

Women's Cross Country top times

5k						
Individual	Meet	Location	Distance	Date	Time	
Kendra Potter	Greensboro Invitational	Hagan Stone Park, Greensboro, N.C.	5km	9/25/2004	21:02.9	
Kendra Potter	North Carolina Collegiate Championships	Greenville, N.C.	5km	10/16/2004	21:05.3	
Charissa Duncan	Marlin Invitational	Virginia Beach, Va.	5km	9/2/2006	21:07.0	
Charissa Duncan	Hagan Stone Classic	Hagan Stone Park, Greensboro, N.C.	5km	10/7/2006	21:21.1	
Charissa Duncan	Greensboro Invitational	Hagan Stone Park, Greensboro, N.C.	5km	9/30/2006	21:27.2	
Kendra Potter	Hagan Stone Classic	Hagan Stone Park, Greensboro, N.C.	5km	10/2/2004	21:40.2	
Grace Normann	Hagan Stone Classic	Hagan Stone Park, Greensboro, N.C.	5km	10/6/2007	21:41.5	
Grace Normann	Marlin Invitational	Virginia Beach, Va.	5km	9/1/2007	21:48.1	
Izzy Bull Tail-Gilette	Old N. State Championships	Hagan Stone Park, Greensboro, N.C.	5km	9/23/2006	21:54.6	
Charissa Duncan	Marlin Invitational	Virginia Beach, Va.	5km	9/1/2007	21:56.7	
Grace Normann	Greensboro Invitational	Hagan Stone Park, Greensboro, N.C.	5km	9/29/2007	22:02.2	
Laurie Henninger	Lenoir-Rhyne Invitational	Hickory, N.C.	5km	10/8/2005	22:08.0	
Laurie Henninger	Marlin Invitational	Virginia Beach, Va.	5km	9/2/2006	22:14.0	
Kendra Potter	Raleigh Invitational	Cary, N.C.	5km	9/18/2004	22:18.0	
6k						
Grace Normann	ODAC Championships	Lexington, Va.	6km	10/27/2007	26:57.7	
Charissa Duncan	NCAA Regionals	Atlanta, Ga.	6km	11/11/2006	27:12.4	
Grace Normann	NCAA Regionals	Williamsburg, Va.	6km	11/10/2007	27:18.0	
Charissa Duncan	NCAA Regionals	Williamsburg, Va.	6km	11/10/2007	27:27.0	
Grace Normann	Old N. State Championships	Hagan Stone Park, Greensboro, N.C.	6km	9/22/2007	27:36.2	
Charissa Duncan	Generals Invitational	Lexington, Va.	6km	9/8/2007	27:37.0	
Kendra Potter	ODAC Championships	Harrisonburg, Va.	6km	10/30/2004	27:45.4	
Charissa Duncan	ODAC Championships	Lexington, Va.	6km	10/27/2007	28:06.0	
Laurie Henninger	ODAC Championships	Greensboro, N.C.	6km	10/29/2005	28:07.9	
Grace Normann	Generals Invitational	Lexington, Va.	6km	9/8/2007	28:16.0	
Carolyn Herlehy	ODAC Championships	Lexington, Va.	6km	10/27/2007	28:16.6	
Charissa Duncan	Old N. State Championships	Hagan Stone Park, Greensboro, N.C.	6km	9/22/2007	28:25.1	
Keri Stodolski	ODAC Championships	Greensboro, N.C.	6km	10/29/2005	28:52.1	
Charissa Duncan	ODAC Championships	Harrisonburg, Va.	6km	10/29/2006	28:58.8	
Maya Stewart-Silver	ODAC Championships	Harrisonburg, Va.	6km	10/30/2004	28:59.6	