



5K SPLIT CHART

MILE	2016 SPLITS	2017 SPLITS	Km	2016 SPLITS	2017 SPLITS
1	5:14		1	3:18	
2	10:22 (5:08)		2	6:27 (3:09)	
3	15:18 (4:56)		3	9:37 (3:10)	
3.1	15:46		4	12:48 (3:11)	
			5	15:46 (2:58)	

15:38 **FRW Course Record – Emily Chebet, KEN (2015)**

14:46 **World 5K Road Race Record - Meseret Defar, ETH (Carlsbad, 2006)**

14:50 **US 5K Road Race Record - Molly Huddle, Providence, RI (B.A.A. 5K, 2015)**