WOMEN'S ALL-TIME U.S. 10K PERFORMANCE LIST

1	43:30.4	Michelle Rohl	Kenosha	06/07/1998
2	44:06:00	Michelle Rohl	Kenosha	06/06/1996
3	44:17:00	Michelle Rohl	Goteborg	8/7/1995
4	44:29:00	Michelle Rohl	Atlanta	07/29/1996
5	44:41.9	Michelle Rohl	St. Petersburg	07/26/1994
6	44:42	Debbi Lawrence	Kenosha	05/16/1992
7	45:01.0	Teresa Vaill	Sacramento	06/17/1995
8	45:01.5	Teresa Vaill	Knoxville	06/16/1994
9	45:02:00	Teresa Vaill	Goteborg	08/07/1995
10	45:02*	Victoria Herazo	Eisenhuttenstadt, Germany	05/11/1996
11	45:03:00	Debbi Lawence	Goteborg	08/07/1995
12	45:07.0	Debora Van Orden	Bergen , Norway	05/04/1996
13	45:07.6	Michelle Rohl	Knoxville	06/16/1994
14	45:14:00	Teresa Vaill	Washington DC	3/27/1994
15	45:14*	Victoria Herazo	Santa Monica	12/05/1992
16	45:16:00	Teresa Vaill	Washington DC	03/29/1992
17	45:16.1	Michelle Rohl	Sacramento	06/17/1995
18	45:18	Debbi Lawrence	Kenosha	04/23/1995
19	45:21:00	Teresa Vaill	Washington DC	3/24/1996
20	45:27	Teresa Vaill	Washington DC	03/28/1993
21	45:27:00	Teresa Vaill	Albany	5/5/1996
22	45:28.4	Debbi Lawrence	Los Angeles	07/19/1991
23	45:32:00	Debbi Lawrence	San Jose	04/21/1991
24	45:32:00	Debbi Lawrence	Atlanta	07/29/1996
25	45:34	Debbi Lawrence	Dearborn , MI	9/30/1990
26	45:36.92	Joanne Dow	Nassau,NY	7/21/1998
27	45:38:00	Lynn Weik	Washington DC	03/29/1992
28	45:46	Debbi Lawrence	New Orleans	06/22/1992
29	45:47:00	Debbi Lawrence	Niagara Falls	5/28/1995
30	45:47*	Victoria Herazo	Eisenhuttenstadt	05/10/1997
31	45:51:00	Teresa Vaill	Dearborn , MI	09/28/1991
32	45:52*	Dana Yarbrough	Eisenhuttenstadt	5/10/1997
33	45:56*	Sara Standley	Eisenhuttenstadt , Germany	05/11/1996
34	46:05*	Joanne Dow	USA 30K Championships	1/11/2004
35	46:12.8	Lynn Weik	New York	6/13/1991
36	46:17	Maryanne Torellas	Gdansk , Poland	08/28/1988
37	46:27:00	Debora Van Orden	Niagara Falls , NY	7/11/1992
38	46:35+	Sara Stevenson	Kenosha	06/03/1900
39	46:35	Joanne Dow	New London, CT	10/28/1901
40	46:52:00	Lynda Brubaker	Lake Buena Vista ,FL	1/28/1995
41	46:52.0	Susan Armenta	Bergen, Norway	05/09/1998
42	46:53.1	Sara Standley	Indianapolis	6/14/1997
43	46:58*	Danielle Kirk	Eisenhuttenstadt	5/8/1999
44	47:07:00	Cindy March	San Francisco	5/2/1992
45	47:08:00	Wendy Sharp	Dearborn, MI	09/30/1990
46	47:13+	Susan Armenta	Kenosha	06/03/2000
47	47:13:00	Jill Zenner	Wilkes Barre, PA	8/13/2000
48	47:21+	Gretchen Fishmen	Kenosha	6/3/2000
49	47:32:00	Lisa Vaill	New York	5/3/1987
50	47:44:00	Michelle Rohl	USA 1 Hour Championships	7/20/2003
51	47:52:00	Cindy March	New Orleans	6/22/1992
52	47:58	Esther Lopez	Los Angeles	10/28/1984
53	47:58:00	Kim Wilkinson	Palo Alto	5/19/1996