



## 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)**