



Freihofer's 5K Run for Women Pace Chart

Km	Course Record	American Record	World Record	Actual Time
1	3:14	2:57	2:55	
2	6:14	5:55	5:52	
3	9:25	8:54	8:50	
4	12:31	11:54	11:48	
5	15:12	14:54	14:46	

15:12 **Course Record holder – Emily Chebet, KEN (2010)**

14:54 **U.S. Record holder – Deena Drossin, CA (Carlsbad 2002)**

14:46 **World Record holder – Meseret Defar, ETH (Carlsbad 2006)**