

National Athletics Records _ Top 100, Men_3000st / 31/10/2016

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|----|---------------------------|-----------------------------|---------|----|----------|-----|-------------------|
| 1 | QATAR (QAT) | SHAHEEN Saif Saaeed | 7:53,63 | 82 | 03/09/04 | 1 | Bruxelles |
| 2 | KENYA (KEN) | KIPRUTO Brimin Kiprop | 7:53,64 | 85 | 22/07/11 | 1 | Monaco |
| 3 | MOROCCO (MAR) | BOULAMI Brahim * | 7:55,28 | 72 | 24/08/01 | 1 | Bruxelles |
| 4 | FRANCE (FRA) | MEKHISSI-BENABBAD Mahiedine | 8:00,09 | 85 | 06/07/13 | 2 | Paris Saint-Denis |
| 5 | UNITED STATES (USA) | JAGER Evan | 8:00,45 | 89 | 04/07/15 | 2 | Paris Saint-Denis |
| 6 | UGANDA (UGA) | KIPLAGAT Benjamin | 8:03,81 | 89 | 08/07/10 | 2 | Lausanne |
| 7 | NETHERLANDS (NED) | VROEMEN Simon | 8:04,95 | 69 | 26/08/05 | 2 | Bruxelles |
| 8 | SWEDEN (SWE) | MOHAMED Mustafa | 8:05,75 | 79 | 23/07/07 | 1 | Heusden-Zolder |
| 9 | BAHRAIN (BRN) | TAHER Tareq Mubarak | 8:06,13 | 86 | 13/07/09 | 3 | Athína |
| 10 | ETHIOPIA (ETH) | GARI Roba | 8:06,16 | 82 | 11/05/12 | 3 | Doha |
| 11 | SPAIN (ESP) | MARTÍN Luis Miguel | 8:07,44 | 72 | 30/08/02 | 2 | Bruxelles |
| 12 | GREAT BRITAIN & N.I (GBR) | ROWLAND Mark | 8:07,96 | 63 | 30/09/88 | 3 | Seoul |
| 13 | SAUDI ARABIA (KSA) | AL-ASMARI Saad Shaddad | 8:08,14 | 68 | 16/07/02 | 4 | Stockholm |
| 14 | ITALY (ITA) | PANETTA Francesco | 8:08,57 | 63 | 05/09/87 | 1 | Roma |
| 15 | POLAND (POL) | MALINOWSKI Bronislaw | 8:09,11 | 51 | 28/07/76 | 2 | Montréal |
| 16 | GERMANY (GER) | KALLABIS Damian | 8:09,48 | 73 | 11/08/99 | 4 | Zürich |
| 17 | BELGIUM (BEL) | van DIJCK William | 8:10,01 | 61 | 05/09/86 | 1 | Bruxelles |
| 18 | ALGERIA (ALG) | BESSOU Laïd | 8:10,23 | 76 | 18/08/00 | 8 | Monaco |
| 19 | CHINA (CHN) | SUN Ripeng | 8:10,46 | 74 | 19/10/97 | 1 | Shanghai |
| 20 | FINLAND (FIN) | KESKISALO Jukka | 8:10,67 | 81 | 28/08/09 | 6 | Zürich |
| 21 | AUSTRIA (AUT) | WEIDLINGER Günther | 8:10,83 | 78 | 21/08/99 | 4h1 | Sevilla |
| 22 | SOUTH AFRICA (RSA) | RAMOLEFI Ruben | 8:11,50 | 78 | 29/08/11 | 2h2 | Daegu |
| 23 | CANADA (CAN) | HUGUES Mart | 8:11,64 | 89 | 15/08/13 | 6 | Moskva |
| 24 | NORWAY (NOR) | SVENØY Jim | 8:12,05 | 72 | 22/08/97 | 7 | Bruxelles |
| 25 | TANZANIA (TAN) | BAYI Filbert | 8:12,48 | 53 | 31/08/80 | 2 | Moskva |
| 26 | ROMANIA (ROU) | IONESCU Florin | 8:13,26 | 71 | 21/08/99 | 6h1 | Sevilla |
| 27 | NEW ZEALAND (NZL) | RENNER Peter | 8:14,05 | 59 | 29/08/84 | 3 | Koblenz |
| 28 | TUNISIA (TUN) | BEN YAHIA Amor | 8:14,05 | 85 | 28/06/13 | 1 | Mersin |
| 29 | BRAZIL (BRA) | MOURA Wander do Prado | 8:14,41 | 69 | 22/03/95 | 1 | Mar del Plata |
| 30 | RUSSIA (RUS) | POTAPOVICH Pavel | 8:15,54 | 80 | 04/07/03 | 7 | Paris |
| 31 | AUSTRALIA (AUS) | CREIGHTON Shaun | 8:16,22 | 67 | 02/07/93 | 3 | Villeneuve d'Ascq |
| 32 | SLOVENIA (SLO) | BUC Boštjan | 8:16,96 | 80 | 12/06/03 | 7 | Ostrava |
| 33 | TURKEY (TUR) | AKDAG Tarik Langat | 8:17,85 | 88 | 03/08/12 | 4h1 | London |
| 34 | HUNGARY (HUN) | MARKO Gabor | 8:17,97 | 60 | 21/07/84 | 1 | Potsdam |
| 35 | JAPAN (JPN) | IWAMIZU Yoshitaka | 8:18,93 | 79 | 23/08/03 | 4h1 | Paris |

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| 36 | MOLDAVA (MDA) | LUCHIANOV Ion | 8:18,97 | 81 | 16/08/08 | 7h2 | Beijing |
| 37 | PORTUGAL (POR) | SILVA Manuel | 8:19,82 | 78 | 27/07/04 | 12 | Stockholm |
| 38 | VENEZUELA (VEN) | PEÑA José | 8:20,87 | 87 | 01/09/13 | 7 | Berlin |
| 39 | BULGARIA (BUL) | TSENOV Mitko | 8:20,87 | 93 | 12/06/14 | 4 | Huelva |
| 40 | UKRAINE (UKR) | POPELYAYEV Andrey | 8:21,75 | 63 | 19/07/84 | 1 | Moskva |
| 41 | LITHUANIA (LTU) | DUDIN Vladimir | 8:22,2 | 41 | 19/08/69 | 1 | Kyiv |
| 42 | SWITZERLAND (SUI) | BELZ Christian | 8:22,24 | 74 | 04/06/01 | 5 | Hengelo |
| 43 | ERITREA (ERI) | HAILESILASSIE Yemane | 8:22,52 | 98 | 03/05/16 | 6 | Huelva |
| 44 | URUGUAY (URU) | VERA Ricardo | 8:23,02 | 62 | 28/06/92 | 3 | Hengelo |
| 45 | DENMARK (DEN) | JENSEN Flemming | 8:23,56 | 58 | 19/07/87 | 7 | Hengelo |
| 46 | DJIBOUTI (DJI) | IBRAHIM Mohamed Ismail | 8:23,77 | 97 | 05/05/16 | 11 | Doha |
| 47 | CZECH REPUBLIC (CZE) | MORAVCIK Dusan | 8:23,8 | 48 | 17/09/72 | 1 | Praha |
| 48 | CYPRUS (CYP) | FILIPPOU Filippou | 8:24,01 | 56 | 15/09/83 | 4 | Dar el Beida |
| 49 | GREECE (GRE) | FILIPPOU Filippou | 8:24,01 | 56 | 15/09/83 | 4 | Dar el Beida |
| 50 | IRELAND (IRL) | QUINN Brendan | 8:24,09 | 60 | 30/08/85 | 6 | Bruxelles |
| 51 | KAZAKHSTAN (KAZ) | KOSINOV Artem | 8:24,13 | 86 | 11/06/12 | 5 | Moskva |
| 52 | ISRAEL (ISR) | MAGGIDI Itai | 8:24,14 | 81 | 04/07/08 | 1 | Metz |
| 53 | BELARUS (BLR) | VOROBAY Aleksandr | 8:25,2 | 57 | 06/07/80 | 2 | Moskva |
| 54 | ZAMBIA (ZAM) | SIAMUSIYE Godfrey | 8:25,49 | 72 | 16/07/95 | 2 | Birmingham |
| 55 | ARGENTINA (ARG) | CASCABELO Marcello | 8:25,63 | 64 | 04/06/89 | 3 | Beograd |
| 56 | MEXICO (MEX) | MIRANDA José Salvador | 8:25,69 | 71 | 08/07/00 | 5 | Barakaldo |
| 57 | CUBA (CUB) | SÁNCHEZ José Alberto | 8:26,16 | 86 | 19/06/09 | 1 | La Habana |
| 58 | UZBEKISTAN (UZB) | DIMOV Anatoliy | 8:27,51 | 56 | 19/06/83 | | Moskva |
| 59 | ARMENIA (ARM) | MIKOYAN Artashes | 8:27,88 | 50 | 29/05/76 | 3 | München |
| 60 | PUERTO RICO (PUR) | GREAU Alexander | 8:27,91 | 77 | 10/07/04 | 2 | Barakaldo |
| 61 | GEORGIA (GEO) | SKRIPKA Sergey | 8:28,0 | 50 | 11/06/77 | | Moskva |
| 62 | COLOMBIA (COL) | GIRALDO Gerar | 8:28,6 | 89 | 29/11/13 | | Trujillo |
| 63 | PERU (PER) | BAZÁN Mario | 8:28,67 | 87 | 16/08/09 | 8h1 | Berlin |
| 64 | SERBIA (SRB) | MAKSIMOVIC Vule | 8:28,80 | 65 | 04/09/89 | 2 | Budapest |
| 65 | CHILE (CHI) | ULLOA Emilio | 8:28,99 | 54 | 08/08/84 | 8s2 | Los Angeles |
| 66 | ESTONIA (EST) | RUUS Ilmar | 8:29,6 | 41 | 31/07/71 | 1 | Moskva |
| 67 | INDIA (IND) | SAINI Gopal | 8:30,88 | 54 | 05/06/81 | 2 | Tokyo |
| 68 | BOSNIA-HERZEGOVINA (BIH) | KACAR Bilko | 8:31,0 | 56 | 29/08/81 | 1 | Årdal |
| 69 | SUDAN (SUD) | TARGANYousif Abdalla | 8:31,20 | 96 | 01/06/16 | 8 | Montbéliard |
| 70 | LATVIA (LAT) | DEKSNIS Gatis | 8:31,35 | 64 | 04/09/88 | 5 | Moskva |
| 71 | SLOVAK REPUBLIC (SVK) | SLOVAK Milan | 8:32,7 | 56 | 06/08/78 | 1 | Banska Bystrica |
| 72 | IRAN (IRI) | SADJADI Hamid Ibrahim | 8:33,89 | 69 | 19/10/91 | 1 | Kuala Lumpur |
| 73 | SYRIA (SYR) | HABIB Moustapha Salah | 8:34,66 | 69 | 19/10/91 | 3 | Kuala Lumpur |

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| 74 | CHINESE TAIPEI (TPE) | WU Wen-chien | 8:34,76 | 77 | 09/10/02 | 4 | Busan |
| 75 | PHILIPPINES (PHI) | BEGEO Hector | 8:35,09 | 64 | 28/09/88 | 12s1 | Seoul |
| 76 | KUWEIT (KUW) | AL-RASHIDY Omar | 8:35,62 | 84 | 29/05/08 | 2 | El-Djezaïr |
| 77 | UN ARAB EMIRATES (UAE) | AMER Mohamed Ahmed | 8:35,64 | 67 | 04/08/93 | 2 | Hamburg |
| 78 | BURUNDI (BDI) | NTIRAMPEBA Hilaire | 8:36,19 | 70 | 12/07/94 | 3 | Évry-Bondoufle |
| 79 | KIRZIGHISTAN (KGZ) | ISAKOV Aiyin | 8:38,4 | 52 | 04/07/80 | 1h2 | Moskva |
| 80 | RWANDA (RWA) | HAKIZIMANA Gervais | 8:39,05 | 87 | 28/05/11 | 2 | Pézenas |
| 81 | CROATIA (CRO) | CRNOKRAK Slobodan | 8:40,1 | 62 | 31/05/87 | | Karlovac |
| 82 | LUXEMBURG (LUX) | HOESER Francis | 8:40,3 | 62 | 20/07/84 | | Luxembourg |
| 83 | JORDAN (JOR) | AL-BALAWI Jihad | 8:40,74 | | 07/07/90 | | Lübeck |
| 84 | DEMOC. REP. OF CONGO (COD) | TAMBWÉ Patrick | 8:41,92 | 75 | 29/07/01 | 1 | Obernai |
| 85 | PAKISTAN (PAK) | RAZZAQ Abdul | 8:42,43 | 55 | 21/10/89 | 1 | Islamabad |
| 86 | KOREA (SOUTH) (KOR) | JIN Soo-Sun | 8:42,86 | 64 | 10/06/90 | 1 | Seoul |
| 87 | ALBANIA (ALB) | MEÇANI Krenar | 8:43,26 | 66 | 12/08/89 | | Serres |
| 88 | BOTSWANA (BOT) | RATHEDI Reuben | 8:44,1 | | 29/05/81 | | Wichita |
| 89 | ZIMBABWE (ZIM) | FURUSA Passmore | 8:45,33 | | 09/04/94 | | Austin |
| 90 | SRI LANKA (SRI) | MENDIS Shanta | 8:45,53 | 75 | 28/06/98 | 1 | Colombo |
| 91 | ICELAND (ISL) | MARGEIRSSON Sveinn | 8:46,20 | 78 | 12/06/03 | 1 | Borås |
| 92 | EGYPTE (EGY) | MOHAMED Salim | 8:46,32 | 92 | 15/06/16 | 2 | Barcelona |
| 93 | TADJIKISTAN (TJK) | BELOGUROV Anatoli | 8:46,4 | 50 | 20/06/80 | 1 | Moscou |
| 94 | GUATEMALA (GUA) | MOLINA Hugo-Allan | 8:46,45 | | 02/09/85 | | Kobe |
| 95 | ANDORRA (AND) | SANSA Josep | 8:47,45 | 78 | 14/07/99 | | Barcelone |
| 96 | SEYCHELLES (SEY) | MARIE Ronny | 8:47,99 | 81 | 10/06/01 | 1 | Stad Popiler |
| 97 | FIJI (FIJ) | SOTUTU Usaia | 8:48,0 | | 17/06/71 | | Seattle |
| 98 | DOMINICAN REP (DOM) | ABREU Alvaro | 8:48,35 | 91 | 03/04/15 | 4 | Gainesville |
| 99 | ECUADOR (ECU) | RAMÍREZ Pablo | 8:48,50 | 75 | 05/04/97 | 2 | Mar del Plata |
| 100 | COSTA RICA (CRC) | GÓMEZ Francisco | 8:48,59 | 75 | 25/04/04 | 2 | La Havane |