|  |  |  |  |
| --- | --- | --- | --- |
|  | NAME | TIME | YEAR |
| 1 | Heather Conger | 18:48 | 2006 |
| 2 | Becky Rohwer | 19:31 | 2012 |
| 3 | Rachel Stork | 20:18 | 2003 |
| 4 | Katie Jesurun | 20:34 | 2003 |
| 5 | Kaela Martin | 20:46 | 2005 |
| 6 | Rachael Hoover | 21:01 | 2004 |
| 7 | Cierra Williams | 21:39 | 2008 |
| 8 | Stephanie Colonna | 21:44 | 2001 |
| 9 | Natalie Magyar | 21:47? | 2001? |
| 10 | Alyssa Paratore | 21:44 | 2004 |
|  |

Cross-Country 10 Best 5k Performances

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| --- | --- | --- | --- |
|  | NAME | TIME | YEAR |
| 1 | Mike Buzzelli | 16:09 | 2004 |
| 2 | Matt Limbert | 16:28 | 1990 |
| 3 | Brett Smith | 16:48 | 1990 |
| 4 | Bob Magyar | 16:54 | 1998 |
| 5 | Michael Baio | 17:10 | 2015 |
| 6 | Brad Longo | 17:11 | 2007 |
| 7 | Greg Lamantia | 17:14 | 2014 |
| 8 | Nick Weber | 17:16 | 1994 |
| 9 | Stan Strunk | 17:29 | 1991 |
| 10 | Jordan Ciccarello | 17:26 | 2004 |
|  | Tim Limbert | 18:01 | 1991 |
|  | Chris Carrier |  | 2000 |
|  | Mike Diamond | 17:54 | 1982 |
|  | Bill Biscoff | 17:35 | 1982 |