

Start List

EUROPEAN RECORD	29:06.82	HASSAN Sifan	NED	Hengelo (NED)	6 JUN 2021
CHAMPIONSHIP RECORD	30:21.67	ABEYLEGESSE Elvan	TUR	Antalya (TUR)	15 APR 2006

Order	Bib	Name	Ctry Code	Date of Birth	PB	SB	European Ranking
1	136	HALABI Karawan Israel	ISR	18 JAN 1995	33:48.45	33:48.45	75
2	108	NAVARRETE Esther Spain	ESP	16 MAR 1990	33:23.49	33:23.49	49
3	140	LONEDO Rebecca Italy	ITA	5 DEC 1996	33:27.56	33:42.77	54
4	102	HERBIET Chloé Belgium	BEL	3 DEC 1998	33:25.95	33:25.95	118
5	144	MARIDAL Hanne Mjøen Norway	NOR	21 SEP 1996	33:37.38		107
6	116	SÉNÉCHAL Mathilde France	FRA	24 JAN 1998	33:32.93	33:32.93	
7	145	JACKIEWICZ Monika Poland	POL	18 DEC 1992	33:41.51		74
8	103	LAUWAERT Nina Belgium	BEL	6 AUG 1988	32:52.29	33:24.87	57
9	104	HROCHOVÁ Tereza Czech Republic	CZE	24 FEB 1996	33:00.00	33:45.90	49
10	113	HADJI Leila France	FRA	1 JAN 1998	33:21.59	33:21.59	117
11	147	MACH Angelika Poland	POL	7 SEP 1991	33:26.69		
12	130	TSOUPAKI Eirini Greece	GRE	29 JUN 1994	35:28.16	35:57.35	198
13	155	KALIUZHNA Viktoriia Ukraine	UKR	11 JUL 1994	33:10.66		
14	150	EGGER Nicole Switzerland	SUI	10 MAR 1985	33:23.16		97
15	138	COLLI Gaia Italy	ITA	1 APR 1999	33:44.90	34:16.94	90
16	143	BAKKEN Ine Norway	NOR	28 MAY 1996	33:34.59		88
17	115	ROLLIN Méline France	FRA	17 JUN 1998	33:31.42	33:31.42	
18	110	CHYDENIUS Nina Finland	FIN	28 JAN 1990	33:45.79		110
19	141	SELVA Giovanna Italy	ITA	17 SEP 2000	34:37.33		124
20	149	KRŠINAR Neja Slovenia	SLO	27 MAR 1991	34:46.52		190
21	132	LYNCH Grace Ireland	IRL	11 OCT 1993	34:49.70		

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All Time Best European Performers

29:06.82	HASSAN Sifan	NED	Hengelo (NED)	6 JUN 2021
30:01.09	RADCLIFFE Paula	GBR	München (GER)	6 AUG 2002
30:12.53	KIPLAGAT Lornah	NED	Paris-St-Denis (FRA)	23 AUG 2003
30:13.74	KRISTIANSEN Ingrid	NOR	Oslo (NOR)	5 JUL 1986
30:21.67	ABEYLEGESSE E	TUR	Antalya (TUR)	15 APR 2006
30:22.88	RIBEIRO Fernanda	POR	Sydney (AUS)	30 SEP 2000
30:23.07	ZHILYAYEVA Alla	RUS	Paris-St-Denis (FRA)	23 AUG 2003
30:26.20	BOGOMOLOVA G	RUS	Paris-St-Denis (FRA)	23 AUG 2003
30:26.41	CAN Yasemin	TUR	Rio de Janeiro (BRA)	12 AUG 2016
30:29.36	SHOBUKHOVA Liliya	RUS	Cheboksary (RUS)	23 JUL 2009

2022 Best European Performers

31:22.24	JUDD Jessica	GBR	London (GBR)	14 MAY
31:25.57	MARKOVIC AE	GBR	London (GBR)	14 MAY
31:30.63	HARRISON S	GBR	London (GBR)	14 MAY
31:39.60	INGLIS Sarah	GBR	London (GBR)	14 MAY
31:49.75	CHEMTAI S. L	ISR	Tel Aviv (ISR)	26 APR
32:06.63	REH Alina	GER	Pliezhausen (GER)	7 MAY
32:14.57	MELERO Maitane	ESP	Faro (POR)	9 APR
32:19.11	CARDAMA Carmela	ESP	San Juan Capistrano, (USA)	6 MAY
32:22.58	SÁNCHEZ-E. I	ESP	Faro (POR)	9 APR
32:25.14	JONKMAN Silke	NED	London (GBR)	14 MAY

Legend:
PB Personal Best **SB** Season Best