

## FMHS Cross Country - Best 5K All-time Results

<u>Girls - 5K</u>				<u>Girls - 3200M</u>				<u>Boys - 5K</u>			
1	Natalie Cook	17:03	2018	1	Connor Ward	11:06	2010	1	Alex Maier	14:34	2018
2	Anastaysia Davis	17:19	2018	2	Safiya Belbina	11:10	2011	2	Connor Adams	14:53	2009
3	Laura Fairchild	17:37	2017	3	Michelle Gallegos	11:16	2003	3	Jarrett Kirk	15:02	2017
4	Safiya Belbina	17:54	2013	4	Taylor Light	11:19	2010	<b>4</b>	<b>Thomas Romanow</b>	<b>15:16</b>	<b>2019</b>
5	Allie Lyda	18:04	2017	5	Allie Wyatt	11:28	2007	5	Brett Olson	15:25	2003
6	Rebecca Jacobson	18:18	2014	6	Kirsten Zeller	11:31	2011	6	J.B. Lagos	15:29	2005
<b>7</b>	<b>Allison Buemi</b>	<b>18:21</b>	<b>2019</b>	7	Jessica Kenney	11:36	2011	7	Nathan Milles	15:29	2006
8	Grace Graves	18:28	2015	7	Clara Poston	11:36	2008	8	Zachariah Hamstra	15:30	2013
9	Hannah McLaughlin	18:31	2018	9	Catalina Uriarte	11:41	2011	<b>9</b>	<b>Jacob Ricks</b>	<b>15:30</b>	<b>2019</b>
10	Catalina Uriarte	18:31	2012	9	Cassidy Allen	11:41	2011	<b>10</b>	<b>Jonathan Flint</b>	<b>15:35</b>	<b>2019</b>
11	Taylor Light	18:32	2010	11	Dana Ramstad	11:42	2008	11	Wesley Ward	15:38	2013
12	Mia Hoang	18:33	2018	12	Kat Bouton	11:45	2010	12	Jonathan Wyatt	15:42	2010
13	Emma Lewis	18:34	2015	13	Katie Kinser	11:49	2006	13	Marc D'Ambrosio	15:42	2005
14	Connor Ward	18:45	2010	14	Kirsten Moore	11:50	2009	14	Robert Zeller	15:42	2009
15	Josephine Knight	18:55	2015	15	Alex Vigil	11:54	2009	15	Carter Moates	15:44	2017
<b>16</b>	<b>Miranda Vreeland</b>	<b>18:58</b>	<b>2019</b>	16	Alex Delvaux	11:57	2005	16	Payton Ash	15:45	2016
17	Allie Wyatt	18:59	2005	17	Augusta Wise	11:58	2005	17	Anthony D'Amborsio	15:48	2004
<b>18</b>	<b>Emma McLaughlin</b>	<b>19:03</b>	<b>2019</b>	18	Ashley McDaniel	11:59	2003	18	Michael Romero	15:51	2016
19	Brittany White	19:08	2012	19	Amanda Barth	12:00	2002	<b>19</b>	<b>Jacob Price</b>	<b>15:56</b>	<b>2019</b>
20	Cassidy Allen	19:08	2013	20	Rebecca Jacobson	12:02	2011	20	Nicholas Romanow	15:56	2016

Bold names - members of 2019 team