

USF CROSS COUNTRY 2005 TOP TIMES - FINAL

Women

	9/3 San Francis	9/10 Aggie	9/24 Stanford	10/1	10/15 Lafayette	10/22 Shoreline	10/29 WCC	11/12 NCAA Reg
Michelle Born	19:50.7	20:26.2	19:45 (5k)	18:58.85	24:43.1		20:04	23:51.9
Bernadette	19:49.1	19:53.5	24:50	24:26 (6k)	23:50.2	19:12		
Meredith Degyansky	19:24.0	19:31.4	23:46	19:04.75	22:59.5		19:38	23:01.7
Jennifer Hartford	18:46.8	18:58.2	23:38	18:49.40	23:03.6		19:06	22:35.4
Ashton LeSieur			20:22 (5k)	19:44.30	23:04.3	18:57	19:16	22:47.2
Katie Matl			24:40	24:14 (6k)	23:04.1	19:15		23:22.0
Randee Meek	21:50.1	21:42.0	21:30 (5k)					
Lucy Miller	19:22.4	19:21.2	23:49	18:31.55	22:27.7		18:55	22:34.4
Elizabeth Noey	19:33.1	19:31.0		19:16.65	23:17.6		19:58	23:14.3
Sarah Roberts	20:16.6		20:54 (5k)	25:06 (6k)		19:52		
Renee Stribling	18:50.0	18:43.4	23:11	18:39.35	22:20.9		19:20	

	9/3 San Francis	9/10 Aggie	9/24 Stanford	10/1	10/15 Lafayette	10/22 Shoreline	10/29 WCC	11/12 NCAA Reg
	8k	8k	4k / 8k	10/1 SF State	8k	4.6 miles	8k	10k
Abraham Abarca	27:27.9	28:20.2	13:23 (4k)	27:50		24:57		
Sam Berrin	27:43.1	27:59.1	26:43	26:37.5		24:03		
Jason Crichton	25:44.0		25:15					
Ryan Courtwright		27:26.5	26:12		28:01.6		26:36	34:33.2
Tommy Delaney	27:21.1	28:27.4	27:04	27:53				
Eric Flemming	26:45.1	27:08.4	26:09	25:59.5	27:21.8		26:42	32:51.8
Cheyne Inman	26:08.1	26:58.5	25:57	25:13.1	26:53.8		26:29	33:10.2
Nick Kirschner	27:25.9	28:33.6	13:31 (4k)	27:56		24:16		
Jorge Martinez	26:40.5	27:02.4	26:41	25:40.9	27:36.0		27:05	32:58.1
Jacob Marx	26:44.7	27:50.8	12:55 (4k)	26:59.9	27:26.5		27:00	33:23.0
Lukas Musil	27:25.6	27:46.7	13:19 (4k)	26:06.4	28:50.7			
Alex Nelson		28:02.3	12:57 (4k)	26:13.9	28:17.6		27:12	35:54.7
Dillon Ramos	28:00.1	28:54.8	13:26 (4k)	27:18				

USF CROSS COUNTRY 2005 TOP INDIVIDUAL SEASON TIMES - FINAL

WOMEN 5K

Lucy Miller	18:31.55	10/1 Willamette
Renee Stribling	18:39.35	10/1 Willamette
Jen Hartford	18:46.8	9/3 San
Ashton Le Sieur	18:57	10/22 Shoreline
Michelle Born	18:58.85	10/1 Willamette
Meredith Degyansky	19:04.75	10/1 Willamette
Bernadette Casabonne	19:12	10/22 Shoreline
Katie Matl	19:15	10/22 Shoreline
Elizabeth Noey	19:16.65	10/1 Willamette
Sarah Roberts	19:52	10/22 Shoreline
Randee Meek	21:30	9/24 Stanford

WOMEN 6K

Renee Stribling	23:11	9/24 Stanford
Jen Hartford	23:38	9/24 Stanford
Meredith Degyansky	23:46	9/24 Stanford
Lucy Miller	23:49	9/24 Stanford
Katie Matl	24:14	10/1 SF State
Bernadette	24:26	10/1 SF State
Sarah Roberts	25:06	10/1 SF State

MEN 8K

Cheyne Inman	25:13.1	10/1 Willamette
Jason Crichton	25:15	9/24 Stanford
Jorge Martinez	25:40.9	10/1 Willamette
Eric Flemming	25:59.5	10/1 Willamette
Lukas Musil	26:06.4	10/1 Willamette
Ryan Courtwright	26:12	9/24 Stanford
Alex Nelson	26:13.9	10/1 Willamette
Sam Berrin	26:37.5	10/1 Willamette
Jacob Marx	26:44.7	9/3 San
Tommy Delaney	27:04	9/24 Stanford
Dillon Ramos	27:18	10/1 SF State
Nick Kirschner	27:25.9	9/3 San
Abraham Abarca	27:27.9	9/3 San

MEN 4K

Jacob Marx	12:55	9/24 Stanford
Alex Nelson	12:57	9/24 Stanford
Lukas Musil	13:19	9/24 Stanford
Abraham Abarca	13:23	9/24 Stanford
Dillon Ramos	13:26	9/24 Stanford
Nick Kirschner	13:31	9/24 Stanford