



START LIST

CORRECTED
21 MAR 9:34

WORLD RECORD	57:31	KIPLIMO Jacob	UGA Lisboa (POR)	21 NOV 2021
AFRICAN RECORD	57:31	KIPLIMO Jacob	UGA Lisboa (POR)	21 NOV 2021
GAMES RECORD	1:01:42	EKIRU Titus	KEN Rabat (MAR)	30 AUG 2019
WORLD U20 RECORD	59:16	WANJIRU Samuel Kamau	KEN Rotterdam (NED)	11 SEP 2005

Order	Bib	Name	NOC Code	Date of Birth
1	587	MAO Ako Tanzania	TAN	24 DEC 1999
2	585	JOSEPHAT Gisemo Tanzania	TAN	12 APR 1992
3	165	SAMSOM AMARE Hailemicael Eritrea	ERI	1 JAN 1994
4	211	ASHAGRE Tesema Mokenin Ethiopia	ETH	27 APR 1993
5	37	JEREMIAS GABRIEL Kandumbo Angola	ANG	26 JUL 1998
6	384	RAMASHAMOLE Tsepo Lesotho	LES	
7	344	PANUEL Mkungo Kenya	KEN	4 JAN 1994
8	1301	MANUEL MBA Nzenge Nangal Equatorial Guinea	GEQ	30 APR 2005
9	105	BIYOKO MANDELA Nelson Congo	CGO	20 AUG 1996
10	274	ANICETO OYONO Ndong Andeme Equatorial Guinea	GEQ	27 NOV 2005
11	194	BISETEGN Masresha Bere Ethiopia	ETH	11 JAN 1998
12	383	NAMAKOE Nkhasi Lesotho	LES	
13	648	ISAAC Mpofo Zimbabwe	ZIM	20 AUG 1988
14	461	ADAMU Shehu Nigeria	NGR	11 MAY 1988
15	161	KIBROM GHEBREZGIA. Eritrea	ERI	1 FEB 1987
16	283	ATIA Koogo Ghana	GHA	11 APR 1999
17	188	HAFTAMU ABADI Gebresilase Ethiopia	ETH	25 MAR 2004
18	163	MIKAEL SIYUM Tesfatsion Eritrea	ERI	4 APR 2004
19	305	AMPONSAH William Ghana	GHA	11 DEC 1999

All Time Best World Performers

57:31	KIPLIMO Jacob	UGA Lisboa (POR)	21 NOV 2021
57:32	KANDIE Kibiwott	KEN Valencia (ESP)	6 DEC 2020
57:41	KEJELCHA Yomif	ETH Valencia (ESP)	22 OCT 2023
57:41	GEBRHIWET Hagos	ETH Valencia (ESP)	22 OCT 2023
57:49	KIPRUTO Rhonex	KEN Valencia (ESP)	6 DEC 2020
57:50	BAREGA Selemon	ETH Valencia (ESP)	22 OCT 2023
57:59	MUNYAO AM	KEN Valencia (ESP)	6 DEC 2020
58:01	KAMWOROR G	KEN København (DEN)	15 SEP 2019
58:07	KIPCHUMBA Abel	KEN Valencia (ESP)	24 OCT 2021
58:11	KIPLIMO Philemon	KEN Valencia (ESP)	6 DEC 2020

2024 Best World Performers

58:45	MATEIKO Daniel	KEN Ras Al Khaimah (UAE)	24 FEB
58:50	KORIR John	KEN Ras Al Khaimah (UAE)	24 FEB
58:55	LASOI IK	KEN Ras Al Khaimah (UAE)	24 FEB
59:21	KIPROP Bravin	KEN Sevilla (ESP)	28 JAN
59:22	KANDIE Kibiwott	KEN Barcelona (ESP)	11 FEB
59:23	ALMGREN Andreas	SWE Barcelona (ESP)	11 FEB
59:26	KWEMOI Brian	KEN Napoli (ITA)	25 FEB
59:28	KONGA RK	KEN Barcelona (ESP)	11 FEB
59:30	AYELE Dinkalem	ETH Barcelona (ESP)	11 FEB
59:32	ETIR Richard	KEN Marugame (JPN)	4 FEB