









End 2016
National Lists Top 10_Women

10000 M (71 countries)


30:01,46	1	ETHIOPIA							
		AYANA Almaz	29:17,45			91	12/08/16	1	Rio de Janeiro
		DIBABA Tirunesh	29:42,56			85	12/08/16	3	Rio de Janeiro
		MELKAMU Meselech	29:53,80			85	14/06/09	1	Utrecht
		DEFAR Meseret	29:59,20			83	11/07/09	1	Birmingham
		ADERE Berhane	30:04,18			73	23/08/03	1	Paris Saint-Denis
		KIDANE Werknesh	30:07,15			81	23/08/03	2	Paris Saint-Denis
		AYALEW Wude	30:11,87			87	14/06/09	3	Utrecht
		TULU Derartu	30:17,49			72	30/09/00	1	Sydney
		DIBABA Ejegayehu	30:18,39			82	28/06/05	2	Sollentuna
		WAMI Getenesh	30:22,48			74	30/09/00	2	Sydney
30:16,97	2	KENYA							
		CHERUIYOT Vivian Jepkemoi	29:32,53			83	12/08/16	2	Rio de Janeiro
		NAWOWUNA Alice Aprot	29:53,51			94	12/08/16	4	Rio de Janeiro
		SAINA Betsy	30:07,78			88	12/08/16	5	Rio de Janeiro
		KIPLAGAT Florence Jebet	30:11,53			87	14/06/09	2	Utrecht
		KIPYEGO Sally Jepkosgei	30:26,37			85	03/08/12	2	London
		MASAI Linet Chepkwemoi	30:26,50			89	15/08/08	4	Beijing
		CHERONO Gladys	30:29,23			83	27/06/13	2	Ostrava
		MASAI Edith	30:30,26			67	06/08/05	5	Helsinki
		LOROUPE Tegla	30:32,03			73	26/08/99	3	Sevilla
		WANGUI Lucy	30:39,96			83	15/08/08	7	Beijing
30:42,78	3	RUSSIA							
		ZHILYAYEVA Alla	30:23,07			69	23/08/03	5	Paris Saint-Denis
		BOGOMALOVA Galina	30:26,20			77	23/08/03	6	Paris Saint-Denis
		SHOBUKHOVA Liliya	30:29,36			77	23/07/09	1	Cheboksary
		KONOVALOVA Mariya	30:31,03			74	23/07/09	2	Cheboksary
		ABITOVA Inga	30:31,42			82	07/08/06	1	Göteborg
		GRIGORYEVA Lidiya	30:32,72			74	07/08/06	3	Göteborg
		BONDARENKO Olga	30:57,21			60	30/08/86	2	Stuttgart
		BIKTASHEVA Lyudmila	31:04,00			74	06/08/02	3	München
		ARYASOVA Tatyana	31:04,88			79	17/07/08	3	Kazan
		GRECHISHNIKOVA Elizaveta	31:07,88			83	11/06/12	1	Moskva
30:58,71	4	UNITED STATES							
		HUDDLE Molly	30:13,17			84	12/08/16	6	Rio de Janeiro
		FLANAGAN Shalane	30:22,22			81	15/08/08	3	Beijing
		KASTOR Deena	30:50,32			73	03/05/02	2	Palo Alto
		GOUCHER Kara	30:55,16			78	15/08/08	10	Beijing
		HASTINGS Amy	31:10,69			84	03/08/12	11	London
		CHEROBON-BAWCOM Janet	31:12,68			78	03/08/12	12	London
		UHL Lisa	31:12,80			87	03/08/12	13	London
		BEGLEY Amy	31:13,78			78	15/08/09	6	Berlin
		RHINES Jennifer	31:17,31			74	29/04/07	1	Palo Alto
		RUDOLPH Amy	31:18,96			73	01/05/05	1	Palo Alto


30:59,88	5	CHINA *							
		SUN Yingjie	30:07,20			77	23/08/03	3	Paris Saint-Denis
		XING Huina	30:24,36			84	27/08/04	1	Athinaï
		WANG Junxia	30:49,30			73	21/08/93	1	Stuttgart
		LI Ji	31:06,94			79	30/09/00	7	Sydney
		ZHOU Chunxiu	31:09,03			78	17/10/05	2	Nanjing
		ZHONG Huandi	31:12,55			67	21/08/93	2	Stuttgart
		REN Xiujuan	31:13,21			74	08/05/96	2	Nanjing
		ZHANG Yingning	31:17,30			90	02/11/07	1	Wuhan
		BAI Xue	31:17,62			88	26/10/09	1	Jinan
		XIE Fang	31:21,25			89	02/11/07	2	Wuhan
31:09,66	6	JAPAN							
		SHIBUI Yoko	30:48,89			79	03/05/02	1	Palo Alto
		FUKUSHI Kayoko	30:51,81			82	08/10/02	2	Busan
		NIIYA Hitomi	30:56,70			88	11/08/13	5	Moskva
		KAWAKAMI Yuko	31:09,46			75	01/07/00	2	Brunswick
		HATORI Tomoko	31:15,34			81	25/04/04	3	Kobe
		AKABA Yukiko	31:15,34			79	27/06/08	2	Kawasaki
		SUZUKI Ayuko	31:18,16			91	01/05/16	3r1	Palo Alto
		SUZUKI Hiromi	31:19,40			68	09/06/96	1	Osaka
		CHIBA Masako	31:20,46			76	09/06/96	3	Osaka
		NOGUCHI Mizuki	31:21,03			78	25/04/04	4	Kobe
31:13,00	7	GREAT BRITAIN & N.I							
		RADCLIFFE Paula	30:01,09			73	06/08/02	1	München
		PAVEY Joanne	30:53,20			73	03/08/12	7	London
		BLEASDALE Julia	30:55,63			81	03/08/12	8	London
		McCOLGAN Elizabeth	30:57,07			64	25/06/91	1	Hengelo
		HUNTER Jill	31:07,88			66	30/06/91	2	Frankfurt
		REED Kate	31:35,77			82	04/05/08	9r1	Palo Alto
		ANDREWS Jess	31:35,92			92	12/08/16	16	Rio de Janeiro
		BUTLER Kathy	31:36,90			73	12/06/04	1	Watford
		AVERY Kate	31:41,44			91	02/05/15	7r1	Palo Alto
		YELLING Hayley	31:45,14			74	12/06/04	2	Watford
31:17,83	8	PORTUGAL							
		RIBEIRO Fernanda	30:22,88			69	30/09/00	3	Sydney
		MOREIRA Sara	31:12,93			85	11/04/15	1	Huelva
		MONTEIRO Inês	31:13,58			80	05/06/10	1	Marseille
		FERREIRA Maria Conceição	31:16,42			62	30/06/92	2	Helsinki
		FÉLIX Ana Dulce	31:19,03			82	06/07/16	2	Amsterdam
		AUGUSTO Jessica	31:19,15			81	27/05/10	3	Ostrava
		CUNHA Aurora	31:29,41			59	05/07/86	2	Oslo
		DIAS Maria Albertina	31:33,03			65	21/08/93	7	Stuttgart
		FÉLIX Ana Dulce	31:33,42			82	02/04/11	2	Pontevedra
		DIAS Ana	31:38,48			74	02/04/03	3	Athina


* Without the Chinese performances in Sept.93 and Oct.97

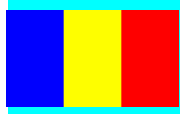
Sans les performances chinoises de sep.93 et oct.97


Results in Beijing 93 and Shanghai 97, see end of list/Résultats à Pékin et Shanghai 97, voir en fin de liste


31:34,66	9 AUSTRALIA							
								
	JOHNSON Benita	30:37,68			79	23/08/03	8	Paris Saint-Denis
	ONDIEKI Lisa	31:11,72			60	30/06/92	1	Helsinki
	WELLINGS Eloise	31:14,94			82	12/08/16	10	Rio de Janeiro
	POWER Susie	31:26,34			75	06/12/01	1	Melbourne
	McGREGOR Hayley	31:43,14			79	04/12/03	1	Melbourne
	RISK Kylie	31:51,71			73	01/06/96	1	Abbotsford
	HOBSON Susan	31:54,57			58	06/05/96	3	Mito
	SCHUWALLOW Carolyn	31:54,95			65	10/12/91	1	Melbourne
	FEARNLEY Clair	31:55,65			75	24/02/00	2	Sydney
	McCANN Kerry	31:55,94			67	06/12/99	1	Melbourne

31:36,65	10 GERMANY							
								
	WESSEL Kathrin	31:03,62			67	30/06/91	1	Frankfurt
	MOCKENHAUPT Sabrina	31:14,21			80	15/08/08	13	Beijing
	BRUNS Ulrike	31:19,76			53	30/08/86	3	Stuttgart
	PIPPIG Uta	31:21,36			65	28/05/92	2	Jena
	MIKITENKO Irina	31:29,55			72	07/04/01	2	Barakaldo
	BIBA-PÖSCHL Iris	31:52,09			64	01/07/89	2	Oslo
	WASSILUK Petra	31:52,2			69	27/06/00	2	Strasbourg
	PRESSLER Kerstin	31:55,51			62	19/07/90	1	Dortmund
	LOKAR Claudia	31:57,90			64	09/08/95	1	Minden
	TESKE Charlotte	32:00,26			49	04/09/83	2	Knarvik


31:42,29	11 SPAIN							
								
	DOMINGUEZ Marta	30:51,69			75	07/08/06	7	Göteborg
	VAQUERO Julia	31:14,51			70	05/04/97	1	Barakaldo
	RECIO Teresa	31:43,80			63	26/08/99	8	Sevilla
	LARRAGA Maria Luisa	31:45,85			70	06/04/02	3r1	Camaioire
	GONZALEZ Griselda	31:46,4			65	12/08/00	3	Gijón
	CENTENO Yesenia	31:49,58			71	20/07/03	2	Pontevedra
	MORATÓ Rosa María	31:54,16			79	13/03/10	1	Manresa
	BARRACHINA Gema	31:54,64			86	13/03/10	2	Manresa
	RIOS Rocio	32:00,11			69	06/04/96	5	Leiria
	ABEL Maria	32:02,2			74	12/08/00	5	Gijón


31:43,19	12 ROMANIA							
								
	BOTEZAN Mihaela	31:11,24			76	27/08/04	11	Athínai
	GHICAN Viorica	31:18,18			65	27/06/90	1	Helsinki
	OLTEANU Iulia	31:26,46			67	02/08/96	8	Atlanta
	SIMON Lidia	31:32,64			73	19/08/98	3	Budapest
	MISAROS Cristina	31:41,03			69	13/08/94	5	Helsinki
	GHERASIM Alina	31:48,28			71	03/07/99	6	Paris Saint-Denis
	DITA Constantina	31:49,47			70	07/08/06	11	Göteborg
	PANA Florina	32:00,95			73	04/07/99	1	Bucureşti
	MURGOCI Elena	32:08,60			60	03/07/93	1	Bucureşti
	POMACU Cristina	32:15,02			73	20/07/97	2	Bucureşti


31:45,83	13	ITALY							
		VICECONTE Maura	31:05,57			67	05/08/00	5	Heusden-Zolder
		SOMMAGGIO Silvia	31:24,12			69	05/08/00	6	Heusden-Zolder
		GUIDA Maria	31:27,82			66	09/08/95	4	Göteborg
		INGLESE Veronica	31:37,43			90	06/07/16	6	Amsterdam
		EJJAFINI Nadia	31:45,14			77	03/06/12	5	Bilbao
		BALSAMO Agata	31:56,49			70	31/05/00	2	Trento
		DANDOLO Nadia	32:02,37			62	31/08/90	5	Split
		CURATOLO Maria	32:04,34			63	30/08/86	10	Stuttgart
		MUNEROTTO Rosanna	32:05,75			62	27/08/91	14h1	Tokyo
		WEISSTEINER Silvia	32:09,26			79	07/08/06	14	Göteborg

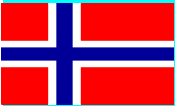
31:50,48	14	NETHERLANDS							
		KIPLAGAT Lornah	30:12,53			74	23/08/03	4	Paris Saint-Denis
		KIBET Hilda	30:51,92			81	14/06/09	6	Utrecht
		KUIJKEN Susan	31:31,97			86	02/05/15	1r1	Palo Alto
		VASTENBURG Jip	31:35,48			94	02/05/15	3r1	Palo Alto
		TOONSTRA Christien	31:43,55			66	25/04/92	4	Lommel
		CHERONO Elizeba	32:15,53			88	29/06/16	12	Hengelo
		BEURSKENS Carla	32:28,28			52	27/07/85	5	Oslo
		van ONNA Wilma	32:33,61			65	25/06/91	4	Hengelo
		POL Ilse	32:34,46			82	26/03/10	4	Stanford
		KOENS Grete	32:37,51			67	04/04/98	7	Lisboa


31:52,16	15	FRANCE							
		DAUNAY Christelle	31:35,81			74	03/06/12	3	Bilbao
		MURCIA Rosario	31:42,83			64	25/04/92	2	Lommel
		YVELAIN Fatima	31:43,29			69	01/04/00	1r1	Lisboa
		SERGENT Annette	31:51,68			62	31/08/90	3	Split
		CALVIN Clémence	31:52,86			90	07/06/14	1r1	Skopje
		BITZNER Blandine	31:53,38			65	10/04/99	8r1	Barakaldo
		MARAOUI-QUETIER Rakiya	31:56,1			67	27/06/00	3	Strasbourg
		FATES Farida	31:58,63			62	06/04/96	4	Leiria
		MAURY Margaret	32:01,01			74	03/04/04	1r1	Maribor
		BELKACEM Yamna	32:05,98			74	17/06/01	11	Villeneuve d'Ascq

31:53,56	16	MEXICO							
		FERNANDEZ Adriana	31:10,12			71	01/07/00	3	Brunswick
		RODRÍGUEZ Dulce María	31:25,33			72	01/05/05	4	Palo Alto
		PÉREZ Madaí	31:30,23			80	04/05/08	6r1	Palo Alto
		FLORES Brenda	31:45,16			91	02/05/15	10r1	Palo Alto
		ROMERO Marisol	31:46,43			83	28/04/13	5r1	Palo Alto
		ROCHA Nora Leticia	31:56,61			67	29/04/07	5	Palo Alto
		APPELL Olga	32:09,6			63	17/04/92	1	Walnut
		HERNANDEZ Margarita	32:11,04			85	01/05/16	2r2	Palo Alto
		TAPIA Margarita	32:28,66			76	05/07/04	1	Burnaby
		SERVIN Maria Luisa	32:32,40			62	30/05/92	1	Burnaby

31:53,70	17	UKRAINE						
								
		BERKUT Natalya	31:08,89			75	25/06/04	3 Tula
		VYAZOVA Yelena	31:09,40			60	04/09/87	2 Roma
		DOMORADSKAYA Anna	31:48,23			53	27/07/82	1 Kyiv
		POZDNYAKOVA Tatyana	31:48,94			56	07/09/83	3 Odessa
		SKRYPAK Olha	31:51,32			90	01/07/12	3 Helsinki
		GOLOVCHENKO Tatyana	31:59,98			80	07/04/07	2 Ferrara
		GALYAMOVA Nadezhda	32:03,07			59	31/08/90	6 Split
		LAGUNKOVA Natalya	32:17,58			59	02/08/88	8 Kyiv
		DZHABRAYLOVA Tatyana	32:23,20			65	01/06/88	1 Sochi
		KOZEL Olga	32:26,37			70	10/06/02	2 Donetsk

31:55,35	18	IRELAND						
								
		O' SULLIVAN Sonia	30:47,59			69	06/08/02	2 München
		McKIERNAN Catherina	31:08,41			69	17/06/95	1 Villeneuve d' Ascq
		DAVENPORT Marie	31:28,78			75	30/04/04	2 Palo Alto
		BRITTON Fionnuala	31:29,22			84	29/04/12	3r1 Palo Alto
		WILLIS Breeda	32:11,30			70	01/04/00	8r1 Lisboa
		KEENAN-BUCKLEY Anne	32:18,03			62	06/04/02	6r1 Camaioire
		JOYCE Monica	32:21,16			58	22/04/89	1 Walnut
		CULLEN Mary	32:21,42			82	29/04/07	10 Stanford
		RYAN Rosemary	32:31,9			75	22/07/00	3 Watford
		JOYCE Regina	32:35,7			57	28/04/84	1 Walnut

31:57,64	19	NORWAY						
								
		KRISTIANSEN Ingrid	30:13,74			56	05/07/86	1 Oslo
		WIGENE Susanne	30:32,36			78	07/08/06	2 Göteborg
		GRØVDAL Karoline Bjerkeli	31:14,07			90	12/08/16	9 Rio de Janeiro
		HAUGEN Gunhild	31:47,89			72	01/04/00	2r1 Lisboa
		LARSEN Stine	32:28,16			75	01/04/00	10r1 Lisboa
		SYNSTNES Brynhild	32:28,38			71	11/06/95	3 Basilea
		OTTERBU Kirsten Melkevik	32:31,45			70	25/05/08	1 Roskilde
		KIRKEBERG Grete	32:37,99			64	05/07/86	2 Oslo
		LANDØY Bente	32:47,47			72	06/08/02	21 München,
		GROTTEBERG Sissel	32:54,84			56	04/07/87	13 Oslo

32:03,80	20	CANADA						
								
		WODAK Natasha	31:41,59			81	02/05/15	8r1 Palo Alto
		BABCOCK Courtney	31:44,74			72	02/05/03	5 Palo Alto
		MARCHANT Lanni	31:46,94			84	02/05/15	11r1 Palo Alto
		LEE Sue	31:50,51			60	30/09/88	8 Seoul
		ROUILLARD Carole	31:56,74			60	27/08/91	8h1 Tokyo
		MONTGOMERY Carole	32:11,79			66	14/04/00	2r2 Walnut
		ROOKS-TINARI Nancy	32:14,05			59	30/09/88	13 Seoul
		CONNELLY Tina	32:21,27			70	14/04/00	6r2 Walnut
		CLIFF Rachel	32:21,98			88	11/06/16	4 Portland
		BUSSIERES Lizanne	32:28,38			61	29/09/89	3 Duisburg