



Top 10 Fastest Freihofer's Times Through the Years

Open Field

Time	Year	Athlete
1 15:17.6	2005	Asmae Leghzaoui
2 15:21	1996*	Lynn Jennings
3 15:22	2007	Benita Johnson
4 15:24	1995	Lynn Jennings
4 15:24	1996*	Anne Marie Lauck
5 15:24.4	2003	Marla Runyan
5 15:25	1989	Judi St. Hilaire
6 15:25.5	2004	Marla Runyan
7 15:26.4	2002	Marla Runyan
7 15:27	1995	Olga Appell
7 15:27	2006+	Benita Johnson
8 15:29	1997	Elva Dryer
9 15:30	1997	Lynn Jennings
10 15:31	1990	Lynn Jennings
10 15:31	1999	Cheri Goddard
10 15:31	1999	Libbie Hickman

* Course found to be 7 meters short in 1996

+ FRW course changed

Masters Field

Time	Year	Athlete
1 15:46.9	2004	Colleen De Reuck
2 16:06	1997	Ruth Wysocki
3 16:18	2001	Judi St. Hilaire
4 16:20	1989	Heather Matthews
5 16:27	2001	Mary Knisley
6 16:28	1996*	Jane Welzel
6 16:28	1997	Jane Welzel
6 16:28	2000	Carmen Ayala-Troncoso
7 16:31	1997	Joan Samuelson
7 16:31	2000	Judi St. Hilaire
8 16:32	2007+	Lucy Smith
9 16:33	1998	Joan Samuelson
10 16:37	1999	Carmen Ayala-Troncoso

* Course found to be 7 meters short in 1996

+FRW course changed