (14)	24:47.92 (14)	25:29.96 (14)	26:13.84 (14)	26:56.81 (14)	27:41.10 (14)	28:24.23 (14)
29:08.47 (14)	29:51.88 (14)	30:36.43 (13)	31:20.06 (13)	32:04.70 (13)	32:48.06 (13)	33:32.05 (13)	34:13.33 (13)	34:53.27 (13)	

**14 49 MAZURENKO Mariia** UKR 28 MAY 1997 **35:51.30** 2:27.20

42.69 (14)	1:24.69 (15)	2:04.63 (14)	2:43.96 (13)	3:23.95 (13)	4:04.14 (14)	4:45.08 (14)	5:26.98 (14)	6:09.23 (14)	6:50.19 (14)
7:31.56 (14)	8:12.09 (15)	8:54.89 (16)	9:37.43 (15)	10:18.88 (15)	10:59.38 (15)	11:40.69 (16)	12:22.56 (16)	13:06.49 (16)	13:49.20 (16)
14:33.23 (16)	15:17.10 (14)	16:02.29 (16)	16:45.77 (16)	17:29.60 (16)	18:13.42 (16)	18:58.52 (16)	19:41.69 (15)	20:26.17 (15)	21:10.44 (15)
21:55.06 (14)	22:39.14 (14)	23:23.44 (15)	24:06.96 (15)	24:52.05 (15)	25:36.09 (15)	26:21.87 (15)	27:05.44 (15)	27:52.01 (15)	28:37.40 (15)
29:22.25 (15)	30:05.46 (15)	30:49.77 (14)	31:33.82 (14)	32:18.38 (14)	33:01.26 (14)	33:45.69 (14)	34:27.70 (14)	35:10.01 (14)	

**15 42 KRŠINAR Neja** SLO 27 MAR 1991 **35:57.14** 2:33.04

42.37 (11)	1:23.54 (10)	2:01.87 (11)	2:40.95 (9)	3:20.99 (12)	4:00.47 (8)	4:40.54 (12)	5:21.02 (12)	6:02.84 (12)	6:44.82 (13)
7:27.90 (13)	8:10.93 (13)	8:54.33 (13)	9:38.02 (17)	10:20.32 (17)	11:03.88 (17)	11:48.00 (17)	12:31.90 (17)	13:16.35 (17)	14:00.01 (18)
14:44.10 (19)	15:27.30 (17)	16:11.72 (19)	16:54.59 (18)	17:39.01 (19)	18:22.39 (19)	19:07.27 (18)	19:50.86 (18)	20:34.61 (18)	21:18.70 (18)
22:02.71 (17)	22:46.73 (17)	23:30.90 (17)	24:14.60 (16)	24:59.11 (16)	25:43.42 (16)	26:27.61 (16)	27:11.73 (16)	27:56.60 (16)	28:41.12 (16)
29:25.85 (16)	30:10.03 (16)	30:54.75 (15)	31:39.80 (15)	32:24.19 (15)	33:07.72 (15)	33:51.80 (15)	34:35.32 (15)	35:17.57 (15)	

**16 36 ŽUSINAITĖ-NEKRIOŠIENĖ Vaida** LTU 13 JAN 1988 **36:03.17** 2:39.07 SB

41.89 (4)	1:23.64 (12)	2:04.99 (15)	2:45.09 (15)	3:27.01 (19)	4:07.64 (19)	4:49.75 (20)	5:30.91 (20)	6:13.17 (20)	6:54.85 (20)
7:37.95 (20)	8:20.16 (20)	9:04.02 (20)	9:46.75 (20)	10:30.59 (20)	11:13.77 (20)	11:57.55 (20)	12:41.07 (20)	13:25.33 (20)	14:08.77 (20)
14:53.05 (20)	15:36.83 (20)	16:20.65 (20)	17:04.60 (20)	17:48.59 (20)	18:31.76 (20)	19:16.26 (20)	19:59.49 (20)	20:44.80 (20)	21:28.83 (20)
22:13.20 (19)	22:57.12 (19)	23:41.73 (19)	24:25.39 (19)	25:09.41 (19)	25:52.52 (18)	26:37.18 (17)	27:20.57 (17)	28:06.09 (17)	28:50.10 (17)
29:35.22 (17)	30:19.67 (17)	31:04.44 (16)	31:48.25 (16)	32:32.11 (16)	33:14.98 (16)	33:59.39 (16)	34:41.41 (16)	35:23.78 (16)	

**17 44 UMMEL Selina** SUI 14 OCT 1997 **36:19.63** 2:55.53

43.22 (19)	1:24.94 (18)	2:05.86 (20)	2:45.90 (19)	3:26.41 (18)	4:07.29 (18)	4:48.92 (18)	5:30.25 (18)	6:12.35 (18)	6:54.01 (18)
7:36.35 (18)	8:17.86 (18)	9:00.31 (18)	9:42.25 (18)	10:24.38 (18)	11:07.15 (18)	11:50.55 (18)	12:33.46 (19)	13:16.56 (18)	13:59.81 (17)
14:43.55 (17)	15:26.82 (16)	16:11.08 (17)	16:54.65 (19)	17:38.74 (18)	18:22.30 (18)	19:07.74 (19)	19:51.49 (19)	20:36.29 (19)	21:20.70 (19)
22:06.20 (18)	22:51.27 (18)	23:37.19 (18)	24:22.69 (18)	25:08.98 (18)	25:53.62 (19)	26:40.10 (19)	27:25.15 (19)	28:11.52 (19)	28:57.71 (19)
29:44.48 (19)	30:29.06 (19)	31:15.18 (17)	32:00.43 (17)	32:45.11 (17)	33:29.18 (17)	34:13.93 (17)	34:57.53 (17)	35:40.24 (17)	

**10 CHYDENIUS Nina** FIN 28 JAN 1990 **NM**

43.09 (18)	1:24.32 (14)	2:02.67 (12)	2:42.15 (11)	3:20.81 (11)	4:00.95 (12)	4:40.26 (11)	5:19.37 (10)	5:58.50 (9)	6:38.44 (9)
7:19.34 (9)	8:00.11 (9)	8:41.99 (9)	9:23.12 (9)	10:05.66 (9)	10:45.78 (9)	11:28.09 (11)	12:08.11 (11)	12:49.54 (11)	13:30.87 (10)
14:12.11 (11)	14:53.96 (11)	15:35.21 (11)	16:15.71 (10)	16:57.69 (10)	17:38.84 (10)	18:21.64 (10)	19:02.82 (10)	19:45.11 (10)	20:26.68 (10)

SAT  
 3 JUN 2023  
 18:45

**10000m Women**
**Final B**
**Race Analysis**

<b>EUROPEAN RECORD</b>	<b>29:06.82</b>	<b>HASSAN Sifan</b>	NED Hengelo (NED)	6 JUN 2021
<b>CHAMPIONSHIP RECORD</b>	<b>30:21.67</b>	<b>ABEYLEGESSE Elvan</b>	TUR Antalya (TUR)	15 APR 2006
<b>EUROPEAN U23 RECORD</b>	<b>30:26.41</b>	<b>CAN Yasemin</b>	TUR Rio de Janeiro (BRA)	12 AUG 2016
<b>EUROPEAN U20 RECORD</b>	<b>31:40.42</b>	<b>SANDELL Annemari</b>	FIN Atlanta, GA (USA)	27 JUL 1996

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
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200m	400m	600m	800m	1000m	1200m	1400m	1600m	1800m	2000m
2200m	2400m	2600m	2800m	3000m	3200m	3400m	3600m	3800m	4000m
4200m	4400m	4600m	4800m	5000m	5200m	5400m	5600m	5800m	6000m
6200m	6400m	6600m	6800m	7000m	7200m	7400m	7600m	7800m	8000m
8200m	8400m	8600m	8800m	9000m	9200m	9400m	9600m	9800m	

**14 KOROTCHANSKY Aude**

FRA

12 SEP 1991

NM

41.95 (5)	1:23.59 (11)	2:01.67 (10)	2:41.25 (10)	3:20.28 (8)	3:59.91 (7)	4:39.70 (9)	5:19.34 (9)	5:58.79 (10)	6:38.65 (10)
7:19.59 (10)	8:00.40 (10)	8:42.23 (10)	9:23.56 (10)	10:05.69 (10)	10:46.82 (12)	11:29.80 (12)	12:12.74 (12)	12:56.42 (12)	13:41.05 (14)
14:24.76 (14)	15:32.09 (19)	15:54.81 (15)	16:39.09 (15)	17:25.46 (15)	18:09.80 (15)	18:56.49 (15)	19:42.03 (16)	20:27.90 (17)	21:13.04 (17)
21:58.91 (16)	22:44.47 (16)	23:29.59 (16)	24:16.43 (17)	25:04.60 (17)	25:50.71 (17)	26:38.45 (18)	27:24.55 (18)	28:11.04 (18)	28:56.04 (18)
29:42.45 (18)	30:28.36 (18)	31:15.57 (18)	32:02.75 (18)						

**34 SELVA Giovanna**

ITA

17 SEP 2000

NM

42.33 (10)	1:22.89 (9)	2:01.28 (8)	2:42.49 (12)	3:20.42 (9)	4:00.60 (10)	4:39.46 (8)	5:18.04 (7)	5:58.12 (8)	6:37.76 (8)
7:17.63 (8)	7:58.21 (8)	8:37.54 (8)	9:17.45 (8)	9:58.38 (8)	10:38.51 (8)	11:17.86 (8)	11:58.91 (7)	12:39.57 (8)	13:20.46 (8)
14:00.56 (8)	14:41.01 (7)	15:22.21 (8)	16:03.01 (8)	16:45.53 (8)	17:26.96 (7)	18:08.07 (7)	18:49.34 (7)	19:31.99 (7)	20:14.58 (7)
20:57.02 (7)	21:38.64 (7)	22:19.91 (6)	23:01.51 (7)	23:44.06 (7)	24:26.63 (7)	25:08.99 (7)	25:51.97 (7)	26:35.73 (7)	27:19.66 (7)
28:05.95 (7)	28:50.18 (7)								

**Weather conditions**

Temperature: 24°C

Humidity: 48%

Conditions: Sunny

**Legend:**
**PB** Personal Best      **SB** Season Best

**Results**

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
1	Germany (GER)	21	REH Alina	32:15.47	1	1:37:40.69
		20	MAYER Domenika	32:35.95	3	
		19	DIETERICH Eva	32:49.27	8	
2	Spain (ESP)	7	NAVARRETE Esther	32:45.04	7	1:38:50.68
		9	RUIZ Cristina	32:49.60	9	
		8	PRIEGO Laura	33:16.04	16	
		6	MELERO Maitane	34:26.48	26	
		5	LUENGO Laura	34:59.60	32	
3	Ukraine (UKR)	51	ZINENKO Valeriia	32:29.81	2	1:39:03.17
		50	PROKOFIEVA Yevheniia	33:14.19	15	
		48	KALIUZHNA Viktoriia	33:19.17	17	
		49	MAZURENKO Mariia	35:51.30	37	
4	Italy (ITA)	33	PALMERO Elisa	33:02.48	12	1:39:36.77
		32	NESTOLA Sara	33:05.54	14	
		31	LONEDO Rebecca	33:28.75	21	
		28	ARNAUDO Anna	DNF		
		30	EPIS Giovanna	DNF		
		34	SELVA Giovanna	DNF		
5	Türkiye (TUR)	46	GÖNEN Yayla	32:43.29	6	1:40:10.41
		47	KARASU Fatma	32:56.80	11	
		45	ATALAY Bahar	34:30.32	28	
6	France (FRA)	15	WOLDU Mekdes	32:37.52	4	1:40:37.87
		12	ALLIER Mélanie	33:19.80	18	
		13	JULIEN Mélody	34:40.55	30	
		14	KOROTCHANSKY Aude	DNF		
7	Ireland (IRL)	26	NIC DHOMHNAILL Ide	33:24.10	19	1:40:40.07
		25	HEASLIP Shona	33:26.96	20	
		27	RICHARDSON Aoibhe	33:49.01	23	
8	Norway (NOR)	37	MARIDAL Hanne Mjøen	33:46.01	22	1:43:36.42
		39	THEISEN Mathilde	34:50.24	31	
		38	OPLAND Kristin Waaktaar	35:00.17	34	

**10000m Cup Women**

**Final**

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**Results**

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
<b>Great Britain &amp; Northern Ireland (GBR)</b>						<b>NM</b>
		16	DONNELLY Abbie	33:04.40	13	
		18	MURRAY Rebecca	34:33.94	29	
		17	IRWIN Hannah	DNF		
<b>Slovenia (SLO)</b>						<b>NM</b>

**Medallists by Event** As of 3 JUN 2023

**AFTER 4 OF 4 EVENTS**

Event Name	Date	Medal	Name	Ctry Code
10000m Men	3 JUN 2023	GOLD	CRIPPA Yemaneberhan	ITA
		SILVER	GETAHON Tadesse	ISR
		BRONZE	FIFA Ilias	ESP
10000m Cup Men	3 JUN 2023	GOLD	GETAHON Tadesse AYALE Gashau CHEKOLE Dereje ABUHAY Yitayew BELACHEW Godadaw MALEDE Bukayawe	ISR
		SILVER	CRIPPA Yemaneberhan GHEBREHIWET FANIEL Eyob AOUANI Iliass MONDAZZI Alberto SELVAROLO Pasquale	ITA
		BRONZE	GONDOUIN Valentin FRÈRE Mehdi BOUR Felix PALCAU Fabien DAGUINOS Etienne	FRA
10000m Women	3 JUN 2023	GOLD	REH Alina	GER
		SILVER	ZINENKO Valeriia	UKR
		BRONZE	MAYER Domenika	GER
10000m Cup Women	3 JUN 2023	GOLD	REH Alina MAYER Domenika DIETERICH Eva	GER
		SILVER	NAVARRETE Esther RUIZ Cristina PRIEGO Laura MELERO Maitane LUENGO Laura	ESP
		BRONZE	ZINENKO Valeriia PROKOFIEVA Yevheniia KALIUZHNA Viktoriia MAZURENKO Mariia	UKR



**Medal Standings** As of 3 JUN 2023

**AFTER 4 OF 4 EVENTS**

Rank	Ctry	Men				Women				Total				Rank by Total
		G	S	B	Tot	G	S	B	Tot	G	S	B	Tot	
1	GER - Germany					2		1	3	2		1	3	1
2	ISR - Israel	1	1		2					1	1		2	=2
2	ITA - Italy	1	1		2					1	1		2	=2
4	ESP - Spain			1	1		1		1		1	1	2	=2
4	UKR - Ukraine						1	1	2		1	1	2	=2
6	FRA - France			1	1							1	1	6
<b>Total:</b>		<b>2</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>6</b>	<b>4</b>	<b>4</b>	<b>4</b>	<b>12</b>	

**Legend:**

= Equal sign indicates that two or more countries share the same rank by total

**Tot** Total

**B** Bronze

**G** Gold

**S** Silver

**Note:**

Rank by Total is calculated by the total number of gold, silver and bronze medals.

**Placing Table** As of 3 JUN 2023

**AFTER 4 OF 4 EVENTS**

Rank	Ctry	1st		2nd		3rd		4th		5th		6th		7th		8th		Total Points
		PI	Pts	PI	Pts	PI	Pts	PI	Pts	PI	Pts	PI	Pts	PI	Pts	PI	Pts	
1	GER - Germany	2	16		0	1	6		0		0	1	3		0	1	1	26
2	ITA - Italy	1	8	1	7		0	1	5	1	4		0		0		0	24
3	ISR - Israel	1	8	1	7		0	1	5		0		0		0		0	20
4	ESP - Spain		0	1	7	1	6	1	5		0		0	1	2		0	20
5	FRA - France		0		0	1	6	1	5		0	2	6		0	1	1	18
6	UKR - Ukraine		0	1	7	1	6		0		0		0	1	2		0	15
7	TUR - Türkiye		0		0		0		0	1	4	1	3		0		0	7
8	GBR - Great Britain & Northern Ireland		0		0		0		0	1	4		0	1	2		0	6
9	BEL - Belgium		0		0		0		0	1	4		0		0		0	4
10	IRL - Ireland		0		0		0		0		0		0	1	2	1	1	3
11	NOR - Norway		0		0		0		0		0		0		0	1	1	1

**Legend:**

PI Place                      Pts Points