

FMHS Cross Country - Best 5K All-time Results

Girls - 5K

1	Natalie Cook	16:32	2021
2	Samantha Humphries	16:52	2023
3	Nicole Humphries	17:09	2022
4	Anastaysia Davis	17:19	2018
5	Alexandra Fox	17:22	2023
6	Laura Fairchild	17:37	2017
7	Safiya Belbina	17:54	2013
8	Allie Lyda	18:04	2017
9	Natalie Spangher	18:05	2023
10	Virginia Knight	18:17	2021
11	Rebecca Jacobson	18:18	2014
12	Allison Buemi	18:19	2020
13	Ava Cole	18:23	2023
14	Adeline Bennett	18:26	2023
15	Grace Graves	18:28	2015
16	Hannah McLaughlin	18:31	2018
17	Catalina Uriarte	18:31	2012
18	Taylor Light	18:32	2010
19	Mia Hoang	18:33	2018
20	Emma Lewis	18:34	2015

Boys - 5K

1	Alex Maier	14:34	2018
2	Connor Adams	14:53	2009
3	Jarrett Kirk	15:02	2017
4	Jacob Ricks	15:10	2020
5	Braydon Kennedy	15:14	2020
6	Thomas Romanow	15:16	2019
7	Brett Olson	15:25	2003
8	J.B. Lagos	15:29	2005
9	Nathan Milles	15:29	2006
10	Zachariah Hamstra	15:30	2013
11	Jonathan Flint	15:35	2019
12	Avinash Patel	15:37	2023
13	Wesley Ward	15:38	2013
14	Jonathan Wyatt	15:42	2010
15	Marc D'Ambrosio	15:42	2005
16	Robert Zeller	15:42	2009
17	Carter Moates	15:44	2017
18	Payton Ash	15:45	2016
19	Anthony D'Amborsio	15:48	2004
20	Michael Romero	15:51	2016

Bold names - members of 2023 team