



5K SPLIT CHART

MILE	2017 SPLITS	2018 SPLITS	Km	2017 SPLITS	2018 SPLITS
1	5:14		1	3:18	
2	10:23 (5:10)		2	6:30 (3:12)	
3	15:22 (4:53)		3	9:43 (3:12)	
3.1	15:49		4	13:02 (3:18)	
			5	15:49 (2:47)	

15:38 **FRW Course Record – Emily Chebet, KEN (2015)**

14:46 **World 5K Road Race Record - Meseret Defar, ETH (Carlsbad, 2006)**

14:50 **US 5K Road Race Record - Molly Huddle, Providence, RI (B.A.A. 5K, 2015)**