

Women: 5000m, 10,000m

5000 METRES: Best times 2013 (mins:secs)

Tirunesh Dibaba *ETH* **14:23.68**

Almaz Ayana *ETH* **14:25.84**

Meseret Defar *ETH* **14:26.90**

Viola Kibiwot *KEN* **14:33.48**

Genzebe Dibaba *ETH* **14:37.68**

10,000 METRES

31:00

30:30

Meseret Defar *ETH* **30:08.06**

Tirunesh Dibaba *ETH* **30:26.67**

Gladys Cherono *KEN* **30:29.23**

Belaynesh Oljira *ETH* **30:31.44**

Birhane Ababel *ETH* **30:35.91**

Tirunesh Dibaba

14:15

14:00

14:11.15

Tirunesh Dibaba, ETH, Oslo 2008

29:00

29:31.78

Junxia Wang, CHN, Beijing 1993