

National Athletics Records _ Women _ 3000st / 30/09/2018

1	KENYA (KEN)	CHEPKOECH Beatrice	8:44,32	91	20/07/18	1	Monaco
2	BAHRAIN (BRN)	JEBET Ruth	8:52,78	96	27/08/16	1	Paris Saint-Denis
3	RUSSIA (RUS)	GALKINA Gulnara	8:58,81	78	17/08/08	1	Beijing
4	UNITED STATES (USA)	FRERICHS Courtney	9:00,85	93	20/07/18	2	Monaco
5	TUNISIA (TUN)	GHRIBI Habiba	9:05,36	84	11/09/15	1	Bruxelles
6	ETHIOPIA (ETH)	ASSEFA Sofia	9:07,06	87	11/06/17	1	Hengelo
7	UGANDA (UGA)	CHEMUTAI Peruth	9:07,94	99	20/07/18	6	Monaco
8	SPAIN (ESP)	DOMINGUEZ Marta	9:09,39	75	25/07/09	1	Barcelona
9	GERMANY (GER)	KRAUSE Gesa Felicitas	9:11,85	92	27/08/17	2	Berlin
10	NORWAY (NOR)	BJERKELI GRØVDAL Karoline	9:13,35	90	26/08/17	1	Sandnes
11	TURKEY (TUR)	MINGIR Gülcan	9:13,53	89	09/06/12	1	Sofia
12	JAMAICA (JAM)	PRAUGHT Aisha	9:14,09	89	31/08/18	8	Bruxelles
13	AUSTRALIA (AUS)	LACAZE Genevieve	9:14,28	89	27/08/16	6	Paris Saint-Denis
14	BELARUS (BLR)	TUROVA Alesya	9:16,51	79	27/07/02	1	Gdansk
15	ROMANIA (ROU)	CASANDRA Cristina	9:16,85	77	17/08/08	5	Beijing
16	POLAND (POL)	FRANKIEWICZ Wioletta	9:17,15	77	03/07/06	1	Athina
17	PORTUGAL (POR)	AUGUSTO Jessica	9:18,54	81	09/06/10	2	Huelva
18	INDIA (IND)	BABAR Lalita Shivaji	9:19,76	89	13/08/16	4h2	Rio de Janeiro
19	MOROCCO (MAR)	ELOUALI ALAMI Salima	9:20,64	83	17/07/15	7	Monaco
20	SWITZERLAND (SUI)	SCHLUMPF Fabienne	9:21,65	90	15/06/17	3	Oslo
21	ALBANIA (ALB)	GEGA Luiza	9:22,00	88	31/05/18	9	Roma
22	SWEDEN (SWE)	FOUGBERG Charlotta	9:23,96	85	12/07/14	4	Glasgow
23	GREAT BRITAIN & N.I (GBR)	PARKER Barbara	9:24,24	82	02/06/12	4	Eugene
24	FINLAND (FIN)	ERIKSSON Sandra	9:24,70	89	12/07/14	6	Glasgow
25	FRANCE (FRA)	DUARTE Sophie	9:25,62	81	10/07/09	6	Roma
26	ALGERIA (ALG)	BETICHE Amina	9:25,90	87	17/05/17	2	Baku
27	ARGENTINA (ARG)	CASSETTA Belén	9:25,99	94	11/08/17	11	London
28	CHINA (CHN)	NIAN Liu	9:26,25	88	02/11/07	1	Wuhan
29	LATVIA (LAT)	JELIZAROVA Polina	9:27,21	89	04/08/12	4h1	London
30	UKRAINE (UKR)	GORPYNICH Valentyna	9:27,26	83	07/06/08	1	Yalta
31	ITALY (ITA)	ROMAGNOLO Elena	9:27,48	82	15/08/08	5h3	Beijing
32	IRELAND (IRL)	McGETTIGAN Roisín	9:28,29	80	28/07/07	3	Heusden-Zolder
33	BELGIUM (BEL)	DEJAEGHERE Veerle	9:28,47	73	02/06/07	3	Neerpelt
34	SLOVENIA (SLO)	MIŠMAŠ Maruša	9:28,61	94	02/09/18	4	Berlin
35	ISRAEL (ISR)	COHEN Adva	9:29,74	96	12/08/18	5	Berlin
36	CANADA (CAN)	LALONDE Geneviève	9:29,99	91	11/08/17	13	London
37	HUNGARY (HUN)	TÓTH Lívía	9:30,20	80	09/09/05	4	Monaco

38	LITHUANIA (LTU)	TROUP Rasa	9:30,21	77	15/08/08	8h3	Beijing
39	GREECE (GRE)	KOKKINARÍOU Iríni	9:30,72	81	13/07/08	5	Athínai
40	DENMARK (DEN)	MØLLER Anna Emilie	9:31,66	97	12/08/18	7	Berlin
41	NEW ZEALAND (NZL)	McILLROY Kate	9:32,54	81	22/07/06	5	Heusden-Zolder
42	BULGARIA (BUL)	DANEKOVA Silviya	9:33,41	83	01/08/15	1	Pitesti
43	JAPAN (JPN)	HAYAKARI Minori	9:33,93	72	20/07/08	4	Heusden-Zolder
44	AZERBAIJAN (AZE)	ABDULLAYEVA Layes	9:34,75	91	30/07/10	6	Barcelona
45	MOLDAVA (MDA)	JURAVEL Oxana	9:36,63	86	15/08/09	6h3	Berlin
46	NETHERLANDS (NED)	BOONSTRA Miranda	9:38,40	72	29/05/09	1	Nijmegen
47	BRAZIL (BRA)	dos SANTOS Juliana Paula	9:38,63	83	06/06/16	1	Praha
48	PUERTO RICO (PUR)	RAMOS Beverly	9:39,33	87	10/07/12	5	Sotteville-lès-Rouen
49	CZECH REPUBLIC (CZE)	LUSTIGOVA Marcela	9:41,73	82	13/06/11	5	Praha
50	COLOMBIA (COL)	FIGUEROA Ángela	9:42,71	84	20/05/12	3	Rio de Janeiro
51	VIETNAM (VIE)	NGUYEN Thi Oanh	9:43,83	95	27/08/18	3	Jakarta
52	MADAGASCAR (MAD)	SAHOLINIRINA Eliane	9:44,50	82	26/06/16	4	Durban
53	DOMINICAN REP (DOM)	MANCEBO Maria	9:45,84	93	01/08/14	1	São Paulo
54	SRI LANKA (SRI)	RATHNAYAKE Uda Kuburalage Nilani	9:46,76	90	03/08/18	1	Colombo
55	PANAMA (PAN)	BELL Rolanda	9:47,16	87	13/06/15	9	NewYork
56	SUDAN (SUD)	MUNA KALAMEYA Durka	9:47,41	88	19/07/08	4	Barcelona
57	AUSTRIA (AUT)	MAYR Andrea	9:47,61	79	02/07/08	2	Jambes
58	MEXICO (MEX)	NARVAEZ Ana Cristina	9:48,33	91	14/05/15	5	Los Angeles
59	INDONESIA (INA)	BUDIARTI Rini	9:49,46	83	27/09/14	5	Incheon
60	ESTONIA (EST)	PATJUK Jekaterina	9:50,15	83	21/06/14	3	Tallinn
61	PERU (PER)	ARENAS Zulema	9:52,32	95	23/11/17	1	Santa Marta
62	ZIMBABWE (ZIM)	MARAKURWA Letiwe	9:52,98	78	13/06/03	4	Sacramento
63	SOUTH AFRICA (RSA)	MASEHLA Tebogo	9:54,19	79	04/06/11	2	Oordegem
64	CUBA (CUB)	OCAMPO Yorlín	9:58,7	90	30/05/09	1	La Habana
65	SERBIA (SRB)	JOVIC Biljana	10:02,24	85	13/07/07	2h2	Debrecen
66	KOREA DPR (PRK)	PAK Kum-Hyang	10:04,83	86	09/10/13	3	Tianjin
67	CROATIA (CRO)	STUBLIC Lisa	10:09,56	84	01/06/09	1	Ljubljana
68	ECUADOR (ECU)	AMBOYA Monica	10:11,98	82	06/08/04	5	Huelva
69	BOSNIA-HERZEGOVINA (BIH)	CVIJANOVIC Biljana	10:16,80	88	28/06/13	8	Mersin
70	KOREA (SOUTH) (KOR)	CHO Ha-Rim	10:17,31	96	27/08/18	9	Jakarta
71	ICELAND (ISL)	KOLBEINSDÓTTIR Andrea	10:21,26	99	10/07/18	6h2	Tampere
72	VENEZUELA (VEN)	BREA Joselyn Daniely	10:21,93	94	09/07/16		Palencia
73	PHILIPPINES (PHI)	BARNARD Jessica	10:22,49	90	01/05/16	10r3	Palo Alto
74	ERITREA (ERI)	ZEMUY Yohana	10:25,2	95	03/04/11		Asmara
75	HONG KONG (HKG)	CHING Yiu Kit	10:25,81	88	09/10/13	4	Tianjin
76	BERMUDA (BER)	BERRY Ashley	10:27,50	92	16/05/14	2	Atlanta
77	BOTSWANA (BOT)	DINTWE Onneile	10:32,15	85	09/04/11	5	Durban

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78	BOLIVIA (BOL)	MAMANI Edith	10:32,53	95	01/10/17	2	Lima
79	UZBEKISTAN (UZB)	MOROZ Irina	10:32,89	87	27/09/14	8	Incheon
80	SLOVAK REPUBLIC (SVK)	PROTICOVA Kristina	10:34,02		30/05/04	2	Louisville
81	CHINESE TAIPEI (TPE)	CHEN Chao-Chun	10:35,97	92	25/10/17	1	Yilan
82	EL SALVADOR (ESA)	PORTILLO Zuna	10:38,25	89	21/04/12	1	Baton Rouge
83	LIBYA (LBA)	ALI SALEM Najla Aqdeir	10:38,71	94	02/07/17	1r2	Trieste
84	PARAGUAY (PAR)	CABALLERO María	10:39,2	87	27/07/13	1	Asunción
85	CHILE (CHI)	GALLOSO Ingrid	10:39,82	86	06/09/08	3	Lima
86	MONTENEGRO (MNE)	PERUNOVIC Slađana	10:40,1	84	08/06/13		Bar
87	CYPRUS (CYP)	CHRISTOPHOROU Stella	10:40,79	92	23/04/11		Athens
88	SAO TOME & PRINCIPE (STP)	SOARES Celma Bonfim	10:42,48	77	31/05/08		Lisboa
89	KAZAKHSTAN (KAZ)	GOFMAN Yelena	10:47,48	83	19/06/12		Almaty
90	UN ARAB EMIRATES (UAE)	ALI SALEM Halima	10:48,06		28/10/11		Al Ain
91	GUATEMALA (GUA)	MARROQUIN Evonne	10:51,55	81	30/07/10		Mayagüez
92	MYANMAR (MYA)	KHIN Mar Se	10:52,75	91	12/06/15		Singapore
93	MALAYSIA (MAS)	KAUR Melinder	10:55,31	88	17/06/10		Melaka
94	ANGOLA (ANG)	SILVA Lilian	10:56,77	82	29/05/10		Povoa de Varzim
95	TRINIDAD & TOBAGO (TTO)	NERO Scarla	10:57,0	90	14/05/11		Cedar Falls
96	LUXEMBURG (LUX)	HANSEN Véronique	10:58,58	80	13/06/08		Dudelange
97	CAPE VERDE ISL (CPV)	LOPES Sonia	10:58,77	75	19/05/07		Marcon
98	COSTA RICA (CRC)	TRAÑA Gabriela	10:59,80	80	26/05/06		Ponce
99	IRAN (IRI)	ZAMANI Samira	11:01,09		22/05/18		Tehran
100	SENEGAL (SEN)	THIAM Ramata	11:06,74	81	20/07/03		Reims