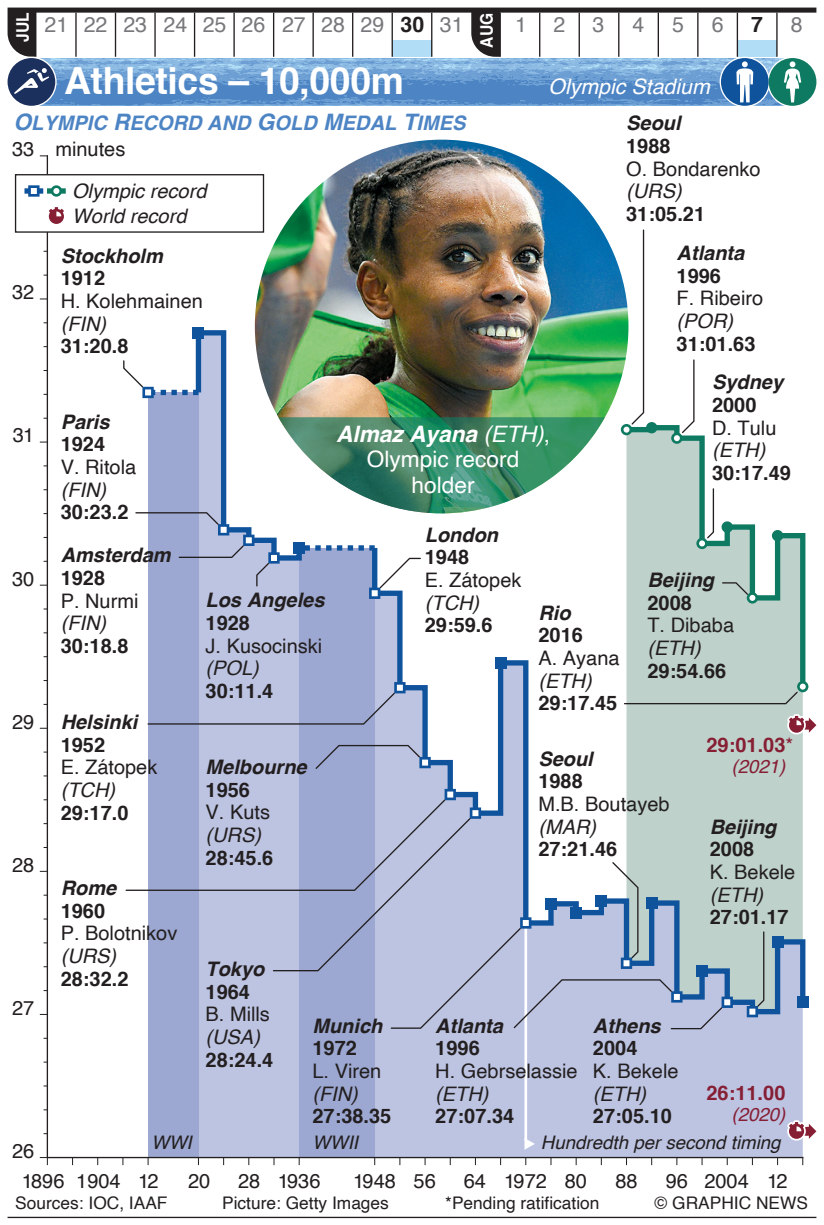
JUL 21 22 23 24 25 26 27 28 29 30 31 AUG 1 2 3 4 5 6 7 8
Athletics – 10,000m
Olympic Stadium
OLYMPIC RECORD AND GOLD MEDAL TIMES
33 minutes
32
31
30
29
28
27
26
Olympic record
World record
Stockholm 1912 H. Kolehmainen (FIN) 31:20.8
Paris 1924 V. Ritola (FIN) 30:23.2
Amsterdam 1928 P. Nurmi (FIN) 30:18.8
Los Angeles 1928 J. Kusocinski (POL) 30:11.4
London 1948 E. Zátopek (TCH) 29:59.6
Helsinki 1952 E. Zátopek (TCH) 29:17.0
Melbourne 1956 V. Kuts (URS) 28:45.6
Rome 1960 P. Bolotnikov (URS) 28:32.2
Tokyo 1964 B. Mills (USA) 28:24.4
Munich 1972 L. Viren (FIN) 27:38.35
Atlanta 1996 H. Gebrselassie (ETH) 27:07.34
Seoul 1988 M.B. Boutayeb (MAR) 27:21.46
Rio 2016 A. Ayana (ETH) 29:17.45
Seoul 1988 O. Bondarenko (URS) 31:05.21
Atlanta 1996 F. Ribeiro (POR) 31:01.63
Sydney 2000 D. Tulu (ETH) 30:17.49
Beijing 2008 T. Dibaba (ETH) 29:54.66
29:01.03* (2021)
Beijing 2008 K. Bekele (ETH) 27:01.17
Athens 2004 K. Bekele (ETH) 27:05.10
26:11.00 (2020)
Almaz Ayana (ETH), Olympic record holder
WWI
WWII
Hundredth per second timing
1896 1904 12 20 28 1936 1948 56 64 1972 80 88 96 2004 12
Sources: IOC, IAAF
Picture: Getty Images
*Pending ratification
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