

5.000 METRES - BEST 10 PERFORMANCES AVERAGE

1 12:48.17 Kenenisa Bekele	ETH 13Jun 82 160/54	12:37.35	1	FBK/GP	Hengelo	31 May 04
		12:40.18	1	Gaz/GL	Paris	01 Jul 05
		12:48.09	1	VD/GL	Bruxelles	25 Aug 06
		12:48.25	1	WK/GL	Zürich	18 Aug 06
		12:49.53	1	apm	Zaragoza	28 Jul 07
		12:50.18	1	WK/GL	Zürich	29 Aug 08
		12:51.32	1	Gaz/GL	Paris	08 Jul 06
		12:51.44	1	G.Gala/GL	Roma	14 Jul 06
		12:52.26	1	Bisl/GL	Oslo	27 Jun 03
		12:53.12	3	WCh	Paris	31 Aug 03
2 12:49.81 Haile Gebrselassie	ETH 18Apr 73 164/53	12:39.36	1	WG/gp	Helsinki	13 Jun 98
		12:41.86	1	WK/GP	Zürich	13 Aug 97
		12:44.39	1	WK/GP	Zürich	16 Aug 95
		12:49.64	1	WK/GL	Zürich	11 Aug 99
		12:52.70	2	WK/GP	Zürich	14 Aug 96
		12:53.19	1	ISTAF/GP	Berlin	01 Sep 95
		12:53.92	1	Bisl/GL	Oslo	30 Jun 99
		12:54.08	1	WK/GL	Zürich	12 Aug 98
		12:54.36	2	Gaz/GL	Paris	04 Jul 03
		12:54.60	1	Live	Nürnberg	13 Jun 97
3 12:50.40 Daniel Komen	KEN 17May76 170/60	12:39.74	1	VD/GP	Bruxelles	22 Aug 97
		12:44.90	2	WK/GP	Zürich	13 Aug 97
		12:45.09	1	WK/GP	Zürich	14 Aug 96
		12:48.98	1	G.Gala/GP	Roma	05 Jun 97
		12:51.60	1	DNG/GP	Stockholm	08 Jul 96
		12:52.38	1	GPF	Milano	07 Sep 96
		12:54.82	2	VD/GL	Bruxelles	28 Aug 98
		12:55.16	1	G.Gala/GL	Roma	07 Jul 99
		12:55.18	2	Nott	Milano	09 Jun 99
		12:56.15	2	G.Gala/GP	Roma	08 Jun 95
4 12:54.70 Salah Hissou	MAR16Jan 72 176/62	12:50.80	1	G.Gala/GP	Roma	05 Jun 96
		12:52.39	2	G.Gala/GP	Roma	05 Jun 97
		12:52.53	1	Nott	Milano	09 Jun 99
		12:53.45	2	WK/GL	Zürich	11 Aug 99
		12:54.83	2	GPF	Milano	07 Sep 96
		12:55.39	3	G.Gala/GL	Roma	07 Jul 99
		12:55.85	1	G.Gala/GL	Roma	12 Jul 02
		12:55.93	1	BNP/GP	Paris	28 Jun 96
		12:57.73	1	l'Hum/gp	Saint-Denis	04 Jun 98
		12:58.13	1	WCh	Sevilla	28 Aug 99
5 12:56.88 Benjamin Limo	KEN 23Aug74 178/65	12:54.99	3	Gaz/GL	Paris	04 Jul 03
		12:55.26	3	VD/GL	Bruxelles	26 Aug 05
		12:55.82	3	Bisl/GL	Oslo	28 Jul 00
		12:55.86	3	WK/GL	Zürich	11 Aug 99
		12:56.55	4	G.Gala/GL	Roma	07 Jul 99
		12:57.24	2	G.Gala/GL	Roma	12 Jul 02
		12:57.50	1	Bisl/GL	Oslo	28 Jun 02
		12:58.29	8	G.Gala/GL	Roma	14 Jul 06
		12:58.66	7	G.Gala/GL	Roma	08 Jul 05
		12:58.72	2	WCh	Sevilla	28 Aug 99