

All-time Performers - Seneca Park 3k course

Girls 3000m Run - Seneca Park course (sub-14:30 performers)

1	11:11.50	Linda Falk	10/29/1983	Regional Championship
2	11:13.00	Susan Taylor	10/24/1984	Dual Meet vs SHA
3	11:29.00	Kim Kupper	10/9/1984	Dual Meet vs Ballard, KCD
4	11:32.00	Kathleen Clark	10/13/1985	Academy Meet
5	11:34.00	Ann Brian	10/31/1981	Regional Championship
6	11:38.00	Judi Joseph	10/31/1981	Regional Championship
7	11:40.00	Rosie Kruger	10/13/1985	Academy Meet
8	11:47.00	Beth Moll	10/24/1984	Dual Meet vs SHA
9	11:52.00	Carolyn Dellario	10/13/1981	Dual Meet vs Eastern
10	11:55.00	Angie Hollkamp	10/13/1985	Academy Meet
11	12:00.00	Sandy Schaefer	10/31/1981	Regional Championship
12	12:11.00	Michele Dellario	10/24/1984	Dual Meet vs SHA
13	12:15.00	Beth Struck	10/29/1983	Regional Championship
14	12:16.00	Sarah Diebold	10/13/1985	Academy Meet
15	12:31.00	Monica Myers	9/24/1988	Male Invitational
16	12:32.00	Diane Taylor	9/20/1990	Academy Meet
17	12:38.00	Linda Heleringer	10/29/1983	Regional Championship
18	12:39.00	Susan McDevitt	10/6/1981	Dual Meet vs Ball, Sou, PRP, Doss
19	12:49.00	Kim Schwoeppe	10/13/1988	Dual Meet vs Holy Rosary
20	12:52.00	Julie Schaefer	10/24/1984	Dual Meet vs SHA
21	12:58.00	Lynn Russman	10/23/1981	Dual Meet vs SHA, Pres, Mercy
22	13:02.00	Amy Pace	10/16/1990	Dual Meet vs Ballard
23	13:04.00	Julie Fritsch	10/13/1985	Academy Meet
24	13:24.00	Beth Ryan	9/16/1986	Dual Meet vs Seneca, Fern Creek
25	13:27.00	Tracey Maier	9/25/1984	Meet vs Moore, Seneca
26	13:29.00	Lori Stahlgren	10/9/1984	Dual Meet vs Ballard, KCD
27	13:35.00	Kristin Dolwick	10/24/1984	Dual Meet vs SHA
28	13:37.00	Karen Koch	10/2/1984	Dual Meet vs Holy Rosary
29	13:40.00	Angie Morrow	10/26/1990	Regional Championship
30	13:43.00	Kristy Bronger	9/12/1985	Meet vs Holy Rosary
31	13:50.00	Amy Bryant	10/26/1990	Regional Championship
31	13:50.00	Heather Pace	10/9/1990	Dual Meet vs Seneca
33	13:51.00	Jill Allen	10/26/1990	Regional Championship
33	13:51.00	Liz Reh	10/26/1990	Regional Championship
35	13:57.00	Chrissy Guelda	9/5/1985	Meet vs Mercy, Holy Rosary
36	14:06.00	Kelly Lindsay	10/12/1986	Academy Meet
37	14:11.00	Becky Shannonhouse	9/15/1987	Dual Meet vs SHA, Mercy
38	14:13.00	Kim Corbell	10/24/1984	Dual Meet vs SHA
39	14:15.00	Amy Steffan	10/25/1986	Regional Championship