

Illinois State Women's Cross Country

Personal-Bests List

Ruth Allen

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	16:33.03
5K	Illinois Intercollegiate	9/11/10	19:16
6K	NCAA Pre-Nationals	10/16/10	23:22.40

Shannon Nemetz

Distance	Event	Date	Time
4K	-		
5K	Illinois Intercollegiate	9/11/10	19:32
6K	NCAA Midwest Regional	11/12/11	23:58.62

Rachael Brewer

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	14:50.50
5K	Illinois Intercollegiate	9/16/11	18:01
6K	Bradley Classic	10/14/11	22:21.23

Aisha Praught

Distance	Event	Date	Time
4K	Illini Challenge	8/29/08	14:53.37
5K	Illinois Intercollegiate	9/16/11	17:41
6K	Bradley Classic	10/14/11	21:28.77

Kim Christensen

Distance	Event	Date	Time
4K	-		
5K	Greater Louisville Classic	10/2/10	18:54.23
6K	NCAA Pre-Nationals	10/16/10	24:23.2

Elise Sigg

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	14:39.27
5K	Illinois Intercollegiate	9/16/11	17:24
6K	Bradley Classic	10/16/10	21:05

some times from previous school (U-W Milwaukee)

Krista DeCeault

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	14:19.06
5K	Illinois Intercollegiate	9/16/11	17:09
6K	Bradley Classic	10/14/11	20:56.15

Brea Tinney

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	14:57.01
5K	Illinois Intercollegiate	9/16/11	17:46
6K	Bradley Classic	10/14/11	22:44.46

Ashley Kamin

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	16:02.43
5K	Illinois Intercollegiate	9/16/11	18:49
6K	Bradley Classic	10/14/11	23:08.05

Kristen Zillmer

Distance	Event	Date	Time
4K	-		
5K	Illinois Intercollegiate	9/16/11	18:07
6K	NCAA Midwest Regional	11/13/11	22:08.52

Kelly McShea

Distance	Event	Date	Time
4K	Hawkeye Inv.	9/2/11	15:25.27
5K	-		
6K	-		

