

**SUB 20 MINUTE LWC GIRLS XC  
3 MILE ERA  
2002-2023**

<b>RANK</b>	<b>LWC XC ATHLETE</b>	<b>YEAR</b>	<b>TIME</b>
1.	Brea Counihan	2023	16:57.95
2.	Monica Hahn	2008	17:26.0
3.	Merrigan Allen	2019	17:45.6
4.	Mackenzie Brownrigg	2017	17:45.8
5.	Jenna Diers	2015	18:01.5
6.	Nadia Bowden	2023	18:05.89
7.	Rachel Baumgartner	2019	18:06.7
8.	Madison Smith	2015	18:10.5
9.	Kelly Robbins	2015	18:11.4
10.	Mia Forystek	2023	18:18.74
11.	Alena Pacheco	2010	18:20.0
12.	Ashley Rittenbacher	2002	18:26.0
13.	Ava Dughetti	2023	18:26.56
14.	Claire Carter	2023	18:28.94
15.	JJ Robinson	2013	18:34.6
16.	Catherine Ihrke	2020	18:35.2
17.	Jillian Davies	2023	18:39.39
18.	Gretchen Zirgaitis	2015	18:40.1
19.	Britney Lohrman	2008	18:41.0
20.	Liz Venezia	2012	18:43.0
21.	Danielle Verbout	2008	18:44.0
22.	Dana Boucher	2017	18:44.6
23.	Chelsea Tribble	2007	18:47.0
24.	Heidi Killinger	2014	18:47.9
25.	Angela Burklow	2010	18:50.0
26.	Mallory Johnson	2012	18:53.4
27.	Taylor Martinez	2013	18:55.0
28.	Cara Robinson	2008	18:59.0
29.	Becca Mathis	2006	19:01.0
30.	Emily Furtek	2015	19:04.0
31.	Bridget Sullivan	2013	19:04.9
32.	Hannah Schliffka	2007	19:06.0
33.	Brittany Melton	2006	19:08.0
34.	Colleen Erdman	2019	19:08.9
35.	Lexy Sams	2019	19:11.0
36.	Hannah Radostits	2005	19:11.0
37.	Nancy Flais	2020	19:14.3
38.	Kara Boucher	2008	19:15.0
39.	Angela Hattemer	2004	19:17.0

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40.	Madison Brownrigg	2016	19:17.7
41.	Emma Olson	2019	19:17.8
42.	Mia Dauparas	2010	19:21.0
43.	Abby Gamble	2017	19:23.0
44.	Ella Maldonado	2021	19:23.2
45.	Keygan Balaja	2012	19:26.0
46.	Aubrie Hartnell	2006	19:26.0
47.	Samantha Waters	2016	19:28.5
48.	Ruby Hillegass	2021	19:30.5
49.	Megan Killinger	2010	19:31.0
50.	Carly Shipman	2020	19:34.7
51.	Hannah Luming	2017	19:35.0
52.	Autumn Shearer	2008	19:39.0
53.	Paige Batinich	2010	19:42.0
54.	Emma Flock	2007	19:43.0
55.	Shea Martin	2021	19:44.9
56.	Claire Zoellner	2007	19:45.0
57.	Amanda Baker	2014	19:46.1
58.	Ava Paoletti	2019	19:46.4
59.	Jenn Whitney	2011	19:47.0
60.	Meghan Reaney	2006	19:49.0
61.	Audrey Bulow	2017	19:50.4
62.	Lexie Kamp	2015	19:56.0
63.	Lisa Meister	2012	19:57.0
64.	Stephanie Blaszczyk	2008	19:59.0