

# All-Time 5K Road Performances: Women

*on record standard courses as of May 3, 2009\**

## WORLD

Time	PL	Name	RACE	Date
14:46	1	Meseret Defar (ETH)	Carlsbad 5000, CA	04/09/06
14:47	1	Lornah Kiplagat (NED)	Parelloop, NED	03/28/04
14:51	1	Paula Radcliffe (GBR)	Flora Light Women's, GBR	09/14/03
14:51	1	Tirunesh Dibaba (ETH)	Carlsbad 5000, CA	04/03/05
14:53	1	Isabella Ochichi (KEN)	Carlsbad 5000, CA	03/28/04
14:53	2	Ochichi (2)	Carlsbad 5000, CA	04/09/06
14:54	1	Deena Drossin (USA)	Carlsbad 5000, CA	04/07/02
14:54	1	Berhane Adere (ETH)	Carlsbad 5000, CA	04/13/03
14:55	2	Ochichi (3)	Carlsbad 5000, CA	04/03/05
14:56	1	Sonia O'Sullivan (IRL)	Flora Light Women's, GBR	09/01/02
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14:56	2	Ochichi (4)	Carlsbad 5000, CA	04/13/03
14:57	1	Radcliffe (2)	Flora Light Women's, GBR	09/02/01
14:58	1	Lydia Cheromei (KEN)	Schweizer Frauenlauf, SUI	06/08/97
14:59	2	Benita Johnson (AUS)	Flora Light Women's, GBR	09/01/02
15:00	3	T. Dibaba (2)	Carlsbad 5000, CA	04/13/03
15:01	1	M. Defar (2)	Carlsbad 5000, CA	04/01/07
15:01	1	M. Defar (3)	adidas Women's Challenge, GBR	09/07/08
15:02	4	B. Johnson (2)	Carlsbad 5000, CA	04/13/03
15:04	1	Adere (2)	BUPA Balmoral, SCO	05/08/04
15:05	1	Rose Cheruiyot (KEN)	Carlsbad 5000, CA	04/02/95
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## U.S.

Time	PL	Name	RACE	Date
14:54	1	Deena Drossin (CA)	Carlsbad 5000, CA	04/07/02
15:08	1	Drossin (2)	Carlsbad 5000, CA	03/26/00
15:14	1	Vicki Huber (OR)	Carlsbad 5000, CA	03/29/92
15:15	1	Judi St. Hilaire (MA)	Grand Bahama 5000, BAH	02/13/93
15:19	1	Lynn Jennings (NH)	Harvard Health Downtown, RI	10/17/93
15:21	1	Amy Rudolph (RI)	Palm Desert, CA	12/14/97
15:21	1	Drossin (3)	NAC: Mission Inn, CA	11/15/98
15:21	2	Jen Rhines (CA)	Carlsbad 5000, CA	04/01/07
15:24	2	Laura Mykytok (NC)	Harvard Health Downtown, RI	10/16/94
15:24	1	Mary Slaney (OR)	Palm Desert, CA	12/15/96
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15:24	2	Drossin (4)	Palm Desert, CA	12/14/97
15:24	4	Marla Runyan (OR)	Carlsbad 5000, CA	03/26/00
15:24	1	Jennings (2)	Freihofer's Run for Women, NY	06/03/95
15:25	1	St. Hilaire (2)	Edison Festival of Lights, FL	02/16/91
15:25	1	Runyan (2)	Freihofer's Run for Women, NY	05/31/03
15:26	2	Rudolph (2)	Palm Desert, CA	12/15/96
15:26	1	Shalane Flanagan (NC)	CVS Caremark Downtown, RI	09/16/07

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15:27	1	St. Hilaire (3)	Freihofer's Run for Women, NY	06/03/89
15:27	3	Olga Appell (NM)	Carlsbad 5000, CA	04/02/95
15:27	2	Elva Dryer (CO)	Carlsbad 5000, CA	03/29/98
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15:27	2	Appell (2)	Freihofer's Run for Women, NY	06/03/95
15:27	3	Rudolph (3)	Carlsbad 5000, CA	03/29/98
15:27	1	Runyan (3)	Freihofer's Run for Women, NY	06/01/02

\*The all-time 5 kilometer road performances were run on record standard certified courses. USATF Rule 265.5 establishes the criteria for a record standard course (i.e., the course cannot drop more than 1 meter per kilometer and/or the separation in a straight line from the start to the finish cannot exceed 30% of the race distance). Note: A point-to-point course can be record standard if there is not excessive drop and if it can be verified that the wind component was not an aid on race day. Point-to-point courses like the Crescent City Classic 10K in New Orleans, Louisiana and the ING New York City Marathon are examples.