

Athletics - Progression of Road world records

Since 01 January 2004, the IAAF officially ratifies world records in road running and road race walking. The road course must be approved officially by the IAAF.

The IAAF congress on 25 August 2011 decided, new performances of women achieved in mixed gender races will no longer be ratified, beginning from 01 November 2011. From 01 November 2013, this was modified separately recording world records in women only and mixed gender races.

currently accepted events

1 Mile (1.609,36 m) - Men (since 01.04.2023 accepted)

--- Prior to 1 September 2023, official recognition of a world record will require a performance of at least 3:50.00. If the listed standards are not met by 1 September, the fastest recorded, record-eligible performances will be recognized as the world records. ---

4:01,21 min.	PRAKEL Samuel	USA	25.04.2023	Des Moines ¹
3:56,13 min.	KESSLER Hobbs	USA	01.10.2023	Rīga
3:54,6 min.	WANYONYI Emmanuel	KEN	27.04.2024	Herzogenaurach pending
3:51,3 min.	GILES Elliot	GBR	01.09.2024	Düsseldorf pending

5 km - Men (since 01.01.2019 accepted)

--- Limit 13:10 - If no such performances are achieved in 2018, the best performance of 2018 is recognized on 01.01.2019 ---

13:30 min.	KIBET Bernard	KEN	08.09.2018	Praha
13:29 min.	WANDERS Julien	SUI	17.02.2019	Monaco
13:29 min.	CHERESEK Edward	KEN	06.04.2019	Carlsbad
13:22 min.	KETER Robert	KEN	09.11.2019	Lille
13:18 min.	KIPRUTO Rhonex	KEN	12.01.2020	Valencia
12:51 min.	CHEPTEGEI Joshua	UGA	16.02.2020	Monaco
12:49 min.	AREGAWI Berihu	ETH	31.12.2021	Barcelona

10 km - Men

27:02 min.	GBRSELASSIE Haile	ETH	11.12.2002	Doha
27:01 min.	KOGO Micah Kipkemboi	KEN	29.03.2009	Brunssum
26:44 min.	KOMON Leonard Patrick	KEN	26.09.2010	Utrecht
26:38 min.	CHEPTEGEI Joshua	UGA	01.12.2019	Valencia
26:24 min.	KIPRUTO Rhonex	KEN	12.01.2020	Valencia

Half marathon (21,0975 km) - Men

59:17 min.	TERGAT Paul	KEN	04.04.1998	Milano
59:16 min.	WANJIRU Samuel Kamau	KEN	11.09.2005	Rotterdam
58:55 min.	GBRSELASSIE Haile	ETH	15.01.2006	Tempe
58:33 min.	WANJIRU Samuel Kamau	KEN	17.03.2007	den Haag
58:23 min.	TADESE Zersenay	ERI	21.03.2010	Lisboa
58:01 min.	KAMWOROR Geoffrey	KEN	15.09.2019	København
57:32 min.	KANDIE Kibiwott	KEN	06.12.2020	Valencia
57:31 min.	KIPLIMO Jacob	UGA	21.11.2021	Lisboa

Marathon (42,195 km) - Men

2:04:55 h	TERGAT Paul	KEN	28.09.2003	Berlin
2:04:26 h	GBRSELASSIE Haile	ETH	30.09.2007	Berlin
2:03:59 h	GBRSELASSIE Haile	ETH	28.09.2008	Berlin
2:03:38 h	MUSYOKI Patrick Makau	KEN	25.09.2011	Berlin
2:03:23 h	KIPROTICH Wilson Kipsang	KEN	29.09.2013	Berlin
2:02:57 h	KIMETTO Dennis Kipruto	KEN	28.09.2014	Berlin
2:01:39 h	KIPCHOGE Eliud	KEN	16.09.2018	Berlin
2:01:09 h	KIPCHOGE Eliud	KEN	25.09.2022	Berlin ²
2:00:35 h	KIPTUM Kelvin	KEN	08.10.2023	Chicago

50 km - Men (since 01.01.2022 accepted)

--- The best legitimate performance better than 2:43:39 h is recognized on 01.01.2022. ---

2:42:07 h	NEGASA Ketema	ETH	23.05.2021	Port Elizabeth ³
2:40:13 h	MOKOKA Stephen	RSA	06.03.2022	Gqeberha ⁴
2:38:43 h	ALBERTSON CJ	USA	08.10.2022	San Francisco

100 km - Men

6:13:33 h	SUNADA Takahiro	JPN	21.06.1998	Lake Saroma
6:09:14 h	KAZAMI Nao	JPN	24.06.2018	Lake Saroma
6:05:35 h	SOROKIN Aleksandr	LTU	14.05.2023	Vilnius

Road Relay (5-10-5-10-5-7,195 km) - Men

1:57:56 h	JABBOUR Brahim - KHATTABI Elarbi - EL GUERROUJ Hicham - HISSOU Salah - BOUTAYEB Brahim - SKAH Khalid	MAR	17.04.1994	Litochoro
1:57:06 h	NDAMBIRI Josephat Muchiri - MATHATHI Martin Irungu - MWANGI Daniel Muchunu - MOGUSU Mekubo - NYERRE Onesmus - KARIUKI John	KEN	23.11.2005	Chiba

¹ Official; Misprint in „Progression of World Athletics Records 2024 edition“

² Official; Missing entry in „Progression of World Athletics Records 2024 edition“

³ Official; Missing entry in „Progression of World Athletics Records 2024 edition“

⁴ Official; Missing entry in „Progression of World Athletics Records 2024 edition“

20 km Walking - Men

1:17:21 h	PÉREZ Jefferson	ECU	23.08.2003	Paris - Saint-Denis
1:17:16 h	KANAYKIN Vladimir	RUS	29.09.2007	Saransk
1:17:02 h	DINIZ Yohann	FRA	08.03.2015	Arles
1:16:36 h	SUZUKI Yusuke	JPN	15.03.2015	Nomi

35 km Walking - Men (since 01.01.2023 accepted)

--- The best legitimate performance better than 2:22:00 h is recognized as first WR. ---

50 km Walking - Men

3:36:03 h	KORZENIOWSKI Robert	POL	27.08.2003	Paris - Saint-Denis
3:35:47 h	DEAKES Nathan	AUS	02.12.2006	Geelong
3:34:14 h	NIZHEGORODOV Denis	RUS	11.05.2008	Cheboksary
3:32:33 h	DINIZ Yohann	FRA	15.08.2014	Zürich

1 Mile (1.609,36 m) - Women only (since 01.04.2023 accepted)

--- Prior to 1 September 2023, official recognition of a world record will require a performance of at least 4:19.00. If the listed standards are not met by 1 September, the fastest recorded, record-eligible performances will be recognized as the world records. ---

4:27,97 min.	HILTZ Nikki	USA	25.04.2023	Des Moines ⁵
4:20,98 min.	WELTEJI Diribe	ETH	01.10.2023	Rīga ⁶

5 km - Women mixed (since 01.01.2019 accepted)

--- Limit 14:45 - If no such performances are achieved in 2018, the best performance of 2018 is recognized on 01.01.2019 ---

14:48 min.	KIPKIRUI Caroline Chepkoech	KEN	08.09.2018	Praha
14:43 min.	CHEPKOECH Beatrice	KEN	14.02.2021	Monaco
14:19 min.	TAYE Ejgayehu	ETH	31.12.2021	Barcelona
14:13 min.	NGETICH Agnes Jebet	KEN	14.01.2024	Valencia

5 km - Women only (since 01.01.2019 accepted)

--- Limit 14:45 - If no such performances are achieved in 2018, the best performance of 2018 is recognized on 01.01.2019 ---

15:48 min.	PAGANO Sarah no legal result in 2018	USA	02.06.2018	Albany (n.a.) ⁷
14:44 min.	HASSAN Sifan	NED	17.02.2019	Monaco
14:29 min.	TEFERI Senbere	ETH	12.09.2021	Herzogenaurach
14:13 min.	CHEBET Beatrice	KEN	31.12.2023	Barcelona

10 km - Women mixed

30:21 min.	RADCLIFFE Paula	GBR	23.02.2003	San Juan (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
30:04 min.	JEPKOSGEI Joyciline	KEN	01.04.2017	Praha
29:43 min.	JEPKOSGEI Joyciline	KEN	09.09.2017	Praha
29:38 min.	GEZAHEGNE Kalkidan	BRN	03.10.2021	Genève
29:14 min.	YEHUALAW Yalemzerf	ETH	27.02.2022	Castellón
28:46 min.	NGETICH Agnes Jebet	KEN	14.01.2024	Valencia ⁸

10 km - Women only (since 01.11.2013 accepted)

30:29 min.	LEGHZAOUI Asmae	MAR	08.06.2002	New York
30:01 min.	TIROP Agnes Jebet	KEN	12.09.2021	Herzogenaurach ⁹

Half marathon (21,0975 km) - Women mixed

1:06:44 h	MEYER Elana	RSA	15.01.1999	Tokyo
1:06:25 h	KIPLAGAT Lornah	NED	14.10.2007	Udine
1:05:50 h	KEITANY Mary Jepkosgei	KEN	18.02.2011	Ras al Khaimah (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
1:05:12 h	KIPLAGAT Florence Jebet	KEN	16.02.2014	Barcelona
1:05:09 h	KIPLAGAT Florence Jebet	KEN	15.02.2015	Barcelona
1:05:06 h	JEPCHIRCHIR Peres	KEN	10.02.2017	Ras al Khaimah
1:04:52 h	JEPKOSGEI Joyciline	KEN	01.04.2017	Praha
1:04:51 h	JEPKOSGEI Joyciline	KEN	22.10.2017	Valencia
1:04:31 h	YESHANEH Ababel	ETH	21.02.2020	Ras al Khaimah
1:04:02 h	CHEPNGETICH Ruth	KEN	04.04.2021	Istanbul
1:02:52 h	GIDEY Letesenbet	ETH	24.10.2021	Valencia

Half marathon (21,0975 km) - Women only (since 01.11.2013 accepted)

1:06:25 h	KIPLAGAT Lornah	NED	14.10.2007	Udine
1:06:11 h	GUDETA Netsanet	ETH	24.03.2018	Valencia
1:05:34 h	JEPCHIRCHIR Peres	KEN	05.09.2020	Praha
1:05:16 h	JEPCHIRCHIR Peres	KEN	17.10.2020	Gdynia

Marathon (42,195 km) - Women mixed

2:15:25 h	RADCLIFFE Paula	GBR	13.04.2003	London (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
2:14:04 h	KOSGEI Brigid	KEN	13.10.2019	Chicago
2:11:53 h	ASSEFA Tigst	ETH	24.09.2023	Berlin

⁵ Official; Misprint in „Progression of World Athletics Records 2024 edition“

⁶ Official; Misprint in „Progression of World Athletics Records 2024 edition“

⁷ No complete file or doping control information received.

⁸ Official; Misprint in „Progression of World Athletics Records 2024 edition“

⁹ Official; Misprint in „Progression of World Athletics Records 2024 edition“

Marathon (42,195 km) - Women only (since 01.11.2013 accepted)

2:17:42 h	RADCLIFFE Paula	GBR	17.04.2005	London ¹⁰
2:17:01 h	KEITANY Mary Jepkosgei	KEN	23.04.2017	London
2:16:16 h	JEPCHIRCHIR Peres	KEN	21.04.2024	London

50 km - Women mixed (since 01.01.2022 accepted)

--- The best legitimate performance better than 2:59:55 h is recognized on 01.01.2022. ---

2:59:54 h	LINDEN Desiree	USA	13.04.2021	Dorena Lake ¹¹
-----------	----------------	-----	------------	---------------------------

50 km - Women only (since 01.01.2022 accepted)

--- The best legitimate performance better than 3:07:21 h is recognized on 01.01.2022. ---

3:04:24 h	VAN ZYL Irvette	RSA	23.05.2021	Port Elizabeth ¹²
3:00:30 h	SEIFU Emame	ETH	26.02.2023	Gqeberha ¹³

100 km - Women mixed

6:33:11 h	ABE Tomoe	JPN	25.06.2000	Tokoro
-----------	-----------	-----	------------	--------

Road Relay (5-10-5-10-5-7,195 km) - Women

2:11:41 h		CHN	28.02.1998	Beijing (mixed)
	JIANG Bo - DONG Yanmei - ZHAO Fengting - MA Zaijie - LAN Lixin - LIN Na			

20 km Walking - Women

1:26:22 h	WANG Yan	CHN	19.11.2001	Guangzhou
1:26:22 h	NIKOLAYEVA Yelena	RUS	18.05.2003	Cheboksary
1:25:41 h	IVANOVA Olimpiada	RUS	07.08.2005	Helsinki
1:25:08 h	SOKOLOVA Vera	RUS	26.02.2011	Sochi
1:25:02 h	LASHMANOVA Yelena	RUS	11.08.2012	London ¹⁴
1:24:38 h	LIU Hong	CHN	06.06.2015	La Coruña
1:23:49 h	YANG Jiayu	CHN	20.03.2021	Huangshan

35 km Walking - Women (since 01.01.2023 accepted)

--- The best legitimate performance better than 2:38:00 h is recognized on 01.01.2023. ---

2:37:44 h	GARCÍA Kimberly	PER	25.03.2023	Dudince
2:37:15 h	PÉREZ María	ESP	21.05.2023	Poděbrady

50 km Walking - Women (since 01.01.2017 accepted)

--- Limit on 01.01.2017: 4:30:00 ---

4:08:26 h	HENRIQUES Inês	POR	15.01.2017	Porto de Mós
4:05:56 h	HENRIQUES Inês	POR	13.08.2017	London
4:04:36 h	LIANG Rui	CHN	05.05.2018	Taicang
3:59:15 h	LIU Hong	CHN	09.03.2019	Huangshan

no longer accepted events**15 km - Men**

41:29 min.	LIMO Felix	KEN	11.11.2001	Nijmegen
41:29 min.	MERGA Deriba	ETH	20.02.2009	Ras Al Khaimah
41:13 min.	KOMON Leonard Patrick	KEN	21.11.2010	Nijmegen

--- since 01.11.2017 no longer ratified ---

20 km - Men

56:18 min.	TERGAT Paul	KEN	04.04.1998	Milano
55:48 min.	GBRSELASSIE Haile	ETH	15.01.2006	Tempe
55:21 min.	TADESE Zersenay	ERI	21.03.2010	Lisboa

--- since 01.11.2017 no longer ratified ---

25 km - Men

1:13:14 h	ROP Rodgers	KEN	06.05.2001	Berlin
1:12:45 h	KOSGEI Paul Malakwen	KEN	09.05.2004	Berlin
1:11:50 h	KOSGEI Samuel Kiplimo	KEN	09.05.2010	Berlin
1:11:18 h	KIMETTO Dennis Kipruto	KEN	05.05.2012	Berlin

--- since 01.11.2017 no longer ratified ---

30 km - Men

1:28:36 h	MATSUMIYA Takayuki	JPN	16.02.2003	Kumamoto
1:28:00 h	MATSUMIYA Takayuki	JPN	27.02.2005	Kumamoto
1:27:49 h	GBRSELASSIE Haile	ETH	20.09.2009	Berlin
1:27:38 h	MUSYOKI Patrick Makau	KEN	25.09.2011	Berlin ¹⁵
1:27:37 h	MUTAI Kipchirchir Emmanuel	KEN	28.09.2014	Berlin
1:27:13 h	KIPCHOGE Eliud	KEN	24.04.2016	London
1:27:13 h	BIWOTT Stanley Kipleting	KEN	24.04.2016	London

--- since 01.11.2017 no longer ratified ---

¹⁰ Official; Misprint in „Progression of World Athletics Records 2024 edition“¹¹ Official; Misprint in „Progression of World Athletics Records 2024 edition“¹² Official; Missing entry in „Progression of World Athletics Records 2024 edition“¹³ Official; Misprint in „Progression of World Athletics Records 2024 edition“¹⁴ cancelled due to doping violations; Misprint in „Progression of World Athletics Records 2024 edition“¹⁵ Official; Misprint in „Progression of World Athletics Records 2024 edition“

15 km - Women mixed

46:57 min.	MEYER Elena	RSA	02.11.1991	Cape Town
46:55 min.	FUKUSHI Kayoko	JPN	05.02.2006	Marugame
46:28 min.	DIBABA Tirunesh	ETH	15.11.2009	Nijmegen (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
46:14 min.	KIPLAGAT Florence Jebet	KEN	15.02.2015	Barcelona
45:37 min.	JEPKOSGEI Joyciline	KEN	01.04.2017	Praha
--- since 01.11.2017 no longer ratified ---				

15 km - Women only (since 01.11.2013 accepted)

46:59 min.	KIPLAGAT Lornah	NED	14.10.2007	Udine ¹⁶
--- since 01.11.2017 no longer ratified ---				

20 km - Women mixed

1:03:26 h	RADCLIFFE Paula	GBR	07.10.2001	Bristol
1:03:21 h	KIPLAGAT Lornah	NED	08.10.2006	Debrecen
1:02:57 h	KIPLAGAT Lornah	NED	14.10.2007	Udine
1:02:36 h	KEITANY Mary Jepkosgei	KEN	18.02.2011	Ras al Khaimah (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
1:01:56 h	KIPLAGAT Florence Jebet	KEN	16.02.2014	Barcelona
1:01:54 h	KIPLAGAT Florence Jebet	KEN	15.02.2015	Barcelona
1:01:40 h	JEPCHIRCHIR Peres	KEN	10.02.2017	Ras al Khaimah
1:01:25 h	JEPKOSGEI Joyciline	KEN	01.04.2017	Praha
--- since 01.11.2017 no longer ratified ---				

20 km - Women only (since 01.11.2013 accepted)

1:02:57 h	KIPLAGAT Lornah	NED	14.10.2007	Udine
--- since 01.11.2017 no longer ratified ---				

25 km - Women mixed

1:22:31 h	TAKAHASHI Naoko	JPN	30.09.2001	Berlin
1:22:13 h	NOGUCHI Mizuki	JPN	25.09.2005	Berlin
1:19:53 h	KEITANY Mary Jepkosgei	KEN	09.05.2010	Berlin (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
--- since 01.11.2017 no longer ratified ---				

25 km - Women only (since 01.11.2013 accepted)

1:22:47 h	RADCLIFFE Paula	GBR	14.08.2005	Helsinki ¹⁷
--- since 01.11.2017 no longer ratified ---				

30 km - Women mixed

1:39:02 h	TAKAHASHI Naoko	JPN	30.09.2001	Berlin
1:38:49 h	NOGUCHI Mizuki	JPN	25.09.2005	Berlin (mixed)
--- since 01.11.2013 separate world records in women only and mixed gender races ---				
--- since 01.11.2017 no longer ratified ---				

30 km - Women only (since 01.11.2013 accepted)

1:39:11 h	KEITANY Mary Jepkosgei	KEN	17.04.2011	London ¹⁸
1:39:11 h	KIPLAGAT Edna Ngeringwony	KEN	13.04.2014	London ¹⁹
1:39:11 h	KIPLAGAT Florence Jebet	KEN	13.04.2014	London ²⁰
1:36:05 h	KEITANY Mary Jepkosgei	KEN	23.04.2017	London
--- since 01.11.2017 no longer ratified ---				

¹⁶ Official; Misprint in „Progression of World Athletics Records 2024 edition“¹⁷ Official; Misprint in „Progression of World Athletics Records 2024 edition“¹⁸ Official; Misprint in „Progression of World Athletics Records 2024 edition“¹⁹ Official; Misprint in „Progression of World Athletics Records 2024 edition“²⁰ Official; Misprint in „Progression of World Athletics Records 2024 edition“