

ALL-TIME BESTS - INDIVIDUALS - 1983-2009

MEN

WOMEN

1	Patrick Moulton	2004	14:23	1	Lori Hewig	1990	16:26
2	Fred Joslyn	2006	14:30	2	Lori Hewig	1992	16:27
3	Alex Leuchanka	2009	14:34	3	Lori Hewig	1994	16:30
4	Seth DuBois	2009	14:38	4	Lori Hewig	1991	16:43
5	Seamus Nally	2009	14:44	5	Nicole Blood	2005	16:47
6	Greg Kiley	2007	14:45	6	Tonya Dodge	2000	16:48
7	Shamus Nally	2007	14:48	7	Caitlin Lane	2005	16:53
8	Ben Englehardt	2009	14:51	8	Sam Rocker	2008	17:03
9	J. R. Gaige	1988	14:53	9	Tonya Dodge	1998	17:05
10	Kevin Williams	1985	14:53	10	Caitlin Lane	2006	17:05
11	Todd Orvis	1989	14:55	11	Molly Pezzulo	2008	17:05
12	Dale Keenan	1985	14:55	12	Andi Palen	2009	17:05
13	Shamus Nally	2006	14:56	13	Jen Kramer	2003	17:07
14	Scott Mindel	2008	14:58	14	Amy Herold	1997	17:08
15	Todd Orvis	1991	14:59	15	Emily Bryans	2009	17:13
16	Kevin Treadway	2007	15:00	16	Kate Twarog	2004	17:15
17	Dan Paxon	1988	15:01	17	Lizzie Predmore	2008	17:15
18	Zak Predmore	2008	15:01	18	Sam Roecker	2009	17:16
19	Ryan Pezzulo	2009	15:01	19	Caitlyn McTague	2003	17:17
20	Mike Sgambelluri	1993	15:02	20	Tonya Dodge	1997	17:17
21	Steve Murdock	2006	15:02	21	Dana Ostrander	1997	17:18
22	Steve Murdock	2007	15:03	22	Emily Bryans	2008	17:18
23	Kevin Williams	1986	15:04	23	Jillian King	2009	17:18
24	Kevin Williams	1991	15:04	24	Michelle Simone	1992	17:19
25	Scott Mindel	2004	15:05	25	Sam Rocker	2007	17:19
26	Bob Irwin	1993	15:06	26	Inge Aiken	1991	17:22
27	Seamus Nally	2008	15:06	27	Molly Pezzulo	2007	17:22
28	Demetri Goutos	2009	15:06	28	Lizzie Predmore	2009	17:22
29	Todd Orvis	1992	15:07	29	Emily Malinowski	2005	17:26
30	Rick Bush	1997	15:07	30	Ellen Mindel	1983	17:28
31	Mark McKenzie	1992	15:08	31	Dana Ostrander	1996	17:29
32	J. R. Gaige	1987	15:10	32	Amy Herold	1995	17:31
33	Brian Rhodes-Devey	2006	15:10	33	Denise Herman	1985	17:33
34	Ryan Pezzulo	2007	15:11	34	Ann DelSignore	1991	17:33
35	Scott Mindel	2006	15:12	35	Liz Ludwigson	1989	17:33
36	Brian Rhodes-Devey	2005	15:12	36	Ann DelSignore	1992	17:33
37	Chuck Terry	2008	15:12	37	Denise Herman	1986	17:34
38	Dale Keenan	1983	15:13	38	Amy Herold	1992	17:34
39	J. R. Gaige	1990	15:13	39	Alyssa Lotmore	2008	17:35
40	Birger Ohlsson	2001	15:13	40	Emily Bryans	2005	17:36
41	John Kenworthy	2008	15:13	41	Emily Bryans	2006	17:36
42	Louis Serafini	2009	15:13	42	Liz Montgomery	2005	17:37
43	Chris Williams	2007	15:15	43	Michelle Simone	1993	17:38
44	Gerald Greenlaw	2009	15:15	44	Danielle Schaub	2005	17:38
45	Lance Denning	1994	15:16	45	Dana Ostrander	1999	17:39
46	J. R. Gaige	1986	15:16	46	Meaghan Gregory	2006	17:40
47	Jamie Rodriguez	2001	15:16	47	Meaghan Gregory	2007	17:41
48	Bob Irwin	2007	15:16	48	Heather Cox	1999	17:43
49	Justin Bishop	2009	15:17	49	Denise Herman	1988	17:44
50	Rick Bush	1999	15:18	50	Rachel Sweet	2009	17:45
51	Jason Dejoy	1997	15:18	51	Amy Herold	1994	17:46
52	Ryan Pezzulo	2008	15:19	52	Jen Fazioli	1994	17:48

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53	Steve Hicks	2006	15:20
54	Dan Lewis	2006	15:20
55	Steve Hicks	2005	15:20
56	Josh Henry	2008	15:20
57	J. R. Gaige	1993	15:20
58	Kevin Williams	1989	15:21
59	Mark Delfs	1993	15:21
60	Chuck Terry	2006	15:21

WOMEN

53	Marisa Sutera	1987	17:49
54	Denise Herman	1987	17:49
55	Debbie Springer	1994	17:50
56	Elizabeth Maloy	2004	17:51
57	Jen Fazioli	1997	17:51
58	Inge Aiken	1990	17:52
59	Jen Kramer	2000	17:53
59	Krissy Haacke	1994	17:53
59	Mary Kate Champagne	2008	17:53

TEAM

VICTORIES

1	Stockman-Stockman	11	18	Bennett-DeGrazia	2
2	Myers, F.-Herman	9	19	Fazioli-Fazioli	2
3	Menis-Hoyt	6	20	Richey-Dahlquist	2
4	Mindel-Mindel	4	21	Murray-Grout	2
5	Bennett-Nicolson	4	22	Waldenmaier-Riley	2
6	Williams-Nicholson	3	23	Williams-Williams	2
7	Gaige-Strock	3	24	Walroth-Wuerdeman	2
8	Marsh-Kline	3	25	Hettrich-Whitney	2
9	Swazey-Swazey	3	26	Shelgren-Newton	2
10	Bagnoli-Herold	3	27	Cummings-O'Heaney	2
11	Bush-Ostrander	3	28	Delfs-Delfs	2
12	Lutzger-Lutzger	2	29	Powers-Aiken	2
13	Williams-Dodge	2	30	Staley-LaFrano	2
14	Twarog-Twarog	2	31	DeRocco-DeRocco	2
15	Czupil-Nicholson	2	32	Bowles-Misena-Bowles	2
16	Rhodes-Devey-Lane	2	33	Irwin-Buck	2
17	Greenberg-Bryans	2			