

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

<u>Girls - 5K</u>				<u>Girls - 3200M</u>				<u>Boys - 5K</u>			
<b>1</b>	<b>Natalie Cook</b>	<b>16:32</b>	<b>2021</b>	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
<b>4</b>	<b>Nicole Humphries</b>	<b>17:39</b>	<b>2021</b>	4	Taylor Light	11:19	2010	4	Jacob Ricks	15:10	2020
5	Safiya Belbina	17:54	2013	5	Allie Wyatt	11:28	2007	5	Braydon Kennedy	15:14	2020
6	Allie Lyda	18:04	2017	6	Kirsten Zeller	11:31	2011	6	Thomas Romanow	15:16	2019
<b>7</b>	<b>Samantha Humphries</b>	<b>18:07</b>	<b>2021</b>	7	Jessica Kenney	11:36	2011	7	Brett Olson	15:25	2003
<b>8</b>	<b>Virginia Knight</b>	<b>18:17</b>	<b>2021</b>	7	Clara Poston	11:36	2008	8	J.B. Lagos	15:29	2005
9	Rebecca Jacobson	18:18	2014	9	Catalina Uriarte	11:41	2011	9	Nathan Milles	15:29	2006
10	Allison Buemi	18:19	2020	9	Cassidy Allen	11:41	2011	10	Zachariah Hamstra	15:30	2013
<b>11</b>	<b>Alexandra Fox</b>	<b>18:20</b>	<b>2021</b>	11	Dana Ramstad	11:42	2008	11	Jonathan Flint	15:35	2019
12	Grace Graves	18:28	2015	12	Kat Bouton	11:45	2010	12	Wesley Ward	15:38	2013
13	Hannah McLaughlin	18:31	2018	13	Katie Kinser	11:49	2006	13	Jonathan Wyatt	15:42	2010
14	Catalina Uriarte	18:31	2012	14	Kirsten Moore	11:50	2009	14	Marc D'Ambrosio	15:42	2005
15	Taylor Light	18:32	2010	15	Alex Vigil	11:54	2009	15	Robert Zeller	15:42	2009
16	Mia Hoang	18:33	2018	16	Alex Delvaux	11:57	2005	16	Carter Moates	15:44	2017
17	Emma Lewis	18:34	2015	17	Augusta Wise	11:58	2005	17	Payton Ash	15:45	2016
18	Connor Ward	18:45	2010	18	Ashley McDaniel	11:59	2003	18	Anthony D'Amborsio	15:48	2004
19	Miranda Vreeland	18:48	2020	19	Amanda Barth	12:00	2002	19	Michael Romero	15:51	2016
20	Josephine Knight	18:55	2015	20	Rebecca Jacobson	12:02	2011	<b>20</b>	<b>Owen Cole</b>	<b>15:53</b>	<b>2021</b>

Bold names - members of 2021 team