

# Paavo Nurmi

During the 1920s the “Flying Finn” was the best middle and long distance runner in the world, setting records at distances between 1,500m and 20km



■ **Born:** Jun 13, 1897, Turku, Finland

■ **Career:** Between 1920 and 1932, Nurmi won nine Olympic gold medals and three silvers – a track and field record that stands to this day

<b>Olympic gold. 10,000m:</b>	1920, 1928
<b>1,500m:</b>	1924
<b>5,000m:</b>	1924
<b>800m cross country:</b>	1920, 1924
<b>Cross country team:</b>	1920, 1924
<b>3,000m team race:</b>	1924
<b>Silver. 5,000m:</b>	1920, 1928
<b>3,000m steeplechase:</b>	1928