

Park Girl's Cross Country All Time Best Performances

5000 Meters

	Athlete	Time	Year
1	Briahna Hensel	19:09	2020
2	Jana Hafiz	20:30	2025
3	Mya Albrecht	20:46	2025
4	Cameron Anderson	20:58	2015
5	Bella Walker	21:08	2025
6	Peyton Dunn	21:09	2018
7	Maddy Jeske	21:15	2015
8	Alli Devine	21:32	2025
9	Taylor Rumpca	21:32	2015
10	Ellie Tronnes	21:34	2015
11	Kalin Randrup	21:43	2024
12	Sicilya Knott	21:44	2016
13	Lydia Best	21:45	2021
14	Laurel Watters	21:54	2017
15	Hollen Thompson	22:25	2024

4000 Meters

Lauren Burks	14:23	2001
Marie Borner	14:27	2002
Nicole Westphal	14:50	2007
Larissa Lurken	14:53	2008
Jamie Brooks	15:06	2004
Stephanie Lanik	15:10	2004
Sue DeBlieck	15:14	2002
Bailey Aasen	15:18	2011
Rebekah Schulte	15:20	2013
Cameron Anderson	15:23	2011

3200 Meters/2 Miles

Michelle Nelson	11:28	1984
Lauren Burks	11:43	2001
Pam Binder	11:57	1977*
Carrie Morgan	12:02	1977*
Pam Karle	12:04	1987

* = converted from 2 miles