

MARATHON RECORD PROGRESSIONS

World Men (as of September 28, 2008)

Time	Name (Country)	Date	Location
2:03:59	Haile Gebrselassie (ETH)	September 28, 2008	Berlin
2:04:26	Gebrselassie - 2	September 30, 2007	Berlin
2:04:55	Paul Tergat (KEN)	September 28, 2003	Berlin
2:05:38	Khalid Khannouchi (USA)	April 14, 2002	London
2:05:42	Khannouchi - 2 (MAR)	October 24, 1999	Chicago
2:06:05	Ronaldo da Costa (BRA)	September 20, 1998	Berlin
2:06:50	Belayneh Dinsamo (ETH)	April 17, 1988	Rotterdam
2:07:12	Carlos Lopes (POR)	April 20, 1985	Rotterdam
2:08:05	Steve Jones (GBR)	October 21, 1984	Chicago
2:08:18	Rob De Castella (AUS)	December 6, 1981	Fukuoka
2:09:01	Gerard Nijboer (NED)	April 26, 1980	Amsterdam
2:09:06	Shigeru So (JPN)	February 5, 1978	Beppu
2:09:12	Ian Thompson (ENG)	January 31, 1974	Christchurch
2:09:29	Ronald J Hill (ENG)	July 23, 1970	Edinburgh
2:09:37	Derek Clayton (AUS)	December 3, 1967	Fukuoka
2:12:00	Morio Shigematsu (JPN)	June 12, 1965	Chiswick
2:12:12	Abebe Bikila (ETH)	October 21, 1964	Tokyo
2:13:55	Basil Heatley (ENG)	June 13, 1964	Chiswick
2:14:28	Leonard Edelen (USA)	June 15, 1963	Chiswick
2:15:16	Toru Terasawa (JPN)	February 17, 1963	Beppu
2:15:17	Bikila - 2	September 10, 1960	Rome
2:15:18	Sergey Popov (RUS)	August 24, 1958	Stockholm
2:17:40	James Peters (ENG)	June 26, 1954	Chiswick
2:18:35	Peters - 2	October 4, 1953	Turku
2:18:41	Peters - 3	June 13, 1953	Windsor
2:20:43	Peters - 4	June 14, 1952	Chiswick
2:25:15	Yun-Chil Choi (KOR)	October 28, 1951	Pusan
2:29:19	Kee-Chung Sohn (KOR)	August 9, 1936	Berlin
2:30:58	Harry Payne (GBR)	July 5, 1929	Stamford Bridge
2:36:07	Alexis Ahlgren (SWE)	May 31, 1913	Stamford Bridge
2:37:23	Henri Siret (FRA)	October 10, 1908	Shepherds Bush
2:55:19	Johnny Hayes (USA)	July 24, 1908	Shepherds Bush

World Women (as of September 28, 2008)

Time	Name (Country)	Date	Location
2:15:25	Paula Radcliffe (GBR)	April 13, 2003	London
2:17:18	Radcliffe - 2	October 13, 2002	Chicago
2:18:47	Catherine Ndereba (KEN)	October 7, 2001	Chicago
2:19:46	Naoko Takahashi (JPN)	September 30, 2001	Berlin
2:20:43	Tegla Loroupe (KEN)	September 26, 1999	Berlin
2:20:47	Loroupe - 2	April 19, 1998	Rotterdam
2:21:06	Ingrid Kristiansen (NOR)	April 21, 1985	London
2:22:43a	Joan Benoit (USA)	April 18, 1983	Boston
2:25:29	Grete Waitz (NOR)	April 17, 1983	London
2:25:42a	Waitz - 2	October 26, 1980	New York
2:27:33a	Waitz - 3	October 21, 1979	New York
2:32:30a	Waitz - 4	October 22, 1978	New York
2:34:48	Christa Vahlensieck (GER)	September 10, 1977	Berlin
2:35:16	Chantal Langlace (FRA)	May 1, 1977	Oyarzun
2:38:19	Jacqueline Hansen (USA)	October 12, 1975	Eugene
2:40:16	Vahlensieck -2	May 3, 1975	Dulmen
2:42:24a	Liane Winter (GER)	April 21, 1975	Boston
2:43:55	Hansen - 2	December 1, 1974	Culver City
2:46:24	Langlace - 2	October 27, 1974	Neuf Brisach
2:46:40	Adrienne Beames (AUS)	August 31, 1971	Werribee
3:01:42	Beth Bonner (USA)	May 9, 1971	Philadelphia
3:02:53	Caroline Walker (USA)	February 28, 1970	Seaside
3:07:27	Anni Pede-Erdkamp (GER)	September 16, 1967	Waldniel
3:15:22a	Maureen Wilton (CAN)	May 6, 1967	Toronto
3:19:33	Mildred Sampson (NZL)	July 21, 1964	Auckland
3:27:45	Dale Greig (SCO)	May 23, 1964	Ryde
3:40:22	Violet Piercy (ENG)	May 29, 1926	Chiswick