

**UD Women's Cross Country  
Best Individual Marks at 5km (since 1983)**

<b>Rank</b>	<b>Time</b>	<b>Name</b>	<b>Date</b>
1	17:17	Laura Schweitzer	11/20/89 NCAA Champs. Annapolis
2	17:36.5	Laura Schweitzer	11/11/89 NCAA Dist. At Ypsilanti
3	17:39	Laura Schweitzer	10/17/1987
4	17:39.8	Laura Schweitzer	9/22/89 Ohio State
5	17:40.8	Laura Schweitzer	11/14/87 NCAA Dist. Bowling Green
6	17:42	Laura Schweitzer	10/3/1987
7	17:45	Laura Schweitzer	10/31/1987
8	17:46	Laura Schweitzer	10/7/89 Loyola Inv. Chicago
9	17:48.4	Laura Schweitzer	9/16/89 Oxford, OH
10	17:49	Laura Schweitzer	10/10/1987
11	17:56.4	Laura Schweitzer	10/13/89 All Ohio
12	17:57	Laura Schweitzer	10/29/88 MCC Championships, Montrose Hill, IL
13	18:00	Laura Schweitzer	11/12/88 NCAA Dist., Champaign, IL
14	18:02	Kara Storage	10/28/00 A-10 Champs, Duquesne
15	18:03	Tara Storage	10/28/00 A-10 Champs, Duquesne
16	18:07	Amy Fleck	10/19/90 Cincinnati, Mt. Airy Forest
17	18:10	Tara Storage	10/2/99 Athens, OH
18	18:11	Kristen Niehenke	10/17/1987
19	18:12	Kara Storage	10/2/99 Athens, OH
20	18:12.8	Laura Schweitzer	9/17/1988
21	18:15.4	Kristen Niehenke	11/14/1987
<b>22</b>	<b>18:15.8</b>	<b>Maura Bulgrin</b>	<b>9/29/07 Louisville XC Classic</b>
23	18:17	Tara Storage	9/17/99 National Catholic
24	18:18	Kristen Niehenke	10/3/1987
25	18:21.1	Kristen Niehenke	10/10/1987
26	18:22	Laura Schweitzer	10/17/1986
27	18:23	Maggie Keane	9/29/1995
28	18:24	Laura Schweitzer	9/24/1988
<b>29</b>	<b>18:24</b>	<b>Maura Bulgrin</b>	<b>9/14/2007 National Catholic</b>
30	18:27	Kristen Niehenke	10/31/1987
31	18:28	Laura Schweitzer	10/10/1986
32	18:34	Tara Storage	9/21/01 National Catholic
33	18:34.7	Laura Schweitzer	10/10/1986
34	18:35	Tara Storage	10/30/99 A-10 Champs, Philadelphia
<b>35</b>	<b>18:35.8</b>	<b>Brigitte Sherman</b>	<b>9/29/07 Louisville XC Classic</b>
36	18:35.9	Maggie Keane	10/11/97 NCAA District
37	18:37.6	Tara Storage	9/21/01 Ohio U
38	18:38	Kara Storage	9/21/01 National Catholic
39	18:38.3	Kara Storage	10/13/01 Ohio U
40	18:38.5	Laura Schweitzer	9/30/1988

**CURRENT TEAM MEMBERS IN BOLD**