



22nd Asian U20 Athletics Championships



Saturday
30 May 2026
START TIME 08:30

Men's 5000m Final

Kai Tak Youth Sports Ground, Hong Kong (HKG)

RESULTS

World U20	12:43.02	Selemon BAREGA	ETH	31 Aug 2018
Asia U20	13:17.10	Essa Ismail RASHED	QAT	29 May 2005
Meet Record	14:08.71	Sota ORITA	JPN	25 Apr 2024
HK U20	14:55.29	TSE Chun Yin	HKG	29 Dec 2019

Rank	Bib	Name	C/R	DoB	Order	Result	Remark
1	278	Ryo Kurimura	JPN	4 Jul 2007	6	14:39.31	
2	585	Timur Nasimov	UZB	2 Apr 2008	8	15:34.09	
3	399	Tsagaadai Angar	MGL	1 Apr 2008	1	15:37.38	PB
4	568	Asilbek Tukhtamurodov	UZB	11 Jun 2009	4	15:41.22	
5	324	MAXIM Yeryomin	KAZ	22 Jun 2007	7	16:01.57	
6	193	Tak Chak Chung	HKG	22 Mar 2007	5	16:11.96	
7	303	Arman Syrmov	KAZ	19 Jun 2008	3	16:30.13	
8	541	Veldenisio Correia Maia Ximenes	TLS	22 Apr 2009	2	16:59.17	PB

Legend:
PB Personal Best