



Crusader

Cross Country Record Book

(updated through Sept. 3, 2010)

Men's All-Time Top Times

Eight Kilometer

RUNNER	DATE	EVENT	TIME
1. Aaron Crague	9/22/2001	Ilini Invite	24:55
2. Gary Schroeder	1973	Unknown	24:57
3. Nate Iben	9/11/1993	North Central Invite	25:06
4. Chris Carlson	1974	North Central Invite	25:10
Carl Frey	9/15/1990	North Central Invite	25:10
6. Tom Kilcoyne	1978	Lakefront Invite	25:11
7. Mike Cantway	9/19/1981	Popcorn Panic	25:12
8. Bob Fronczak	1971	Unknown	25:16
9. Dan Uskert	1997	Unknown	25:24
10. David Stenberg	9/15/1990	North Central Invite	25:26

Ten Kilometer

RUNNER	DATE	EVENT	TIME
1. Aaron Crague	11/10/2001	NCAA Regional	31:56.4
2. Nate Iben	1995	NCAA District Champ.	32:39
3. Adam Piaskowy	11/13/2004	NCAA Regional	33:15.1
4. Dan Uskert	1996	NCAA District Champ.	33:23
5. Jon Schiemann	11/13/1999	NCAA Regional	33:25.5
6. James Leifheit	11/12/1994	NCAA District Champ.	33:30
7. Brian Ellingwood	11/13/1999	NCAA Regional	33:30.5
8. Jeremy Duff	11/13/1999	NCAA Regional	33:35.3
9. Christopher Orosz	11/15/2003	NCAA Regional	33:42.6
10. Scott Sanders	11/12/1994	NCAA District Champ.	33:45

Women's All-Time Top Times

Five Kilometer

RUNNER	DATE	EVENT	TIME
1. Laura Rolf	11/13/2007	Evansville Invite	16:40.33
2. Collette Liss	9/13/1997	Crusader Invite	17:13
3. Danielle Nunnely	9/15/2006	Indiana Intercollegiates	17:47.4
4. Rachael Button	9/28/2007	Notre Dame Invite	18:10
Tami Long	1998	Unknown	18:10
6. Elizabeth Whiting	10/28/2000	Mid-Con Champ.	18:14
7. Kimberly Bruckner	1990	Unknown	18:19
8. Amanda Lee	10/28/2000	Mid-Con Champ.	18:23
9. Carrie Waterman	10/12/2001	Utah State Invite	18:29
10. Chrys Davis	10/9/1993	Milwaukee Invite	18:34

Six Kilometer

RUNNER	DATE	EVENT	TIME
1. Laura Rolf	10/28/2006	Mid-Con Champ.	20:45.35
2. Ashley Billstrom	10/14/2006	Pre-Nationals	22:09.9
3. Danielle Nunnely	10/14/2006	Pre-Nationals	22:17.2
4. Rachael Button	11/13/2004	NCAA Regional	22:39.6
5. Rachel Nelson	11/2/2002	Mid-Con Champ.	22:43
6. Jobeth Schmiesing	11/13/2004	NCAA Regional	22:47.5
7. Elizabeth Whiting	9/6/2002	Crusader Invite	22:54
8. Elizabeth Kinneer	11/11/2000	NCAA Regional	23:07
9. Amanda Lee	10/18/2003	Pre-Nationals	23:11.4
10. Amy Mikel	11/2/2002	Mid-Con Champ.	23:14