

FMHS Cross Country - Best 5K All-time Results

<u>Girls - 5K</u>				<u>Girls - 3200M</u>				<u>Boys - 5K</u>			
1	Natalie Cook	16:32	2021	1	Connor Ward	11:06	2010	1	Alex Maier	14:34	2018
2	Nicole Humphries	17:09	2022	2	Safiya Belbina	11:10	2011	2	Connor Adams	14:53	2009
3	Samantha Humphries	17:11	2022	3	Michelle Gallegos	11:16	2003	3	Jarrett Kirk	15:02	2017
4	Anastaysia Davis	17:19	2018	4	Taylor Light	11:19	2010	4	Jacob Ricks	15:10	2020
5	Alexandra Fox	17:25	2022	5	Allie Wyatt	11:28	2007	5	Braydon Kennedy	15:14	2020
6	Laura Fairchild	17:37	2017	6	Kirsten Zeller	11:31	2011	6	Thomas Romanow	15:16	2019
7	Safiya Belbina	17:54	2013	7	Jessica Kenney	11:36	2011	7	Brett Olson	15:25	2003
8	Allie Lyda	18:04	2017	7	Clara Poston	11:36	2008	8	J.B. Lagos	15:29	2005
9	Virginia Knight	18:17	2021	9	Catalina Uriarte	11:41	2011	9	Nathan Milles	15:29	2006
10	Rebecca Jacobson	18:18	2014	9	Cassidy Allen	11:41	2011	10	Zachariah Hamstra	15:30	2013
11	Allison Buemi	18:19	2020	11	Dana Ramstad	11:42	2008	11	Jonathan Flint	15:35	2019
12	Natalie Spangher	18:22	2022	12	Kat Bouton	11:45	2010	12	Wesley Ward	15:38	2013
13	Grace Graves	18:28	2015	13	Katie Kinser	11:49	2006	13	Jonathan Wyatt	15:42	2010
14	Hannah McLaughlin	18:31	2018	14	Kirsten Moore	11:50	2009	14	Marc D'Ambrosio	15:42	2005
15	Catalina Uriarte	18:31	2012	15	Alex Vigil	11:54	2009	15	Robert Zeller	15:42	2009
16	Taylor Light	18:32	2010	16	Alex Delvaux	11:57	2005	16	Carter Moates	15:44	2017
17	Mia Hoang	18:33	2018	17	Augusta Wise	11:58	2005	17	Payton Ash	15:45	2016
18	Emma Lewis	18:34	2015	18	Ashley McDaniel	11:59	2003	18	Anthony D'Amborsio	15:48	2004
19	Connor Ward	18:45	2010	19	Amanda Barth	12:00	2002	19	Michael Romero	15:51	2016
20	Ava Cole	18:48	2022	20	Rebecca Jacobson	12:02	2011	20	Owen Cole	15:49	2022
20	Miranda Vreeland	18:48	2020								

Bold names - members of 2022 team