

Buffalo Chip Records

Super Senior Women 60 – 69

Distance	Time	Record Holder	Where	Comments
373 Mi	6 Day	Helen Klein		Age Group World Record
130.48 Mi	48 Hr	Helen Klein		American Best (former)
109.5 Mi	24 Hr	Helen Klein	Redwood Empire 1991	World Record (former)
60.5 Mi	12 Hr	Helen Klein		American Record (former)
100 Mi	23:12:44	Barbara Ashe	Vermont 100 Endurance Run 2010	
100 Km	12:09:17	Helen Klein		American Record
50 Mi	9:01:37	Helen Klein	Jed Smith 1984	
50 Km	4:39:46	Myra Rhodes	Jed Smith 1993	American Best
Marathon	3:11:57	Barbara Miller	Boston 2000	World Best
30 Km	2:17:10	Barbara Miller	Clarksburg 1999	American Record pending
Half Marathon	1:29:49	Barbara Miller	Humboldt Redwoods 1999	American Record pending
10 Mi	1:08:45	Barbara Miller	Buffalo Stampede 1999	American Record pending
10 Km	41:37:00	Barbara Miller	Pacific Sun 2000	
8Km/5 Mi	33:22:00	Barbara Miller	50 Plus 8K 2000	
5 Km	20:12	Barbara Miller	Zippy 5K 2000	
1 Mi	06:41.4		Fleet Feet Mile 1996	
1500 m	6:17:00 *	Joan Reiss		