



5K SPLIT CHART

MILE	2018 SPLITS	2019 SPLITS	Km	2018 SPLITS	2019 SPLITS
1	5:13		1	3:16	
2	10:24 (5:14)		2	6:26 (3:09)	
3	15:15 (4:50)		3	9:39 (3:13)	
3.1	15:47		4	12:56 (3:16)	
			5	15:47 (2:51)	

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)**