

Womens Personal Best Historical 2005-2016

Personal Bests at CIRC2016

Last	First	2K Time	Age	Sex	YR
Abdelmonem	Nour	08:12.7	18	F	2014
Abebe	Ngiste	07:36.4	21	F	2009
Abowd	Alex	08:33.8	19	F	2013
Accardo	Licia	08:28.4	41	F	2013
Acevedo	Analissa	09:38.2	14	F	2012
Aceves	Vanessa	08:26.5	18	F	2016
Acosta	Claudia	10:19.4	15	F	2012
Aftuck	Catie	08:06.6	31	F	2012
Agarwal	Riya	08:26.5	18	F	2015
Agler	Martha	08:21.0		F	2006
Aguilar	Cynthia	08:32.0	19	F	2016
Aguilar	Rebecca	08:25.2	19	F	2008
Aguilera	Jackie	09:40.9	53	F	2011
Akintilo	Lisa	07:26.4	19	F	2014
Al Fadhalah	Aisha	09:54.4	20	F	2010
Albert	Devon	08:34.5	21	F	2007
Alford	Christianne	08:48.0	15	F	2010
Alger	Ashley	08:30.8	18	F	2007
Allan	Denise	08:24.4	39	F	2012
Allegretti	Amy	08:58.6	36	F	2011
Allen	Sarah	08:47.8	19	F	2016
Almeraz	Taylor	08:13.5	17	F	2013
Altmayer	Olivia	08:09.6	20	F	2014
Alverio	Melissa	10:43.7	14	F	2008
Amici	Anna	08:09.4	19	F	2010
Amos	Jordan	08:02.1	14	F	2010
Amos	Kelly	08:20.4	18	F	2011
Anagnastos	Emily	07:46.0	19	F	2013
Anagnostos	Emily	07:38.1	20	F	2014
Anderson	Cassie	08:06.3	19	F	2013
Anderson	Ellen	08:40.7	17	F	2009
Anderson	Gracie	08:31.2	18	F	2016
Anderson	Kelly	10:54.2	43	F	2009
Anderson	Rosemary	08:15.7		F	2006
Andrews	Allyson	07:51.3	16	F	2012
Andrews	Caryn	08:08.9	31	F	2012
Aneimaka	Nedum	07:40.1	18	F	2013
Aquilar	Tonan	08:11.6		F	2006
Arabadjis	Sophia	08:01.2	21	F	2013
Archer	Maggie	07:44.7	22	F	2014
Argyilan	Erin	07:51.0	32	F	2008

Arroyo	Diana	08:46.9	20	F	2014
Atkinson	Jillian	08:26.6	14	F	2016
Aumiller	Emma	08:20.5	22	F	2012
Austin	Emily	08:34.8	16	F	2011
Aviles	Ashley	08:41.0	16	F	2011
Ayers	Jessica	08:06.2	19	F	2013
Ayres	Jennifer	08:10.4	17	F	2016
Azure	Simone	08:59.0	57	F	2015
Baer	Katie	09:17.4	33	F	2011
Baio	Marie	10:11.2	14	F	2014
Bakall	Sam	08:52.9	19	F	2010
Baker	Celeste	07:32.1		F	2014
Baker	Kristen	08:46.7	17	F	2012
Baldinger	Eva	09:26.9	15	F	2009
Baldwin	Greta	08:11.6	15	F	2009
Baldwin-Glenn	JoAnn	09:33.9	48	F	2016
Balfour	Jessica	08:53.4	29	F	2016
Ball	Amanda	09:28.2	16	F	2012
Ball	Erika	07:50.1	21	F	2014
Ballent	Wendy	08:10.6	20	F	2014
Balles	Annie	07:42.8	20	F	2007
Ballesteros	Fernanda	09:53.8	15	F	2011
Baltes	Annie	07:43.7	21	F	2008
Balwin	Gretta	07:40.2	17	F	2010
Baran	Julissa	09:07.5	16	F	2012
Baranowski	April	07:56.1	22	F	2012
Barnes	Ashley	07:53.7	20	F	2008
Barnhart	Ludy	08:17.3	15	F	2014
Barrett	Nicole	08:11.6		F	2006
Bartel	Barb	08:35.5	61	F	2010
Bartel	Jessica	08:38.7		F	2006
Bartucci	Nellina	09:50.8	45	F	2009
Bartuch	Kathy	08:59.6	56	F	2013
Basore	Sarah	07:41.6	20	F	2010
Batt	Marissa	08:28.3	19	F	2015
Batt	Marissa	08:15.1	20	F	2016
Batta	Jordan	09:03.9	29	F	2012
Baumgart	Laura	07:49.6	30	F	2015
Baustian	Beth	07:24.1	18	F	2011
Baustian	Terri	08:48.9	57	F	2013
Bawoll	Allie	08:30.6	15	F	2013
Beadle	Meaghan	07:16.9	19	F	2008
Beamish-Lannon	Nora	08:27.0		F	2006
Beavis	Katherine	08:24.5	14	F	2014

Beels	Kaitlyn	08:23.7	20	F	2011
Beer	Clare	08:30.2		F	2006
Beghtol	Morgan	07:59.0	15	F	2016
Behrmann	Kristin	08:26.5	19	F	2008
Belmont	Suzanne	07:53.8	35	F	2008
Benitez	Brenda	08:39.2	16	F	2010
Bennett	Sage	08:27.1	13	F	2010
Berger	Cate	08:32.2		F	2006
Berger	Jordan	08:23.7	16	F	2011
Bergsieker	Karyn	08:27.8	44	F	2015
Bernardo	Monica	09:29.5	14	F	2010
Bhargava	Aria	09:32.5	17	F	2016
Bissing	Martha	08:07.8	16	F	2007
Blahnik	Ruthy	07:24.0	26	F	2007
Blake	Barbara	08:47.8	60	F	2015
Blankinship	Kate	08:15.1	18	F	2016
Blevins	Erica	08:21.0	19	F	2015
Blunk	Cameron	07:58.2	16	F	2015
Blunk	Cameron	07:36.6	16	F	2016
Boettcher	Laurie	08:05.8	19	F	2007
Bolles	Melissa	09:54.6	14	F	2013
Bolton	Madeline	08:27.4	19	F	2015
Bomier	Blake	08:47.5		F	2008
Bonk	Taylor	08:26.5	16	F	2009
Boorman	Chelsea	08:06.0	17	F	2010
Booth	Samantha	07:50.0	15	F	2011
Borden	Hailey	09:21.4	15	F	2014
Borsheim	Kirsten	08:12.8	19	F	2008
Bour	Rebecca	08:33.5	18	F	2008
Bourbon	Bridget	08:19.6	16	F	2012
Bourbon	Michelle	08:34.8	17	F	2013
Bowman	Season	08:49.0	31	F	2011
Boyaris	Allison	08:02.4	17	F	2007
Boyd	Andrea	09:51.5	15	F	2008
Boyd	Bethany	08:29.6	28	F	2011
Braatz	Jay	08:38.0	57	F	2010
Brackett	Meredith	07:54.1	20	F	2010
Brady	Jessica	09:02.5	19	F	2007
Bray	Alida	08:00.6	28	F	2011
Brecklin	Dana	08:18.1	19	F	2014
Bredberg	Natalie	08:25.2	25	F	2012
Brehl	Becky	08:25.0	19	F	2007
Brehl	Rebecca	08:36.2	18	F	2006
Brewer	Kat	07:49.2	22	F	2014

Brhukaynov	Susan	08:01.0		F	2006
Bridges	Ciara	08:41.2	15	F	2012
Brindise	Melissa	07:39.7	21	F	2014
Briscoe	Julia	08:11.2	20	F	2012
Britt	Samatha	09:12.7	13	F	2011
Brochilli	Alyce	08:32.6	16	F	2008
Brodarick	Anna	07:59.4	20	F	2010
Brown	Kelly	08:26.2		F	2006
Brown	Molly	08:35.0		F	2006
Bryukahnov	Susan	07:33.0		F	2008
Bucholz	Kelly	08:35.5	31	F	2012
Burek	Diane	07:59.4	23	F	2011
Burke	Maureen	08:18.9	20	F	2009
Burke	Sydney	08:17.9	15	F	2009
Burke	Taylor	07:48.2	20	F	2014
Burns	Dersiree	07:05.3	27	F	2016
Buschbach	Jennifer	08:07.9	20	F	2016
Buschbach	Jenny	07:52.1	19	F	2015
Bush	Marjie	07:58.6	19	F	2007
Bush-Joseph	Katie	09:00.9	16	F	2007
Butaci	Ashley	08:18.2	33	F	2012
Cabiness	Jvani	08:59.9	18	F	2008
Cabler	Stephanie	08:11.6		F	2006
Cadre	Amy	08:47.7	41	F	2013
Cahue	Angelina	08:33.9		F	2008
Calagaro	Courtney	08:17.7	19	F	2011
Calozzo	Veronica	08:55.4	20	F	2015
Camp	Sarah	08:06.9	18	F	2006
Campbell	Alex	07:58.6	18	F	2014
Campbell	Kirsten	07:23.5		F	2006
Canar	Suzanne	08:38.0	47	F	2013
Cannon	Christa	12:35.5	70	F	2016
Carbone	Alita	09:01.3	19	F	2014
Carlson	Hannah	08:12.4	16	F	2011
Carmona	Mariana	09:33.8	16	F	2012
Carney	Shannon	07:36.0	17	F	2015
Carpenter	Eleanor	08:33.4	19	F	2015
Carpenter	Eleanor	08:10.8	20	F	2016
Carr	Martha	10:57.1	51	F	2011
Carrea	Carina	09:39.8	17	F	2013
Cartier	Kirsten	08:40.4	33	F	2010
Case	Christine	08:39.6	33	F	2010
Castillo	Berenisse	09:50.6	14	F	2012
Castle	Sarah	07:56.1	19	F	2011

Cave	Naomi	08:20.3	17	F	2015
Cesafsky	Kim	08:40.3		F	2006
Chadha	Saisha	10:43.7	18	F	2014
Chang	Sue	08:17.7	37	F	2012
Chapman	Susanne	07:54.5	16	F	2011
Chavez	Chelsea	08:16.8		F	2016
Chavez	Mya	10:10.6	15	F	2011
Chen	Amanda	08:32.9	18	F	2008
Chen	Emily	07:51.0	22	F	2013
Chen	Lucie-Ann	09:17.1	26	F	2012
Chiodini	Elizabeth	07:58.9	18	F	2014
Chiodini	Lizzy	07:43.8	17	F	2013
Chiu	Karen	08:14.4	19	F	2013
Chrumka	Alix	07:33.9	15	F	2009
Chrzan	Jessica	08:48.1	14	F	2010
Churchirillo	Christine	07:35.6		F	2008
Civiletta	Sara	08:23.6	19	F	2009
Clair	Kristen	08:36.8	16	F	2014
Clark	Gracie	08:55.6	24	F	2016
Clark	Karen	08:59.0	55	F	2012
Clark	Lindsey	08:20.8	37	F	2014
Clark	Nina	08:35.1	49	F	2012
Clark	Nina	08:56.6	53	F	2016
Clarke	Katie	09:09.8	49	F	2015
Clarke	Cecilia	08:12.9	53	F	2014
Coleman	Morgan	08:05.1	18	F	2008
Collens	Julie	07:21.2	30	F	2007
Collins	Rachel	07:46.7	16	F	2013
Conklin	Abby	07:54.9	18	F	2011
Connolly	Kathryn	07:42.2	45	F	2010
Cook	Megan	08:07.3	18	F	2007
Cook	Samantha	08:14.9	23	F	2014
Cook	Sara	08:05.0	28	F	2011
Coomswaramy	Gaya	08:06.3	16	F	2010
Copeland	Bethany	08:01.9	19	F	2014
Copple	Tessa	07:52.4	21	F	2014
Corcoran	Kelly	08:00.0	21	F	2013
Cornelies	Lisa	07:50.7	22	F	2007
Cornell	Vera	08:56.7		F	2006
Cornish	Sarah	07:41.5	23	F	2014
Cornish	Sarah	07:48.3	25	F	2016
Correa	Carina	08:56.9	18	F	2014
Correa	Mayra	09:27.1		F	2008
Correa	Mia	09:26.6	16	F	2014

Cortez	Wendolly	09:28.0	17	F	2014
Costello	Nicole	09:31.4	32	F	2012
Courtright	Karen	09:24.8	50	F	2009
Cozza	Carolyn	08:08.1	19	F	2013
Crane	Charlotte	08:35.5	56	F	2008
Crawford	Melissa	08:14.4	18	F	2012
Crawley	Margot	08:27.9	15	F	2015
Creasey	Suzanna	08:33.1	15	F	2016
Crosley	Rachel	07:46.4	16	F	2010
Crossley	Kelly	07:24.1	32	F	2012
Cruse	Lauren	08:39.8		F	2006
Cuellar	Natalie	09:36.8		F	2006
Cunningham	Erin	07:46.3	28	F	2011
Cunningham	Heather	08:32.3	38	F	2014
Cusack	Lindsey	08:22.7	19	F	2015
Cusack	Lindsey	08:11.5	19	F	2016
Cushman	Linda	09:30.7	66	F	2015
Custer	Caitlyn	07:58.4		F	2008
Czerniawski	June	08:54.5	64	F	2014
Daghfal	Lydia	08:07.9	19	F	2013
Daknis	Megan	08:38.9	19	F	2016
Daleo	Gina	07:49.8	17	F	2015
Dams	Ursala	08:41.4	45	F	2011
Daniels	Mary Kate	08:10.0	21	F	2012
Dann-Fenwick	Jenny	08:28.8	17	F	2007
Dardis	Christine	08:16.0	49	F	2012
Darling	Tiffani	07:41.5	36	F	2016
Darnell	Blair	08:55.0	16	F	2007
Daubenspeck	Jura	09:06.9		F	2006
Dautel	Jocelyn	08:23.0	26	F	2010
Davis	Elizabeth	09:15.2	47	F	2016
Davis	Lori	08:10.5	21	F	2015
Davison	Kylee	08:27.5	20	F	2014
Dayne	Andie	07:39.6	21	F	2007
Deanda	Valerie	07:48.8	37	F	2011
DeBoom	Siv	08:23.4	15	F	2010
DeClercq	Allison	07:43.3	17	F	2009
DeGalan	Shelby	07:59.1		F	2006
DeLaplane	Peggy	10:14.5	55	F	2016
Delaplane	Peggy	09:11.5	53	F	2014
Delehanty	Rachel	07:58.9	17	F	2009
Delleman	Emily	07:05.0	15	F	2014
Demand	Stefanie	08:31.1		F	2006
Dempsey	Bridget	08:15.4		F	2006

Deporter	Hannah	08:27.0	15	F	2011
Desautelle	Felice	08:58.0	51	F	2012
DeWalt	Gail	10:21.6	55	F	2010
Deweirdt	Caroline	07:46.0	16	F	2010
Dhanani	Ali	08:17.1	38	F	2012
Diamond	Elizabeth	07:39.4	21	F	2016
Diamond	Lizzie	07:44.6	21	F	2015
Diaz	Jessica	11:34.8	16	F	2008
Dick	Sarah	08:35.2	22	F	2013
Dillon	Sarah	09:30.9	16	F	2015
Dimaria	Sarah	08:03.1	21	F	2011
Donahue	Barb	09:42.3	44	F	2011
Donovan	Sarah	08:27.7	36	F	2013
Downey	Emily	08:13.3		F	2007
Doyle	Claire	08:33.5	17	F	2015
Dreyer	Jessica	07:43.4	18	F	2014
Driscoll	Liz	07:47.2	20	F	2008
Drummond	Leah	07:41.2	16	F	2009
Dudek	Lauren	07:33.1	28	F	2010
Dumezich	Ali	09:05.9	18	F	2013
Dunnaway	Fey	08:37.5	14	F	2008
Dunne	Elizabeth	07:37.6	22	F	2015
Duran	Evelin	09:08.5	17	F	2013
Duran	Jocelyn	08:25.4	16	F	2015
Duran	Jocelyn	08:44.0		F	2016
DuVernay	Nealey	08:35.2	20	F	2015
Dvorak	Kristen	08:20.4	19	F	2008
Easterbrook	Mara	07:37.6	19	F	2010
Eck	Lindy	09:52.0	55	F	2012
Eckert	Donna	09:05.0	52	F	2011
Egel	Sara	08:09.5	20	F	2012
Eide	Kristen	08:44.1	27	F	2011
Elwart	Charlotte	08:52.4	16	F	2009
Emmons	Becky	07:58.0	32	F	2012
Emmons	Zoe	08:14.6	21	F	2011
Engel	Julie	07:28.4	26	F	2008
Engel	Julie	07:41.7	34	F	2016
English	Taylor	07:37.2	13	F	2016
Engonpoulos	Vicki	10:19.2	58	F	2012
Espinosa	Melina	08:57.6	17	F	2013
Euphrat	Katie	08:06.9		F	2006
Evans	Tiernan	08:16.7	19	F	2011
Everett	Claire	08:56.4		F	2007
Faisal	Nadine	10:10.3	20	F	2016

Farabee	Kelsey	07:46.0	18	F	2008
Fedorova	Diana	07:59.9	18	F	2009
Fenton	Bethany	08:45.8	40	F	2012
Ferguson	Erin	07:39.4	21	F	2014
Ferris	Jordan	08:02.2	18	F	2011
Finucane	Suzanne	07:54.3	36	F	2009
Fischer	Merdith	07:55.1	16	F	2010
Fisher	Emma	08:15.1	21	F	2011
Fisher	Rachel	08:15.5	25	F	2012
Fitzpatrick	Kim	07:26.1	16	F	2009
Fitzpatrick	Maggie	09:05.4	20	F	2013
Fitzsimmons	Brenna	08:58.5	14	F	2014
Fixsen	Bethany	07:50.8	19	F	2010
Flamion	Laura	08:19.0	23	F	2012
Foley	Colette	11:37.7	60	F	2010
Foley	Sydney	08:09.8	15	F	2016
Foote	Charlotte	07:27.1	20	F	2011
Foote	Kelsee	08:06.4	20	F	2012
Foreman	Jennie	08:46.2	30	F	2011
Fox	Cristi	08:38.2	51	F	2016
Franze-Soeln	Arabella	07:34.4	20	F	2011
Fredrick	Tiffany	09:10.7	20	F	2015
Freeman	Hunter	06:36.8		F	2006
Frericks	Laura	08:54.9	18	F	2007
Friedel	Hannah	08:00.3	33	F	2011
Froehlich	Emily	07:05.6	18	F	2014
Funk	Dre	08:22.3	22	F	2014
Funke	Morgan	06:57.3	31	F	2013
Furst	Kristy	08:27.5	20	F	2014
Gabriele	Erin	08:19.7	20	F	2012
Gadula	Ula	09:39.9	38	F	2012
Galbreath	Stephanie	07:53.4	37	F	2011
Galindo	Laura	08:13.1	27	F	2012
Gall	Daphna	08:31.1	20	F	2011
Garcia	Daisy	10:19.8	16	F	2013
Gardner	Julie	09:47.1	40	F	2011
Garfinkle	Alexandra	09:12.7	20	F	2013
Gartenberg	Amy	07:48.7		F	2006
Garza	Guadalupe	08:48.6	17	F	2012
Gass	Emily	07:49.1		F	2006
Gaston	Elizabeth	07:43.4	20	F	2010
Gaudinski	Emily	08:08.4		F	2008
Gawel	Ann Marie	07:57.2		F	2006
Gentry	Susan	08:01.2		F	2006

Gersh	Carolynn	07:38.5	33	F	2015
Gibbons	Jenn	08:15.6	27	F	2012
Gihl	Calie	07:58.8	21	F	2014
Gilbert	Fay	07:43.5	16	F	2009
Gilge	Lynn	09:01.1	19	F	2007
Glaser	Sue Ann	09:59.9	64	F	2010
Glaw	Kirsten	07:54.3	23	F	2011
Gleason	Mackenzie	08:13.1	15	F	2011
Glenn	Tera	08:07.1	38	F	2014
Godbold	Sarah	07:24.3	21	F	2014
Going	Hilary	08:20.4	16	F	2009
Goldbas	Julie	08:33.6		F	2007
Goldman	Brittany	08:38.7	25	F	2016
Gonzalez	Adriana	09:16.3		F	2016
Gonzalez	Julia	08:32.7		F	2006
Gonzalez	Kiana	08:14.4	20	F	2015
Gonzalez-	Anabelle	08:33.1	18	F	2009
Goodman	Judy	08:30.7	36	F	2012
Goodrich	Christina	08:33.1	18	F	2014
Goodwin	Tait	08:35.3	15	F	2012
Gordon	Sela	07:57.2	16	F	2013
Gordon	Shelby	08:30.5	19	F	2014
Gorguc	Itir	08:16.6	19	F	2010
Gossard	Jaqueline	07:56.7	15	F	2013
Gottfried	Sydney Jean	08:23.4	15	F	2011
Gottschalk	Isabelle	07:48.4		F	2008
Gourdet	Camille	08:01.1	32	F	2011
Grabeman	Kaily	08:41.5	17	F	2012
Grabinski	Hannah	08:23.2	19	F	2016
Graczyk	Lauren	08:29.9		F	2011
Graham	Danita	08:37.7		F	2006
Grandison	Cannon	08:37.3	16	F	2010
Granger	Sarah	08:18.7	21	F	2012
Granville	Nora	07:49.8	22	F	2008
Grap	Amanda	07:19.3	29	F	2015
Graunke	Erin	08:34.9	17	F	2011
Gravenor	Stephanie	08:25.2		F	2006
Green	Sydney	09:07.1	16	F	2011
Greene	Cynthia	09:20.6	59	F	2012
Greene	Stephanie	08:11.6	20	F	2015
Greene	Stephanie	08:46.0	20	F	2016
Greenstein	Kim	08:28.0	33	F	2012
Greenwood	Emily	08:03.1	19	F	2011
Grim	Mallory	08:00.2	16	F	2015

Grim	Mallory	07:53.1	17	F	2016
Groething	Willamina	08:11.2	20	F	2015
Grossoehme	Stephanie	08:17.1	16	F	2010
Gugel	Grace	09:10.3	15	F	2015
Gulich	Laurissa	07:46.0	22	F	2011
Guyett	Charlotte	07:39.6	15	F	2007
Guzman	Aimee	08:38.9	19	F	2015
Haas	Sarah	08:22.8		F	2008
Hall	Marissa	07:50.8	17	F	2010
Halvorsen	Kristen	08:40.9	17	F	2011
Halvorson	Kristen	08:25.8	18	F	2012
Hankins	Catherine	09:10.0	47	F	2016
Hannigan	Julia	09:32.6	14	F	2013
Hansen	Emily	08:25.8	20	F	2015
Hansen	Emily	08:28.1	21	F	2016
Hansfater	Nate	08:58.7		F	2006
Hanson	Katie	07:28.2	19	F	2009
Hare	Jen	07:51.0	20	F	2014
Harkins	Kelly	07:57.5	18	F	2014
Harris	Eileen	08:20.6	16	F	2010
Harris	Flora	08:02.6	16	F	2012
Hartley	Leigh	08:14.6	35	F	2011
Hartsell	Alyssa	07:53.8		F	2006
Hartwell	Mary	07:50.0	19	F	2014
Hash	Trish	08:18.4	22	F	2012
Hawthorne	Lydia	07:55.3	26	F	2016
Hayes	Irene	10:12.8	57	F	2009
Hayes	Meghan	08:12.1	28	F	2013
Haynes	Jackie	08:51.5	54	F	2011
Heepke	Isabella	08:21.6	19	F	2011
Heiderscheit	Callie	07:38.9	18	F	2014
Henderson	Savannah	07:49.4	21	F	2016
Henry	Caroline	07:42.8	17	F	2011
Herchenbach	Nicole	07:22.2	30	F	2011
Hernandez	Ally	08:18.1	16	F	2014
Hernandez	Caleigh	07:50.5	20	F	2014
Hiederscheit	Callie	08:03.5	15	F	2011
Higgins	Hannah	07:50.8	33	F	2011
Hilde	Lisa	08:04.2	24	F	2014
Hill	Essence	08:54.4	17	F	2012
Hitsheiw	Caroline	08:14.9	17	F	2013
Hlousek	Margaret	08:07.5		F	2006
Hodge	Kate	08:21.4	19	F	2016
Hodgetts	Morgen	08:19.6	42	F	2016

Hoffman	Chauncey	08:03.1		F	2014
Hoffman	Pheobe	08:32.6	14	F	2007
Hoffmann	Chauncey	07:55.3	33	F	2012
Hohenberger	Michelle	08:35.7	20	F	2013
Holberg	Carrie	08:06.6	29	F	2012
Hollenbeck	Ali	08:26.3		F	2006
Holmberg	Louisa	09:18.5	14	F	2007
Holmberg	Rebecca	09:46.1	16	F	2007
Holmes	Rebekah	07:58.4	21	F	2016
Holmgren	Kim	08:06.5	19	F	2015
Hoover	Kari	09:07.3	15	F	2016
Hoover	Lauren	07:56.2	18	F	2014
Horne	C	07:37.9		F	2006
Horsley	Victoria	09:04.5	23	F	2016
Hu	Kathleen	08:23.7	19	F	2016
Hu	Won	08:56.3	18	F	2011
Huang	Julie	08:11.9	18	F	2009
Hubbard	Kitsi	08:14.9	17	F	2009
Hudson	Annie	09:03.3		F	2006
Huelskamp	Emily	07:16.8	21	F	2008
Hughes	Annie	08:04.3	58	F	2013
Hughes	Kara	07:57.1	16	F	2013
Humphreville	Joanne	09:31.8	55	F	2011
Hunt	Olivia	07:49.1	15	F	2014
Hurley	Brittany	08:31.2	21	F	2013
Hurtgen	Mary	08:19.6	17	F	2015
Hutchins	Carol	10:00.4	55	F	2012
Hwangpo	Angela	07:52.9	19	F	2009
Ibrahim	Lina	08:48.6	16	F	2010
Ibrahim	Nadine	08:54.4	18	F	2008
Idaszak	Andrea	08:21.0	43	F	2010
Ince	Shebnem	08:28.8	48	F	2016
Ismail	Emma	08:35.9	18	F	2015
Izguerra	Genova	08:26.9	17	F	2012
Jackson	Imani	08:54.7	16	F	2009
Jackson	Kiera	07:53.6	16	F	2009
Jai	Diana	08:33.1	20	F	2013
Jain	Priya	09:23.2		F	2006
Janes	Jean	09:01.0	58	F	2012
Jazbik	Bia	08:49.4	19	F	2015
Jegen	Ellen	08:03.1	20	F	2014
Jobe	Rachel	08:22.4	19	F	2013
Johnson	Alyssa	08:08.3		F	2007
Johnson	Jenna	07:52.3	21	F	2010

Johnson	Kerry	08:44.6	28	F	2011
Johnston	Alyssa	07:40.5	18	F	2010
Johson	Alyssa	07:41.3		F	2008
Jona	Ariel	08:15.3	14	F	2011
Jones	Jendayi	08:08.0	19	F	2015
Jones	Jendayi	07:54.6	20	F	2016
Jones	Karen	09:41.4	43	F	2011
Jones	Shannon	09:05.2	41	F	2014
Jongeward	Libby	07:47.4		F	2006
Jordan	Taylor	08:56.8	14	F	2008
Josupait	Marissa	07:57.6	20	F	2013
Jovanovic	Lana	08:10.8	18	F	2010
Judkins	Danielle	08:21.7	22	F	2015
Jurcak	Alyssa	07:37.4	16	F	2010
Kaegy	Kat	08:04.7	22	F	2007
Kaletka	Mary	07:36.8	22	F	2008
Kalina	Liz	07:30.0		F	2006
Kaminski	Kristin	08:56.8	46	F	2008
Kanchinadam	Keerti	08:44.8	19	F	2009
Kanda	Katie	09:13.8	44	F	2014
Kao	Cristine	07:56.1	35	F	2012
Kaplan	Lizzy	10:19.7		F	2006
Kaput	Krista	07:56.3	21	F	2011
Kasycki	Caroline	08:05.2	18	F	2009
Kaye	Kristin	08:11.0	25	F	2014
Keady	Michaela	09:12.4	16	F	2009
Keefer	Lauren	08:08.8	20	F	2014
Keith	Alaxaundria	08:59.5		F	2006
Keller	Caroline	07:33.9		F	2008
Kelly	Margo	07:41.3		F	2008
Kempis	Nicole	08:02.0	20	F	2016
Kennedy	Kelli	08:25.2	19	F	2014
Kerndt	Currency	09:07.6	66	F	2006
Ketelson	Leigh	08:30.6	15	F	2012
Keyes	Kennedi	08:20.8	15	F	2013
Kiernan	Nora	08:42.4	14	F	2014
Kilfoy	Stella	08:58.3	14	F	2013
Killion	Bella	07:53.7	16	F	2009
King	Jennifer	07:46.8		F	2006
Kirmeyer	Sandra	09:39.3	66	F	2016
Kirmeyer	Sandra	10:08.6	64	F	2014
Kisting	Meridith	07:32.1	22	F	2015
Kleiss	Linda	08:12.0	52	F	2012
Klick	Cailin	08:58.1	14	F	2009

Klock	Julie	08:05.1	19	F	2012
Klooster	Brittany	08:23.7	19	F	2007
Kmiec	Lindsey	07:37.4	18	F	2008
Kneiblher	Megan	08:37.0	18	F	2010
Knick	Anikka	09:28.2	26	F	2013
Knodt	Olivia	07:47.4		F	2006
Knowlton	Olivia	07:42.4	18	F	2015
Knutei	Nicole	08:02.5		F	2014
Knyshecek	Julie	07:51.2		F	2007
Knyszek	Julie	07:28.4	20	F	2009
Koch	Rachelle	07:58.7	19	F	2014
Koebel	Carolyn	08:22.2	19	F	2008
Koenig	Bridget	07:51.4	21	F	2008
Koning	Bridget	07:52.5		F	2006
Kooistra	Maria	07:43.1	38	F	2014
Kooistra	Maria	07:46.5	40	F	2016
Korabik	Alyssa	08:49.0	15	F	2012
Koscher	Cara	08:18.6	21	F	2013
Koscielski	Sue	08:20.4	41	F	2014
Kostiuk	Stacy	08:33.9	29	F	2012
Krause	Courtenay	08:47.0	19	F	2015
Krueger	Kaitlin	07:42.2	20	F	2008
Kruse	Melissa	08:58.7	36	F	2012
Kubacki	Melissa	08:35.1	19	F	2014
Kuchinski	Sarah	09:17.7	19	F	2010
Kunny	Susan	08:59.2	48	F	2007
Kuroda	Jennifer	08:09.1	44	F	2015
Lacey	Palma	08:25.0	16	F	2010
Lacloch	Lisa	12:00.2	52	F	2009
Lagattolla	Emily	08:40.4	19	F	2010
Laine	Joanna	08:14.8	20	F	2010
Lamberton	Melissa	08:17.0	18	F	2012
Lamothe	Rachelle	07:28.8	37	F	2012
Lane	Tomasa	09:26.5	17	F	2015
Lang	Willa	08:04.5	50	F	2009
Langdon	Rachel	08:08.2	20	F	2015
Langdon	Rachel	08:04.7	20	F	2016
Lantz	Abbey	07:48.7	16	F	2010
Lantz	Charlotte	08:19.4	14	F	2009
Largay	Mckenzie	08:06.7		F	2006
Larkins	Stephanie	08:20.6	26	F	2011
Larned	Kristi	08:19.7	19	F	2007
Larson	Mary	10:02.0	59	F	2012
Lasky	Hannah	08:14.6	21	F	2015

Latham	Jessie	08:13.8	15	F	2013
Lawoske	Sarah	07:48.2	21	F	2011
Lazaridus	Laura	07:09.6	22	F	2007
Lazarus	Barb	08:45.6	53	F	2014
Leahy	Brigid	08:28.1	30	F	2015
Leahy	Brigid	08:17.4	30	F	2016
Leak	Ally	08:13.5	19	F	2007
Lechner	Suzanne	07:21.5	20	F	2015
Lechner	Suzanne	07:33.2	20	F	2016
Lee	Annie	07:53.0	18	F	2013
Lee	Carol	10:31.4	43	F	2011
Lee	Robyn	08:07.9	19	F	2015
Leffingwell	Amy	08:07.8	41	F	2012
Lenthe	Elise	08:13.3	27	F	2014
Lenthe	Elise	08:13.2	29	F	2016
Leo	Kat	08:21.9	25	F	2012
Lerner	Stephanie	08:21.8	19	F	2012
Leshinski	Kyra	07:47.1	22	F	2007
Levar	Nicki	07:27.1	19	F	2015
Levar	Nicki	07:40.7	19	F	2016
Levin	Terra	09:09.9	61	F	2013
Levy	Kerty	08:44.1	49	F	2016
Levy	Mia	08:01.0	12	F	2016
Levy-Kraus	Sophia	08:19.2	17	F	2012
L'Hote	Rebecca	08:07.6	19	F	2013
Li	Gina	08:29.3	19	F	2014
Li	Sisi	08:55.1	19	F	2010
Liang	Ruichao	08:20.3	18	F	2009
Lin	Wan	09:09.4		F	2008
Lindahl	Lori	08:16.8	48	F	2013
Loessy	Sarah	08:57.2	28	F	2011
Lojek	Jessica	08:33.7	21	F	2015
Longee	Katy	08:09.1	20	F	2014
Lopez	Elissa	08:48.3	16	F	2013
Lopez	Karen	08:48.3	16	F	2013
Lopez	Karen	09:02.9	19	F	2016
Lopez	Stephani	08:39.6	15	F	2013
Lorenz	Alexandra	07:51.6	17	F	2016
Lorick	Rebecca	08:40.2	20	F	2007
Lozano	Karina	10:21.8		F	2008
Lozinski	Maya	09:19.2	18	F	2011
Luce	Maggie	09:08.9	24	F	2013
Luchette	Katie	08:12.5	14	F	2011
Luczak	Raleigh	08:25.8	20	F	2016

Lutz	Holly	08:34.7		F	2006
Lynott	Genevieve	08:55.0	37	F	2012
MacAdam	Emily	07:55.6	18	F	2015
MacDonald	Killian	09:03.9	14	F	2010
MacDonald	Morgan	08:15.6	18	F	2009
Mackay Zacker	Abby	08:01.3	19	F	2015
Mackay-Zacker	Abby	08:07.7	20	F	2016
MacRae	Heather	08:32.0	31	F	2009
Maggiore	Meghan	07:50.9	19	F	2008
Maher	Laine	08:03.1	16	F	2009
Maki	Isabella	09:15.8	15	F	2015
Maki	Isabella	08:50.9	15	F	2016
Maloney	Meaghan	08:22.7	17	F	2009
Malter	Ma'ayan	08:16.3	19	F	2012
Malysheva	Rita	07:50.8	22	F	2011
Mancuso	Lindsay	08:18.9	27	F	2013
Mang	Audrey	08:21.6	20	F	2015
Mann	Arielle	08:13.9	15	F	2011
Manning	Mary	08:44.4	15	F	2012
Manos	Joanna	07:43.0	19	F	2012
Manrique	Jillian	09:20.8	29	F	2013
Marchuk	Jennifer	08:06.0	16	F	2008
Marchuk	Megan	08:10.5	14	F	2008
Marie	Sharon	07:41.9	45	F	2010
Marjanovic	Marina	07:55.2	20	F	2015
Marks	Erin	08:22.4	31	F	2012
Marston	Bette	08:01.8	18	F	2008
Martin	Ashley	08:18.2	24	F	2011
Martin	Eleanor	08:53.3	14	F	2011
Martin	Stephanie	08:04.0	20	F	2007
Martinez	Carolina	07:51.9	42	F	2014
Mask	Emma	08:12.0	13	F	2016
Masterson	Olivia	08:19.5	16	F	2015
Masterson	Olivia	08:02.6	16	F	2016
Mathews	Annik	07:45.3	37	F	2010
Maus	Elle	08:08.5	20	F	2014
May	Becca	08:23.6	17	F	2014
McCaleb	Lydia	08:29.8	15	F	2010
McCargil	Lexi	08:14.0	18	F	2016
McCarrol	Megan	09:14.8		F	2006
McCarthy	Bridget	09:21.9	15	F	2013
McCutcheon	Megan	08:15.9		F	2006
Mcdaniel	Lily	08:40.4	16	F	2010
Mcdaniel	Soe	08:46.4	16	F	2010

McGargill	Lexi	08:22.4	18	F	2015
Mcgarry	Erin	08:42.1		F	2006
McGarry	Karlene	07:46.3	14	F	2009
McGlynn	Kristen	08:16.8	30	F	2014
McGuigan	Nianah	07:45.9	35	F	2015
McKeithen	Ashley	08:50.0	18	F	2013
McMahon	Aimee	10:05.1	39	F	2009
Mcmahon	Maren	08:19.6	19	F	2011
McNichols	Donna	09:18.9	48	F	2016
McNickle	Allison	08:23.6		F	2006
McQueen-Crawford	Teresa	08:46.7	31	F	2012
McRae	Heather	08:27.2	32	F	2010
McWalters	Meghan	08:39.6	18	F	2007
Mehr	Hila	09:19.0	18	F	2007
Mekertichian	Kaitlyn	08:42.3	17	F	2007
Meller	Milena	07:54.1	22	F	2007
Mendoza-Elias	Nasya	08:15.5	18	F	2008
Menzies	Margaret	08:49.8	53	F	2016
Merkertichian	Kaitlyn	09:05.0		F	2006
Merlo	Aurelie	08:08.4	22	F	2013
Merriott	Katie	07:36.8	20	F	2013
Merriott	Liza	08:36.9	46	F	2013
Messersmith	Molly	07:59.5		F	2006
Michael	Lucy	07:31.3		F	2006
Michel	Amanda	08:41.5		F	2006
Mikelsons	Kate	08:15.3	30	F	2012
Miletello	Sarah	08:07.9		F	2006
Millard	Joleen	08:31.6	19	F	2010
Miller	Amber	07:30.1	27	F	2008
Miller	Lindsay	08:23.3	25	F	2012
Miller	Lou Ann	08:02.3	57	F	2012
Miller	Lou Ann	08:22.8	62	F	2016
Miller	Marissa	08:14.8	17	F	2015
Miller	Sarah	08:19.5	19	F	2011
Miller	Stacey	09:00.0		F	2006
Miller	Lou Ann	08:02.5	59	F	2014
Miller (RC)	Louise	08:07.5	61	F	2015
Milligan	Erin	07:59.5	22	F	2007
Milsk	Susan	09:03.1	37	F	2012
Minc	Sam	08:12.6	33	F	2013
Mindrebo	Emily	07:56.1	17	F	2007
Minkin	Victoria	08:00.5	21	F	2014
Miscchel	Jessi	07:38.5		F	2008
Mischel	Jessi	07:57.8		F	2007

Misiak	Ainsley	08:15.3		F	2006
Mitchell	Peggy	09:24.1	61	F	2015
Mitsche	Diana	07:49.5	22	F	2008
Mkjalski Schmidt	Dana	09:23.4	25	F	2011
Moffett	Laura	07:51.3	19	F	2007
Mohr	Sara	07:36.5	19	F	2013
Mojica	Guadalupe	10:34.7	16	F	2012
Molins	Emily	08:40.7	15	F	2015
Molly	Messersmith	07:44.1	15	F	2007
Monahan	Kate	07:38.0	16	F	2008
Montgomery	Diana	07:36.9	18	F	2014
Montgomery	Tara	08:07.4	14	F	2010
Moore	Megan	09:12.8	18	F	2009
Moran	Caileen	07:51.4	20	F	2015
Moran	Caileen	07:35.5	20	F	2016
Morehouse	Reagan	08:16.2	16	F	2010
Morgenstern	Jamie	08:30.3	18	F	2007
Morley	Brenna	08:11.1	14	F	2016
Moum	Katie	08:40.0		F	2006
Moy	Katrina	08:20.6	19	F	2009
Muckenfuss	Ellie	08:32.8	14	F	2016
Muckenfuss	Sophie	08:11.5	16	F	2015
Muckenfuss	Sophie	07:54.8	17	F	2016
Muckle	Christine	07:53.3	29	F	2009
Mullane	Moly	07:35.5	19	F	2011
Mullet	Hannah	08:03.3	20	F	2014
Mullett	Hannah	08:17.5	19	F	2013
Munson	Libby	07:48.1	17	F	2007
Muntaner	Michelle	08:08.6	14	F	2010
Murray	Alana	07:39.6		F	2007
Murry	Mj	08:43.7	18	F	2011
Myers	Megan	09:07.6	15	F	2013
Nakafoor	Holly	08:11.6	39	F	2011
Narkhede	Pradnya	10:15.3	18	F	2015
Nash	Emma	08:08.5	25	F	2016
Nathe	Anne	08:38.4	22	F	2007
Navarro	Leni	09:13.9		F	2008
Navarro	Nuri	09:44.7		F	2008
Neiman	Laura	08:40.4		F	2006
Nelson	Mackenzie	08:23.7	23	F	2015
Nesnidal	Karly	07:50.9	32	F	2016
Newcomer	Alicia	07:26.3	19	F	2013
Newcomer	Alicia	07:30.1	20	F	2014
Ngai	Val	08:15.3	35	F	2012

Nieto	Leticia	08:02.1	36	F	2016
Nockleby	Kristina	07:50.5	21	F	2007
Noel	Kirsten	08:21.6	21	F	2012
Nordstrom	Andrea	08:22.7	19	F	2007
Noveroske	Sarah	07:18.0	20	F	2012
Nowaczynski	Jennerette	08:37.0		F	2008
Nowak	Mary	07:59.1	19	F	2016
Nunez	Claudia	09:53.4		F	2006
Nyberg	MaCashen	08:39.3	20	F	2010
O'	Erin	07:33.3	36	F	2012
O'Neill	Maddi	08:12.6	17	F	2011
Oates	Holly	08:15.4	36	F	2008
O'Brien	Erin	07:35.1	35	F	2011
O'Brien	Mackenzie	08:31.7	20	F	2015
O'brien	Megan	07:32.1	26	F	2016
Ocon	Briana	08:26.7	16	F	2011
O'Conner	Ellie	08:17.4	16	F	2009
O'Connor	Hallie	09:23.4	14	F	2013
O'Connor	Linda	07:53.7	50	F	2016
Odonell	Megan	07:34.9		F	2008
Olaez	Sandra	09:33.7	22	F	2015
Olaez	Sandra	09:18.7	23	F	2016
Oldham	Keith	07:46.6		F	2006
Olivares	Michelle	08:32.6	23	F	2010
Oliver	Helen	07:27.7	16	F	2010
Olson	Annika	08:07.9	19	F	2013
Olson	Lindsey	08:00.0	31	F	2015
Olson	Lindsey	07:59.3	32	F	2016
Olson	Sammy	08:14.9	22	F	2011
O'Malley	Tara	08:43.2	23	F	2011
Ongun	Dee Dee	08:13.4	18	F	2010
Ongun	Melisa	07:32.0	17	F	2008
Ontiveros	Molly	08:05.7	19	F	2010
Orellana	Joslyne	09:49.3	15	F	2012
Ortiz	Maria	08:09.6	30	F	2014
Otiniano	Nataly	08:28.4	00	F	2010
Ourlian	Kathryn	08:27.8		F	2006
Owen	Lori	08:26.6	52	F	2012
Pablo	Christine	08:18.9	33	F	2011
Padilla	Dana	09:14.2		F	2006
Pagan	Gina	07:52.8	21	F	2011
Papaleo	Lily	08:05.0	14	F	2010
Paparella	Megan	08:29.7	21	F	2011
Parent	Rachel	07:23.7		F	2006

Parenti	Kristen	07:57.2	23	F	2011
Parker	Gisela	08:26.8	21	F	2007
Patinella	Michelle	07:38.4	30	F	2013
Patterson	Rachel	08:24.6	17	F	2009
Patton	Grace	09:24.1	15	F	2014
Paulsen	Rebecca	08:19.5	48	F	2011
Pauly	Kim	07:24.5		F	2006
Peckham	Linnea	08:09.3	20	F	2013
Pedone	Amelia	08:39.9	19	F	2016
Pelehac	Gina	08:27.2	25	F	2011
Perrone	Melissa	07:41.3	32	F	2010
Perry	Marissa	08:13.7	20	F	2011
Peters	Alexandra	08:34.2	20	F	2012
Peters	Morgan	08:24.8	16	F	2010
Peters	Rachel	08:55.9	19	F	2009
Peters	Sandra	08:03.4	23	F	2014
Peters	Sissy	07:29.6		F	2007
Peters	Stacey	08:26.8	18	F	2011
Peterson	Molly	07:49.0	15	F	2010
Petro	Elle	08:04.7	26	F	2013
Petrovic	Beth	08:03.0	20	F	2014
Petrovich	Morgan	08:23.3	26	F	2016
Pfarr	Cornie	08:31.6	28	F	2012
Phelan	Mary Grace	07:28.3		F	2016
Phillipp	Emily	08:16.5	24	F	2016
Phillips	Annie	07:52.7	16	F	2015
Phillips	Elizabeth	08:40.6	19	F	2016
Pillutla	Amulya	08:26.2	14	F	2016
Pinski	Amy	08:39.1	38	F	2012
Pirkle	Sydney	07:43.1	17	F	2015
Pirkle	Sydney	07:42.4	18	F	2016
Pis	Liz	07:40.7	17	F	2008
Pise	Elizabeth	07:36.3		F	2007
Plager	Laura	08:21.9	20	F	2014
Pletzke	Ginny	07:28.5	30	F	2012
Polak	Samantha	07:32.9	26	F	2012
Polen	Kateri	07:33.6	42	F	2012
Polley	Dianna	07:56.1	15	F	2010
Polonitza	Beri	08:52.6	17	F	2007
Pomputius	Ariel	07:40.2	19	F	2010
Poole	Gabrielle	07:51.4	21	F	2010
Poppen	Brittany	08:03.3	18	F	2015
Powers	Amber	08:49.3	39	F	2009
Praxmaer	Julie	08:12.3		F	2007

Price	Brianne	08:26.2	19	F	2012
Procarione	Amy	07:54.1	34	F	2011
Provost	Emily	07:44.9	30	F	2007
Psarouthakis	Claire	08:02.9	21	F	2011
Purta	Katherine	08:35.5	23	F	2010
Pusey	Bree	08:50.3	19	F	2015
Quam	Maddie	08:17.3	19	F	2015
Quam	Maddie	08:26.8	20	F	2016
Quinn	Sarah	08:45.9	20	F	2011
Quist	Heidi	08:27.6		F	2008
Radek	Amanda	09:02.9	18	F	2007
Rains	Kat	08:10.5	22	F	2015
Rains	Katharina	08:15.8	23	F	2016
Ramirez	Ana	09:15.3	14	F	2008
Raspante	Laura	08:53.5	19	F	2009
Rataj	Kate	09:17.4	46	F	2010
Raun	Elin	08:07.2	28	F	2010
Ray	Tally	07:52.4	27	F	2016
Reardon	Keely	08:30.5	14	F	2015
Reardon	Keely	08:19.6	14	F	2016
Reddy	Ratuja	08:18.3	18	F	2014
Reddy	Ratuja	08:10.0	20	F	2016
Refenes	Heather	08:13.7	31	F	2012
Reichel	Amy	07:34.4	24	F	2012
Reider	Molly	08:38.3	18	F	2008
Rein	Julia	08:39.2	13	F	2015
Rein	Julia	08:01.3	14	F	2016
Reis	Diane	08:24.4	26	F	2008
Rejman	Alex	08:56.2	15	F	2011
Renzema	Chloe	08:08.1	19	F	2013
Reyes	Gracie	09:37.0	15	F	2011
Reyes	Karen	09:16.3	17	F	2013
Reyes	Samantha	09:13.0	15	F	2015
Reyes	Samantha	09:30.6		F	2016
Reynolds	Kymberly	08:52.0	50	F	2015
Reynolds	Kymberly	08:33.5	50	F	2016
Riccard	Kristen	08:04.1		F	2006
Richards	Megan	07:49.9	30	F	2013
Richie	Jackie	08:11.9		F	2006
Ridley	Mary	10:04.4	70	F	2016
Riesgraf	Emily	08:13.0	19	F	2014
Riggs	Sarah	08:13.8		F	2006
Ringer	Sonya	07:39.2	19	F	2009
Ritchie	Helen	08:23.0	18	F	2016

Ritter	Maggie	07:40.0	20	F	2014
Rivard	Becky	07:58.4	26	F	2011
Rives	Monica	10:07.0	17	F	2015
Robbins	Katherine	08:29.6	15	F	2009
Roberts	Alison	08:51.6	18	F	2011
Roberts	Becky	07:53.0	29	F	2013
Roberts	Megan	08:23.2	16	F	2010
Roberts	Ruby	07:45.6	15	F	2011
Robertson-Yoder	Kelly	08:24.0	54	F	2016
Robinson	Nicole	08:51.8	17	F	2015
Robinson	Nicole	08:18.6	17	F	2016
Robinson	Norene	08:26.9	62	F	2016
Rocca	Catherine	08:32.0	67	F	2013
Rocca	Catherine	08:35.2	70	F	2016
Rocca	Catherine	08:31.4	68	F	2014
Rodriguez	Jazmin	08:47.3	15	F	2015
Rodriguez	Kylie	09:04.2	15	F	2011
Rodriguez	Michelle	10:54.5	21	F	2015
Roe	Mary	09:10.4		F	2006
Roenigk	Katie	07:56.8		F	2006
Rogers	Amanda	07:58.2	23	F	2016
Rogers	Ashley	07:52.1	20	F	2009
Roggow	Alyssa	08:35.4	20	F	2010
Rola	Kat	07:59.6	18	F	2013
Roland	Ashley	08:18.9	29	F	2011
Romanowski	Kim	08:52.0	38	F	2012
Rosainz	Teresa	09:51.4	47	F	2011
Rosati	Kinsy	08:08.6	27	F	2011
Rosen	Michelle	09:43.4	58	F	2012
Ross	Olivia	07:25.8	17	F	2012
Ross	Rakhael	09:34.7	60	F	2008
Ross	Samantha	08:45.0		F	2006
Rossi	Laura	08:20.6	19	F	2016
Rowell	Emma	07:58.7	18	F	2013
Rozdolsky	Olivia	08:41.0	16	F	2012
Rudnik	Emma	08:30.0		F	2006
Ruhl	Katie	07:58.7	21	F	2014
Running	Kathryn	08:29.0	20	F	2013
Rusakow	Samara	08:50.6	18	F	2014
Rusk	Rebecca	08:18.7	18	F	2008
Sagarkar	Manasvi	10:31.1	19	F	2015
Sakura	Kathrine	08:14.5		F	2007
Salah	Yasmin	08:49.2	16	F	2015
Sanchez	Theresa	08:41.2	16	F	2007

Sanford	Katherine	08:19.4	18	F	2008
Sanford	Rachel	08:17.8	16	F	2009
Sarah	Walsh	07:37.9	28	F	2010
Sargeant	Lauren	08:05.2	19	F	2015
Satas	Daiva	08:24.9	46	F	2011
Sato	Gitte	08:53.9	44	F	2013
Saubert	Danielle	07:03.6	23	F	2013
Sawyer	Sarina	08:29.1		F	2006
Scekic	Vera	07:45.3	44	F	2011
Scheidemantel	Kelly	08:26.2	20	F	2009
Scheler	Hilary	08:03.5	30	F	2013
Scherer	Chloe	08:50.6	17	F	2013
Schermer	Gabi	07:32.4	16	F	2015
Schick	Mel	07:30.0	22	F	2015
Schiederman	Jenn	07:50.3	41	F	2012
Schmidtke	Lisa	08:48.7	44	F	2011
Schmidt	Christine	08:45.3	20	F	2016
Schneiderman	Jenn	07:56.2	43	F	2014
Schniederman	Jenn	07:53.6	40	F	2011
Schreiderman	Jen	07:54.8	38	F	2009
Schroeder	Allison	07:24.5	20	F	2016
Schucker	Stephanie	09:01.3		F	2006
Schuler	Katharine	09:15.3	45	F	2011
Schuler	Lisa	08:44.8	33	F	2012
Schultz	Katherine	09:39.8	58	F	2015
Schulz	Jessica	08:08.5	32	F	2013
Schutzen	Wendy	08:09.2	46	F	2012
Seals	Vada	08:59.7	54	F	2008
Searles	Noelle	09:44.2	19	F	2012
Seeberg	Mary Claire	07:55.1	18	F	2013
Selig	Molly	08:03.4	16	F	2008
Sepe	Lizzy	08:17.0		F	2006
Seremek	Abby	08:09.1	17	F	2010
Serkland	Selene	09:04.0	17	F	2015
Sermack	Abby	08:11.8	15	F	2009
Serwinski	Alexa	07:45.4	16	F	2010
Seryak	Kate	07:54.9		F	2006
Seveska	Jessica	08:34.1	32	F	2016
Shah	Jasmin	08:31.9	38	F	2014
Sharis	Caroline	08:23.6	12	F	2013
Sharis	Elizabeth	07:18.3	15	F	2013
Sharp	Jennifer	08:05.2	33	F	2016
Sharpe	Courtney	08:31.7	19	F	2007
Sheade	Becca	07:52.9	30	F	2011

Sheetz	Suzie	08:49.5		F	2006
Shen	Katherine	09:01.2	19	F	2014
Sheridan	Carolynn	09:46.0	68	F	2015
Shook	Lauren	07:32.0		F	2006
Shuttleworth	Nell	07:19.4	32	F	2011
Shuttleworth	Nell	07:33.7	37	F	2016
Sian Williams	Erin	09:11.2	33	F	2014
Siddique	Mariyam	09:14.4	18	F	2014
Sidelko	Diana	08:02.2	19	F	2007
Sieber	Cameron	08:14.3	18	F	2008
Sigalos	Liz	09:00.0	27	F	2011
Sills	Samantha	08:14.4	17	F	2009
Simmons	Summer	08:17.9	15	F	2012
Simon	Elizabeth	08:34.8	15	F	2011
Simon	Katya	08:57.7	15	F	2009
Simons	Victoria	08:57.0	21	F	2010
Simpson	Jennifer	08:23.2		F	2006
Simpson	Meg	07:47.1	16	F	2007
Singer	Ana	08:38.7	19	F	2010
Singer	Sadie	07:37.0	20	F	2013
Sinks	Molly	07:47.1		F	2006
Skolasky	Sara	07:50.0	18	F	2008
Skorburg	Megan	08:44.0	18	F	2010
Slade	Helen	08:47.2	51	F	2014
Slayton	Claire	08:15.1	21	F	2014
Sley	Mary	07:37.9	19	F	2007
Sloan	Melissa	08:05.8		F	2006
Slowinski	Kathy	07:48.0	32	F	2012
Smalla	Carlotta	08:13.8	16	F	2015
Smiersiak	Sara	08:37.8	18	F	2008
Smies	Laura	08:13.4		F	2006
Smith	Ali	08:02.6	19	F	2013
Smith	Caroline	08:51.7	20	F	2007
Smith	Gaya	08:40.5	13	F	2008
Smith	Griffin	08:00.9		F	2007
Smith	Isabelle	08:32.1		F	2011
Smith	Jessica	08:40.3	19	F	2011
Smith	Samantha	07:18.4	21	F	2010
Smith	Sarah	09:34.3		F	2006
Smithy	Gretchen	08:38.9	18	F	2009
Smythe	Terry	07:44.8	51	F	2009
Soto	Francesca	09:13.3	14	F	2014
Spaulding	Jennifer	08:15.2	18	F	2014
Spitzer	Mary	08:15.2		F	2006

Spitznagel	Elizabeth	08:08.3	24	F	2010
Sriram	Amritha	08:35.5	18	F	2016
Starin	Amy	08:47.1	50	F	2013
Starin	Amy	08:44.5	51	F	2014
Starshak	Tess	08:28.0	17	F	2012
Steffen	Chelsea	07:35.2	21	F	2012
Stein	Callie	07:58.9	17	F	2010
Steinberg	Rebecca	07:42.0	19	F	2012
Stephens	Cassie	07:57.3	18	F	2009
Stephenson	Annie	08:13.5		F	2007
Stevens	Cheryl	06:59.9	27	F	2016
Stevens	Erika	09:08.8	20	F	2015
Stevenson	Ariel	07:43.3	20	F	2014
Stewart	Katherine	08:18.1	19	F	2012
Stockwell	Christine	07:43.4	18	F	2009
Stoll	Rachel	07:42.0	22	F	2010
Stopka	Jennifer	08:12.0		F	2007
Stoychoff Inman	Karen	08:17.9	48	F	2010
Straaton	Elise	08:39.6	15	F	2009
Stroud	Nya	09:19.9	17	F	2015
Stroud	Nya	08:59.3	18	F	2016
Strzelec	Joanna	08:25.1	28	F	2012
Sturgis	Jessica	08:21.9	15	F	2015
Sturgis	Nicole	08:34.7	16	F	2014
Sundt	Kendra	08:06.2	21	F	2007
Sung	Jenny	08:27.9	29	F	2012
Sweeny	Caroline	07:41.5		F	2006
Swift	Alex	07:44.2	15	F	2009
Swift	Mia	08:37.1	15	F	2007
Swinson	Julie	08:05.9		F	2006
Switalski	Kathryn	07:38.0		F	2006
Sykora	Lauren	08:05.0	17	F	2007
Tadie	Elizabeth	08:55.5	18	F	2010
Tadin	Catherine	09:02.0	15	F	2014
Talwar	Mika	08:36.8	19	F	2015
Tan	Kimmie	09:16.3	15	F	2015
Taylor	Jean	07:54.7	42	F	2013
Taylor	Jennifer	08:21.7	21	F	2008
Taylor	Sydney	07:33.9	25	F	2016
Taylor (RC)	Sydney	07:30.2	25	F	2015
Tchakalska	Katerina	08:17.4		F	2006
Tellez	Elena	09:21.2	15	F	2015
Terbrock	Jenny	07:46.6		F	2006
Terhune	Rebecca	08:07.4	19	F	2007

Teune	Molly	07:54.3	20	F	2007
Thawani	Anita	09:00.0	30	F	2012
Thayer	Tonya	08:07.5	39	F	2011
Thede	Justine	08:05.7		F	2006
Thomas	Melisa	08:05.4	16	F	2010
Thompson	Julie	08:09.4	50	F	2013
Thompson	Katie	07:59.0	21	F	2014
Thompson	Lisa	09:34.0	49	F	2013
Thorne	Deborah	09:42.9	62	F	2016
Tiliks	Tina	08:46.6	36	F	2012
Timmel	Ainsely	08:10.1		F	2008
Toole	Julie	08:42.3	44	F	2013
Tooze	Sydney	07:44.5	22	F	2013
Torres	Marlen	09:21.4		F	2008
Touloukian	Madison	08:13.8	19	F	2014
Trace	Jenny	08:00.6	28	F	2014
Tranter	Jesse	08:32.1	18	F	2012
Trickey	Caitlyn	07:50.7		F	2014
Trodgen	Kathryn	08:26.6	20	F	2009
Trogden	Kathryn	08:26.9		F	2007
Trogdon	Miken	08:21.5	31	F	2016
Truong	Jasmine	08:30.4	16	F	2011
Troxler	Amanda	08:06.1		F	2006
Tucker	Tess	09:00.7	16	F	2009
Tuite	Frances	07:46.6	51	F	2010
Tuite	Frances	07:53.0	57	F	2016
Tuite (RC)	Fran	07:50.6	57	F	2015
Tunder	Kelly	08:39.3	34	F	2011
Turek	Kathleen	08:09.9	20	F	2014
Turk	Laura	08:34.8	15	F	2011
Turner	Christina	08:09.7		F	2006
Turner	Tina	09:06.2	42	F	2015
Uggeri	Catie	08:04.6	20	F	2009
Van Halsema	Catherine	08:14.5	26	F	2015
Van Halsema	Catherine	08:00.2	26	F	2016
Vance	Crystal	10:34.0		F	2006
Vance	Kara	08:13.7	19	F	2007
Vandelinder	Claire	07:38.0		F	2006
Vanderweele	Kyra	08:32.8	14	F	2016
VanFossen	Sabrina	08:10.3	16	F	2012
Vannoy	Morgan	07:58.4	22	F	2015
Varallo	Jennifer	07:42.6	20	F	2014
Varrige	Cassie	08:17.2	15	F	2014
Vautier	Jenn	08:54.3	23	F	2011

Velazquez	Michelle	08:25.0	33	F	2014
Veum	Kristene	08:02.5		F	2007
Vigna	Lindsay	08:17.9	28	F	2013
Villanueva	Yvonne	09:16.9		F	2008
Villegas	Lisandra	08:59.8	16	F	2012
Vinson	Leah	08:50.4	20	F	2014
Vitt	Amelia	08:33.2		F	2006
Voelker	Ashley	07:50.0	15	F	2010
Vogl	Eileen	07:32.4		F	2008
Von Essen	Leah	08:40.0	18	F	2013
von Essen	Leah	09:04.2	21	F	2016
Vonderheide	Lily	08:28.9	20	F	2008
Wachholz	Katlin	08:32.1	16	F	2013
Walczak	Heidi	08:07.8	35	F	2012
Waldrop	Ruthanne	07:50.7		F	2006
Walker	Elisabeth	08:03.4	19	F	2015
Wallmeier	Heidi	08:52.0	30	F	2012
Walsh	Patricia	07:50.8	16	F	2012
Wang	Kemeng	10:09.3	19	F	2008
Waraxa	Lauren	08:01.8		F	2006
Ward	Katie	08:10.6		F	2006
Ward	Mackenzie	09:12.9	15	F	2009
Warnke	Heather	08:29.7	29	F	2011
Warpinski	Stephanie	07:54.0		F	2008
Warpness	Syd	08:36.2	15	F	2010
Wasilewski	Kathy	08:48.5	18	F	2012
Watkins	Alane	08:26.0	45	F	2012
Watters	Kelsey	07:26.9	33	F	2016
Watts	Caitlin	08:04.4		F	2006
Weckerly	Madison	08:28.2	15	F	2011
Weeks	Brynne	08:47.2		F	2006
Weil	Hayley	08:02.0	16	F	2009
Weiss	Gabi	08:25.7	16	F	2011
Weiss	Sarah	08:11.2	19	F	2013
Weldy	Karah	08:03.5	25	F	2012
Weller	Hannah	08:29.1	16	F	2010
Wellhausen	Meredith	07:57.3	20	F	2011
Welton	Aubrey	07:45.2		F	2014
Wessel	Mary	11:07.1	59	F	2009
Westenberger	Claire	08:19.9	15	F	2015
Westwod-Booth	Frances	08:36.3	21	F	2013
Westwood-Booth	Frances	08:31.0	20	F	2012
Whalen	Lucia	08:51.5	21	F	2015
Whalen	Lucia	08:44.8	21	F	2016

White	Meghan	09:06.9	18	F	2007
White	Michelle	08:59.1	29	F	2012
White	Sommer	09:02.6	35	F	2013
White	Tabitha	07:51.6		F	2006
Whiteman	Amy	08:17.5	15	F	2011
Whiteman	Katie	07:35.8	18	F	2011
Whitfield	Ruth Anne	07:50.0	25	F	2012
Whiting	Sarah	07:55.5	28	F	2011
Whitmore	Megan	08:04.2	21	F	2007
Wieckowski	Alina	08:20.5	18	F	2008
Wiegner	Christina	08:46.2	49	F	2015
Wiegner	Christina	08:38.3	50	F	2016
Wilk	Rachel	08:06.5	18	F	2011
Williams	Erin	09:20.9	32	F	2013
Williamson	Emilie	07:58.6	15	F	2015
Willmott	Michele	08:52.9	53	F	2011
Wilmoit	Elizabeth	08:55.2		F	2007
Wilmott	Michele	08:46.2	50	F	2009
Wilson	Hannah	07:51.8	17	F	2009
Wilson	Sophie	08:18.6	15	F	2012
Wink	Teresa	08:15.5	16	F	2007
Winters	Diane	08:00.1	47	F	2010
Wisner	Casey	08:06.0	13	F	2009
Witaszczyk	Anamaria	09:34.1	35	F	2013
Wlittmeyer	Alysson	07:39.0	16	F	2014
Witzki	Taylor	08:33.9		F	2006
Woelfer	Sarah	07:29.2	21	F	2014
Wojcieszak	Ania	09:06.4	15	F	2014
Wojcik	Diane	09:06.1	62	F	2016
Wolenberg	Kelly	07:40.8	21	F	2011
Wolf	Julia	07:49.4	16	F	2012
Wolferding	Megan	07:52.9		F	2006
Woodbury	Britt	08:24.4		F	2006
Woodham	Abby	08:27.0	19	F	2009
Wright	Jessica	08:19.0	21	F	2007
Wysocki	Amy	07:35.1	43	F	2014
Wysocki	Amy	07:31.3	45	F	2016
Xu	Julia	08:40.4	19	F	2015
Yawney	Ashley	08:17.9	17	F	2010
Yeshewas	Pamela	07:55.3	20	F	2014
Yglesias	Justine	08:18.3		F	2006
Yi Ow	Wei	08:49.2	22	F	2015
Yoder	Kelly	08:27.4	53	F	2015
Yong	Shuling	09:31.5	20	F	2008

Yonker	Angie	07:44.4	30	F	2012
Young	Jessica	08:17.5	19	F	2008
Young	Lydia	07:53.2	19	F	2009
Young	Nicole	09:54.4	39	F	2011
Yundt	Jennie	08:59.3	31	F	2011
Yung	Vanderlene	09:16.6	25	F	2009
Zackochi	Emma	08:58.0	15	F	2010
Zaharchuk	Holly	07:43.9	18	F	2012
Zangs Christenson	Bridget	08:55.6		F	2008
Zapolski	Haley	07:29.9	16	F	2013
Zar	Danielle	08:16.4		F	2008
Zastawny	Abigail	08:21.5	18	F	2016
Zebold	Kerry	08:42.7	53	F	2012
Zeza	Margarita	07:34.1	52	F	2010
Zhen	Christina	08:58.0	17	F	2011
Ziegler	Rachel	07:40.1	19	F	2015
Zimmanck	Kay	08:43.7	52	F	2008
Zirpolo	Anna	09:19.1	14	F	2013
Zusman	Amanda	08:01.1		F	2006
Zwick	Annie	08:28.4	14	F	2011
Zwick	Ellie	08:07.0	15	F	2009