

All-time Performers - River Road Country Club/Champions Park 4k course

Girls 4000m Run - River Road Country Club course (sub-20:00 performers)

1	16:11.70	Melanie Strothman	10/5/2011	Assumption Frosh-Soph/JV Race 3
2	17:14.90	Nichole Silverstein	10/13/2010	Assumption Frosh-Soph/JV Race 3
3	17:29.50	Sarah Steier	10/13/2010	Assumption Frosh-Soph/JV Race 3
4	17:42.40	Carolyn Morris	10/5/2011	Assumption Frosh-Soph/JV Race 3
5	18:02.90	Delanie Parker	10/5/2011	Assumption Frosh-Soph/JV Race 3
6	18:15.20	Lily Samuel	9/19/2012	Assumption Frosh-Soph/JV race 2
7	18:26.50	Kelly Morris	10/5/2011	Assumption Frosh-Soph/JV Race 3
8	18:33.90	Sydney Radcliff	10/13/2010	Assumption Frosh-Soph/JV Race 3
9	18:38.50	Ellie Herp	10/13/2010	Assumption Frosh-Soph/JV Race 3
10	18:39.60	Kelsey Albrektson	9/10/2007	Assumption JV All-Comers Meet
11	18:45.70	Amy Gettelfinger	10/13/2010	Assumption Frosh-Soph/JV Race 3
12	18:50.20	Lauren Loehnert	10/5/2011	Assumption Frosh-Soph/JV Race 3
13	18:51.90	Laura Hensler	9/10/2007	Assumption JV All-Comers Meet
14	19:07.30	Courtney Downs	9/19/2012	Assumption Frosh-Soph/JV race 2
15	19:14.70	Allison Zickel	10/13/2010	Assumption Frosh-Soph/JV Race 3
16	19:17.40	Sydney Esarey	9/19/2012	Assumption Frosh-Soph/JV race 2
17	19:23.90	Grace Edwards	10/13/2010	Assumption Frosh-Soph/JV Race 3
18	19:25.00	Claire Schroering	9/10/2007	Assumption JV All-Comers Meet
19	19:30.30	Kathryn Burch	9/10/2007	Assumption JV All-Comers Meet
20	19:30.70	Natalie Remmers	10/13/2010	Assumption Frosh-Soph/JV Race 3
21	19:31.10	Ashley Haupt	10/13/2010	Assumption Frosh-Soph/JV Race 3
22	19:33.10	Candace Quill	10/13/2010	Assumption Frosh-Soph/JV Race 3
23	19:35.70	Leanna Burckle	9/10/2007	Assumption JV All-Comers Meet
24	19:35.90	Ashleigh Judah	9/21/2011	Assumption Frosh-Soph/JV Race 2
25	19:44.20	Meg Olash	10/13/2010	Assumption Frosh-Soph/JV Race 3
26	19:51.80	Gabby Ringenberg	10/13/2010	Assumption Frosh-Soph/JV Race 3
27	19:52.70	Olivia Vanegas	10/5/2011	Assumption Frosh-Soph/JV Race 3
28	19:57.90	Kylie Noltemeyer	10/13/2010	Assumption Frosh-Soph/JV Race 3
29	19:58.10	Amy Czerwonka	10/13/2010	Assumption Frosh-Soph/JV Race 3
30	19:59.29	Sarah Whalen	8/30/2014	Tiger Run