

2009 Women's 5K Top Times

from record standard courses per USATF Rule 265.5 as of May 3, 2009

WORLD

Time	PL	Name	RACE	Date
15:38	1	Aheza Kiros (ETH)	Carlsbad 5000, CA USA	04/05/09
15:41	2	Shannon Rowbury (USA)	Carlsbad 5000, CA USA	04/05/09
15:42	3	Lara Tamsett (AUS)	Carlsbad 5000, CA USA	04/05/09
15:55	1	Jeliah Kerubo (KEN)	Miyazaki, JPN	01/06/09
15:58	1	Aselerfech Mergia (ETH)	Confidence Women First, ETH	03/15/09
15:58	4	Katie McGregor (USA)	Carlsbad 5000, CA USA	04/05/09
16:01	2	Derebe Godana (ETH)	Confidence Women First, ETH	03/15/09
16:03	1	Yuliya Gromova (RUS)	Matanzas 5000, FL USA	01/24/09
16:03	3	Bizunesh Urgesa (ETH)	Confidence Women First, ETH	03/15/09
16:04	5	Jane Kibii (KEN)	Carlsbad 5000, CA USA	04/05/09

U.S.

Time	PL	Name	RACE	Date
15:41	2	Shannon Rowbury (CA)	Carlsbad 5000, CA	04/05/09
15:58	4	Katie McGregor (MN)	Carlsbad 5000, CA	04/05/09
16:09	1	Erin Donohue (NJ)	Haddonfield Adrenaline, NJ	03/21/09
16:09	7	Christin Wurth-Thomas (AR)	Carlsbad 5000, CA	04/05/09
16:14	1	Melissa Cook (TX)	St. Paddy's Day Dash Down Greenville, TX	03/14/09
16:15	8	Desiree Davila (MI)	Carlsbad 5000, CA	04/05/09

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