

### National Athletics Records \_ Women\_10000m / 31/10/2016 (90)

1	ETHIOPIA (ETH)	AYANA Almaz	29:17,45	91	12/08/16	1	Rio de Janeiro
2	CHINA (CHN)	WANG Junxia	29:31,78	73	08/09/93	1	Beijing
3	KENYA (KEN)	CHERUIYOT Vivian Jepkemoi	29:32,53	83	12/08/16	2	Rio de Janeiro
4	TURKEY (TUR)	ABEYLEGESSE Elvan	29:56,34	82	15/08/08	2	Beijing
5	GREAT BRITAIN & N.I (GBR)	RADCLIFFE Paula	30:01,09	73	06/08/02	1	München
6	NETHERLANDS (NED)	KIPLAGAT Lornah	30:12,53	74	23/08/03	4	Paris Saint-Denis
7	UNITED STATES (USA)	HUDDLE Molly	30:13,17	81	12/08/16	6	Rio de Janeiro
8	NORWAY (NOR)	KRISTIANSEN Ingrid	30:13,74	66	05/07/86	1	Oslo
9	PORTUGAL (POR)	RIBEIRO Fernanda	30:22,88	69	30/09/00	3	Sydney
10	RUSSIA (RUS)	ZHILYAYEVA Alla	30:23,07	69	23/08/03	5	Paris Saint-Denis
11	NEW ZEALAND (NZL)	SMITH Kimberley	30:35,54	81	04/05/08	2r1	Palo Alto
12	AUSTRALIA (AUS)	JOHNSON Benita	30:37,68	79	23/08/03	8	Paris Saint-Denis
13	LATVIA (LAT)	PROKOPCUKA Jelena	30:38,78	76	07/08/06	6	Göteborg
14	BAHRAIN (BRN)	ESHETE Shitaye	30:47,25	90	03/08/12	6	London
15	IRELAND (IRL)	O'SULLIVAN Sonia	30:47,59	69	06/08/02	2	München
16	JAPAN (JPN)	SHIBUI Yoko	30:48,89	79	03/05/02	1	Palo Alto
17	SPAIN (ESP)	DOMINGUEZ Marta	30:51,69	75	07/08/06	7	Göteborg
18	SOUTH AFRICA (RSA)	MEYER Elana	30:52,51	66	10/09/94	1	London
19	BELGIUM (BEL)	RENDERS Marleen	31:03,60	68	05/08/00	4	Heusden-Zolder
20	GERMANY (GER)	WESSEL Kathrin	31:03,62	67	30/06/91	1	Frankfurt
21	ITALY (ITA)	VICECONTE Mauna	31:05,57	67	05/08/00	5	Heusden-Zolder
22	SLOVENIA (SLO)	JAVORNIK Helena	31:06,63	66	27/08/04	10	Athínai
23	UKRAINE (UKR)	BERKUT Natalya	31:08,89	75	25/06/04	3	Tula
24	MEXICO (MEX)	FERNANDEZ Adriana	31:10,12	71	01/07/00	3	Brunswick
25	UN ARAB EMIRATES (UAE)	MUHAMMED Alia Saeed	31:10,25	91	23/04/16	2	Dubai
26	ROMANIA (ROU)	BOTEZAN Mihaela	31:11,24	76	27/08/04	11	Athínai
27	MOROCCO (MAR)	LEGHZAOUI Asmae	31:16,94	76	12/09/01	1	Tunis
28	SWEDEN (SWE)	LAHTI Sarah	31:28,43	95	12/08/16	12	Rio de Janeiro
29	BURUNDI (BDI)	NUKURI Diane	31:28,69	84	12/08/16	13	Rio de Janeiro
30	SERBIA (SRB)	JEVTIC Olivera	31:29,65	77	30/09/00	11	Sydney
31	TANZANIA (TAN)	JOSEPH Restituta	31:32,02	71	13/06/99	2	Villeneuve d'Ascq
32	FRANCE (FRA)	DAUNAY Christelle	31:35,81	74	03/06/12	3	Bilbao
33	SWITZERLAND (SUI)	NAUER Daria	31:35,96	66	13/08/94	3	Helsinki
34	GREECE (GRE)	PAPPAS Alexi	31:36,16	90	12/08/16	17	Rio de Janeiro

35	KIRZIGHISTAN (KGZ)	MASLOVA Darya	31:36,90	95	12/08/16	19	Rio de Janeiro
36	UGANDA (UGA)	CHEKWEL Juliet	31:37,99	90	24/04/16	1	Rubiera
37	HUNGARY (HUN)	KALOVICS Aniko	31:40,31	77	05/07/03	1	Watford
38	FINLAND (FIN)	SANDELL Annemari	31:40,42	77	27/07/96	6h2	Atlanta
39	CANADA (CAN)	WODAK Natasha	31:41,59	81	02/05/15	8r1	Palo Alto
40	BELARUS (BLR)	KHRAMENKOVA Yekaterina	31:42,02	56	02/08/88	4	Kiev
41	MOLDAVA (MDA)	GUSKOVA Svetlana	31:42,43	59	30/08/80	5	Stuttgart
42	POLAND (POL)	JARZYNSKA Karolina	31:43,51	81	27/06/13	9	Ostrava
43	DENMARK (DEN) *	OLAFSSON Loa	31:45,4	58	06/04/78	1	København
44	RWANDA (RWA)	NYIRARUKUNDO Salome	31:45,82	97	21/06/16	4	Durban
45	KAZAKHSTAN (KAZ)	SOROKIVSKAYA Natalya	31:46,43	62	02/08/88	5	Kiev
46	BRAZIL (BRA) #	de OLIVEIRA Carmen	31:47,76	65	21/08/93	11	Stuttgart
47	INDIA (IND)	SREEDHARAN Preeja	31:50,47	82	21/11/10	1	Guangzhou
48	PERU (PER)	MELCHOR Inés	31:56,62	86	02/05/15	1r2	Palo Alto
49	UZBEKISTAN (UZB)	HAMIDOVA Sitora	31:57,77	69	12/08/16	24	Rio de Janeiro
50	KOREA DPR (PRK)	HONG Myong-hui	32:02,0	78	20/06/97	1	Pyongyang
51	AUSTRIA (AUT)	PUMPER Susanne	32:12,33	70	07/05/05	1	Salzburg
52	ALGERIA (ALG)	SALEM Souad Aït	32:13,15	79	23/07/04	1	Mataró
53	LUXEMBURG (LUX)	KABER Daniele	32:16,97	60	30/08/86	12	Stuttgart
54	AZERBAIJAN (AZE)	ABDULLAYEVA Layes	32:18,05	91	15/07/11	1	Ostrava
55	COLOMBIA (COL)	TABARES Carolina	32:24,24	86	02/05/15	20r1	Palo Alto
56	CZECH REPUBLIC (CZE)	PETERKOVA Alena	32:27,68	60	15/07/00	1	Plzen
57	LITHUANIA (LTU)	BALCIUNAITE Živilė	32:30,48	79	14/06/05	10	Tula
58	HONG KONG (HKG)	MAN YEE Chan-Ropper	32:39,88	75	19/04/02	2r1	Walnut
59	BULGARIA (BUL)	YORDANOVA Daniela	32:40,23	76	28/05/06	1	Sofia
60	ECUADOR (ECU)	TENORIO Martha	32:42,25	67	30/05/92	4	Burnaby
61	KOREA (SOUTH) (KOR)	LEE Eun-Jeong	32:43,35	81	29/06/05	11	Fukagawa
62	SLOVAK REPUBLIC (SVK)	MELICHEROVÁ Ludmila	32:47,24	64	30/08/86	17	Stuttgart
63	ICELAND (ISL)	ERNSTSDÓTTIR Martha	32:47,40	64	11/06/94	4	Dublin
64	ESTONIA (EST)	EICHELMANN Sirje	32:47,86	55	02/08/88	14	Kiev
65	INDONESIA (INA)	TRIYANINGSIH	32:49,47	87	17/12/09	1	Vientiane
66	ARGENTINA (ARG)	GODOY Rosa	32:51,10	82	05/06/11	2	Buenos Aires
67	ERITREA (ERI)	GHEBREHIWET Nazeret Weldu	32:58,28	90	29/06/16	13	Hengelo
68	CYPRUS (CYP)	AVRAAM Andri	32:59,30	63	26/09/88	12h2	Seoul
69	TRINIDAD & TOBAGO (TTO)	NERO Tonya	33:11,71	88	25/03/11	2	Stanford
70	TUNISIA (TUN)	BOUGUERRA Soulef	33:12,98	77	09/08/03	2	Bucarest
71	CROATIA (CRO)	NEMEC Lisa Christina	33:17,91	84	05/04/14	1	Sinj
72	ISRAEL (ISR)	AVRAMSKI Nili	33:19,85	70	03/07/02	1	Seraing

73	SUDAN (SUD)	SAKARA Julia	33:20,09	90	23/04/16		Dubai
74	ZIMBABWE (ZIM)	SAKARA Julia	33:20,16	69	19/08/93		Stuttgart
75	CHILE (CHI)	OLIVERA Erika	33:23,12	76	30/11/96		Concepcion
76	MONGOLIA (MGL)	BAYARTSOGT Munkhzaya	33:31,11	93	27/09/14	9	Incheon
77	NAMIBIA (NAM)	MONGHUDI Elizabeth	33:42,19	70	25/07/99		Windhoek
78	NIGERIA (NGR)	OLOWORA Aminat	33:43,00	94	04/04/15	1	Toronto
79	CUBA (CUB)	CASTILLO Yanisleidis	33:45,76	84	23/07/15	11	San Diego
80	MALAYSIA (MAS)	JAYANTHI Palaniappan	33:50,80	68	16/07/94		Bruxelles
81	PUERTO RICO (PUR)	RAMOS Beverly	33:51,54	87	16/04/09		Walnut
82	MYANMAR (MYA)	MAR Win-Win	33:52,2	81	20/07/97		Yangon
83	MADAGASCAR (MAD)	RASOARIZAY Clarisse	33:52,25	71	11/08/98		Saint-Paul-de-la-Réunion
84	SRI LANKA (SRI)	JAYASENA Sujewa Nilmani	33:57,96	72	26/07/03		Colombo
85	PARAGUAY (PAR)	MARTINEZ Carmen Patricia	34:04,02	92	21/05/16		London
86	BOSNIA-HERZEGOVINA (BIH)	KIMANI Luciah	34:03,23	80	12/04/08		Istanbul
87	VENEZUELA (VEN)	BREA Joselyn Daniely	34:10,71	94	09/04/16		Maia
88	CHINESE TAIPEI (TPE)	HSU Yu-Fang	34:16,09	74	25/10/09		Taichung
89	CAYMAN ISLANDS (CAY)	BUSH Michelle	34:21,19	61	27/04/89		Philadelphia
90	PHILIPPINES (PHI)	MARTES Cristabel	34:40,3	79	17/02/01		Manila

\* Mixed race / Course mixte

# Doping / Dopage

BRAZIL (BRA)	da SILVA Simone	31:16,56	84	03/08/11	1	SãoPaulo
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