

# *Teferi breaks the five-kilometer world record*



Senbere Teferi, runner-up in the world 5 thousand meters in 2015, smashed the women's world record for the distance held by Sifan Hassan in an all-female event since 2019, with 14:44.

Madrid, September 12 (RHC) -- The final touch of the challenge mounted by Adidas in search of six world records, in the German town of Herzogenaurach, had a prize in the form of a record. Its protagonist was Senbere Teferi, runner-up in the world 5 thousand meters in 2015, who smashed the women's world record for the distance held by Sifan Hassan in an all-female event since 2019, with 14:44.

Teferi went for the record from the start. She covered the first two kilometers in 5:46 and her pace, already many meters ahead of the rest of the rivals, hinted that she could beat Hassan's record by far.

The Ethiopian, the only winner of the day who broke the Kenyan hegemony, faced the last kilometer after signing a partial of 11:37 after passing through the fourth.

Despite the twists and turns of the course, Senbere - with the Adizero on her feet, like the rest of the athletes who participated in the day - crossed the finish line in 14:29, the best time ever seen in a women's 5k road race. "I'm happy," said the long-distance runner very excited after the race.

She thanked her husband for his support, who she explained "was key in helping me achieve this record today". Teferi was joined on the podium by her compatriots Sharew (14:54) and Haftu (14:54).

---

<https://www.radiohc.cu/en/noticias/deportes/269934-teferi-breaks-the-five-kilometer-world-record>



**Radio Habana Cuba**