

**Women's Personal Best to Beat
2012**

Last Name	First Name	2K Time	Age	YR
Abebe	Ngiste	07:36.4	21	2009
Agler	Martha	08:21.0		2006
Aguilar	Rebecca	08:25.2	19	2008
Aguilera	Jackie	09:40.9	53	2011
Al Fadhalah	Aisha	09:54.4	20	2010
Albert	Devon	08:34.5	21	2007
Alford	Christianne	08:48.0	15	2010
Alger	Ashley	08:30.8	18	2007
Allegratti	Amy	08:58.6	36	2011
Alverio	Melissa	10:43.7	14	2008
Amici	Anna	08:09.4	19	2010
Amos	Jordan	08:02.1	14	2010
Amos	Kelly	08:20.4	18	2011
Anderson	Ellen	08:40.7	17	2009
Anderson	Kelly	10:54.2	43	2009
Anderson	Rosemary	08:15.7		2006
Aquilar	Tonan	08:11.6		2006
Arabadjis	Sophia	08:07.4	19	2011
Argyilan	Erin	07:51.0	32	2008
Askren	Elise	9:00.5		2005
Augustus	Lily	8:34.9		2005
Austin	Emily	08:34.8	16	2011
Aviles	Ashley	08:41.0	16	2011
Ayala	Claribel	9:55.4		2005
Baer	Katie	09:17.4	33	2011
Bakall	Sam	08:52.9	19	2010
Baldinger	Eva	09:26.9	15	2009
Baldwin	Greta	08:11.6	15	2009
Balles	Annie	07:42.8	20	2007
Ballesteros	Fernanda	09:53.8	15	2011
Baltes	Annie	07:43.7	21	2008
Balwin	Gretta	07:40.2	17	2010
Barnes	Ashley	07:53.7	20	2008
Barrett	Nicole	08:11.6		2006
Bartel	Barb	08:35.5	61	2010
Bartel	Jessica	08:38.7		2006
Bartucci	Nellina	09:50.8	45	2009
Basore	Sarah	07:41.6	20	2010
Baustian	Beth	07:24.1	18	2011
Beadle	Meaghan	07:16.9	19	2008
Beamish-Lannon	Nora	08:27.0		2006
Beels	Kaitlyn	08:23.7	20	2011
Beer	Clare	08:30.2		2006
Behrmann	Kristin	08:26.5	19	2008
Belmont	Suzanne	07:53.8	35	2008

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Benitez	Brenda	08:39.2	16	2010
Bennett	Sage	08:27.1	13	2010
Berger	Cate	08:32.2		2006
Berger	Jordan	08:23.7	16	2011
Bernardo	Monica	09:29.5	14	2010
Bissing	Martha	08:07.8	16	2007
Blahnik	Ruthy	07:24.0	26	2007
Boettcher	Laurie	08:05.8	19	2007
Bomier	Blake	08:47.5		2008
Bonk	Taylor	08:26.5	16	2009
Boorman	Chelsea	08:06.0	17	2010
Booth	Samantha	07:50.0	15	2011
Borsheim	Kirsten	08:12.8	19	2008
Bour	Rebecca	08:33.5	18	2008
Bourbon	Bridget	08:23.5	15	2011
Bowman	Season	08:49.0	31	2011
Boyaris	Allison	08:02.4	17	2007
Boyd	Andrea	09:51.5	15	2008
Boyd	Bethany	08:29.6	28	2011
Braatz	Jay	08:38.0	57	2010
Brackett	Meredith	07:54.1	20	2010
Brady	Jessica	09:02.5	19	2007
Bray	Alida	08:00.6	28	2011
Brehl	Becky	08:25.0	19	2007
Brewer	Kat	07:56.6	19	2011
Brhukaynov	Susan	08:01.0		2006
Britt	Samatha	09:12.7	13	2011
Brochilli	Alyce	08:32.6	16	2008
Brodarick	Anna	07:59.4	20	2010
Brophy	Maggie	8:20.2		2005
Brown	Kelly	08:26.2		2006
Brown	Molly	08:35.0		2006
Brown	Phylcia	9:39.7		2005
Bryukahnov	Susan	07:33.0		2008
Buchholz	Kelly	08:51.1	30	2011
Burek	Diane	07:59.4	23	2011
Burke	Maureen	08:18.9	20	2009
Burke	Sydney	08:17.9	15	2009
Bush	Marjorie	08:03.2	20	2008
Bush-Joseph	Katie	09:00.9	16	2007
Cabiness	Jvani	08:59.9	18	2008
Cabler	Stephanie	08:11.6		2006
Cadre	Amy	08:54.7	39	2011
Cahue	Angelina	08:33.9		2008
Calagaro	Courtney	08:17.7	19	2011
Camp	Sarah	08:06.9	18	2006
Campbell	Alex	08:34.3	15	2011

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Campbell	Kirsten	07:23.5		2006
Carlson	Hannah	08:12.4	16	2011
Carmean	Monica	8:41.3		2005
Carr	Martha	10:57.1	51	2011
Cartier	Kirsten	08:40.4	33	2010
Case	Christine	08:39.6	33	2010
Cassing	Allison	4:20.2		2005
Castle	Sarah	07:56.1	19	2011
Centioli	Cicilia	8:07.7		2005
Cesafsky	Kim	08:40.3		2006
Chapman	Susanne	07:54.5	16	2011
Chavez	Mya	10:10.6	15	2011
Chen	Amanda	08:32.9	18	2008
Chen	Emily	08:22.1	20	2011
Chinault	Heather	8:20.7		2005
Christine	Rosehberg	8:26.8		2005
Chrumka	Alix	07:33.9	15	2009
Chrzan	Jessica	08:48.1	14	2010
Churchirillo	Christine	07:35.6		2008
Civiletta	Sara	08:23.6	19	2009
Clark	Karen	09:12.0	54	2011
Coleman	Morgan	08:05.1	18	2008
Collens	Julie	07:21.2	30	2007
Conklin	Abby	07:54.9	18	2011
Connolly	Kathryn	07:42.2	45	2010
Cook	Megan	08:07.3	18	2007
Cook	Sara	08:05.0	28	2011
Coomswaramy	Gaya	08:06.3	16	2010
Corcoran	Kelly	08:08.8	20	2011
Cornelies	Lisa	07:50.7	22	2007
Cornell	Vera	08:56.7		2006
Correa	Mayra	09:27.1		2008
Correa	Mireya	10:38.3	15	2008
Cortez	Wendolly	10:10.3	14	2011
Courtright	Karen	09:24.8	50	2009
Crane	Charlotte	08:35.5	56	2008
Crosley	Rachel	07:46.4	16	2010
Cruse	Lauren	08:39.8		2006
Cuellar	Natalie	9:59.2		2005
Cuellar	Natalie	09:36.8		2006
Cunningham	Erin	07:46.3	28	2011
Custer	Caitlyn	07:58.4		2008
Dams	Ursala	08:41.4	45	2011
Daniels	Mary Kate	08:24.2	19	2010
Dann-Fenwick	Jenny	08:28.8	17	2007
Darnell	Blair	08:55.0	16	2007
Daubenspeck	Jura	09:06.9		2006

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Dautel	Jocelyn	08:23.0	26	2010
Dayne	Andrea	07:39.6	21	2007
Deanda	Valerie	07:48.8	37	2011
DeBoom	Siv	08:23.4	15	2010
DeClercq	Allison	07:43.3	17	2009
DeGalan	Shelby	07:59.1		2006
Deinek	Margaret	4:09.0		2005
Delehanty	Rachel	07:58.9	17	2009
Demand	Stefanie	08:31.1		2006
Dempsey	Bridget	08:15.4		2006
Deporter	Hannah	08:27.0	15	2011
DeWalt	Gail	10:21.6	55	2010
Deweirdt	Caroline	07:46.0	16	2010
Diaz	Jessica	11:34.8	16	2008
Dimaria	Sarah	08:03.1	21	2011
Donahue	Barb	09:42.3	44	2011
Downey	Emily	08:13.3		2007
Driscoll	Liz	07:47.2	20	2008
Driscoll	Maggie	9:05.9		2005
Drummond	Leah	07:41.2	16	2009
Dudek	Lauren	07:33.1	28	2010
Dunnaway	Fey	08:37.5	14	2008
Duran	Evelin	09:32.4	14	2011
Duran	Jocelyn	10:10.4	12	2011
Dvorak	Kristen	08:20.4	19	2008
Easterbrook	Mara	07:37.6	19	2010
Eckert	Donna	09:05.0	52	2011
Eide	Kristen	08:44.1	27	2011
Elwart	Charlotte	08:52.4	16	2009
Emmons	Zoe	08:14.6	21	2011
Engel	Julie	07:28.4	26	2008
Espinosa	Melina	09:27.4	15	2011
Euphrat	Katie	08:06.9		2006
Evans	Tiernan	08:16.7	19	2011
Everett	Claire	08:56.4		2007
Farabee	Kelsey	07:46.0	18	2008
Fedorova	Diana	07:59.9	18	2009
Ferguson	Erin	08:01.8	18	2011
Ferris	Jordan	08:02.2	18	2011
Finucane	Sue	7:41.8	32	2005
Fischer	Merdith	07:55.1	16	2010
Fisher	Emma	08:15.1	21	2011
Fitzpatrick	Kim	07:26.1	16	2009
Fixsen	Bethany	07:50.8	19	2010
Flemming	Jean	8:33.5		2005
Foley	Colette	11:37.7	60	2010
Foote	Charlotte	07:27.1	20	2011

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Foreman	Jennie	08:46.2	30	2011
Franze-Soeln	Arabella	07:34.4	20	2011
Freeman	Hunter	06:36.8		2006
Frericks	Laura	08:54.9	18	2007
Friedel	Hannah	08:00.3	33	2011
Funke	Morgan	07:05.3	29	2011
Galbreath	Stephanie	07:53.4	37	2011
Gall	Daphna	08:31.1	20	2011
Gardner	Julie	09:47.1	40	2011
Gartenberg	Amy	07:48.7		2006
Garza	Guadalupe	09:14.6	16	2011
Gass	Emily	07:49.1		2006
Gaston	Elizabeth	07:43.4	20	2010
Gaucin	Sylvia	9:55.4		2005
Gaudinski	Emily	08:08.4		2008
Gawel	Ann	7:49.3		2005
Geneva	Danko	7:58.5		2005
Gentry	Susan	08:01.2	19	2006
Gersh	Carolyn	07:55.1	28	2010
Gibbons	Jenn	08:40.5	24	2009
Gilbert	Fay	07:43.5	16	2009
Gilge	Lynn	09:01.1	19	2007
Glaser	Sue Ann	09:59.9	64	2010
Glaw	Kirsten	07:54.3	23	2011
Gleason	Mackenzie	08:13.1	15	2011
Going	Hilary	08:20.4	16	2009
Goldbas	Julie	08:33.6		2007
Gonzalez	Julia	08:32.7		2006
Gonzalez-	Anabelle	08:33.1	18	2009
Gordon	Sela	08:23.3	15	2011
Gorguc	Itir	08:16.6	19	2010
Gottfried	Sydney Jean	08:23.4	15	2011
Gottschalk	Isabelle	07:48.4	15	2008
Gourdet	Camille	08:01.1	32	2011
Graczyk	Lauren	08:29.9		2011
Graham	Danita	08:37.7		2006
Grandison	Cannon	08:37.3	16	2010
Granger	Sarah	08:19.3	20	2011
Granville	Nora	07:49.8	22	2008
Graunke	Erin	08:34.9	17	2011
Gravenor	Stephanie	08:25.2		2006
Green	Sydney	09:07.1	16	2011
Greenwood	Emily	08:03.1	19	2011
Greybar	Elli	7:28.5		2005
Grossoehme	Stephanie	08:17.1	16	2010
Gulich	Laurissa	07:46.0	22	2011
Guyett	Charlotte	07:39.6	15	2007

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Haas	Sarah	08:22.8		2008
Hall	Marissa	07:50.8	17	2010
Halvorsen	Kristen	08:40.9	17	2011
Hansfater	Nate	08:58.7		2006
Hanson	Katie	07:28.2	19	2009
Harris	Eileen	08:20.6	16	2010
Harris	Flora	08:05.8	15	2011
Hartley	Leigh	08:14.6	35	2011
Hartsell	Alyssa	07:53.8		2006
Hay	Liz	8:14.2		2005
Hayes	Irene	10:12.8	57	2009
Haynes	Jackie	08:51.5	54	2011
Heepke	Isabella	08:21.6	19	2011
Henry	Caroline	07:42.8	17	2011
Herbst	Mary	8:25.8		2005
Herchenbach	Nicole	07:22.2	30	2011
Hiederscheit	Callie	08:03.5	15	2011
Higgins	Hannah	07:50.8	33	2011
Hlousek	Margaret	08:07.5		2006
Hoffman	Chauncey	08:01.7	32	2011
Hoffman	Pheobe	08:32.6	14	2007
Hohnenberger	Michelle	08:48.0	18	2011
Hollenbeck	Ali	08:26.3		2006
Holmberg	Louisa	09:18.5	14	2007
Holmberg	Rebecca	09:46.1	16	2007
Horne	Cullane	07:37.9		2006
Hu	Won	08:56.3	18	2011
Huang	Julie	08:11.9	18	2009
Hubbard	Kitsi	08:14.9	17	2009
Hudson	Annie	09:03.3		2006
Huelskamp	Emily	07:16.8	21	2008
Humphreville	Joanne	09:31.8	55	2011
Hwangpo	Angela	07:52.9	19	2009
Ibrahim	Lina	08:48.6	16	2010
Ibrahim	Nadine	08:54.4	18	2008
Idaszak	Andrea	08:21.0	43	2010
Izguerra	Genova	08:35.7	16	2011
Jackson	Imani	08:54.7	16	2009
Jackson	Kiera	07:53.6	16	2009
Jain	Priya	09:23.2		2006
Janes	Jean	09:13.6	57	2011
Johnson	Alyssa	08:08.3		2007
Johnson	Jenna	07:52.3	21	2010
Johnson	Katelin	8:56.5		2005
Johnson	Kerry	08:44.6	28	2011
Johnston	Alyssa	07:40.5	18	2010
Johnston	Kate	8:00.4		2005

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Johson	Alyssa	07:41.3		2008
Jona	Ariel	08:15.3	14	2011
Jones	Karen	09:41.4	43	2011
Jongeward	Libby	07:47.4		2006
Jordan	Taylor	08:56.8	14	2008
Jovanovic	Lana	08:10.8	18	2010
Jubinski	Sarah	8:21.5		2005
Jurcak	Alyssa	07:37.4	16	2010
Kaegy	Kat	08:04.7	22	2007
Kaleta	Mary	07:36.8	22	2008
Kalina	Liz	07:30.0		2006
Kaminski	Kristin	08:56.8	46	2008
Kanchinadam	Keerti	08:44.8	19	2009
Kao	Christine	07:59.1	33	2010
Kaplan	Lizzy	10:19.7		2006
Kaput	Krista	07:56.3	21	2011
Kasycki	Caroline	08:05.2	18	2009
Keady	Michaela	09:12.4	16	2009
Keith	Alaxaundria	08:59.5		2006
Keller	Caroline	07:33.9		2008
Kelly	Margaret	07:59.3		2007
Kelly	Margo	07:41.3		2008
Kennelly	Julia	8:00.3		2005
Kerndt	Currency	09:07.6		2006
Ketelson	Leigh	09:08.1	14	2011
Killion	Bella	07:53.7	16	2009
King	Jennifer	07:46.8		2006
Klick	Cailin	08:58.1	14	2009
Klooster	Brittany	08:23.7	19	2007
Kmiec	Lindsey	07:37.4	18	2008
Kneiblher	Megan	08:37.0	18	2010
Knodt	Olivia	07:47.4		2006
Knysheck	Julie	07:51.2		2007
Knyszek	Julie	07:28.4	20	2009
Koebel	Carolyn	08:22.2	19	2008
Koening	Bridget	07:51.4	21	2008
Koning	Bridget	07:52.5	19	2006
Kronick	Emma	8:15.5		2005
Krueger	Kaitlin	07:42.2	20	2008
Kuchinski	Sarah	09:17.7	19	2010
Kunkel	Leigh	8:12.5		2005
Kunny	Susan	08:59.2	48	2007
Kurtz	Lindsay	4:20.5	10	2005
Labate	Noel	7:55.1		2005
Lacey	Palma	08:25.0	16	2010
Lacloch	Lisa	12:00.2	52	2009
Lagattolla	Emily	08:40.4	19	2010

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Laine	Joanna	08:14.8	20	2010
Lang	Willa	08:04.5	50	2009
Lanigan	Maureen	8:11.6		2005
Lantz	Abbey	07:48.7	16	2010
Lantz	Charlotte	08:19.4	14	2009
Largay	Mckenzie	08:06.7		2006
Larkins	Stephanie	08:20.6	26	2011
Larned	Kristi	08:19.7	19	2007
Larson	Mary	10:08.1	58	2011
Lawoske	Sarah	07:48.2	21	2011
Lazaridus	Laura	07:09.6	22	2007
Leak	Ally	08:13.5	19	2007
Lee	Carol	10:31.4	43	2011
Leshinski	Kyra	07:47.1	22	2007
Levrett	Lauren	8:02.2		2005
Li	Sisi	08:55.1	19	2010
Liang	Ruichao	08:20.3	18	2009
Lin	Wan	09:09.4		2008
Loessy	Sarah	08:57.2	28	2011
Lopez	Jessica	10:28.7		2005
Lopez	Karen	09:45.3	15	2011
Lorick	Rebecca	08:40.2	20	2007
Lozano	Karina	10:21.8		2008
Lozinski	Maya	09:19.2	18	2011
Luce	Maggie	8:17.4		2005
Luchette	Katie	08:12.5	14	2011
Lunn	Anna	8:18.1		2005
Lutz	Holly	08:34.7		2006
Lyons	Sarah	8:02.1		2005
MacDonald	Killian	09:03.9	14	2010
MacDonald	Morgan	08:15.6	18	2009
MacRae	Heather	08:32.0	31	2009
Maggiore	Meghan	07:50.9	19	2008
Maher	Laine	08:03.1	16	2009
Maloney	Meaghan	08:22.7	17	2009
Malysheva	Rita	07:50.8	22	2011
Mann	Arielle	08:13.9	15	2011
Marchuk	Jennifer	08:06.0	16	2008
Marchuk	Megan	08:10.5	14	2008
Marie	Sharon	07:41.9	45	2010
Marston	Bette	08:01.8	18	2008
Martin	Ashley	08:18.2	24	2011
Martin	Eleanor	08:53.3	14	2011
Martin	Stephanie	08:04.0	20	2007
Mata	Elizabeth	9:32.0		2005
Mathews	Annik	07:45.3	37	2010
McCaleb	Lydia	08:29.8	15	2010

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McCarrol	Megan	09:14.8		2006
McCutcheon	Megan	08:15.9		2006
Mcdaniel	Lily	08:40.4	16	2010
Mcdaniel	Soe	08:46.4	16	2010
McGarry	Erin	08:42.1		2006
McGarry	Karlene	07:46.3	14	2009
McKeon	Katherine	8:24.8		2005
McMahon	Aimee	10:05.1	39	2009
McMahon	Maren	08:19.6	19	2011
McNickle	Allison	08:23.6		2006
McRae	Heather	08:27.2	32	2010
McWalters	Meghan	08:39.6	18	2007
Medion	Veronica	9:57.1		2005
Mehr	Hila	09:19.0	18	2007
Mekertichian	Kaitlyn	08:42.3	17	2007
Melgoza	Olivia	9:55.5		2005
Meller	Milena	07:54.1	22	2007
Mendoza-Elias	Nasya	08:15.5	18	2008
Merkertichian	Kaitlyn	09:05.0		2006
Merlo	Aurelie	08:18.7	20	2011
Messersmith	Molly	07:59.5		2006
Michael	Lucy	07:31.3		2006
Michel	Amanda	08:41.5		2006
Miletello	Sarah	08:07.9		2006
Millard	Joleen	08:31.6	19	2010
Miller	Amber	07:30.1	27	2008
Miller	Cory	8:22.8		2005
Miller	Courtney	8:04.4		2005
Miller	Lou Ann	08:06.9	55	2009
Miller	Sarah	08:19.5	19	2011
Miller	Stacey	09:00.0		2006
Milligan	Erin	07:59.5	22	2007
Mindrebo	Emily	07:56.1	17	2007
Mischel	Jessi	07:38.5		2008
Misiak	Ainsley	08:15.3		2006
Mitsche	Diana	07:49.5	22	2008
Mkjalski Schmidt	Dana	09:23.4	25	2011
Moffett	Laura	07:51.3	19	2007
Molly	Messersmith	07:44.1	15	2007
Monahan	Kate	07:38.0	16	2008
Montgomery	Tara	08:07.4	14	2010
Moore	Megan	09:12.8	18	2009
Morehouse	Reagan	08:16.2	16	2010
Morgenstern	Jamie	08:30.3	18	2007
Moum	Katie	08:40.0		2006
Moy	Katrina	08:20.6	19	2009
Muckle	Christine	07:53.3	29	2009

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Mullane	Moly	07:35.5	19	2011
Munson	Libby	07:48.1	17	2007
Muntaner	Michelle	08:08.6	14	2010
Murray	Alana	07:39.6		2007
Murry	Mj	08:43.7	18	2011
Nakafoor	Holly	08:11.6	39	2011
Nathe	Anne	08:38.4	22	2007
Navarro	Leni	09:13.9		2008
Navarro	Nuri	09:44.7		2008
Neiman	Laura	08:40.4		2006
Nockleby	Kristina	07:50.5	21	2007
Noel	Kirsten	08:25.3	16	2011
Nordstrom	Andrea	08:22.7	19	2007
Nowaczynski	Jennerette	08:37.0		2008
Nunez	Claudia	09:53.4		2006
Nyberg	MaCashen	08:39.3	20	2010
O'Neill	Maddi	08:12.6	17	2011
Oates	Holly	8:04.7	33	2005
O'Brien	Erin	07:35.1	35	2011
Ocon	Briana	08:26.7	16	2011
O'Conner	Ellie	08:17.4	16	2009
Odonell	Megan	07:34.9		2008
O'Donoghue	Maggie	7:53.9		2005
Olivares	Michelle	08:32.6	23	2010
Oliver	Helen	07:27.7	16	2010
Olson	Sammy	08:14.9	22	2011
Olszak	Madeline	9:12.5		2005
O'Malley	Tara	08:43.2	23	2011
Ongun	Dee Dee	08:13.4	18	2010
Ongun	Derin	08:30.4		2008
Ongun	Melisa	07:32.0	17	2008
Ontiveros	Molly	08:05.7	19	2010
Otiniano	Nataly	08:28.4	18	2010
Ourlian	Kathryn	08:27.8		2006
Pablo	Christine	08:18.9	33	2011
Padilla	Dana	9:13.2		2005
Pagan	Gina	07:52.8	21	2011
Papaleo	Lily	08:05.0	14	2010
Paparella	Megan	08:29.7	21	2011
Parent	Rachel	07:23.7		2006
Parenti	Kristen	07:57.2	23	2011
Parker	Gisela	08:26.8	21	2007
Patterson	Rachel	08:24.6	17	2009
Patterson	Trish	8:13.4		2005
Paulsen	Rebecca	08:19.5	48	2011
Pauly	Kim	07:24.5		2006
Peckham	Linnea	08:26.5	18	2011

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Pelehac	Gina	08:27.2	25	2011
Perez	Rosie	10:12.0		2005
Perrone	Melissa	07:41.3	32	2010
Peters	Morgan	08:24.8	16	2010
Peters	Rachel	08:55.9	19	2009
Peters	Sissy	07:29.6		2007
Peters	Stacey	08:26.8	18	2011
Peterson	Molly	07:49.0	15	2010
Pinski	Amy	09:10.9	37	2011
Pis	Liz	07:40.7	17	2008
Pise	Elizabeth	07:36.3		2007
Polen	Kateri	07:39.0	41	2011
Polley	Dianna	07:56.1	15	2010
Pomputius	Ariel	07:40.2	19	2010
Poole	Gabrielle	07:51.4	21	2010
Powers	Amber	8:18.5		2005
Powers	Amber	08:49.3	39	2009
Praxmaer	Julie	08:12.3		2007
Procarione	Amy	07:54.1	34	2011
Provost	Emily	07:44.9	30	2007
Psarouthakis	Claire	08:02.9	21	2011
Purta	Katherine	08:35.5	23	2010
Quinn	Sarah	08:45.9	20	2011
Quist	Heidi	08:27.6	20	2008
Radek	Amanda	09:02.9	18	2007
Ramirez	Ana	09:15.3	14	2008
Ramirez	Judith	10:24.4		2005
Rapp	Brittany	7:52.4		2005
Raspante	Laura	08:53.5	19	2009
Rataj	Kate	09:17.4	46	2010
Raun	Elin	08:07.2	28	2010
Refenes	Heather	08:14.3	31	2011
Reider	Molly	08:38.3	18	2008
Reis	Diane	08:24.4	26	2008
Rejman	Alex	08:56.2	15	2011
Reyes	Gracie	09:37.0	15	2011
Reyes	Karen	09:51.2	15	2011
Riccard	Kristen	8:01.9		2005
Riccard	Kristen	08:04.1		2006
Richie	Jackie	08:11.9		2006
Riggs	Sarah	8:03.4		2005
Ringer	Sonya	07:39.2	19	2009
Rinozzi	Shelia	8:40.8		2005
Rivard	Becky	07:58.4	26	2011
Robbins	Katherine	08:29.6	15	2009
Roberts	Alison	08:51.6	18	2011
Roberts	Megan	08:23.2	16	2010

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Roberts	Ruby	07:45.6	15	2011
Rocca	Catherine	08:46.5	65	2011
Rodriguez	Kylie	09:04.2	15	2011
Roe	Mary	09:10.4		2006
Roenigk	Katie	07:56.8		2006
Rogers	Ashley	07:52.1	20	2009
Roggow	Alyssa	08:35.4	20	2010
Roksolana	Sklyarska	4:36.0		2005
Roland	Ashley	08:18.9	29	2011
Rosainz	Teresa	09:51.4	47	2011
Rosati	Kinsy	08:08.6	27	2011
Rosen	Michelle	10:18.2	57	2011
Ross	Rakhael	09:34.7	60	2008
Ross	Samantha	08:45.0		2006
Rowell	Emma	08:10.4	16	2011
Rudnik	Emma	08:30.0		2006
Rusk	Rebecca	08:18.7	18	2008
Rysdahl	Amie	8:31.3		2005
Sakura	Kathrine	08:14.5		2007
Salgado	Christina	9:55.4		2005
Sanchez	Theresa	08:41.2	16	2007
Sanford	Kait	08:29.3	20	2010
Sanford	Katherine	08:19.4	18	2008
Sanford	Rachel	08:17.8	16	2009
Sarah	Walsh	07:37.9	28	2010
Satas	Daiva	08:24.9	46	2011
Sawyer	Sarina	08:29.1		2006
Scekic	Vera	07:45.3	44	2011
Scheidemantel	Kelly	08:26.2	20	2009
Scherer	Chloe	08:51.2	15	2011
Schmadtke	Lisa	08:48.7	44	2011
Schniederman	Jenn	07:53.6	40	2011
Schucker	Stephanie	09:01.3		2006
Schuler	Katharine	09:15.3	45	2011
Seals	Vada	08:59.7	54	2008
Selig	Molly	08:03.4	16	2008
Sepe	Lizzy	08:17.0		2006
Seremek	Abby	08:09.1	17	2010
Serwinski	Alexa	07:45.4	16	2010
Seryak	Kate	07:54.9		2006
Sharis	Elizabeth	07:28.7	13	2011
Sharpe	Courtney	08:31.7	19	2007
Sheade	Becca	07:52.9	30	2011
Sheetz	Suzie	08:49.5		2006
Sheridan	Carolynn	10:28.5	54	2011
Shook	Lauren	07:32.0		2006
Shuttleworth	Nell	07:19.4	32	2011

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Sidelko	Diana	08:02.2	19	2007
Sieber	Cameron	08:14.3	18	2008
Siejka	Stacey	8:01.3		2005
Sigalos	Liz	09:00.0	27	2011
Sills	Samantha	08:14.4	17	2009
Simon	Elizabeth	08:34.8	15	2011
Simon	Katya	08:57.7	15	2009
Simons	Victoria	08:57.0	21	2010
Simpson	Jennifer	08:23.2		2006
Simpson	Justin	7:54.5		2005
Simpson	Meg	07:47.1	16	2007
Singer	Ana	08:38.7	19	2010
Sinks	Molly	07:47.1		2006
Skolasky	Sara	07:50.0	18	2008
Skorburg	Megan	08:44.0	18	2010
Sley	Mary	07:37.9	19	2007
Sloan	Melissa	08:05.8		2006
Smiersiak	Sara	08:37.8	18	2008
Smies	Laura	08:13.4		2006
Smith	Caroline	08:51.7	20	2007
Smith	Gaya	08:40.5	13	2008
Smith	Griffin	08:00.9		2007
Smith	Isabelle	08:32.1		2011
Smith	Jessica	08:40.3	19	2011
Smith	Samantha	07:18.4	21	2010
Smith	Sarah	09:34.3		2006
Smithy	Gretchen	08:38.9	18	2009
Smythe	Terry	07:44.8	51	2009
Spitzer	Mary	08:15.2	20	2006
Spitznagel	Elizabeth	08:08.3	24	2010
Starshak	Megan	08:42.9		2006
Starshak	Tess	08:50.1	15	2010
Steffen	Chelsea	07:41.8	20	2011
Stein	Callie	07:58.9	17	2010
Stephens	Cassie	07:57.3	18	2009
Stephenson	Annie	08:13.5		2007
Stewart	Katherine	08:31.0	18	2011
Stockwell	Christine	07:43.4	18	2009
Stoll	Rachel	07:42.0	22	2010
Stopka	Jennifer	08:12.0		2007
Stoychoff Inman	Karen	08:17.9	48	2010
Straaton	Elise	08:39.6	15	2009
Sundt	Kendra	08:06.2	21	2007
Sweeny	Caroline	07:41.5		2006
Swift	Alex	07:44.2	15	2009
Swift	Mia	08:37.1	15	2007
Swinson	Julie	08:05.9		2006

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Switalski	Kathryn	07:38.0		2006
Sykora	Lauren	08:05.0	17	2007
Tadie	Elizabeth	08:55.5	18	2010
Taylor	Jennifer	08:21.7	21	2008
Tchakalska	Katerina	08:17.4		2006
Tejada	Myra	9:03.7		2005
Tenenbaum	Anna	8:33.9		2005
Tenenbaum	Justine	8:15.0		2005
Tenenbaum	Kate	8:25.0		2005
Tenenbaum	Lucy	7:33.8		2005
Tenenbaum	Myriam	9:01.9		2005
Tenenbaum	Nora	8:39.9		2005
Tenenbaum	Sam	8:39.6		2005
Tenenbaum	Shani	4:43.5		2005
Terbrock	Jenny	07:46.6		2006
Terhune	Rebecca	08:07.4	19	2007
Teune	Molly	07:54.3	20	2007
Thayer	Tonya	08:07.5	39	2011
Thede	Justine	08:05.7		2006
Thomas	Melisa	08:05.4	16	2010
Thomas	Melissa	08:18.0	16	2009
Thompson	Regina	8:38.3		2005
Timmel	Ainsely	08:10.1		2008
Torres	Marlen	09:21.4		2008
Trodgen	Kathryn	08:26.6	20	2009
Troung	Jasmine	08:30.4	16	2011
Troxler	Amanda	08:06.1		2006
Tschamler	Elizabeth	7:57.0		2005
Tucker	Tess	09:00.7	16	2009
Tuite	Frances	07:46.6	51	2010
Tunder	Kelly	08:39.3	34	2011
Turk	Laura	08:34.8	15	2011
Turner	Christina	08:09.7		2006
Turner	Christine	8:42.9		2005
Uggeri	Catie	08:04.6	20	2009
Vance	Crystal	9:15.0		2005
Vance	Kara	08:13.7	19	2007
Vandelinder	Claire	07:38.0		2006
Vandeliner	Clare	8:00.9		2005
Vargas	Gricelda	9:35.2		2005
Vautier	Jenn	08:54.3	23	2011
Veum	Kristene	08:02.5		2007
Villanueva	Yvonne	09:16.9		2008
Villegas	Lisandra	09:00.8	15	2011
Vitt	Amelia	08:33.2		2006
Voelker	Ashley	07:50.0	15	2010
Vogl	Eileen	07:32.4		2008

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Vonderheide	Lily	08:28.9	20	2008
Wagner	Mary Kate	8:17.3		2005
Waldrop	Ruthanne	07:50.7		2006
Walsh	Patricia	08:02.8	15	2011
Wang	Kemeng	10:09.3	19	2008
Waraxa	Lauren	08:01.8		2006
Ward	Katie	08:10.6		2006
Ward	Mackenzie	09:12.9	15	2009
Warnke	Heather	08:29.7	29	2011
Warpinski	Stephanie	07:54.0	20	2008
Warpness	Syd	08:36.2	15	2010
Watts	Caitlin	08:04.4		2006
Weber	Robin	7:26.9		2005
Weckerly	Madison	08:28.2	15	2011
Weeks	Brynne	08:47.2		2006
Weil	Hayley	08:02.0	16	2009
Weiss	Gabi	08:25.7	16	2011
Weller	Hannah	08:29.1	16	2010
Wellhausen	Meredith	07:57.3	20	2011
Weschler	Katrina	7:31.8		2005
Wessel	Mary	11:07.1	59	2009
West	Liz	8:25.2		2005
WestwoodBooth	Frances	08:58.0	19	2011
White	Tabitha	07:51.6		2006
Whiteman	Amy	08:17.5	15	2011
Whiteman	Katie	07:35.8	18	2011
Whitfield	Ruth Ann	07:51.6	24	2011
Whiting	Sarah	07:55.5	28	2011
Whitmore	Megan	08:04.2	21	2007
Wieckowski	Alina	08:20.5	18	2008
Wilk	Rachel	08:06.5	18	2011
Wilmoit	Elizabeth	08:55.2		2007
Willmott	Michele	08:46.2	50	2009
Wilson	Hannah	07:51.8	17	2009
Wilson	Sam	8:15.4		2005
Wink	Teresa	08:15.5	16	2007
Winters	Diane	08:00.1	47	2010
Wisner	Casey	08:06.0	13	2009
Witzki	Taylor	08:33.9		2006
Wolenberg	Kelly	07:40.8	21	2011
Wolfe	Julia	07:51.6	17	2011
Wolferding	Megan	07:52.9		2006
Woodbury	Britt	08:24.4		2006
Woodham	Abby	08:27.0	19	2009
Wright	Jessica	08:19.0	21	2007
Wysocki	Amy	07:56.7	40	2011
Yawney	Ashley	08:17.9	17	2010

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Yglesias	Justine	08:18.3		2006
Yong	Shuling	09:31.5	20	2008
Young	Jessica	08:17.5	19	2008
Young	Lydia	07:53.2	19	2009
Young	Nicole	09:54.4	39	2011
Yundt	Jennie	08:59.3	31	2011
Yung	Vanderlene	09:16.6	25	2009
Zackochi	Emma	08:58.0	15	2010
Zangs Christenson	Bridget	08:55.6		2008
Zar	Danielle	08:16.4		2008
Zebold	Kerry	08:57.9	52	2011
Zell	Mary	8:00.8		2005
Zeza	Margarita	07:34.1	52	2010
Zhen	Christina	08:58.0	17	2011
Zimmanck	Kay	08:43.7	52	2008
Zusman	Amanda	08:01.1		2006
Zwick	Annie	08:28.4	14	2011
Zwick	Ellie	08:07.0	15	2009