

Olympic long-distance form guide – men

Fastest times 2008

5,000 METRES

Olympic record: *S. Aouita* MAR
(1984) **13 mins 05.59s**

World record:
K. Bekele ETH
(2004) **12:37.35**

Moses Ndiema Masai KEN 12:50.55

Tariku Bekele ETH 12:52.45

Moses Kipsiro UGA 12:54.70

Abreham Cherkos ETH 12:57.56

Sileshi Sihine ETH 12:58.41

10,000 METRES **WR:** *K. Bekele* ETH (2005) **26:17.53**

Kenenisa Bekele ETH 26:25.97

Sileshi Sihine ETH 26:50.53

Haile Gebrselassie ETH 26:51.20

Eliud Kipchoge KEN 26:54.32

Leonard Patrick Komon KEN 26:57.08

OR: *K. Bekele* ETH ♦ (2004) **27:05.10**

MARATHON

Haile Gebrselassie ETH 2 hrs 04:53

Martin Lel KEN 2:05:15

Samuel Kamau Wanjiru KEN 2:05:24

Abderrahim Goumri MAR 2:05:30

William Kipsang KEN 2:05:49

♦ **OR:** *C. Lopes* POR (1984) **2:09:21**

WR: *H. Gebrselassie*
ETH (2007) **2:04:26**

