THE PODIUMS

1987 - 2023



WORLD CHAMPHIONSHIPS

10 Km.

1987	**ROME (Ita)**	Strackhova	Urss	Saxby	Aus	Hong Yan	Chn
1991	**TOKIO (Jpn)**	Ivanova A.	Rus	Svensson	Swe	Essayah	Fin
1993	**STUTTGÄRT (Ger)**	Essayah	Fin	Salvador	Ita	Granados	Esp
1995	**GÖTEBORG (Swe)**	Stankina	Rus	Perrone	Ita	Nikolayeva	Rus
1997	**ATHENS (Gre)**	Sidoti	Ita	Kardapoltseva	Blr	Tsybulskaya	Blr

20 Km.

1999	**SEVILLA (Esp)**	Liu Hongyu	Chn	Wang Yan	Chn	Saxby	Aus
2001	**EDMONTON (Can)**	Ivanova O.	Rus	Tsybulskaya	Blr	Perrone	Ita
2003	**PARIS (Fra)**	Nikolayeva	Rus	O'Sullivan	Irl	Tsybulskaya	Blr
2005	**HELSINKI (Fin)**	Ivanova O.	Rus	Turava	Blr	Feitor	Por
2007	**OSAKA (Jpn)**	Kaniskina	Rus	Shemyankina	Rus	Vasco	Esp
2009	**BERLIN (Ger)**	Loughnane	Irl	Liu Hong	Chn	Kirdyapkina	Rus
2011	**DAEGU (Kor)**	Liu Hong	Chn	Rigaudo	Ita	Qieyang S.	Chn
2013	**MOSCOW (Rus)**	Liu Hong	Chn	Sun Huanhuan	Chn	Rigaudo	Ita
2015	**BEIJING (Chn)**	Liu Hong	Chn	Lu Xuizhi	Chn	Olyanovska	Ukr
2017	**LONDON (Gbr)**	Yang Jiayu	Chn	González M.	Mex	Palmisano	Ita
2019	**DOHA (Qat)**	Liu Hong	Chn	Qieyang S.	Chn	Yang Liujing	Chn
2022	**EUGENE (Usa)**	García-León	Per	Zdziebło	Pol	Qieyang S.	Chn
2023	**BUDAPEST (Hun)**	Peréz M.	Esp	Montang	Aus	Palmisano	Ita

50 km.

2017	**LONDON (Gbr)**	Henriques	Por	Ying Hang	Chn	Yang Shuqing	Chn
2019	**DOHA (Qat)**	Liang Rui	Chn	Li Macou	Chn	Giorgi	Ita

35 km.

2022	**EUGENE (Usa)**	García-León	Per	Zdziebło	Pol	Qieyang S.	Chn
2023	**BUDAPEST (Hun)**	Peréz M.	Esp	García-León	Per	Ntrismpioti	Gre





INDIVIDUAL MEDAL TABLE 10 KM.

	GOLD	SILVER	BRONZE
RUSSIA	2		1
ITALY	1	2	
URSS	1		
FINLAND	1		1
SPAIN			1
CHINA			1
BELARUS		1	1
SWEDEN		1	
AUSTRALIA		1	
Total	*5*	*5*	*5*

INDIVIDUAL MEDAL TABLE 20 KM.

	GOLD	SILVER	BRONZE
CHINA	6	5	3
RUSSIA	4	1	1
SPAIN	1		1
IRELAND	1	1	
PERÚ	1		
BELARUS		2	1
ITALY		1	4
AUSTRALIA		1	1
MEXICO		1	
POLAND		1	
PORTUGAL			1
UKRAINE			1
Total	*13*	*13*	*13*

INDIVIDUAL MEDAL TABLE 50 KM.

	GOLD	SILVER	BRONZE
CHINA	1	2	1
PORTUGAL	1		
ITALY			1
Total	*2*	*2*	*2*

INDIVIDUAL MEDAL TABLE 35 KM.

	GOLD	SILVER	BRONZE
PERÚ	1	1	
SPAIN	1		
POLAND		1	
CHINA			1
GREECE			1
Total	*2*	*2*	*2*

TOTAL INDIVIDUAL MEDAL TABLE (10 + 20 + 50 + 35 Km.)

	GOLD	*SILVER*	*BRONZE*
CHINA	7	7	6
RUSSIA	6	1	2
PERÚ	2	1	
SPAIN	2		2
ITALY	1	3	5
IRELAND	1	1	
PORTUGAL	1		1
FINLAND	1		1
URSS	1		
BELARUS		3	2
AUSTRALIA		2	1
POLAND		2	
SWEDEN		1	
MEXICO		1	
UKRAINE			1
GREECE			1
Total	*22*	*22*	*22*

10 km.
Best performances in World Championships > 45:00
(33 Athletes * 56 Performances)

	Athelte	*Nat*	*Mark*	*Venue*	*Date*		*Athelte*	*Nat*	*Mark*	*Venue*	*Date*
1	Stankina	Rus	42:13	Göteborg	1995	22	Alfridi	Ita	43:59	Athens	1997
2	Perrone	Ita	42:16	Göteborg	1995		*Saxby*	Aus	44:02	Tokio	1991
3	Nikolayeva	Rus	42:20	Göteborg	1995	23	Mendoza	Mex	44:03	Tokio	1991
4	Essayah	Fin	42:20	Göteborg	1995		*Sidoti*	Ita	44:06	Göteborg	1995
5	Khmelnitskaya	Rus	42:25	Göteborg	1995		*Kardapoltseva*	Blr	44:07	Göteborg	1995
6	Giordano	Ita	42:26	Göteborg	1995		*Salvador*	Ita	44:09	Tokio	1991
7	Urbanik-Rosza	Hun	42:34	Göteborg	1995	24	Chen Yueling	Chn	44:11	Tokio	1991
8	Liu Hongyu	Chn	42:46	Göteborg	1995		*Strakhova*	Urss	44:12	Rome	1987
9	Sidoti	Ita	42:55	Athens	1997		*Sidoti*	Ita	44:13	Stuttgart	1993
10	Ivanova A.	Rus	42:57	Tokio	1991	25	Szebenszky	Hun	44:14	Athens	1997
	Essayah	Fin	42:59	Stuttgart	1993		*Urbanik-Rosza*	Hun	44:17	Stuttgart	1993
11	Saxby	Aus	43:06	Göteborg	1995	26	Rohl	Usa	44:17	Göteborg	1995
12	Salvador	Ita	43:08	Stuttgart	1993		*Sidoti*	Ita	44:18	Tokio	1991
13	Svensson M.	Swe	43:13	Tokio	1991		*Granados*	Esp	44:19	Göteborg	1995
	Essayah	Fin	43:13	Tokio	1991		*Saxby*	Aus	44:23	Rome	1987
14	Anders	Ger	43:15	Göteborg	1995		*Gu Yan*	Chn	44:24	Athens	1997
15	Granados	Esp	43:21	Stuttgart	1993	27	Feitor	Por	44:25	Göteborg	1995
	Perrone	Ita	43:26	Stuttgart	1993	28	Misyulya	Blr	44:27	Göteborg	1995
16	Gu Yan	Chn	43:27	Göteborg	1995		*Anders*	Ddr	44:35	Tokio	1991
	Anders	Ger	43:28	Stuttgart	1993	29	Born-Boyde	Ger	44:39	Tokio	1991
17	Kardapoltseva	Blr	43:30	Athens	1997	30	Hong Yan	Chn	44:42	Rome	1987
18	Radtke	Pol	43:33	Stuttgart	1993		*Radtke*	Pol	44:42	Tokio	1991
19	Tsybulskaya	Blr	43:34	Göteborg	1995		*Mendoza*	Mex	44:44	Göteborg	1995
20	Strakhova	Rus	43:40	Tokio	1991	31	Cimpean	Rom	44:46	Göteborg	1995
	Nikolayeva	Rus	43:47	Stuttgart	1993	32	Diaz	Esp	44:48	Rome	1987
	Tsybulskaya	Blr	43:49	Athens	1997		*Nikolayeva*	Urss	44:54	Rome	1987
21	Sayko	Rus	43:56	Stuttgart	1993		*Urbanik-Rosza*	Hun	45:00	Tokio	1991
	Liu Hongyu	Chn	43:56	Athens	1997	33	Liepina	Lat	45:00	Athens	1997



20 km.
Best performances in World Championships > 1h30:30
(54 Athletes * 70 Performances)

	Athlete	*Nat*	*Mark*	*Venue*	*Date*		*Athlete*	*Nat*	*Mark*	*Venue*	*Date*
1	Ivanova O.	Rus	1:25:41	Helsinki	2005	33	Fujii	Jpn	1:29:01	Eugene	2022
2	Yang Jiayu	Chn	1:26:18	London	2017	34	Dibelkova	Cze	1:29:05	Helsinki	2005
3	González M. G.	Mex	1:26:19	London	2017	35	Drahotová	Cze	1:29:05	Moscow	2013
4	Palmisano	Ita	1:26:36	London	2017	36	Iovan-Stef	Rom	1:29:09	Paris	2003
5	Perez M.	Esp	1:26:51	Budapest	2023		*Liu Hong*	Chn	1:29:10	Berlin	2009
6	Nikolayeva	Rus	1:26:52	Paris	2003		*García-León*	Per	1:29:13	London	2017
7	García-Léon	Per	1:26:58	Eugene	2022	37	Giordano	Ita	1:29:14	Paris	2003
8	De Sena	Bra	1:26:59	London	2017		*Cabecinha*	Por	1:29:17	Moscow	2013
9	Turava	Blr	1:27:05	Helsinki	2005	38	Papayiànni	Gre	1:29:21	Helsinki	2005
10	Montag	Aus	1:27:16	Budapest	2023	39	Takácz	Esp	1:29:25	Moscow	2013
	Palmisano	Ita	1:27:26	Budapest	2023	40	Wang Na	Chn	1:29:26	London	2017
11	Zdziebło	Pol	1:27:31	Eugene	2022		*Cabecinha*	Por	1:29:29	Beijing	2015
	García-Léon	Per	1:27:32	Budapest	2023	41	García-Caro	Esp	1:29:29	London	2017
12	O'Sullivan	Irl	1:27:34	Paris	2003	42	Tsoumeleka	Gre	1:29:34	Paris	2003
13	González A.	Mex	1:27:36	Budapest	2023		*Olyanovska*	Ukr	1:29:36	Budapest	2023
14	Morejón	Ecu	1:27:40	Budapest	2023		*Pérez M.*	Esp	1:29:37	London	2017
15	Liu Hong	Chn	1:27:45	Beijing	2015		*González A.*	Mex	1:29:40	Eugene	2022
16	Lu Xiuzhi	Chn	1:27:45	Beijing	2015		*Yang Jiayu*	Chn	1:29:40	Budapest	2023
17	Qieyang S.	Chn	1:27:56	Eugene	2022	43	Seeger	Ger	1:29:44	Paris	2003
	Ivanova O.	Rus	1:27:48	Edmonton	2001	44	Alfridi	Ita	1:29:48	Edmonton	2001
18	Tsybulskaya	Blr	1:28:10	Paris	2003		*Rigaudo*	Ita	1:29:52	Helsinki	2005
	Liu Hong	Chn	1:28:10	Moscow	2013		*De Sena*	Bra	1:29:53	Budapest	2023
19	Arenas	Col	1:28:10	London	2017	45	Trapletti	Ita	1:29:54	Eugene	2022
20	Olyanovska	Ukr	1:28:13	Beijing	2015		*Liu Hong*	Chn	1:30:00	Daegu	2011
	Montag	Aus	1:28:17	Eugene	2022	46	Giorgi	Ita	1:30:01	Moscow	2013
21	Ma Zhenxia	Chn	1:28:30	Budapest	2023	47	Ortíz	Gua	1:30:01	London	2017
22	Sun Huanhuan	Chn	1:28:32	Moscow	2013	48	Madarász	Hun	1:30:05	London	2017
23	Lyra	Bra	1:28:36	Budapest	2023		*De Sena*	Bra	1:30:06	Beijing	2015
24	Rigaudo	Ita	1:28:41	Moscow	2013		*Iovan-Steff*	Rom	1:30:07	Helsinki	2005
25	Feitor	Por	1:28:44	Helsinki	2005	49	Kaniskina	Rus	1:30:09	Osaka	2007
	Tsybulskaya	Blr	1:28:49	Edmonton	2001	50	Kirdyapkina	Rus	1:30:09	Berlin	2009
26	Cabecinha	Por	1:28:49	Budapest	2023	51	Pérez P.	Ecu	1:30:09	London	2017
27	Sobchuk	Ukr	1:28:50	Budapest	2023		*Fuji*	Jpn	1:30:10	Budapest	2023
28	Vasco	Esp	1:28:51	Helsinki	2005		*Feitor*	Por	1:30:15	Paris	2003
29	Gudkova	Rus	1:28:53	Paris	2003		*Vasco*	Esp	1:30:19	Edmonton	2001
30	Perrone	Ita	1:28:56	Edmonton	2001	52	Ntrismpioti	Gre	1:30:19	Budapest	2023
	Cabecinha	Por	1:28:57	London	2017	53	Virbalyté	Ltu	1:30:20	Beijing	2015
31	Loughnane	Irl	1:28:58	Berlin	2009	54	Henriques	Por	1:30:28	Moscow	2013
32	Pascual	Esp	1:29:00	Moscow	2013		*Cabecinha*	Por	1:30:29	Eugene	2022
	Liu Hong	Chn	1:29:00	Eugene	2022						



50 km.
Best performances in World Championships > 4h30:00
(7 Athletes * 7 Performances)

	Athlete	*Nat*	*Mark*	*Venue*	*Date*		*Athlete*	*Nat*	*Mark*	*Venue*	*Date*
1	Henriques	Por	4:05:56	London	2017	5	Liang Rui	Chn	4:23:26	Doha	2019
2	Yin Hang	Chn	4:08:58	London	2017	6	Li Mancou	Chn	4:26:40	Doha	2019
3	Yang Shuqing	Chn	4:20:49	London	2017	7	Giorgi	Ita	4:29:13	Doha	2019
4	Burnett	Usa	4:21:51	London	2017						

35 km.
Best performances in World Championships > 2h50:00
(17 Athletes * 20 Performances)

	Athlete	*Nat*	*Mark*	*Venue*	*Date*		*Athlete*	*Nat*	*Mark*	*Venue*	*Date*
1	Pérez M.	Esp	2:38:40	Budapest	2023	9	Lyra	Bra	2:44:40	Budapest	2023
2	García-León	Per	2:39:16	Eugene	2022		*Lyra*	Bra	2:45:02	Eugene	2022
3	Zdziebło	Pol	2:40:03	Eugene	2022	10	Sonoda	Jpn	2:45:09	Eugene	2022
4	Qieyang	Chn	2:40:37	Eugene	2022	11	Yin Lamei	Chn	2:46:02	Eugene	2022
	García-León	Per	2:40:52	Budapest	2023	12	Sonoda	Jpn	2:46:32	Budapest	2023
5	Ntrismpioti	Gre	2:41:58	Eugene	2022	13	Chojecka	Pol	2:46:48	Budapest	2023
6	González R.	Esp	2:42:27	Eugene	2022	14	Bonilla	Ecu	2:47:09	Budapest	2023
7	García-Caro	Esp	2:42:45	Eugene	2022	15	Durdiaková	Cze	2:49:06	Budapest	2023
	Ntrismpioti	Gre	2:43:22	Budapest	2023	16	Bai Xueying	Chn	2:49:34	Budapest	2023
8	Li Maocuo	Chn	2:44:28	Eugene	2022	17	Niedziałek O.	Pol	2:49:43	Eugene	2022

