



## Lawrence University Cross Country All-Time Performance Lists

### Women

<b>5k</b>	Name	Time	Year
1	Cathy Kempen	17:57	1999
2	Julie Wick	18:11	1983
3	Kate Leventhal	18:32	1981
4	Courtney Miller	18:34	2001
5	Julie Liebich	18:39	1998
6	Sally Schonfeld	18:47	2000
7	Katy Roll	18:52	2000
8	Val Curtis	18:55	2002
9	Heather Hill	19:04	1991
10	Joy Manweiler	19:18	2005

<b>6k</b>	Name	Time	Year
1	Valerie Curtis	22:01	2002
2	Emily Muhs	22:32	2011
3	Colleen Detjens	22:47	2004
4	Cate Frazier	22:51	2004
5	Joy Manweiler	22:52	2005



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### Men

<b>8k</b>	<b>Name</b>	<b>Time</b>	<b>Year</b>
1	Jim Miller	24:21	1978
2	Chris Naumann	25:08	1989
3	Sam Stevens	25:09	2011
4	Eric Griffin	25:32	1983
5	Curran Carlile	25:34	2010
6	David Zane	25:37	2010
7	Kyle Dockery	25:40	2011
8	Peter Levi	25:43	2000
9	Frank Sprtel	25:50	1992
10	Scott Sprtel	25:56	1996