

Olympic long-distance form guide – women

Fastest times 2008

5,000 METRES

Olympic record: G. Szabo ROM
(2000) 14 mins 40.79s

World record:
T. Dibaba ETH
(2008)
14:11.15

Tirunesh Dibaba	ETH	14:11.15
Meseret Defar	ETH	14:12.88
Liliya Shobukhova	RUS	14:23.75
Gulnara Samitova-Galkina	RUS	14:33.13
Lucy Kabuu Wangui	KEN	14:33.49

10,000 METRES **OR:** D. Tulu ETH (2000) 30:17.49

Shalane Flanagan	USA	30:34.49
Kimberley Smith	NZL	30:35.54
Mestawet Tufa	ETH	30:38.33
Inga Abitova	RUS	30:46.70
Penninah Arusei	KEN	30:57.80

WR: Junxia Wang CHN (1993) 29:31.78

MARATHON **OR:** N. Takahashi JPN (2000) 2:23:14

Yingying Zhang	CHN	2:22:38
Berhane Adere	ETH	2:22:42
Galina Bogomolova	RUS	2:22:53
Bezunesh Bekele	ETH	2:23:09
Magarsa Assale	ETH	2:23:23

WR: P. Radcliffe GBR (2003) 2:15.25

