

PARIS
2024

Event *Medal*

FORMAT

Laps of track 12.5

ORIGINS

Men's event makes debut in 1912, won by **Hannes Kolehmainen** (FIN). Women's 3000m introduced in 1984 – upgraded to 5000m for Atlanta 1996, with **Wang Junxia** (CHN) taking title

LEGACY

*Paavo Nurmi, original “Flying Finn”,
picked up one gold and two silvers*



2020 GOLD


Joshua Cheptegei (UGA) and Sifan Hassan (NED), who secured 10,000m double

Lasse Viren
FIN
1972, 1976

**Meseret
Defar ETH
2004, 2012**

**Paavo
Nurmi
FIN
1924**

Olympic record		Kenenisa Bekele (ETH)	Beijing 2008	12:57.82
		Vivian Cheruiyot (KEN)	Rio de Janeiro 2016	14:26.17

World record		Joshua Cheptegei (UGA)	<i>Monaco 2020</i>	12:35.36
		Gudaf Tsegay (ETH)	<i>Eugene 2023</i>	14:00.21