

WILMINGTON COLLEGE WOMEN'S CROSS COUNTRY TOP 6K TIMES

In 2004, the NCAA switched to the 6K distance for championship meets. WC only runs 6K at two or three meets a year.

<u>Rank</u>	<u>Runner</u>	<u>Time</u>	<u>Year</u>	<u>Course</u>
1.	Sarah Matthews	22:51	2007	CAL
2.	Kerstin Liederbach	23:43	2005	VOA
3.	Kerstin Liederbach	23:46	2005	VOA
4.	Tiffany Myers	23:47	2004	Alma
5.	Kerstin Liederbach	23:58	2005	OTT
6.	Nicky Fey	24:00	2005	VOA
7.	Melissa Meyers	24:03	2005	VOA
8.	Sarah Matthews	24:14	2007	JCU
9.	Laura Wagner	24:22	2005	VOA
10.	Kerstin Liederbach	24:27	2007	OTT
11.	Sarah Matthews	24:28	2007	OTT
12.	Laura Wagner	24:34	2005	VOA
13.	Tiffani Shoop	24:37	2005	VOA
13.	Melissa Meyers	24:37	2005	OTT
15.	Melissa Meyers	24:42	2004	Alma
16.	Tiffani Shoop	24:43	2004	Alma
17.	Sarah Matthews	24:44	2006	HAN
18.	Sarah Matthews	24:47	2006	Berg
19.	Kara Braun	24:51	2002	ONU
20.	Kelsey Stief	24:53	2007	OTT
21.	Melissa Meyers	24:55	2004	OTT
22.	Tiffany Myers	25:00	2004	OTT
23.	Lillian Bunn	25:01	2007	CAL
24.	Laura Wagner	25:04	2004	Alma
25.	Heather Gustin	25:09	2005	OTT

