



EUROPEAN 10,000m CUP

CENTRO SPORTIVO A.MONTAGNA

LA SPEZIA - ITALY

23th MAY 2026



Daily Competition Schedule

SAT 23 MAY 2026

Time	Event	Round
17:15	10000m Women	Final B
17:15	10000m Team Cup Women	Race
18:00	10000m Men	Final B
18:00	10000m Team Cup Men	Race
18:40	10000m Women	Final A
19:20	10000m Men	Final A
20:00	10000m Women	Victory Ceremony
20:07	10000m Team Cup Women	Victory Ceremony
20:15	10000m Men	Victory Ceremony
20:22	10000m Team Cup Men	Victory Ceremony

Results

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

FINAL A Start Time: 19:20

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	224	AOUANI Iliass Italy	ITA	29 SEP 1995	5	27:50.05	SB
2	213	BEDARD Simon France	FRA	1 MAR 1997	8	27:52.66	
3	214	GONDOUIN Valentin France	FRA	3 APR 1999	7	27:53.09	SB
4	202	DEBOGNIES Simon Belgium	BEL	16 JUL 1996	9	27:54.06	SB
5	215	GUYON Baptiste France	FRA	17 JAN 2001	15	27:54.53	PB
6	230	SELVAROLO Pasquale Italy	ITA	28 NOV 1999	25	28:00.03	PB
7	210	RAMOS Jesús Spain	ESP	29 APR 1996	20	28:11.26	SB
8	212	AUGUSTO Bastien France	FRA	8 OCT 1999	27	28:19.79	PB
9	208	MENACHO Eduardo Spain	ESP	25 NOV 1999	12	28:26.40	
10	218	KARSAI Gábor Hungary	HUN	3 APR 2004	21	28:31.00	PB
11	239	VAN HOOREN Bas Netherlands	NED	6 DEC 1992	4	28:31.54	PB
12	203	HENDRIX Robin Belgium	BEL	14 JAN 1995	1	28:34.05	SB
13	231	VALINČIUS Giedrius Lithuania	LTU	20 JAN 2000	24	28:44.68	PB
14	207	ESCAMILLA Mesfin Spain	ESP	19 NOV 2005	17	28:45.80	
15	228	MAGGI Konjoneh Italy	ITA	31 DEC 2003	16	28:46.57	
16	229	MONDAZZI Alberto Italy	ITA	21 FEB 1998	26	28:46.58	SB
17	200	CARABAÑA Nahuel Andorra	AND	11 OCT 1999	10	28:47.06	NR
18	206	ALBA Pablo Spain	ESP	9 MAY 2002	11	28:52.00	
19	242	BORGES Miguel Portugal	POR	10 APR 1994	3	28:56.05	SB
20	209	PÉREZ Juan Antonio Spain	ESP	11 JUN 1988	2	28:57.66	SB
21	249	LÖFQVIST Oliver Sweden	SWE	5 MAY 1998	18	29:03.88	SB
22	223	Ó GAILÍN Oisín Ireland	IRL	14 MAR 1997	6	29:17.30	SB
23	227	GUERRA Francesco Italy	ITA	17 JUL 2001	23	29:25.86	SB
24	243	GOMES Duarte Portugal	POR	24 NOV 2000	14	29:36.00	SB
25	250	ÇAĞIRAN Abdulhalik Türkiye	TUR	15 SEP 2002	22	30:38.02	
26	251	SELEK Mert Türkiye	TUR	15 JUN 2005	19	32:01.01	
	71	HAFASHIMANA Emile (g) Burundi	BDI	1 MAR 2005	29	DNF	
	70	NDIKUMANA Célestin (g) Burundi	BDI	22 FEB 2002	28	DNF	

SAT 23 MAY 2026
18:00

10000m Men

Final

Results

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

FINAL A Start Time: 19:20

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result
	221	MORGAN Callum Ireland	IRL	18 JUN 2003	13	DNF
Intermediate Times:		1000m	2:45.88	70	NDIKUMANA Célestin (BDI)	
		2000m	5:30.93	70	NDIKUMANA Célestin (BDI)	
		3000m	8:15.99	70	NDIKUMANA Célestin (BDI)	
		4000m	11:01.05	70	NDIKUMANA Célestin (BDI)	
		5000m	13:46.12	70	NDIKUMANA Célestin (BDI)	
		6000m	16:32.17	70	NDIKUMANA Célestin (BDI)	
		7000m	19:22.53	224	AOUANI Iliass (ITA)	
		8000m	22:12.86	224	AOUANI Iliass (ITA)	
		9000m	25:02.31	224	AOUANI Iliass (ITA)	

FINAL B Start Time: 18:00

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	217	RAMSDEN Matthew Great Britain & Northern Ireland	GBR	7 JUL 2003	15	29:11.69	PB
2	205	ZAJÍC Martin Czech Republic	CZE	30 MAR 2000	20	29:13.02	SB
3	244	PINTO Rui Portugal	POR	18 NOV 1992	7	29:13.86	SB
4	225	BRUNIER Lorenzo Italy	ITA	25 NOV 1996	10	29:17.06	PB
5	201	WELDEZGHI Seare Athlete Refugee Team	ART	1 JAN 1996	1	29:28.41	PB
6	216	KAVANAGH Jack Great Britain & Northern Ireland	GBR	13 APR 2000	9	29:47.08	SB
7	235	FUTSELAAR Frank Netherlands	NED	16 JUL 1991	2	29:55.77	SB
8	219	LOMB Ádám Hungary	HUN	7 SEP 2001	21	29:58.32	
9	245	KOKALJ Jan Slovenia	SLO	7 AUG 1997	3	29:59.15	PB
10	211	SIHT Morten Estonia	EST	8 MAR 2004	24	30:07.45	PB
11	204	NOVOSEL Tomislav Croatia	CRO	21 SEP 1999	14	30:09.88	
12	220	BATTLE Jamie Ireland	IRL	3 MAR 2000	12	30:11.63	SB
13	246	CACHELIN Guillaume Switzerland	SUI	29 DEC 1996	4	30:19.64	SB
14	237	KOPMELS Cas Netherlands	NED	28 OCT 2000	16	30:24.27	SB
15	248	MENNET Robin Switzerland	SUI	22 JAN 2001	5	30:27.81	PB
16	233	MICALLEF Luke Malta	MLT	25 NOV 1989	23	30:30.39	PB
17	238	VAN DEN HURK Ties Netherlands	NED	6 JUN 1996	17	30:33.10	SB
18	253	LONSKYI Vadym Ukraine	UKR	31 MAY 1999	18	30:38.76	
19	234	ASSORGIA Gianluca Netherlands	NED	29 NOV 1994	8	31:00.17	SB

SAT 23 MAY 2026
18:00

10000m Men

Final

Results

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

FINAL B Start Time: 18:00

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
20	232	RĂILEANU Maxim Moldova	MDA	10 APR 1994	6	31:01.98	SB
21	236	HOOGEBOOM Tom Netherlands	NED	9 AUG 2001	19	31:28.13	SB
22	252	YAZICI Enbiya Türkiye	TUR	25 SEP 2003	22	31:45.52	
	247	FREITAG Nino Switzerland	SUI	10 SEP 2004	11	DNF	
	72	IRAKOZE Thierry (g) Burundi	BDI	1 AUG 2004	25	DNF	
	222	MURPHY Michael Ireland	IRL	4 APR 2002	13	DNF	
Intermediate Times:		1000m	2:48.76	72	IRAKOZE Thierry (BDI)		
		2000m	5:39.15	72	IRAKOZE Thierry (BDI)		
		3000m	8:34.44	72	IRAKOZE Thierry (BDI)		
		4000m	11:30.76	201	WELDEZGHI Seare (ART)		
		5000m	14:29.11	201	WELDEZGHI Seare (ART)		
		6000m	17:27.87	201	WELDEZGHI Seare (ART)		
		7000m	20:28.57	205	ZAJÍC Martin (CZE)		
		8000m	23:28.76	201	WELDEZGHI Seare (ART)		
		9000m	26:28.49	201	WELDEZGHI Seare (ART)		

Weather conditions at the beginning of the 1st heat

Temperature: 29°C Humidity: 47% Conditions: Sunny

Legend:							
(g)	Guest	DNF	Did not Finish	NR	National Record	PB	Personal Best
SB	Season Best						

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

1 224 AOUANI Iliass ITA 29 SEP 1995 **27:50.05** SB

33.75 (2)	1:07.04 (2) 33.29	1:40.02 (2) 32.98	2:13.11 (2) 33.09	2:46.15 (2) 33.04	3:19.24 (2) 33.09	3:52.19 (2) 32.95	4:25.13 (2) 32.94	4:58.26 (2) 33.13	5:31.15 (2) 32.89
6:04.28 (2) 33.13	6:37.23 (2) 32.95	7:10.20 (2) 32.97	7:43.13 (2) 32.93	8:16.21 (2) 33.08	8:49.30 (2) 33.09	9:22.25 (2) 32.95	9:55.20 (2) 32.95	10:28.40 (2) 33.20	11:01.30 (2) 32.90
11:34.24 (2) 32.94	12:07.20 (2) 32.96	12:40.32 (2) 33.12	13:13.23 (2) 32.91	13:46.38 (2) 33.15	14:19.21 (2) 32.83	14:52.45 (2) 33.24	15:25.43 (2) 32.98	15:59.17 (2) 33.74	16:32.39 (2) 33.22
17:05.82 (2) 33.43	17:40.22 (2) 34.40	18:14.83 (2) 34.61	18:48.71 (1) 33.88	19:22.53 (1) 33.82	19:56.47 (1) 33.94	20:30.17 (1) 33.70	21:04.66 (1) 34.49	21:38.73 (1) 34.07	22:12.86 (1) 34.13
22:46.90 (1) 34.04	23:20.66 (1) 33.76	23:54.36 (1) 33.70	24:28.58 (1) 34.22	25:02.31 (1) 33.73	25:36.12 (1) 33.81	26:10.14 (1) 34.02	26:44.44 (1) 34.30	27:17.38 (1) 32.94	27:50.05 (1) 32.67

2 213 BEDARD Simon FRA 1 MAR 1997 **27:52.66** 2.61

35.24 (15)	1:09.55 (11) 34.31	1:43.02 (10) 33.47	2:16.31 (10) 33.29	2:49.17 (9) 32.86	3:22.66 (9) 33.49	3:55.91 (9) 33.25	4:29.43 (9) 33.52	5:02.82 (9) 33.39	5:36.28 (9) 33.46
6:09.94 (9) 33.66	6:43.12 (9) 33.18	7:16.62 (9) 33.50	7:50.03 (10) 33.41	8:23.24 (9) 33.21	8:56.51 (9) 33.27	9:30.16 (9) 33.65	10:03.53 (9) 33.37	10:36.97 (9) 33.44	11:10.55 (10) 33.58
11:44.00 (10) 33.45	12:17.66 (10) 33.66	12:51.15 (10) 33.49	13:24.97 (10) 33.82	13:58.98 (11) 34.01	14:33.02 (11) 34.04	15:07.12 (11) 34.10	15:40.43 (10) 33.31	16:14.58 (10) 34.15	16:48.55 (10) 33.97
17:22.25 (10) 33.70	17:55.26 (8) 33.01	18:28.31 (8) 33.05	19:01.94 (8) 33.63	19:35.81 (7) 33.87	20:09.59 (7) 33.78	20:43.86 (7) 34.27	21:18.53 (7) 34.67	21:53.35 (7) 34.82	22:28.30 (7) 34.95
23:02.37 (6) 34.07	23:35.90 (6) 33.53	24:08.63 (5) 32.73	24:41.77 (5) 33.14	25:15.35 (5) 33.58	25:48.67 (5) 33.32	26:21.42 (5) 32.75	26:53.53 (5) 32.11	27:24.45 (5) 30.92	27:52.66 (2) 28.21

3 214 GONDOUIN Valentin FRA 3 APR 1999 **27:53.09** 3.04 SB

35.97 (22)	1:10.42 (14) 34.45	1:43.35 (11) 32.93	2:16.53 (11) 33.18	2:49.58 (11) 33.05	3:22.79 (10) 33.21	3:56.12 (10) 33.33	4:29.60 (10) 33.48	5:03.04 (10) 33.44	5:36.52 (10) 33.48
6:10.20 (10) 33.68	6:43.27 (10) 33.07	7:16.85 (10) 33.58	7:49.51 (7) 32.66	8:22.81 (7) 33.30	8:56.08 (7) 33.27	9:29.70 (7) 33.62	10:03.07 (7) 33.37	10:36.48 (7) 33.41	11:10.02 (7) 33.54
11:43.21 (6) 33.19	12:16.67 (6) 33.46	12:50.20 (6) 33.53	13:23.85 (6) 33.65	13:57.93 (7) 34.08	14:32.22 (7) 34.29	15:06.05 (7) 33.83	15:39.66 (7) 33.61	16:13.94 (7) 34.28	16:47.84 (6) 33.90
17:21.38 (7) 33.54	17:54.30 (6) 32.92	18:27.80 (6) 33.50	19:01.52 (6) 33.72	19:35.32 (5) 33.80	20:09.21 (5) 33.89	20:43.42 (5) 34.21	21:17.91 (5) 34.49	21:52.85 (5) 34.94	22:27.84 (5) 34.99
23:01.85 (4) 34.01	23:35.37 (4) 33.52	24:08.32 (4) 32.95	24:41.44 (4) 33.12	25:15.06 (4) 33.62	25:48.37 (4) 33.31	26:21.16 (4) 32.79	26:53.28 (4) 32.12	27:24.42 (4) 31.14	27:53.09 (3) 28.67

4 202 DEBOGNIES Simon BEL 16 JUL 1996 **27:54.06** 4.02 SB

35.52 (18)	1:11.14 (19) 35.62	1:43.93 (15) 32.79	2:16.89 (13) 32.96	2:49.77 (13) 32.88	3:23.24 (12) 33.47	3:56.64 (12) 33.40	4:29.98 (12) 33.34	5:03.54 (12) 33.56	5:36.95 (12) 33.41
6:10.64 (12) 33.69	6:43.69 (12) 33.05	7:17.27 (12) 33.58	7:50.64 (13) 33.37	8:24.33 (13) 33.69	8:57.34 (12) 33.01	9:30.59 (11) 33.25	10:03.97 (11) 33.38	10:37.51 (11) 33.54	11:10.75 (11) 33.24
11:44.22 (11) 33.47	12:17.83 (11) 33.61	12:51.33 (11) 33.50	13:25.13 (11) 33.80	13:58.32 (8) 33.19	14:32.43 (8) 34.11	15:06.26 (8) 33.83	15:39.93 (8) 33.67	16:14.16 (8) 34.23	16:47.96 (8) 33.80
17:21.08 (6) 33.12	17:54.07 (5) 32.99	18:27.58 (5) 33.51	19:01.20 (5) 33.62	19:35.05 (4) 33.85	20:08.85 (4) 33.80	20:43.17 (4) 34.32	21:17.68 (4) 34.51	21:52.60 (4) 34.92	22:27.50 (4) 34.90
23:01.94 (5) 34.44	23:35.09 (3) 33.15	24:08.08 (3) 32.99	24:41.14 (3) 33.06	25:14.55 (2) 33.41	25:47.98 (2) 33.43	26:20.65 (2) 32.67	26:52.81 (2) 32.16	27:23.89 (2) 31.08	27:54.06 (4) 30.17

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

5 215 GUYON Baptiste FRA 17 JAN 2001 **27:54.53** 4.49 PB

33.96 (3)	1:07.38 (3)	1:40.46 (3)	2:14.45 (3)	2:48.01 (4)	3:21.59 (4)	3:54.80 (4)	4:28.34 (4)	5:01.64 (4)	5:35.48 (5)
	33.42	33.08	33.99	33.56	33.58	33.21	33.54	33.30	33.84
6:08.84 (5)	6:42.13 (5)	7:15.63 (5)	7:49.12 (5)	8:22.46 (5)	8:55.67 (5)	9:29.29 (5)	10:02.59 (5)	10:36.12 (5)	11:09.57 (5)
33.36	33.29	33.50	33.49	33.34	33.21	33.62	33.30	33.53	33.45
11:42.96 (5)	12:16.35 (5)	12:49.91 (5)	13:23.60 (5)	13:57.37 (4)	14:31.49 (4)	15:05.64 (5)	15:39.56 (6)	16:13.80 (6)	16:47.44 (4)
33.39	33.39	33.56	33.69	33.77	34.12	34.15	33.92	34.24	33.64
17:20.79 (5)	17:53.95 (4)	18:27.39 (4)	19:01.04 (4)	19:34.84 (3)	20:08.74 (3)	20:42.99 (3)	21:17.56 (3)	21:52.44 (3)	22:27.42 (3)
33.35	33.16	33.44	33.65	33.80	33.90	34.25	34.57	34.88	34.98
23:01.49 (2)	23:34.91 (2)	24:07.85 (2)	24:41.01 (2)	25:14.80 (3)	25:48.24 (3)	26:20.92 (3)	26:52.95 (3)	27:24.26 (3)	27:54.53 (5)
34.07	33.42	32.94	33.16	33.79	33.44	32.68	32.03	31.31	30.27

6 230 SELVAROLO Pasquale ITA 28 NOV 1999 **28:00.03** 9.98 PB

34.99 (10)	1:10.01 (12)	1:43.54 (12)	2:16.76 (12)	2:49.74 (12)	3:23.56 (13)	3:56.90 (13)	4:30.33 (13)	5:03.79 (13)	5:37.11 (13)
	35.02	33.53	33.22	32.98	33.82	33.34	33.43	33.46	33.32
6:10.89 (13)	6:43.86 (13)	7:17.51 (13)	7:50.53 (12)	8:24.10 (12)	8:57.09 (10)	9:30.38 (10)	10:03.78 (10)	10:37.23 (10)	11:10.48 (9)
33.78	33.03	33.65	33.02	33.57	32.99	33.29	33.40	33.45	33.25
11:43.81 (9)	12:17.24 (8)	12:50.46 (7)	13:24.11 (7)	13:57.67 (6)	14:31.98 (6)	15:05.66 (6)	15:39.15 (4)	16:13.49 (4)	16:47.18 (3)
33.33	33.43	33.22	33.65	33.56	34.31	33.68	33.49	34.34	33.69
17:20.56 (3)	17:53.67 (3)	18:27.14 (3)	19:00.79 (3)	19:34.61 (2)	20:08.50 (2)	20:42.75 (2)	21:17.34 (2)	21:52.21 (2)	22:27.25 (2)
33.38	33.11	33.47	33.65	33.82	33.89	34.25	34.59	34.87	35.04
23:01.77 (3)	23:35.68 (5)	24:08.66 (6)	24:42.02 (6)	25:15.62 (6)	25:48.97 (6)	26:21.85 (6)	26:54.49 (6)	27:26.69 (6)	28:00.03 (6)
34.52	33.91	32.98	33.36	33.60	33.35	32.88	32.64	32.20	33.34

7 210 RAMOS Jesús ESP 29 APR 1996 **28:11.26** 21.21 SB

34.58 (6)	1:09.15 (7)	1:42.76 (9)	2:15.98 (9)	2:49.29 (10)	3:23.07 (11)	3:56.43 (11)	4:29.89 (11)	5:03.31 (11)	5:36.62 (11)
	34.57	33.61	33.22	33.31	33.78	33.36	33.46	33.42	33.31
6:10.42 (11)	6:43.45 (11)	7:17.09 (11)	7:50.45 (11)	8:23.82 (11)	8:57.38 (13)	9:30.98 (13)	10:04.51 (13)	10:37.90 (13)	11:11.15 (13)
33.80	33.03	33.64	33.36	33.37	33.56	33.60	33.53	33.39	33.25
11:44.66 (13)	12:18.31 (13)	12:51.74 (13)	13:25.62 (13)	13:59.31 (13)	14:33.81 (13)	15:07.54 (12)	15:41.33 (12)	16:15.08 (11)	16:48.97 (11)
33.51	33.65	33.43	33.88	33.69	34.50	33.73	33.79	33.75	33.89
17:22.70 (11)	17:56.62 (11)	18:30.25 (9)	19:04.40 (9)	19:38.00 (8)	20:11.79 (8)	20:45.42 (8)	21:19.61 (8)	21:53.66 (8)	22:28.67 (8)
33.73	33.92	33.63	34.15	33.60	33.79	33.63	34.19	34.05	35.01
23:03.24 (8)	23:37.49 (8)	24:11.56 (8)	24:46.20 (8)	25:20.85 (8)	25:56.16 (8)	26:31.11 (8)	27:06.09 (7)	27:39.66 (7)	28:11.26 (7)
34.57	34.25	34.07	34.64	34.65	35.31	34.95	34.98	33.57	31.60

8 212 AUGUSTO Bastien FRA 8 OCT 1999 **28:19.79** 29.74 PB

35.70 (19)	1:11.64 (23)	1:44.25 (18)	2:17.77 (18)	2:51.39 (20)	3:24.94 (20)	3:58.85 (20)	4:30.87 (16)	5:04.27 (15)	5:37.63 (15)
	35.94	32.61	33.52	33.62	33.55	33.91	32.02	33.40	33.36
6:11.40 (15)	6:44.36 (15)	7:17.96 (15)	7:50.94 (14)	8:24.56 (14)	8:57.45 (14)	9:30.80 (12)	10:04.25 (12)	10:37.67 (12)	11:11.02 (12)
33.77	32.96	33.60	32.98	33.62	32.89	33.35	33.45	33.42	33.35
11:44.46 (12)	12:17.99 (12)	12:51.57 (12)	13:25.43 (12)	13:58.74 (10)	14:32.87 (10)	15:06.86 (10)	15:40.08 (9)	16:14.33 (9)	16:48.22 (9)
33.44	33.53	33.58	33.86	33.31	34.13	33.99	33.22	34.25	33.89
17:21.61 (8)	17:54.51 (7)	18:28.04 (7)	19:01.75 (7)	19:35.58 (6)	20:09.46 (6)	20:43.65 (6)	21:18.31 (6)	21:53.09 (6)	22:28.13 (6)
33.39	32.90	33.53	33.71	33.83	33.88	34.19	34.66	34.78	35.04
23:02.66 (7)	23:36.90 (7)	24:10.86 (7)	24:45.65 (7)	25:20.43 (7)	25:55.68 (7)	26:30.84 (7)	27:06.75 (8)	27:43.03 (8)	28:19.79 (8)
34.53	34.24	33.96	34.79	34.78	35.25	35.16	35.91	36.28	36.76

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

9 208 MENACHO Eduardo ESP 25 NOV 1999 **28:26.40** 36.35

34.43 (5)	1:08.61 (5) 34.18	1:42.32 (7) 33.71	2:15.33 (6) 33.01	2:48.44 (6) 33.11	3:22.02 (6) 33.58	3:55.21 (6) 33.19	4:28.68 (6) 33.47	5:02.03 (6) 33.35	5:35.58 (6) 33.55
6:09.02 (6) 33.44	6:42.28 (6) 33.26	7:15.81 (6) 33.53	7:49.22 (6) 33.41	8:22.57 (6) 33.35	8:55.74 (6) 33.17	9:29.47 (6) 33.73	10:02.70 (6) 33.23	10:36.21 (6) 33.51	11:09.27 (4) 33.06
11:42.72 (4) 33.45	12:16.01 (4) 33.29	12:49.69 (4) 33.68	13:23.32 (4) 33.63	13:57.57 (5) 34.25	14:31.73 (5) 34.16	15:05.13 (3) 33.40	15:39.26 (5) 34.13	16:13.58 (5) 34.32	16:47.86 (7) 34.28
17:21.92 (9) 34.06	17:56.26 (10) 34.34	18:30.47 (10) 34.21	19:05.16 (10) 34.69	19:40.12 (9) 34.96	20:15.95 (9) 35.83	20:51.42 (9) 35.47	21:27.03 (9) 35.61	22:02.23 (9) 35.20	22:38.27 (9) 36.04
23:14.05 (9) 35.78	23:50.04 (9) 35.99	24:25.66 (9) 35.62	25:01.76 (9) 36.10	25:36.60 (9) 34.84	26:11.47 (9) 34.87	26:45.68 (9) 34.21	27:20.01 (9) 34.33	27:53.06 (9) 33.05	28:26.40 (9) 33.34

10 218 KARSAI Gábor HUN 3 APR 2004 **28:31.00** 40.95 **PB**

35.48 (17)	1:10.78 (18) 35.30	1:44.59 (21) 33.81	2:18.50 (24) 33.91	2:51.99 (24) 33.49	3:25.47 (24) 33.48	3:59.48 (24) 34.01	4:32.91 (24) 33.43	5:06.83 (25) 33.92	5:40.47 (24) 33.64
6:13.07 (20) 32.60	6:46.38 (20) 33.31	7:20.12 (20) 33.74	7:53.56 (19) 33.44	8:26.60 (19) 33.04	9:00.28 (19) 33.68	9:33.90 (19) 33.62	10:07.99 (19) 34.09	10:41.20 (17) 33.21	11:16.32 (17) 35.12
11:50.13 (16) 33.81	12:24.10 (15) 33.97	12:58.75 (17) 34.65	13:33.23 (17) 34.48	14:07.39 (17) 34.16	14:41.59 (17) 34.20	15:15.59 (17) 34.00	15:49.90 (16) 34.31	16:24.50 (15) 34.60	16:59.05 (14) 34.55
17:33.46 (14) 34.41	18:07.98 (13) 34.52	18:42.43 (13) 34.45	19:17.29 (13) 34.86	19:52.07 (12) 34.78	20:26.94 (11) 34.87	21:01.80 (11) 34.86	21:37.16 (11) 35.36	22:12.08 (11) 34.92	22:46.54 (11) 34.46
23:21.36 (11) 34.82	23:56.58 (11) 35.22	24:31.91 (11) 35.33	25:07.50 (11) 35.59	25:42.21 (11) 34.71	26:16.83 (11) 34.62	26:50.88 (10) 34.05	27:25.35 (10) 34.47	27:59.01 (10) 33.66	28:31.00 (10) 31.99

11 239 VAN HOOREN Bas NED 6 DEC 1992 **28:31.54** 41.49 **PB**

									28:31.54 (11)

12 203 HENDRIX Robin BEL 14 JAN 1995 **28:34.05** 44.00 **SB**

34.14 (4)	1:07.58 (4) 33.44	1:41.12 (4) 33.54	2:14.70 (4) 33.58	2:47.76 (3) 33.06	3:21.35 (3) 33.59	3:54.54 (3) 33.19	4:28.10 (3) 33.56	5:01.37 (3) 33.27	5:35.27 (4) 33.90
6:08.56 (4) 33.29	6:41.92 (4) 33.36	7:15.38 (4) 33.46	7:48.82 (4) 33.44	8:22.21 (4) 33.39	8:55.40 (4) 33.19	9:29.02 (4) 33.62	10:02.36 (4) 33.34	10:35.85 (4) 33.49	11:09.80 (6) 33.95
11:43.36 (7) 33.56	12:16.96 (7) 33.60	12:50.68 (8) 33.72	13:24.45 (8) 33.77	13:59.13 (12) 34.68	14:33.43 (12) 34.30	15:08.31 (13) 34.88	15:42.72 (13) 34.41	16:17.29 (12) 34.57	16:51.70 (12) 34.41
17:26.49 (12) 34.79	18:01.61 (12) 35.12	18:37.09 (12) 35.48	19:12.54 (12) 35.45	19:47.60 (11) 35.06	20:23.02 (10) 35.42	20:58.28 (10) 35.26	21:33.94 (10) 35.66	22:09.49 (10) 35.55	22:45.23 (10) 35.74
23:20.36 (10) 35.13	23:55.68 (10) 35.32	24:30.29 (10) 34.61	25:05.60 (10) 35.31	25:40.82 (10) 35.22	26:15.84 (10) 35.02	26:50.98 (11) 35.14	27:26.08 (11) 35.10	27:59.90 (11) 33.82	28:34.05 (12) 34.15

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

13 231 VALINČIUS Giedrius LTU 20 JAN 2000 **28:44.68** 54.64 PB

35.16 (14)	1:10.44 (15) 35.28	1:44.05 (17) 33.61	2:17.60 (16) 33.55	2:50.91 (17) 33.31	3:24.56 (17) 33.65	3:58.38 (17) 33.82	4:31.34 (17) 32.96	5:05.02 (17) 33.68	5:38.40 (17) 33.38
6:12.28 (17) 33.88	6:45.37 (17) 33.09	7:19.09 (17) 33.72	7:52.41 (17) 33.32	8:26.12 (17) 33.71	8:59.69 (17) 33.57	9:33.46 (17) 33.77	10:07.45 (17) 33.99	10:41.34 (18) 33.89	11:16.46 (18) 35.12
11:50.52 (17) 34.06	12:24.37 (17) 33.85	12:58.71 (16) 34.34	13:32.99 (16) 34.28	14:07.19 (16) 34.20	14:41.32 (16) 34.13	15:15.37 (16) 34.05	15:49.61 (15) 34.24	16:24.28 (14) 34.67	16:59.13 (15) 34.85
17:34.00 (15) 34.87	18:08.83 (15) 34.83	18:43.79 (15) 34.96	19:18.95 (14) 35.16	19:54.02 (13) 35.07	20:29.02 (12) 35.00	21:04.35 (12) 35.33	21:40.16 (12) 35.81	22:15.84 (12) 35.68	22:51.74 (12) 35.90
23:27.74 (12) 36.00	24:04.34 (13) 36.60	24:40.35 (13) 36.01	25:16.62 (13) 36.27	25:52.97 (13) 36.35	26:29.20 (13) 36.23	27:05.17 (13) 35.97	27:40.64 (13) 35.47	28:14.31 (12) 33.67	28:44.68 (13) 30.37

14 207 ESCAMILLA Mesfin ESP 19 NOV 2005 **28:45.80** 55.76

36.14 (25)	1:11.57 (22) 35.43	1:44.57 (20) 33.00	2:17.90 (19) 33.33	2:51.30 (19) 33.40	3:24.86 (19) 33.56	3:58.67 (19) 33.81	4:31.55 (18) 32.88	5:05.21 (18) 33.66	5:38.63 (18) 33.42
6:12.55 (18) 33.92	6:45.65 (18) 33.10	7:19.39 (18) 33.74	7:52.63 (18) 33.24	8:26.38 (18) 33.75	8:59.88 (18) 33.50	9:33.64 (18) 33.76	10:07.61 (18) 33.97	10:41.61 (19) 34.00	11:16.71 (19) 35.10
11:50.75 (18) 34.04	12:24.66 (18) 33.91	12:58.51 (15) 33.85	13:32.69 (15) 34.18	14:06.93 (15) 34.24	14:41.00 (15) 34.07	15:15.09 (15) 34.09	15:49.45 (14) 34.36	16:24.04 (13) 34.59	16:58.75 (13) 34.71
17:33.25 (13) 34.50	18:08.10 (14) 34.85	18:43.52 (14) 35.42	19:19.02 (15) 35.50	19:54.86 (14) 35.84	20:30.38 (13) 35.52	21:05.96 (13) 35.58	21:41.69 (13) 35.73	22:17.22 (13) 35.53	22:52.89 (13) 35.67
23:28.53 (13) 35.64	24:04.14 (12) 35.61	24:39.99 (12) 35.85	25:16.26 (12) 36.27	25:52.73 (12) 36.47	26:29.01 (12) 36.28	27:04.90 (12) 35.89	27:40.50 (12) 35.60	28:14.60 (13) 34.10	28:45.80 (14) 31.20

15 228 MAGGI Konjoneh ITA 31 DEC 2003 **28:46.57** 56.52

35.77 (21)	1:11.35 (20) 35.58	1:44.59 (21) 33.24	2:18.27 (22) 33.68	2:51.86 (23) 33.59	3:25.33 (22) 33.47	3:59.32 (23) 33.99	4:32.64 (23) 33.32	5:06.47 (23) 33.83	5:40.26 (23) 33.79
6:13.93 (23) 33.67	6:47.64 (23) 33.71	7:21.53 (23) 33.89	7:55.63 (23) 34.10	8:29.69 (23) 34.06	9:04.01 (23) 34.32	9:38.21 (23) 34.20	10:12.49 (23) 34.28	10:47.00 (23) 34.51	11:22.07 (23) 35.07
11:57.24 (23) 35.17	12:32.63 (23) 35.39	13:07.35 (23) 34.72	13:42.15 (23) 34.80	14:17.36 (24) 35.21	14:52.50 (23) 35.14	15:27.67 (23) 35.17	16:03.30 (23) 35.63	16:38.56 (22) 35.26	17:13.68 (22) 35.12
17:48.93 (19) 35.25	18:23.67 (17) 34.74	18:58.76 (17) 35.09	19:33.97 (17) 35.21	20:09.41 (16) 35.44	20:44.71 (15) 35.30	21:19.93 (15) 35.22	21:55.75 (18) 35.82	22:30.93 (18) 35.18	23:05.96 (18) 35.03
23:41.35 (17) 35.39	24:17.22 (17) 35.87	24:52.80 (17) 35.58	25:28.18 (17) 35.38	26:03.91 (14) 34.73	26:37.23 (14) 34.32	27:11.21 (14) 33.98	27:45.15 (15) 33.94	28:17.41 (14) 32.26	28:46.57 (15) 29.16

16 229 MONDAZZI Alberto ITA 21 FEB 1998 **28:46.58** 56.53 SB

35.12 (13)	1:10.70 (16) 35.58	1:44.04 (16) 33.34	2:17.71 (17) 33.67	2:51.17 (18) 33.46	3:24.73 (18) 33.56	3:58.61 (18) 33.88	4:31.95 (20) 33.34	5:05.43 (19) 33.48	5:38.94 (19) 33.51
6:12.81 (19) 33.87	6:46.10 (19) 33.29	7:19.89 (19) 33.79	7:54.43 (20) 34.54	8:28.85 (20) 34.42	9:03.48 (21) 34.63	9:37.73 (21) 34.25	10:11.96 (20) 34.23	10:46.32 (20) 34.36	11:21.43 (20) 35.11
11:56.56 (20) 35.13	12:31.92 (20) 35.36	13:06.86 (21) 34.94	13:41.67 (21) 34.81	14:16.70 (20) 35.03	14:51.89 (20) 35.19	15:27.00 (20) 35.11	16:02.58 (20) 35.58	16:37.99 (19) 35.41	17:13.19 (18) 35.20
17:48.74 (18) 35.55	18:24.02 (18) 35.28	18:59.00 (18) 34.98	19:34.23 (18) 35.23	20:09.63 (17) 35.40	20:44.94 (16) 35.31	21:20.19 (16) 35.25	21:55.60 (17) 35.41	22:30.68 (17) 35.08	23:05.92 (17) 35.24
23:41.17 (16) 35.25	24:17.02 (16) 35.85	24:52.58 (16) 35.56	25:28.13 (16) 35.55	26:03.23 (15) 35.10	26:37.51 (15) 34.28	27:11.51 (15) 34.00	27:45.65 (16) 34.14	28:17.64 (16) 31.99	28:46.58 (16) 28.94

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

17 200 CARABANA Nahuel AND 11 OCT 1999 **28:47.06** 57.02 NR

36.12 (24)	1:12.03 (26) 35.91	1:45.09 (25) 33.06	2:18.35 (23) 33.26	2:51.74 (22) 33.39	3:25.34 (23) 33.60	3:58.96 (21) 33.62	4:32.33 (22) 33.37	5:06.25 (22) 33.92	5:39.87 (22) 33.62
6:13.72 (22) 33.85	6:47.40 (22) 33.68	7:21.11 (21) 33.71	7:55.14 (21) 34.03	8:29.21 (21) 34.07	9:03.18 (20) 33.97	9:37.44 (20) 34.26	10:12.00 (21) 34.56	10:46.52 (21) 34.52	11:21.59 (21) 35.07
11:56.75 (21) 35.16	12:32.07 (21) 35.32	13:06.64 (20) 34.57	13:41.45 (20) 34.81	14:16.89 (21) 35.44	14:52.04 (21) 35.15	15:27.21 (21) 35.17	16:02.65 (21) 35.44	16:38.21 (20) 35.56	17:13.35 (20) 35.14
17:48.96 (20) 35.61	18:24.15 (20) 35.19	18:59.20 (19) 35.05	19:34.39 (19) 35.19	20:09.83 (18) 35.44	20:45.18 (17) 35.35	21:20.39 (17) 35.21	21:55.48 (16) 35.09	22:30.42 (16) 34.94	23:05.55 (16) 35.13
23:40.91 (15) 35.36	24:16.47 (14) 35.56	24:52.01 (14) 35.54	25:27.80 (14) 35.79	26:03.46 (17) 35.66	26:37.93 (17) 34.47	27:11.91 (17) 33.98	27:44.83 (14) 32.92	28:17.42 (15) 32.59	28:47.06 (17) 29.64

18 206 ALBA Pablo ESP 9 MAY 2002 **28:52.00** 1:01.96

36.34 (27)	1:12.35 (28) 36.01	1:45.84 (28) 33.49	2:19.45 (28) 33.61	2:52.92 (28) 33.47	3:26.31 (28) 33.39	4:00.12 (28) 33.81	4:33.57 (28) 33.45	5:07.40 (28) 33.83	5:41.29 (28) 33.89
6:15.22 (28) 33.93	6:49.12 (28) 33.90	7:23.33 (28) 34.21	7:57.07 (25) 33.74	8:30.54 (24) 33.47	9:04.03 (24) 33.49	9:38.47 (24) 34.44	10:12.65 (24) 34.18	10:47.17 (24) 34.52	11:22.15 (24) 34.98
11:57.44 (24) 35.29	12:32.71 (24) 35.27	13:07.42 (24) 34.71	13:42.18 (24) 34.76	14:17.26 (23) 35.08	14:52.59 (24) 35.33	15:27.87 (24) 35.28	16:03.43 (24) 35.56	16:38.72 (23) 35.29	17:13.82 (23) 35.10
17:49.36 (22) 35.54	18:24.13 (19) 34.77	18:59.36 (20) 35.23	19:34.52 (20) 35.16	20:10.04 (19) 35.52	20:45.28 (18) 35.24	21:20.40 (18) 35.12	21:55.24 (15) 34.84	22:30.12 (15) 34.88	23:05.31 (14) 35.19
23:40.67 (14) 35.36	24:16.54 (15) 35.87	24:52.25 (15) 35.71	25:28.12 (15) 35.87	26:03.32 (16) 35.20	26:37.72 (16) 34.40	27:11.68 (16) 33.96	27:45.89 (17) 34.21	28:19.89 (17) 34.00	28:52.00 (18) 32.11

19 242 BORGES Miguel POR 10 APR 1994 **28:56.05** 1:06.00 SB

36.46 (28)	1:12.17 (27) 35.71	1:45.63 (27) 33.46	2:19.38 (27) 33.75	2:52.69 (27) 33.31	3:26.25 (27) 33.56	3:59.99 (27) 33.74	4:33.37 (26) 33.38	5:07.26 (27) 33.89	5:41.14 (27) 33.88
6:15.00 (27) 33.86	6:48.82 (27) 33.82	7:23.08 (27) 34.26	7:57.45 (27) 34.37	8:31.60 (26) 34.15	9:05.49 (26) 33.89	9:39.61 (26) 34.12	10:14.69 (25) 35.08	10:49.35 (25) 34.66	11:24.24 (25) 34.89
11:59.10 (25) 34.86	12:33.76 (25) 34.66	13:08.39 (25) 34.63	13:43.25 (25) 34.86	14:18.02 (25) 34.77	14:52.89 (25) 34.87	15:28.08 (25) 35.19	16:03.67 (25) 35.59	16:38.92 (24) 35.25	17:14.06 (24) 35.14
17:49.50 (24) 35.44	18:24.71 (23) 35.21	18:59.50 (21) 34.79	19:34.67 (21) 35.17	20:10.16 (20) 35.49	20:45.43 (19) 35.27	21:20.65 (19) 35.22	21:55.95 (19) 35.30	22:31.16 (19) 35.21	23:05.97 (19) 34.81
23:41.51 (18) 35.54	24:17.29 (18) 35.78	24:52.95 (18) 35.66	25:28.28 (18) 35.33	26:03.57 (18) 35.29	26:38.10 (18) 34.53	27:12.71 (18) 34.61	27:47.74 (18) 35.03	28:21.89 (18) 34.15	28:56.05 (19) 34.16

20 209 PÉREZ Juan Antonio ESP 11 JUN 1988 **28:57.66** 1:07.62 SB

35.08 (12)	1:08.88 (6) 33.80	1:42.13 (6) 33.25	2:15.60 (7) 33.47	2:48.72 (7) 33.12	3:22.21 (7) 33.49	3:55.49 (7) 33.28	4:28.96 (7) 33.47	5:02.34 (7) 33.38	5:35.84 (7) 33.50
6:09.42 (7) 33.58	6:42.60 (7) 33.18	7:16.18 (7) 33.58	7:49.60 (8) 33.42	8:23.42 (10) 33.82	8:57.19 (11) 33.77	9:31.22 (15) 34.03	10:05.04 (15) 33.82	10:38.97 (15) 33.93	11:13.44 (15) 34.47
11:48.55 (15) 35.11	12:24.12 (16) 35.57	12:59.45 (18) 35.33	13:34.50 (18) 35.05	14:10.15 (18) 35.65	14:45.77 (18) 35.62	15:21.47 (18) 35.70	15:57.08 (18) 35.61	16:33.32 (17) 36.24	17:10.31 (17) 36.99
17:47.79 (17) 37.48	18:24.45 (21) 36.66	19:00.38 (24) 35.93	19:36.07 (24) 35.69	20:11.34 (22) 35.27	20:46.82 (21) 35.48	21:21.90 (21) 35.08	21:57.30 (20) 35.40	22:33.03 (21) 35.73	23:08.99 (21) 35.96
23:44.20 (20) 35.21	24:19.74 (19) 35.54	24:55.06 (19) 35.32	25:30.86 (19) 35.80	26:05.90 (19) 35.04	26:41.08 (19) 35.18	27:15.81 (19) 34.73	27:50.47 (19) 34.66	28:24.84 (19) 34.37	28:57.66 (20) 32.82

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

21 249 LÖFQVIST Oliver SWE 5 MAY 1998 **29:03.88** 1:13.83 SB

35.76 (20)	1:12.01 (24) 36.25	1:44.88 (23) 32.87	2:18.10 (21) 33.22	2:50.85 (15) 32.75	3:24.35 (15) 33.50	3:57.51 (15) 33.16	4:30.75 (15) 33.24	5:04.49 (16) 33.74	5:37.77 (16) 33.28
6:11.69 (16) 33.92	6:44.61 (16) 32.92	7:18.38 (16) 33.77	7:51.50 (16) 33.12	8:25.44 (16) 33.94	8:58.55 (16) 33.11	9:32.35 (16) 33.80	10:06.66 (16) 34.31	10:40.97 (16) 34.31	11:16.12 (16) 35.15
11:51.01 (19) 34.89	12:25.49 (19) 34.48	13:00.83 (19) 35.34	13:36.20 (19) 35.37	14:12.03 (19) 35.83	14:47.69 (19) 35.66	15:24.24 (19) 36.55	16:00.54 (19) 36.30	16:36.71 (18) 36.17	17:13.22 (19) 36.51
17:49.44 (23) 36.22	18:24.99 (24) 35.55	19:00.04 (23) 35.05	19:35.05 (22) 35.01	20:10.55 (21) 35.50	20:45.76 (20) 35.21	21:21.16 (20) 35.40	21:57.32 (21) 36.16	22:32.68 (20) 35.36	23:08.71 (20) 36.03
23:44.75 (21) 36.04	24:20.75 (21) 36.00	24:56.84 (20) 36.09	25:34.17 (20) 37.33	26:10.34 (20) 36.17	26:46.52 (20) 36.18	27:22.45 (20) 35.93	27:58.36 (20) 35.91	28:31.82 (20) 33.46	29:03.88 (21) 32.06

22 223 Ó GAILÍN Oisín IRL 14 MAR 1997 **29:17.30** 1:27.25 SB

34.66 (7)	1:09.43 (10) 34.77	1:43.66 (13) 34.23	2:17.22 (15) 33.56	2:50.88 (16) 33.66	3:24.40 (16) 33.52	3:58.16 (16) 33.76	4:31.65 (19) 33.49	5:05.80 (20) 34.15	5:39.55 (20) 33.75
6:13.99 (24) 34.44	6:48.10 (24) 34.11	7:22.77 (26) 34.67	7:57.68 (28) 34.91	8:32.27 (28) 34.59	9:06.95 (27) 34.68	9:42.41 (27) 35.46	10:18.34 (27) 35.93	10:54.26 (27) 35.92	11:30.31 (27) 36.05
12:06.27 (27) 35.96	12:42.21 (26) 35.94	13:18.17 (26) 35.96	13:53.69 (26) 35.52	14:29.16 (26) 35.47	15:04.30 (26) 35.14	15:39.89 (26) 35.59	16:16.43 (26) 36.54	16:52.86 (25) 36.43	17:29.49 (25) 36.63
18:05.79 (25) 36.30	18:42.10 (25) 36.31	19:18.19 (25) 36.09	19:54.16 (25) 35.97	20:30.16 (24) 36.00	21:05.89 (23) 35.73	21:41.22 (23) 35.33	22:16.75 (23) 35.53	22:52.43 (23) 35.68	23:28.73 (23) 36.30
24:04.61 (23) 35.88	24:41.01 (23) 36.40	25:16.59 (23) 35.58	25:52.32 (23) 35.73	26:26.91 (22) 34.59	27:02.37 (22) 35.46	27:38.20 (22) 35.83	28:13.63 (22) 35.43	28:45.96 (21) 32.33	29:17.30 (22) 31.34

23 227 GUERRA Francesco ITA 17 JUL 2001 **29:25.86** 1:35.81 SB

35.03 (11)	1:10.27 (13) 35.24	1:43.80 (14) 33.53	2:16.95 (14) 33.15	2:50.16 (14) 33.21	3:23.83 (14) 33.67	3:57.15 (14) 33.32	4:30.53 (14) 33.38	5:04.05 (14) 33.52	5:37.38 (14) 33.33
6:11.14 (14) 33.76	6:44.02 (14) 32.88	7:17.73 (14) 33.71	7:51.15 (15) 33.42	8:24.81 (15) 33.66	8:57.82 (15) 33.01	9:31.20 (14) 33.38	10:04.71 (14) 33.51	10:38.16 (14) 33.45	11:11.53 (14) 33.37
11:45.07 (14) 33.54	12:18.78 (14) 33.71	12:53.06 (14) 34.28	13:28.23 (14) 35.17	14:03.52 (14) 35.29	14:39.17 (14) 35.65	15:15.02 (14) 35.85	15:50.30 (17) 35.28	16:25.45 (16) 35.15	17:01.01 (16) 35.56
17:36.40 (16) 35.39	18:12.39 (16) 35.99	18:48.24 (16) 35.85	19:24.75 (16) 36.51	20:01.28 (15) 36.53	20:37.93 (14) 36.65	21:14.39 (14) 36.46	21:51.36 (14) 36.97	22:28.35 (14) 36.99	23:05.51 (15) 37.16
23:42.65 (19) 37.14	24:20.15 (20) 37.50	24:57.38 (21) 37.23	25:35.39 (21) 38.01	26:13.45 (21) 38.06	26:52.83 (21) 39.38	27:32.10 (21) 39.27	28:11.43 (21) 39.33	28:49.41 (22) 37.98	29:25.86 (23) 36.45

24 243 GOMES Duarte POR 24 NOV 2000 **29:36.00** 1:45.96 SB

35.42 (16)	1:10.76 (17) 35.34	1:44.27 (19) 33.51	2:17.93 (20) 33.66	2:51.60 (21) 33.67	3:25.22 (21) 33.62	3:59.02 (22) 33.80	4:32.17 (21) 33.15	5:06.01 (21) 33.84	5:39.67 (21) 33.66
6:13.54 (21) 33.87	6:47.16 (21) 33.62	7:21.27 (22) 34.11	7:55.33 (22) 34.06	8:29.46 (22) 34.13	9:03.70 (22) 34.24	9:37.99 (22) 34.29	10:12.26 (22) 34.27	10:46.74 (22) 34.48	11:21.88 (22) 35.14
11:57.00 (22) 35.12	12:32.29 (22) 35.29	13:07.08 (22) 34.79	13:41.83 (22) 34.75	14:17.12 (22) 35.29	14:52.29 (22) 35.17	15:27.45 (22) 35.16	16:02.99 (22) 35.54	16:38.34 (21) 35.35	17:13.52 (21) 35.18
17:49.17 (21) 35.65	18:24.63 (22) 35.46	18:59.72 (22) 35.09	19:35.71 (23) 35.99	20:13.28 (23) 37.57	20:51.42 (22) 38.14	21:29.28 (22) 37.86	22:07.09 (22) 37.81	22:44.68 (22) 37.59	23:22.38 (22) 37.70
24:00.51 (22) 38.13	24:38.23 (22) 37.72	25:15.37 (22) 37.14	25:51.87 (22) 36.50	26:30.49 (23) 38.62	27:08.76 (23) 38.27	27:47.29 (23) 38.53	28:25.58 (23) 38.29	29:02.37 (23) 36.79	29:36.00 (24) 33.63

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

25 250 ÇAĞIRAN Abdulhalik TUR 15 SEP 2002 **30:38.02** 2:47.97

36.23 (26)	1:11.53 (21) 35.30	1:44.91 (24) 33.38	2:18.80 (25) 33.89	2:52.24 (25) 33.44	3:25.64 (25) 33.40	3:59.67 (25) 34.03	4:33.15 (25) 33.48	5:07.10 (26) 33.95	5:40.63 (25) 33.53
6:14.38 (25) 33.75	6:48.39 (25) 34.01	7:22.37 (24) 33.98	7:56.52 (24) 34.15	8:30.81 (25) 34.29	9:05.12 (25) 34.31	9:39.41 (25) 34.29	10:15.00 (26) 35.59	10:50.37 (26) 35.37	11:27.62 (26) 37.25
12:05.38 (26) 37.76	12:42.77 (27) 37.39	13:20.56 (27) 37.79	13:59.53 (27) 38.97	14:38.77 (27) 39.24	15:17.97 (27) 39.20	15:56.86 (27) 38.89	16:34.23 (27) 37.37	17:13.68 (26) 39.45	17:52.99 (26) 39.31
18:29.67 (26) 36.68	19:08.73 (26) 39.06	19:47.57 (26) 38.84	20:27.12 (26) 39.55	21:03.01 (25) 35.89	21:42.94 (24) 39.93	22:23.31 (24) 40.37	23:03.92 (24) 40.61	23:41.70 (24) 37.78	24:19.04 (24) 37.34
24:57.65 (24) 38.61	25:36.16 (24) 38.51	26:14.79 (24) 38.63	26:54.11 (24) 39.32	27:32.69 (24) 38.58	28:10.74 (24) 38.05	28:49.09 (24) 38.35	29:26.61 (24) 37.52	30:03.17 (24) 36.56	30:38.02 (25) 34.85

26 251 SELEK Mert TUR 15 JUN 2005 **32:01.01** 4:10.97

36.10 (23)	1:12.01 (24) 35.91	1:45.42 (26) 33.41	2:19.12 (26) 33.70	2:52.57 (26) 33.45	3:26.05 (26) 33.48	3:59.86 (26) 33.81	4:33.38 (27) 33.52	5:06.61 (24) 33.23	5:40.99 (26) 34.38
6:14.82 (26) 33.83	6:48.66 (26) 33.84	7:22.73 (25) 34.07	7:57.36 (26) 34.63	8:31.91 (27) 34.55	9:07.48 (28) 35.57	9:44.17 (28) 36.69	10:21.77 (28) 37.60	11:00.20 (28) 38.43	11:39.38 (28) 39.18
12:18.71 (28) 39.33	12:59.11 (28) 40.40	13:40.51 (28) 41.40	14:20.20 (28) 39.69	15:01.47 (28) 41.27	15:40.83 (28) 39.36	16:21.08 (28) 40.25	17:01.79 (28) 40.71	17:42.86 (27) 41.07	18:24.02 (27) 41.16
19:00.97 (27) 36.95	19:42.39 (27) 41.42	20:25.15 (27) 42.76	21:06.41 (27) 41.26	21:49.07 (26) 42.66	22:28.57 (25) 39.50	23:10.26 (25) 41.69	23:51.20 (25) 40.94	24:34.00 (25) 42.80	25:15.47 (25) 41.47
25:56.91 (25) 41.44	26:40.02 (25) 43.11	27:20.38 (25) 40.36	28:01.43 (25) 41.05	28:40.94 (25) 39.51	29:19.99 (25) 39.05	29:59.05 (25) 39.06	30:38.51 (25) 39.46	31:21.44 (25) 42.93	32:01.01 (26) 39.57

71 HAFASHIMANA Emile (g) BDI 1 MAR 2005 **DNF**

34.80 (8)	1:09.17 (8) 34.37	1:42.08 (5) 32.91	2:15.12 (5) 33.04	2:48.28 (5) 33.16	3:21.78 (5) 33.50	3:55.04 (5) 33.26	4:28.49 (5) 33.45	5:01.86 (5) 33.37	5:35.06 (3) 33.20
6:08.26 (3) 33.20	6:41.72 (3) 33.46	7:15.13 (3) 33.41	7:48.70 (3) 33.57	8:21.94 (3) 33.24	8:55.27 (3) 33.33	9:28.71 (3) 33.44	10:02.20 (3) 33.49	10:35.59 (3) 33.39	11:08.93 (3) 33.34
11:42.58 (3) 33.65	12:15.97 (3) 33.39	12:49.51 (3) 33.54	13:23.17 (3) 33.66	13:57.15 (3) 33.98	14:31.33 (3) 34.18	15:05.41 (4) 34.08	15:39.09 (3) 33.68	16:13.34 (3) 34.25	16:47.60 (5) 34.26
17:20.73 (4) 33.13	17:55.63 (9) 34.90	18:31.38 (11) 35.75	19:07.62 (11) 36.24	19:45.18 (10) 37.56	DNF				

70 NDIKUMANA Célestin (g) BDI 22 FEB 2002 **DNF**

33.47 (1)	1:06.75 (1) 33.28	1:39.73 (1) 32.98	2:12.85 (1) 33.12	2:45.88 (1) 33.03	3:19.02 (1) 33.14	3:51.92 (1) 32.90	4:24.94 (1) 33.02	4:58.01 (1) 33.07	5:30.93 (1) 32.92
6:03.99 (1) 33.06	6:36.96 (1) 32.97	7:09.95 (1) 32.99	7:42.90 (1) 32.95	8:15.99 (1) 33.09	8:49.02 (1) 33.03	9:21.96 (1) 32.94	9:54.96 (1) 33.00	10:28.13 (1) 33.17	11:01.05 (1) 32.92
11:34.01 (1) 32.96	12:06.93 (1) 32.92	12:40.07 (1) 33.14	13:12.91 (1) 32.84	13:46.12 (1) 33.21	14:18.93 (1) 32.81	14:52.20 (1) 33.27	15:25.13 (1) 32.93	15:58.91 (1) 33.78	16:32.17 (1) 33.26
17:05.56 (1) 33.39	17:40.00 (1) 34.44	18:14.59 (1) 34.59	18:49.07 (2) 34.48	DNF					

SAT 23 MAY 2026
19:20

10000m Men

Final A

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

221 **MORGAN Callum**

IRL

18 JUN 2003

DNF

34.87 (9)	1:09.34 (9) 34.47	1:42.55 (8) 33.21	2:15.79 (8) 33.24	2:48.90 (8) 33.11	3:22.35 (8) 33.45	3:55.66 (8) 33.31	4:29.11 (8) 33.45	5:02.54 (8) 33.43	5:36.00 (8) 33.46
6:09.61 (8) 33.61	6:42.80 (8) 33.19	7:16.37 (8) 33.57	7:49.78 (9) 33.41	8:23.04 (8) 33.26	8:56.37 (8) 33.33	9:29.93 (8) 33.56	10:03.23 (8) 33.30	10:36.70 (8) 33.47	11:10.27 (8) 33.57
11:43.64 (8) 33.37	12:17.27 (9) 33.63	12:50.89 (9) 33.62	13:24.69 (9) 33.80	13:58.55 (9) 33.86	14:32.63 (9) 34.08	15:06.62 (9) 33.99	15:40.84 (11) 34.22	DNF	

Weather conditions

Temperature: 29°C

Humidity: 47%

Conditions: Sunny

Legend:							
(g)	Guest	DNF	Did not Finish	NR	National Record	PB	Personal Best
SB	Season Best						

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

Rank	Bib	Name	Ctry Code	Date of Birth	Result	Time Behind
------	-----	------	--------------	---------------	--------	----------------

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	10000m

1 217 RAMSDEN Matthew GBR 7 JUL 2003 **29:11.69** PB

34.13 (3)	1:07.21 (3)	1:40.54 (3)	2:14.65 (3)	2:49.28 (3)	3:23.26 (3)	3:56.99 (2)	4:30.96 (2)	5:04.88 (2)	5:39.67 (2)
	33.08	33.33	34.11	34.63	33.98	33.73	33.97	33.92	34.79
6:14.61 (2)	6:49.66 (2)	7:24.67 (2)	7:59.45 (2)	8:34.72 (2)	9:10.33 (2)	9:45.86 (2)	10:20.85 (2)	10:55.66 (2)	11:31.08 (2)
34.94	35.05	35.01	34.78	35.27	35.61	35.53	34.99	34.81	35.42
12:06.84 (2)	12:42.15 (2)	13:18.16 (2)	13:54.02 (2)	14:29.36 (2)	15:04.90 (2)	15:40.56 (3)	16:16.62 (2)	16:52.16 (2)	17:28.21 (2)
35.76	35.31	36.01	35.86	35.34	35.54	35.66	36.06	35.54	36.05
18:04.93 (3)	18:40.73 (2)	19:16.55 (2)	19:51.96 (2)	20:28.90 (2)	21:04.94 (2)	21:41.10 (3)	22:16.70 (3)	22:52.88 (3)	23:29.09 (3)
36.72	35.80	35.82	35.41	36.94	36.04	36.16	35.60	36.18	36.21
24:04.82 (3)	24:41.21 (3)	25:17.30 (3)	25:52.79 (3)	26:28.76 (3)	27:05.21 (3)	27:40.63 (3)	28:13.91 (2)	28:44.02 (2)	29:11.69 (1)
35.73	36.39	36.09	35.49	35.97	36.45	35.42	33.28	30.11	27.67

2 205 ZAJÍČ Martin CZE 30 MAR 2000 **29:13.02** 1.34 SB

36.47 (18)	1:09.36 (8)	1:42.53 (7)	2:16.04 (7)	2:50.36 (7)	3:24.60 (7)	3:58.44 (6)	4:32.59 (6)	5:06.75 (6)	5:41.19 (6)
	32.89	33.17	33.51	34.32	34.24	33.84	34.15	34.16	34.44
6:15.71 (6)	6:50.75 (6)	7:25.77 (6)	8:00.41 (6)	8:35.74 (6)	9:10.90 (6)	9:46.32 (5)	10:21.24 (4)	10:56.12 (4)	11:31.53 (4)
34.52	35.04	35.02	34.64	35.33	35.16	35.42	34.92	34.88	35.41
12:07.33 (4)	12:42.92 (4)	13:18.65 (4)	13:54.55 (5)	14:29.97 (5)	15:05.74 (5)	15:41.19 (5)	16:17.26 (5)	16:52.69 (5)	17:28.25 (3)
35.80	35.59	35.73	35.90	35.42	35.77	35.45	36.07	35.43	35.56
18:04.46 (1)	18:40.29 (1)	19:16.05 (1)	19:51.75 (1)	20:28.57 (1)	21:04.71 (1)	21:40.92 (2)	22:16.31 (2)	22:52.65 (2)	23:28.91 (2)
36.21	35.83	35.76	35.70	36.82	36.14	36.21	35.39	36.34	36.26
24:04.64 (2)	24:41.05 (2)	25:16.81 (1)	25:52.49 (2)	26:28.58 (2)	27:05.00 (1)	27:40.44 (2)	28:13.65 (1)	28:43.78 (1)	29:13.02 (2)
35.73	36.41	35.76	35.68	36.09	36.42	35.44	33.21	30.13	29.24

3 244 PINTO Rui POR 18 NOV 1992 **29:13.86** 2.17 SB

34.87 (8)	1:08.47 (6)	1:42.03 (6)	2:15.62 (6)	2:50.05 (6)	3:24.14 (6)	3:57.87 (5)	4:31.94 (5)	5:05.93 (5)	5:40.47 (5)
	33.60	33.56	33.59	34.43	34.09	33.73	34.07	33.99	34.54
6:15.28 (5)	6:50.36 (5)	7:25.44 (5)	8:00.12 (5)	8:35.42 (5)	9:10.74 (5)	9:46.40 (6)	10:21.77 (6)	10:56.92 (5)	11:31.95 (5)
34.81	35.08	35.08	34.68	35.30	35.32	35.66	35.37	35.15	35.03
12:07.58 (5)	12:43.21 (5)	13:18.67 (5)	13:54.54 (4)	14:29.77 (4)	15:05.71 (4)	15:40.85 (4)	16:17.22 (4)	16:52.47 (4)	17:28.62 (5)
35.63	35.63	35.46	35.87	35.23	35.94	35.14	36.37	35.25	36.15
18:05.28 (5)	18:41.39 (5)	19:17.24 (5)	19:52.79 (5)	20:29.19 (4)	21:05.16 (4)	21:41.20 (4)	22:16.93 (4)	22:53.14 (4)	23:29.38 (4)
36.66	36.11	35.85	35.55	36.40	35.97	36.04	35.73	36.21	36.24
24:05.44 (4)	24:41.53 (4)	25:17.51 (4)	25:52.96 (4)	26:29.00 (4)	27:05.45 (5)	27:40.87 (4)	28:14.09 (3)	28:44.30 (3)	29:13.86 (3)
36.06	36.09	35.98	35.45	36.04	36.45	35.42	33.22	30.21	29.56

4 225 BRUNIER Lorenzo ITA 25 NOV 1996 **29:17.06** 5.38 PB

35.74 (14)	1:10.60 (15)	1:45.14 (15)	2:19.01 (15)	2:53.09 (14)	3:27.86 (14)	4:02.51 (13)	4:37.20 (13)	5:12.26 (12)	5:48.15 (13)
	34.86	34.54	33.87	34.08	34.77	34.65	34.69	35.06	35.89
6:24.06 (11)	7:00.36 (9)	7:35.38 (7)	8:09.68 (7)	8:44.46 (7)	9:19.89 (7)	9:55.15 (7)	10:31.60 (8)	11:06.87 (8)	11:41.77 (8)
35.91	36.30	35.02	34.30	34.78	35.43	35.26	36.45	35.27	34.90
12:16.77 (8)	12:52.73 (7)	13:28.06 (7)	14:03.66 (7)	14:39.27 (7)	15:14.38 (6)	15:49.33 (6)	16:24.03 (6)	16:59.43 (6)	17:34.97 (6)
35.00	35.96	35.33	35.60	35.61	35.11	34.95	34.70	35.40	35.54
18:10.56 (6)	18:46.46 (6)	19:21.73 (6)	19:57.03 (6)	20:32.55 (6)	21:08.14 (6)	21:43.83 (6)	22:19.86 (6)	22:55.36 (6)	23:31.11 (6)
35.59	35.90	35.27	35.30	35.52	35.59	35.69	36.03	35.50	35.75
24:06.93 (5)	24:42.82 (5)	25:18.31 (5)	25:53.83 (5)	26:29.19 (5)	27:05.34 (4)	27:40.97 (5)	28:14.44 (4)	28:45.71 (4)	29:17.06 (4)
35.82	35.89	35.49	35.52	35.36	36.15	35.63	33.47	31.27	31.35

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

5 201 WELDEZGHI Seare ART 1 JAN 1996 **29:28.41** 16.73 **PB**

34.15 (4)	1:07.44 (4) 33.29	1:40.76 (4) 33.32	2:14.99 (4) 34.23	2:49.53 (4) 34.54	3:23.47 (4) 33.94	3:57.22 (3) 33.75	4:31.14 (3) 33.92	5:05.13 (3) 33.99	5:39.87 (3) 34.74
6:14.86 (3) 34.99	6:49.96 (3) 35.10	7:24.96 (3) 35.00	7:59.60 (3) 34.64	8:35.00 (3) 35.40	9:10.38 (3) 35.38	9:45.49 (1) 35.11	10:20.38 (1) 34.89	10:55.59 (1) 35.21	11:30.76 (1) 35.17
12:06.56 (1) 35.80	12:41.68 (1) 35.12	13:17.93 (1) 36.25	13:53.70 (1) 35.77	14:29.11 (1) 35.41	15:04.58 (1) 35.47	15:40.31 (1) 35.73	16:16.19 (1) 35.88	16:51.50 (1) 35.31	17:27.87 (1) 36.37
18:04.83 (2) 36.96	18:41.04 (4) 36.21	19:16.99 (4) 35.95	19:52.28 (3) 35.29	20:29.06 (3) 36.78	21:05.06 (3) 36.00	21:40.39 (1) 35.33	22:16.23 (1) 35.84	22:52.47 (1) 36.24	23:28.76 (1) 36.29
24:04.53 (1) 35.77	24:40.92 (1) 36.39	25:17.03 (2) 36.11	25:52.43 (1) 35.40	26:28.49 (1) 36.06	27:05.01 (2) 36.52	27:40.28 (1) 35.27	28:15.44 (5) 35.16	28:51.41 (5) 35.97	29:28.41 (5) 37.00

6 216 KAVANAGH Jack GBR 13 APR 2000 **29:47.08** 35.40 **SB**

34.45 (5)	1:07.77 (5) 33.32	1:40.99 (5) 33.22	2:15.28 (5) 34.29	2:49.80 (5) 34.52	3:23.79 (5) 33.99	3:57.51 (4) 33.72	4:31.60 (4) 34.09	5:05.47 (4) 33.87	5:40.21 (4) 34.74
6:15.06 (4) 34.85	6:50.23 (4) 35.17	7:25.19 (4) 34.96	7:59.86 (4) 34.67	8:35.21 (4) 35.35	9:10.66 (4) 35.45	9:46.00 (3) 35.34	10:21.12 (3) 35.12	10:55.95 (3) 34.83	11:31.35 (3) 35.40
12:07.07 (3) 35.72	12:42.60 (3) 35.53	13:18.43 (3) 35.83	13:54.30 (3) 35.87	14:29.54 (3) 35.24	15:05.41 (3) 35.87	15:40.43 (2) 35.02	16:16.89 (3) 36.46	16:52.45 (3) 35.56	17:28.48 (4) 36.03
18:05.25 (4) 36.77	18:40.90 (3) 35.65	19:16.75 (3) 35.85	19:52.51 (4) 35.76	20:29.42 (5) 36.91	21:05.58 (5) 36.16	21:41.80 (5) 36.22	22:18.01 (5) 36.21	22:53.88 (5) 35.87	23:30.50 (5) 36.62
24:06.96 (6) 36.46	24:44.42 (6) 37.46	25:22.12 (6) 37.70	26:00.54 (6) 38.42	26:40.40 (6) 39.86	27:19.73 (6) 39.33	27:57.94 (6) 38.21	28:35.51 (6) 37.57	29:11.28 (6) 35.77	29:47.08 (6) 35.80

7 235 FUTSELAAR Frank NED 16 JUL 1991 **29:55.77** 44.08 **SB**

36.04 (15)	1:10.81 (16) 34.77	1:45.77 (17) 34.96	2:20.77 (17) 35.00	2:55.93 (17) 35.16	3:31.27 (17) 35.34	4:07.10 (16) 35.83	4:43.20 (16) 36.10	5:19.08 (17) 35.88	5:53.75 (17) 34.67
6:29.47 (18) 35.72	7:05.43 (18) 35.96	7:41.55 (18) 36.12	8:17.26 (18) 35.71	8:53.96 (18) 36.70	9:30.23 (17) 36.27	10:07.29 (16) 37.06	10:43.93 (16) 36.64	11:19.76 (16) 35.83	11:55.89 (16) 36.13
12:32.57 (16) 36.68	13:09.48 (16) 36.91	13:45.95 (16) 36.47	14:23.03 (15) 37.08	14:59.85 (15) 36.82	15:37.41 (13) 37.56	16:14.38 (13) 36.97	16:51.15 (13) 36.77	17:27.92 (12) 36.77	18:03.81 (12) 35.89
18:39.62 (12) 35.81	19:15.13 (12) 35.51	19:51.05 (12) 35.92	20:27.41 (12) 36.36	21:02.28 (12) 34.87	21:37.93 (11) 35.65	22:14.07 (11) 36.14	22:50.32 (11) 36.25	23:26.50 (10) 36.18	24:02.09 (9) 35.59
24:37.77 (9) 35.68	25:13.94 (8) 36.17	25:49.66 (8) 35.72	26:25.98 (7) 36.32	27:02.05 (7) 36.07	27:37.22 (7) 35.17	28:13.45 (7) 36.23	28:48.37 (7) 34.92		29:55.77 (7)

8 219 LOMB Ádám HUN 7 SEP 2001 **29:58.32** 46.64

36.55 (19)	1:10.87 (17) 34.32	1:44.86 (14) 33.99	2:18.76 (13) 33.90	2:52.02 (12) 33.26	3:26.67 (12) 34.65	4:01.71 (11) 35.04	4:36.79 (11) 35.08	5:12.24 (11) 35.45	5:47.93 (11) 35.69
6:24.15 (12) 36.22	7:00.69 (13) 36.54	7:36.40 (11) 35.71	8:11.61 (12) 35.21	8:46.29 (9) 34.68	9:20.36 (9) 34.07	9:55.62 (9) 35.26	10:31.74 (9) 36.12	11:07.12 (9) 35.38	11:41.97 (9) 34.85
12:17.03 (9) 35.06	12:52.99 (9) 35.96	13:28.30 (8) 35.31	14:03.94 (8) 35.64	14:39.48 (8) 35.54	15:14.96 (8) 35.48				
									29:58.32 (8)

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

9 245 KOKALJ Jan SLO 7 AUG 1997 **29:59.15** 47.47 PB

35.31 (11)	1:10.31 (12) 35.00	1:43.17 (9) 32.86	2:17.30 (10) 34.13	2:51.42 (9) 34.12	3:26.13 (9) 34.71	4:01.04 (8) 34.91	4:36.41 (8) 35.37	5:11.76 (9) 35.35	5:47.43 (8) 35.67
6:23.50 (8) 36.07	7:00.05 (8) 36.55	7:35.65 (8) 35.60	8:09.87 (8) 34.22	8:44.69 (8) 34.82	9:20.16 (8) 35.47	9:55.39 (8) 35.23	10:31.50 (7) 36.11	11:06.57 (7) 35.07	11:41.49 (7) 34.92
12:16.49 (7) 35.00	12:52.41 (6) 35.92	13:27.81 (6) 35.40	14:03.51 (6) 35.70	14:39.05 (6) 35.54	15:14.62 (7) 35.57	15:50.06 (7) 35.44	16:26.45 (7) 36.39	17:03.54 (7) 37.09	17:41.15 (7) 37.61
18:18.18 (7) 37.03	18:55.57 (7) 37.39	19:32.81 (7) 37.24	20:09.93 (7) 37.12	20:47.35 (7) 37.42	21:24.66 (7) 37.31	22:02.10 (7) 37.44	22:39.99 (7) 37.89	23:17.68 (7) 37.69	23:55.46 (7) 37.78
24:33.19 (7) 37.73	25:11.03 (7) 37.84	25:48.60 (7) 37.57	26:26.34 (8) 37.74	27:03.12 (8) 36.78	27:39.73 (8) 36.61	28:15.73 (8) 36.00	28:51.80 (8) 36.07	29:26.07 (7) 34.27	29:59.15 (9) 33.08

10 211 SIHT Morten EST 8 MAR 2004 **30:07.45** 55.76 PB

37.50 (23)	1:12.53 (23) 35.03	1:47.37 (23) 34.84	2:22.39 (23) 35.02	2:57.52 (23) 35.13	3:33.97 (23) 36.45	4:10.75 (22) 36.78	4:47.73 (21) 36.98	5:24.32 (21) 36.59	6:00.80 (21) 36.48
6:37.28 (21) 36.48	7:13.30 (21) 36.02	7:49.88 (21) 36.58	8:26.01 (20) 36.13	9:02.12 (20) 36.11	9:38.05 (20) 35.93	10:14.05 (19) 36.00	10:50.31 (19) 36.26	11:26.27 (19) 35.96	12:02.50 (19) 36.23
12:38.66 (18) 36.16	13:15.08 (18) 36.42	13:51.40 (18) 36.32	14:28.17 (17) 36.77	15:04.72 (17) 36.55	15:41.30 (18) 36.58	16:17.63 (16) 36.33	16:53.87 (16) 36.24	17:30.36 (16) 36.49	18:06.87 (16) 36.51
18:42.92 (15) 36.05	19:19.15 (14) 36.23	19:54.99 (14) 35.84	20:30.59 (13) 35.60	21:06.56 (13) 35.97	21:42.70 (12) 36.14	22:18.96 (12) 36.26	22:55.51 (12) 36.55	23:31.83 (12) 36.32	24:09.08 (12) 37.25
24:45.65 (11) 36.57	25:22.30 (11) 36.65	25:58.85 (10) 36.55	26:35.78 (10) 36.93	27:12.45 (10) 36.67	27:49.29 (10) 36.84	28:25.37 (10) 36.08	29:02.10 (10) 36.73	29:35.48 (8) 33.38	30:07.45 (10) 31.97

11 204 NOVOSEL Tomislav CRO 21 SEP 1999 **30:09.88** 58.20

35.56 (13)	1:10.42 (13) 34.86	1:44.79 (13) 34.37	2:18.92 (14) 34.13	2:53.46 (15) 34.54	3:28.16 (15) 34.70	4:02.85 (14) 34.69	4:37.39 (14) 34.54	5:12.78 (14) 35.39	5:48.46 (14) 35.68
6:24.65 (14) 36.19	7:00.83 (14) 36.18	7:37.10 (13) 36.27	8:12.06 (13) 34.96	8:47.03 (13) 34.97	9:22.13 (12) 35.10	9:57.64 (12) 35.51	10:32.46 (10) 34.82	11:07.61 (10) 35.15	11:43.97 (10) 36.36
12:20.27 (10) 36.30	12:56.23 (10) 35.96	13:33.37 (12) 37.14	14:10.05 (11) 36.68	14:46.29 (11) 36.24	15:22.61 (11) 36.32	15:58.72 (9) 36.11	16:35.62 (9) 36.90	17:12.48 (9) 36.86	17:49.42 (9) 36.94
18:26.34 (9) 36.92	19:03.44 (9) 37.10	19:40.43 (9) 36.99	20:16.72 (8) 36.29	20:54.67 (9) 37.95	21:32.27 (8) 37.60	22:09.31 (8) 37.04	22:46.57 (8) 37.26	23:23.07 (8) 36.50	24:00.13 (8) 37.06
24:37.21 (8) 37.08	25:14.50 (9) 37.29	25:51.48 (9) 36.98	26:30.23 (9) 38.75	27:07.40 (9) 37.17	27:45.35 (9) 37.95	28:22.29 (9) 36.94	28:59.51 (9) 37.22	29:36.03 (9) 36.52	30:09.88 (11) 33.85

12 220 BATTLE Jamie IRL 3 MAR 2000 **30:11.63** 59.94 SB

35.17 (10)	1:10.17 (11) 35.00	1:43.95 (11) 33.78	2:17.62 (11) 33.67	2:51.84 (11) 34.22	3:26.57 (11) 34.73	4:01.52 (10) 34.95	4:36.62 (10) 35.10	5:12.09 (10) 35.47	5:47.77 (10) 35.68
6:23.88 (10) 36.11	7:00.53 (12) 36.65	7:36.75 (12) 36.22	8:11.60 (11) 34.85	8:46.87 (12) 35.27	9:22.05 (11) 35.18	9:57.42 (11) 35.37	10:32.91 (12) 35.49	11:08.39 (12) 35.48	11:44.22 (12) 35.83
12:20.47 (12) 36.25	12:56.57 (11) 36.10	13:32.97 (9) 36.40	14:09.55 (9) 36.58	14:45.67 (9) 36.12	15:22.23 (9) 36.56	15:58.51 (8) 36.28	16:35.27 (8) 36.76	17:12.08 (8) 36.81	17:49.23 (8) 37.15
18:26.11 (8) 36.88	19:03.21 (8) 37.10	19:40.12 (8) 36.91	20:16.83 (9) 36.71	20:54.43 (8) 37.60					
									30:11.63 (12)

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

21 236 HOOGEBOOM Tom NED 9 AUG 2001 **31:28.13** 2:16.45 SB

37.19 (22)	1:12.28 (22) 35.09	1:47.07 (22) 34.79	2:22.14 (22) 35.07	2:57.23 (22) 35.09	3:33.63 (22) 36.40	4:10.48 (21) 36.85	4:47.99 (22) 37.51	5:24.47 (22) 36.48	6:01.11 (22) 36.64
6:37.55 (22) 36.44	7:13.51 (22) 35.96	7:50.20 (23) 36.69	8:26.65 (24) 36.45	9:03.13 (24) 36.48	9:38.88 (24) 35.75	10:15.42 (23) 36.54	10:52.17 (23) 36.75	11:29.42 (23) 37.25	12:06.98 (23) 37.56
12:44.68 (23) 37.70	13:22.14 (23) 37.46	13:59.53 (22) 37.39	14:37.22 (21) 37.69	15:14.40 (21) 37.18	15:52.52 (21) 38.12	16:30.25 (20) 37.73	17:08.40 (20) 38.15	17:46.38 (20) 37.98	18:25.00 (20) 38.62
19:04.15 (20) 39.15	19:42.47 (20) 38.32	20:20.36 (20) 37.89	20:59.51 (20) 39.15	21:39.49 (20) 39.98	22:19.63 (19) 40.14	22:59.26 (19) 39.63	23:39.46 (19) 40.20	24:19.54 (19) 40.08	24:59.94 (19) 40.40
25:40.09 (19) 40.15	26:20.88 (19) 40.79	27:01.08 (19) 40.20	27:42.23 (19) 41.15	28:22.37 (19) 40.14	29:02.11 (19) 39.74	29:40.35 (19) 38.24	30:18.21 (19) 37.86	30:53.46 (18) 35.25	31:28.13 (21) 34.67

22 252 YAZICI Enbiya TUR 25 SEP 2003 **31:45.52** 2:33.84

36.20 (16)	1:11.02 (18) 34.82	1:46.06 (18) 35.04	2:20.96 (18) 34.90	2:56.16 (18) 35.20	3:31.49 (18) 35.33	4:07.27 (17) 35.78	4:43.33 (17) 36.06	5:18.39 (15) 35.06	5:52.62 (15) 34.23
6:27.59 (15) 34.97	7:02.96 (15) 35.37	7:39.33 (15) 36.37	8:15.63 (15) 36.30	8:53.64 (16) 38.01	9:30.05 (16) 36.41	10:08.02 (18) 37.97	10:45.03 (18) 37.01	11:23.31 (18) 38.28	12:02.47 (18) 39.16
12:41.24 (21) 38.77	13:20.10 (22) 38.86	13:59.61 (23) 39.51	14:37.57 (22) 37.96	15:15.74 (22) 38.17	15:55.43 (22) 39.69	16:35.06 (21) 39.63	17:15.09 (21) 40.03	17:54.94 (21) 39.85	18:34.75 (21) 39.81
19:14.11 (21) 39.36	19:53.35 (21) 39.24	20:33.14 (21) 39.79	21:12.93 (21) 39.79	21:53.47 (21) 40.54	22:33.50 (20) 40.03	23:12.85 (20) 39.35	23:52.20 (20) 39.35	24:32.34 (20) 40.14	25:12.72 (20) 40.38
25:53.08 (20) 40.36	26:32.78 (20) 39.70	27:12.88 (20) 40.10	27:53.40 (20) 40.52	28:31.57 (20) 38.17	29:09.86 (20) 38.29	29:49.44 (20) 39.58	30:28.76 (20) 39.32	31:07.01 (19) 38.25	31:45.52 (22) 38.51

247 FREITAG Nino SUI 10 SEP 2004 **DNF**

33.59 (2)	1:07.00 (2) 33.41	1:40.29 (2) 33.29	2:14.50 (2) 34.21	2:48.97 (2) 34.47	3:23.00 (2) 34.03				
						DNF			

72 IRAKOZE Thierry (g) BDI 1 AUG 2004 **DNF**

33.36 (1)	1:06.70 (1) 33.34	1:40.05 (1) 33.35	2:14.48 (1) 34.43	2:48.76 (1) 34.28	3:22.78 (1) 34.02	3:56.48 (1) 33.70	4:30.47 (1) 33.99	5:04.46 (1) 33.99	5:39.15 (1) 34.69
6:14.18 (1) 35.03	6:49.20 (1) 35.02	7:24.26 (1) 35.06	7:59.13 (1) 34.87	8:34.44 (1) 35.31	9:10.17 (1) 35.73	9:46.15 (4) 35.98	10:21.37 (5) 35.22	10:57.42 (6) 36.05	11:34.60 (6) 37.18
12:13.22 (6) 38.62	12:52.87 (8) 39.65	13:33.24 (11) 40.37	DNF						

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

13 246 CACHELIN Guillaume SUI 29 DEC 1996 **30:19.64** 1:07.96 **SB**

35.48 (12)	1:10.56 (14) 35.08	1:44.49 (12) 33.93	2:18.75 (12) 34.26	2:52.97 (13) 34.22	3:27.71 (13) 34.74	4:02.38 (12) 34.67	4:37.06 (12) 34.68	5:12.44 (13) 35.38	5:48.09 (12) 35.65
6:24.16 (13) 36.07	7:00.49 (11) 36.33	7:36.23 (10) 35.74	8:11.47 (10) 35.24	8:46.70 (10) 35.23	9:21.82 (10) 35.12	9:57.06 (10) 35.24	10:32.70 (11) 35.64	11:08.03 (11) 35.33	11:44.12 (11) 36.09
12:20.43 (11) 36.31	12:56.86 (12) 36.43	13:33.18 (10) 36.32	14:09.74 (10) 36.56	14:46.00 (10) 36.26	15:22.48 (10) 36.48	15:58.94 (10) 36.46	16:35.83 (10) 36.89	17:12.58 (10) 36.75	17:49.64 (10) 37.06
18:26.51 (10) 36.87	19:03.67 (10) 37.16	19:40.63 (10) 36.96	20:17.67 (10) 37.04	20:54.89 (10) 37.22	21:32.60 (9) 37.71	22:09.89 (9) 37.29	22:47.49 (9) 37.60	23:25.13 (9) 37.64	24:03.23 (10) 38.10
24:41.76 (10) 38.53	25:20.81 (10) 39.05	25:59.56 (11) 38.75	26:37.98 (11) 38.42	27:16.48 (11) 38.50	27:54.90 (11) 38.42	28:31.10 (11) 36.20	29:06.34 (11) 35.24	29:43.75 (10) 37.41	30:19.64 (13) 35.89

14 237 KOPMELS Cas NED 28 OCT 2000 **30:24.27** 1:12.58 **SB**

36.59 (20)	1:11.70 (20) 35.11	1:46.52 (20) 34.82	2:21.37 (20) 34.85	2:56.66 (20) 35.29	3:32.03 (20) 35.37	4:07.65 (19) 35.62	4:43.84 (19) 36.19	5:19.65 (19) 35.81	5:54.43 (19) 34.78
6:30.05 (19) 35.62	7:06.20 (19) 36.15	7:42.29 (19) 36.09	8:17.78 (19) 35.49	8:54.15 (19) 36.37	9:30.57 (18) 36.42	10:07.92 (17) 37.35	10:44.56 (17) 36.64	11:20.88 (17) 36.32	11:57.72 (17) 36.84
12:34.15 (17) 36.43	13:11.47 (17) 37.32	13:48.54 (17) 37.07	14:25.93 (16) 37.39	15:03.38 (16) 37.45	15:40.72 (16) 37.34	16:18.01 (17) 37.29	16:55.24 (17) 37.23	17:33.25 (17) 38.01	18:11.46 (17) 38.21
18:49.92 (17) 38.46	19:28.06 (17) 38.14	20:05.85 (17) 37.79	20:43.55 (17) 37.70	21:21.70 (17) 38.15	21:59.63 (16) 37.93	22:38.02 (16) 38.39	23:16.20 (16) 38.18	23:54.29 (16) 38.09	24:31.38 (16) 37.09
25:08.49 (16) 37.11	25:45.02 (16) 36.53	26:21.68 (16) 36.66	26:58.03 (16) 36.35	27:33.76 (16) 35.73	28:08.68 (15) 34.92	28:43.07 (13) 34.39	29:17.59 (12) 34.52	29:51.09 (11) 33.50	30:24.27 (14) 33.18

15 248 MENNET Robin SUI 22 JAN 2001 **30:27.81** 1:16.13 **PB**

36.32 (17)	1:11.33 (19) 35.01	1:46.24 (19) 34.91	2:21.19 (19) 34.95	2:56.37 (19) 35.18	3:31.76 (19) 35.39	4:07.47 (18) 35.71	4:43.56 (18) 36.09	5:19.34 (18) 35.78	5:54.09 (18) 34.75
6:29.24 (17) 35.15	7:05.11 (17) 35.87	7:40.97 (16) 35.86	8:16.54 (16) 35.57	8:53.14 (14) 36.60	9:29.21 (14) 36.07	10:05.97 (14) 36.76	10:42.57 (15) 36.60	11:19.14 (15) 36.57	11:55.41 (15) 36.27
12:32.14 (15) 36.73	13:08.74 (14) 36.60	13:45.47 (14) 36.73	14:22.59 (13) 37.12	14:59.49 (13) 36.90	15:37.71 (15) 38.22	16:14.03 (12) 36.32	16:50.97 (12) 36.94	17:28.21 (13) 37.24	18:04.09 (13) 35.88
18:40.11 (13) 36.02	19:16.55 (13) 36.44	19:53.68 (13) 37.13	20:30.92 (14) 37.24	21:08.49 (14) 37.57	21:46.85 (13) 38.36	22:25.57 (13) 38.72	23:04.15 (14) 38.58	23:41.57 (14) 37.42	24:19.19 (14) 37.62
24:56.89 (14) 37.70	25:35.28 (13) 38.39	26:13.37 (14) 38.09	26:51.35 (14) 37.98	27:28.94 (14) 37.59	28:06.25 (14) 37.31	28:43.50 (14) 37.25	29:20.12 (13) 36.62	29:55.85 (12) 35.73	30:27.81 (15) 31.96

16 233 MICALLEF Luke MLT 25 NOV 1989 **30:30.39** 1:18.71 **PB**

37.89 (24)	1:13.20 (24) 35.31	1:49.07 (24) 35.87	2:24.78 (24) 35.71	3:00.38 (24) 35.60	3:36.98 (24) 36.60	4:12.94 (23) 35.96	4:49.00 (23) 36.06	5:24.77 (23) 35.77	6:01.24 (23) 36.47
6:37.67 (23) 36.43	7:13.83 (23) 36.16	7:50.04 (22) 36.21	8:26.05 (21) 36.01	9:02.29 (21) 36.24	9:38.15 (21) 35.86	10:14.32 (20) 36.17	10:50.37 (20) 36.05	11:26.52 (20) 36.15	12:02.74 (20) 36.22
12:38.87 (19) 36.13	13:15.12 (19) 36.25	13:51.57 (19) 36.45	14:28.28 (18) 36.71	15:04.79 (18) 36.51	15:41.24 (17) 36.45	16:17.29 (15) 36.05	16:53.56 (15) 36.27	17:30.07 (15) 36.51	18:06.70 (15) 36.63
18:43.43 (16) 36.73	19:19.51 (15) 36.08	19:57.32 (15) 37.81	20:34.67 (15) 37.35	21:12.35 (15) 37.68	21:49.74 (14) 37.39	22:26.98 (14) 37.24	23:03.96 (13) 36.98	23:41.28 (13) 37.32	24:19.00 (13) 37.72
24:56.54 (13) 37.54	25:35.38 (14) 38.84	26:12.89 (13) 37.51	26:51.04 (13) 38.15	27:28.58 (13) 37.54	28:05.96 (13) 37.38	28:43.95 (15) 37.99	29:21.82 (15) 37.87	29:57.18 (13) 35.36	30:30.39 (16) 33.21

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

17 238 VAN DEN HURK Ties NED 6 JUN 1996 **30:33.10** 1:21.42 SB

34.69 (6)	1:10.14 (10) 35.45	1:45.39 (16) 35.25	2:20.49 (16) 35.10	2:55.68 (16) 35.19	3:31.00 (16) 35.32	4:06.94 (15) 35.94	4:42.92 (15) 35.98	5:18.81 (16) 35.89	5:53.57 (16) 34.76
6:28.98 (16) 35.41	7:04.84 (16) 35.86	7:41.26 (17) 36.42	8:16.90 (17) 35.64	8:53.39 (15) 36.49	9:29.48 (15) 36.09	10:06.27 (15) 36.79	10:42.53 (14) 36.26	11:18.88 (14) 36.35	11:55.27 (14) 36.39
12:31.87 (14) 36.60	13:09.07 (15) 37.20	13:45.72 (15) 36.65	14:22.86 (14) 37.14	14:59.60 (14) 36.74	15:37.56 (14) 37.96	16:15.09 (14) 37.53	16:51.50 (14) 36.41	17:28.65 (14) 37.15	18:05.35 (14) 36.70
18:42.64 (14) 37.29	19:19.86 (16) 37.22	19:57.58 (16) 37.72	20:35.18 (16) 37.60	21:13.05 (16) 37.87	21:50.42 (15) 37.37	22:27.74 (15) 37.32	23:05.61 (15) 37.87	23:43.44 (15) 37.83	24:21.40 (15) 37.96
24:59.21 (15) 37.81	25:37.89 (15) 38.68	26:16.14 (15) 38.25	26:54.14 (15) 38.00	27:31.87 (15) 37.73	28:09.42 (16) 37.55	28:46.76 (16) 37.34	29:23.95 (16) 37.19	29:59.04 (14) 35.09	30:33.10 (17) 34.06

18 253 LONSKYI Vadym UKR 31 MAY 1999 **30:38.76** 1:27.08

34.71 (7)	1:08.91 (7) 34.20	1:42.92 (8) 34.01	2:17.03 (8) 34.11	2:51.16 (8) 34.13	3:25.93 (8) 34.77	4:00.80 (7) 34.87	4:36.28 (7) 35.48	5:11.70 (8) 35.42	5:47.41 (7) 35.71
6:23.43 (7) 36.02	6:59.99 (7) 36.56	7:36.09 (9) 36.10	8:11.19 (9) 35.10	8:46.73 (11) 35.54	9:22.32 (13) 35.59	9:57.90 (13) 35.58	10:33.45 (13) 35.55	11:09.00 (13) 35.55	11:44.72 (13) 35.72
12:21.03 (13) 36.31	12:57.35 (13) 36.32	13:33.68 (13) 36.33	14:10.26 (12) 36.58	14:46.51 (12) 36.25	15:22.79 (12) 36.28	15:59.29 (11) 36.50	16:36.08 (11) 36.79	17:12.88 (11) 36.80	17:49.90 (11) 37.02
18:26.76 (11) 36.86	19:03.84 (11) 37.08	19:40.89 (11) 37.05	20:17.81 (11) 36.92	20:55.41 (11) 37.60	21:32.79 (10) 37.38	22:10.67 (10) 37.88	22:48.99 (10) 38.32	23:27.99 (11) 39.00	24:07.12 (11) 39.13
24:46.38 (12) 39.26	25:25.74 (12) 39.36	26:05.11 (12) 39.37	26:44.20 (12) 39.09	27:23.56 (12) 39.36	28:02.83 (12) 39.27	28:41.26 (12) 38.43	29:21.14 (14) 39.88	30:00.33 (15) 39.19	30:38.76 (18) 38.43

19 234 ASSORGIA Gianluca NED 29 NOV 1994 **31:00.17** 1:48.49 SB

36.86 (21)	1:11.97 (21) 35.11	1:46.73 (21) 34.76	2:21.81 (21) 35.08	2:56.86 (21) 35.05	3:32.17 (21) 35.31	4:08.26 (20) 36.09	4:44.55 (20) 36.29	5:21.05 (20) 36.50	5:58.42 (20) 37.37
6:35.44 (20) 37.02	7:12.69 (20) 37.25	7:49.54 (20) 36.85	8:26.31 (22) 36.77	9:02.46 (22) 36.15	9:38.31 (22) 35.85	10:15.67 (24) 37.36	10:51.94 (22) 36.27	11:28.27 (22) 36.33	12:05.18 (22) 36.91
12:42.32 (22) 37.14	13:18.99 (21) 36.67	13:56.10 (21) 37.11	14:33.06 (19) 36.96	15:10.32 (19) 37.26	15:47.81 (19) 37.49	16:25.69 (18) 37.88	17:03.67 (18) 37.98	17:41.57 (18) 37.90	18:19.81 (18) 38.24
18:57.49 (18) 37.68	19:35.25 (18) 37.76	20:13.34 (18) 38.09	20:51.37 (18) 38.03	21:29.76 (18) 38.39	22:08.31 (17) 38.55	22:46.47 (17) 38.16	23:25.02 (17) 38.55	24:04.90 (17) 39.88	24:43.71 (17) 38.81
25:22.39 (17) 38.68	26:00.21 (17) 37.82	26:38.89 (17) 38.68	27:18.06 (17) 39.17	27:56.83 (18) 38.77	28:35.14 (18) 38.31	29:12.24 (18) 37.10	29:49.16 (18) 36.92	30:25.99 (17) 36.83	31:00.17 (19) 34.18

20 232 RĂILEANU Maxim MDA 10 APR 1994 **31:01.98** 1:50.30 SB

38.53 (25)	1:15.01 (25) 36.48	1:50.91 (25) 35.90	2:27.05 (25) 36.14	3:02.63 (25) 35.58	3:38.78 (25) 36.15	4:14.86 (24) 36.08	4:51.00 (24) 36.14	5:26.79 (24) 35.79	6:02.52 (24) 35.73
6:37.91 (24) 35.39	7:13.92 (24) 36.01	7:50.20 (23) 36.28	8:26.45 (23) 36.25	9:02.87 (23) 36.42	9:38.73 (23) 35.86	10:14.80 (22) 36.07	10:50.74 (21) 35.94	11:26.86 (21) 36.12	12:03.48 (21) 36.62
12:40.36 (20) 36.88	13:17.99 (20) 37.63	13:55.39 (20) 37.40	14:33.29 (20) 37.90	15:11.22 (20) 37.93	15:49.56 (20) 38.34	16:27.83 (19) 38.27	17:06.42 (19) 38.59	17:44.58 (19) 38.16	18:22.85 (19) 38.27
19:01.28 (19) 38.43	19:39.78 (19) 38.50	20:18.03 (19) 38.25	20:56.40 (19) 38.37	21:34.97 (19) 38.57	22:13.62 (18) 38.65	22:51.87 (18) 38.25	23:30.14 (18) 38.27	24:07.94 (18) 37.80	24:46.15 (18) 38.21
25:24.16 (18) 38.01	26:02.07 (18) 37.91	26:40.17 (18) 38.10	27:18.52 (18) 38.35	27:56.73 (17) 38.21	28:34.82 (17) 38.09	29:11.80 (17) 36.98	29:48.86 (17) 37.06	30:25.29 (16) 36.43	31:01.98 (20) 36.69

SAT 23 MAY 2026
18:00

10000m Men

Final B

Race Analysis

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

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	10000m

222 **MURPHY Michael** IRL 4 APR 2002 **DNF**

34.91 (9)	1:09.87 (9) 34.96	1:43.51 (10) 33.64	2:17.28 (9) 33.77	2:51.64 (10) 34.36	3:26.41 (10) 34.77	4:01.27 (9) 34.86	4:36.45 (9) 35.18	5:11.61 (7) 35.16	5:47.55 (9) 35.94
6:23.67 (9) 36.12	7:00.38 (10) 36.71	7:37.45 (14) 37.07	8:14.80 (14) 37.35	8:53.73 (17) 38.93	9:33.37 (19) 39.64	10:14.54 (21) 41.17	10:56.36 (24) 41.82	11:39.78 (24) 43.42	12:23.22 (24) 43.44
DNF									

Weather conditions

Temperature: 29°C

Humidity: 47%

Conditions: Sunny

Legend:	Guest	DNF	Did not Finish	PB	Personal Best	SB	Season Best
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SAT 23 MAY 2026
18:00

10000m Men

Final

Results Summary

EUROPEAN RECORD	26:46.57 FARAH Mo	GBR Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44 RONCERO Fabian	ESP Lisboa (POR)	4 APR 1998

Rank	Bib	Name	Ctry Code	Heat	Order	Position	Time	
1	224	AOUANI Iliass	ITA	A	5	1	27:50.05	SB
2	213	BEDARD Simon	FRA	A	8	2	27:52.66	
3	214	GONDOUIN Valentin	FRA	A	7	3	27:53.09	SB
4	202	DEBOGNIES Simon	BEL	A	9	4	27:54.06	SB
5	215	GUYON Baptiste	FRA	A	15	5	27:54.53	PB
6	230	SELVAROLO Pasquale	ITA	A	25	6	28:00.03	PB
7	210	RAMOS Jesús	ESP	A	20	7	28:11.26	SB
8	212	AUGUSTO Bastien	FRA	A	27	8	28:19.79	PB
9	208	MENACHO Eduardo	ESP	A	12	9	28:26.40	
10	218	KARSAI Gábor	HUN	A	21	10	28:31.00	PB
11	239	VAN HOOREN Bas	NED	A	4	11	28:31.54	PB
12	203	HENDRIX Robin	BEL	A	1	12	28:34.05	SB
13	231	VALINČIUS Giedrius	LTU	A	24	13	28:44.68	PB
14	207	ESCAMILLA Mesfin	ESP	A	17	14	28:45.80	
15	228	MAGGI Konjoneh	ITA	A	16	15	28:46.57	
16	229	MONDAZZI Alberto	ITA	A	26	16	28:46.58	SB
17	200	CARABAÑA Nahuel	AND	A	10	17	28:47.06	NR
18	206	ALBA Pablo	ESP	A	11	18	28:52.00	
19	242	BORGES Miguel	POR	A	3	19	28:56.05	SB
20	209	PÉREZ Juan Antonio	ESP	A	2	20	28:57.66	SB
21	249	LÖFQVIST Oliver	SWE	A	18	21	29:03.88	SB
22	217	RAMSDEN Matthew	GBR	Final B	15	1	29:11.69	PB
23	205	ZAJÍC Martin	CZE	Final B	20	2	29:13.02	SB
24	244	PINTO Rui	POR	Final B	7	3	29:13.86	SB
25	225	BRUNIER Lorenzo	ITA	Final B	10	4	29:17.06	PB
26	223	Ó GAILÍN Oisín	IRL	A	6	22	29:17.30	SB
27	227	GUERRA Francesco	ITA	A	23	23	29:25.86	SB
28	201	WELDEZGHI Seare	ART	Final B	1	5	29:28.41	PB
29	243	GOMES Duarte	POR	A	14	24	29:36.00	SB
30	216	KAVANAGH Jack	GBR	Final B	9	6	29:47.08	SB
31	235	FUTSELAAR Frank	NED	Final B	2	7	29:55.77	SB
32	219	LOMB Ádám	HUN	Final B	21	8	29:58.32	
33	245	KOKALJ Jan	SLO	Final B	3	9	29:59.15	PB
34	211	SIHT Morten	EST	Final B	24	10	30:07.45	PB
35	204	NOVOSEL Tomislav	CRO	Final B	14	11	30:09.88	
36	220	BATTLE Jamie	IRL	Final B	12	12	30:11.63	SB
37	246	CACHELIN Guillaume	SUI	Final B	4	13	30:19.64	SB
38	237	KOPMELS Cas	NED	Final B	16	14	30:24.27	SB
39	248	MENNET Robin	SUI	Final B	5	15	30:27.81	PB
40	233	MICALLEF Luke	MLT	Final B	23	16	30:30.39	PB
41	238	VAN DEN HURK Ties	NED	Final B	17	17	30:33.10	SB
42	250	ÇAĞIRAN Abdulhalik	TUR	A	22	25	30:38.02	
43	253	LONSKYI Vadym	UKR	Final B	18	18	30:38.76	
44	234	ASSORGIA Gianluca	NED	Final B	8	19	31:00.17	SB
45	232	RĂILEANU Maxim	MDA	Final B	6	20	31:01.98	SB
46	236	HOOGBOOM Tom	NED	Final B	19	21	31:28.13	SB
47	252	YAZICI Enbiya	TUR	Final B	22	22	31:45.52	
48	251	SELEK Mert	TUR	A	19	26	32:01.01	

SAT 23 MAY 2026
18:00

10000m Men

Final

Results Summary

EUROPEAN RECORD	26:46.57	FARAH Mo	GBR	Hayward Field, Eugene, OR (USA)	3 JUN 2011
CHAMPIONSHIP RECORD	27:14.44	RONCERO Fabian	ESP	Lisboa (POR)	4 APR 1998

Rank	Bib	Name	Ctry Code	Heat	Order	Position	Time
	247	FREITAG Nino	SUI	Final B	11		DNF
	71	HAFASHIMANA Emile (g)	BDI	A	29		DNF
	70	NDIKUMANA Célestin (g)	BDI	A	28		DNF
	221	MORGAN Callum	IRL	A	13		DNF
	72	IRAKOZE Thierry (g)	BDI	Final B	25		DNF
	222	MURPHY Michael	IRL	Final B	13		DNF

Legend:							
(g)	Guest	DNF	Did not Finish	NR	National Record	PB	Personal Best
SB	Season Best						

SAT 23 MAY 2026
19:20

10000m Team Cup Men

Final

Results

Athletes: 34

Countries: 8

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
1	France (FRA)					1:23:40.28
		213	BEDARD Simon	27:52.66	2	
		214	GONDOUIN Valentin	27:53.09	3	
		215	GUYON Baptiste	27:54.53	5	
		212	AUGUSTO Bastien	28:19.79	8	
2	Italy (ITA)					1:24:36.65
		224	AOUANI Iliass	27:50.05	1	
		230	SELVAROLO Pasquale	28:00.03	6	
		228	MAGGI Konjoneh	28:46.57	15	
		229	MONDAZZI Alberto	28:46.58	16	
		225	BRUNIER Lorenzo	29:17.06	25	
		227	GUERRA Francesco	29:25.86	27	
3	Spain (ESP)					1:25:23.46
		210	RAMOS Jesús	28:11.26	7	
		208	MENACHO Eduardo	28:26.40	9	
		207	ESCAMILLA Mesfin	28:45.80	14	
		206	ALBA Pablo	28:52.00	18	
		209	PÉREZ Juan Antonio	28:57.66	20	
4	Portugal (POR)					1:27:45.91
		242	BORGES Miguel	28:56.05	19	
		244	PINTO Rui	29:13.86	24	
		243	GOMES Duarte	29:36.00	29	
5	Netherlands (NED)					1:28:51.58
		239	VAN HOOREN Bas	28:31.54	11	
		235	FUTSELAAR Frank	29:55.77	31	
		237	KOPMELS Cas	30:24.27	38	
		238	VAN DEN HURK Ties	30:33.10	41	
		234	ASSORGIA Gianluca	31:00.17	44	
		236	HOOGEBOOM Tom	31:28.13	46	
6	Türkiye (TUR)					1:34:24.55
		250	ÇAĞIRAN Abdulhalik	30:38.02	42	
		252	YAZICI Enbiya	31:45.52	47	
		251	SELEK Mert	32:01.01	48	
	Switzerland (SUI)					NM
		246	CACHELIN Guillaume	30:19.64	37	
		248	MENNET Robin	30:27.81	39	
		247	FREITAG Nino	DNF		

SAT 23 MAY 2026
19:20

10000m Team Cup Men

Final

Results

Athletes: 34

Countries: 8

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
Ireland (IRL)						NM
		223	Ó GAILÍN Oisín	29:17.30	26	
		220	BATTLE Jamie	30:11.63	36	
		221	MORGAN Callum	DNF		
		222	MURPHY Michael	DNF		

SAT 23 MAY 2026
19:20

10000m Team Cup Men

Final

Race Analysis

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	10000m

1 FRANCE FRA 1:23:40.28

1:44.90 (4)	3:27.35 (3)	5:06.83 (1)	6:47.29 (3)	8:26.76 (3)	10:07.04 (2)	11:46.83 (2)	13:27.37 (2)	15:07.50 (2)	16:48.28 (3)
	1:42.45	1:39.48	1:40.46	1:39.47	1:40.28	1:39.79	1:40.54	1:40.13	1:40.78
18:28.98 (3)	20:08.52 (3)	21:49.10 (3)	23:28.66 (2)	25:08.51 (2)	26:48.26 (2)	28:29.15 (2)	30:09.19 (2)	31:49.57 (2)	33:30.14 (2)
1:40.70	1:39.54	1:40.58	1:39.56	1:39.85	1:39.75	1:40.89	1:40.04	1:40.38	1:40.57
35:10.17 (2)	36:50.68 (2)	38:31.26 (2)	40:12.42 (2)	41:54.04 (2)	43:36.58 (2)	45:18.55 (2)	46:59.30 (2)	48:42.07 (2)	50:23.50 (2)
1:40.03	1:40.51	1:40.58	1:41.16	1:41.62	1:42.54	1:41.97	1:40.75	1:42.77	1:41.43
52:03.78 (2)	53:42.76 (1)	55:23.23 (1)	57:04.31 (1)	58:45.74 (1)	60:27.41 (1)	62:09.06 (1)	63:53.78 (1)	65:38.38 (1)	67:23.39 (1)
1:40.28	1:38.98	1:40.47	1:41.08	1:41.43	1:41.67	1:42.65	1:43.72	1:44.60	1:45.01
69:05.71 (1)	70:46.18 (1)	72:24.80 (1)	74:04.22 (1)	75:45.21 (1)	77:25.28 (1)	79:03.50 (1)	80:39.76 (1)	82:21.13 (1)	84:02.28 (1)
1:42.32	1:40.47	1:38.62	1:39.42	1:40.99	1:40.07	1:38.22	1:36.26	1:33.37	1:27.15

2 ITALY ITA 1:24:36.65 56.37

1:43.77 (1)	3:27.32 (2)	5:07.36 (3)	6:46.82 (1)	8:26.05 (1)	10:06.63 (1)	11:46.24 (1)	13:25.99 (1)	15:06.10 (1)	16:45.64 (1)
	1:43.55	1:40.04	1:39.46	1:39.23	1:40.58	1:39.61	1:39.75	1:40.11	1:39.54
18:26.31 (1)	20:05.11 (1)	21:45.44 (1)	23:24.81 (1)	25:05.12 (1)	26:44.21 (1)	28:23.83 (1)	30:03.69 (1)	31:43.79 (1)	33:23.31 (1)
1:40.67	1:38.80	1:40.33	1:39.37	1:40.31	1:39.09	1:39.62	1:39.86	1:40.10	1:39.52
35:03.12 (1)	36:43.22 (1)	38:23.84 (1)	40:05.57 (1)	41:47.57 (1)	43:30.36 (1)	45:13.13 (1)	46:54.88 (1)	48:38.11 (1)	50:20.58 (1)
1:39.81	1:40.10	1:40.62	1:41.73	1:42.00	1:42.79	1:42.77	1:41.75	1:43.23	1:42.47
52:02.78 (1)	53:46.28 (2)	55:30.21 (2)	57:14.25 (2)	58:58.42 (2)	60:42.90 (2)	62:27.31 (2)	64:13.36 (2)	65:59.29 (2)	67:45.62 (2)
1:42.20	1:43.50	1:43.93	1:44.04	1:44.17	1:44.48	1:44.41	1:46.05	1:45.93	1:46.33
69:29.84 (2)	71:13.36 (2)	72:55.60 (2)	74:38.73 (2)	76:20.84 (2)	78:02.32 (2)	79:43.20 (2)	81:24.08 (2)	83:01.48 (2)	84:36.65 (2)
1:44.22	1:43.52	1:42.24	1:43.13	1:42.11	1:41.48	1:40.88	1:40.88	1:37.40	1:35.17

3 SPAIN ESP 1:25:23.46 1:43.18

1:44.09 (2)	3:26.64 (1)	5:07.21 (2)	6:46.91 (2)	8:26.45 (2)	10:07.30 (3)	11:47.13 (3)	13:27.53 (3)	15:07.68 (3)	16:48.04 (2)
	1:42.55	1:40.57	1:39.70	1:39.54	1:40.85	1:39.83	1:40.40	1:40.15	1:40.36
18:28.86 (2)	20:08.33 (2)	21:49.08 (2)	23:29.27 (3)	25:09.81 (3)	26:50.31 (3)	28:31.67 (3)	30:12.25 (3)	31:53.08 (3)	33:33.86 (3)
1:40.82	1:39.47	1:40.75	1:40.19	1:40.54	1:40.50	1:41.36	1:40.58	1:40.83	1:40.78
35:15.93 (3)	36:58.44 (3)	38:39.94 (3)	40:21.63 (3)	42:03.81 (3)	43:46.54 (3)	45:27.76 (3)	47:10.04 (3)	48:52.70 (3)	50:35.58 (3)
1:42.07	1:42.51	1:41.50	1:41.69	1:42.18	1:42.73	1:41.22	1:42.28	1:42.66	1:42.88
52:17.87 (3)	54:00.98 (3)	55:44.24 (3)	57:28.58 (3)	59:12.98 (3)	60:58.12 (3)	62:42.80 (3)	64:28.33 (3)	66:13.11 (3)	67:59.83 (3)
1:42.29	1:43.11	1:43.26	1:44.34	1:44.40	1:45.14	1:44.68	1:45.53	1:44.78	1:46.72
69:45.82 (3)	71:31.67 (3)	73:17.21 (3)	75:04.22 (3)	76:50.18 (3)	78:36.64 (3)	80:21.69 (3)	82:06.60 (3)	83:47.32 (3)	85:23.46 (3)
1:45.99	1:45.85	1:45.54	1:47.01	1:45.96	1:46.46	1:45.05	1:44.91	1:40.72	1:36.14

4 PORTUGAL POR 1:27:45.91 4:05.63

1:46.75 (6)	3:31.40 (6)	5:11.93 (6)	6:52.93 (5)	8:34.34 (5)	10:15.61 (5)	11:56.88 (5)	13:37.48 (5)	15:19.20 (4)	17:01.28 (4)
	1:44.65	1:40.53	1:41.00	1:41.41	1:41.27	1:41.27	1:40.60	1:41.72	1:42.08
18:43.82 (4)	20:26.34 (4)	22:09.79 (4)	23:52.90 (4)	25:36.48 (4)	27:19.93 (4)	29:04.00 (4)	30:48.72 (4)	32:33.01 (4)	34:18.07 (4)
1:42.54	1:42.52	1:43.45	1:43.11	1:43.58	1:43.45	1:44.07	1:44.72	1:44.29	1:45.06
36:03.68 (4)	37:49.26 (4)	39:34.14 (4)	41:19.62 (4)	43:04.91 (4)	44:50.89 (4)	46:36.38 (4)	48:23.88 (4)	50:09.73 (4)	51:56.20 (4)
1:45.61	1:45.58	1:44.88	1:45.48	1:45.29	1:45.98	1:45.49	1:47.50	1:45.85	1:46.47
53:43.95 (4)	55:30.73 (4)	57:16.46 (4)	59:03.17 (4)	60:52.63 (4)	62:42.01 (4)	64:31.13 (4)	66:19.97 (4)	68:08.98 (4)	69:57.73 (4)
1:47.75	1:46.78	1:45.73	1:46.71	1:49.46	1:49.38	1:49.12	1:48.84	1:49.01	1:48.75
71:47.46 (4)	73:37.05 (4)	75:25.83 (4)	77:13.11 (4)	79:03.06 (4)	80:52.31 (4)	82:40.87 (4)	84:27.41 (4)	86:08.56 (4)	87:45.91 (4)
1:49.73	1:49.59	1:48.78	1:47.28	1:49.95	1:49.25	1:48.56	1:46.54	1:41.15	1:37.35

SAT 23 MAY 2026
19:20

10000m Team Cup Men

Final

Race Analysis

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	10000m

5 NETHERLANDS NED 1:28:51.58 5:11.30

1:47.32 (7)	3:32.65 (7)	5:17.68 (8)	7:02.63 (8)	8:48.27 (8)	10:34.30 (8)	12:21.69 (7)	14:09.96 (7)	15:57.54 (7)	17:41.75 (7)
1:46.75	1:45.33	1:45.03	1:44.95	1:45.64	1:46.03	1:47.39	1:48.27	1:47.58	1:44.21
19:28.50 (7)	21:16.47 (7)	23:05.10 (7)	24:51.94 (7)	26:41.50 (7)	28:30.28 (7)	30:21.48 (7)	32:11.02 (7)	33:59.52 (7)	35:48.88 (7)
1:46.75	1:47.97	1:48.63	1:46.84	1:49.56	1:48.78	1:51.20	1:49.54	1:48.50	1:49.36
37:38.59 (7)	39:30.02 (7)	41:20.21 (7)	43:11.82 (7)	45:02.83 (7)	46:55.69 (7)	48:47.48 (6)	50:37.89 (6)	52:29.82 (5)	54:20.62 (5)
1:49.71	1:51.43	1:50.19	1:51.61	1:51.01	1:52.86	1:51.79	1:50.41	1:51.93	1:50.80
56:12.18 (5)	58:03.05 (5)	59:54.48 (5)	1:01:46.14 (5)	1:03:37.03 (5)	1:05:27.98 (5)	1:07:19.83 (5)	1:09:12.13 (5)	1:11:04.23 (5)	1:12:54.87 (5)
1:51.56	1:50.87	1:51.43	1:51.66	1:50.89	1:50.95	1:51.85	1:52.30	1:52.10	1:50.64
1:14:45.47 (5)	1:16:36.85 (5)	1:18:27.48 (5)	1:20:18.15 (5)	1:22:07.68 (5)	1:23:55.32 (5)	1:25:43.28 (5)	1:27:29.91 (5)	1:30:16.12 (5)	1:28:51.58 (5)
1:50.60	1:51.38	1:50.63	1:50.67	1:49.53	1:47.64	1:47.96	1:46.63	2:46.21	1:24.54

6 TÜRKİYE TUR 1:34:24.55 10:44.27

1:48.53 (8)	3:34.56 (8)	5:16.39 (7)	6:58.88 (7)	8:40.97 (7)	10:23.18 (7)	12:06.80 (6)	13:49.86 (6)	15:32.10 (6)	17:14.24 (6)
1:46.03	1:41.83	1:42.49	1:42.09	1:42.21	1:43.62	1:43.06	1:43.06	1:42.24	1:42.14
18:56.79 (6)	20:40.01 (6)	22:24.43 (6)	24:09.51 (6)	25:56.36 (6)	27:42.65 (6)	29:31.60 (6)	31:21.80 (6)	33:13.88 (6)	35:09.47 (6)
1:42.55	1:43.22	1:44.42	1:45.08	1:46.85	1:46.29	1:48.95	1:50.20	1:52.08	1:55.59
37:05.33 (6)	39:01.98 (6)	41:00.68 (6)	42:57.30 (6)	44:55.98 (6)	46:54.23 (6)	48:53.00 (7)	50:51.11 (7)	52:51.48 (6)	54:51.76 (6)
1:55.86	1:56.65	1:58.70	1:56.62	1:58.68	1:58.25	1:58.77	1:58.11	2:00.37	2:00.28
56:44.75 (6)	58:44.47 (6)	1:00:45.86 (6)	1:02:46.46 (6)	1:04:45.55 (6)	1:06:45.01 (6)	1:08:46.42 (6)	1:10:47.32 (6)	1:12:48.04 (6)	1:14:47.23 (6)
1:52.99	1:59.72	2:01.39	2:00.60	1:59.09	1:59.46	2:01.41	2:00.90	2:00.72	1:59.19
1:16:47.64 (6)	1:18:48.96 (6)	1:20:48.05 (6)	1:22:48.94 (6)	1:24:45.20 (6)	1:26:40.59 (6)	1:28:37.58 (6)	1:30:33.88 (6)	1:32:31.62 (6)	1:34:24.55 (6)
2:00.41	2:01.32	1:59.09	2:00.89	1:56.26	1:55.39	1:56.99	1:56.30	1:57.74	1:52.93

SWITZERLAND SUI NM

1:45.39 (5)	3:28.89 (5)	5:11.02 (5)	6:54.44 (6)	8:38.31 (6)	10:22.47 (6)				
1:43.50	1:42.13	1:43.42	1:43.87	1:44.16					
									NM

IRELAND IRL NM

1:44.44 (3)	3:28.64 (4)	5:09.72 (4)	6:50.29 (4)	8:31.42 (4)	10:13.16 (4)	11:55.09 (4)	13:37.21 (4)	15:19.95 (5)	17:03.10 (5)
1:44.20	1:41.08	1:40.57	1:41.13	1:41.74	1:41.93	1:42.12	1:42.74	1:43.15	
18:47.27 (5)	20:31.28 (5)	22:15.89 (5)	23:59.06 (5)	25:42.18 (5)	27:25.37 (5)	29:09.76 (5)	30:54.48 (5)	32:39.35 (5)	34:24.80 (5)
1:44.17	1:44.01	1:44.61	1:43.17	1:43.12	1:43.19	1:44.39	1:44.72	1:44.87	1:45.45
36:10.38 (5)	37:56.05 (5)	39:42.03 (5)	41:27.93 (5)	43:13.38 (5)	44:59.16 (5)	46:45.02 (5)	48:32.54 (5)		
1:45.58	1:45.67	1:45.98	1:45.90	1:45.45	1:45.78	1:45.86	1:47.52		
									NM

Race Analysis

Weather conditions

Temperature: 29°C

Humidity: 47%

Conditions: Sunny

Legend:

NM No Mark

SAT 23 MAY 2026
17:15

10000m Women

Final

Results

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

FINAL A Start Time: 18:40

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	46	GLINKA Elzbieta Poland	POL	30 OCT 1993	13	31:45.36	PB
2	17	ZARBO Alessia France	FRA	9 NOV 2001	7	31:56.18	SB
3	35	PALMERO Elisa Italy	ITA	7 OCT 1999	4	31:59.49	SB
4	42	GULIKERS Jennifer Netherlands	NED	18 AUG 1994	27	32:01.57	PB
5	47	MACHADO Mariana Portugal	POR	11 DEC 2000	3	32:11.96	PB
6	25	ALLEN Niamh Ireland	IRL	19 APR 1995	26	32:15.79	SB
7	32	DEL BUONO Federica Italy	ITA	12 DEC 1994	5	32:27.95	SB
8	10	BERZOSA Alicia Spain	ESP	9 OCT 2000	9	32:32.48	SB
9	55	KUNUR Derya Türkiye	TUR	9 JAN 1999	19	32:40.60	PB
10	27	EVERARD Fiona Ireland	IRL	30 SEP 1998	8	32:41.28	PB
11	8	ÁLVAREZ Beatriz Spain	ESP	16 DEC 1994	16	32:47.71	
12	7	HROCHOVÁ Tereza Czech Republic	CZE	24 FEB 1996	29	32:51.72	PB
13	34	NIMBONA Elvanie Italy	ITA	15 MAR 1998	23	32:57.13	SB
14	33	LONEDO Rebecca Italy	ITA	12 MAY 1996	2	32:58.13	PB
15	60	STREBKOVA Nataliya Ukraine	UKR	3 JUN 1995	21	33:00.43	PB
16	20	MARTIN Jessica Great Britain & Northern Ireland	GBR	10 JAN 1992	15	33:09.61	SB
17	21	QUIRK Amelia Great Britain & Northern Ireland	GBR	18 DEC 1999	10	33:15.33	SB
18	18	DANNATT Charlotte Great Britain & Northern Ireland	GBR	5 DEC 1999	14	33:18.04	SB
19	56	YILDIRIM Bahar Türkiye	TUR	10 JAN 1998	11	33:18.27	
20	30	NIC DHOMHNAILL SORCHA Ireland	IRL	27 FEB 1990	17	33:19.00	SB
21	9	BARREIRO Isabel Spain	ESP	26 APR 1999	6	33:21.88	
22	19	JONES Lucy Great Britain & Northern Ireland	GBR	18 SEP 1998	25	33:25.13	SB
23	16	CHYDENIUS Nina Finland	FIN	28 JAN 1990	12	33:28.19	SB
24	58	MAZURENKO Mariia Ukraine	UKR	28 MAY 1997	28	33:31.46	SB
25	14	SÁNCHEZ-ESCRIBANO Irene Spain	ESP	25 AUG 1992	1	33:46.24	
26	59	SHKURKO Viktoriia Ukraine	UKR	25 DEC 1997	20	33:50.32	
27	1	ABAROGÉ Farida Athlete Refugee Team	ART	1 JAN 1994	22	33:54.07	PB
28	54	ÇETO Nursena Türkiye	TUR	5 JAN 2002	18	34:32.25	

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10000m Women
Final
Results

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

FINAL A Start Time: 18:40

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result
	74	NIYOMUKUNZI Francine (g) Burundi	BDI	1 AUG 1999	30	DNF
	48	SANTOS Susana Portugal	POR	7 MAY 1992	24	DNF
Intermediate Times:			1000m	3:05.89	74	NIYOMUKUNZI Francine (BDI)
			2000m	6:12.78	74	NIYOMUKUNZI Francine (BDI)
			3000m	9:22.80	74	NIYOMUKUNZI Francine (BDI)
			4000m	12:32.93	74	NIYOMUKUNZI Francine (BDI)
			5000m	15:46.67	74	NIYOMUKUNZI Francine (BDI)
			6000m	18:59.35	74	NIYOMUKUNZI Francine (BDI)
			7000m	22:16.37	17	ZARBO Alessia (FRA)
			8000m	25:31.57	46	GLINKA Elzbieta (POL)
			9000m	28:40.23	46	GLINKA Elzbieta (POL)

FINAL B Start Time: 17:15

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result	
1	2	LASSACHER Cordula Austria	AUT	28 NOV 2003	12	33:22.44	PB
2	37	SETTINO Greta Italy	ITA	7 DEC 2003	18	33:31.10	PB
3	43	VAN KOLDAM Ineke Netherlands	NED	21 NOV 1997	1	33:36.47	PB
4	13	ROMERO Andrea Spain	ESP	20 APR 2000	4	33:41.35	SB
5	12	GALIMANY Marta Spain	ESP	10 MAY 1985	5	34:10.56	SB
6	44	SIREVÅG Anna Marie Nordengen Norway	NOR	24 MAY 2004	9	34:30.81	SB
7	38	ZANNE Federica Italy	ITA	14 AUG 1997	6	34:31.30	SB
8	26	DERVAN Faye Ireland	IRL	16 SEP 2002	16	34:32.84	PB
9	40	ŽUSINAITĖ-NEKRIOSIENĖ Vaida Lithuania	LTU	13 JAN 1988	13	34:33.00	PB
10	51	DE BRUYN Lisa Switzerland	SUI	8 JUL 2002	17	34:33.59	PB
11	23	WELLSTED Lizzie Great Britain & Northern Ireland	GBR	31 MAY 2006	11	34:35.09	SB
12	28	HAGGARD-KEARNEY Emily Ireland	IRL	11 OCT 1995	3	34:39.91	SB
13	29	JACKMAN Patricia Ireland	IRL	17 JUL 1991	15	34:40.54	SB
14	49	SILVA Mónica Portugal	POR	4 OCT 2000	14	34:41.63	PB
15	57	KOHUT Tetiana Ukraine	UKR	18 MAR 2003	2	34:43.31	
16	22	WEEDALL Holly Great Britain & Northern Ireland	GBR	31 DEC 2004	10	35:35.86	SB
	6	AVRAMOVA Devora Bulgaria	BUL	3 JAN 2000	21	DNF	
	41	GOESSENS Tess Netherlands	NED	1 JAN 2004	23	DNF	

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10000m Women

Final

Results

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

FINAL B

Start Time: 17:15

Rank	Bib	Name	Ctry Code	Date of Birth	Order	Result
39		CAUNE Agate Latvia	LAT	8 JUL 2004	8	DNF
52		FULGINITI Giulia Switzerland	SUI	15 MAR 2005	20	DNF
53		MEIER Andrea Switzerland	SUI	2 SEP 1993	19	DNF
75		MATTAGLIANO Joyce (g) Italy	ITA	3 MAY 1994	24	DNF
50		SIRBU Madalina-elena Romania	ROU	5 JUL 2003	22	DNF
4		REDLINGER Lisa Austria	AUT	13 NOV 2002	7	DNS
Intermediate Times:		1000m	3:14.59	75	MATTAGLIANO Joyce (ITA)	
		2000m	6:31.31	75	MATTAGLIANO Joyce (ITA)	
		3000m	9:55.31	75	MATTAGLIANO Joyce (ITA)	
		4000m	13:18.67	37	SETTINO Greta (ITA)	
		5000m	16:44.28	37	SETTINO Greta (ITA)	
		6000m	20:11.29	37	SETTINO Greta (ITA)	
		7000m	23:34.42	37	SETTINO Greta (ITA)	
		8000m	26:58.34	37	SETTINO Greta (ITA)	
		9000m	30:16.35	2	LASSACHER Cordula (AUT)	

Weather conditions at the beginning of the 1st heat

Temperature: 29°C Humidity: 47% Conditions: Sunny

Legend:						
(g)	Guest	DNF	Did not Finish	DNS	Did not Start	PB
SB	Season Best					Personal Best

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10000m Women

Final A

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

1 **46** **GLINKA Elzbieta** **POL** **30 OCT 1993** **31:45.36** **PB**

38.73 (20)	1:18.02 (23) 39.29	1:56.85 (23) 38.83	2:35.58 (18) 38.73	3:13.52 (18) 37.94	3:52.01 (18) 38.49	4:30.64 (18) 38.63	5:09.32 (18) 38.68	5:47.19 (18) 37.87	6:25.23 (17) 38.04
7:03.66 (16) 38.43	7:42.27 (16) 38.61	8:21.29 (16) 39.02	9:00.37 (16) 39.08	9:38.04 (15) 37.67	10:16.87 (14) 38.83	10:55.17 (13) 38.30	11:33.03 (13) 37.86	12:11.25 (13) 38.22	12:50.53 (11) 39.28
13:29.55 (10) 39.02	14:08.22 (10) 38.67	14:46.02 (10) 37.80	15:25.01 (10) 38.99	16:03.11 (9) 38.10	16:40.22 (9) 37.11	17:16.79 (9) 36.57	17:56.05 (8) 39.26	18:34.82 (3) 38.77	19:12.28 (3) 37.46
19:49.46 (2) 37.18	20:27.37 (2) 37.91	21:04.12 (2) 36.75	21:41.88 (3) 37.76	22:19.57 (2) 37.69	22:57.32 (2) 37.75	23:35.43 (2) 38.11	24:13.76 (2) 38.33	24:52.69 (2) 38.93	25:31.57 (1) 38.88
26:09.19 (1) 37.62	26:46.87 (1) 37.68	27:24.69 (1) 37.82	28:02.66 (1) 37.97	28:40.23 (1) 37.57	29:18.16 (1) 37.93	29:55.48 (1) 37.32	30:33.37 (1) 37.89	31:09.91 (1) 36.54	31:45.36 (1) 35.45

2 **17** **ZARBO Alessia** **FRA** **9 NOV 2001** **31:56.18** **10.83** **SB**

35.95 (3)	1:13.14 (3) 37.19	1:50.68 (3) 37.54	2:29.28 (3) 38.60	3:06.20 (2) 36.92	3:43.79 (2) 37.59	4:21.24 (2) 37.45	4:58.36 (2) 37.12	5:35.65 (2) 37.29	6:13.27 (2) 37.62
6:51.20 (2) 37.93	7:29.27 (2) 38.07	8:07.15 (2) 37.88	8:45.04 (2) 37.89	9:23.12 (2) 38.08	10:01.19 (2) 38.07	10:39.35 (2) 38.16	11:17.33 (2) 37.98	11:55.51 (2) 38.18	12:33.37 (2) 37.86
13:11.72 (2) 38.35	13:50.25 (2) 38.53	14:29.25 (2) 39.00	15:08.28 (2) 39.03	15:46.92 (2) 38.64	16:25.25 (2) 38.33	17:03.99 (2) 38.74	17:43.10 (2) 39.11	18:21.33 (2) 38.23	18:59.78 (2) 38.45
19:38.91 (1) 39.13	20:18.12 (1) 39.21	20:57.41 (1) 39.29	21:37.37 (2) 39.96	22:16.37 (1) 39.00	22:55.17 (1) 38.80	23:33.42 (1) 38.25	24:13.13 (1) 39.71	24:52.55 (1) 39.42	25:31.95 (2) 39.40
26:10.63 (2) 38.68	26:49.68 (2) 39.05	27:29.28 (2) 39.60	28:08.80 (2) 39.52	28:46.92 (2) 38.12	29:25.73 (2) 38.81	30:03.17 (2) 37.44	30:41.94 (2) 38.77	31:19.39 (2) 37.45	31:56.18 (2) 36.79

3 **35** **PALMERO Elisa** **ITA** **7 OCT 1999** **31:59.49** **14.14** **SB**

36.37 (6)	1:13.97 (5) 37.60	1:51.59 (4) 37.62	2:29.88 (4) 38.29	3:07.47 (5) 37.59	3:45.59 (4) 38.12	4:24.16 (4) 38.57	5:02.43 (4) 38.27	5:41.05 (4) 38.62	6:19.11 (4) 38.06
6:57.34 (4) 38.23	7:35.58 (4) 38.24	8:14.26 (4) 38.68	8:53.50 (4) 39.24	9:31.14 (3) 37.64	10:09.52 (3) 38.38	10:47.69 (3) 38.17	11:25.98 (3) 38.29	12:04.17 (3) 38.19	12:42.76 (3) 38.59
13:21.50 (3) 38.74	14:00.22 (3) 38.72	14:39.09 (3) 38.87	15:18.25 (3) 39.16	15:56.90 (3) 38.65	16:36.49 (5) 39.59	17:15.02 (5) 38.53	17:55.60 (5) 40.58	18:35.38 (7) 39.78	19:12.70 (4) 37.32
19:49.80 (3) 37.10	20:27.67 (3) 37.87	21:05.34 (3) 37.67	21:44.11 (4) 38.77	22:22.85 (3) 38.74	23:01.64 (3) 38.79	23:40.26 (3) 38.62	24:19.40 (3) 39.14	24:58.26 (3) 38.86	25:37.45 (3) 39.19
26:16.40 (3) 38.95	26:55.37 (3) 38.97	27:34.37 (3) 39.00	28:13.10 (3) 38.73	28:51.15 (3) 38.05	29:30.32 (3) 39.17	30:08.87 (3) 38.55	30:47.70 (3) 38.83	31:24.33 (3) 36.63	31:59.49 (3) 35.16

4 **42** **GULIKERS Jennifer** **NED** **18 AUG 1994** **32:01.57** **16.22** **PB**

36.16 (4)	1:13.52 (4) 37.36	1:51.94 (7) 38.42	2:30.62 (9) 38.68	3:08.30 (9) 37.68	3:46.43 (9) 38.13	4:25.18 (9) 38.75	5:03.50 (9) 38.32	5:42.11 (9) 38.61	6:20.39 (9) 38.28
6:58.58 (9) 38.19	7:36.86 (9) 38.28	8:15.37 (9) 38.51	8:54.45 (9) 39.08	9:32.54 (8) 38.09	10:10.57 (7) 38.03	10:48.73 (7) 38.16	11:27.00 (7) 38.27	12:04.82 (6) 37.82	12:43.57 (7) 38.75
13:22.09 (6) 38.52	14:00.93 (6) 38.84	14:39.90 (6) 38.97	15:18.43 (4) 38.53	15:57.16 (4) 38.73	16:36.04 (3) 38.88	17:14.54 (3) 38.50	17:55.38 (4) 40.84	18:35.07 (4) 39.69	19:13.71 (5) 38.64
19:52.65 (4) 38.94	20:32.02 (4) 39.37	21:11.37 (5) 39.35	21:50.45 (6) 39.08	22:28.81 (4) 38.36	23:07.61 (4) 38.80	23:46.34 (4) 38.73	24:25.48 (4) 39.14	25:04.29 (4) 38.81	25:43.59 (4) 39.30
26:22.20 (4) 38.61	27:01.06 (4) 38.86	27:39.98 (4) 38.92	28:18.83 (4) 38.85	28:57.70 (4) 38.87	29:35.87 (4) 38.17	30:12.96 (4) 37.09	30:50.84 (4) 37.88	31:27.47 (4) 36.63	32:01.57 (4) 34.10

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Final A

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

5 **47** **MACHADO Mariana** **POR** **11 DEC 2000** **32:11.96** **26.61** **PB**

36.35 (5)	1:14.23 (6) 37.88	1:51.76 (6) 37.53	2:30.05 (6) 38.29	3:07.73 (6) 37.68	3:46.02 (7) 38.29	4:24.61 (6) 38.59	5:03.05 (6) 38.44	5:41.25 (5) 38.20	6:19.53 (6) 38.28
6:57.78 (6) 38.25	7:36.09 (6) 38.31	8:14.73 (6) 38.64	8:53.91 (6) 39.18	9:31.81 (5) 37.90	10:10.11 (5) 38.30	10:48.20 (5) 38.09	11:26.54 (5) 38.34	12:04.62 (5) 38.08	12:43.47 (6) 38.85
13:22.33 (7) 38.86	14:01.26 (7) 38.93	14:40.13 (7) 38.87	15:19.21 (7) 39.08	15:57.43 (5) 38.22	16:36.78 (6) 39.35	17:15.47 (6) 38.69	17:55.92 (7) 40.45	18:35.71 (8) 39.79	19:14.92 (8) 39.21
19:53.71 (6) 38.79	20:33.73 (6) 40.02	21:13.02 (7) 39.29	21:53.21 (8) 40.19	22:33.09 (7) 39.88	23:12.54 (7) 39.45	23:51.29 (7) 38.75	24:31.48 (6) 40.19	25:11.27 (6) 39.79	25:52.23 (7) 40.96
26:32.71 (7) 40.48	27:13.58 (7) 40.87	27:52.06 (6) 38.48	28:30.67 (6) 38.61	29:08.40 (6) 37.73	29:46.96 (6) 38.56	30:24.51 (5) 37.55	31:01.98 (5) 37.47	31:37.88 (5) 35.90	32:11.96 (5) 34.08

6 **25** **ALLEN Niamh** **IRL** **19 APR 1995** **32:15.79** **30.44** **SB**

37.13 (10)	1:14.36 (7) 37.23	1:51.67 (5) 37.31	2:29.98 (5) 38.31	3:07.25 (4) 37.27	3:45.42 (3) 38.17	4:23.91 (3) 38.49	5:02.38 (3) 38.47	5:40.79 (3) 38.41	6:18.94 (3) 38.15
6:57.11 (3) 38.17	7:35.36 (3) 38.25	8:14.03 (3) 38.67	8:53.21 (3) 39.18	9:31.61 (4) 38.40	10:09.89 (4) 38.28	10:48.00 (4) 38.11	11:26.31 (4) 38.31	12:04.38 (4) 38.07	12:43.04 (4) 38.66
13:21.78 (4) 38.74	14:00.49 (4) 38.71	14:39.42 (4) 38.93	15:18.77 (6) 39.35	15:57.87 (7) 39.10	16:36.99 (7) 39.12	17:15.56 (7) 38.57	17:55.86 (6) 40.30	18:35.35 (6) 39.49	19:14.08 (6) 38.73
19:52.79 (5) 38.71	20:32.07 (5) 39.28	21:11.10 (4) 39.03	21:50.29 (5) 39.19	22:28.86 (5) 38.57	23:07.94 (5) 39.08	23:46.81 (5) 38.87	24:26.33 (5) 39.52	25:05.54 (5) 39.21	25:45.59 (5) 40.05
26:24.87 (5) 39.28	27:04.35 (5) 39.48	27:44.00 (5) 39.65	28:24.17 (5) 40.17	29:04.01 (5) 39.84	29:44.55 (5) 40.54	30:24.98 (6) 40.43	31:04.42 (6) 39.44	31:40.65 (6) 36.23	32:15.79 (6) 35.14

7 **32** **DEL BUONO Federica** **ITA** **12 DEC 1994** **32:27.95** **42.59** **SB**

36.59 (7)	1:14.45 (8) 37.86	1:52.04 (8) 37.59	2:30.46 (7) 38.42	3:07.96 (8) 37.50	3:46.28 (8) 38.32	4:24.89 (8) 38.61	5:03.36 (7) 38.47	5:41.54 (7) 38.18	6:19.92 (7) 38.38
6:58.08 (7) 38.16	7:36.35 (7) 38.27	8:15.02 (7) 38.67	8:54.21 (7) 39.19	9:32.36 (7) 38.15	10:10.42 (6) 38.06	10:48.51 (6) 38.09	11:26.85 (6) 38.34	12:05.08 (8) 38.23	12:43.77 (8) 38.69
13:22.59 (8) 38.82	14:01.59 (8) 39.00	14:40.41 (8) 38.82	15:19.54 (8) 39.13	15:58.18 (8) 38.64	16:37.19 (8) 39.01	17:16.08 (8) 38.89	17:56.23 (9) 40.15	18:36.16 (9) 39.93	19:15.20 (9) 39.04
19:54.09 (8) 38.89	20:34.21 (9) 40.12	21:13.55 (9) 39.34	21:54.08 (10) 40.53	22:34.25 (10) 40.17	23:14.42 (9) 40.17	23:54.76 (9) 40.34	24:35.20 (9) 40.44	25:15.18 (9) 39.98	25:55.65 (9) 40.47
26:35.34 (9) 39.69	27:15.89 (9) 40.55	27:56.10 (9) 40.21	28:37.47 (9) 41.37	29:17.10 (8) 39.63	29:56.80 (8) 39.70	30:36.49 (8) 39.69	31:15.97 (8) 39.48	31:52.64 (7) 36.67	32:27.95 (7) 35.31

8 **10** **BERZOSA Alicia** **ESP** **9 OCT 2000** **32:32.48** **47.12** **SB**

39.21 (24)	1:18.44 (25) 39.23	1:57.34 (25) 38.90	2:36.83 (25) 39.49	3:14.24 (20) 37.41	3:52.59 (20) 38.35	4:31.10 (20) 38.51	5:09.88 (20) 38.78	5:47.61 (20) 37.73	6:25.88 (20) 38.27
7:04.36 (19) 38.48	7:43.31 (19) 38.95	8:22.02 (19) 38.71	9:01.18 (19) 39.16	9:38.54 (17) 37.36	10:17.49 (16) 38.95	10:55.94 (16) 38.45	11:33.66 (15) 37.72	12:11.75 (15) 38.09	12:50.97 (13) 39.22
13:30.31 (13) 39.34	14:08.90 (13) 38.59	14:46.53 (12) 37.63	15:25.51 (12) 38.98	16:04.06 (12) 38.55	16:42.00 (11) 37.94	17:20.39 (11) 38.39	17:59.30 (11) 38.91	18:37.85 (11) 38.55	19:17.02 (11) 39.17
19:55.26 (9) 38.24	20:34.44 (10) 39.18	21:13.27 (8) 38.83	21:53.47 (9) 40.20	22:32.84 (6) 39.37	23:12.03 (6) 39.19	23:50.75 (6) 38.72	24:31.66 (7) 40.91	25:11.50 (7) 39.84	25:52.14 (6) 40.64
26:32.66 (6) 40.52	27:13.57 (6) 40.91	27:53.11 (7) 39.54	28:33.69 (7) 40.58	29:14.23 (7) 40.54	29:54.97 (7) 40.74	30:35.56 (7) 40.59	31:15.72 (7) 40.16	31:53.65 (8) 37.93	32:32.48 (8) 38.83

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Race Analysis

EUROPEAN RECORD	29:06.82 HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67 ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

9 55 KUNUR Derya TUR 9 JAN 1999 **32:40.60** 55.24 PB

39.45 (26)	1:15.96 (13) 36.51	1:53.67 (11) 37.71	2:31.10 (11) 37.43	3:08.77 (11) 37.67	3:46.84 (11) 38.07	4:25.59 (11) 38.75	5:03.93 (11) 38.34	5:42.49 (11) 38.56	6:20.84 (11) 38.35
6:59.05 (11) 38.21	7:37.25 (11) 38.20	8:15.63 (10) 38.38	8:54.56 (10) 38.93	9:32.78 (9) 38.22	10:11.00 (9) 38.22	10:48.94 (8) 37.94	11:27.25 (8) 38.31	12:04.98 (7) 37.73	12:43.07 (5) 38.09
13:21.96 (5) 38.89	14:00.65 (5) 38.69	14:39.64 (5) 38.99	15:18.76 (5) 39.12	15:57.46 (6) 38.70	16:36.13 (4) 38.67	17:14.80 (4) 38.67	17:55.35 (3) 40.55	18:35.20 (5) 39.85	19:14.18 (7) 38.98
19:53.96 (7) 39.78	20:34.13 (8) 40.17	21:13.70 (10) 39.57	21:54.11 (11) 40.41	22:33.99 (9) 39.88	23:15.01 (10) 41.02	23:56.01 (10) 41.00	24:37.20 (10) 41.19	25:18.23 (10) 41.03	25:59.28 (10) 41.05
26:40.21 (10) 40.93	27:20.93 (10) 40.72	28:01.02 (10) 40.09	28:42.14 (10) 41.12	29:23.44 (10) 41.30	30:05.57 (10) 42.13	30:45.46 (10) 39.89	31:25.76 (10) 40.30	32:03.44 (10) 37.68	32:40.60 (9) 37.16

10 27 EVERARD Fiona IRL 30 SEP 1998 **32:41.28** 55.92 PB

37.77 (12)	1:16.87 (15) 39.10	1:55.51 (16) 38.64	2:35.45 (17) 39.94	3:13.26 (17) 37.81	3:51.74 (17) 38.48	4:30.42 (17) 38.68	5:09.17 (17) 38.75	5:46.50 (14) 37.33	6:24.44 (14) 37.94
7:03.24 (14) 38.80	7:41.52 (14) 38.28	8:21.09 (15) 39.57	9:00.24 (14) 39.15	9:37.77 (13) 37.53	10:16.75 (12) 38.98	10:54.91 (12) 38.16	11:32.84 (12) 37.93	12:11.04 (12) 38.20	12:50.33 (10) 39.29
13:29.34 (9) 39.01	14:07.96 (9) 38.62	14:45.82 (9) 37.86	15:24.75 (9) 38.93	16:03.54 (10) 38.79	16:41.63 (10) 38.09	17:20.10 (10) 38.47	17:59.04 (10) 38.94	18:37.57 (10) 38.53	19:16.76 (10) 39.19
19:55.49 (10) 38.73	20:34.09 (7) 38.60	21:12.69 (6) 38.60	21:53.10 (7) 40.41	22:33.42 (8) 40.32	23:13.13 (8) 39.71	23:53.01 (8) 39.88	24:33.94 (8) 40.93	25:14.31 (8) 40.37	25:55.29 (8) 40.98
26:35.13 (8) 39.84	27:15.72 (8) 40.59	27:55.83 (8) 40.11	28:37.36 (8) 41.53	29:18.13 (9) 40.77	29:59.69 (9) 41.56	30:40.57 (9) 40.88	31:22.35 (9) 41.78	32:02.65 (9) 40.30	32:41.28 (10) 38.63

11 8 ÁLVAREZ Beatriz ESP 16 DEC 1994 **32:47.71** 1:02.35

39.36 (25)	1:18.58 (26) 39.22	1:57.46 (26) 38.88	2:37.01 (26) 39.55	3:15.38 (26) 38.37	3:52.89 (22) 37.51	4:31.23 (21) 38.34	5:10.08 (21) 38.85	5:47.93 (21) 37.85	6:26.07 (21) 38.14
7:04.61 (20) 38.54	7:43.46 (20) 38.85	8:22.14 (20) 38.68	9:01.30 (20) 39.16	9:39.24 (19) 37.94	10:17.53 (17) 38.29	10:56.18 (17) 38.65	11:34.03 (17) 37.85	12:11.84 (16) 37.81	12:51.27 (15) 39.43
13:30.37 (14) 39.10	14:09.11 (14) 38.74	14:47.03 (14) 37.92	15:25.87 (14) 38.84	16:04.38 (14) 38.51	16:43.02 (14) 38.64	17:21.60 (13) 38.58	18:01.07 (13) 39.47	18:40.08 (13) 39.01	19:19.89 (12) 39.81
19:59.05 (11) 39.16	20:39.29 (11) 40.24	21:19.19 (11) 39.90	21:59.55 (12) 40.36	22:39.74 (11) 40.19	23:20.19 (11) 40.45	24:00.47 (11) 40.28	24:41.36 (11) 40.89	25:21.90 (11) 40.54	26:03.17 (11) 41.27
26:43.88 (11) 40.71	27:25.53 (11) 41.65	28:06.80 (11) 41.27	28:48.34 (11) 41.54	29:29.77 (11) 41.43	30:10.07 (11) 40.30	30:50.27 (11) 40.20	31:31.06 (11) 40.79	32:10.14 (11) 39.08	32:47.71 (11) 37.57

12 7 HROCHOVÁ Tereza CZE 24 FEB 1996 **32:51.72** 1:06.37 PB

35.21 (2)	1:12.53 (2) 37.32	1:50.47 (2) 37.94	2:28.97 (2) 38.50	3:06.90 (3) 37.93	3:45.74 (5) 38.84	4:24.38 (5) 38.64	5:02.76 (5) 38.38	5:41.25 (5) 38.49	6:19.39 (5) 38.14
6:57.58 (5) 38.19	7:35.77 (5) 38.19	8:14.52 (5) 38.75	8:53.57 (5) 39.05	9:32.06 (6) 38.49	10:10.67 (8) 38.61	10:49.59 (9) 38.92	11:29.83 (9) 40.24	12:09.48 (9) 39.65	12:50.09 (9) 40.61
13:29.82 (11) 39.73	14:08.34 (11) 38.52	14:46.82 (13) 38.48	15:25.77 (13) 38.95	16:04.30 (13) 38.53	16:42.85 (13) 38.55	17:22.00 (14) 39.15	18:03.49 (14) 41.49	18:44.60 (14) 41.11	19:26.60 (14) 42.00
20:08.23 (13) 41.63	20:50.45 (13) 42.22	21:31.30 (13) 40.85	22:13.04 (14) 41.74	22:53.57 (13) 40.53	23:35.35 (12) 41.78	24:15.38 (12) 40.03	24:56.72 (13) 41.34	25:36.57 (13) 39.85	26:16.90 (13) 40.33
26:58.43 (13) 41.53	27:40.08 (13) 41.65	28:20.40 (13) 40.32	29:01.20 (13) 40.80	29:40.41 (13) 39.21	30:19.88 (13) 39.47	30:57.64 (12) 37.76	31:36.56 (12) 38.92	32:14.49 (12) 37.93	32:51.72 (12) 37.23

SAT 23 MAY 2026
18:40

10000m Women

Final A

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

13 **34** **NIMBONA Elvanie** **ITA** **15 MAR 1998** **32:57.13** **1:11.77** **SB**

37.37 (11)	1:15.29 (11) 37.92	1:52.15 (9) 36.86	2:30.55 (8) 38.40	3:07.89 (7) 37.34	3:45.84 (6) 37.95	4:24.66 (7) 38.82	5:03.41 (8) 38.75	5:41.88 (8) 38.47	6:20.04 (8) 38.16
6:58.34 (8) 38.30	7:36.64 (8) 38.30	8:15.25 (8) 38.61	8:54.41 (8) 39.16	9:33.10 (10) 38.69	10:11.73 (11) 38.63	10:50.49 (10) 38.76	11:30.86 (11) 40.37	12:10.40 (10) 39.54	12:51.42 (16) 41.02
13:30.89 (16) 39.47	14:09.50 (15) 38.61	14:49.52 (15) 40.02	15:31.55 (17) 42.03	16:11.82 (17) 40.27	16:52.23 (17) 40.41	17:32.23 (17) 40.00	18:12.38 (16) 40.15	18:52.90 (16) 40.52	19:33.63 (16) 40.73
20:14.31 (15) 40.68	20:55.53 (15) 41.22	21:35.90 (15) 40.37	22:15.75 (16) 39.85	22:55.38 (15) 39.63	23:35.98 (15) 40.60	24:16.24 (14) 40.26	24:57.48 (14) 41.24	25:38.12 (14) 40.64	26:19.41 (14) 41.29
26:59.82 (14) 40.41	27:40.58 (14) 40.76	28:20.97 (14) 40.39	29:01.34 (14) 40.37	29:41.57 (14) 40.23	30:23.15 (14) 41.58	31:04.77 (14) 41.62	31:44.29 (14) 39.52	32:23.16 (14) 38.87	32:57.13 (13) 33.97

14 **33** **LONEDO Rebecca** **ITA** **12 MAY 1996** **32:58.13** **1:12.77** **PB**

38.79 (21)	1:16.43 (14) 37.64	1:54.85 (14) 38.42	2:34.68 (13) 39.83	3:12.13 (13) 37.45	3:50.83 (13) 38.70	4:29.89 (13) 39.06	5:08.56 (13) 38.67	5:46.16 (13) 37.60	6:24.07 (13) 37.91
7:02.15 (13) 38.08	7:40.14 (13) 37.99	8:18.24 (13) 38.10	8:57.40 (13) 39.16	9:37.31 (12) 39.91	10:16.76 (13) 39.45	10:55.47 (14) 38.71	11:33.90 (16) 38.43	12:12.16 (17) 38.26	12:51.66 (17) 39.50
13:31.04 (17) 39.38	14:10.18 (16) 39.14	14:49.77 (16) 39.59	15:31.42 (16) 41.65	16:11.52 (16) 40.10	16:52.17 (16) 40.65	17:31.99 (16) 39.82	18:12.23 (15) 40.24	18:52.69 (15) 40.46	19:33.54 (15) 40.85
20:14.22 (14) 40.68	20:55.41 (14) 41.19	21:35.69 (14) 40.28	22:15.54 (15) 39.85	22:55.01 (14) 39.47	23:35.74 (14) 40.73	24:15.61 (13) 39.87	24:56.35 (12) 40.74	25:36.01 (12) 39.66	26:16.16 (12) 40.15
26:56.12 (12) 39.96	27:36.37 (12) 40.25	28:16.82 (12) 40.45	28:57.27 (12) 40.45	29:37.76 (12) 40.49	30:18.43 (12) 40.67	30:59.03 (13) 40.60	31:39.51 (13) 40.48	32:19.41 (13) 39.90	32:58.13 (14) 38.72

15 **60** **STREBKOVA Nataliya** **UKR** **3 JUN 1995** **33:00.43** **1:15.07** **PB**

				3:12.20 (14)	3:50.90 (14) 38.70	4:29.92 (14) 39.02	5:08.79 (14) 38.87	5:46.89 (16) 38.10	6:25.36 (18) 38.47
									33:00.43 (15)

16 **20** **MARTIN Jessica** **GBR** **10 JAN 1992** **33:09.61** **1:24.26** **SB**

38.28 (17)	1:17.61 (20) 39.33	1:56.74 (22) 39.13	2:34.89 (14) 38.15	3:12.42 (15) 37.53	3:51.00 (15) 38.58	4:30.15 (16) 39.15	5:09.12 (16) 38.97	5:47.02 (17) 37.90	6:25.13 (16) 38.11
7:03.75 (17) 38.62	7:42.49 (17) 38.74	8:21.54 (17) 39.05	9:00.69 (17) 39.15	9:38.78 (18) 38.09	10:18.00 (19) 39.22	10:57.09 (20) 39.09	11:35.50 (18) 38.41	12:13.61 (18) 38.11	12:52.86 (18) 39.25
13:31.80 (18) 38.94	14:11.20 (18) 39.40	14:50.83 (17) 39.63	15:31.31 (15) 40.48	16:11.42 (15) 40.11	16:52.04 (15) 40.62	17:31.84 (15) 39.80	18:12.67 (17) 40.83	18:53.17 (17) 40.50	19:34.05 (17) 40.88
20:14.53 (16) 40.48	20:55.87 (16) 41.34	21:36.14 (16) 40.27	22:16.07 (17) 39.93	22:55.96 (16) 39.89	23:36.69 (16) 40.73	24:17.40 (15) 40.71	24:58.63 (15) 41.23	25:39.12 (15) 40.49	26:19.90 (15) 40.78
27:00.22 (15) 40.32	27:41.11 (15) 40.89	28:21.67 (15) 40.56	29:02.25 (15) 40.58	29:42.68 (15) 40.43	30:23.62 (15) 40.94	31:05.35 (15) 41.73	31:47.19 (15) 41.84	32:28.64 (15) 41.45	33:09.61 (16) 40.97

SAT 23 MAY 2026
18:40

10000m Women

Final A

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

17 **21** **QUIRK Amelia** GBR 18 DEC 1999 **33:15.33** 1:29.97 SB

39.71 (28)	1:18.62 (27) 38.91	1:57.58 (27) 38.96	2:37.03 (27) 39.45	3:15.81 (28) 38.78	3:55.06 (29) 39.25	4:34.69 (29) 39.63	5:13.55 (29) 38.86	5:53.21 (29) 39.66	6:32.70 (29) 39.49
7:12.70 (28) 40.00	7:52.76 (28) 40.06	8:32.51 (28) 39.75	9:12.41 (28) 39.90	9:52.60 (28) 40.19	10:32.87 (28) 40.27	11:12.51 (27) 39.64	11:52.59 (26) 40.08	12:33.27 (25) 40.68	13:14.13 (26) 40.86
13:54.05 (24) 39.92	14:35.26 (24) 41.21	15:15.52 (23) 40.26	15:55.63 (23) 40.11	16:35.90 (23) 40.27	17:16.33 (24) 40.43	17:56.05 (24) 39.72	18:36.55 (23) 40.50	19:15.90 (23) 39.35	19:55.47 (22) 39.57
20:35.25 (21) 39.78	21:15.55 (21) 40.30	21:55.66 (21) 40.11	22:36.46 (21) 40.80	23:16.85 (20) 40.39	23:57.34 (20) 40.49	24:37.65 (20) 40.31	25:18.46 (20) 40.81	25:59.07 (20) 40.61	26:40.16 (20) 41.09
27:20.85 (20) 40.69	28:02.38 (20) 41.53	28:42.75 (20) 40.37	29:23.29 (20) 40.54	30:03.64 (18) 40.35	30:44.02 (19) 40.38	31:22.86 (18) 38.84	32:01.09 (17) 38.23	32:38.98 (16) 37.89	33:15.33 (17) 36.35

18 **18** **DANNATT Charlotte** GBR 5 DEC 1999 **33:18.04** 1:32.68 SB

38.09 (15)	1:17.45 (19) 39.36	1:56.36 (19) 38.91	2:35.24 (15) 38.88	3:12.92 (16) 37.68	3:51.43 (16) 38.51	4:30.14 (15) 38.71	5:08.92 (15) 38.78	5:46.69 (15) 37.77	6:24.84 (15) 38.15
7:03.53 (15) 38.69	7:42.02 (15) 38.49	8:20.95 (14) 38.93	9:00.25 (15) 39.30	9:39.24 (19) 38.99	10:18.05 (20) 38.81	10:56.87 (19) 38.82	11:36.03 (19) 39.16	12:15.17 (19) 39.14	12:55.62 (19) 40.45
13:35.97 (19) 40.35	14:16.57 (19) 40.60	14:57.01 (20) 40.44	15:38.10 (20) 41.09	16:18.62 (19) 40.52	16:58.84 (19) 40.22	17:38.82 (19) 39.98	18:19.54 (18) 40.72	18:59.92 (19) 40.38	19:40.96 (20) 41.04
20:22.00 (19) 41.04	21:04.00 (19) 42.00	21:46.36 (19) 42.36	2:27.57 (1) 19:18.79	23:08.85 (18) 20:41.28	23:50.15 (18) 41.30	24:31.90 (19) 41.75	25:13.13 (19) 41.23	25:54.87 (19) 41.74	26:36.65 (18) 41.78
27:18.06 (18) 41.41	27:59.40 (18) 41.34	28:40.77 (18) 41.37	29:22.44 (19) 41.67	30:04.10 (20) 41.66	30:44.37 (20) 40.27	31:24.27 (19) 39.90	32:04.99 (20) 40.72	32:42.51 (19) 37.52	33:18.04 (18) 35.53

19 **56** **YILDIRIM Bahar** TUR 10 JAN 1998 **33:18.27** 1:32.91

36.80 (8)	1:14.65 (9) 37.85	1:52.43 (10) 37.78	2:31.01 (10) 38.58	3:08.60 (10) 37.59	3:46.63 (10) 38.03	4:25.42 (10) 38.79	5:03.55 (10) 38.13	5:42.31 (10) 38.76	6:20.68 (10) 38.37
6:58.82 (10) 38.14	7:37.01 (10) 38.19	8:15.81 (11) 38.80	8:54.93 (11) 39.12	9:33.37 (11) 38.44	10:11.38 (10) 38.01	10:50.75 (11) 39.37	11:30.45 (10) 39.70	12:10.78 (11) 40.33	12:51.07 (14) 40.29
13:30.63 (15) 39.56	14:10.37 (17) 39.74	14:51.24 (18) 40.87	15:33.07 (18) 41.83	16:15.16 (18) 42.09	16:56.89 (18) 41.73	17:38.40 (18) 41.51	18:19.98 (20) 41.58	19:00.19 (20) 40.21	19:40.64 (19) 40.45
20:20.80 (18) 40.16	21:02.91 (18) 42.11	21:45.06 (18) 42.15	22:27.71 (19) 42.65	23:09.10 (19) 41.39	23:50.34 (19) 41.24	24:31.42 (18) 41.08	25:13.09 (18) 41.67	25:54.70 (18) 41.61	26:36.92 (18) 42.22
27:18.28 (19) 41.36	27:59.55 (19) 41.27	28:40.92 (19) 41.37	29:22.40 (18) 41.48	30:04.21 (21) 41.81	30:44.84 (21) 40.63	31:24.51 (20) 39.67	32:04.47 (19) 39.96	32:42.27 (17) 37.80	33:18.27 (19) 36.00

20 **30** **NIC DHOMHNAILL Sorch** IRL 27 FEB 1990 **33:19.00** 1:33.65 SB

38.90 (23)	1:17.71 (21) 38.81	1:56.12 (18) 38.41	2:35.89 (20) 39.77	3:14.44 (21) 38.55	3:52.86 (21) 38.42	4:31.42 (22) 38.56	5:10.17 (22) 38.75	5:48.38 (22) 38.21	6:26.47 (22) 38.09
7:04.92 (21) 38.45	7:43.73 (21) 38.81	8:22.54 (21) 38.81	9:01.65 (21) 39.11	9:39.96 (21) 38.31	10:19.21 (21) 39.25	10:58.16 (21) 38.95	11:37.46 (21) 39.30	12:16.62 (20) 39.16	12:57.06 (20) 40.44
13:37.05 (20) 39.99	14:17.37 (20) 40.32	14:56.95 (19) 39.58	15:38.01 (19) 41.06	16:18.93 (20) 40.92	16:59.26 (20) 40.33	17:39.10 (20) 39.84	18:19.72 (19) 40.62	18:59.60 (18) 39.88	19:40.20 (18) 40.60
20:20.42 (17) 40.22	21:01.88 (17) 41.46	21:43.25 (17) 41.37	22:24.46 (18) 41.21	23:05.52 (17) 41.06	23:46.98 (17) 41.46	24:28.10 (17) 41.12	25:09.36 (17) 41.26	25:50.55 (17) 41.19	26:31.74 (17) 41.19
27:12.44 (16) 40.70	27:54.04 (16) 41.60	28:35.13 (16) 41.09	29:16.62 (16) 41.49	29:57.52 (16) 40.90	30:38.88 (16) 41.36	31:20.05 (17) 41.17	32:01.17 (18) 41.12	32:42.56 (20) 41.39	33:19.00 (20) 36.44

SAT 23 MAY 2026
18:40

10000m Women

Final A

Race Analysis

EUROPEAN RECORD	29:06.82 HASSAN Sifan	NED FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67 ABEYLEGESSE Elvan	TUR Antalya (TUR)	15 APR 2006

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	10000m

21 9 BARREIRO Isabel ESP 26 APR 1999 **33:21.88** 1:36.52

38.44 (18)	1:17.71 (21) 39.27	1:56.60 (21) 38.89	2:36.49 (23) 39.89	3:13.98 (19) 37.49	3:52.18 (19) 38.20	4:30.88 (19) 38.70	5:09.65 (19) 38.77	5:47.43 (19) 37.78	6:25.66 (19) 38.23
7:03.98 (18) 38.32	7:42.81 (18) 38.83	8:21.70 (18) 38.89	9:00.92 (18) 39.22	9:38.32 (16) 37.40	10:17.13 (15) 38.81	10:55.72 (15) 38.59	11:33.37 (14) 37.65	12:11.52 (14) 38.15	12:50.74 (12) 39.22
13:30.10 (12) 39.36	14:08.68 (12) 38.58	14:46.28 (11) 37.60	15:25.32 (11) 39.04	16:03.82 (11) 38.50	16:42.24 (12) 38.42	17:20.69 (12) 38.45	17:59.79 (12) 39.10	18:39.23 (12) 39.44	19:20.37 (13) 41.14
20:01.94 (12) 41.57	20:44.76 (12) 42.82	21:27.50 (12) 42.74	22:10.23 (13) 42.73	22:53.42 (12) 43.19	23:35.59 (13) 42.17	24:18.31 (16) 42.72	25:02.93 (16) 44.62	25:47.45 (16) 44.52	26:31.26 (16) 43.81
27:12.73 (17) 41.47	27:54.40 (17) 41.67	28:35.44 (17) 41.04	29:16.93 (17) 41.49	29:58.18 (17) 41.25	30:41.81 (17) 43.63	31:24.66 (21) 42.85	32:05.46 (21) 40.80	32:44.99 (21) 39.53	33:21.88 (21) 36.89

22 19 JONES Lucy GBR 18 SEP 1998 **33:25.13** 1:39.77 SB

39.64 (27)	1:19.35 (29) 39.71	1:57.96 (29) 38.61	2:37.54 (29) 39.58	3:16.88 (30) 39.34	3:55.38 (30) 38.50	4:34.99 (30) 39.61	5:13.96 (30) 38.97	5:53.44 (30) 39.48	6:32.94 (30) 39.50
7:12.71 (29) 39.77	7:52.91 (29) 40.20	8:32.67 (29) 39.76	9:12.58 (29) 39.91	9:52.73 (29) 40.15	10:32.93 (29) 40.20	11:12.83 (29) 39.90	11:52.74 (27) 39.91	12:33.49 (27) 40.75	13:14.31 (27) 40.82
13:54.46 (27) 40.15	14:35.54 (26) 41.08	15:15.82 (25) 40.28	15:55.91 (24) 40.09	16:36.08 (24) 40.17	17:16.03 (23) 39.95	17:55.81 (22) 39.78	18:36.26 (22) 40.45	19:15.63 (22) 39.37	19:55.25 (21) 39.62
20:34.91 (20) 39.66	21:15.14 (20) 40.23	21:55.39 (20) 40.25	22:36.25 (20) 40.86	23:17.09 (21) 40.84	23:57.67 (21) 40.58	24:37.96 (21) 40.29	25:18.64 (21) 40.68	25:59.34 (21) 40.70	26:40.35 (21) 41.01
27:21.11 (21) 40.76	28:02.60 (21) 41.49	28:43.00 (21) 40.40	29:23.45 (21) 40.45	30:03.87 (19) 40.42	30:43.55 (18) 39.68	31:18.90 (16) 35.35	31:53.30 (16) 34.40	32:42.42 (18) 49.12	33:25.13 (22) 42.71

23 16 CHYDENIUS Nina FIN 28 JAN 1990 **33:28.19** 1:42.83 SB

40.75 (29)	1:19.06 (28) 38.31	1:57.85 (28) 38.79	2:37.31 (28) 39.46	3:16.31 (29) 39.00	3:54.62 (26) 38.31	4:33.88 (25) 39.26	5:12.62 (25) 38.74	5:52.36 (24) 39.74	6:31.68 (25) 39.32
7:11.79 (23) 40.11	7:51.51 (23) 39.72	8:31.11 (23) 39.60	9:11.15 (23) 40.04	9:51.27 (23) 40.12	10:31.44 (23) 40.17	11:11.82 (24) 40.38	11:52.42 (24) 40.60	12:33.16 (24) 40.74	13:13.63 (23) 40.47
13:53.96 (23) 40.33	14:35.00 (23) 41.04	15:15.76 (24) 40.76	15:56.16 (25) 40.40	16:36.36 (25) 40.20	17:16.68 (25) 40.32	17:56.50 (25) 39.82	18:37.27 (24) 40.77	19:17.47 (24) 40.20	19:58.33 (24) 40.86
20:38.91 (23) 40.58	21:20.84 (24) 41.93	22:01.28 (24) 40.44	22:42.26 (23) 40.98	23:23.04 (23) 40.78	24:04.50 (23) 41.46	24:45.41 (22) 40.91	25:26.84 (22) 41.43	26:07.95 (22) 41.11	26:49.06 (22) 41.11
27:30.48 (23) 41.42	28:11.41 (23) 40.93	28:52.14 (23) 40.73	29:33.15 (23) 41.01	30:13.40 (23) 40.25	30:53.54 (23) 40.14	31:33.31 (23) 39.77	32:12.55 (22) 39.24	32:50.01 (22) 37.46	33:28.19 (23) 38.18

24 58 MAZURENKO Mariia UKR 28 MAY 1997 **33:31.46** 1:46.11 SB

38.08 (14)	1:17.36 (18) 39.28	1:56.38 (20) 39.02	2:36.32 (22) 39.94	3:15.58 (27) 39.26	3:54.88 (28) 39.30	4:34.56 (28) 39.68	5:13.44 (28) 38.88	5:53.00 (28) 39.56	6:32.35 (27) 39.35
7:12.19 (25) 39.84	7:52.04 (25) 39.85	8:31.82 (25) 39.78	9:11.60 (25) 39.78	9:51.55 (24) 39.95	10:31.64 (24) 40.09	11:11.37 (23) 39.73	11:52.10 (23) 40.73	12:32.99 (23) 40.89	13:13.87 (24) 40.88
13:54.24 (25) 40.37	14:35.34 (25) 41.10	15:16.30 (26) 40.96	15:56.57 (26) 40.27	16:36.65 (26) 40.08	17:16.93 (26) 40.28	17:56.81 (26) 39.88	18:37.99 (25) 41.18	19:17.94 (25) 39.95	19:58.59 (25) 40.65
20:39.15 (24) 40.56	21:20.48 (23) 41.33	22:00.62 (23) 40.14	22:42.00 (22) 41.38	23:22.83 (22) 40.83	24:04.43 (22) 41.60	24:45.70 (23) 41.27	25:26.90 (23) 41.20	26:08.19 (23) 41.29	26:49.27 (23) 41.08
27:29.90 (22) 40.63	28:10.86 (22) 40.96	28:51.72 (22) 40.86	29:32.72 (22) 41.00	30:13.19 (22) 40.47	30:53.21 (22) 40.02	31:32.91 (22) 39.70	32:12.82 (23) 39.91	32:52.09 (23) 39.27	33:31.46 (24) 39.37

SAT 23 MAY 2026
18:40

10000m Women

Final A

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

25 **14** **SÁNCHEZ-ESCRIBANO Irene** **ESP** **25 AUG 1992** **33:46.24** **2:00.89**

38.86 (22)	1:18.25 (24) 39.39	1:57.11 (24) 38.86	2:36.75 (24) 39.64	3:15.26 (24) 38.51	3:53.27 (23) 38.01	4:31.66 (23) 38.39	5:10.52 (23) 38.86	5:48.60 (23) 38.08	6:26.84 (23) 38.24
7:05.56 (22) 38.72	7:44.54 (22) 38.98	8:23.74 (22) 39.20	9:03.48 (22) 39.74	9:42.16 (22) 38.68	10:22.54 (22) 40.38	11:02.63 (22) 40.09	11:42.87 (22) 40.24	12:22.86 (22) 39.99	13:03.78 (22) 40.92
13:44.52 (22) 40.74	14:24.96 (22) 40.44	15:05.31 (21) 40.35	15:46.68 (21) 41.37	16:27.58 (21) 40.90	17:09.10 (21) 41.52	17:50.28 (21) 41.18	18:32.17 (21) 41.89	19:13.55 (21) 41.38	19:55.54 (23) 41.99
20:36.50 (22) 40.96	21:18.70 (22) 42.20	22:00.45 (22) 41.75	22:42.58 (25) 42.13	23:23.50 (25) 40.92	24:04.86 (25) 41.36	24:46.18 (25) 41.32	25:27.40 (25) 41.22	26:08.64 (25) 41.24	26:49.79 (25) 41.15
27:31.15 (25) 41.36	28:12.13 (25) 40.98	28:52.98 (24) 40.85	29:34.48 (24) 41.50	30:15.72 (24) 41.24	30:57.77 (24) 42.05	31:39.90 (24) 42.13	32:23.02 (24) 43.12	33:05.26 (24) 42.24	33:46.24 (25) 40.98

26 **59** **SHKURKO Viktoriia** **UKR** **25 DEC 1997** **33:50.32** **2:04.97**

38.01 (13)	1:17.16 (17) 39.15	1:55.84 (17) 38.68	2:35.95 (21) 40.11	3:15.36 (25) 39.41	3:54.66 (27) 39.30	4:34.33 (27) 39.67	5:13.20 (27) 38.87	5:52.95 (27) 39.75	6:32.47 (28) 39.52
7:12.52 (27) 40.05	7:52.52 (27) 40.00	8:32.24 (27) 39.72	9:12.13 (27) 39.89	9:52.36 (27) 40.23	10:32.57 (27) 40.21	11:12.53 (28) 39.96	11:53.38 (29) 40.85	12:33.65 (28) 40.27	13:14.40 (28) 40.75
13:54.65 (28) 40.25	14:35.82 (28) 41.17	15:16.97 (28) 41.15	15:56.80 (27) 39.83	16:36.87 (27) 40.07	17:17.25 (27) 40.38	17:57.34 (27) 40.09	18:38.38 (26) 41.04	19:18.18 (26) 39.80	19:58.85 (26) 40.67
20:39.36 (25) 40.51	21:20.94 (25) 41.58	22:01.38 (25) 40.44	22:42.45 (24) 41.07	23:23.23 (24) 40.78	24:04.61 (24) 41.38	24:45.93 (24) 41.32	25:27.17 (24) 41.24	26:08.40 (24) 41.23	26:49.53 (24) 41.13
27:30.82 (24) 41.29	28:11.62 (24) 40.80	28:53.30 (25) 41.68	29:36.52 (25) 43.22	30:19.69 (25) 43.17	31:03.64 (25) 43.95	31:46.44 (25) 42.80	32:28.39 (25) 41.95	33:09.79 (25) 41.40	33:50.32 (26) 40.53

27 **1** **ABAROGUE Farida** **ART** **1 JAN 1994** **33:54.07** **2:08.72** **PB**

38.59 (19)	1:16.88 (16) 38.29	1:55.29 (15) 38.41	2:35.67 (19) 40.38	3:14.86 (22) 39.19	3:54.20 (24) 39.34	4:33.82 (24) 39.62	5:12.59 (24) 38.77	5:52.62 (25) 40.03	6:31.66 (24) 39.04
7:12.06 (24) 40.40	7:51.73 (24) 39.67	8:31.49 (24) 39.76	9:11.47 (24) 39.98	9:51.86 (25) 40.39	10:31.87 (25) 40.01	11:12.02 (25) 40.15	11:52.54 (25) 40.52	12:33.38 (26) 40.84	13:14.01 (25) 40.63
13:54.33 (26) 40.32	14:35.61 (27) 41.28	15:16.76 (27) 41.15	15:57.07 (28) 40.31	16:37.33 (28) 40.26	17:17.77 (28) 40.44	17:59.09 (28) 41.32	18:40.61 (28) 41.52	19:22.83 (28) 42.22	20:04.68 (27) 41.85
20:46.35 (26) 41.67	21:28.36 (26) 42.01	22:10.44 (26) 42.08	22:52.90 (26) 42.46	23:34.25 (26) 41.35	24:16.55 (26) 42.30	24:58.08 (26) 41.53	25:39.53 (26) 41.45	26:21.11 (26) 41.58	27:03.79 (26) 42.68
27:46.11 (26) 42.32	28:28.02 (26) 41.91	29:10.43 (26) 42.41	29:52.40 (26) 41.97	30:34.25 (26) 41.85	31:16.61 (26) 42.36	31:58.45 (26) 41.84	32:38.81 (26) 40.36	33:17.09 (26) 38.28	33:54.07 (27) 36.98

28 **54** **ÇETO Nursena** **TUR** **5 JAN 2002** **34:32.25** **2:46.90**

38.21 (16)	1:15.85 (12) 37.64	1:53.97 (12) 38.12	2:31.52 (12) 37.55	3:09.01 (12) 37.49	3:47.11 (12) 38.10	4:25.90 (12) 38.79	5:04.22 (12) 38.32	5:42.79 (12) 38.57	6:21.21 (12) 38.42
6:59.41 (12) 38.20	7:37.88 (12) 38.47	8:16.97 (12) 39.09	8:57.31 (12) 40.34	9:37.80 (14) 40.49	10:17.68 (18) 39.88	10:56.77 (18) 39.09	11:36.83 (20) 40.06	12:17.56 (21) 40.73	12:59.03 (21) 41.47
13:40.69 (21) 41.66	14:23.56 (21) 42.87	15:05.92 (22) 42.36	15:48.37 (22) 42.45	16:30.63 (22) 42.26	17:13.61 (22) 42.98	17:55.97 (23) 42.36	18:38.74 (27) 42.77	19:21.12 (27) 42.38	20:05.10 (28) 43.98
20:47.91 (27) 42.81	21:31.70 (27) 43.79	22:14.32 (27) 42.62	22:57.33 (27) 43.01	23:40.21 (27) 42.88	24:23.88 (27) 43.67	25:07.02 (27) 43.14	25:50.59 (27) 43.57	26:34.42 (27) 43.83	27:18.00 (27) 43.58
28:01.67 (27) 43.67	28:45.81 (27) 44.14	29:29.78 (27) 43.97	30:13.88 (27) 44.10	30:57.79 (27) 43.91	31:41.90 (27) 44.11	32:25.29 (27) 43.39	33:08.66 (27) 43.37	33:50.51 (27) 41.85	34:32.25 (28) 41.74

SAT 23 MAY 2026
18:40

10000m Women

Final A

Race Analysis

EUROPEAN RECORD	29:06.82 HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67 ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

74 NIYOMUKUNZI Francine (g)

BDI

1 AUG 1999

DNF

34.89 (1)	1:11.90 (1) 37.01	1:49.99 (1) 38.09	2:28.45 (1) 38.46	3:05.89 (1) 37.44	3:43.41 (1) 37.52	4:21.03 (1) 37.62	4:57.80 (1) 36.77	5:35.28 (1) 37.48	6:12.78 (1) 37.50
6:50.91 (1) 38.13	7:28.80 (1) 37.89	8:06.80 (1) 38.00	8:44.54 (1) 37.74	9:22.80 (1) 38.26	10:01.02 (1) 38.22	10:39.07 (1) 38.05	11:17.10 (1) 38.03	11:55.15 (1) 38.05	12:32.93 (1) 37.78
13:11.36 (1) 38.43	13:49.97 (1) 38.61	14:28.95 (1) 38.98	15:07.99 (1) 39.04	15:46.67 (1) 38.68	16:25.03 (1) 38.36	17:03.67 (1) 38.64	17:42.80 (1) 39.13	18:21.07 (1) 38.27	18:59.35 (1) 38.28
DNF									

48 SANTOS Susana

POR

7 MAY 1992

DNF

36.89 (9)	1:15.07 (10) 38.18	1:54.70 (13) 39.63	2:35.28 (16) 40.58	3:15.18 (23) 39.90	3:54.48 (25) 39.30	4:34.08 (26) 39.60	5:12.99 (26) 38.91	5:52.84 (26) 39.85	6:32.30 (26) 39.46
7:12.31 (26) 40.01	7:52.33 (26) 40.02	8:32.03 (26) 39.70	9:11.90 (26) 39.87	9:52.12 (26) 40.22	10:32.30 (26) 40.18	11:12.37 (26) 40.07	11:53.11 (28) 40.74	12:33.74 (29) 40.63	13:14.48 (29) 40.74
13:54.89 (29) 40.41	14:35.91 (29) 41.02	DNF							

Weather conditions

Temperature: 29°C

Humidity: 47%

Conditions: Sunny

Legend:	Guest	DNF	Did not Finish	PB	Personal Best	SB	Season Best
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SAT 23 MAY 2026
17:15

10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82 HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67 ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

1 2 LASSACHER Cordula AUT 28 NOV 2003 33:22.44 PB

41.99 (18)	1:20.78 (14) 38.79	1:58.99 (10) 38.21	2:38.02 (10) 39.03	3:16.69 (9) 38.67	3:56.32 (10) 39.63	4:34.56 (6) 38.24	5:14.28 (6) 39.72	5:53.48 (6) 39.20	6:33.59 (6) 40.11
7:13.45 (5) 39.86	7:54.16 (5) 40.71	8:34.93 (5) 40.77	9:16.28 (5) 41.35	9:56.95 (4) 40.67	10:36.69 (3) 39.74	11:16.83 (4) 40.14	11:57.52 (2) 40.69	12:39.63 (4) 42.11	13:18.96 (2) 39.33
13:59.62 (2) 40.66	14:40.81 (2) 41.19	15:22.95 (6) 42.14	16:04.30 (6) 41.35	16:44.92 (6) 40.62	17:25.87 (5) 40.95	18:07.39 (6) 41.52	18:49.40 (6) 42.01	19:31.30 (5) 41.90	20:12.65 (4) 41.35
20:51.79 (2) 39.14	21:32.07 (2) 40.28	22:12.99 (2) 40.92	22:54.06 (2) 41.07	23:34.67 (2) 40.61	24:15.89 (2) 41.22	24:56.88 (2) 40.99	25:37.32 (2) 40.44	26:17.74 (2) 40.42	26:58.58 (2) 40.84
27:39.45 (2) 40.87	28:20.42 (2) 40.97	28:59.88 (1) 39.46	29:37.82 (1) 37.94	30:16.35 (1) 38.53	30:54.89 (1) 38.54	31:33.13 (1) 38.24	32:11.11 (1) 37.98	32:47.43 (1) 36.32	33:22.44 (1) 35.01

2 37 SETTINO Greta ITA 7 DEC 2003 33:31.10 8.67 PB

40.26 (4)	1:19.44 (4) 39.18	1:58.30 (4) 38.86	2:37.34 (4) 39.04	3:15.99 (4) 38.65	3:55.62 (6) 39.63	4:34.85 (7) 39.23	5:14.80 (8) 39.95	5:54.23 (9) 39.43	6:34.33 (8) 40.10
7:14.26 (7) 39.93	7:54.77 (7) 40.51	8:35.04 (6) 40.27	9:16.39 (6) 41.35	9:57.24 (6) 40.85	10:37.47 (6) 40.23	11:17.08 (3) 39.61	11:57.77 (3) 40.69	12:39.00 (1) 41.23	13:18.67 (1) 39.67
13:59.37 (1) 40.70	14:40.64 (1) 41.27	15:22.40 (1) 41.76	16:03.67 (1) 41.27	16:44.28 (1) 40.61	17:25.48 (2) 41.20	18:06.79 (1) 41.31	18:48.89 (1) 42.10	19:30.77 (1) 41.88	20:11.29 (1) 40.52
20:51.24 (1) 39.95	21:31.86 (1) 40.62	22:12.74 (1) 40.88	22:53.82 (1) 41.08	23:34.42 (1) 40.60	24:15.68 (1) 41.26	24:56.61 (1) 40.93	25:37.10 (1) 40.49	26:17.52 (1) 40.42	26:58.34 (1) 40.82
27:39.22 (1) 40.88	28:20.18 (1) 40.96	29:00.41 (3) 40.23	29:39.02 (3) 38.61	30:18.22 (3) 39.20	30:58.85 (2) 40.63	31:38.33 (2) 39.48	32:17.71 (2) 39.38	32:55.24 (2) 37.53	33:31.10 (2) 35.86

3 43 VAN KOLDAM Ineke NED 21 NOV 1997 33:36.47 14.04 PB

41.26 (11)	1:20.59 (11) 39.33	1:59.31 (12) 38.72	2:38.42 (12) 39.11	3:17.21 (13) 38.79	3:56.77 (12) 39.56	4:35.77 (12) 39.00	5:15.63 (12) 39.86	5:55.01 (12) 39.38	6:34.94 (11) 39.93
7:15.02 (12) 40.08	7:55.37 (10) 40.35	8:35.85 (10) 40.48	9:16.80 (10) 40.95	9:57.81 (11) 41.01	10:38.21 (10) 40.40	11:18.61 (9) 40.40	11:58.72 (7) 40.11	12:40.45 (7) 41.73	13:20.69 (6) 40.24
14:01.07 (6) 40.38	14:41.06 (5) 39.99	15:22.83 (4) 41.77	16:04.20 (5) 41.37	16:44.76 (5) 40.56	17:25.88 (6) 41.12	18:07.31 (5) 41.43	18:49.37 (5) 42.06	19:31.18 (3) 41.81	20:12.81 (6) 41.63
20:52.18 (3) 39.37	21:32.14 (3) 39.96	22:13.23 (3) 41.09	22:54.13 (3) 40.90	23:34.92 (3) 40.79	24:16.08 (3) 41.16	24:57.14 (3) 41.06	25:37.38 (3) 40.24	26:18.00 (3) 40.62	26:58.59 (3) 40.59
27:39.66 (3) 41.07	28:20.59 (3) 40.93	29:00.16 (2) 39.57	29:38.10 (2) 37.94	30:17.93 (2) 39.83	30:58.97 (3) 41.04	31:38.97 (3) 40.00	32:18.18 (3) 39.21	32:57.95 (3) 39.77	33:36.47 (3) 38.52

4 13 ROMERO Andrea ESP 20 APR 2000 33:41.35 18.92 SB

40.44 (5)	1:19.61 (5) 39.17	1:58.43 (5) 38.82	2:37.47 (5) 39.04	3:16.30 (6) 38.83	3:55.42 (5) 39.12	4:34.36 (5) 38.94	5:14.08 (5) 39.72	5:53.33 (5) 39.25	6:33.34 (5) 40.01
7:13.21 (4) 39.87	7:54.11 (4) 40.90	8:34.74 (4) 40.63	9:16.03 (4) 41.29	9:56.80 (3) 40.77	10:36.46 (2) 39.66	11:16.54 (1) 40.08	11:57.21 (1) 40.67	12:39.40 (2) 42.19	13:20.34 (4) 40.94
14:00.94 (5) 40.60	14:41.23 (6) 40.29	15:22.93 (5) 41.70	16:04.04 (4) 41.11	16:44.64 (4) 40.60	17:25.76 (4) 41.12	18:07.16 (4) 41.40	18:49.18 (4) 42.02	19:31.18 (3) 42.00	20:12.40 (2) 41.22
20:52.74 (4) 40.34	21:32.54 (4) 39.80	22:13.48 (4) 40.94	22:54.59 (4) 41.11	23:35.20 (4) 40.61	24:16.49 (4) 41.29	24:57.40 (4) 40.91	25:37.74 (4) 40.34	26:18.42 (4) 40.68	26:59.16 (4) 40.74
27:40.05 (4) 40.89	28:21.14 (4) 41.09	29:01.48 (4) 40.34	29:41.78 (4) 40.30	30:22.10 (4) 40.32	31:03.17 (4) 41.07	31:43.75 (4) 40.58	32:24.34 (4) 40.59	33:03.90 (4) 39.56	33:41.35 (4) 37.45

SAT 23 MAY 2026
17:15

10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

5 **12** **GALIMANY Marta** ESP 10 MAY 1985 **34:10.56** 48.13 SB

40.88 (8)	1:20.03 (8) 39.15	1:58.79 (9) 38.76	2:37.91 (9) 39.12	3:16.69 (9) 38.78	3:56.12 (9) 39.43	4:35.29 (10) 39.17	5:15.16 (10) 39.87	5:53.87 (7) 38.71	6:33.74 (7) 39.87
7:13.70 (6) 39.96	7:54.58 (6) 40.88	8:35.22 (7) 40.64	9:16.61 (7) 41.39	9:57.48 (7) 40.87	10:37.66 (8) 40.18	11:18.00 (6) 40.34	11:58.18 (5) 40.18	12:39.96 (5) 41.78	13:20.61 (5) 40.65
14:00.46 (3) 39.85	14:40.90 (3) 40.44	15:22.60 (3) 41.70	16:03.93 (3) 41.33	16:44.57 (3) 40.64	17:25.68 (3) 41.11	18:07.09 (3) 41.41	18:49.16 (3) 42.07	19:31.34 (6) 42.18	20:12.70 (5) 41.36
20:52.93 (5) 40.23	21:32.79 (5) 39.86	22:13.73 (5) 40.94	22:54.82 (5) 41.09	23:35.27 (5) 40.45	24:16.65 (5) 41.38	24:57.74 (5) 41.09	25:38.64 (5) 40.90	26:20.64 (5) 42.00	27:03.29 (5) 42.65
27:45.57 (5) 42.28	28:28.38 (5) 42.81	29:11.21 (5) 42.83	29:54.45 (5) 43.24	30:37.49 (5) 43.04	31:20.78 (5) 43.29	32:03.06 (5) 42.28	32:47.01 (5) 43.95	33:29.97 (5) 42.96	34:10.56 (5) 40.59

6 **44** **SIREVÅG Anna Marie Nordengen** NOR 24 MAY 2004 **34:30.81** 1:08.37 SB

40.63 (6)	1:19.71 (6) 39.08	1:58.53 (6) 38.82	2:37.61 (6) 39.08	3:16.13 (5) 38.52	3:54.99 (4) 38.86	4:33.83 (3) 38.84	5:13.40 (3) 39.57	5:52.69 (3) 39.29	6:32.84 (3) 40.15
7:12.95 (3) 40.11	7:53.78 (3) 40.83	8:34.51 (3) 40.73	9:15.82 (2) 41.31	9:56.75 (2) 40.93	10:37.24 (4) 40.49	11:17.77 (5) 40.53	11:58.46 (6) 40.69	12:40.28 (6) 41.82	13:21.01 (7) 40.73
14:01.64 (8) 40.63	14:42.33 (8) 40.69	15:23.50 (8) 41.17	16:04.87 (8) 41.37	16:45.60 (8) 40.73	17:26.83 (8) 41.23	18:08.12 (8) 41.29	18:50.07 (8) 41.95	19:31.91 (8) 41.84	20:13.53 (8) 41.62
20:54.53 (8) 41.00	21:37.01 (8) 42.48	22:19.45 (7) 42.44	23:02.05 (7) 42.60	23:44.48 (7) 42.43	24:27.28 (6) 42.80	25:09.95 (6) 42.67	25:52.46 (6) 42.51	26:35.38 (6) 42.92	27:18.96 (6) 43.58
28:02.27 (6) 43.31	28:45.99 (6) 43.72	29:29.87 (6) 43.88	30:13.72 (6) 43.85	30:57.76 (6) 44.04	31:42.24 (7) 44.48	32:25.64 (6) 43.40	33:09.25 (6) 43.61	33:50.53 (6) 41.28	34:30.81 (6) 40.28

7 **38** **ZANNE Federica** ITA 14 AUG 1997 **34:31.30** 1:08.87 SB

41.40 (13)	1:20.29 (10) 38.89	1:59.01 (11) 38.72	2:38.17 (11) 39.16	3:17.00 (11) 38.83	3:56.59 (11) 39.59	4:35.53 (11) 38.94	5:15.51 (11) 39.98	5:54.72 (11) 39.21	6:34.80 (10) 40.08
7:14.80 (11) 40.00	7:55.10 (9) 40.30	8:35.61 (9) 40.51	9:16.64 (8) 41.03	9:57.68 (9) 41.04	10:38.02 (9) 40.34	11:18.56 (8) 40.54	11:58.89 (8) 40.33	12:40.63 (8) 41.74	13:21.35 (8) 40.72
14:01.37 (7) 40.02	14:41.30 (7) 39.93	15:23.24 (7) 41.94	16:04.54 (7) 41.30	16:45.10 (7) 40.56	17:26.21 (7) 41.11	18:07.59 (7) 41.38	18:49.73 (7) 42.14	19:31.66 (7) 41.93	20:13.26 (7) 41.60
20:53.81 (7) 40.55	21:35.29 (6) 41.48	22:16.75 (6) 41.46	23:00.22 (6) 43.47	23:43.38 (6) 43.16	24:27.53 (7) 44.15	25:10.22 (7) 42.69	25:52.72 (7) 42.50	26:35.69 (7) 42.97	27:19.29 (7) 43.60
28:02.60 (7) 43.31	28:46.11 (7) 43.51	29:30.16 (7) 44.05	30:14.09 (7) 43.93	30:58.15 (7) 44.06	31:42.01 (6) 43.86	32:25.96 (7) 43.95	33:09.70 (7) 43.74	33:51.65 (7) 41.95	34:31.30 (7) 39.65

8 **26** **DERVAN Faye** IRL 16 SEP 2002 **34:32.84** 1:10.40 PB

42.03 (19)	1:22.95 (19) 40.92	2:02.66 (20) 39.71	2:43.00 (20) 40.34	3:23.50 (21) 40.50	4:03.48 (20) 39.98	4:43.04 (18) 39.56	5:22.90 (18) 39.86	6:03.16 (18) 40.26	6:43.64 (18) 40.48
7:24.08 (18) 40.44	8:04.31 (17) 40.23	8:44.90 (17) 40.59	9:25.58 (17) 40.68	10:06.68 (17) 41.10	10:48.18 (15) 41.50	11:29.97 (14) 41.79	12:11.32 (14) 41.35	12:52.98 (15) 41.66	13:33.52 (14) 40.54
14:14.90 (13) 41.38	14:56.96 (13) 42.06	15:38.74 (13) 41.78	16:20.76 (13) 42.02	17:02.90 (13) 42.14	17:45.01 (12) 42.11	18:26.41 (11) 41.40	19:09.00 (11) 42.59	19:51.65 (11) 42.65	20:34.44 (11) 42.79
21:17.40 (11) 42.96	21:59.83 (11) 42.43	22:43.10 (10) 43.27	23:26.38 (10) 43.28	24:09.44 (10) 43.06	24:51.39 (10) 41.95	25:34.73 (10) 43.34	26:18.18 (10) 43.45	27:01.05 (10) 42.87	27:43.53 (11) 42.48
28:25.92 (11) 42.39	29:08.37 (11) 42.45	29:50.44 (10) 42.07	30:32.78 (10) 42.34	31:14.81 (9) 42.03	31:56.72 (10) 41.91	32:37.64 (10) 40.92	33:18.09 (10) 40.45	33:56.52 (8) 38.43	34:32.84 (8) 36.32

SAT 23 MAY 2026
17:15

10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

9 **40** **ŽUSINAITĖ-NEKRIŠIENĖ Vaida** LTU 13 JAN 1988 **34:33.00** 1:10.56 **PB**

39.62 (2)	1:18.83 (2)	1:57.92 (2)	2:37.00 (2)	3:15.51 (2)	3:54.84 (2)	4:33.59 (2)	5:13.24 (2)	5:52.47 (2)	6:32.59 (2)
	39.21	39.09	39.08	38.51	39.33	38.75	39.65	39.23	40.12
7:12.75 (2)	7:53.61 (2)	8:34.34 (2)	9:15.92 (3)	9:56.98 (5)	10:37.36 (5)	11:18.28 (7)	11:58.95 (9)	12:40.70 (9)	13:21.54 (9)
40.16	40.86	40.73	41.58	41.06	40.38	40.92	40.67	41.75	40.84
14:02.17 (9)	14:43.05 (9)	15:24.57 (9)	16:06.58 (9)	16:48.42 (9)	17:30.38 (9)	18:12.92 (9)	18:56.08 (9)	19:38.54 (9)	20:21.64 (9)
40.63	40.88	41.52	42.01	41.84	41.96	42.54	43.16	42.46	43.10
21:04.14 (9)	21:47.12 (9)	22:29.80 (8)	23:12.99 (8)	23:56.62 (8)	24:40.47 (8)	25:24.33 (8)	26:07.86 (8)	26:51.38 (8)	27:34.74 (8)
42.50	42.98	42.68	43.19	43.63	43.85	43.86	43.53	43.52	43.36
28:17.88 (8)	29:01.56 (8)	29:44.85 (8)	30:27.92 (8)	31:10.70 (8)	31:53.93 (8)	32:36.22 (9)	33:16.93 (9)	33:56.81 (10)	34:33.00 (9)
43.14	43.68	43.29	43.07	42.78	43.23	42.29	40.71	39.88	36.19

10 **51** **DE BRUYN Lisa** SUI 8 JUL 2002 **34:33.59** 1:11.15 **PB**

42.24 (20)	1:23.44 (22)	2:02.59 (19)	2:42.86 (19)	3:23.16 (18)	4:03.47 (19)	4:43.62 (20)	5:23.41 (20)	6:03.65 (20)	6:44.05 (20)
	41.20	39.15	40.27	40.30	40.31	40.15	39.79	40.24	40.40
7:24.68 (20)	8:04.84 (19)	8:45.55 (19)	9:26.95 (19)	10:08.12 (19)	10:49.86 (18)	11:31.36 (17)	12:12.55 (17)	12:53.94 (17)	13:35.06 (17)
40.63	40.16	40.71	41.40	41.17	41.74	41.50	41.19	41.39	41.12
14:16.79 (17)	14:58.88 (17)	15:40.76 (17)	16:22.67 (17)	17:04.71 (17)	17:46.33 (17)	18:27.79 (16)	19:09.60 (15)	19:52.29 (15)	20:35.04 (15)
41.73	42.09	41.88	41.91	42.04	41.62	41.46	41.81	42.69	42.75
21:17.97 (13)	21:59.93 (12)	22:43.24 (11)	23:26.45 (11)	24:09.80 (12)	24:51.43 (11)	25:35.01 (11)	26:18.26 (11)	27:01.31 (11)	27:43.44 (10)
42.93	41.96	43.31	43.21	43.35	41.63	43.58	43.25	43.05	42.13
28:25.71 (10)	29:07.91 (10)	29:49.97 (9)	30:32.47 (9)	31:15.07 (10)	31:57.01 (11)	32:38.12 (11)	33:18.37 (11)	33:57.01 (11)	34:33.59 (10)
42.27	42.20	42.06	42.50	42.60	41.94	41.11	40.25	38.64	36.58

11 **23** **WELLSTED Lizzie** GBR 31 MAY 2006 **34:35.09** 1:12.66 **SB**

41.39 (12)	1:20.84 (15)	1:59.63 (14)	2:38.67 (14)	3:17.47 (14)	3:57.14 (14)	4:36.05 (13)	5:16.08 (13)	5:55.46 (13)	6:35.67 (13)
	39.45	38.79	39.04	38.80	39.67	38.91	40.03	39.38	40.21
7:15.85 (14)	7:56.95 (14)	8:38.18 (14)	9:20.39 (13)	10:02.44 (13)	10:44.78 (13)	11:26.57 (12)	12:08.58 (12)	12:50.72 (12)	13:33.48 (13)
40.18	41.10	41.23	42.21	42.05	42.34	41.79	42.01	42.14	42.76
14:15.61 (15)	14:57.65 (15)	15:39.49 (15)	16:21.23 (15)	17:03.21 (15)	17:45.32 (13)	18:26.76 (12)	19:09.14 (12)	19:52.00 (13)	20:34.81 (13)
42.13	42.04	41.84	41.74	41.98	42.11	41.44	42.38	42.86	42.81
21:17.69 (12)	22:00.35 (14)	22:43.54 (14)	23:26.72 (14)	24:10.16 (14)	24:52.53 (14)	25:35.63 (14)	26:19.17 (14)	27:02.65 (15)	27:44.76 (14)
42.88	42.66	43.19	43.18	43.44	42.37	43.10	43.54	43.48	42.11
28:26.69 (14)	29:09.19 (14)	29:51.08 (13)	30:33.55 (12)	31:15.16 (11)	31:55.74 (9)	32:35.86 (8)	33:16.75 (8)	33:56.52 (8)	34:35.09 (11)
41.93	42.50	41.89	42.47	41.61	40.58	40.12	40.89	39.77	38.57

12 **28** **HAGGARD-KEARNEY Emily** IRL 11 OCT 1995 **34:39.91** 1:17.47 **SB**

41.18 (10)	1:20.65 (12)	1:59.41 (13)	2:38.45 (13)	3:17.17 (12)	3:56.87 (13)	4:36.42 (14)	5:16.52 (14)	5:57.37 (15)	6:38.29 (15)
	39.47	38.76	39.04	38.72	39.70	39.55	40.10	40.85	40.92
7:18.89 (15)	8:00.00 (15)	8:41.51 (15)	9:23.43 (15)	10:04.83 (14)	10:46.36 (14)	11:27.89 (13)	12:09.14 (13)	12:50.97 (13)	13:33.13 (12)
40.60	41.11	41.51	41.92	41.40	41.53	41.53	41.25	41.83	42.16
14:14.81 (12)	14:56.83 (12)	15:38.54 (12)	16:20.66 (12)	17:02.97 (14)	17:45.40 (15)	18:27.08 (14)	19:09.25 (13)	19:51.89 (12)	20:34.74 (12)
41.68	42.02	41.71	42.12	42.31	42.43	41.68	42.17	42.64	42.85
21:18.47 (15)	22:00.63 (15)	22:43.52 (13)	23:26.48 (12)	24:09.12 (9)	24:51.21 (9)	25:34.55 (9)	26:18.05 (9)	27:00.88 (9)	27:43.14 (9)
43.73	42.16	42.89	42.96	42.64	42.09	43.34	43.50	42.83	42.26
28:25.41 (9)	29:07.74 (9)	29:50.89 (12)	30:33.76 (13)	31:16.07 (13)	31:57.99 (13)	32:39.48 (13)	33:20.93 (14)	34:01.21 (14)	34:39.91 (12)
42.27	42.33	43.15	42.87	42.31	41.92	41.49	41.45	40.28	38.70

SAT 23 MAY 2026
17:15

10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82 HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67 ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

13 **29 JACKMAN Patricia** IRL 17 JUL 1991 **34:40.54** 1:18.11 **SB**

41.69 (15)	1:23.08 (20) 41.39	2:02.73 (21) 39.65	2:43.05 (21) 40.32	3:23.20 (19) 40.15	4:02.95 (16) 39.75	4:42.48 (16) 39.53	5:22.41 (16) 39.93	6:02.57 (16) 40.16	6:43.07 (16) 40.50
7:23.50 (16) 40.43	8:03.81 (16) 40.31	8:44.69 (16) 40.88	9:25.35 (16) 40.66	10:06.39 (16) 41.04	10:48.19 (16) 41.80	11:30.14 (15) 41.95	12:11.42 (15) 41.28	12:52.65 (14) 41.23	13:33.93 (15) 41.28
14:15.07 (14) 41.14	14:57.16 (14) 42.09	15:38.82 (14) 41.66	16:20.91 (14) 42.09	17:02.57 (12) 41.66	17:44.34 (10) 41.77	18:26.04 (10) 41.70	19:08.87 (10) 42.83	19:51.57 (10) 42.70	20:34.32 (10) 42.75
21:16.49 (10) 42.17	21:59.67 (10) 43.18	22:42.96 (9) 43.29	23:26.28 (9) 43.32	24:09.64 (11) 43.36	24:51.79 (12) 42.15	25:35.28 (12) 43.49	26:18.45 (12) 43.17	27:01.44 (12) 42.99	27:43.94 (13) 42.50
28:26.12 (12) 42.18	29:08.69 (12) 42.57	29:50.81 (11) 42.12	30:33.25 (11) 42.44	31:15.65 (12) 42.40	31:57.89 (12) 42.24	32:39.32 (12) 41.43	33:20.87 (13) 41.55	34:00.73 (12) 39.86	34:40.54 (13) 39.81

14 **49 SILVA Mónica** POR 4 OCT 2000 **34:41.63** 1:19.19 **PB**

42.26 (22)	1:22.83 (18) 40.57	2:02.26 (18) 39.43	2:42.56 (18) 40.30	3:23.69 (22) 41.13	4:04.38 (22) 40.69	4:44.10 (22) 39.72	5:23.97 (22) 39.87	6:04.52 (22) 40.55	6:44.59 (22) 40.07
7:25.20 (22) 40.61	8:05.73 (22) 40.53	8:46.39 (22) 40.66	9:27.83 (22) 41.44	10:09.32 (22) 41.49	10:50.67 (22) 41.35	11:32.36 (20) 41.69	12:14.40 (20) 42.04	12:57.33 (20) 42.93	13:39.88 (19) 42.55
14:21.92 (19) 42.04	15:03.24 (19) 41.32	15:44.61 (19) 41.37	16:26.12 (19) 41.51	17:08.27 (19) 42.15	17:50.02 (19) 41.75	18:32.12 (19) 42.10	19:14.51 (18) 42.39	19:57.35 (18) 42.84	20:39.79 (17) 42.44
21:22.66 (17) 42.87	22:04.82 (16) 42.16	22:47.59 (15) 42.77	23:29.44 (15) 41.85	24:11.29 (15) 41.85	24:52.83 (15) 41.54	25:36.08 (15) 43.25	26:19.39 (15) 43.31	27:01.80 (13) 42.41	27:43.81 (12) 42.01
28:26.41 (13) 42.60	29:08.90 (13) 42.49	29:51.40 (14) 42.50	30:33.81 (14) 42.41	31:16.37 (14) 42.56	31:58.33 (14) 41.96	32:39.78 (14) 41.45	33:20.19 (12) 40.41	34:01.12 (13) 40.93	34:41.63 (14) 40.51

15 **57 KOHUT Tetiana** UKR 18 MAR 2003 **34:43.31** 1:20.88

40.99 (9)	1:21.09 (16) 40.10	2:01.17 (16) 40.08	2:42.18 (16) 41.01	3:22.18 (16) 40.00	4:03.00 (17) 40.82	4:42.71 (17) 39.71	5:22.68 (17) 39.97	6:02.88 (17) 40.20	6:43.37 (17) 40.49
7:23.81 (17) 40.44	8:04.44 (18) 40.63	8:45.26 (18) 40.82	9:26.60 (18) 41.34	10:07.94 (18) 41.34	10:49.56 (17) 41.62	11:31.03 (16) 41.47	12:12.41 (16) 41.38	12:53.63 (16) 41.22	13:34.80 (16) 41.17
14:16.51 (16) 41.71	14:58.55 (16) 42.04	15:40.48 (16) 41.93	16:22.37 (16) 41.89	17:04.44 (16) 42.07	17:46.10 (16) 41.66	18:27.44 (15) 41.34	19:09.44 (14) 42.00	19:52.15 (14) 42.71	20:34.98 (14) 42.83
21:18.13 (14) 43.15	22:00.07 (13) 41.94	22:43.45 (12) 43.38	23:26.57 (13) 43.12	24:10.04 (13) 43.47	24:52.25 (13) 42.21	25:35.36 (13) 43.11	26:18.83 (13) 43.47	27:02.16 (14) 43.33	27:45.39 (15) 43.23
28:28.71 (15) 43.32	29:11.79 (15) 43.08	29:54.26 (15) 42.47	30:37.83 (15) 43.57	31:20.98 (15) 43.15	32:03.90 (15) 42.92	32:46.31 (15) 42.41	33:27.00 (15) 40.69	34:05.80 (15) 38.80	34:43.31 (15) 37.51

16 **22 WEEDALL Holly** GBR 31 DEC 2004 **35:35.86** 2:13.43 **SB**

41.80 (16)	1:20.75 (13) 38.95	1:59.66 (15) 38.91	2:38.78 (15) 39.12	3:17.79 (15) 39.01	3:57.41 (15) 39.62	4:36.63 (15) 39.22	5:16.75 (15) 40.12	5:56.09 (14) 39.34	6:35.96 (14) 39.87
7:15.67 (13) 39.71	7:55.92 (12) 40.25	8:36.48 (12) 40.56	9:17.38 (12) 40.90	9:58.40 (12) 41.02	10:39.59 (12) 41.19	11:20.85 (11) 41.26	12:02.71 (11) 41.86	12:44.63 (11) 41.92	13:26.48 (11) 41.85
14:08.83 (10) 42.35	14:51.61 (10) 42.78	15:34.07 (10) 42.46	16:17.46 (10) 43.39	17:00.78 (10) 43.32	17:45.36 (14) 44.58	18:30.54 (17) 45.18	19:15.94 (19) 45.40	20:01.21 (19) 45.27	20:46.55 (19) 45.34
21:31.01 (19) 44.46	22:15.62 (19) 44.61	22:59.37 (16) 43.75	23:43.71 (16) 44.34	24:28.10 (16) 44.39	25:13.06 (16) 44.96	25:58.03 (16) 44.97	26:43.69 (16) 45.66	27:29.47 (16) 45.78	28:15.55 (16) 46.08
29:01.21 (16) 45.66	29:46.71 (16) 45.50	30:31.62 (16) 44.91	31:17.15 (16) 45.53	32:01.42 (16) 44.27	32:45.64 (16) 44.22	33:29.29 (16) 43.65	34:12.55 (16) 43.26	34:55.10 (16) 42.55	35:35.86 (16) 40.76

SAT 23 MAY 2026
17:15

10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82 HASSAN Sifan	NED FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67 ABEYLEGESSE Elvan	TUR Antalya (TUR)	15 APR 2006

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	10000m

6 AVRAMOVA Devora				BUL		3 JAN 2000		DNF	
40.74 (7)	1:19.82 (7) 39.08	1:58.67 (8) 38.85	2:37.73 (8) 39.06	3:16.49 (8) 38.76	3:55.86 (8) 39.37	4:35.07 (9) 39.21	5:15.01 (9) 39.94	5:54.52 (10) 39.51	6:34.61 (9) 40.09
7:14.53 (9) 39.92	7:54.98 (8) 40.45	8:35.30 (8) 40.32	9:16.69 (9) 41.39	9:57.72 (10) 41.03	10:38.53 (11) 40.81	11:18.86 (10) 40.33	12:00.36 (10) 41.50	12:42.94 (10) 42.58	13:26.41 (10) 43.47
14:09.81 (11) 43.40	14:52.09 (11) 42.28	15:35.11 (11) 43.02	16:18.07 (11) 42.96	17:01.10 (11) 43.03	17:44.83 (11) 43.73	18:27.03 (13) 42.20	19:10.16 (16) 43.13	19:54.15 (16) 43.99	20:39.90 (18) 45.75
21:25.94 (18) 46.04	22:12.95 (18) 47.01	22:59.99 (17) 47.04	23:45.10 (17) 45.11	24:31.24 (17) 46.14	DNF (17) 11:18.18				

41 GOESSENS Tess				NED		1 JAN 2004		DNF	
42.24 (20)	1:22.61 (17) 40.37	2:01.85 (17) 39.24	2:42.55 (17) 40.70	3:23.44 (20) 40.89	4:04.58 (23) 41.14	4:45.00 (23) 40.42	5:25.68 (23) 40.68	6:06.57 (23) 40.89	6:47.44 (23) 40.87
7:28.55 (23) 41.11	8:10.34 (23) 41.79	8:51.26 (23) 40.92	9:32.65 (23) 41.39	10:14.03 (23) 41.38	10:55.72 (23) 41.69	11:36.93 (21) 41.21	12:18.04 (21) 41.11	12:59.33 (21) 41.29	13:40.42 (20) 41.09
14:21.28 (18) 40.86	15:02.89 (18) 41.61	15:44.31 (18) 41.42	16:25.95 (18) 41.64	17:08.00 (18) 42.05	17:49.89 (18) 41.89	18:31.85 (18) 41.96	19:14.32 (17) 42.47	19:57.14 (17) 42.82	20:39.60 (16) 42.46
21:22.40 (16) 42.80	22:05.36 (17) 42.96	23:08.39 (18) 1:03.03	23:49.34 (18) 40.95	DNF					

39 CAUNE Agate				LAT		8 JUL 2004		DNF	
41.67 (14)	1:20.12 (9) 38.45	1:58.54 (7) 38.42	2:37.64 (7) 39.10	3:16.42 (7) 38.78	3:55.73 (7) 39.31	4:34.85 (7) 39.12	5:14.52 (7) 39.67	5:54.07 (8) 39.55	6:35.30 (12) 41.23
7:14.75 (10) 39.45	7:55.70 (11) 40.95	8:36.09 (11) 40.39	9:16.88 (11) 40.79	9:57.48 (7) 40.60	10:37.63 (7) 40.15	11:17.74 (4) 40.11	11:57.98 (4) 40.24	12:39.45 (3) 41.47	13:20.09 (3) 40.64
14:00.81 (4) 40.72	14:40.99 (4) 40.18	15:22.56 (2) 41.57	16:03.70 (2) 41.14	16:44.41 (2) 40.71	17:25.37 (1) 40.96	18:06.82 (2) 41.45	18:48.90 (2) 42.08	19:31.02 (2) 42.12	20:12.41 (3) 41.39
20:53.56 (6) 41.15	21:35.82 (7) 42.26	DNF							

52 FULGINITI Giulia				SUI		15 MAR 2005		DNF	
42.42 (23)	1:23.64 (23) 41.22	2:03.13 (23) 39.49	2:43.34 (23) 40.21	3:23.71 (23) 40.37	4:04.13 (21) 40.42	4:43.81 (21) 39.68	5:23.72 (21) 39.91	6:03.84 (21) 40.12	6:44.31 (21) 40.47
7:24.83 (21) 40.52	8:05.39 (21) 40.56	8:46.11 (21) 40.72	9:27.55 (21) 41.44	10:08.95 (21) 41.40	10:50.54 (21) 41.59	11:32.11 (19) 41.57	12:14.22 (19) 42.11	12:57.01 (19) 42.79	13:40.42 (20) 43.41
14:23.91 (21) 43.49	15:09.05 (20) 45.14	15:53.59 (20) 44.54	16:39.29 (20) 45.70	DNF					

SAT 23 MAY 2026
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10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

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	10000m

53 **MEIER Andrea**

SUI

2 SEP 1993

DNF

41.95 (17)	1:23.34 (21) 41.39	2:02.92 (22) 39.58	2:43.13 (22) 40.21	3:22.90 (17) 39.77	4:03.17 (18) 40.27	4:43.36 (19) 40.19	5:23.19 (19) 39.83	6:03.36 (19) 40.17	6:43.72 (19) 40.36
7:24.36 (19) 40.64	8:05.06 (20) 40.70	8:45.84 (20) 40.78	9:27.19 (20) 41.35	10:08.62 (20) 41.43	10:50.09 (19) 41.47	11:31.83 (18) 41.74	12:13.25 (18) 41.42	12:55.54 (18) 42.29	13:38.39 (18) 42.85
14:21.98 (20) 43.59	DNF								

75 **MATTAGLIANO Joyce (g)**

ITA

3 MAY 1994

DNF

39.05 (1)	1:18.02 (1) 38.97	1:57.19 (1) 39.17	2:36.42 (1) 39.23	3:14.59 (1) 38.17	3:53.85 (1) 39.26	4:32.51 (1) 38.66	5:12.27 (1) 39.76	5:51.57 (1) 39.30	6:31.31 (1) 39.74
7:10.88 (1) 39.57	7:51.72 (1) 40.84	8:32.63 (1) 40.91	9:14.51 (1) 41.88	9:55.31 (1) 40.80	10:36.00 (1) 40.69	DNF			

50 **SÎRBU Madalina-elena**

ROU

5 JUL 2003

DNF

39.86 (3)	1:19.16 (3) 39.30	1:58.11 (3) 38.95	2:37.20 (3) 39.09	3:15.73 (3) 38.53	3:54.95 (3) 39.22	4:34.11 (4) 39.16	5:13.74 (4) 39.63	5:53.02 (4) 39.28	6:33.27 (4) 40.25
7:14.45 (8) 41.18	7:56.01 (13) 41.56	8:37.31 (13) 41.30	9:21.14 (14) 43.83	10:05.51 (15) 44.37	10:50.25 (20) 44.74	DNF			

4 **REDLINGER Lisa**

AUT

13 NOV 2002

DNS

SAT 23 MAY 2026
17:15

10000m Women

Final B

Race Analysis

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

Weather conditions

Temperature: 29°C

Humidity: 47%

Conditions: Sunny

Legend:							
(g)	Guest	DNF	Did not Finish	DNS	Did not Start	PB	Personal Best
SB	Season Best						

SAT 23 MAY 2026
17:15

10000m Women

Final

Results Summary

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

Rank	Bib	Name	Ctry Code	Heat	Order	Position	Time	
1	46	GLINKA Elzbieta	POL	A	13	1	31:45.36	PB
2	17	ZARBO Alessia	FRA	A	7	2	31:56.18	SB
3	35	PALMERO Elisa	ITA	A	4	3	31:59.49	SB
4	42	GULIKERS Jennifer	NED	A	27	4	32:01.57	PB
5	47	MACHADO Mariana	POR	A	3	5	32:11.96	PB
6	25	ALLEN Niamh	IRL	A	26	6	32:15.79	SB
7	32	DEL BUONO Federica	ITA	A	5	7	32:27.95	SB
8	10	BERZOSA Alicia	ESP	A	9	8	32:32.48	SB
9	55	KUNUR Derya	TUR	A	19	9	32:40.60	PB
10	27	EVERARD Fiona	IRL	A	8	10	32:41.28	PB
11	8	ÁLVAREZ Beatriz	ESP	A	16	11	32:47.71	
12	7	HROCHOVÁ Tereza	CZE	A	29	12	32:51.72	PB
13	34	NIMBONA Elvanie	ITA	A	23	13	32:57.13	SB
14	33	LONEDO Rebecca	ITA	A	2	14	32:58.13	PB
15	60	STREBKOVÁ Nataliya	UKR	A	21	15	33:00.43	PB
16	20	MARTIN Jessica	GBR	A	15	16	33:09.61	SB
17	21	QUIRK Amelia	GBR	A	10	17	33:15.33	SB
18	18	DANNATT Charlotte	GBR	A	14	18	33:18.04	SB
19	56	YILDIRIM Bahar	TUR	A	11	19	33:18.27	
20	30	NIC DHOMHNAILL Sorchá	IRL	A	17	20	33:19.00	SB
21	9	BARREIRO Isabel	ESP	A	6	21	33:21.88	
22	2	LASSACHER Cordula	AUT	Final B	12	1	33:22.44	PB
23	19	JONES Lucy	GBR	A	25	22	33:25.13	SB
24	16	CHYDENIUS Nina	FIN	A	12	23	33:28.19	SB
25	37	SETTINO Greta	ITA	Final B	18	2	33:31.10	PB
26	58	MAZURENKO Mariia	UKR	A	28	24	33:31.46	SB
27	43	VAN KOLDAM Ineke	NED	Final B	1	3	33:36.47	PB
28	13	ROMERO Andrea	ESP	Final B	4	4	33:41.35	SB
29	14	SÁNCHEZ-ESCRIBANO Irene	ESP	A	1	25	33:46.24	
30	59	SHKURKO Viktoriia	UKR	A	20	26	33:50.32	
31	1	ABAROGÉ Farida	ART	A	22	27	33:54.07	PB
32	12	GALIMANY Marta	ESP	Final B	5	5	34:10.56	SB
33	44	SIREVÅG Anna Marie Nordengen	NOR	Final B	9	6	34:30.81	SB
34	38	ZANNE Federica	ITA	Final B	6	7	34:31.30	SB
35	54	ÇETO Nursena	TUR	A	18	28	34:32.25	
36	26	DERVAN Faye	IRL	Final B	16	8	34:32.84	PB
37	40	ŽUSINAITĖ-NEKRIŠIENĖ Vaida	LTU	Final B	13	9	34:33.00	PB
38	51	DE BRUYN Lisa	SUI	Final B	17	10	34:33.59	PB
39	23	WELLSTED Lizzie	GBR	Final B	11	11	34:35.09	SB
40	28	HAGGARD-KEARNEY Emily	IRL	Final B	3	12	34:39.91	SB
41	29	JACKMAN Patricia	IRL	Final B	15	13	34:40.54	SB
42	49	SILVA Mónica	POR	Final B	14	14	34:41.63	PB
43	57	KOHUT Tetiana	UKR	Final B	2	15	34:43.31	
44	22	WEEDALL Holly	GBR	Final B	10	16	35:35.86	SB
	6	AVRAMOVA Devora	BUL	Final B	21		DNF	
	41	GOESSENS Tess	NED	Final B	23		DNF	
	39	CAUNE Agate	LAT	Final B	8		DNF	
	74	NIYOMUKUNZI Francine (g)	BDI	A	30		DNF	

SAT 23 MAY 2026
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10000m Women

Final

Results Summary

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	FBK Stadium, Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

Rank	Bib	Name	Ctry Code	Heat	Order	Position	Time
	52	FULGINITI Giulia	SUI	Final B	20		DNF
	48	SANTOS Susana	POR	A	24		DNF
	53	MEIER Andrea	SUI	Final B	19		DNF
	75	MATTAGLIANO Joyce (g)	ITA	Final B	24		DNF
	50	SÎRBU Madalina-elena	ROU	Final B	22		DNF
	4	REDLINGER Lisa	AUT	Final B	7		DNS

Legend:							
(g)	Guest	DNF	Did not Finish	DNS	Did not Start	PB	Personal Best
SB	Season Best						

SAT 23 MAY 2026
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10000m Team Cup Women

Final

Results

Athletes: 41

Countries: 9

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
1	Italy (ITA)					1:37:24.57
		35	PALMERO Elisa	31:59.49	3	
		32	DEL BUONO Federica	32:27.95	7	
		34	NIMBONA Elvanie	32:57.13	13	
		33	LONEDO Rebecca	32:58.13	14	
		37	SETTINO Greta	33:31.10	25	
		38	ZANNE Federica	34:31.30	34	
		75	MATTAGLIANO Joyce	DNF		
2	Ireland (IRL)					1:38:16.07
		25	ALLEN Niamh	32:15.79	6	
		27	EVERARD Fiona	32:41.28	10	
		30	NIC DHOMHNAILL Sorch	33:19.00	20	
		26	DERVAN Faye	34:32.84	36	
		28	HAGGARD-KEARNEY Emily	34:39.91	40	
		29	JACKMAN Patricia	34:40.54	41	
3	Spain (ESP)					1:38:42.07
		10	BERZOSA Alicia	32:32.48	8	
		8	ÁLVAREZ Beatriz	32:47.71	11	
		9	BARREIRO Isabel	33:21.88	21	
		13	ROMERO Andrea	33:41.35	28	
		14	SÁNCHEZ-ESCRIBANO Irene	33:46.24	29	
		12	GALIMANY Marta	34:10.56	32	
4	Great Britain & Northern Ireland (GBR)					1:39:42.98
		20	MARTIN Jessica	33:09.61	16	
		21	QUIRK Amelia	33:15.33	17	
		18	DANNATT Charlotte	33:18.04	18	
		19	JONES Lucy	33:25.13	23	
		23	WELLSTED Lizzie	34:35.09	39	
		22	WEEDALL Holly	35:35.86	44	
5	Ukraine (UKR)					1:40:22.21
		60	STREBKOV	33:00.43	15	
		58	MAZURENKO Mariia	33:31.46	26	
		59	SHKURKO Viktoriia	33:50.32	30	
		57	KOHUT Tetiana	34:43.31	43	
6	Türkiye (TUR)					1:40:31.12
		55	KUNUR Derya	32:40.60	9	
		56	YILDIRIM Bahar	33:18.27	19	
		54	ÇETO Nursena	34:32.25	35	

10000m Team Cup Women

SAT 23 MAY 2026
18:40

Final

Results

Athletes: 41

Countries: 9

Distance: 10000 m

Rank	Ctry	Bib	Name	Time	Position	Result
Netherlands (NED)						NM
		42	GULIKERS Jennifer	32:01.57	4	
		43	VAN KOLDAM Ineke	33:36.47	27	
		41	GOESSENS Tess	DNF		
Portugal (POR)						NM
		47	MACHADO Mariana	32:11.96	5	
		49	SILVA Mónica	34:41.63	42	
		48	SANTOS Susana	DNF		
Switzerland (SUI)						NM
		51	DE BRUYN Lisa	34:33.59	38	
		52	FULGINITI Giulia	DNF		
		53	MEIER Andrea	DNF		

Race Analysis

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	10000m

1 ITALY

ITA

1:37:24.57

1:50.33 (1)	3:43.71 (1)	5:35.78 (1)	7:30.89 (1)	9:23.32 (1)	11:17.71 (1)	13:13.71 (1)	15:09.20 (1)	17:04.47 (1)	18:59.07 (1)
	1:53.38	1:52.07	1:55.11	1:52.43	1:54.39	1:56.00	1:55.49	1:55.27	1:54.60
20:53.76 (1)	22:48.57 (1)	24:44.53 (1)	26:42.12 (1)	28:36.60 (1)	30:31.67 (1)	32:26.69 (1)	34:23.69 (1)	36:19.65 (1)	38:17.95 (1)
1:54.69	1:54.81	1:55.96	1:57.59	1:54.48	1:55.07	1:55.02	1:57.00	1:55.96	1:58.30
40:14.98 (1)	42:11.31 (1)	44:09.02 (1)	46:09.21 (1)	48:06.60 (1)	50:05.85 (1)	52:03.09 (2)	54:04.06 (2)	56:04.23 (2)	58:01.44 (2)
1:57.03	1:56.33	1:57.71	2:00.19	1:57.39	1:59.25	1:57.24	2:00.97	2:00.17	1:57.21
59:58.11 (2)	:01:57.29 (1)	:03:54.58 (1)	:05:53.73 (2)	:07:52.11 (1)	:09:51.80 (1)	:11:50.63 (1)	:13:50.95 (1)	:15:49.45 (1)	:17:49.26 (1)
1:56.67	1:59.18	1:57.29	1:59.15	1:58.38	1:59.69	1:58.83	2:00.32	1:58.50	1:59.81
:19:47.86 (1)	:21:47.63 (1)	:23:47.29 (1)	:25:47.84 (1)	:27:46.01 (1)	:29:45.55 (1)	:31:44.39 (1)	:33:43.18 (1)	:35:36.38 (1)	:37:24.57 (1)
1:58.60	1:59.77	1:59.66	2:00.55	1:58.17	1:59.54	1:58.84	1:58.79	1:53.20	1:48.19

2 IRELAND

IRL

1:38:16.07

51.50

1:53.80 (2)	3:48.94 (3)	5:43.30 (3)	7:41.32 (3)	9:34.95 (3)	11:30.02 (3)	13:25.75 (3)	15:21.72 (3)	17:15.67 (3)	19:09.85 (3)
	1:55.14	1:54.36	1:58.02	1:53.63	1:55.07	1:55.73	1:55.97	1:53.95	1:54.18
21:05.27 (3)	23:00.61 (3)	24:57.66 (3)	26:55.10 (3)	28:49.34 (3)	30:45.85 (3)	32:41.07 (3)	34:36.61 (3)	36:32.04 (2)	38:30.43 (2)
1:55.42	1:55.34	1:57.05	1:57.44	1:54.24	1:56.51	1:55.22	1:55.54	1:55.43	1:58.39
40:28.17 (2)	42:25.82 (2)	44:22.19 (3)	46:21.53 (3)	48:20.34 (3)	50:17.88 (3)	52:14.76 (3)	54:14.62 (3)	56:12.52 (3)	58:11.04 (3)
1:57.74	1:57.65	1:56.37	1:59.34	1:58.81	1:57.54	1:56.88	1:59.86	1:57.90	1:58.52
:00:08.70 (3)	:02:08.04 (3)	:04:07.04 (3)	:06:07.85 (4)	:08:07.80 (3)	:10:08.05 (3)	:12:07.92 (2)	:14:09.63 (2)	:16:10.40 (2)	:18:12.62 (2)
1:57.66	1:59.34	1:59.00	2:00.81	1:59.95	2:00.25	1:59.87	2:01.71	2:00.77	2:02.22
:20:12.44 (2)	:22:14.11 (2)	:24:14.96 (2)	:26:18.15 (2)	:28:19.66 (2)	:30:23.12 (2)	:32:25.60 (2)	:34:27.94 (2)	:36:25.86 (2)	:38:16.07 (2)
1:59.82	2:01.67	2:00.85	2:03.19	2:01.51	2:03.46	2:02.48	2:02.34	1:57.92	1:50.21

3 SPAIN

ESP

1:38:42.07

1:17.50

1:56.51 (6)	3:54.40 (6)	5:51.05 (6)	7:50.07 (6)	9:43.48 (6)	11:37.66 (5)	13:33.21 (4)	15:29.61 (4)	17:22.97 (4)	19:17.61 (4)
	1:57.89	1:56.65	1:59.02	1:53.41	1:54.18	1:55.55	1:56.40	1:53.36	1:54.64
21:12.95 (4)	23:09.58 (4)	25:05.86 (4)	27:03.40 (4)	28:56.10 (4)	30:52.15 (4)	32:47.84 (4)	34:41.06 (4)	36:35.11 (4)	38:32.98 (3)
1:55.34	1:56.63	1:56.28	1:57.54	1:52.70	1:56.05	1:55.69	1:53.22	1:54.05	1:57.87
40:30.78 (3)	42:26.69 (3)	44:19.84 (2)	46:16.70 (2)	48:12.26 (2)	50:07.26 (2)	52:02.68 (1)	54:00.16 (1)	55:57.16 (1)	57:57.28 (1)
1:57.80	1:55.91	1:53.15	1:56.86	1:55.56	1:55.00	1:55.42	1:57.48	1:57.00	2:00.12
59:56.25 (1)	:01:58.49 (2)	:03:59.96 (2)	:06:03.25 (3)	:08:06.00 (2)	:10:07.81 (2)	:12:09.53 (3)	:14:15.95 (3)	:16:20.85 (3)	:18:26.57 (3)
1:58.97	2:02.24	2:01.47	2:03.29	2:02.75	2:01.81	2:01.72	2:06.42	2:04.90	2:05.72
:20:29.27 (3)	:22:33.50 (3)	:24:35.35 (3)	:26:38.96 (3)	:28:42.18 (3)	:30:46.85 (3)	:32:50.49 (3)	:34:52.24 (3)	:36:48.78 (3)	:38:42.07 (3)
2:02.70	2:04.23	2:01.85	2:03.61	2:03.22	2:04.67	2:03.64	2:01.75	1:56.54	1:53.29

4 GREAT BRITAIN & NORTHERN IRELAND

GBR

1:39:42.98

2:18.41

1:56.01 (5)	3:53.68 (5)	5:50.68 (5)	7:47.16 (4)	9:41.15 (4)	11:37.49 (4)	13:34.98 (5)	15:31.59 (5)	17:26.92 (5)	19:22.67 (5)
	1:57.67	1:57.00	1:56.48	1:53.99	1:56.34	1:57.49	1:56.61	1:55.33	1:55.75
21:19.98 (5)	23:17.27 (5)	25:15.00 (5)	27:13.35 (5)	29:10.62 (5)	31:08.92 (5)	33:06.47 (5)	35:04.12 (5)	37:02.05 (5)	39:02.61 (5)
1:57.31	1:57.29	1:57.73	1:58.35	1:57.27	1:58.30	1:57.55	1:57.65	1:57.93	2:00.56
41:01.82 (5)	43:03.03 (5)	45:03.36 (5)	47:05.04 (5)	49:05.94 (5)	51:06.91 (5)	53:06.47 (5)	55:08.47 (5)	57:08.72 (5)	59:10.26 (5)
1:59.21	2:01.21	2:00.33	2:01.68	2:00.90	2:00.97	1:59.56	2:02.00	2:00.25	2:01.54
:01:11.44 (5)	:03:15.01 (5)	:05:17.89 (5)	:07:19.89 (1)	:09:21.66 (4)	:11:24.18 (4)	:13:26.95 (4)	:15:30.22 (4)	:17:33.06 (4)	:19:36.71 (4)
2:01.18	2:03.57	2:02.88	17:58.00	22:01.77	2:02.52	2:02.77	2:03.27	2:02.84	2:03.65
:21:39.13 (4)	:23:42.89 (4)	:25:45.19 (4)	:27:47.98 (4)	:29:50.19 (4)	:31:51.19 (4)	:33:47.11 (4)	:35:41.58 (4)	:37:50.04 (4)	:39:42.98 (4)
2:02.42	2:03.76	2:02.30	2:02.79	2:02.21	2:01.00	1:55.92	1:54.47	2:08.46	1:52.94

SAT 23 MAY 2026
18:40

10000m Team Cup Women

Final

Race Analysis

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	10000m

5 **UKRAINE** **UKR** **1:40:22.21** 2:57.64

1:57.08 (7)	3:55.61 (7)	5:53.39 (8)	7:54.45 (8)	9:43.14 (5)	11:40.44 (6)	13:38.81 (6)	15:35.43 (6)	17:32.84 (6)	19:30.18 (6)
	1:58.53	1:57.78	2:01.06	1:48.69	1:57.30	1:58.37	1:56.62	1:57.41	1:57.34
21:48.52 (8)	23:49.00 (8)	25:49.32 (8)	27:50.33 (8)	29:51.85 (8)	31:53.77 (8)	33:54.93 (8)	35:57.89 (8)	38:00.27 (8)	40:03.07 (8)
2:18.34	2:00.48	2:00.32	2:01.01	2:01.52	2:01.92	2:01.16	2:02.96	2:02.38	2:02.80
42:05.40 (8)	44:09.71 (8)	46:13.75 (7)	48:15.74 (7)	50:17.96 (7)	52:20.28 (7)	54:21.59 (7)	56:25.81 (7)	58:28.27 (7)	60:32.42 (7)
2:02.33	2:04.31	2:04.04	2:01.99	2:02.22	2:02.32	2:01.31	2:04.22	2:02.46	2:04.15
62:36.64 (7)	64:41.49 (7)	66:45.45 (7)	68:51.02 (7)	70:56.10 (6)	73:01.29 (6)	75:06.99 (6)	77:12.90 (6)	79:18.75 (6)	81:24.19 (6)
2:04.22	2:04.85	2:03.96	2:05.57	2:05.08	2:05.19	2:05.70	2:05.91	2:05.85	2:05.44
82:29.43 (6)	84:34.27 (6)	86:39.28 (6)	88:47.07 (6)	90:53.86 (6)	93:00.75 (6)	95:05.66 (6)	97:08.21 (6)	99:07.68 (6)	101:02.21 (5)
2:05.24	2:04.84	2:05.01	2:07.79	2:06.79	2:06.89	2:04.91	2:02.55	1:59.47	14.53

6 **TÜRKİYE** **TUR** **1:40:31.12** 3:06.55

1:54.46 (3)	3:46.46 (2)	5:40.07 (2)	7:33.63 (2)	9:26.38 (2)	11:20.58 (2)	13:16.91 (2)	15:11.70 (2)	17:07.59 (2)	19:02.73 (2)
	1:52.00	1:53.61	1:53.56	1:52.75	1:54.20	1:56.33	1:54.79	1:55.89	1:55.14
20:57.28 (2)	22:52.14 (2)	24:48.41 (2)	26:46.80 (2)	28:43.95 (2)	30:40.06 (2)	32:36.46 (2)	34:34.53 (2)	36:33.32 (3)	38:33.17 (4)
1:54.55	1:54.86	1:56.27	1:58.39	1:57.15	1:56.11	1:56.40	1:58.07	1:58.79	1:59.85
40:33.28 (4)	42:34.58 (4)	44:36.80 (4)	46:40.20 (4)	48:43.25 (4)	50:46.63 (4)	52:49.17 (4)	54:54.07 (4)	56:56.51 (4)	58:59.92 (4)
2:00.11	2:01.30	2:02.22	2:03.40	2:03.05	2:03.38	2:02.54	2:04.90	2:02.44	2:03.41
60:10.26 (4)	62:08.74 (4)	64:05.13 (4)	66:07.19 (5)	68:09.23 (5)	70:11.29 (5)	72:13.34 (5)	74:15.40 (5)	76:17.47 (5)	78:19.54 (5)
2:02.75	2:06.07	2:04.34	2:06.07	2:04.15	2:05.93	2:05.22	2:06.43	2:06.47	2:06.85
82:22.00 (5)	84:06.29 (5)	86:11.72 (5)	88:18.42 (5)	90:25.44 (5)	92:32.31 (5)	94:35.26 (5)	96:38.89 (5)	98:36.22 (5)	100:31.12 (6)
2:05.96	2:06.13	2:05.43	2:06.70	2:07.02	2:06.87	2:02.95	2:03.63	1:57.33	1:54.90

NETHERLANDS

NED

NM

1:59.66 (8)	3:56.72 (8)	5:53.10 (7)	7:51.59 (7)	9:48.95 (8)	11:47.78 (8)	13:45.95 (8)	15:44.81 (8)	17:43.69 (8)	19:42.77 (8)
	1:57.06	1:56.38	1:58.49	1:57.36	1:58.83	1:58.17	1:58.86	1:58.88	1:59.08
21:42.15 (7)	23:42.57 (7)	25:42.48 (7)	27:43.90 (7)	29:44.38 (7)	31:44.50 (7)	33:44.27 (7)	35:43.76 (7)	37:44.60 (7)	39:44.68 (7)
1:59.38	2:00.42	1:59.91	2:01.42	2:00.48	2:00.12	1:59.77	1:59.49	2:00.84	2:00.08
41:44.44 (7)	43:44.88 (7)	45:47.04 (6)	47:48.58 (6)	49:49.92 (6)	51:51.81 (6)	53:53.70 (6)	55:59.07 (6)	58:03.39 (6)	60:06.12 (6)
1:59.76	2:00.44	2:02.16	2:01.54	2:01.34	2:01.89	2:01.89	2:05.37	2:04.32	2:02.73
62:02.07 (6)	64:09.52 (6)	66:32.99 (6)	68:33.92 (6)						
2:01.11	2:02.29	2:23.47	2:00.93						
									NM

PORTUGAL

POR

NM

1:55.50 (4)	3:52.13 (4)	5:48.72 (4)	7:47.89 (5)	9:46.60 (7)	11:44.88 (7)	13:42.79 (7)	15:40.01 (7)	17:38.61 (7)	19:36.42 (7)
	1:56.63	1:56.59	1:59.17	1:58.71	1:58.28	1:57.91	1:57.22	1:58.60	1:57.81
21:35.29 (6)	23:34.15 (6)	25:33.15 (6)	27:33.64 (6)	29:33.25 (6)	31:33.08 (6)	33:32.93 (6)	35:34.05 (6)	37:35.69 (6)	39:37.83 (6)
1:58.87	1:58.86	1:59.00	2:00.49	1:59.61	1:59.83	1:59.85	2:01.12	2:01.64	2:02.14
41:39.14 (6)	43:40.41 (6)								
2:01.31	2:01.27								
									NM

SAT 23 MAY 2026
18:40

10000m Team Cup Women

Final

Race Analysis

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	10000m

SWITZERLAND				SUI			NM		
2:06.61 (9)	4:10.42 (9)	6:08.64 (9)	8:09.33 (9)	10:09.77 (9)	12:10.77 (9)	14:10.79 (9)	16:10.32 (9)	18:10.85 (9)	20:12.08 (9)
	2:03.81	1:58.22	2:00.69	2:00.44	2:01.00	2:00.02	1:59.53	2:00.53	2:01.23
22:13.87 (9)	24:15.29 (9)	26:17.50 (9)	28:21.69 (9)	30:25.69 (9)	32:30.49 (9)	34:35.30 (9)	36:40.02 (9)	38:46.49 (9)	40:53.87 (9)
	2:01.42	2:02.21	2:04.19	2:04.00	2:04.80	2:04.81	2:04.72	2:06.47	2:07.38
43:02.68 (9)									
2:08.81									
									NM

Weather conditions

Temperature: 29°C

Humidity: 47%

Conditions: Sunny

Legend:

NM No Mark

Records Set

Record Type	Event	Phase	Date	Athlete / Team	Ctry Code	Wind	Result
NR	10000m Men	Final A	23 MAY	CARABAÑA Nahuel	AND		28:47.06

Legend:
NR National Record

Medallists by Event As of 23 MAY 2026

AFTER 4 OF 4 EVENTS

Event Name	Date	Medal	Name	Ctry Code
10000m Men	SAT 23 MAY	GOLD	AOUANI Iliass	ITA
		SILVER	BEDARD Simon	FRA
		BRONZE	GONDOUIN Valentin	FRA
10000m Team Cup Men	SAT 23 MAY	GOLD	BEDARD Simon GONDOUIN Valentin GUYON Baptiste AUGUSTO Bastien	FRA
		SILVER	AOUANI Iliass SELVAROLO Pasquale MAGGI Konjoneh MONDAZZI Alberto BRUNIER Lorenzo GUERRA Francesco	ITA
		BRONZE	RAMOS Jesús MENACHO Eduardo ESCAMILLA Mesfin ALBA Pablo PÉREZ Juan Antonio	ESP
10000m Women	SAT 23 MAY	GOLD	GLINKA Elzbieta	POL
		SILVER	ZARBO Alessia	FRA
		BRONZE	PALMERO Elisa	ITA
10000m Team Cup Women	SAT 23 MAY	GOLD	PALMERO Elisa DEL BUONO Federica NIMBONA Elvanie LONEDO Rebecca SETTINO Greta ZANNE Federica	ITA
		SILVER	ALLEN Niamh EVERARD Fiona NIC DHOMHNAILL SORCHA DERVAN Faye HAGGARD-KEARNEY Emily JACKMAN Patricia	IRL
		BRONZE	BERZOSA Alicia ÁLVAREZ Beatriz BARREIRO Isabel ROMERO Andrea SÁNCHEZ-ESCRIBANO Irene GALIMANY Marta	ESP

Medal Standings As of 23 MAY 2026

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	ITA - Italy	1	1		2	1		1	2	2	1	1	4	=1
2	FRA - France	1	1	1	3		1		1	1	2	1	4	=1
3	POL - Poland					1			1	1			1	=4
4	IRL - Ireland						1		1		1		1	=4
5	ESP - Spain			1	1			1	1			2	2	3
Total:		2	2	2	6	2	2	2	6	4	4	4	12	

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

AFTER 4 OF 4 EVENTS

Rank	Ctry	1st		2nd		3rd		4th		5th		6th		7th		8th		Total Points
		Pl	Pts	Pl	Pts	Pl	Pts	Pl	Pts	Pl	Pts	Pl	Pts	Pl	Pts	Pl	Pts	
1	ITA - Italy	2	16	1	7	1	6		0		0	1	3	1	2		0	34
2	FRA - France	1	8	2	14	1	6		0	1	4		0		0	1	1	33
3	ESP - Spain		0		0	2	12		0		0		0	1	2	1	1	15
4	IRL - Ireland		0	1	7		0		0		0	1	3		0		0	10
5	NED - Netherlands		0		0		0	1	5	1	4		0		0		0	9
5	POR - Portugal		0		0		0	1	5	1	4		0		0		0	9
7	POL - Poland	1	8		0		0		0		0		0		0		0	8
8	TUR - Türkiye		0		0		0		0		0	2	6		0		0	6
9	BEL - Belgium		0		0		0	1	5		0		0		0		0	5
9	GBR - Great Britain & Northern Ireland		0		0		0	1	5		0		0		0		0	5
11	UKR - Ukraine		0		0		0		0	1	4		0		0		0	4

Legend:

Pl Place **Pts** Points

Number of Entries by Member Federation

Ctry	Men	Women	Total Athletes
AND - Andorra	1		1
ART - Athlete Refugee Team	1	1	2
AUT - Austria		2	2
BDI - Burundi	3	1	4
BEL - Belgium	2		2
BUL - Bulgaria		1	1
CRO - Croatia	1		1
CZE - Czech Republic	1	1	2
ESP - Spain	5	6	11
EST - Estonia	1		1
FIN - Finland		1	1
FRA - France	4	1	5
GBR - Great Britain & Northern Ireland	2	6	8
HUN - Hungary	2		2
IRL - Ireland	4	6	10
ITA - Italy	6	7	13
LAT - Latvia		1	1
LTU - Lithuania	1	1	2
MDA - Moldova	1		1
MLT - Malta	1		1
NED - Netherlands	6	3	9
NOR - Norway		1	1
POL - Poland		1	1
POR - Portugal	3	3	6
ROU - Romania		1	1
SLO - Slovenia	1		1
SUI - Switzerland	3	3	6
SWE - Sweden	1		1
TUR - Türkiye	3	3	6
UKR - Ukraine	1	4	5
Total: 30	54	54	108

Ctry	Total	10000m Men	10000m Cup Men	Total Entries	Total Athletes
		54	8		
AND - Andorra		1	-	1	1
ART - Athlete Refugee Team		1	-	1	1
BDI - Burundi		3	-	3	3
BEL - Belgium		2	-	2	2
CRO - Croatia		1	-	1	1
CZE - Czech Republic		1	-	1	1
ESP - Spain		5	1	6	5
EST - Estonia		1	-	1	1
FRA - France		4	1	5	4
GBR - Great Britain & Northern Ireland		2	-	2	2
HUN - Hungary		2	-	2	2
IRL - Ireland		4	1	5	4
ITA - Italy		6	1	7	6
LTU - Lithuania		1	-	1	1
MDA - Moldova		1	-	1	1
MLT - Malta		1	-	1	1
NED - Netherlands		6	1	7	6
POR - Portugal		3	1	4	3
SLO - Slovenia		1	-	1	1
SUI - Switzerland		3	1	4	3
SWE - Sweden		1	-	1	1
TUR - Türkiye		3	1	4	3
UKR - Ukraine		1	-	1	1

Legend:

DT	Discus Throw	H	Hurdles	HJ	High Jump	HT	Hammer Throw	JT	Javelin Throw
LJ	Long Jump	PV	Pole Vault	SC	Steeplechase	SP	Shot Put	TJ	Triple Jump

Ctry	Total	10000m Women	10000m Cup Women	Total Entries	Total Athletes
		54	9		
ART - Athlete Refugee Team		1	-	1	1
AUT - Austria		2	-	2	2
BDI - Burundi		1	-	1	1
BUL - Bulgaria		1	-	1	1
CZE - Czech Republic		1	-	1	1
ESP - Spain		6	1	7	6
FIN - Finland		1	-	1	1
FRA - France		1	-	1	1
GBR - Great Britain & Northern Ireland		6	1	7	6
IRL - Ireland		6	1	7	6
ITA - Italy		7	1	8	7
LAT - Latvia		1	-	1	1
LTU - Lithuania		1	-	1	1
NED - Netherlands		3	1	4	3
NOR - Norway		1	-	1	1
POL - Poland		1	-	1	1
POR - Portugal		3	1	4	3
ROU - Romania		1	-	1	1
SUI - Switzerland		3	1	4	3
TUR - Türkiye		3	1	4	3
UKR - Ukraine		4	1	5	4

Legend:

DT	Discus Throw	H	Hurdles	HJ	High Jump	HT	Hammer Throw	JT	Javelin Throw
LJ	Long Jump	PV	Pole Vault	SC	Steeplechase	SP	Shot Put	TJ	Triple Jump