

THE CAREER OF EMIL ZÁTOPEK IN FACTS & FIGURES

Compiled by Milan Skocovský & Stanislav Hrcnčíř

Born 19.9.1922 in Koprivnice. Died 21.11.2000 in Prague, 1.82m/72kg

Progress of performances:

| Club | Year | 800m | 1500m | 5000m | 10000m | 1500m | 5000m | 10000m |
|--------------|------|--------|--------|---------|---------|-------------|-------------|-------------|
| SK Bata Zlín | 1941 | | 4:20.9 | | | | | |
| SK Bata Zlín | 1942 | 2:03.2 | 4:13.9 | 16:25.0 | | 4:13.9 (5) | | |
| SK Bata Zlín | 1943 | 1:59.0 | 4:01.0 | 15:26.6 | | 4:07.2 (6) | | |
| SK Bata Zlín | 1944 | 2:01.1 | 3:59.5 | 14:54.9 | | 4:02.8 (2) | | |
| SK Bata Zlín | 1945 | 2:04.9 | 4:01.4 | 14:50.8 | | 4:05.8 (2) | 14:50.8 (1) | |
| SK Bata Zlín | 1946 | | 3:57.6 | 14:25.8 | | | 14:48.0 (1) | |
| SK Bata Zlín | 1947 | | 3:52.8 | 14:08.2 | | | 14:26.0 (1) | |
| Botostroj | 1948 | | | 14:19.0 | 29:57.0 | 36:21.2 (1) | 14:21.0 (1) | |
| ATK Praha | 1949 | | 3:57.0 | 14:10.2 | 29:21.2 | 38:15.2 (1) | | |
| ATK Praha | 1950 | | | 14:03.0 | 29:02.6 | | 14:11.6 (1) | |
| ATK Praha | 1951 | | | 14:11.6 | 29:29.8 | | | |
| ATK Praha | 1952 | | | 14:06.4 | 29:17.0 | 32:54.0 (1) | 14:17.6 (1) | 39:28.4 (1) |
| ÚDA Praha | 1953 | | | 14:03.0 | 29:01.6 | | 14:11.6 (1) | 39:53.0 (1) |
| ÚDA Praha | 1954 | | 4:05.0 | 13:57.0 | 28:54.2 | 31:12.0 (1) | 14:24.8 (1) | |
| ÚDA Praha | 1955 | | | 14:04.0 | 29:25.6 | 39:55.4 (1) | | |
| ÚDA Praha | 1956 | | | 14:14.8 | 29:33.4 | 34:15.2 (2) | | |
| Dukla Praha | 1957 | | | 14:06.4 | 29:25.8 | | | 29:45.2 (2) |
| Dukla Praha | 1958 | | | 15:13.0 | 31:13.0 | | | |

Czech championships:

Olympic Games:

| | | | | | | |
|------|--------|----------------|-------------|---------|-------------|-------------------|
| 1948 | 5000 m | 14:34.4 (2) h2 | 14:17.8 (2) | 10,000m | 29:59.6 (1) | |
| 1952 | 5000 m | 14:26.0 (3) h3 | 14:06.6 (1) | 10,000m | 29:17.0 (1) | Mar 2:23:03.2 (1) |
| 1956 | | | | | | Mar 2:29:34.0 (6) |

European Championships:

| | | | | | |
|------|-------|----------------|-------------|---------|-------------|
| 1946 | 5000m | 14:25.8 (5) | | | |
| 1950 | 5000m | 14:56.0 (1) h1 | 14:03.0 (1) | 10,000m | 29:12.0 (1) |
| 1954 | 5000m | 14:36.2 (5) h2 | 14:10.2 (5) | 10,000m | 28:58.0 (1) |

Czech records [*=World records]:

| | | |
|----------------------------|------------------------|----------------------------|
| 2000m: | 3000m: | 5000m: |
| 5:33.4 Prague 01.10.44 | 8:34.8 Zlín 16.09.44 | 14:54.9 Zlín 23.09.44 |
| 5:30.4 Prague 11.07.46 | 8:33.4 Prague 01.07.45 | 14:50.8 Prague 18.08.45 |
| 5:27.4 Prague 23.07.47 | 8:33.2 Zlín 29.06.46 | 14:36.6 Prague 10.06.46 |
| 5:20.6 Bratislava 21.08.47 | 8:26.8 Prague 04.07.46 | 14:25.8 Oslo 23.08.46 |
| | 8:21.0 Brno 28.07.46 | 14:08.2 Prague 25.06.47 |
| | 8:13.6 Zlín 08.06.47 | 14:06.2 Helsinki 02.08.50 |
| | 8:12.8 Prague 23.07.47 | 14:03.0 Brussels 26.08.50 |
| | 8:08.8 Brno 18.08.47 | 14:03.0 Bucharest 05.08.53 |
| | 8:07.8 Zlín 11.06.48 | 13:57.2 *Paris 30.05.54 |
| | | 13:57.0 Stockholm 03.09.54 |

3 miles:

13:31.2 Stockholm 03.09.54

6 miles:

28:30.2 Bucharest 09.08.53
28:08.4*St.Boleslav 01.11.53
27:59.2*Brussels 01.06.54

10,000m:

30:28.4 Budapest 29.05.48
29:37.0 Prague 17.06.48
29:28.2*Ostrava 11.06.49
29:21.2*Ostrava 22.10.49
29:02.6*Turku 04.08.50

| | | | | | |
|--|-------------------------|-------|--------------|----------|---|
| * St.Boleslav 01.11.53 | 14:26.0 NCh | (1) | Prague | 02.08.47 | 2 Hercik 15:39.8, 3 Bakaliar 15:40.0 |
| * Brussels 01.06.54 | 14:15.0 vFRA | (1) | Prague | 16.08.47 | 2 Mimoun 15:12.8, 3 Pouzieux 15:17.0 |
| | 14:20.8 | (1) | Paris (Col) | 31.08.47 | 2 Joly 15.12.4, 3 Barbaud 15:15.4 |
| | 14:20.6 | (1) | Ostrava | 07.09.47 | 2 Löfgren 15:14.2, 3 Štelbaský 15:59.8 |
| | 14:19.8 | (1) | Plzen | 14.09.47 | 2 Rickardsson 15:40.8, 3 Šourek 16:01.2 |
| | 14:21.5 | (1) | Warsaw | 07.10.47 | 2 Kielas 15:32.0, 3 Zwonowski 15:53.4 |
| | 14:22.5 | (1) | Gdansk | 09.10.47 | 2 Kielas 15:16.5, 3 Bonicka 15:16.9 |
| | 14:20.0 | (1) | Katowice | 12.10.47 | 2 Junzak 15:54.2, 3 J.Štrup 16:22.2 |
| | 14:29.6 | (1) | Zlín | 09.05.48 | 2 Zelenka 16:31.5, 3 Meliš 18:32.5 |
| | 14:20.0 Prague-Belgrade | (1) | Prague | 05.06.48 | 2 Stefanovic 15:24.4, 3 Mihalic 15:26.6 |
| | 14:10.0 vHOL/HUN | (1) | Prague | 22.06.48 | 2 Szilágyi 14:53.0, 3 Szegedi 14:53.0, Slijkhuis DNF |
| | 14:21.0 NCh | (1) | Prague | 30.06.48 | 2 Švajgr 15:20.8, 3 Dolenský 15:41.4 |
| | 14:34.4 OG | (2)h2 | London | 31.07.48 | 1 Ahldén 14:34.2, 3 Mäkelä 14:45.8 |
| | 14:17.8 OG | (2) | London | 02.08.48 | 1 Reiff 14:17.6, 3 Slijkhuis 14:26.8, 4 Ahldén 14:28.6, 5 Albertsson 14:39.0, 6 Stone 14:39.4 |
| | 14:21.4 | (1) | Prague | 18.08.48 | 2 Albertsson 14:44.2, 3 Wilt 14:44.6 |
| | 14:28.4 vFRA | (1) | Paris | 05.09.48 | 2 Mimoun 15:09.2, 3 Vernier 15:45.6 |
| | 14:21.2 vBEL | (2) | Prague | 12.09.48 | 1 Reiff 14:19.0, 3 Herman 15:51.2 |
| | 14:30.2 vITA | (1) | Bologna | 03.10.48 | 2 G.Nocco 15:11.0, 3 Švajgr 15:19.8 |
| | 14:22.2 | (1) | Milan | 10.10.48 | 2 G.Nocco 15:13.8, Peliccoli 15:16.4 |
| | 14:16.8 | (1) | Prague | 13.10.48 | 2 Ahldén 14:56.0, 3 Roudný 15:04.8 |
| | 14:23.6 | (1) | Prague | 04.05.49 | 2 Zelenka 15:30.0, 3 Liška 15:51.4 |
| | 14:10.2 | (1) | Warsaw | 09.05.49 | 2 Szilágyi 15:07.8, 3 Kielas 15:55.0 |
| | 14:32.2 | (1) | Prague | 21.05.49 | 2 Novák 15:53.6, 3 Šourek 16:11.8 |
| | 14:14.4 | (1) | Stockholm | 15.06.49 | 2 Mäkelä 14:42.0, 3 Durkfeld 14:44.0 |
| | 14:20.0 | (1) | Helsinki | 13.07.49 | 2 Koskela 14:20.8, 3 Mäkelä 14:27.2 |
| | 14:13.2 | (1) | Turku | 15.07.49 | 2 Koskela 14:13.2, 3 Mäkelä 14:46.6 |
| | 14:29.0 vUSSR | (1) | Moscow | 25.07.49 | 2 Kazantsev 14:30.0, 3 Popov 14:30.8 |
| | 14:39.6 | (1) | Brno | 06.08.49 | 2 Kuda 15:45.0, 3 Zanta 15:46.0 |
| | 14:27.4 | (1) | Plzen | 10.08.49 | 2 Klomínek 15:21.5, Koller 16:03.8 |
| | 14:35.2 vHUN/ITA | (1) | Budapest | 29.08.49 | 2 Szilágyi 15:07.8, 3 Bacsfalvi 15:09.0 |
| | 14:24.0 | (1) | Bucharest | 10.09.49 | 2 Bacsfalvi 14:54.4, 3 Radu 15:42.6 |
| | 14:40.6 Prague-Warsaw | (1) | Prague | 25.09.49 | 2 Kielas 15:36.8, 3 Klomínek 15:37.6 |
| | 14:44.2 | (1) | Gottwaldov | 21.05.50 | 2 Šourek 15:56.6, 3 Zelenka 16:24.0 |
| | 14:23.4 | (1) | Berlin | 29.05.50 | |
| | 14:26.2 | (1) | Prague | 03.06.50 | 2 Diringer 15:43.6, 3 Hovorka 16:51.2 |
| | 14:17.2 | (1) | Prague | 10.06.50 | 2 Švajgr 14:54.8, Szegedi 15:08.8 |
| | 14:31.0 | (1) | Brno | 16.06.50 | 2 Šourek 15:45, Skládany 16:00.04 |
| | 14:31.0 vPOL | (1) | Warsaw | 02.07.50 | 2 Kielas 15:25.8, 3 Šourek 15:27.0 |
| | 14:28.6 vHUN | (1) | Bratislava | 09.07.50 | 2 Švajgr 14:59.4, 3 Szegedi 15:24.8 |
| | 14:22.6 | (1) | Brno | 14.07.50 | 2 Švajgr 15:04.6, 3 Liška 15:15.8 |
| | 14:06.2 NR | (1) | Helsinki | 02.08.50 | 2 Salonen 14:43.0, 3 Nieminen |
| | 14:18.8 | (1) | Tampere | 07.08.50 | 2 Salonen 14:51.2, Puolanka |
| | 14:11.6 NCh | (1) | Bratislava | 12.08.50 | 2 Švajgr 15:00.2, 3 Bacigál 15:06.2 |
| | 14:56.0 ECh | (1)h1 | Brussels | 24.08.50 | 2 Mäkelä 14:56.2, 3 Theys 15:03.0 |
| | 14:03.0 NR ECh | (1) | Brussels | 26.08.50 | 2 Mimoun 14:26.0, 3 Reiff 14:26.2, 4 Mäkelä 14:30.8, 5 Posti 14:40.8, 6 Theys 14:42.4 |
| | 14:05.2 vFIN | (1) | Prague | 31.08.50 | 2 Mäkelä 14:52.6, 3 Posti 14:52.6 |
| | 14:39.4 | (1) | Bucharest | 09.09.50 | 2 Spasov 15:27.4, 3 Levänen 15:33.6 |
| | 14:24.2 | (1) | Plzen | 16.09.50 | 2 Švajgr 15:11.4, 3 Šourek 15:24.6 |
| | 14:16.2 | (1) | Prague | 08.10.50 | 2 Bílý 15:11.2, 3 Šourek 15:39.2 |
| | 14:21.4 | (1) | Dresden | 12.10.50 | 2 Bartolomeo |
| | 14:32.4 | (1) | Erfurt | 14.10.50 | 2 Witerhagen 15:39.2, 3 Tehn |
| | 14:21.4 vUSSR | (1) | Prague | 29.10.50 | 2 Švajgr 14:46.4, 3 Kazantsev 14:48.4 |
| | 15:00.8 | (1) | Zlín | 20.05.51 | 2 Bacigál 15:32.3, 3 Šourek 15:39.5 |
| | 14:58.4 | (1) | Gottwaldov | 10.06.51 | 2 Tomis |
| | 14:56.0 | (1) | Jablonec | 16.06.51 | 2 Tomis 15:54.6 |
| | 15:02.2 | (1) | Lomnice n.P. | 17.06.51 | 2 Tomis 16:09.0 |
| v, now Zlín | | | | | |
| dráhal 16:56.0 | | | | | |
| Vanák 16:13.3 | | | | | |
| Sobotka 17:59.2 | | | | | |
| Gálffy 16:05.4 | | | | | |
| Kosour 16:03.6 | | | | | |
| ilek 16:00.6 | | | | | |
| Hercik 15:50.4 | | | | | |
| Š, 2 Slijkhuis 14:14.0 3 Nyberg 14:23.2, | | | | | |
| ciff 14:45.8 | | | | | |
| Alásek 16:33.0 | | | | | |
| alé 16:55.0 | | | | | |
| Koskela 15:05.6 | | | | | |
| trvinen 14:39.8 | | | | | |
| Lataster 15:19.6 | | | | | |
| 3 Beviacqua 15:16.6 | | | | | |

The Life and Times of the World's Greatest Distance-Runner

| | | | | |
|-------------------------|-------|--------------|----------|--|
| 14:26.0 NCh | (1) | Prague | 02.08.47 | 2 Hercik 15:39.8, 3 Bakaliar 15:40.0 |
| 14:15.0 vFRA | (1) | Prague | 16.08.47 | 2 Mimoun 15:12.8, 3 Pouzieux 15:17.0 |
| 14:20.8 | (1) | Paris (Col) | 31.08.47 | 2 Joly 15.12.4, 3 Barbaud 15:15.4 |
| 14:20.6 | (1) | Ostrava | 07.09.47 | 2 Löfgren 15:14.2, 3 Štelbaský 15:59.8 |
| 14:19.8 | (1) | Plzen | 14.09.47 | 2 Rickardsson 15:40.8, 3 Šourek 16:01.2 |
| 14:21.5 | (1) | Warsaw | 07.10.47 | 2 Kielas 15:32.0, 3 Zwonowski 15:53.4 |
| 14:22.5 | (1) | Gdansk | 09.10.47 | 2 Kielas 15:16.5, 3 Bonicki 15:16.9 |
| 14:20.0 | (1) | Katowice | 12.10.47 | 2 Junzak 15:54.2, 3 J.Štrup 16:22.2 |
| 14:29.6 | (1) | Zlín | 09.05.48 | 2 Zelenka 16:31.5, 3 Melis 18:32.5 |
| 14:20.0 Prague-Belgrade | (1) | Prague | 05.06.48 | 2 Stefanovic 15:24.4, 3 Mihalic 15:26.6 |
| 14:10.0 vHOL/HUN | (1) | Prague | 22.06.48 | 2 Szilágyi 14:53.0, 3 Szegedi 14:53.0, Slijkhuis DNF |
| 14:21.0 NCh | (1) | Prague | 30.06.48 | 2 Švajgr 15:20.8, 3 Dolenský 15:41.4 |
| 14:34.4 OG | (2)h2 | London | 31.07.48 | 1 Ahldén 14:34.2, 3 Mäkelä 14:45.8 |
| 14:17.8 OG | (2) | London | 02.08.48 | 1 Reiff 14:17.6, 3 Slijkuis 14:26.8, 4 Ahldén 14:28.6, 5 Albertsson 14:39.0, 6 Stone 14:39.4 |
| 14:21.4 | (1) | Prague | 18.08.48 | 2 Albertsson 14:44.2, 3 Wilt 14:44.6 |
| 14:28.4 vFRA | (1) | Paris | 05.09.48 | 2 Mimoun 15:09.2, 3 Vernier 15:45.6 |
| 14:21.2 vBEL | (2) | Prague | 12.09.48 | 1 Reiff 14:19.0, 3 Herman 15:51.2 |
| 14:30.2 vITA | (1) | Bologna | 03.10.48 | 2 G.Nocco 15:11.0, 3 Švajgr 15:19.8 |
| 14:22.2 | (1) | Milan | 10.10.48 | 2 G.Nocco 15:13.8, Pellicoli 15:16.4 |
| 14:16.8 | (1) | Prague | 13.10.48 | 2 Ahldén 14:56.0, 3 Roudný 15:04.8 |
| 14:23.6 | (1) | Prague | 04.05.49 | 2 Zelenka 15:30.0, 3 Liška 15:51.4 |
| 14:10.2 | (1) | Warsaw | 09.05.49 | 2 Szilágyi 15:07.8, 3 Kielas 15:35.0 |
| 14:32.2 | (1) | Prague | 21.05.49 | 2 Novák 15:55.6, 3 Šourek 16:11.8 |
| 14:14.4 | (1) | Stockholm | 15.06.49 | 2 Mäkelä 14:42.0, 3 Durkfeld 14:44.0 |
| 14:20.0 | (1) | Helsinki | 13.07.49 | 2 Koskela 14:20.8, 3 Mäkelä 14:27.2 |
| 14:13.2 | (1) | Turku | 15.07.49 | 2 Koskela 14:13.2, 3 Mäkelä 14:46.6 |
| 14:29.0 vUSSR | (1) | Moscow | 25.07.49 | 2 Kazantsev 14:30.0, 3 Popov 14:30.8 |
| 14:39.6 | (1) | Brno | 06.08.49 | 2 Kuda 15:45.0, 3 Zanta 15:46.0 |
| 14:27.4 | (1) | Plzen | 10.08.49 | 2 Klomínek 15:21.5, Koller 16:03.8 |
| 14:35.2 vHUN/ITA | (1) | Budapest | 29.08.49 | 2 Szilágyi 15:07.8, 3 Bacsfávi 15:09.0 |
| 14:24.0 | (1) | Bucharest | 10.09.49 | 2 Bacsfávi 14:54.4, 3 Radu 15:42.6 |
| 14:40.6 Prague-Warsaw | (1) | Prague | 25.09.49 | 2 Kielas 15:36.8, 3 Klomínek 15:37.6 |
| 14:44.2 | (1) | Gottwaldov | 21.05.50 | 2 Šourek 15:56.6, 3 Zelenka 16:24.0 |
| 14:23.4 | (1) | Berlin | 29.05.50 | |
| 14:26.2 | (1) | Prague | 03.06.50 | 2 Diringer 15:43.6, 3 Hovorka 16:51.2 |
| 14:17.2 | (1) | Prague | 10.06.50 | 2 Švajgr 14:54.8, Szegedi 15:08.8 |
| 14:31.0 | (1) | Brno | 16.06.50 | 2 Šourek 15:45, Skládáný 16.00.0 |
| 14:31.0 vPOL | (1) | Warsaw | 02.07.50 | 2 Kielas 15:25.8, 3 Šourek 15:27.0 |
| 14:28.6 vHUN | (1) | Bratislava | 09.07.50 | 2 Švajgr 14:59.4, 3 Szegedi 15:24.8 |
| 14:22.6 | (1) | Brno | 14.07.50 | 2 Švajgr 15:04.6, 3 Liška 15:15.8 |
| 14:06.2 NR | (1) | Helsinki | 02.08.50 | 2 Salonen 14:43.0, 3 Nieminen |
| 14:18.8 | (1) | Tampere | 07.08.50 | 2 Salonen 14:51.2, Puolakka |
| 14:11.6 NCh | (1) | Bratislava | 12.08.50 | 2 Švajgr 15:00.2, 3 Bacigál 15:06.2 |
| 14:56.0 ECh | (1)h1 | Brussels | 24.08.50 | 2 Mäkelä 14:56.2, 3 Theys 15:03.0 |
| 14:03.0 NR ECh | (1) | Brussels | 26.08.50 | 2 Mimoun 14:26.0, 3 Reiff 14:26.2, 4 Mäkelä 14:30.8, 5 Posti 14:40.8, 6 Theys 14:42.4 |
| 14:05.2 vFIN | (1) | Prague | 31.08.50 | 2 Mäkelä 14:52.6, 3 Posti 14:52.6 |
| 14:39.4 | (1) | Bucharest | 09.09.50 | 2 Spasov 15:27.4, 3 Levänen 15:33.6 |
| 14:24.2 | (1) | Plzen | 16.09.50 | 2 Švajgr 15:11.4, 3 Šourek 15:24.6 |
| 14:16.2 | (1) | Prague | 08.10.50 | 2 Bělý 15:11.2, 3 Šourek 15:39.2 |
| 14:21.4 | (1) | Dresden | 12.10.50 | 2 Bartolomeo |
| 14:32.4 | (1) | Erfurt | 14.10.50 | 2 Witerhagen 15:39.2, 3 Tehn |
| 14:21.4 vUSSR | (1) | Prague | 29.10.50 | 2 Švajgr 14:46.4, 3 Kazantsev 14:48.4 |
| 15:00.8 | (1) | Zlín | 20.05.51 | 2 Bacigál 15:32.3, 3 Šourek 15:39.5 |
| 14:58.4 | (1) | Gottwaldov | 10.06.51 | 2 Tomis |
| 14:56.0 | (1) | Jablonec | 16.06.51 | 2 Tomis 15:54.6 |
| 15:02.2 | (1) | Lomnice n.P. | 17.06.51 | 2 Tomis 16:09.0 |

| | | |
|---------------------------------|---------------------------------|---------------------------------|
| | | 29:01.6* St.Boleslav 01.11.53 |
| | | 28:54.2* Brussels 01.06.54 |
| 10 miles: | 20,000m: | 15 miles: |
| 49:32.6 Prague 15.09.51 | 1:01:15.8* Prague 15.09.51 | 1:16:26.4* St.Boleslav 26.10.52 |
| 48:12.0* St.Boleslav 29.09.51 | 59:51.8* St.Boleslav 29.09.51 | 1:14:01.0* Cclákovice 29.10.55 |
| 25,000m: | 30,000m: | 1 hour: |
| 1:19:11.8* St.Boleslav 26.10.52 | 1:35:23.8* St.Boleslav 26.10.52 | 19,558m* Prague 15.09.51 |
| 1:16:36.4* Cclákovice 29.10.55 | | 20,052m* St.Boleslav 29.09.51 |
| 4x1500m relay: | | |
| 17:01.6 Prague | 23.08.42 | |
| 16:59.4 Zlín | 19.09.43 | |
| 16:40.2 Zlín | 22.08.48 | |
| 16:22.8 Gottwaldov | 30.07.50 | |
| 16:16.8 Olomouc | 21.09.52 | |
| 15:45.4 Partizánske | 14.10.52 | |

Year-by-Year World rankings:

| | | |
|------|-----------------------|------------------------|
| 1944 | 5000m - 14:54.9 (30) | |
| 1945 | 5000m - 14:50.8 (23) | |
| 1946 | 5000m - 14:25.8 (5) | |
| 1947 | 5000m - 14:08.2 (1) | |
| 1948 | 5000m - 14:10.0 (1) | 10,000m - 29:37.0 (1) |
| 1949 | 5000m - 14:10.2 (1) | 10,000m - 29:21.2 (1) |
| 1950 | 5000m - 14:03.0 (1) | 10,000m - 29:02.6 (1) |
| 1951 | 5000m - 14:11.6 (2) | 10,000m - 29:29.8 (1) |
| 1952 | 5000m - 14:06.4 (1) | 10,000m - 29:17.0 (1) |
| 1953 | 5000m - 14:03.0 (5) | 10,000m - 29:01.6 (1) |
| 1954 | 5000m - 13:57.0 (3) | 10,000m - 28:54.2 (1) |
| 1955 | 5000m - 14:04.0 (11=) | 10,000m - 29:25.6 (8) |
| 1956 | 5000m - 14:14.8 (49=) | 10,000m - 29:33.4 (17) |
| 1957 | 5000m - 14:06.4 (24=) | 10,000m - 29:25.8 (11) |

Zátopek's races at 5000 metres:

141 races, 120 wins, 21 defeats (including three in heats)

| | | | | |
|----------------|-----|----------|----------|--|
| 16:25.0 | (1) | Zlín | 19.09.42 | Zlín later Gottwaldov, now Zlín |
| 15:26.6 | (1) | Zlín | 16.10.43 | 2 Kubát 16:42.0, 3 Zdráhal 16:56.0 |
| 15:38.7 | (2) | Zlín | 26.06.44 | 1 Haluza 15:35.6, 3 Vanak 16:13.3 |
| 14:54.9 NR | (1) | Zlín | 23.09.44 | 2 Roudný 16:41.0, 3 Sobotka 17:59.2 |
| 14:50.8 NR NCh | (1) | Prague | 18.08.45 | 2 Diringer 16:02.0, 3 Gálffy 16:05.4 |
| 15:08.0 | (1) | Brno | 02.09.45 | 2 Kosour 16:04.9 |
| 15:14.8 | (1) | Ostrava | 16.09.45 | 2 Diringer 15:47.0, 3 Kosour 16:03.6 |
| 14:36.6 NR | (1) | Prague | 10.06.46 | 2 Hercík 15:56.0, 3 Jilek 16:00.6 |
| 14:48.0 NCh | (1) | Prague | 10.08.46 | 2 Steiner 15:48.4, 3 Hercík 15:50.4 |
| 14:25.8 NR ECh | (5) | Oslo | 23.08.46 | 1 Wooderson 14:08.6, 2 Slijkhuis 14:14.0, 3 Nyberg 14:23.2, 4 Heino 14:24.4, 6 Reiff 14:45.8 |
| 14:31.0 | (1) | Berlin | 08.09.46 | |
| 14:51.0 | (1) | Plzen | 22.09.46 | 2 Hercík 15:45.0, 3 Vlášek 16:33.0 |
| 15:05.1 | (1) | Olomouc | 05.10.46 | 2 Macky 16:30.4, 3 Šalé 16:55.0 |
| 14:08.2 NR | (1) | Prague | 25.06.47 | 2 Nyberg 14:59.4, 3 Koskela 15:05.6 |
| 14:15.2 | (1) | Helsinki | 30.06.47 | 2 Heino 14:15.4, 3 Järvinen 14:39.8 |
| 14:38.4 vHOL | (1) | Enschede | 12.07.47 | 2 Slijkhuis 15:01.8, 3 Lataster 15:19.6 |
| 14:17.2 vITA | (1) | Prague | 19.07.47 | 2 G.Nocco 15:14.8, 3 Bievacqua 15:16.6 |

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| 14:26.0 NCh | (1) | Prague | 02.08.47 | 2 Hercík 15:39.8, 3 Bakaliar 15:40.0 |
| 14:15.0 vFRA | (1) | Prague | 16.08.47 | 2 Mimoun 15:12.8, 3 Pouzieux 15:17.0 |
| 14:20.8 | (1) | Paris (Col) | 31.08.47 | 2 Joly 15:12.4, 3 Barbaud 15:15.4 |
| 14:20.6 | (1) | Ostrava | 07.09.47 | 2 Löfgren 15:14.2, 3 Štelbaský 15:59.8 |
| 14:19.8 | (1) | Plzen | 14.09.47 | 2 Rickardsson 15:40.8, 3 Šourek 16:01.2 |
| 14:21.5 | (1) | Warsaw | 07.10.47 | 2 Kielas 15:32.0, 3 Zwonowski 15:53.4 |
| 14:22.5 | (1) | Gdansk | 09.10.47 | 2 Kielas 15:16.5, 3 Bonicki 15:16.9 |
| 14:20.0 | (1) | Katowice | 12.10.47 | 2 Junzak 15:54.2, 3 J.Štrup 16:22.2 |
| 14:29.6 | (1) | Zlín | 09.05.48 | 2 Zelenka 16:31.5, 3 Meliš 18:32.5 |
| 14:20.0 Prague-Belgrade | (1) | Prague | 05.06.48 | 2 Stefanovic 15:24.4, 3 Mihalic 15:26.6 |
| 14:10.0 vHOL/HUN | (1) | Prague | 22.06.48 | 2 Szilágyi 14:53.0, 3 Szegedi 14:53.0, Slijkhuis DNF |
| 14:21.0 NCh | (1) | Prague | 30.06.48 | 2 Švajgr 15:20.8, 3 Dolenský 15:41.4 |
| 14:34.4 OG | (2)h2 | London | 31.07.48 | 1 Ahldén 14:34.2, 3 Mäkelä 14:45.8 |
| 14:17.8 OG | (2) | London | 02.08.48 | 1 Reiff 14:17.6, 3 Slijkuis 14:26.8, 4 Ahldén 14:28.6, 5 Albertsson 14:39.0, 6 Stone 14:39.4 |
| 14:21.4 | (1) | Prague | 18.08.48 | 2 Albertsson 14:44.2, 3 Wilt 14:44.6 |
| 14:28.4 vFRA | (1) | Paris | 05.09.48 | 2 Mimoun 15:09.2, 3 Vernier 15:45.6 |
| 14:21.2 vBEL | (2) | Prague | 12.09.48 | 1 Reiff 14:19.0, 3 Herman 15:51.2 |
| 14:50.2 vITA | (1) | Bologna | 03.10.48 | 2 G.Nocco 15:11.0, 3 Švajgr 15:19.8 |
| 14:22.2 | (1) | Milan | 10.10.48 | 2 G.Nocco 15:13.8, Pellicoli 15:16.4 |
| 14:16.8 | (1) | Prague | 13.10.48 | 2 Ahldén 14:56.0, 3 Roudný 15:04.8 |
| 14:23.6 | (1) | Prague | 04.05.49 | 2 Zelenka 15:30.0, 3 Liška 15:51.4 |
| 14:10.2 | (1) | Warsaw | 09.05.49 | 2 Szilágyi 15:07.8, 3 Kielas 15:35.0 |
| 14:52.2 | (1) | Prague | 21.05.49 | 2 Novák 15:55.6, 3 Šourek 16:11.8 |
| 14:14.4 | (1) | Stockholm | 15.06.49 | 2 Mäkelä 14:42.0, 3 Durkfeld 14:44.0 |
| 14:20.0 | (1) | Helsinki | 13.07.49 | 2 Koskela 14:20.8, 3 Mäkelä 14:27.2 |
| 14:13.2 | (1) | Turku | 15.07.49 | 2 Koskela 14:13.2, 3 Mäkelä 14:46.6 |
| 14:29.0 vUSSR | (1) | Moscow | 25.07.49 | 2 Kazantsev 14:30.0, 3 Popov 14:30.8 |
| 14:39.6 | (1) | Brno | 06.08.49 | 2 Kuda 15:45.9, 3 Zanta 15:46.0 |
| 14:27.4 | (1) | Plzen | 10.08.49 | 2 Klomínek 15:21.5, Koller 16:03.8 |
| 14:35.2 vHUN/ITA | (1) | Budapest | 29.08.49 | 2 Szilágyi 15:07.8, 3 Bacsfávi 15:09.0 |
| 14:24.0 | (1) | Bucharest | 10.09.49 | 2 Bacsfávi 14:51.4, 3 Radu 15:42.6 |
| 14:40.6 Prague-Warsaw | (1) | Prague | 25.09.49 | 2 Kielas 15:36.8, 3 Klomínek 15:37.6 |
| 14:44.2 | (1) | Gottwaldov | 21.05.50 | 2 Šourek 15:56.6, 3 Zelenka 16:24.0 |
| 14:23.4 | (1) | Berlin | 29.05.50 | |
| 14:26.2 | (1) | Prague | 03.06.50 | 2 Diringer 15:43.6, 3 Howorka 16:51.2 |
| 14:17.2 | (1) | Prague | 10.06.50 | 2 Švajgr 14:54.8, Szegedi 15:08.8 |
| 14:31.0 | (1) | Brno | 16.06.50 | 2 Šourek 15:45, Skládány 16:00.04 |
| 14:31.0 vPOL | (1) | Warsaw | 02.07.50 | 2 Kielas 15:25.8, 3 Šourek 15:27.0 |
| 14:28.6 vHUN | (1) | Bratislava | 09.07.50 | 2 Švajgr 14:59.4, 3 Szegedi 15:24.8 |
| 14:22.6 | (1) | Brno | 14.07.50 | 2 Švajgr 15:04.6, 3 Liška 15:15.8 |
| 14:06.2 NR | (1) | Helsinki | 02.08.50 | 2 Salonen 14:43.0, 3 Nieminen |
| 14:18.8 | (1) | Tampere | 07.08.50 | 2 Salonen 14:51.2, Puolukka |
| 14:11.6 NCh | (1) | Bratislava | 12.08.50 | 2 Švajgr 15:00.2, 3 Bacigál 15:06.2 |
| 14:56.0 ECh | (1)h1 | Brussels | 24.08.50 | 2 Mäkelä 14:56.2, 3 Theys 15:03.0 |
| 14:03.0 NR ECh | (1) | Brussels | 26.08.50 | 2 Mimoun 14:26.0, 3 Reiff 14:26.2, 4 Mäkelä 14:30.8, 5 Posti 14:40.8, 6 Theys 14:42.4 |
| 14:05.2 vFIN | (1) | Prague | 31.08.50 | 2 Mäkelä 14:52.6, 3 Posti 14:52.6 |
| 14:39.4 | (1) | Bucharest | 09.09.50 | 2 Spasov 15:27.4, 3 Levänen 15:33.6 |
| 14:24.2 | (1) | Plzen | 16.09.50 | 2 Švajgr 15:11.4, 3 Šourek 15:24.6 |
| 14:16.2 | (1) | Prague | 08.10.50 | 2 Bílý 15:11.2, 3 Šourek 15:39.2 |
| 14:21.4 | (1) | Dresden | 12.10.50 | 2 Bartolomeo |
| 14:32.4 | (1) | Erfurt | 14.10.50 | 2 Witerhagen 15:39.2, 3 Tehn |
| 14:21.4 vUSSR | (1) | Prague | 29.10.50 | 2 Švajgr 14:46.4, 3 Kazantsev 14:48.4 |
| 15:00.8 | (1) | Zlín | 20.05.51 | 2 Bacigál 15:32.3, 3 Šourek 15:39.5 |
| 14:58.4 | (1) | Gottwaldov | 10.06.51 | 2 Tomis |
| 14:56.0 | (1) | Jablonec | 16.06.51 | 2 Tomis 15:54.6 |
| 15:02.2 | (1) | Lomnice n.P. | 17.06.51 | 2 Tomis 16:09.0 |

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| 3 Bacigál 15:02.8 | 14:24.4 vFRA | (1) | Prague | 24.08.55 | 4 Szabó 14:00.6, 5 Krzyszkowiak 14:05.8 |
| | 14:07.6 vPOL | (1) | Brno | 30.08.55 | 2 Šantrucek 14:35.4, Labidi 14:40.4 |
| 3 Bacigál 14:54.0 | 14:04.0 vGB | (2) | Prague | 14.09.55 | 2 Krzyszkowiak 14:15.8, 3 Tomis 14:22.6 |
| 3 Harazim 15:37.6 | 14:24.2 | (2) | Manchester | 15.10.55 | 1 Pirie 14:03.8, 3 K. Norris 14:04.0 |
| 3 Tomis 15:04.6 | 14:19.6 | (1) | Bratislava | 05.06.56 | 1 Pirie 14:19.0, 3 Sando 14:28.0 |
| | 14:14.8 | (5) | Prague | 16.06.56 | 2 Tomis 14:19.6, 3 Hec 15:02.4 |
| | | | | | 1 Szabó 14:07.2, 2 Kovács 14:08.6, 3 Grif 14:08.6, |
| | | | | | 4 Tomis 14:14.0, 6 Rudolf 14:15.2 |
| | 15:18.6 | (1) | Kladno | 26.08.56 | |
| 4 | 14:22.0 | (1) | Pízen | 26.05.57 | 2 Rudolf 14:38.4, 3 Tomis 14:40.2 |
| 1, 2, 2 Popov 14:16.0 | 14:12.0 | (3) | Prague | 15.06.57 | 1 Grif 14:06.2, 2 Bolotnikov 14:10.0, 4 Jurek 14:17.4 |
| 3 Roudný 15:09.0 | 14:06.4 | (3) | Oslo | 15.07.57 | 1 Jurek 14:00.4, 2 Larsen 14:03.8 |
| 6, 2 Albertsson 14:26.0 | 14:08.0 | (2) | Stockholm | 19.07.57 | 1 Jurek 13:59.6, 3 Vesely 14:17.2 |
| 1, 3 Schade 14:08.6, 4 Pirie 14:18.0. | 14:36.2 | (1) | Athens | 14.08.57 | 2 Papavassiliou 14:41.6, Tomis 15:10.2 |
| 0, 6 Perry 14:23.6 | 14:35.5 | (4) | Berlin | 25.08.57 | 1 Havenstein 14:19.4, 2 Mitschke 14:19.8, 3 Hönicke |
| 3 Uzsocki 15:27.6 | 14:20.4 | | | | |
| 3 Macky 15:58.0 | 14:18.2 | (1) | Odessa | 18.10.57 | 2 Desyatchikov 14:24.2, 3 Rzhishchin 14:30.4 |
| 3 Škuta 16:32.8 | 14:23.0 | (1) | Prague | 25.10.57 | 2 Kantorek 14:35.0 |
| 3 Tomis 15:14.4 | 14:18.4 | (1) | Prague | 28.10.57 | |
| 3 Havenstein 15:10.4 | 15:13.0 | | | 1958 | |

Zátopek's races at 10,000 metres:

62 races, 54 wins, eight defeats

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| 3 Koller 15:26.0 | 30:28.4 NR | (1) | Budapest | 29.05.48 | 2 Szilágyi 30:48.4, 3 Szegedi 31:35.2 |
| 4:39.6, 3 Olesinski 15:19.8 | 29:37.0 NR | (1) | Prague | 17.06.48 | 2 Jilek 35:28.4, 3 Weissshäutel 35:54.4 |
| 3 Roudný 15:10.6 | 29:59.6 OG | (1) | London | 30.07.48 | 2 Mimoun 30:47.4, 3 Albertsson 30:53.6, 4 Stokken 30:58.6, |
| 3 Šourek 15:24.8 | 30:03.6 | (1) | Bucharest | 26.09.48 | 5 Dennolf 31:05.6, 6 Everatt 31:07.8 |
| 1, 3 Klomínek 15:17.0 | 30:09.8 vITA | (1) | Bologna | 02.10.48 | 2 Szilágyi 31:01.0, 3 Szegedi 31:31.8 |
| 1, Kocev 16:06.8 | 29:28.2 WR | (1) | Ostrava | 11.06.49 | 2 Panico 32:46.8, 3 Malachina 33:19.6, |
| 3 Szabó 14:59.8 | 29:49.6 vRUM | (1) | Ostrava | 18.06.49 | 2 Zanta 32:25.8, 3 Wilham 33:02.0 |
| 3 Koller 15:06.2 | 29:58.4 vFIN | (1) | Helsinki | 12.07.49 | 2 Ionita 32:06.6, 3 Cristea 32:07.0 |
| Kovács 14:04.2, 4 Anufriyev 14:15.0, | 30:11.2 | (1) | Moscow | 28.07.49 | 2 Heino 30:12.2, 3 Kónönen 30:46.4 |
| 6, 6 Szabó 14:38.8 | 30:14.0 | (1) | Trebič | 20.08.49 | 2 Kazantsev 31:07.4, 3 Popov 31:11.2 |
| 3 Stoyev 17:18.0 | 30:00.4 vHUN | (1) | Budapest | 30.08.49 | 2 Novák 32:47.0, 3 Zanta 33:25.4 |
| 3 Mankowski 14:44.8 | 30:30.8 vHUL | (1) | Sofia | 03.09.49 | 2 Csordás 31:41.0, 3 Jézenszky 32:08.0 |
| 3 Roudný 15:03.6 | 30:01.2 | (1) | Bucharest | 11.09.49 | 2 Grigorov 33:04.6, 3 Augustin 33:07.0 |
| 1000m race | 29:38.2 | (1) | Ostrava | 17.09.49 | 2 Szilágyi 31:31.0, 3 Banhalmi 31:49.0 |
| 3, 6, 3 Koubek 14:35.8 | 30:03.0 | (1) | Prague | 29.09.49 | 2 Novák 32:29.2, 3 Augustin 33:04.8 |
| 6.8, 3 Tomis 14:59.6 | 29:21.2 WR | (1) | Ostrava | 22.10.49 | 2= Zanta & Tomis 32:35.0 |
| 3 Pavlovic 14:45.6 | 29:54.2 vHUN | (1) | Bratislava | 08.07.50 | 2 Klomínek 32:24.2, 3 Novák 32:26.8 |
| 3, 0, 3 Koubek 14:47.0 | 29:02.6 WR | (1) | Turku | 04.08.50 | 2 Szilágyi 32:05.6, 3 Šourek 32:06.6 |
| 3 Tábory 14:49.2 | 29:12.0 Ech | (1) | Brussels | 23.08.50 | 2 Likkonen 31:56.8, 3 Levänen 32:51.0 |
| 1, 3 Švajgr 15:03.2 | 29:54.6 vFIN | (1) | Prague | 30.08.50 | 2 Mimoun 30:21.0, 3 Koskela 30:30.8, 4 Aaron 30:31.6, |
| Schade 14:23.8, 3 Hanswijck 14:29.2, | 29:35.0 | (1) | Trebič | 02.09.50 | 5 Popov 30:34.4, 6 Stokken 30:44.8 |
| Page 14:37.4 | 30:02.4 | (1) | Bucharest | 11.09.50 | 2 Salonen 31:23.4, 3 Koskela 31:55.2 |
| WR, 2 Chataway 14:08.8, 4 Okorokov | 29:53.2 vUSSR | (1) | Prague | 30.10.50 | 2 Salonen 31:28.0, 3 Šourek 32:34.8 |
| 5.6, 6 Herman 14:31.4 | 30:01.4 vHUN | (1) | Budapest | 25.08.51 | 2 Dinu 32:42.6, 3 Ionita 32:54.6 |
| 8, 3 Andersson 14:32.0 | 29:29.8 | (1) | Trebič | 01.09.51 | 2 Vanin 31:40.8, 3 Semyonov 32:16.2 |
| 7.4, 3 Koller 15:21.4 | 30:01.8 | (1) | Prague | 08.09.51 | 2 Juhász 32:28.2, 3 Liška 32:34.2 |
| 4, 3 Ullsperger 14:34.6 | 31:05.6 | (-) | Prague | 15.09.51 | 2 Liška 32:15.4, 3 Šourek 32:16.4 |
| 3, 3 Ullsperger 14:25.2, 4 Okorokov 14:55.2 | 30:10.4 | (-) | Prague | 15.09.51 | 2 Šourek 33:08.4, 3 Kalfus 37:55.4 |
| 0.0, 3 Koller 14:55.0 | 29:53.4 | (-) | St.Boleslav | 29.09.51 | made during 20,000m race |
| 9.8, 3 Konrad 14:23.6 | 29:58.4 | (-) | St.Boleslav | 29.09.51 | 2nd 10,000m in 20,000m race |
| 1, 2 Stritof 14:18.6, 3 Kopinar 14:27.0, | 30:08.8 | (1) | Leipzig | 30.05.52 | made during 20,000m race |
| 0 | | | | | 2nd 10,000 m in 20,000 m race |
| 3 Porhadnik 14:59.6 | | | | | 2 Juhász 30:37.8, 3 Syring 32:41.8 |
| 3 Suárez 14:26.2 | | | | | |
| 3 Tomis 14:45.2 | | | | | |
| 2, 2 Iharos 13:56.6, 3 Kovács 13:57.6, | | | | | |

Zá-to-pek Zá-to-pek Zá-to-pek

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| 14:15.0 | (1) | Prague | 24.06.51 | 2 Švajgr 15:00.0, 3 Bacigál 15:02.8 |
| 14:28.2 | (1) | Ostrava | 14.07.51 | 2 Švajgr 14:48.8 |
| 14:11.6 | (1) | Berlin | 18.08.51 | 2 Bacigál 14:51.6 |
| 14:30.2 vHUN | (1) | Budapest | 26.08.51 | 2 Pénzes 14:51.0, 3 Bacigál 14:54.0 |
| 14:23.2 | (1) | Prague | 09.09.51 | 2 Tomis 15:06.8, 3 Harazim 15:37.6 |
| 14:16.4 | (1) | Prague | 07.10.51 | 2 Roudný 15:03.3, 3 Tomis 15:04.6 |
| 14:39.8 | (1) | Chodov | 21.10.51 | |
| 14:32.6 | (1) | Prostejov | 28.10.51 | 2 Brandys 16:09.9 |
| 14:46.4 | (1) | Prague | 21.05.52 | 2 Šantrucek 15:10.4 |
| 14:33.8 | (1) | Leipzig | 01.06.52 | 2 Bérés 14:54.0, 3 Graj 14:58.2 |
| 14:22.0 | (3) | Kiev | 11.06.52 | 1 Kazantsev 14:13.2, 2 Popov 14:16.0 |
| 14:17.6 NCh | (1) | Prague | 27.06.52 | 2 Švajgr 14:39.4, 3 Roudný 15:09.0 |
| 14:26.0 OG | (3)h3 | Helsinki | 22.07.52 | 1 Anufriyev 14:23.6, 2 Albertsson 14:26.0 |
| 14:06.6 OG | (1) | Helsinki | 24.07.52 | 2 Mimoun 14:07.4, 3 Schade 14:08.6, 4 Pirie 14:18.0, 5 Chataway 14:18.0, 6 Perry 14:23.6 |
| 14:33.4 | (1) | Prague | 14.08.52 | 2 Tomis 15:15.2, 3 Uzsoki 15:27.6 |
| 14:17.8 | (1) | Gottwaldov | 28.08.52 | 2 Šourek 15:17.3, 3 Macky 15:58.0 |
| 14:22.6 | (1) | Brno | 30.08.52 | 2 Tomis 14:55.8, 3 Škuta 16:32.8 |
| 14:19.6 | (1) | Znojmo | 02.09.52 | 2 Švajgr 14:32.2, 3 Tomis 15:14.4 |
| 14:20.6 | (1) | St.Boleslav | 06.09.52 | 2 Cevona 14:51.8, 3 Havenstein 15:10.4 |
| 14:19.4 | (1) | Olomouc | 13.09.52 | 2 Švajgr 14:46.8 |
| 14:22.9 | (1) | Ústí nad Labe | 17.09.52 | 2 Švajgr 14:39.0, 3 Koller 15:26.0 |
| 14:19.8 | (1) | Warsaw | 27.09.52 | 2 Krzyszkowiak 14:39.6, 3 Olesinski 15:19.8 |
| 14:06.4 | (1) | Opava | 04.10.52 | 2 Švajgr 15:09.4, 3 Roudný 15:10.6 |
| 14:33.0 | (1) | Prague | 24.05.53 | 2 Tomis 15:19.8, 3 Šourek 15:24.8 |
| 14:26.8 | (1) | Jablonec | 06.06.53 | 2 Koubek 15:12.0, 3 Klomínek 15:17.0 |
| 14:22.6 | (1) | Prague | 13.06.53 | 2 Koubek 15:02.8, Kocev 16:06.8 |
| 14:28.6 vHUN | (1) | Prague | 11.07.53 | 2 Bérés 14:50.8, 3 Szabó 14:59.8 |
| 14:11.4 NCh | (1) | Prague | 24.07.53 | 2 Košilka 15:04.4, 3 Koller 15:06.2 |
| 14:03.0 | (1) | Bucharest | 05.08.53 | 2 Kuts 14:04.0, 3 Kovács 14:04.2, 4 Anufriyev 14:15.0, 5 Chromik 14:21.6, 6 Szabó 14:38.8 |
| 14:33.2 | (1) | Sofia | 27.09.53 | 2 Asenov 16:38.8, 3 Stoyev 17:18.0 |
| 14:26.6 | (1) | Warsaw | 11.10.53 | 2 Tábori 14:42.8, 3 Mankowski 14:44.8 |
| 14:09.0 | (1) | Prague | 17.10.53 | 2 Kovács 14:14.0, 3 Roudný 15:03.6 |
| 14:34.8 | (-) | St.Boleslav | 01.11.53 | Made during 10,000m race |
| 14:04.0 | (1) | St.Boleslav | 14.05.54 | 2 Ullsperger 14:33.6, 3 Koubek 14:35.8 |
| 14:19.2 | (1) | Kladno | 16.05.54 | 2 Ullsperger 14:46.8, 3 Tomis 14:59.6 |
| 13:57.2 WR | (1) | Paris (Col) | 30.05.54 | 2 Stritof 14:43.2, 3 Pavlovic 14:45.6 |
| 14:17.8 | (1) | Prague | 20.06.54 | 2 Ullsperger 14:33.0, 3 Koubek 14:47.0 |
| 14:18.2 vHUN | (1) | Budapest | 04.07.54 | 2 Szabó 14:18.4, 3 Tábori 14:49.2 |
| 14:24.8 NCh | (1) | Ostrava | 06.08.54 | 2 Koubek 14:57.0, 3 Švajgr 15:03.2 |
| 14:36.2 ECh | (5)h2 | Berne | 26.08.54 | 1 Kuts 14:18.8, 2 Schade 14:23.8, 3 Hanswijck 14:29.2, 4 Julin 14:36.2, 6 Page 14:37.4 |
| 14:10.2 ECh | (3) | Berne | 29.08.54 | 1 Kuts 13:56.6 WR, 2 Chataway 14:08.8, 4 Okorokov 14:31.4, 5 Hanswijck 14:25.6, 6 Herman 14:31.4 |
| 14:20.0 | (1) | Stockholm | 03.09.54 | 2 Nilsson 14:31.8, 3 Andersson 14:32.0 |
| 13:57.0 NR | (1) | Brno | 18.09.54 | 2 Šantrucek 14:47.4, 3 Koller 15:21.4 |
| 14:04.6 | (1) | Prague | 01.10.54 | 2 Källevagh 14:33.4, 3 Ullsperger 14:34.6 |
| 14:19.0 vUSSR | (2) | Prague | 23.10.54 | 1 Kuts 13:51.2 WR, 3 Ullsperger 14:25.2, 4 Okorokov 14:55.2 |
| 14:19.6 | (2) | Brno | 28.05.55 | 1 Ullsperger 14:10.0, 3 Koller 14:55.0 |
| 14:11.8 | (2) | Prague | 09.06.55 | 1 Ullsperger 14:09.8, 3 Konrad 14:23.6 |
| 14:49.6 | (5) | Belgrade | 16.06.55 | 1 Konrad 14:14.0, 2 Stritof 14:18.6, 3 Kopinar 14:27.0, 4 Maynard 14:35.0 |
| 14:31.2 | (1) | Karlsruhe | 17.07.55 | 2 Konrad 14:53.4, 3 Porbachnik 14:59.6 |
| 14:17.2 | (1) | Nürnberg | 18.07.55 | 2 Laufer 14:25.0, 3 Suárez 14:26.2 |
| 14:36.4 | (1) | Prague | 21.07.55 | 2 Koller 14:44.8, 3 Tomis 14:45.2 |
| 14:11.4 | (6) | Warsaw | 06.08.55 | 1 Chromik 13:55.2, 2 Ithas 13:56.6, 3 Kovács 13:57.6, |

The Life and Times of the World's Greatest Distance-Runner

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|--------------|-----|------------|----------|--|
| 14:24.4 vFRA | (1) | Prague | 24.08.55 | 4 Szabó 14:00.6, 5 Krzyszkowiak 14:05.8 |
| 14:07.6 vPOL | (1) | Brno | 30.08.55 | 2 Šantrucek 14:35.4, Libidi 14:40.4 |
| 14:04.0 vGB | (2) | Prague | 14.09.55 | 2 Krzyszkowiak 14:15.8, 3 Tomis 14:22.6 |
| 14:24.2 | (2) | Manchester | 15.10.55 | 1 Pirie 14:03.8, 3 K. Norris 14:04.0 |
| 14:19.6 | (1) | Bratislava | 05.06.56 | 1 Pirie 14:19.0, 3 Sando 14:28.0 |
| 14:14.8 | (5) | Prague | 16.06.56 | 2 Tomis 14:19.6, 3 Hec 15:02.4 |
| 15:18.6 | (1) | Kladno | 26.08.56 | 1 Szabó 14:07.2, 2 Kovács 14:08.6, 3 Gráf 14:08.6, 4 Tomis 14:14.0, 6 Rudolf 14:15.2 |
| 14:22.0 | (1) | Plzen | 26.05.57 | 2 Rudolf 14:38.4, 3 Tomis 14:40.2 |
| 14:12.0 | (3) | Prague | 15.06.57 | 1 Gráf 14:06.2, 2 Bolotnikov 14:10.0, 4 Jurek 14:17.4 |
| 14:06.4 | (3) | Oslo | 15.07.57 | 1 Jurek 14:00.4, 2 Larsen 14:03.8 |
| 14:08.0 | (2) | Stockholm | 19.07.57 | 1 Jurek 13:59.6, 3 Vesely 14:17.2 |
| 14:36.2 | (1) | Athens | 14.08.57 | 2 Papavassiliou 14:41.6, Tomis 15:10.2 |
| 14:35.5 | (4) | Berlin | 25.08.57 | 1 Havenstein 14:19.4, 2 Mitschke 14:19.8, 3 Hönicke |
| 14:20.4 | | | | |
| 14:18.2 | (1) | Odessa | 18.10.57 | 2 Desyatchikov 14:24.2, 3 Rzhishchin 14:30.4 |
| 14:23.0 | (1) | Prague | 25.10.57 | 2 Kantorek 14:35.0 |
| 14:18.4 | (1) | Prague | 28.10.57 | |
| 15:13.0 | | | 1958 | |

Zátopek's races at 10,000 metres:

62 races, 54 wins, eight defeats

| | | | | |
|---------------|-----|-------------|----------|---|
| 30:28.4 NR | (1) | Budapest | 29.05.48 | 2 Szilágyi 30:48.4, 3 Szegedi 31:35.2 |
| 29:37.0 NR | (1) | Prague | 17.06.48 | 2 Jilek 35:28.4, 3 Weissshäuel 35:54.4 |
| 29:59.6 OG | (1) | London | 30.07.48 | 2 Mimoun 30:47.4, 3 Albertsson 30:53.6, 4 Stokken 30:58.6, 5 Denhoff 31:05.6, 6 Everatt 31:07.8 |
| 30:05.6 | (1) | Bucharest | 26.09.48 | 2 Szilágyi 31:01.0, 3 Szegedi 31:31.8 |
| 30:09.8 vITA | (1) | Bologna | 02.10.48 | 2 Panico 32:46.8, 3 Malachina 33:19.6 |
| 29:28.2 WR | (1) | Ostrava | 11.06.49 | 2 Zanta 32:25.8, 3 Willham 33:02.0 |
| 29:49.6 vRUM | (1) | Ostrava | 18.06.49 | 2 Ionita 32:06.6, 3 Cristea 32:07.0 |
| 29:58.4 vFIN | (1) | Helsinki | 12.07.49 | 2 Heino 30:12.2, 3 Kōnönen 30:46.4 |
| 30:11.2 | (1) | Moscow | 28.07.49 | 2 Kazantsev 31:07.4, 3 Popov 31:11.2 |
| 30:14.0 | (1) | Trebič | 20.08.49 | 2 Novák 32:47.0, 3 Zanta 33:25.4 |
| 30:00.4 vHUN | (1) | Budapest | 30.08.49 | 2 Csordás 31:41.0, 3 Jézsenszky 32:08.0 |
| 30:30.8 vBUL | (1) | Sofia | 03.09.49 | 2 Grigorov 33:04.6, 3 Augustin 33:07.0 |
| 30:01.2 | (1) | Bucharest | 11.09.49 | 2 Szilágyi 31:31.0, 3 Barhahni 31:49.0 |
| 29:38.2 | (1) | Ostrava | 17.09.49 | 2 Novák 32:29.2, 3 Augustin 33:04.8 |
| 30:03.0 | (1) | Prague | 29.09.49 | 2= Zanta & Tomis 32:35.0 |
| 29:21.2 WR | (1) | Ostrava | 22.10.49 | 2 Klomínek 32:24.2, 3 Novák 32:26.8 |
| 29:54.2 vHUN | (1) | Bratislava | 08.07.50 | 2 Szilágyi 32:05.6, 3 Šourek 32:06.6 |
| 29:02.6 WR | (1) | Turku | 04.08.50 | 2 Ukkonen 31:56.8, 3 Levänen 32:51.0 |
| 29:12.0 ECh | (1) | Brussels | 23.08.50 | 2 Mimoun 30:21.0, 3 Koskela 30:30.8, 4 Aaron 30:31.6, 5 Popov 30:34.4, 6 Stokken 30:44.8 |
| 29:54.6 vFIN | (1) | Prague | 30.08.50 | 2 Salonen 31:23.4, 3 Koskela 31:55.2 |
| 29:35.0 | (1) | Trebič | 02.09.50 | 2 Salonen 31:28.0, 3 Šourek 32:34.8 |
| 30:02.4 | (1) | Bucharest | 11.09.50 | 2 Dinu 32:42.6, 3 Ionita 32:54.6 |
| 29:53.2 vUSSR | (1) | Prague | 30.10.50 | 2 Vanin 31:40.8, 3 Semyonov 32:16.2 |
| 30:01.4 vHUN | (1) | Budapest | 25.08.51 | 2 Juhász 32:28.2, 3 Liška 32:34.2 |
| 29:29.8 | (1) | Trebič | 01.09.51 | 2 Liška 32:15.4, 3 Šourek 32:16.4 |
| 30:01.8 | (1) | Prague | 08.09.51 | 2 Šourek 33:08.4, 3 Kalfus 37:55.4 |
| 31:05.6 | (-) | Prague | 15.09.51 | made during 20,000m race |
| 30:10.4 | (-) | Prague | 15.09.51 | 2nd 10,000m in 20,000m race |
| 29:53.4 | (-) | St.Boleslav | 29.09.51 | made during 20,000m race |
| 29:58.4 | (-) | St.Boleslav | 29.09.51 | 2nd 10,000 m in 20,000 m race |
| 30:08.8 | (1) | Leipzig | 30.05.52 | 2 Juhász 30:37.8, 3 Syring 32:41.8 |

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|-----------------------|-----|-------------|----------|---|
| 29:26.0 | (1) | Kiev | 12.06.52 | 2 Anufriyev 29:31.4, 3 Semyonov 30:11.0 |
| 30:28.4 NCh | (1) | Prague | 29.06.52 | 2 Švajir 31:02.6, 3 Tomis 32:13.8 |
| 29:17.0 OG | (1) | Helsinki | 20.07.52 | 2 Mimoun 29:32.8, 3 Anufriyev 29:48.2, 4 Posti 29:51.4, 5 Sando 29:51.8, 6 Nystrom 29:54.8, 7 Pirie 30:04.2 |
| 30:58.6 | (1) | Prague | 15.08.52 | 2 Šourek 32:10.4, 3 Kovács 33:02.8 |
| 29:34.0 | (1) | Warsaw | 28.09.52 | 2 Szargot 31:45.8, 3 Koller 31:59.0 |
| 31:43.6 | (-) | St.Boleslav | 26.10.52 | 1st 10,000 m in 30,000m race |
| 31:32.6 | (-) | St.Boleslav | 26.10.52 | 2nd 10,000 m in 30,000 m race |
| 32:08.6 | (-) | St.Boleslav | 26.10.52 | 3rd 10,000 m in 30,000m race |
| 29:48.6 vHUN | (1) | Prague | 12.07.53 | 2 Kovács 30:15.6, 3 Juhász 30:57.6 |
| 30:53.6 NCh | (1) | Prague | 26.07.53 | 2 Šourek 32:30.4, 3 Šantrucek 32:58.8 |
| 29:25.8 | (1) | Bucharest | 09.08.53 | 2 Kuts 29:41.4, 3 Anufriyev 30:03.4 |
| 29:01.6 WR | (1) | St.Boleslav | 01.11.53 | 2 Tomis 31:12.2, 3 Liška 31:12.4 |
| 30:09.0 | (1) | Sao Paulo | 06.01.54 | 2 Eberlein 31:32.4, 3 Suarez 32:13.0 |
| 28:54.2 WR | (1) | Brussels | 01.06.54 | 2 van de Wattyne 30:50.0, 3 Cromphout |
| 29:09.8 vHUN | (2) | Budapest | 03.07.54 | 1 Kovács 29:09.0, 3 Juhász 30:02.2 |
| 30:08.0 | (1) | Prague | 31.07.54 | 2 Novák 33:16.4, 3 Šimonovic 33:16.6 |
| 28:58.0 ECh | (1) | Berne | 25.08.54 | 2 Kovács 29:25.8, 3 Sando 29:27.6, 4 Schade 29:32.8, 5 Mihalic 29:59.6, 6 Driver 30:03.6 |
| 29:34.8 vSWE | (1) | Prague | 02.10.54 | 2 Šantrucek 30:39.2, 3 Söderberg 30:39.4 |
| 29:20.8 vUSSR | (1) | Prague | 24.10.54 | 2 Anufriyev 30:18.8, 3 Šantrucek 30:22.6 |
| 29:33.0 | (1) | St.Boleslav | 14.05.55 | 2 Šantrucek 30:14.8, 3 Tomis 31:10.2 |
| 29:54.0 | (1) | Prague | 29.06.55 | 2 Rudolf 30:23.4, 3 Hercik 31:36.0 |
| 29:34.4 | (1) | Warsaw | 02.08.55 | 2 Basalaye 29:50.0, 3 Ozog 29:51.8 |
| 29:58.0 vPOL | (1) | Brno | 31.08.55 | 2 Ozog 30:32.8, 3 Šantrucek 30:39.6 |
| 29:25.6 vGB | (1) | Prague | 15.09.55 | 2 Pirie 29:54.0, 3 Sando 30:00.8 |
| 29:46.4 vHUN | (3) | Bratislava | 24.09.55 | 1 Kovács 29:02.6, 2 Szabó 29:31.2 |
| 29:28.6 Prague-London | (3) | London | 12.10.55 | 1 Pirie 29:19.0, 2 K. Norris 29:21.4 |
| 30:24.2 | (-) | Celákovice | 29.10.55 | 1st 10,000m in 25,000m race |
| 30:43.2 | (-) | Celákovice | 29.10.55 | 2nd 10,000m in 25,000m race |
| (30:52.0) | (-) | Celákovice | 29.10.55 | (15,000m to 25,000 m) |
| 29:33.4 | (1) | Prague | 07.10.56 | 2 Tomis 29:42.6, 3 Ozog 29:44.6 |
| 30:00.0 vPOL | (1) | Cracow | 30.06.57 | 2 Kantorek 30:19.6, 3 Plonka 30:20.2 |
| 30:04.2 | (6) | Moscow | 30.07.57 | 1. Bolotnikov 29:14.6, 2. Lawrence 29:16.4, 3 Chernyavskiy 29:36.0, 4 Janke 29:52.6, 5 Desyatchikov 29:53.0 |
| 30:31.0 | (1) | Athens | 15.08.57 | 2 Tomis 31:37.0 |
| 29:45.2 NCh | (2) | Prague | 23.08.57 | 1 Ullsperger 29:44.4, 3 Kantorek 30:18.8 |
| 30:06.4 | (2) | Solingen | 07.09.57 | 1 Schade 29:37.0 |
| 29:47.0 vHUN | (2) | Prague | 14.09.57 | 1 Szabó 29:46.4, 3 Ullsperger 30:10.8 |
| 29:28.0 vGFR | (1) | Berlin | 22.09.57 | 2 Schade 29:29.2, 3 Konrad 30:19.2 |
| 29:29.4 | (1) | Prague | 05.10.57 | 2 Tomis 30:27.2, 3 Cesal 30:43.2 |
| 29:25.8 vGDR | (2) | Brno | 12.10.57 | 1 Janke 29:21.2, 3 Kantorek 30:09.0 |
| 29:38.8 | (1) | Odessa | 20.10.57 | 2 Desyatchikov 29:58.2, 3 Ullsperger 30:39.4 |
| 31:13.0 | | Beijing | 26.10.58 | |

Zátopek's races at 3000 metres:

54 races, 46 wins, eight defeats

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|-----------|-----|------------|----------|-----------------------------------|
| 9:12.0 | (2) | Zlín | 18.07.42 | 1. Haluza 9:07.6, |
| 8:56.0 | (-) | Zlín | 16.10.43 | made during 5000m race |
| 8:57.1 | (1) | Zlín | 23.10.43 | 2 Ajgl 9:41.8, 3 Zdráhal 9:47.4 |
| 8:34.8 NR | (1) | Zlín | 16.09.44 | 2 Roudný 9:24.4, 3 Kubát 9:47.0 |
| 8:45.2 | (1) | Zlín | 17.06.45 | 2 Roudný 9:21.5, 3 Konecny 9:55.0 |
| 8:33.4 NR | (1) | Prague | 01.07.45 | 2 Roudný 9:01.4, 3 Ajgl 9:04.8 |
| 8:48.2 | (1) | Bratislava | 09.05.46 | 2 Muschik 9:24.1, 3 Retzel 9:25.0 |
| 8:33.2 NR | (1) | Zlín | 29.06.46 | 2 Zelenka 9:36.2, 3 Petr 9:52.5 |
| 8:26.8 NR | (2) | Prague | 04.07.46 | 1 Sundin 8:25.6, 3 Steiner 9:02.2 |
| 8:27.8 | (1) | Ostrava | 26.07.46 | 2 Steiner 8:53.4, 3 Roudný 8:53.8 |

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| 8:21.0 NR | (2) | Brno | 28.07.46 | 1 Slijkhuis 8:15.5, 3 Roudný 9:10.9 |
| 8:35.8 | (1) | Semily | 15.09.46 | 2 Hercik 9:22.0 |
| 8:34.0 | (1) | Zlín | 28.09.46 | 2 Hercik 8:54.6, 3 Roudný 8:55.1 |
| 8:13.6 NR | (1) | Zlín | 08.06.47 | 2 Zelenka 9:32.0, 3 Augustin 9:38.8 |
| 8:12.8 NR | (2) | Prague | 23.07.47 | 1 Slijkhuis 8:10.0, 3 Steiner 9:01.4 |
| 8:08.8 NR | (1) | Brno | 18.08.47 | 2 Steiner 8:55.1, 3 Hovorka 9:21.6 |
| 8:12.2 | (1) | Olomouc | 10.09.47 | 2 Löfgren 8:37.4, 3 Rickardsson 8:57.8 |
| 8:14.6 vBEL | (2) | Brussels | 20.09.47 | 1 Reiff 8:14.2, 3 van de Wattyne 8:47.5 |
| 8:25.0 | (1) | Tirlemont | 21.09.47 | |
| 8:18.8 | (1) | Zlín | 28.09.47 | 2 Hercik 8:54.0, 3 Bakaliar 8:54.6 |
| 8:25.2 | (1) | Warsaw | 05.10.47 | 2 Ostolski |
| 8:14.7 | (1) | Algiers | 25.12.47 | 2 Vernier 8:36.5, 3 Heirendt 8:47.0 |
| 8:22.2 | (1) | Prague | 12.05.48 | 2 Švajir 9:03.4, 3 Tomis 9:19.4 |
| 8:18.0 | (1) | Bratislava | 16.05.48 | 2 Zelenka, 3 Augustin 9:12.2 |
| 8:14.4 | (1) | St.Boleslav | 09.06.48 | 2 Cevona 8:32.8, 3 Segedin 8:51.8 |
| 8:07.8 NR | (1) | Zlín | 11.06.48 | 2 Stefanovic 8:45.4, 3 Mihalic 8:46.0 |
| 8:24.0 | (1) | Budejovice | 14.07.48 | 2 Rudolf 9:04.9, 3 Nemeč 9:53.0 |
| 8:18.8 | (1) | Olomouc | 17.07.48 | 2 Hrdlicka 8:53.4, Kantorek 9:05.4 |
| 8:35.2 | (1) | Ostende | 08.08.48 | 2 Vernier 9:11.5, 3 Everaert |
| 8:18.0 | (1) | Brussels | 13.08.48 | 2 Thompson 8:55.6, Herman 8:55.8 |
| 8:16.0 | (3) | Amsterdam | 15.08.48 | 1 Ahldén 8:09.6, 2 Slijkhuis 8:10.2 |
| 8:16.2 | (1) | Brno | 20.08.48 | 2 Mäkelä 8:37.8, 3 Roudný 8:50.4 |
| 8:36.2 | (1) | Prague | 27.03.49 | 2 Liška 9:08.8, 3 Štelhaský 9:08.8 |
| 8:27.2 | (1) | Brno | 15.05.49 | 2 Zuba 9:36.8, 3 Jeník 9:41.4 |
| 8:23.4 | (1) | Košice | 29.05.49 | 2 Garay 8:45.7, 3 Apró 8:45.0 |
| 8:25.8 | (1) | Prešov | 30.05.49 | 2 Augustin 9:01.2, 3 Bacigal 9:21.5 |
| 8:19.2 | (1) | Pori | 17.07.49 | 2 Koskela 8:19.4, 3 Taipale 8:29.4 |
| 8:44.5 | (1) | Olomouc | 14.08.49 | 2 Klomínek 8:59.8, 3 Břelica 8:59.8 |
| 8:33.8 | (1) | Prostejov | 14.08.49 | 2 Zanta 9:03.2, Klomínek 9:03.6 |
| 8:30.8 | (1) | Sochi | 28.04.50 | |
| 8:31.6 | (1) | Prague | 07.05.50 | 2 Liška 8:51.2, 2 Tešák 8:53.6 |
| 8:29.6 | (1) | Berlin | 27.05.50 | 2 Gördl 9:15.8, Tees 9:16.6 |
| 8:17.6 | (1) | Olomouc | 17.06.50 | 2 Švajir 8:30.6 |
| 8:16.8 | (1) | Opava | 24.06.50 | 2 Švajir 8:21.2, 3 Liška 8:43.2 |
| 8:46.0 | (1) | Prostejov | 25.06.50 | 2 Švajir 8:35.4 |
| 8:34.6 | (1) | Pardubice | 12.05.51 | 2 Roudný 8:55.4, 3 Šourek 8:57.0 |
| 8:41.2 | (1) | Ústí n. Orlicí | 13.05.51 | 2 Steiner 9:07.0, 3 Tomis |
| 8:37.5 | (1) | Svit | 18.05.51 | |
| 8:17.6 | (1) | Olomouc | 02.06.51 | 2 Švajir 8:25.6 |
| 8:33.4 | (-) | Prague | 24.06.51 | made during 5000m race |
| 8:30.4 | (2) | Prague | 11.07.51 | 1 Cevona 8:27.4, 3 Slavicek 8:36.0 |
| 8:32.4 | (1) | Hradec | | |
| 8:44.4 | (1) | Králové | 25.04.52 | 2 Tomis 8:51.4, 3 Peterek 8:52.2 |
| 8:34.0 | (1) | Bratislava | 26.05.52 | 2 Roudný 8:57.8 |
| 8:23.2 | (-) | Olomouc | 13.09.52 | made during 5000m race |
| 8:13.8 | (-) | Opava | 04.10.52 | made during 5000m race |
| 8:24.4 | (2) | Opava | 27.06.53 | 1 Jungwirth 8:12.2, 3 Švajir 8:35.8 |
| 8:19.0 | (1) | Sofia | 25.09.53 | 2 Danilov 9:05.0, 3 Asenov 9:27.4 |
| 8:26.8 | (-) | Stockholm | 03.09.54 | made during 5000m race |
| 8:18.4 | (-) | Prague | 14.09.55 | made during 5000m race |
| | (1) | Ostrava | 10.10.57 | 2 Grodotzki 8:24.4, 3 Hlušmanjuk 8:54.0 |

N.B. Zátopek also ran one race at 400m (in 1943), 16 at 800m (1942-45), seven at 1000m (1942-46) and eight at 2000m (1944-47). His best times in these events were: 56.2, 1:59.0, 2:34.6, 3:52.8 and 5:20.5