



Freihofer's 5K Run for Women Pace Chart

Mile	Course Record	American Record	World Record	Actual Time
1		4:45	4:43	
2		9:32	9:29	
3		14:23	14:15	
5Km	15:18	14:54	14:46	

15:18 **Course Record holder – Asmae Leghzoui, MAR (2005)**

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

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