

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	117	SIERACKI Margaux France	FRA	17 JUN 1999	33:10.50	33:10.50	58
2	107	MELERO Maitane Spain	ESP	20 FEB 1983	32:14.57	32:14.57	16
3	105	STEWARTOVÁ Moira Czech Republic	CZE	9 JUN 1995	32:51.74	32:51.74	25
4	123	IRWIN Hannah Great Britain & Northern Ireland	GBR	23 JUN 1998	32:25.34	32:25.34	29
5	127	MAYER Domenika Germany	GER	9 OCT 1990	32:43.82	32:43.82	27
6	122	HEYES Lauren Great Britain & Northern Ireland	GBR	21 APR 1990	32:26.26	32:26.26	34
7	158	ZINENKO Valeriia Ukraine	UKR	6 NOV 1995	32:19.54		22
8	111	RICHARDSSON Camilla Finland	FIN	14 SEP 1993	32:27.65	32:27.65	
9	121	GIBBON Jessica Great Britain & Northern Ireland	GBR	19 AUG 1996	32:27.95	32:27.95	
10	128	REH Alina Germany	GER	23 MAY 1997	31:19.87	32:06.63	13
11	106	ÁLVAREZ Beatriz Spain	ESP	16 DEC 1994	32:25.82	32:25.82	28
12	119	BOWDEN Philippa Great Britain & Northern Ireland	GBR	29 MAR 1995	32:33.10	32:44.62	54
13	114	JULIEN Mélody France	FRA	13 MAY 1999	33:07.25		38
14	120	DONNELLY Abbie Great Britain & Northern Ireland	GBR	2 SEP 1996	32:46.19	32:46.19	59
15	142	JONKMAN Silke Netherlands	NED	26 JAN 1997	32:25.14	32:25.14	
16	151	AYDEMIR Esmâ Turkey	TUR	1 JAN 1992	32:41.03	32:56.20	
17	133	MCGLYNN Ann-Marie Ireland	IRL	22 FEB 1980	33:16.73		
18	109	SOLER Meritxell Spain	ESP	20 JUL 1992	33:02.11	33:02.11	30
19	154	KARASU Fatma Turkey	TUR	5 MAY 1996	33:06.72	33:06.72	68
20	157	SHMATENKO Yuliya Ukraine	UKR	10 OCT 1991	32:57.31		
21	152	CAN Yasemin Turkey	TUR	11 DEC 1996	30:26.41		8
22	124	TWELL Stephanie Great Britain & Northern Ireland	GBR	17 AUG 1989	31:08.13		89
23	129	STEINRUCK Katharina Germany	GER	22 AUG 1989	32:26.28	32:26.28	19

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24	148	PASZKIEWICZ Izabela Poland	POL	9 JAN 1988	32:44.20		26
25	118	WOLDU Mekdes France	FRA	20 OCT 1992	32:44.42		24
26	134	MITCHELL Emma Ireland	IRL	2 SEP 1993	32:49.91		
27	126	DIETERICH Eva Germany	GER	29 MAR 1999	32:40.11	32:40.11	32
28	139	EPIS Giovanna Italy	ITA	11 OCT 1988	32:59.16		56
29	156	SEMYONOVA Bohdana Ukraine	UKR	26 AUG 1999	33:01.55		103
30	137	ARNAUDO Anna Italy	ITA	18 OCT 2000	32:40.43	32:46.05	21
31	153	GÜNEN Yayla Turkey	TUR	1 MAR 1997	32:57.47	32:57.47	52
32	135	RICHARDSON Aoibhe Ireland	IRL	16 NOV 1996	32:56.52	33:40.60	82

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