Women's Cross Country top times

Individual	Meet	Location	Distance	Date	Time
5k					
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
Izzy Bull Tail-Gilette	Old N. State Championships	Hagan Stone Park, Greensboro, N.C.	5km	9/23/2006	21:54.6
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					
Charissa Duncan	NCAA Regionals	Atlanta, Ga.	6km	11/11/2006	27:12.4
Kendra Potter	ODAC Championships	Harrisonburg, Va.	6km	10/30/2004	27:45.4
Laurie Henninger	ODAC Championships	Greensboro, N.C.	6km	10/29/2005	28:07.9
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
Carolyn Herlehy	NCAA Regionals	Atlanta, Ga.	6km	11/11/2006	30:23.6
Emily Frenzel	ODAC Championships	Greensboro, N.C.	6km	10/29/2005	30:31.7
Gillian Galdy	NCAA Regionals	Atlanta, Ga.	6km	11/11/2006	30:45.1
Carolyn Herlehy	ODAC Championships	Harrisonburg, Va.	6km	10/29/2006	31:02.2